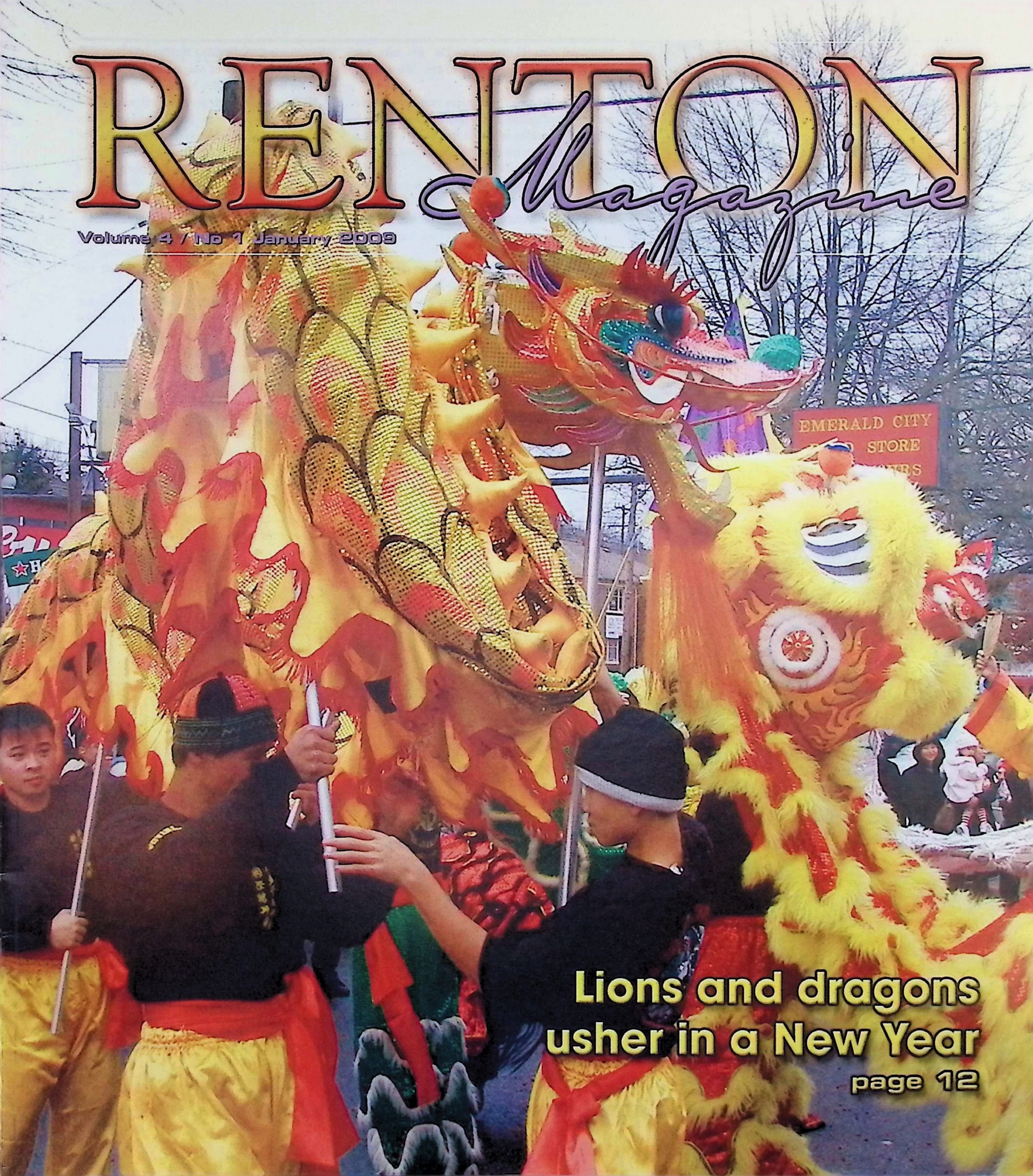


RENTON *Magazine*

Volume 4 / No 1 January 2009



**Lions and dragons
usher in a New Year**

page 12



RENTON MAGAZINE / ANDREW FICKES

Barbara Nilson, a longtime supporter of the arts in Renton, says she was very honored to receive the Bravo Award.

The arts at 80: *Beyond the daily grind*

BY ANDREW FICKES

"There has to be more to life than the daily grind," says Barbara Nilson, recent winner of the Bravo award from the

Municipal Arts Commission. The arts take her beyond that grind because, she says, "the arts are exciting."

The Bravo award recognizes people who have made arts and culture a vital part of Renton. Nilson has been a member of Allied Arts since 1981. She continues to write the organization's newsletter and provides public relations.

"It's been really easy to be a volunteer in Renton, because I get to work with so many interesting and wonderful people," says Nilson, 80, who admits, "I'm retired now but work harder than when I was full time."

Knowing others who have been given the award, such as Char Baker and Nancy Hoben, made her proud to be in their company, she says. Still, winning it was a surprise "because there are so many people in Renton that do so much. But I was very honored."

Nilson owned and published the Quincy Valley Post Register in Quincy, Wash., from 1950 to 1958. She did everything from reporting to selling advertising. She received her teaching degree from Western Washington University in 1962.

She taught English and journalism and advised the student newspaper at Seattle's Franklin High School for 20 years, building an award-winning journalism program. Her students included former Gov. Gary Locke and performer Kenny G.

In 1984 Nilson was hired as staff adviser to the student newspaper and yearbook at Tahoma High

School in Maple Valley. She became involved with the Historical Society of Maple Valley and was a writer for the Maple Valley Voice.

While involved with the historical society, she discovered there were more than 300 students from Tahoma High School who served during World War II. She interviewed many survivors and family members, compiling their stories in a book, "Uncle Sam Wants You: Personal Memoirs of WW II".

"That was an emotional book to write," she says. "I'd write at the computer and cry."

Now Nilson is interviewing former Renton High School students for a book celebrating the high school's centennial anniversary, which she plans to self-publish in 2011.

Among Nilson's contributions to Renton are her support of the IKEA Performing Arts Center and direction on the Chalk Art Festival, part of Renton River Days. She also organizes an annual low-cost concert of the Seattle Philharmonic Orchestra in Renton, giving student musicians a chance to perform.

Nilson says she and many other art supporters hope to create a downtown art gallery.

"Every time a vacant space opens up, we think, 'Maybe that will be the gallery,'" she says.

The arts are for everyone, says Nilson.

"I strongly believe it is important that everyone has the opportunity to express oneself and be appreciated, whether it's a painting, music, or the written word," she says.

When was the
last time you felt
spoiled by your
bank?

We invite you to experience our level of service.
We think you'll feel the difference!

FIRST SAVINGS BANK
NORTHWEST



We're committed to helping our customers save!

201 Wells Ave S. | PO Box 360 | Renton, WA 98057
425.255.4400 | 866.372.1200 | www.fsbnw.com

Member of the First Financial Northwest Family of Companies



W

hat's in store for us in 2009? We think we know because we have plans and goals. But the truth is, we don't. Not specifically. Being too rigid tends to tempt "the fates," which seem to be amused by our little plans.

I had a fairly solid plan for today. But hardly any of it happened as I thought it would because it snowed. And snowed.

In the late afternoon I went outside to knock the snow from the branches of our trees and bushes. And there it waited for me – the magic of an unexpected beauty. Diamonds in the weak sunlight. The heavy crunch of my boots. The delightful sight of making a new path through the yard. And watching the branches swing up once they're free of the heavy snow. It all made me laugh.

I was reminded how I fortunate I am in hav-

ing a warm home and a job that has some flexibility about where I work. And I also know I'll be driving in to work very early tomorrow, to proof these pages before we transmit them to the printer.

My point is that as 2009 begins, we are faced with uncertainty. We have goals, and we've made plans for the year about how to attain them. Some of us have made resolutions. Perhaps others are reflecting on 2008 and thinking they'd do less of what didn't work so well, and more of what did work.



Diana Kramer
PUBLISHER

But no one can plan for the randomness that will cause delays. It's our response to them that matters.

Recently I had an opportunity to tour the ShoWare Center, Kent's new event center. Plastic still covered the seats and the construction lighting was dim. Our Mortenson Construction Co. guide told us how the schedule changed when a supplier couldn't deliver needed materials. Instead of installing all the seats at once, the contractor installed them in stages. It worked because they focused on what could be done instead of fretting about things gone awry.

This year each of us will have opportunities to focus on what can be done. I hope you'll take a moment to find some delight in the diamonds you'll see.

RENTON Magazine

VOL. 4 | ISSUE 1

425.271.9300

President & Publisher | Diana Kramer
dianak@pugetsoundpublishing.com

VP & GM | James Bavendam
jamesb@pugetsoundpublishing.com

Executive Editor | David Suffia
david@pugetsoundpublishing.com

Reporter | Andrew Fickes
news@pugetsoundpublishing.com

Advertising | Clyde McDade
clyde@pugetsoundpublishing.com

Graphic Designer | Kerri Ladines

Columnists | Elaine Anderson
| Charlie Powell
| Elizabeth Stewart
| Dr. Bob Thompson
| Kirby Unti

Renton Magazine is mailed each month to homes in Renton, East Plateau and Fairwood. Total circulation is 18,000. Publisher retains the right to reject any advertising. Copyright 2008 Puget Sound Publishing Co. All rights reserved. Use or reproduction, in part or full, without written permission is prohibited. Back issues and single copies are \$3.00. Subscriptions are available for \$25 per year.

Puget Sound Publishing Co.
15 South Grady Way, Suite 514
Renton, WA 98057

contents

4 **upcoming events**

6 **calendar of events**

9 **kirby unti**

10 **steppin' together**

11 **elections**

16 **around the garden**

18 **western style**

19 **renton history**

21 **keep moving**

22 **salvation army**

clarification: The December photos of the Evergreen City Ballet's Nutcracker were provided by Chris Clark of chrisclarkphoto.com.

cover: Many Renton-area families will celebrate Lunar New Year with a trip to Seattle's International District to watch the parade. Colorful dragon and lion dancers will be part of it. See story page 12. Photo courtesy of Northwest Asian Weekly.

important phone #'s

City Hall
425.430.6400

Chamber of Commerce
425.226.4560

Community Center
425.430.6700

Fire Dept
(non emergency)
425.430.7000

Library (Main)
425.430.6610

Library (Highlands)
425.430.6790

Police Dept
(non emergency)
425.430.7500

Puget Sound Energy
1.888.225.5773

Renton Community Foundation
425.264.0516

Renton Magazine
425.271.9300

Renton Museum
425.255.2330

Senior Activity Center
425.430.6633

Valley Medical Center
425.228.3450



JANUARY 15

The public is welcome to Renton PTSA's Reflections Award Ceremony, honoring the best in student art in the Renton School District. Fifty pieces of student art, literature, and photography will be on display. Awards will be given and students will learn which 34 pieces will move forward to the Washington state PTA Reflections competition. This year's theme is "WOW."

