## Sno-King School Retirees



June 2000

## The SKSR Bulletin

A message from our president

WSRTA — connections to our colleagues

by Rita Requa, 206-362-5220

he WSRTA Annual Meeting will be held June 5-7 at the Yakima Convention Center. The Sno-King School Retirees delegation includes the following: Barbara Berg, Alice K. Bingaman, Hal Broenkow, Gayle Bromley, W. "Corky" T. Christensen, Linda Clifton, Don Denton, Phyllis K. Enger, Wes Grande, Wanda Grande, Lois Grasmick, David A. Johnson, Rachel Lake, Roberta McKee, Donna Murrish, Lynn Nothdurft, Betty Odle, Donna L. Palmer, Rita Requa, Ron Robinson, Carol Robinson, Jack Rogers, Warren Rowe, Bob Van Ness, Ruthanne Warren, Georgianna Young. (At press time, Sno-King has space for one more delegate. Please call Rita if you could attend.)

These delegates will vote for new officers, decide upon the melding of the WSRTA constitution and bylaws into one document. Of particular interest to our delegation is the amendment that NW-1 submitted (with Sno-King's blessing) that the delegate assembly can initiate by-laws amendments and act upon them in the same delegate assembly.

Watch for articles in the WSRTA Journal regarding the Annual Meeting. Awards are also presented at various meetings of the assembly. Sno-King has hopes of capturing a few awards: membership, unit of distinction, etc. A summary of actions from the annual meeting will appear in the July SKSR Bulletin.

During the summer the WSRTA office will be moving to a new location. The timing of the move corresponds to the change of the official name to Washington State School Retirees Association. Watch the WSRTA Journal for changes in address, phone numbers, etc.

It is hard to believe that I have almost completed one year as the SKSR president. Highlights for me were all the wonderful potluck lunches, entertainment that delighted us, and the many people who make this association vibrant. I want to thank the members of the executive board for their wisdom, support and hard work on your behalf. And thanks to all of you for your kind words and support of the Sno-King School Retirees.

Rita Requa, President Jack Rogers, President-Elect Don Denton, Membership Gail Bromley, Secretary Donna Murrish, Treasurer Dave Johnson, Assistant Treasurer Terri Malinowski, Communications Bob Jones, Community Service Gordon Bowers, Health Services Barbara Berg, Members Services Phyllis Enger, Retirement Planning Ellie Bonanno, Grants Betty Odle, Historian Marillyn Alaniz, Hospitality Ruthanne Warren, Phone Linda Fitzgerald/Keith Lindaas, Scholarships Jo & Bruce Caldwell, Editors Page 2 SKSR BULLETIN June 2000

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## Our last meeting of the year

e sure to come to the final meeting of the year, June 15th at 1:00 PM, Edmonds School District Board Room, 20420 68th Ave W., Lynnwood.

Your presence is need to elect a president-elect (candidate Bob Jones) and help install officers for 2000-2001; President Jack Rogers, President-Elect, Co-Treasurers Dave Johnson and Donna Murrish, and Secretary Sharon Carson.



After installation ceremonies, we will see slides of Russia narrated by Dave Johnson and a video by Jack Rogers of his recent trip to China. Come at 1:00 PM to enjoy refreshments. The meeting will start at 1:30.

## Plan on attending our picnic

Be sure to set aside Thursday, July 20, 12 noon, for our annual picnic where we honor new retirees from Edmonds, Northshore and Shoreline School Districts. The picnic will be held at Kenmore Rhododendron Park. This event is free to new retirees, others are charged \$5 to cover cost of food. Our picnic always is one of the highlights of the summer.



Coming Events for Sno-King School Retirees
Please note new time for general meetings - 1:00

June 5-7 ...... State Convention

Yakima Convention Center

Come help us close out the year with our installation of officers. Dave Johnson will narrate his slides of Russia and Jack Rogers will show his video of China. Most importantly, though, we'll have refreshments and friendship. We hope you'll all be there.

July 20 ......Annual Picnic, 12:00

Rhododendron Park, Kenmore

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### SKSR Bulletin offers advertising

In order to help keep up with the rising cost of publication of the *Bulletin*, and in the interest of providing our membership with added awareness of services available, the SKSR board of directors has decided to formalize the opportunities for advertising and to set rates for the 2000-2001 school year.

