

# Sno-King School Retirees



May 2001

## The SKSR Bulletin

A message from our president

### **A word of caution to substitutes**

by Jack Rogers, 206-367-7153

**A**re you contemplating substitute teaching? Perhaps you should think again. I need to tell you a story about a dedicated career teacher who spent his professional life working to educate the coming generations. He enthusiastically spent the extra hours preparing lessons and all the other work needed to be a success in the classroom. He held to high standards and expectations, and his students rose to the occasion. Many of them returned later to express gratitude for his caring. His classroom was always an exciting and wonderfully rich learning environment.

After completing a career of over 32 years in the classroom and as a leader of his fellow teachers, this individual chose to return as a substitute teacher. This was mainly because he missed the interaction of the classroom and felt the need to contribute and to stay active.

Now the hard part. Because he would on occasion pat a student on the back or squeeze a shoulder as recognition for a job well done, he was accused of inappropriate touching. This accusation by some misguided parent or child has nearly destroyed a worthwhile, talented educator. The district in which he substituted clearly overreacted in fear of potential litigation or whatever else there is to fear these days.

I know this man personally. He was named by his colleagues as "teacher of the year" for the district in which he spent his career. He has impeccable credentials. He and I taught in the same building and grade level. My daughter worked in his classroom as a volunteer assistant for several terms. I will stake my own reputation on this man's honor and integrity.

**Substitute teachers do not have the same legal protections as contracted teachers.** No matter how fine your reputation or

see **PRESIDENT** on page 2

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how well known you are in the district, you can be destroyed by a totally unfounded accusation. If you decide to substitute, do not, under any circumstances, pat a child on the shoulder and say, "Nice job" in the presence of 28 or so students. In the eyes of the politically correct, such behavior is very dangerous.

May 17 luncheon with Sno-Isle

Thursday, May 17, we will have our annual joint luncheon with the Sno-Isle chapter of WSSRA. It will again be held at the Mill Creek Country Club (15500 Country Club Drive, Mill Creek). This event provides us an opportunity to reconnect with former colleagues from the northern part of the county.

Cost: \$15 per person

**Pay:** Either in advance to Dave Johnson (814 Sixth Avenue South, Edmonds, Washington 98020) or at the door

**Reservations:** REQUIRED—call Ruthann Warren (206-367-0742) no later than May 12.

**Entertainment:** The *Penny Creek Elementary School (Everett) choir*. This fine group is conducted by WSSRA member Wanda Hill, who was a finalist for Washington State Teacher of the Year. You won't want to miss this outstanding performance by some of Everett's finest music students.

The Mill Creek Country Club is best accessed by traveling east from I-5 on 164th SW. After crossing the Bothell-Everett Highway, go up the hill (curves) and turn left at the light. The club is just a few block away on the left.



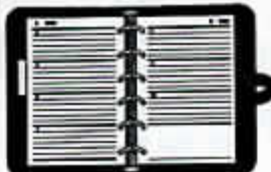
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MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

May 17 ..... Luncheon with Sno-Isle, 12:00  
 Mill Creek Country Club  
 15500 Country Club Drive, Mill Creek  
 Penny Creek Music Students

June 21 ..... General Meeting, 1:00  
 July 19 ..... Annual Picnic, 11:00  
 Kenmore Park

## Former Edmonds administrator Al Christensen passes away

Long time Edmonds School District administrator Al Christensen died on Thursday, March 22, 2001, from complications from lymphoma. He was born in Silverton, Oregon, on December 6, 1925, and graduated from Lewis and Clark High School (Spokane) in 1943. After two years of college he served in the Army, returning after his service to finish his bachelor's and master's degrees in science and education at Whitworth College.

After graduation and marriage to Evie VanderSys, Al taught in Richland for seven years. He then move to the Edmonds School District where he served for 25 years as vice principal, principal (Mountlake Terrace High School's first principal) and assistant superintendent. He received his doctorate in education from the Teachers College of Columbia University.

Al and Evie raised two daughters and one son. The family was active in community and church. When he retired at age 57, he took the role of establishing new churches for the United Methodist Church, Seattle Conference. He then taught in Seattle University's Educational Graduate School

Al completed several marathons and twice climbed Mount Rainier. After Evie retired, the two of them enjoyed 10 years in sunny Hemet, California. After his stroke at age 63, Al continued his public service in Hemet as president of the local stroke survivors group and with church visitations to stroke patients. His final two years were spent in Eugene, Oregon, near his son's family.

### *A Tribute to my Favorite Running Partner by Mark Christensen*

**In his 20s** Dad ran with the wind to his back. Like a sailboat with a good stiff breeze behind it he sprinted down the track to his 49-second quarters, punishing the cinder track with his spikes.

**In his 50s** Dad ran in calm winds. Peacefully, shoes slightly worn from the thumping of this heel striking the pavement, he glided through his ten mile runs training for a sub-three-hour marathon that did not quite happen. He had an agreement with the pavement that he would not punish it if it did not punish him.

**In his 70s**, crippled by a stroke, Dad longed to feel the wind on a run. The runner's high was an addiction he could never overcome. Yet it is fitting to see him with a finishing kick, lungs taking their final breath as he crossed life's finish line. Only, upon hitting the finish line chutes, he shed his warmup suit called his body. That runner's high he longed for has been forgotten as his spirit soars through heaven's running routes.

I picture Dad saying to me, "Mark, I can't wait to show you my morning running route. If I'm tired from it . . . I can always take a little nap during the morning worship service."