IKEA Performing Arts Center
400 S. 2nd St.

Thursday, 7 p.m.
www.rentonptsa.org
Admission: Free

REFLECTIONS
AWARD CEREMONY

January 30 - February 15

THE Unexpected GUEST

Valley Community Players presents an Agatha Christie mystery. A stranger walks into a house to find a man murdered and his wife standing over him with a gun. The woman is dazed and her confession is unconvincing. The stranger decides to help her and blame the murder on an intruder. Later, police discover clues that point to a man who died two years previously, opening a Pandora's box of loves and hates, suspicions and intrigues.

Fridays & Saturdays, 8 p.m.; Thursdays, 7:30 p.m.; Sundays, 2 p.m.

Carco Theatre, 1717 Maple Valley Highway
Admission: \$15/adults; \$14/seniors and students
www.valleycommunityplayers.org
425-226-5190




january 1

Polar Bear Dip

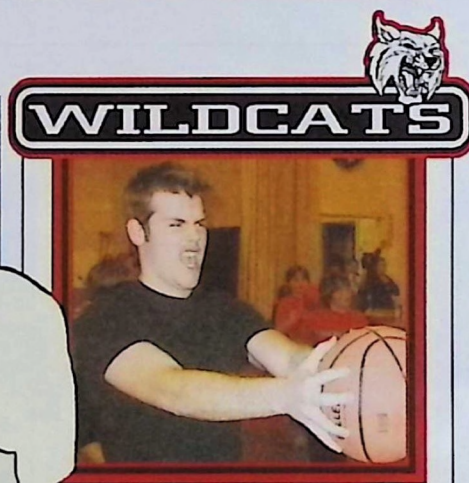
The City of Renton's Parks and Recreation Department, along with Ivar's Restaurant, offers the public the annual opportunity to brave the cold waters at Gene Coulon Memorial Beach Park. This event is a fun way to usher in the New Year.

Thursday, 11 a.m.

Gene Coulon Memorial Beach Park
1201 Lake Washington Boulevard North

425-430-6700

Admission: Free



january 9-11

The Hi-Liners presents: High School Musical, On Stage!

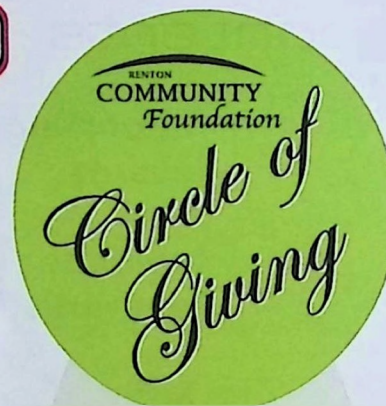
The cast of students, ages 7 to 18, will perform songs including "Wildcat Cheer" and "We're All in This Together." Incorporating elements from "West Side Story," "Romeo and Juliet," and "Grease," this one-act event appeals to all ages.

Friday, 7 p.m.; Saturday, 3 and 7 p.m.; Sunday, 3 p.m.

Carco Theatre / 206-617-2152
1717 Maple Valley Highway

Admission: \$10 per ticket

www.hi-liners.org



january 23

Circle of Giving Awards Celebration

The Renton Community Foundation presents its annual Circle of Giving. The foundation this year will grant up to \$40,000 to local organizations or endeavors that have applied for grants. All fund dollars are allocated to recipients in need.

Friday, 4 p.m.-6 p.m.

Renton High School Commons, 400 S. 2nd St.
425-282-5199 (Lynn)

Admission: Free

www.rentonfoundation.org



january 25

Renton Hoop Shoot

Youngsters, age 6 to 14, have the opportunity to make a slam dunk at the City of Renton's annual Hoop Shoot. Participants will compete in separate age and gender divisions: 6-8, 9-10, 11-12, and 13-14. Age division is based on participant's age as of March 31.

Sunday, 4 p.m. (ages 6-10); 5 p.m. (11-14)

Renton Community Center
1715 Maple Valley Highway

425-430-6700

Admission: Free

JANUARY 24



Pat Hazell's The WONDER BREAD Years
A Fresh and Funny Slice of Americana!

From the writers of the Jerry Seinfeld show, "The Wonder Bread Years" is a fast-paced, hilarious salute to the baby-boom generation. It is part stand-up comedy and part theater, leaving audiences laughing and savoring their childhood.

January 24
Saturday, 7:30 p.m.
Auburn Performing Arts Center / 700 E. Main St.
253-931-3043
Admission: \$17/general; \$15/students and seniors

THE ORIGINAL

HARLEM GLOBETROTTERS

Presented by ShoWare Center

The legendary Globetrotters have treated audiences to their unique blend of basketball magic for 82 years. Now, for the first time, these superstars of the court will make a stop in Kent at the ShoWare Center as part of their 2009 "Spinning the Globe" world tour. Free parking is available on-site.

save the date

February 18

Wednesday,
Feb. 18, 7 p.m.

ShoWare Center
at Kent
625 W. James St.

253-856-6999

Tickets available at
<http://tickets.showare-center.com/>

Admission: \$18-\$62

*The
Good
Luck
Frog*



Pendants and
Earrings available in
14kt gold with
Tsavorite Garnet and
Emerald eyes

Garland SINCE 1953
Jewelers, Inc.

814 S. 3rd St., Renton
425.255.5101

Open Monday through Saturday

www.GarlandJewelers.com

the Evergreen City Ballet
Kevin Kaiser, Artistic Director

- Ages 3 to Adult
- Nurturing environment
- Professional instructors
- Performance opportunities at all levels
- Professional accompanists

Classes: Ballet, Hip-Hop, Modern, Pilates, Ballroom & Open Adult

www.evergreencityballet.org
425.228.6800

Get that Youthful Feeling Back
Call Dr. Rod Handly D.C.
handlyclinic.com
425-255-6202

Clinic Hours
Monday - Friday
9 - 6
Saturday
10 - 12 noon



 **Danza Salon & Spa**



Your Personal Beauty Assistant

FAMILY OWNED SINCE 2000

717 S. 4th St., Renton WA 98057 | www.danzasalon.com | 425.793.8000

No Bull Saloon

» **Huge Portions, LOW Prices, Friendly Service**

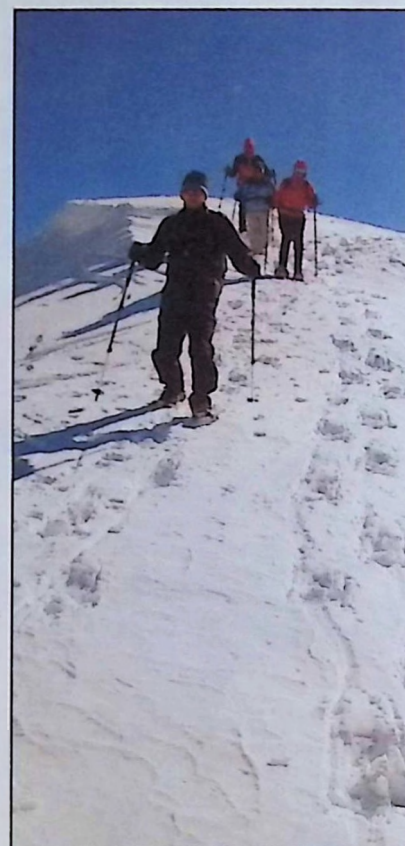
» **Best Breakfast in Renton!**

» **KARAOKE W/ KRISTI**
Fridays & Saturdays
9:30pm - 1:30am

HOURS »
Mon - Fri 11am - 2am
Saturday 8am - 2am
Sunday 9am - 2am

1190 Sunset Blvd NE,
Renton, WA 98056
425.277.4337

calendar of events



WINTER RECREATION

Free Winter Courses at REI

Wednesday, Jan. 7, 7 p.m.

Avalanche Awareness: Teaches avalanche safety for snowshoers and skiers.

Wednesday, Jan. 14, 7 p.m.

Snowshoeing 101: Learn snowshoeing skills, great places to go, and the gear you need.

Wednesday,
Jan. 28, 7 p.m.

Ski and Snowboard Waxing 101: Learn waxing and base repair techniques for alpine, snowboard, and Nordic snow sports.

REI (Southcenter)
240 Andover Park West
206-248-1938

Admission: Free
www.rei.com/tukwila

YOUTH SPORTS



After-School Athletes

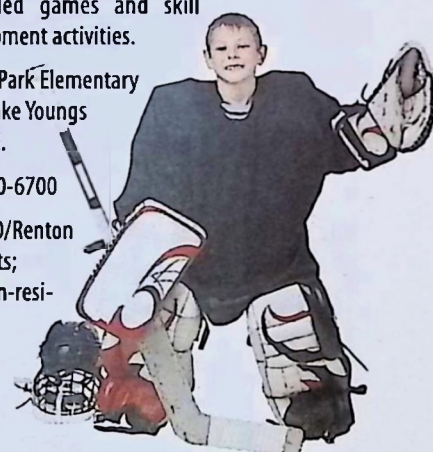
Wednesday, Jan. 7-Feb. 11, 3:10-4:30 p.m.

This after-school program for ages 5-11 features floor hockey, basketball, volleyball, and soccer. Tony Collins will lead participants in a variety of fun filled games and skill development activities.

Tiffany Park Elementary
1902 Lake Youngs
Way S.E.

425-430-6700

Fee: \$30/Renton
residents;
\$36/non-resi-
dents



YOUTH ARTS



Cartooniversity Workshop

Saturday, Jan. 31, 10 a.m.-2 p.m.

This class, for ages 9-14, provides an opportunity for kids at any skill level to learn cartoon drawing from local editorial cartoonist Jeff Johnson. Supplies needed



are unlined bond paper, three to four pencils, sharpener, eraser, ruler, extra-fine-point black Sharpie marker, and a sack lunch.

Renton Community Center
1715 Maple Valley Highway
425-430-6700

Fee: \$44/Renton residents; \$53/non-residents

YOUTH MUSIC PROGRAMS

Renton Youth Symphony Orchestra

Mondays, Jan. 12-April 27, 6:30-9 p.m.

Co-sponsored by the City of Renton Recreation Division, the RYSO offers an opportunity for students to participate in an organized music program. Students must also participate in a school music group to qualify. Alexei Girsh is the RYSO music director.

Carco Theatre
1717 Maple Valley Highway
425-430-6700

Fee: \$84/Renton resident;
\$100/non-resident

Teen Ensemble

Wednesdays, Jan. 21-May 13, 6:30-8:30 p.m.