For 2000-2001, display advertising will be accepted that will be of interest and service to our membership. Members can advertise services or products of interest. Businesses can also advertise their services, but business ads must each be approved by the board prior to publication. At this point, there will not be classified advertising available.

We are considering taking some full page ads for the *Directory* next year, also, and will have that information available later.

Here are the rates and guidelines for *Bulletin* advertising next year.

	Member	Non-member	
Full Page	\$90	\$180	
Half Page	\$50	\$100	
Quarter Page	\$35	\$70	
Variable Size	\$15	\$30	
Variable size ads are those which are less than			

one-quarter page and are designed by the SKSR publishers to fit available space. They will not necessarily be the same size as other free size ads. Advertising wording must be sent to the editor.

Full, half and quarter page ads must be submitted camera-ready. Ads must bear the wording (small size font acceptable):

## Acceptance of this paid ad does not imply SKSR endorsement.

Advertising from businesses must be submitted at least one month in advance of the first publication issue desired and is subject to SKSR board approval.

Once submitted, advertising will run monthly through the July issue unless the advertiser requests it be stopped or changed.

Advertising copy must be submitted to:

Bruce or Jo Caldwell

PO Box 1117

Edmonds, Washington 98020

wmeaoffice@aol.com

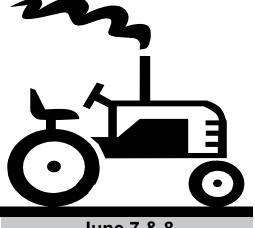
SKSR does not bill. The advertiser is responsible to send a check for the appropriate amount when the ad has been published. The check should be made out to SKSR and mailed to:

Dave Johnson 814 Sixth Avenue South Edmonds, Washington 98020

## 55 Alive

AARP's 55 Alive Mature Driving Class is a refresher course teaching preventive measures that save lives when driving. Pay \$10 materials fee to AARP instructor at class time. Participants register through Edmonds Parks and Recreation, 425-771-0230. Possible discount on auto insurance. Classes meet 9 AM to 1 PM at the Anderson Center, 700 Main Street, Edmonds. For alternate dates and locations call Bob Jones at 425-787-2727.

Last class this year

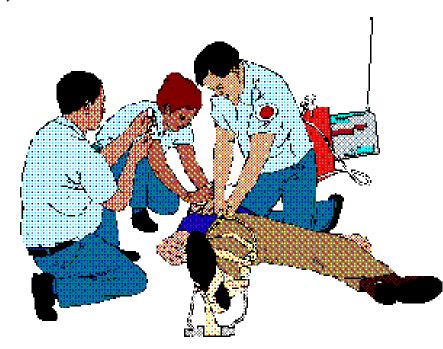


June 7 & 8

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## Health tips for you

by Gordon Bowers, Health Chair, 425-778-9202



## DON'T IGNORE STROKE WARNING SIGNS

Several of our members have recently experienced a transient ischemic attack (TIA), also called a mini-stroke, caused by a loss of blood to a brain region due to either a blood clot or a fatty deposit blocking a blood vessel. The symptoms of TIA and stroke are identical, but a full stroke causes permanent brain damage, while a TIA usually fades without causing the brain to be damaged.

Ignoring these fleeting symptoms could be a serious mistake. A doctor should be seen to determine the cause of these symptoms that occur suddenly: numbness or weakness, particularly on one side of the body; trouble seeing out of one or both eyes; confusion; trouble speaking or understanding speech; dizziness, loss of balance or coordination; severe headache of unknown causes.

Neurologist Pierre B. Fayad MD, cautions, "If the symptoms last more than a few minutes, you could be having a full stroke. In this case, the sooner you receive medical attention the better because if the cause is an artery blockage, drug therapy started within three hours may prevent brain damage." It would seem to be prudent to call 911 and let medics help with the decision of going to the emergency room. Sudden symptoms call for sudden action. Information from The New England Journal of Medicine. (April 2000, pp. 1-2)

## MIDDLE AGED ADULTS HAVING MORE INJURIES

There was a 33 percent increase in sports-related injuries among adults 35-54 who were taken to hospital emergency rooms in a recent seven-year period, according to the Consumer Product Safety Commission data. CPSC chairwoman Ann Brown warns, "We can predict that over

one million baby boomers will be injured playing sports this year."

Doctors urge older adults to wise up to using protective gear and give their aging bodies more time to recover. An example given was that more young people–69%–use bike helmets, while fewer older bike riders–43%–wear helmets. As a result, older riders died of head injuries at twice the rate of the younger group.

The largest increase in injuries is in general exercise and running. After age 50, people lose about 10 percent of their muscle mass every decade according to a study by Dr. Robert Stant, orthopedic surgeon at Yale Medical School. Information from the *Associated Press*, writer Ira Dreyfuss (April 25, 2000).

#### PROSTATE CANCER

The largest study of prostate cancer in medical history is under way, based on the hypothesis that the disease can be prevented by taking vitamin E and the mineral selenium in combination.

The evidence was a spinoff effect from colon and lung
cancer studies that showed men
being treated with vitamin E or
selenium did not get prostate
cancer. Now, doctors at 250
medical centers are to recruit
32,400 men age 55 and older for
a multi-year controlled scientific
research project. Both Vitamin
E and selenium are antioxidants
which quell the rogue oxygen
molecule "free radicals" that are
believed to cause cancer.

See Health, page 7

## Cruising more intimately

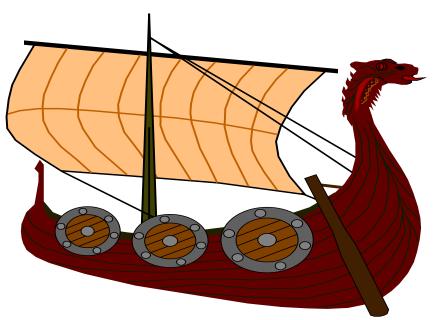
By Terri Malinowski, Travel Chair, 425-483-8344

mong the Northshore
School District's 35
retirees this year is
Sno-King Retirees member Gary
Reul, who completes his 40th
year in education, mostly as an
administrator. Although he and
wife, Barbara, have traveled extensively over the years because
she is a travel agent, the Reuls
took a splurge cruise last fall
because of a competition.

Barbara was one of 10 travel agents nationally who earned a rate reduction for an 11-day cruise aboard the Seabourn "Spirit," a luxurious ship which carries only 200 passengers and a crew of the same number. The itinerary involved Israel, Turkey, Greece and Egypt. Here are just a few of the "extras" which made the cruise special.

In order to begin the cruise in Haifa, Israel, Seabourn would have arranged for the Reuls to fly from the US to Europe (at extra cost, of course) on the supersonic Concorde, or could have sent them on a private jet from Seattle to Haifa. "We arranged our own flight," Gary said with a laugh. "That gave us a few days in Israel to see other places of interest."

Seabourn also contacts its passengers a month in advance to determine the choice of wine for their stateroom refrigerator. "All staterooms are the same size and very nice...there is no class distinction on Seabourn," Gary added. "Each room has a walkin closet and marble bathroom. Barbara and I each found a set of personalized stationery in our desk."



As the passengers boarded, the staff lined up by a red carpet and served champagne. The same routine was followed at major stops on the itinerary. A band played for the initial boarding and final departure from the "Spirit." The ship has a smallish swimming pool but "a great hot tub located at the bow so we could watch the approaching scenes as we soaked," Gary said.

And what is the price of all this for the usual Seabourn passenger? It would have cost the Reuls \$20,000 for 11 days, had it not been for Barbara's travel agent connection. "That's nearly \$2,000 per day," Gary calculated, as he related the tale of an Italian contessa aboard who has made this trip "so many times, my dear, that I can't even count."

After leaving Haifa, the ship's first stop was Ephesus, a well-preserved city on the Turkish coast that was abandoned in about 600 CE. This CE (Christian Era) is the new term

being used instead of AD (anno domini) to describe events occuring after the birth of Christ. If the event occurred before the birth of Christ, it is termed BCE instead of BC.

The next stops on the Turkish coast were Kusadasi and what the Reuls found is believed to be the home of Mary, mother of Jesus, who died at 63. She was taken there by the Apostle John after the death of Christ. The ship then wandered among the Turkish and Greek isles before landing at Alexandria, Egypt.

The Reuls chose a \$1,500 overnight option to see the Giant Pyramids. About 45 passengers boarded three motor coaches, accompanied by a spare coach in case of motor trouble plus a truck full of guards armed with machine guns due to a terrorist incident several years ago. The group stayed at the Intercontinental Hotel on the Nile

See Travel, page 6

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cruise in early November, the

Travel, continued from page 5

Riverand went to the Light Show at the pyramids at Giza.