Students, ages 13-18, will collaborate to improve as performers, inspiring one another to take risks and make big choices as actors, singers, and dancers. Winter and spring semester focuses on rehearsal for a final performance of a popular Broadway musical scheduled in May. Classes are held at both Carco Theatre and the Renton Community Center.

Carco Theatre

1717 Maple Valley Highway
Renton

Community Center
1715 Maple Valley Highway
425-430-6700

Fee: \$300/Renton resident;
\$360/non-resident

GENERAL INTEREST

Recession Proofing Your Income

Thursday, Jan. 29, 6-9 p.m.

Renton Community Center is offering a class that teaches how to either make extra money or save money when needed. Class information will include tips on how to be a successful Internet consumer on Web sites, including Craigslist, eBay, Overstock and others.

Renton Community Center
1715 Maple Valley Highway

425-430-6700

Fee: \$27/Renton residents; \$32/non-resident



2009 Real Estate Investors Symposium

Saturday, Jan. 31, 10 a.m.

Wealth Solutions presents Decision '09: Making the right decision with the right connections. Wealth Solutions is a network of real estate professionals whose goal is to help investors achieve financial free-

CALENDAR - page 8

HOME OF THE
Whammer DEAL
We do Business the Old Fashioned Way!

BNAR
THE BARNETT NATIONAL ASSOCIATION

MAYTAG

Whirlpool

KitchenAid
FOR THE WAY IT'S MADE

KING and BUNNYS
APPLIANCES

THE LITTLE RED STORE WITH A BIG WAREHOUSE



4608 NE Sunset Blvd • Renton WA 98059
Across from Albertsons & Starbucks in the Renton Highlands

www.KingandBunnys.com
425-277-0600

Car + Home = BIG SAVINGS

See me for Car and Home Insurance and save.



Jim Sullivan, Agent
1520 Duvall Avenue NE
Renton, WA 98056-0259
Bus: 425-226-3322
jim.sullivan.bwrk@statefarm.com



LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.
Providing Insurance and Financial Services

State Farm • Home Offices: Bloomington, IL
POS6008 03/05

Gentle Family DENTISTRY



From children to grandparents, we take pride in our patients' smiles. Call today to experience outstanding dental care.

J. MICHAEL HARDY, DDS
Family and Cosmetic Dentistry

425.255.2904
10700 S.E. 174th St., Renton
(next to Golds Gym)



MARCIE MAXWELL
LISA LAM

206-949-1696
www.marciemaxwell.com

Marcie Maxwell
*Associate Broker,
Realtor & CRS*



Lisa Lam
*Realtor, CRS,
ABR, ASP*

Windermere

HANIS IRVINE PROTHERO PLLC

A full-service law firm located in downtown Kent with Renton roots (Renton High grads and residents)

With over **150 years** of combined experience, we are committed to providing Assistance, Advocacy and Advice

CONTACT BRIAN J. HANIS AT 253-5205000 / BHANIS@HIPLAWFIRM.COM
6703 S. 234th St., Suite 300, Kent, WA 98032

ATTORNEYS AT LAW

Our Areas of Law Include:

- Landlord/Tenant
- Wills/Estate/Probate
- Personal Injury/Employment
- Business/Formation/Tax
- Real Estate/Construction
- Land Use/Zoning/Eminent Domain
- Family Law/Adoption
- Creditor/Debtor-Bankruptcy
- Criminal Defense
- Immigration



John
Galluzzo,
Agent



FARMERS

Gets you back where you belong.*

433 Park Ave. N., Renton WA 98055 jgalluzzo@farmersagent.com



Chateau
de Ville

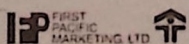
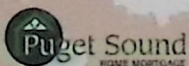
QUALITY, COMFORT & CONVENIENCE

Beautiful Condominium Homes Starting at

\$229,900

From the moment you first see the Chateau de Ville with its classic French inspired architecture you will want to call it home. Visualize yourself having latte and a brioche on your own private terrasse.

Created with an uncommon luxury and a balance of classic finishes and old world style Chateau de Ville will be your haven of comfort.



CHATEAURENTON.COM • 425.226.7766 • Cell 206.979.1641
110 WILLIAMS AVE. SO., RENTON 98057

calendar of events

dom through real estate. The event will include guest speakers, raffle prizes, and vendor displays.

Renton IKEA
Performing Arts
Center
400 S. 2nd St.
425-235-7540

Admission: \$25 or
\$40 at the door.

Register at
www.pshm.com

Ballroom Dancing

Tuesday, Jan. 20-
March 10, 6:30
p.m.-7:30 p.m.

Swing, Salsa, and Rumba

Tuesday, Jan. 20-March 10, 7:30-8:30 p.m.

Dance instruction for ages 14 and up. No dance experience is required.

Renton Senior Activity Center
211 Burnett Ave. N.

425-430-6700

Fee: \$56/Renton residents; \$67/non-residents

FREE ENTERTAINMENT



Teen Nights

Saturday, Jan. 17, 7-10 p.m.

City of Renton Parks and Recreation provides a safe place for ages 11 to 17 to hang out at the North Highlands Neighborhood Center. The

evening includes games, sports, and movies. Snacks provided.

North Highlands Neighborhood Center
3000 N.E. 16th St.

425-430-6700 / Admission: Free

Teen Game Days

Thursday, Jan. 29, 3-5 p.m.

This program is for grades 6 to 12.

Renton Public Library, 100 Mill Avenue S.

Admission: Free

Renton History Museum Tours

Third Saturday, 11 a.m.

Tours are appropriate for elementary students through adult. No reservation is necessary, unless there are more than five people in your group. In that case, call the museum one day in advance.

Renton History Museum, 235 Mill Avenue S.

425-255-2330 / Admission: Free

SENIOR EVENT



Senior Snowflake Ball

Friday, Jan. 16, 6-8 p.m.

The Renton Senior Center is holding its annual formal dance. Guests can munch on appetizers and desserts. Harley Brumbaugh with his six-piece band performs.

Renton Senior Activity Center
211 Burnett Ave. N.

425-430-6633

Admission: \$10

Throw another log on the fire

January has arrived. On record it is the coldest, darkest month in the Northern Hemisphere. Those of us who suffer from light deprivation or depression know it to be one of the longest months of the year.

I can remember as a kid going off to school in the dark, staying after school for sports and heading home in the dark. I didn't like it then either.

It is during the month of January that I wonder, why do I still live in the Northwest? I typically rant and rave that I'm going to move someplace where the sun shines, knowing full well there is no place I would rather live.

My complaints often go unheard by those around me, or I am reminded by my friends transplanted from the Midwest that, "You don't have to shovel rain." Proud Northwesterners like to make some crack about, "Remember, it is what makes it so green." Such words do not comfort me when it is cold and dreary and the dampness digs its way into my soul.

My parents have come up with their own solution to the winter blues. They head to their winter home in Chandler, Ariz. Every year they leave earlier and stay later. I have to put up with their constant reports about how nice it is to be out, sunning themselves on the porch. I warned my mother last year not to rub my nose in the weather or I was going to stop calling her.

My children, on the other hand, love January. The perfect January day for them is spent in their pajamas, wrapped up in a

blanket, sitting in front of the fire, reading a good book while sipping on a hot chocolate. They are hard-core Northwest, and winter for them is a time to retreat to the safety of the cocoon.

I should have been a bear. They have the right idea about winter. They gorge themselves in the fall (something I do as well), and then they find a good cave and fall asleep until spring. Who said humans are the most intelligent animal? While the bears are sleeping, we are trying to make our way in the rain. We run from our cars to the nearest building while the wind completely messes our hair and the rain soaks us to our shorts. Once inside the building, we shake ourselves dry as if we were golden retrievers, and then we carry on like nothing happened.

You can tell true Northwesterners. They're the ones who never carry umbrellas because they aren't worth the hassle. There is absolutely no reason to buy one. If you really need an umbrella, take one of the hundreds left at every coat rack.

Oh, and by the way. January is the beginning of a new year where, with great resolve, we make plans to completely overhaul our lives. Something I have failed at for 56 years.

Lest you think I am in a dour mood, the truth is I am looking forward to 2009. I think it is an exciting time to be alive and I learned a long time ago, every day above ground is a good one. Happy New Year, my dear friends!

Renton Magazine columnist Kirby Unti is pastor of St. Matthew's Lutheran Church in the Renton Highlands.



Kirby Unti
COLUMNIST



DREAMING UP THE IDEAL RETIREMENT

IS YOUR JOB. HELPING YOU GET THERE IS OURS.

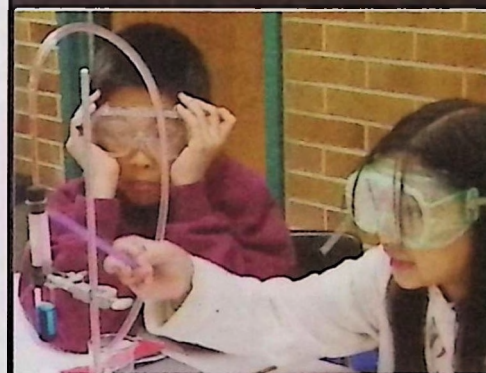
To see why it makes sense to get ready for retirement now, call today.

Eugene Heuschel II, AAMS
Financial Advisor

15 S. Grady Way, Suite 534, Renton 98057
425.227.3294
www.edwardjones.com
Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

World Class Education | High Student Achievement



Highly-Qualified Teachers
Award-Winning Schools
Challenging Curriculum
Successful Students



RENTON

Renton School District | www.renton.wednet.edu | 425.204.2345



DR. PATRICK L. MCKENZIE &
DR. ANNA A. DANIELI

THE PLACE FOR COMPLETE DENTAL CARE

Are your 2008 dental benefits about to expire? We believe expert dental care is an excellent investment in your health and peace of mind. Everyone deserves the best dental care possible.

Make an appointment today.

Doctor McKenzie and I look forward to giving you complete dental care services.

Dr. Anna Danieli

WE LOOK FORWARD TO PROVIDING YOU WITH COMPLETE DENTAL CARE.

- Convenient payment plans
- Most insurance accepted
- New expanded hours on Friday
- Experienced long-term staff
- Dr. McKenzie continues to work two days a week

DR. ANNA A. DANIELI

DR. PATRICK L. MCKENZIE

Family Dentistry



West View Building
1900 S. Puget Drive,
Ste. 102
Renton, WA 98055
425.228.1521

www.danielidds.com



RENTON MAGAZINE/JAMES BAVENDAM

Young dancers learn new hip hop moves from teacher Autumn Middlestadt at the Renton Community Center.

It's hip hop school with a new twist

BY DANA E. BLOZIS

The Renton Community Center's popular hip hop classes for kids feature a new instructor this year – Autumn Middlestadt, a former Sonics dance team member, who brings high energy and talent to the position.

Hip hop was added to the center's Steppin' Together dance program for kids three years ago, and the classes continue to grow in popularity.

Middlestadt, 28, learned hip hop when she was 17 and has been teaching it around the state for the past six years. She choreo-

graphs routines, teaches dance steps and instructs children on how to listen to and count music during the once-a-week classes at the RCC dance studio.

"Autumn brings a lot of artistry and creative development to the program," RCC recreation specialist Jennifer Spencer said. "She puts a whole new twist on hip hop school."

Middlestadt teaches two Tuesday evening hip hop classes for ages 5-7 and 8-10 – ideal age groups for the style because children at these ages are less self-conscious, and they're willing to experiment, said Middlestadt. As a kindergarten teacher for Lakeridge Elementary School on Mercer Island, Middlestadt said she also appreciates the learning opportunities that come with teaching hip hop.

"It's good for them to feel they are part of a group. It builds confidence," she explained. "It also helps them to have rhythm, count music and to learn sequencing and patterns."

Hip hop also gives students a chance to hear different kinds of music. The fast-paced, fun music is one of the reasons the classes – both with waiting lists – are so well-liked. The music is popular right now so the kids connect with it, said Middlestadt, though she is careful to choose songs of varying speeds and with age-appropriate themes and lyrics.

Six-year-old Emma Norfolk is taking her first hip hop class after three years of ballet at RCC. "I like all the dancing and playing," Emma said. Myra Tso, 7, shares the class with Emma and says she enjoys "doing the moves" and playing games at the end of class.

Spencer said she'd like to add a class for 11- to 14-year-olds in the future, because it is great exercise and anyone can do it.

"There's a lot of demand for this class," Spencer said. "The kids absolutely love it."





RENTON MAGAZINE / DAVID SUFFIA

Sherril Huff, King County Elections Division director, shows just a tiny fraction of the ballots to be stored following last November's general election.

BY DAVID SUFFIA

Sherril Huff has one of the toughest jobs in King County government — making sure your vote counts. Yours and more than a million others.

She's director of the county's elections division, and she presides over an operation whose headquarters are a 94,000-square-foot building at 919 S.W. Grady Way in Renton. The division has 70 full-time employees, up to 1,000 temporary workers, a 40-person phone bank, and a mammoth warehouse.

The division is responsible for supervising elec-

tions up to six times a year for everything from the presidency to local water, sewer and fire districts — and making sure it's done without controversy.

King County consolidated its elections division, previously spread across several locations, in Renton last year. The division is responsible for about a third of all the votes cast in the state.

Huff exudes pride over the people she leads, and the Renton headquarters building.

"It's absolutely wonderful to be in this Renton facility," she says.

"City government has been terrific in helping us move here, and our staff has done an incredible job of reconfiguring this huge building to meet our needs."

"We've put together an incredible team of really dedicated people," she says.

That's saying a lot, considering the disarray following the 2004 general elections and a paper-thin margin in the governor's race that raised accusations of miscounting and lost ballots.

"There have been more than 300 reforms to the county's elections

process since 2004," Huff says. "There isn't a single problem from 2004 that hasn't been fixed. We revolutionized our training, established our own internal human relations department, funded quality assurance staff, and created layers and layers of security."

"People who love this work have stayed and thrived on the very high stress and the challenge of the division. Those who couldn't invest in change are gone."

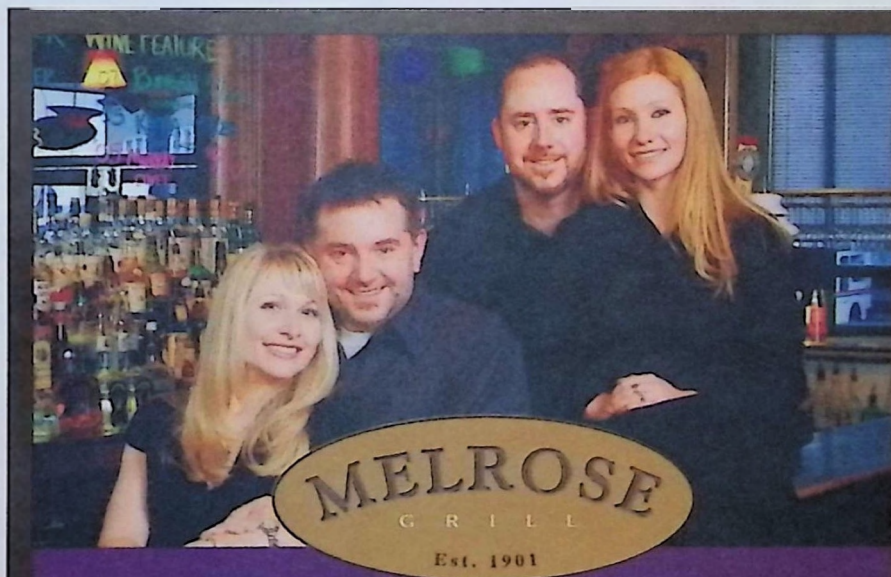
Huff is no stranger to elections and politics. She is a former

VOTES COUNT — page 15

You can see for yourself how votes are counted

We welcome people to visit and see for themselves what's going on during ballot counting.

~ Sherril Huff, director of King County Elections Division, headquartered in Renton.



Visit our new website: www.melrosegill.com

819 Houser Way S. • Downtown Renton • Open daily from 5pm

425.254.0759

A GREAT NEIGHBORHOOD STEAKHOUSE



ARMONDO'S
café italiano

"We've been eating at Armondo's for 22 years. You can assume we love it!"

-Jim & Char Baker

A Renton Family Tradition for Over 22 Years



425.228.0759

www.armondos.com

310 Wells Avenue South

Corner of Wells & Houser, Downtown Renton



Chinese-American families 'YEAR OF THE OX'



While families and businesses are planning celebrations to welcome the "Year of the Ox" on Chinese New Year, Jan. 26, Renton's May Lee will enjoy the festivities twice: once with her mom and siblings and again with her class at Kent's Martin Sortun Elementary

Lee, 47, grew up in the Tri-Cities in Eastern Washington in a traditional Chinese family. In her hometown, there were only five or six other Asian families, so

there were no community Chinese celebrations. Her family, however, observed the holiday at home with a traditional dinner on New Year's Eve.

The banquet, which had to be planned in advance, usually included a cooked whole pig with its head and feet intact, denoting good luck and forward direction with a beginning. There were beef and pork dishes; red symbolized good luck; and oranges, symbolizing wealth and good luck. Meals always ended with sweets such as sesame balls and hard candy.

Before the New Year, Lee's family would clean their homes to sweep away bad luck.

A Chinese New Year

The Great Wall of China was the first to be lit on Jan. 24-25, in the East Valley High School. The school owns the Asian Cultural Center, which is open for Chinese New Year celebrations, attracting visitors from all over Vancouver and surrounding families.





...lies usher in THE OX'

STORY BY DANA BLOZIS

New Year cel-
ebrates the hol-
day on the

prepared in
chicken with
at life has a
and an end.
dles, which
represent
concluded
balls and

ee holiday,
ould honor
relatives,
times, and

buy new clothes to wear in the coming year. There was no cooking or cleaning on Chinese New Year, and Lee and her siblings weren't allowed to bathe, wash their hair or play with broken toys that day for fear of bad luck.

Now Lee celebrates Chinese New Year with her siblings, either in an Asian restaurant or at home with their mother. The family also gets a table at Seattle's House of Hong, which hosts a Chinese New Year's dinner for the Lee Association. Owned by a descendent of the Lee family, the restaurant has fireworks and a lion dance before the meal to bring good luck to its guests. This is followed by a traditional nine-course meal for longevity, consisting of an appetizer plate with jellyfish, sliced ham and barbecue pork; soup; a whole chicken; a fish with its

head and tail; and more, followed by pastries and other treats.

"The meal is always followed by sweets to represent the sweetness for the new year," Lee explained.

As an English Language Learners teacher, Lee will share Chinese New Year with her students, who will learn about the holiday and celebrate by making large red envelopes in which to gather good fortunes from their fellow students. On the holiday itself, Lee will bring in oranges, origami cranes, chopsticks and lucky strawberry candy to share.

"Chinese New Year is all about family and friends," Lee said.

Chinese New Year celebration for the public

Wall Mall will hold a weekend-long celebration, in honor of the Chinese New Year. The mall is on the way just outside of Renton. Christine Lee, who owns the mall with husband Omar, said they have held a New Year festival every year since opening in 1999, with visitors from as far away as Portland, Ore., and Vancouver, B.C. Last year, more than 100 children and their families attended the event, which included folk dances,

singing, a Chinese orchestra, games, fireworks, decorations and red envelopes for the children.

"It's very traditional and very festive," Lee said. "It's something the children look forward to every year." More information is available on-line at www.greatwallmall.com or call 425-251-1900.

"You will feel like you're in China without ever leaving SeaTac," Lee added.



Large
dragon
and lion
dance
photos

courtesy of

Northwest Asian
Weekly. Events in

Seattle's International
District can be found at
www.cidbia.org/events.

Top photos, from left: A lion dance group performs at the Great Wall Mall; May Lee celebrates the New Year with her students at Martin Sortum Elementary; a Chinese children's orchestra performs at the Great Wall Mall; a New Year's celebration features a dance of a lion before the feast to ward off evil spirits. (Photo of May Lee courtesy of Dana Blozis; other photos courtesy of Great Wall Mall.)



BY CHRISTIE KATONA

Hearty, Hearty, Hearty, Soups On!



With the hectic holidays behind us and winter evenings beckoning us to relax and simplify our lives, soup is the ideal dinner. Just add a hearty bread and crisp salad to your menu and your meal can be on the table in a hurry.

Soups are fun to assemble and cook over the weekend. Often the flavor improves upon standing. Soup is ideal to reheat in the microwave after work or freeze for future meals. I often make a big batch of soup and

share it with friend.



CHRISTIE KATONA

Christie Katona is the owner of Christie's Catering Inc. in Renton. She attended the Cordon Bleu in London, has authored many cookbooks, taught cooking classes for many years and worked as a restaurant consultant. More recipes and suggestions can be found at www.Christies-Catering.com.

This is one of my favorite old-fashioned soups. Campbell's used to make it, but discontinued it. Now I make it myself and add lots more lamb and even a rutabaga. If you don't care for rutabagas, you can leave them out, but they add a nice, mellow flavor. You can also use leftover lamb and add it last.