The next day, they visited the Giant Pyramid of Kufu, crawling up a 300-foot tunnel through the pyramid to emerge in the King's burial chamber. "Overhead, the ceiling consisted of seven slabs of marble, each weighing 45 tons and fitted side by side so closely that a human hair cannot be slipped between," Gary marveled. "And this was done entirely with human labor—no machines, cranes or lifts. Quite amazing."

After a trip to the Cairo National Museum to see the King Tut artifacts and golden masks, the excursion drove along the Suez Canal to meet the "Spirit" in Port Said for the return trip to Haifa. "Ships traveling up the canal were an odd sight from our bus, their upper structures towering above the desert shore," Gary recalled.

Before and after the 11-day

Reuls toured Israel on their own. Initially, they arrived in Tel Aviv via SAS after an overnight in Copenhagen. They taxied to Jerusalem, the capital, where they spent five days. From their base at the newly opened Jerusalem Hilton, just across the street from the Old City, the Reuls journeyed to Bethlehem, eight miles away; to Masada, the hilltop fortress; and to where the Dead Sea scrolls were found. "Distances are short," Gary explained. "Israel is about the size of Vermont and even driving the country's length is much like driving to Spokane. The northern part

In Jerusalem's Old City, they were greeted by a touch of Puget Sound, a Dale Chihuly glass exhibit in the Tower of David. "We wandered the narrow, shop-

around Nazareth and the Sea of

Galilee is very hilly and beauti-

and desert-like."

ful, while the southern part is flat

lined Via Dolorosa, the Way of the Cross, to the Church of the Holy Sepulchre on the site where Christ was supposedly buried," Gary said. "The entire Old City encompasses an area barely the size of the Seattle Center."

The Reuls were a bit unnerved by the fact that military personnel must carry their rifles at all times, even when in civilian clothes. They might be in shorts and t-shirts, but their rifles were ever-present. In an unrelated aside, the Reuls marveled at the number of cell phones extant in Israel and Denmark. "I have never seen so many in use," Gary said. "In Copenhagen, absolutely every person has a cell phone."

For contributions or questions, call Terri Malinowski, 425-483-8344 or email her at terrim@accessone.com

## Kauai—studio

On the water–sleeps two.

Heated swimming pool, tennis
courts, shuffleboard, mini-golf.
Indoor & outdoor
cooking facilities.
Major restaurent
located on premises.

Shopping nearby–secured grounds

## Alice Rundle 425-776-8955

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### SKSR logo inspired by Fran Peters

The SKSR logo, which appears on the cover of this *Bulletin*, is the creative work of Fran Peters, retired Shoreline School District nurse.

Known as a creative woman with a wonderful sense of humor, Fran incorporated these talents into her nursing duties. For example, at Einstein she made up little skits to use in classrooms to pique students' interest in health topics and motivate them to take better care of themselves.

When she retired, Fran served on the Sno-King retirees' Sunshine committee. Under her leadership the committee made get well cards, with Fran doing the art work. She also worked with the committee to create our logo. Fran did the drawing; Barbara Berg suggested using

the mountain. The logo first appeared on the current t-shirts and now will appear in the *Bulletin*.

Record Printing and Design of Ellensburg converted Fran's drawing into a computer usable graphic.

YOUR HANDY-DANDY MAN AND BODY REPAIR is just a phone call away.

I have several Edmonds district employees as references.

Call John Casebeer at 425-672-7087

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#### Health, continued from page 4

We look for breakthroughs in medicine, but there are few. Some are fake, promoted by selfish interests, and some are eagerly accepted by the medical community as a "Magic Bullet," without proof. Such was the claim that a high fiber diet would reduce the chance of colon cancer. Recent controlled scientific research proved this wasn't so. It was a breakdown of the breakthrough. No harm done; high fiber is good for you, anyhow. Many centuries ago, the Romans gave wise caution for all claims. "Cum grano salis" means take it with a grain of salt, but even salt may not be good for you! Information from the America Cancer Society & Newsday, by Delthia Rick.

## AARP IS THE ONLY "VOICE IN THE WILDERNESS"

AARP was the only consumer group invited to testify at Congressional hearings, discussing medical prescription drugs, long term care, etc. AARP board member, Dr. Beatrice Braun, has recently testified at four of these hearings and emphasized AARP's call for a Medicare prescription drug benefit that would be available to all beneficiaries. Some surprising progress is being made. In the Fiscal Year 2001 Budget Resolution both the House and Senate have set aside \$40 billion over five years to fund a prescription drug benefit.

Copies of Dr. Braun's full statements before committees in both the House and Senate are available by calling the AARP federal affairs health team at 202-434-3772. Information from *AARP Federal Update* (April 2000, pp. 1-8).

#### **EXERCISE**

The Mayo Clinic would like for you to know that besides a regular schedule of walking to improve your health, recent research shows that people who exercise are less likely to develop type-two diabetes and can maintain a healthful weight. That's important because studies suggest that obesity is a risk factor for cancer of the prostate, colon, rectum, uterus and in postmenopausal women, of the breast.

#### **HEALTH SECTIONS**

Daily newspapers now have a full page health section once a week. The Everett *Herald* has "Health and Family" in Tuesday editions, and the Seattle *Times* has a similar one mid-week.

## Our new SKSR logo



I can help you with your painting needs. 27 years experience painting during "summer" vacations.

References, free estimates, license, bonded.

Serving the North end.

Warren Moore 425-485-4570

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Our membership chair speaks

Members wanted

by Don Denton, 425-787-7881

Please ask retiring colleagues if they are members of Sno-King and, if not, ask them to join. Then call or email me dondenton@jps.net and I will send them a membership form. Even if someone won't give you a commitment, please let me know their name and address so I can contact them later.

Why belong to Sno-King and the Washington State School Retirees Association? Because we are the only organization whose sole mission is to enhance the benefits for school retirees, no matter what their job title. Please make it your responsibility to help with recruiting of new members.

For information on our local Sno-King unit and on our state-wide organization, WSSRA, check out our web site at www. sksr.org.

When shopping for Long Term Care insurance, look at more than one plan. As an independent agent, I can show you products from four major companies and compare them to other quotes you have received.

For no-hassle information, contact Don Denton (425) 787-7881, dondenton@jps.net

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#### SKSR BULLETIN BOARD

#### SPRING FEVER IN JULY

Yes that's right. We are having a "Spring Fever In July" day 7/18/00 to be exact. It's time for our annual COMMUNITY PROJECT. This year we will have an added benefit besides helping others because the big plan is to clean and spruce up the Park in Kenmore just two days before our ANNUAL PICNIC there on July 20th. So dust off your favorite garden tool, gloves and clothes, mark your calendar and let Bob Jones know you are coming 425-787-2727, or bobjones@premier1.net. We need to know in order to plan the lunch at Fortune Inn across the street afterwards.

#### **VOLUNTEERS, YOU ARE AMAZING!**

Many people were willing to tell us what volunteer work they do. But I am sure there were as many or more wishing to be humble and remained silent. I categorized the areas into four: Church, Blood Bank, Student Help and Other Organizations with a total number of hours for each category. Not wishing to embarrass or single out anyone, I am just listing names and a total number of hours per month for each category. Church, including treasurers, secretaries, Sunday school children's group teaching, choir, computer data base, ushering, guild leadership and music, equal about 110 hours a month. These people were Margaret Hyman, Lois Grasnick, Maurice Stoffer and wife, Donna Murrish, Terri Malinowski, Betty Odle and Bob & Pat Jones. In the Blood Bank area we have donors, workers and transportation providers. This was around eight hours a month and included Maurice Stoffer, Marianne Gregersen, and Bob & Pat Jones. Student Help was really diverse with reading and tutoring programs in math and language, teacher help, and a diversion program for first time offenders in juvenile court. These hours totaled 105 per month as a low estimate. The volunteers here were: Betty Odle, Adah Miner, Donna Murrish and Nancy McMann. The last division was for Other Organizations like a pioneer store, Daughters of Norway, community councils, offices of SKSR, Lions Club, historical societies, parks, and community education programs. These all came close to 35 hours a month. The helpers in this area were Donna Murrish, Terri Malinowski, Ron Robinson and Bob Jones. All in all we are proud of these volunteers who prove the point that when you retire you really get busy and wonder when you had time to work at a job. Thank you are two small words for an amazing work force in volunteering.