Scotch Broth

Makes 8 to 12 servings

you will need

2 cups boneless skinless lamb cubes, cut into half-inch dice
2 tbs. butter
1 onion, chopped
3 stalks celery, chopped
3 carrots, peeled and sliced
2 rutabagas, peeled and chopped
4 cups chicken stock
1 cup pearl barley
Salt and pepper to taste

directions

In a heavy bottomed saucepan, melt butter and brown the lamb, until it loses its pinkness. Add chicken stock and remaining ingredients. Cover and cook over medium low heat until vegetables and barley are tender, stir occasionally. Season with the salt and pepper.

Herbed Seafood Chowder

Serves 6 to 8

The unusual combination of seasonings make this chowder a standout.



you will need

4 slices bacon, chopped
4 tbs. butter
1 small onion, finely chopped
1 stalk celery, finely chopped
4 medium red potatoes, scrubbed and cut into half-inch chunks

1/2 cup flour
2 cups clam juice
2 (6.5 oz.) cans chopped clams, with juice
1/4 lb. bay shrimp
1/4 pound diced smoked salmon or lox
1 tsp. mixed Italian seasonings

1 tsp. dried Thyme
1/2 tsp. dried dill
1/4 tsp. fennel seeds, crushed
1 tsp. white pepper
1/4 tsp. salt
1/4 tsp. Tabasco sauce
2 cups half-and-half cream



directions

In a heavy-bottomed Dutch oven, cook bacon over medium heat until lightly browned around the edges. Add butter and melt. Add onions, celery and potatoes, cover partially with a lid and cook over low heat until vegetables are soft, about 20 minutes. Stir occasionally.

Add flour and cook for 1 minute. Add clam juice, seafood and spices. Cook on medium low stirring occasionally for 15 minutes. Soup will thicken and flavors will blend. Just before serving, stir in half-and-half and heat through.

Bok Choy and Ham Soup

Serves 4 to 6

This is a great soup for the Chinese New Year. Use a food processor to put it together in just minutes. It's ideal for using up leftover holiday ham.

you will need

4 cups chicken broth	1 bunch bok choy
1 cup ham, finely chopped	4 green onions, sliced
1 sweet potato or yam, peeled and thinly sliced	1 tsp. sesame oil
	1 tsp. soy or to taste

directions

Heat the chicken broth in a sauce pan over medium high heat. Insert the steel knife in the food processor and finely chop the ham. Add to the soup. Remove leaves from the bok choy and cut into large pieces, about 1 to 2 inches, set aside. Slice the stems of the bok choy diagonally into 1 inch pieces, add to the soup. Peel and slice the sweet potato using the slicing disc of the food processor and add to the soup. Continue cooking until the sweet potato is tender-crisp. Add the bok choy leaves and green onions and cook until they just lose their crispness. Season with the sesame oil and soy.



VOTES COUNT

from page 11

Bremerton city council member and was the Kitsap County auditor before joining the King County Elections Division in 2005. She was named director in 2007.

During the November 2008 general election, the operation in Renton was swamped with new voters coming in to register, spurred by the presidential race. So many came, the county had to lease extra space nearby.

"The City of Renton and Mayor Denis Law were tremendously helpful to us in finding other parking locations, because our parking lot was inundated.

"We hired 1,000 temporary workers for that election to work on handling and counting ballots, and we trained more than 4,700 poll workers," Huff said.

"The temporary workers were some of the most interesting people I've seen, including real estate professionals, Internet technology folks and even a former state legislator."

Some of the dynamic of the election process will change when King

County goes to all-mail balloting this spring, she said. This was one of only two counties in the state that hadn't gone to all-mail balloting.

The county will have three regional voting centers – in Bellevue, Seattle and Renton – and about three dozen ballot drop locations, but traditional polling places will be a thing of the past.

"In addition to layers and layers of security, we put in testing protocols that tell us what's going on during an election count so we know exactly what's happening minute by minute," Huff said.

"We welcome people to visit and see for themselves what's going on during ballot counting," she added, pointing out the Renton facility has a special viewing corridor running the length of the building that allows visitors to view all aspects of the election process. "I think voters would be very impressed with our competence, and I invite them to come and see for themselves."

Visit our website for recipes

Perfect for football parties!



Comfort food starts here!

Fabulous roasts and stews begin with our fresh, natural meats, never ever any hormones, antibiotics or steroids.

Try our smoked baby back ribs, pepperoni & beef jerky.

Open Tuesday thru Saturday, 9 - 6

5325 NE 4th, Renton | 425.226.2422
www.ShawnAndTeds.com

Time to overcome fear of pruning

BY ELAINE ANDERSON

*P*runing is one practice most beginning gardeners postpone attempting. Now that I've become a nearly fearless pruner, I wonder why that is. Well, cutting parts off a living thing is a pretty serious matter. And, does it make sense to cut off what we've been encouraging to grow? What if these amputations harm, or even kill, the plant? Can we live with that on our conscience?

Yes, it is possible to harm and even kill a plant with improper pruning. But, by using a bit of common sense, you can ensure that you and your plants avoid such a fate. Winter is a good time to practice pruning. But, don't practice on trees; not yet. And, roses aren't for absolute beginners, either.

Get used to cutting into your plants by focusing first on deadwood, which may be pruned from any plant at any time of the year. In the summer, deadwood is easily

spotted on deciduous plants, but it also provides a good practice field in the winter. Walk through your garden with sharp pruners poised for action.

You'll know deadwood, because it will be a different color from the plant's live wood. It will be brittle too, not supple like living plant material. If you are in doubt, scrape off a bit of bark. If the tissue underneath is alive, it will be green. If not, it will be brown.

Spend some time walking slowly through your garden, training your eye to spot deadwood and practice pruning it out. In addition to helping yourself overcome your fear of pruning, you'll be surprised at how much better your plants look.

Next, approach a small non-deciduous shrub that needs a bit of shaping and cutting back. It's nearly impossible to harm these unless you end up having such a good time that there's not much plant left when you've finished. You can avoid that by examining the shrub from all sides and developing a plan before you begin. Prune branches that are too tall, sticking out and making



the plant look messy, or crossing other branches.

After you've made a few cuts, step back and take another look. If you continue to do this, you won't over-prune. You'll be pleased with your results and ready to advance to Pruning 102.

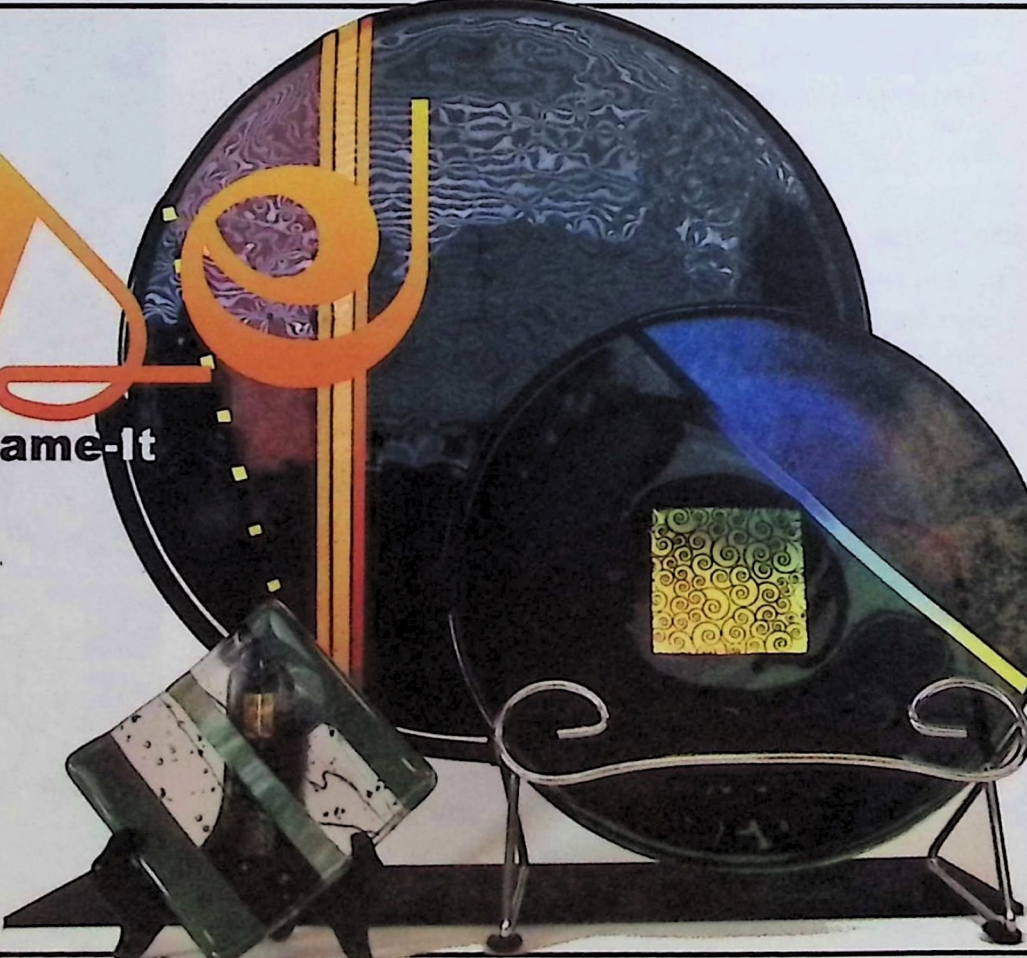
Elaine Anderson is the Washington State University Extension coordinator for the King County Master Gardener Program. The program, funded by King County and WSU, provides free, environmentally friendly gardening advice to home gardeners. For answers to your questions about pruning and other gardening topics, call the Master Gardener Phone Clinic at 206-296-3440.

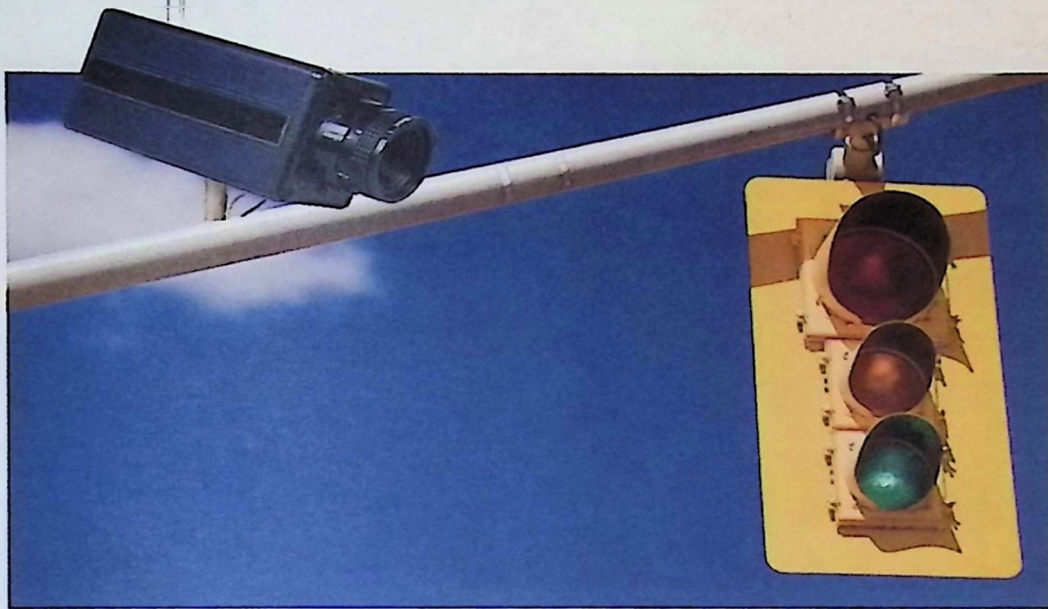


 **α ω α η γ λ ι α α studio in U-Frame-It**

- Drop in and make a plate, sushi plate, sconce or vase.
- Make an appointment to host a fusing party and get \$10.00 off your project for every \$100.00 spent.
- Bring in the kids to make a Christmas gift for mom or grandma.
- Join the "Plate a Month" club and make an entire service for 12.

fuse at U-Frame-It 5335 NE 4th - Renton - WA 425.687.3185





New traffic cameras nailing scofflaws

BY DAVID SUFFIA

*T*he city of Renton has issued more than 4,500 traffic citations to speeders and red light runners since automatic traffic violation cameras

were installed in June at several dangerous intersections and school zones.

The tickets carry fines of \$124 to \$250. Cameras snap a photograph of violating vehicles' license plates if they are running a red light or speeding, and tickets are mailed to the owners of the vehicles.

"The red light camera program appears to be doing exactly what we had hoped," says Commander Kent Curry of the Renton Police Department's police/patrol services. "We are sending a message that we want people to stop at red lights, no matter how pressed for time they are. Gambling on saving a minute or two by running a red light could cause serious injury and potentially, very grave consequences."

The red light cameras are installed at North 3rd Street and Sunset Boulevard North; the intersection of Highway 169, Bronson Way and Sunset Boulevard North; Southwest 43rd Street and East Valley Road; and Rainier Avenue South and South Grady Way.

Speed violation cameras are located in front of Renton High School, McKnight Middle School, and Talbot Elementary, where the speed limit is 20 m.p.h. during school hours and when children are present.

Preeti Shridhar, city spokesperson, said "a lot of the violators aren't Renton residents. They are commuters taking short cuts through Renton."

The fine for running a red light is \$124. The fine for speeding in a school zone is \$124 for speeds up to 15 miles over the limit, and \$250 for speeds more 15 miles over the limit.

A private company, American Traffic Solutions, installed the cameras at a cost to the city of \$3,750 each per month, Shridhar said. The cost is being more than covered by the fines paid by violators.

She says Mayor Denis Law has pledged that after installation costs are covered, the city will plow any extra income from violator fees back into other traffic safety programs in Renton. The goal is to make the city's streets safer, not raise revenue.



Public invited

TO CELEBRATION JANUARY 2

The public is invited to see ShoWare Center up close at a community celebration, 4-9 p.m. on Friday, Jan. 2. Guests will have a chance to walk through areas they wouldn't normally see, such as the arena floor, back stage and dressing rooms. They can get autographs from and have photos taken with members of the Thunderbirds hockey team.

Entertainment includes chorus groups, dance teams, theatre groups, and jazz bands from local high schools, a visit from a Harlem Globetrotter, who will host an interactive skills clinic, and a special jazz performance by Kent's own Darren Motamedy. For more information visit www.ShoWareCenter.com.



Gates grant expands library computer services

Providing Internet computers for the public to use is a very popular service at the modern library. At the Highlands branch of the Renton Public Library, the three Internet computers are in almost constant use. We have been unable to add more computers because of lack of space, problems with the older wiring in the building, and cost of the computers. Sometimes people have had to wait two hours for a half-hour computer session. However, all that is about to change.

The Bill and Melinda Gates Foundation awarded an Opportunities Online Grant to the library for the purpose of adding six Internet computers at the Highlands branch. The City of Renton provided the required matching funds to upgrade the wiring to accommodate them. To make it easier for staff to help patrons, we decided to place all the Highlands computers front and center in the main room of the library.

As with any good remodel project, one thing leads to another. What started out as a simple plan to add six computers quickly became more complicated. In the area where the computers were to be placed, large wire racks held collections of videos, DVDs, paperbacks, audiobooks, etc., and the racks were

crowded beyond capacity.

We realized that the new computer furniture would never fit if we kept those racks, and we needed to acquire appropriate media shelving to hold each format with room for expansion. A space plan was developed that accommodated the computer furniture and the necessary shelving and also created clear aisles for people to move through the library. With great anticipation, library staff awaited the big day when the transformation would occur.

Of course, it took longer than one day and involved a great deal of hard work, but the end result exceeds our expectations. Now you can easily find what media the library has available and use a computer on sparkling new furniture in the main room of the library - and the library looks more organized and spacious.

The six new computers have not yet arrived, but everything is ready for when they do. Once they are installed, we expect those two-hour wait times to be a thing of the past.

Bette Anderson is the Renton Public Library director and can be reached at 425-430-6610.



Bette
Anderson
COLUMNIST



Hey, dude! Western is always in style

BY LAUREN VANE

Western-style clothing like cowboy boots and boot-cut jeans move in and out of the fashion spotlight, making an occasional appearance at mainstream retailers. But there's one place where Western never goes out of style.

From boot to brim, Renton Western Wear stocks everything to outfit the cowgirl or cowboy in you. Catering both to real farmers, with livestock and land, and city slickers with a hankering for the Western style, Renton Western Wear has remained a shopping destination in a niche market.

"This is the best Western shop around," said Diane Johnson, who drives from her home on Whidbey Island to shop at the store on 3rd Street in downtown Renton.

Renton Western Wear sells a lifestyle: good value, hard work, and family, said Jerry Kavesh, who owns the company with his sister Gina Kavesh.

"We're a lifestyle, destination business," said Jerry Kavesh.



RENTON MAGAZINE/LAUREN VANE

From jeans for work to boots for special occasions, Renton Western Wear offers impressive variety. The store is owned and operated by brother/sister team Jerry Kavesh and Gina Kavesh.

The store caters to different kinds of customers, Kavesh said. There are those who actually have farms or acreage with horses and other livestock. Some customers are what Kavesh calls lifestyle consumers: people who love the Western lifestyle and décor. And some customers just favor the fashion. Whichever kind of customer they are, they're welcome at Renton Western Wear, Kavesh said.

The brother and sister team are the third generation in their family to run the business. Their grandfather Isaac Benveniste started the business in 1950. Over the years it evolved from a department store to a Western specialty store. The store's unique niche in the retail market helps it succeed, Kavesh said.

The shop lives up to Western stereotypes: twangy country music serenades shoppers, the entire store smells of leather, and the shelves are

stocked with every Western item imaginable – from bolo ties to a denim Wrangler jean Christmas stocking.

There are glass cases full of big shiny belt buckles, engraved with an initial or even a Jack Daniels or John Deere label. The store floor is filled with racks of button-ups – Western-style work shirts – in sturdy plaid flannel and sequined paisley prints. Cowboy hats come in straw or various kinds of felt. Depending on your style and budget, you can spend anywhere from \$100 to \$1,500 on a pair of boots.

Johnson said she has been shopping at the store for years. She vacations at a dude ranch every year and relies on Renton Western Wear for all ranch gear. Even when she's not at the ranch, Johnson wears Western-style clothing all year round.

"I love Western. My whole house is done in Western," she said.

renton history

Ethel Telban pioneered in preserving our history

BY ELIZABETH P. STEWART

Renton lost one of its pioneer preservationists in 2008. Ethel Telban, one of the founders of the Renton History Museum, died Nov. 19 at the age of 94. Without Miss Telban as a driving force, much of our city's heritage might have been lost.

Ethel Telban was born in 1914 to Blas and Amelia Podbregar Telban, the youngest of their three daughters. Blas and Mary were Slovenian immigrants, and Ethel took great pride in both her Old World heritage and her parents' pioneer status. Young Ethel graduated from Renton High in 1932 and then went on to graduate from the Washington State Normal School.

In her early years at the Sartori and Henry Ford schools, Ethel taught her young pupils how to use the library, and here she discovered her passion. She took library courses at Denver University for four summers. After completing her master's degree in librarianship, she asked school superintendent Oliver Hazen for a job as school librarian. Instead, the district created the position of district-wide elementary librarian for her.

In a working class town like Renton, libraries loomed large as a source of empowerment for laborers. Many of the miners from England and Wales brought a seemingly radical tradition of workingmen's education with them to the United States; here there was nothing strange about self-improvement through knowledge.

Ethel dedicated herself to this tradition, applying all her energies to excelling.



PHOTO COURTESY OF THE RENTON HISTORY MUSEUM. #1998.108.4864

Ethel Telban, director of libraries for the Renton School District, 1967.

She became school library supervisor for the district and taught summer courses at the University of Washington and Central and Western Washington universities.

But Ethel was not content to make her mark in her chosen profession. Before the opening of the new library in 1966, the Renton Public Library's History Committee collected photos and objects for a small display. Committee members were overwhelmed by the donations, and Ethel later remembered that "we knew we needed better care for them, because they were really precious."

The 1960s and 1970s were the heyday of museum formation in King County—in Auburn, Kent, Black Diamond, and other cities—and Ethel, Ernie Tonda, and Stan Greene were right in the thick of it.

"It seemed to me there were an awful lot of people ready and willing to start in on museums," Ethel recalled in 1998, "We learned from each other a great deal."

Her involvement in the History Committee in 1966 led to a 30-year relationship with the Renton History Museum. Museum volunteers still remember Ethel for her tireless desire to ensure that irreplaceable photos, objects, and books were not only preserved, but, thanks to the librarian in her, could also be located for researchers to use. Her legacy continues on in the Renton History Museum.

Elizabeth P. Stewart is the director of the Renton History Museum. She can be reached by e-mailing info@rentonhistory.org, or phone 425-255-2330.

did you know that...

...that Renton's first mayor was a physician? Abjiah I. Beach was a Civil War surgeon who later became company doctor at the Renton mine. He served as mayor from 1901 to 1904.

Clock is ticking for neighborhood annexations

BY MANNY FRISHBERG

*I*f the independently-minded community of Fairwood and the rest of Renton's potential annexation areas on the city's western edge were absorbed by the city, in 2011 Renton would be larger than Bellevue.

But Mayor Denis Law says that does not mean it will change its nature.