Thanks—Bob Jones

#### SKSR MEMBER SERVICE COMMITTEE

For members who enjoy the outdoors and wish to take time from a busy summer schedule, come join our latest mini-tour to KUBOTA GARDEN on Friday, June 23. We will meet at Northgate's south parking lot (on the south side of Penney's) at 10:00 AM and carpool to the gardens located in south Seattle. Please call Barbara Berg (425-483-2671) to reserve your spot. At noon we will eat at a nearby cafe. Kubota Garden is a 20 acre Japanese-American garden with a NW influence, created by master landscape designer Fujitaro Kubota. It features hills and valleys, several waterfalls, ponds, gingko trees, bamboo stands and Japanese-style pines.

Barbara Berg, chair, member service committee

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## Remembering . . .

Miriam Burton, long-time Edmonds resident, teacher and principal, passed away March 15, 2000, at the age of 95.

After graduating from Oberlin College, she taught in Connellsville, Pennsylvania, Montebello, California, and Edmonds.

She moved to Seattle in 1928 and married Charles Burton. She began teaching in Edmonds in 1943, accepting a one-year assignment at Edmonds Elementary to help with the teacher shortage caused by World War II. That one year turned into 12.

She served as principal at Martha Lake and Maple Park Elementaries. Following her retirement in 1968, she returned to Edmonds and supervised the teacher intern program for Western Washington University.

She is survived by sons Paul and Robert (who taught at Meadowdale High School), seven grandchildren and eight greatgrandchildren.

Michael Hess, history teacher and wrestling coach at Edmonds-Woodway High School, died unexpectedly May 9 after a short illness.

Mike had been hospitalized after suffering an embolism in Las Vegas where he had been officiating at a wrestling tournament. He spent his teaching and coaching careers in the Edmonds School District, beginning at Meadowdale Junior and then moving on to Edmonds and Edmonds-Woodway high schools.

He was active in promoting wrestling and was held in high esteem by the organization of wrestling coaches and officials supporting the United States Olympic Wrestling Federation.

He took great pride in having coined the term "Apple Cup" for the annual UW-WSU football game.

He is survived by two daughters.

# Remember why you became a teacher? So do we.

Good teachers needed. You love to teach. And at Sylvan, that's just what you get to do. Right now, we have after-school employment opportunities in communities throughout the Snohomish area for certified teachers of all grades. Our programs were developed by educators, and our 3:1 student-to-teacher ratio allows you to give each student personalized attention. The results speak for themselves. Last year, Sylvan helped more than 175,000 students dramatically improve their reading or math skills. Find out more. Call today.

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Join Sylvan and help kids achieve success!



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#### **VISIT THE WEBSITE**

Sno-King School Retirees P. O. Box 33962 Seattle WA 98133-0962 BULK RATE U.S. POSTAGE PAID Seattle, WA Permit #6835

#### ADDRESS SERVICE REQUESTED



#### HELP US WITH INFORMATION TO PUT IN THE BULLETIN

The deadline for the next newsletter is Thursday, June 15.

Send news and other materials to

Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, WMEAoffice@aol.com. fax 425-776-1795, phone 425-778-9390. Send TRAVEL news to Terri Malinowski, 15341 158th Ave NE, Woodinville WA 98072, terrim@accessone.com, 425-483-8344. Please send us news about other members as well as about your activities.

If you know of illness, please call Sunshine Co-Chairs, Gayle Bromley (206-364-1314) or Frances Peters (206-361-8594) or call President Rita Requa (206-362-5220).

To help with mailing our next Bulletin on <u>Thursday</u>, <u>June 29</u>, call Betty Odle (206-525-8276), Ellie Bonnano (425-778-0751) or Ruthann Warren (206-367-0742).

#### Members on the move

Mary Benda 12000 15th Ave NE, Apt 206 Seattle 98125-5085 Sarah Brandt 4400 Wallingford Ave N, Apt 1 Seattle 98103-7544 Vicki Clark 604 151st PI SW Lynnwood 98037 Richard Jacobs 9004 240th St SW Edmonds, 98026-9021 Mike Malan PO Box 232 Hansville, WA 98340-0232 William Mazzoni 22704 98th Ave W Edmonds 98020-5910

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 425-673-9076

 Patricia R. Rein
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 Seattle 98133-8070
 206-368-8095

Brian Sternmerman19420 162nd Ave NEWoodinville 98072-8254Cynthia Zody23611 - 49th Ave SEWoodinville 98072-8616