"It doesn't mean that we'd be Bellevue," he says, "We're annexing residential areas, not commercial areas," which he calls "a bit of a challenge to all cities, under the 1 percent property tax limitation."

In March the Benson Hill area joined Renton, adding 4.2 square miles and 17,000 people to the city. It's not that Renton is looking for new lands to conquer. King County is moving to eliminate pockets of unincorporated territory and have cities take over more essential services like public safety.

Since 2004 the county has been pressing an initiative to encourage annexations within the cities' urban growth boundaries as one way of trimming costs. The county has said it may have to slash police and related services to unincorporated areas that do not become part of an incorporated city.

Fairwood, a community of about 26,000, is in the process of taking a second shot at incorporation. If it does not make it, Renton will most likely be asked to annex the area. All of the options have support.

"The way the state law works is that the incorporation effort trumps every other effort until it's done," says Marty Wine. "So any proposal to annex in the Fairwood area would come after the incorporation effort." Wine is Renton's assistant chief administrative officer. The new incorporation proposal is currently under study by the Boundary Review Board, on its way to the ballot. A previous effort in 2006 lost by a very small margin.

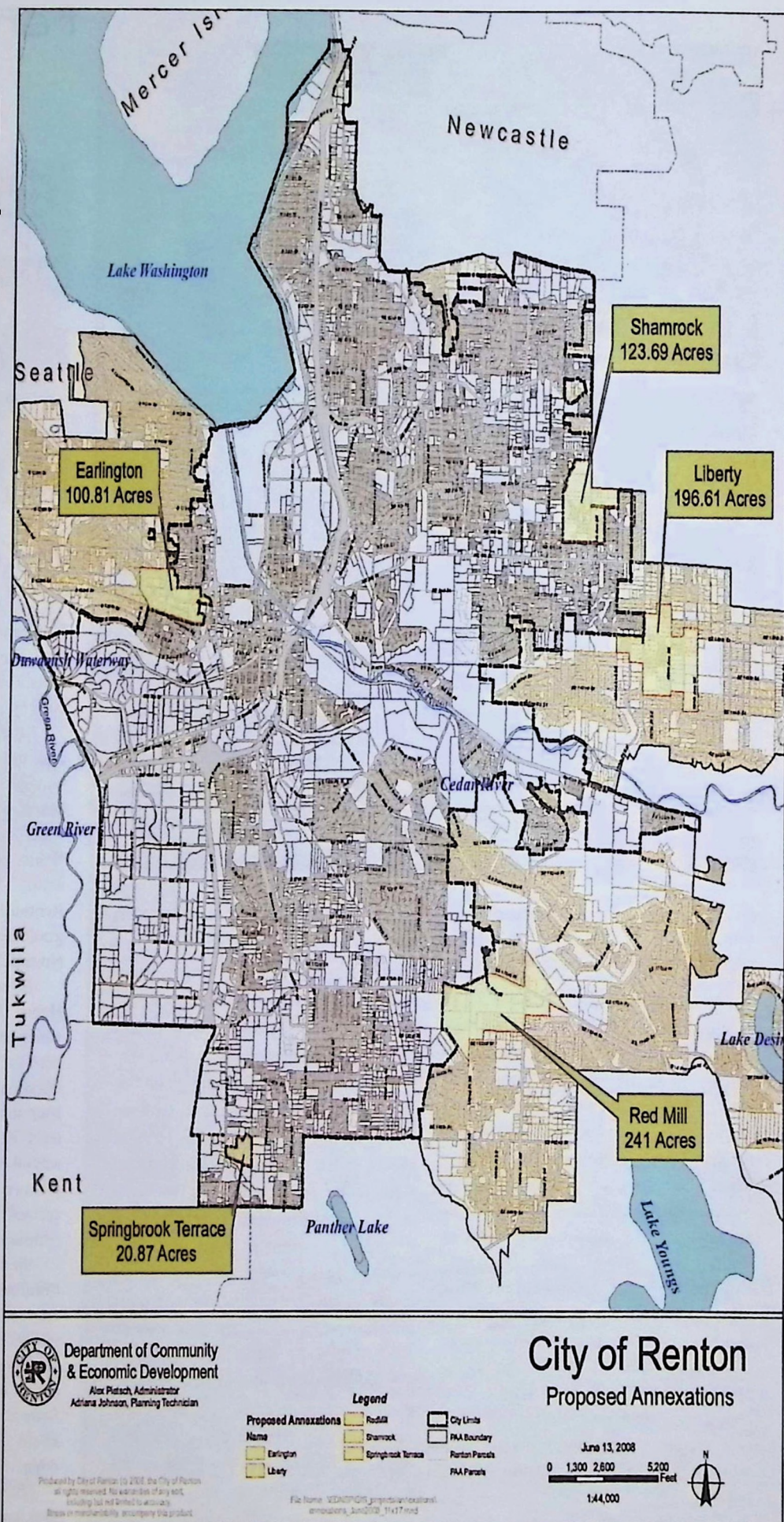
On the other hand, Wine says, if the city waits too long, it will miss out on a 10-year split of the state's share of the sales tax.

"If the city doesn't place the question of annexation on the ballot by January 2010, we lose some opportunity to fund services in our annexation areas," she says, "and that makes it not as feasible a proposal from Renton's perspective."

Two other large areas are considered potential annexation areas: East Renton Plateau and West Hill. Additionally, Wine says, "There are always small annexations along our borders that are in some stage of petitioning."

Home to some 8,000 people, the East Renton Plateau includes the neighborhoods of Maplewood Heights and Briarwood. Since the 1990s, approximately 900 acres of property has annexed to Renton, driven by developers interested in building new subdivisions.

The West Hill is a 1,950-acre area on Lake Washington, made up of neighborhoods including Bryn Mawr, Lakeridge, Skyway, Earlington, Campbell Hill, Panorama, Skycrest, and Hill Top. It borders Seattle and Tukwila, on Renton's west edge.



The City of Renton will be closely following the Washington State Legislature, to learn whether mitigation funds will be available to defray the costs of bringing in new residents.



swimming

K
E
E
P

S
W
I
M
M
I
N
G



RENTON MAGAZINE / ANDREW FICKES

Fran Lund leads 11 women in deep water exercise at the Lindbergh High School pool.

Winter exercise: Try walking in water

BY ANDREW FICKES

Water is fluid, but try walking against it from heel to toe and it becomes a physical weight against the body. It's called "water walking," and is the simplest form of water exercise offered by Valley Medical Center's physical therapy program to recondition patients requiring a low-level pool workout. It can be done by anyone.

You'll be glad you did, promises physical therapy supervisor Barbara Aregger at Valley Medical Center.

"I've never met a patient of mine who didn't like water walking," she says.

During January's chill when outdoor exercise holds less appeal, several indoor pools in Renton give you the option to pull out that summer swimsuit and try some water aerobics.

Valley Medical Center's pool and fitness center has been open to the public for 18 years. The center is 1,600 members strong and "many use the pool regularly," says Kim Burton, manager.

"The pool is designed for exercising," she says. "We keep it at about 84 to 85 degrees."

Burton says when she first began to work at Valley Medical five years ago she decided to take a water aerobics course at the pool during her lunch break. The results: weight loss, increased strength, and endurance.

"I felt more energized and better," she says. "I think one of the things I enjoyed about it is that it seems so effortless when you do it, but you experience such great results."

Burton says anything you can think of doing in the gym, you can do in the water.

"Water takes away the gravity effect and you're buoyant," she

says. "It's a great place to get a resistance workout."

"Water walking is also great for severe arthritic patients," says Aregger. "It's a good way to strengthen your muscles around your joints before you get a knee replacement."

Burton says the public is welcome to drop in on either the water aerobics or aqua-size classes.

Another option for public indoor swimming is the Lindbergh High School swimming pool, located at 16740 128th Ave. S.E.

Lindbergh has a 40-yard pool with shallow and deep ends. Swimming lessons are held in the shallow end, with competitive swimming and deep-water exercise courses in the deep end.

Instructor Fran Lund says deep-water exercise (which requires a belt preserver) helps with stress and toning the body.

Kelley Duffy came with friend Rebecca Hancock one night to try it out.

"You feel like you can do a lot more in the water," she says. "It's a good workout."

Ten sessions of deep-water exercise are available for \$60. A full schedule and fees are listed by following the "pool" links from www.renton.wednet.edu, which also has the schedule for the Hazen High pool.

Valley Medical Pool Hours

The Valley Medical Center swimming pool hours are 5:30 a.m. to 9 p.m.,

Monday through Friday and Saturdays, 7:30 a.m. to 3:30 p.m. The pool is located on the first floor of the Talbot Professional Center on the Valley Medical Center campus. Free parking is available.

To become a member, you must be 16 years of age or older. A one-time fee of \$75 is required. Monthly rate for the first household member is \$46.50; each additional household member is \$31.50.

Family swim time is Saturdays from noon to 2 p.m. Members can bring two children for free and each additional child is \$2. For non-members, a guest fee is \$10 and two children are still free.

Pool information may be found at www.valleymed.org. Click on "Our Services" on the homepage then "fitness center" in right column.

Health Topics

Q: My spouse tells me I snore frequently but has never seen me stop breathing and I never wake up short of breath. Can I assume I don't have sleep apnea?

A: No. The majority of people with sleep apnea do not realize they aren't breathing normally while they sleep, just as most people who snore are unaware unless they have someone else tell them. Also, breathing irregularities are often subtle enough that spouses don't notice them. On the other hand, if very irregular snoring or breathing pauses are noted by family or friends, there is a very high likelihood of sleep apnea. A person with regular snoring and other high risk symptoms of sleep apnea such as obesity, hypertension, sleep disruption and daytime fatigue or sleepiness may need a sleep study to differentiate between simple snoring and sleep apnea.



Suzanne Krell, MD,
is Co-Medical Director of the Sleep Center

Trouble snoring or sleeping?
Request a sleep study

THE SLEEP CENTER
Valley Medical Center

Valley Medical Center
400 S. 43rd Street
Renton, WA 98058
To schedule a sleep study,
call 425.656.INFO



Salvation Army: Demand grows, but no one leaves empty-handed

BY DANA E. BLOZIS

Captain Terry Masango's license plate reads "Service Before Self." It's not just a slogan, but a philosophy that he lives every day.

A captain in the Salvation Army, Masango and his wife, Captain Rutendo Masango, moved to the area in June 2006 to take over the management of the Renton Salvation Army. They quickly immersed themselves in the community.

The decision to serve was instinctive, says Masango. Growing up in Zimbabwe, there was a time when he felt like giving up. He says he turned to the Salvation Army, whose volunteers gave him hope, mentored him and provided the father figure he needed.

"The Salvation Army was a source of strength for me when I felt like giving up," Masango said. "Every day now I'm giving back."

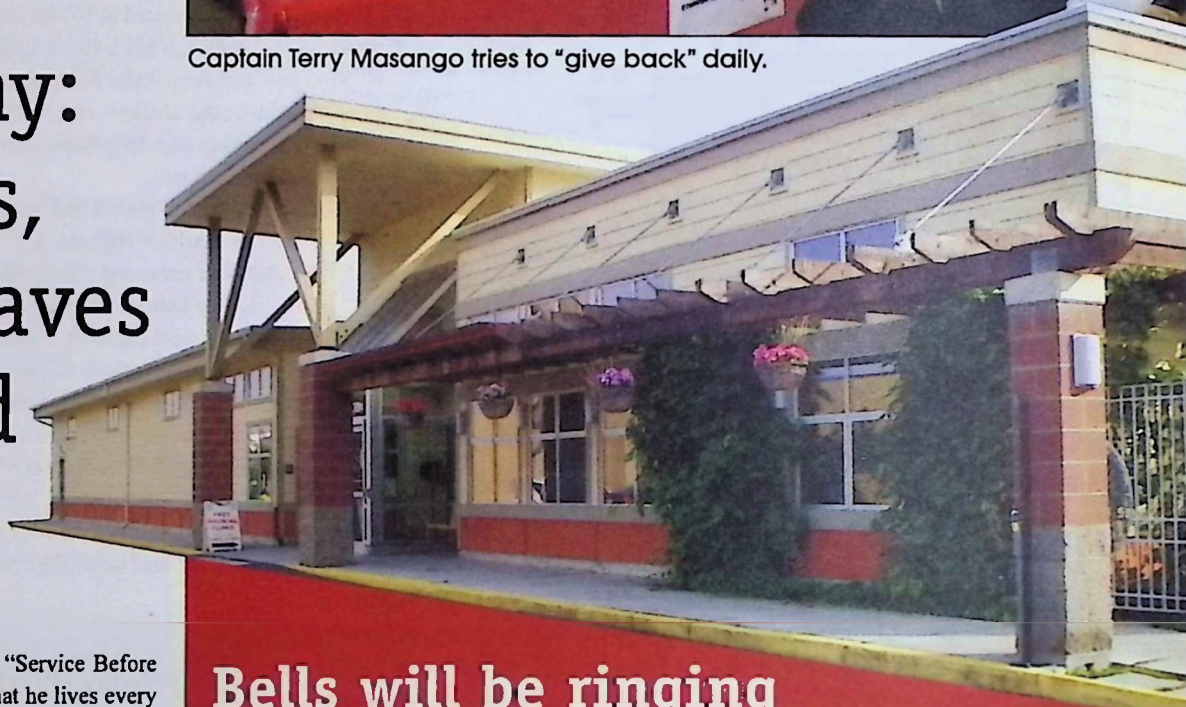
To the many Renton and Skyway families served daily, the Salvation Army provides food and clothing, utility and rental assistance; English language classes; after-school programs; youth groups; church services; nutrition and cooking classes; Adopt-A-Family, Adopt-A-Senior and Toys for Joy programs; holiday meals, and more.

"We are a beacon of hope," Masango said. "We are here not only to meet needs, but to transform lives."

The Renton Salvation Army originally opened in 1963 at 720 S. Tobin St. To meet the growing need for social services, its current facility was built in 1982, serving as a church, community center and food pantry. As the demand for food grew, the Salvation Army built a new facility at 206 S. Tobin three years ago to house its food bank. At this facility, families can pick up food, talk to a case worker and get



Captain Terry Masango tries to "give back" daily.



Bells will be ringing

The Renton Salvation Army's holiday kettle campaign is the organization's largest fundraiser, with a target this year of \$120,000. More information is available at www.salvationarmyrenton.org or from Captain Terry Masango, corps officer and pastor, at 425-271-9444.

free healthcare at the RotaCare Health Clinic.

Masango said the demand for food began to increase last October. By December, the food bank served 10,200 individuals, its highest total ever. In September 2008, the food bank served 8,400 individuals, almost double its typical average. While food supplies are currently low, Masango said they have never run out.

"The food bank has a great working relationship with the community and local businesses," Masango said. "No one should walk out of here empty-handed."

In addition to staff, food bank operations depend upon dedicated volunteers such as Louis James, who helps twice a week. Now retired, he

says the food bank allows him to stay active and help others.

"I enjoy the people," James said.

Volunteer Deb Russell helped organize the food bank when it first opened and continues to volunteer on a daily basis. "It's a nice place to be, and I want to give back to the community," she said.

Carol Abrahamson and husband Norm, who serves on the advisory board, have been active with the Renton Salvation Army for years.

"I know the money donated to the Salvation Army is being put to good use both locally and globally," Carol Abrahamson said. "The Salvation Army is always here."

Bad diet decisions can cause problems for your dog

BY DR. KATHY CONNELL

The pancreas is an organ people rarely consider until it becomes inflamed, in which case it will grab you or your pet's attention.

The pancreas is glandular and located behind the stomach and the small intestine. It produces insulin to help metabolize sugar and pancreatic enzymes to digest nutrients.

An inflamed pancreas or pancreatitis can be acute or chronic. Both forms are serious and potentially life-threatening. The cause is not known.

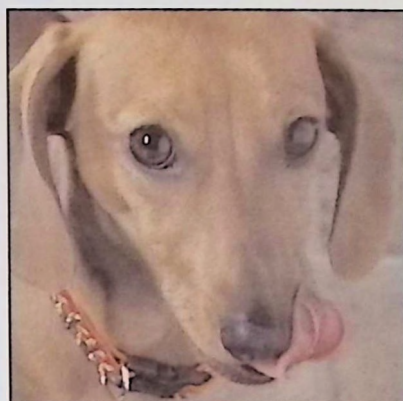
Most dogs show gastric distress, such as vomiting, no appetite, abdominal pain with a hunched or tucked posture, fever, diarrhea and depression.

These signs are not unique to gastrointestinal problems. Your veterinarian diagnoses pancreatitis by taking a thorough history and asking you questions about your dog's diet and recent behavior. A physical exam and laboratory tests can pinpoint the diagnosis. X-rays and ultrasound can also help in making the diagnosis.

Dogs with severe pancreatitis can develop serious problems, such as sepsis or a whole body inflammation. In the severest cases, release of pancreatic secretions can partially digest other organs causing permanent damage.

Some risks include:

- A high fat content in the blood
- High fat meals or a fatty diet
- Obesity
- Other diseases, such as Cushing's or diabetes



- Medications and toxins, such as some types of diuretics, antibiotics and organophosphate insecticides
- Bacterial or viral infections

Dogs on high fat diets, garbage scavengers, or those fed table scraps or people food seem to have a higher incidence. It also occurs more often in dogs that previously had pancreatitis or abdominal surgery, middle-aged and older dogs and Schnauzers and Yorkshire terriers.

Veterinarians treat dogs by resting the pancreas, providing supportive care, giving pain medication and controlling any complications. Food, water and oral medications are withheld for at least 24 hours. Supportive care includes fluid therapy, pain medication and antibiotics.

When your dog can eat again, the treatment diet will be small meals of a bland, easily digestible, high-carbohydrate, low-fat food. The dog may need a special diet for life. High-fat diets and treats should always be avoided.

If the pancreatitis was mild and the pet only had one episode, chances of recovery are good. Dogs with severe pancreatitis can recover, but may develop fatal complications. The risk for these dogs is increased if they have other conditions such as obesity, diabetes or other diseases. Some dogs develop chronic pancreatitis, which can lead to diabetes or pancreatic insufficiency.

Both acute and chronic pancreatitis can be life-threatening, so rely on your owner's knowledge and your family veterinarian for early recognition and treatment to improve chances of recovery.

Dr. Kathy Connell, DVM, owns and operates Foxglove Consulting.



Vaccination Clinic

Noon-4 p.m. each Wed.
No appointment needed
Pay for vaccines only
** FREE brief doctor's exam
Savings of \$49 per pet **

• Complimentary exam for new patients*

• Small animal internal medicine & surgery, financing available.

* Some restrictions apply; call for details

8-8 Monday – Friday
10-2 Saturday

425-255-3371
www.AHCCmed.com

504 Renton Center Way SW, Ste 3, Renton
Corner of Rainier Avenue & 4th Place,
across from McLendon Hardware

sdc



Live the dance, dance the dream.

Spring Classes begin Jan 5th

Register Today!

Three convenient ways

- Online:
www.spotlightdance.net
- By phone:
425.235.7033
- In our studio:
911 3rd St., Renton

Spotlight Dance Center, LLC

911 S. 3rd St., Renton
425.235.7033
www.spotlightdance.net

What should I feed my Dog?

Proper nutrition is critical for your pet's health and well-being.

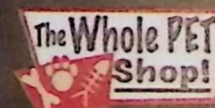
Let us help you choose the right diet for your pet.

- Dry Kibble: Orijen, Taste of the Wild, First Mate & Halo
- Canned food: Merrick, Evanger's, Weruva & Party Animal
- Freeze dried & dehydrated: Ziwi Peak & Addiction
- Frozen raw: Raw Advantage, Nature's Variety, Primal & Rad Cat
- And much more.....

Don't forget the fun stuff!

We've got great treats, chews, toys, grooming products and more!

Dog training now available.



1702 Duvall Ave NE
Renton, WA 98059
425- 687-7731

Monday -Friday 10-7 | Saturday 10-6 | Sunday 12-5 | www.wholepetshop.com

Spend less time with pain, and more with them.

Nothing beats spending quality time with your family. But joint pain can slow you down – maybe even keep you from participating. So if aching joints are nagging you, consider hip or knee surgery. And consider The Joint Center at Valley Medical Center.



We've performed thousands of joint replacement surgeries and are ranked in the **top 5% nationally and among the top 5 in Washington State** according to HealthGrades. Our Medical Director, Dr. William Barrett, was recently named one of **Seattle's Top Doctors** by *Seattle Metropolitan Magazine*, and in addition to teaching surgeons, assists in the design of implants. Visit Dr. Barrett's blog at www.drwilliambarrett.com.



THE JOINT CENTER

FREE INFORMATIONAL SEMINARS

You can have your personal questions answered at one of our **Free Informational Seminars**.

Every Monday 11 am – 12 pm

Wednesday Evenings Call for Schedule

Location: Valley Medical Center
Joint Center, 3rd Floor
400 South 43rd St.
Renton, WA 98055

To register, please call **425.656.4636**. Learn more at www.valleymed.org.



Valley Medical Center

Remarkable things happen here.

Don't miss a single issue! Only \$25 a year – send a check to Renton Magazine, 15 S. Grady Way, Suite 514, Renton, WA 98057.