# 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. Note that the class is a two-consecutive-days class, which can be selected during the month of your choice.



**2000-2001 dates**

*May 2 and 3  
June 6 and 7*

Health tips for you

## New advancements in medicine

by Gordon Bowers, health chair, 425-778-9202

### DIABETES

New, exciting studies on diabetes are so numerous that only a few can be covered in this issue. Scientists have known for years that diabetes occurs in type I and type II that must be treated differently, but only recently did they know that obesity interferes with sugar metabolism. University of Pennsylvania researchers have discovered a new hormone called resistin; this hormone is released by fat cells, which block the activity of insulin. The result is the cause of type II diabetes.

An estimated 16 million people in the United State suffer from diabetes, with about 10 percent of these with type I. These are cases where the pancreas is no longer producing insulin that helps cells use sugar in the blood stream. That deficiency usually requires insulin injections.

The difference with type II is that the pancreas produces insulin, but cells do not respond to it properly. Several experiments and studies are under way, attacking diabetes disease from different angles. For example, Seattle researchers from three medical centers will transplant pancreas "islet cells" from deceased donors into livers of patients with type I diabetes.

The procedure is copied from

a successful Alberta, Canada, project, but must undergo United States tests to get FDA approval. The procedure shows great promise, according to Dr. Paul Robertson, director of the Seattle projects and scientific director of the Pacific Northwest Research Institute, who said, "It is the most efficient diabetes therapy in the world...put in islet cells and they will correct sugar levels and prevent any further complications." FDA approval is expected soon.

Islet cells are the workhorses of the pancreas, producing insulin to convert sugar, starch and other foods into energy needed for daily life. Diabetes results when the body's immune system attacks and destroys the islet cells. Data from the *Los Angeles Times*, January 18, 2001, the *Seattle Times*, writer Warren King, *Northwest Hospital Medinfo*, February, page 6, the *Mayo Health Letters*, July 2000, and *Diabetes Advances*, March 2001, pages 4-5.

### NEW MEDICARE BENEFITS

Before adjournment in December, the 106th Congress passed the Benefits Improvement and Protection Act of 2000 (BIPA). It made these changes to existing services: Pap smears and pelvic exams will now be covered every two years rather



than every three years, effective July 1, 2001. Colon cancer screening will now be available to all beneficiaries, not just high-risk individuals, every ten years, effective July 1, 2001. Annual glaucoma screening will be covered for beneficiaries at high risk for the condition, those with a family history of the disease and those individuals with diabetes, effective January 1, 2002. Medical nutrition therapy (e.g., nutrition counseling) will be covered for those beneficiaries with diabetes or renal disease, effective January 1, 2002.

AARP will continue to work with Congress to develop a medical prescription drug benefit, and AARP will call on us to help.

### UPDATE

Amazing developments—the thought that each gene in your body controls a specific set of cells that causes the body to perform is mind-boggling, but the thought that a specific drug could target and control each gene or disease seemed to be unthinkable. Though the term genome was first used in 1930, progress had been slow until last year when scientists gained access to tens of thousands of genes strung out along the 46 chromosomes in every human cell. These genes carry instructions for making all the organs, tissues, enzymes and hormones in our bodies.

**YOUR HANDY-DANDY MAN  
AND AUTO 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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see **HEALTH** on page 7

Traveling with Terri

## Discover the communities

by Terri Malinowski, travel chair, 425-483-8344

Sometimes the easiest and most economical way to see a famous city is from the "outside," meaning a bed-and-breakfast home, inn or hotel in a nearby suburb.

For several reasons, we often enjoy staying in a small town near our metropolitan destination or at least on the outskirts. First, the housing costs are usually less. Second, the chance to become part of a smaller community for a few days is a way to understand the culture better. Third, instead of driving in busy traffic and trying to find parking near museums, galleries and other "must sees," travelers can leave the rental car "at home" or even forget about a rental and ride transit, subways and trains to their destinations, mingling with the locals up close.

### Some examples

While visiting Dublin, we and our friends encamped at Malahide, a small community just north of the city. Our home for a few days was a charming house with spacious rooms, a lovely dining room overlooking the sprawling lawns, superb breakfasts and a daily price of \$60 per couple. The local bus stopped on the highway at the end of our hosts' long driveway and whisked us into Dublin in a matter of minutes, giving us glimpses of the cityscape along the way. Malahide even has its own resident castle, named Malahide Castle, of course. And the local restaurants gave us a taste of real Irish food.

We've stayed in the heart of Rome, on the outskirts of Rome and in the nearby hilltop town of

Tivoli. In our earlier visits 20 years ago, it was fun to be surrounded by ancient ruins in all directions and be part of the city hustle. Now, maybe it's a desire for less bustle and more peaceful surroundings (probably the ageing process!), but we enjoyed the hilltop town as our base on the last visit to Rome.

Paris and London are composed of communities which once were separate towns but have since been incorporated into the large cities that they are. Still, the sense of community exists in these suburbs, much like Ballard and West Seattle seem like their own villages while still being part of Seattle. In Paris, we enjoy staying on the Left Bank, but also have stayed in the Bois de Boulogne neighborhood on the western outskirts. We've also spent a couple days in nearby Versailles, home of the famous palace of the same name but also a town in its own right. With a Eurail pass, the local trains and transit are often included in the price.

When we were in Berlin, we found an area of the former East Berlin, near the ancient town hall of original Berlin. The location was close to museums, cathedral and the Reichstag. In London, try the suburban neighborhoods of Camden Town, Marylebone, Hammersmith, Kew and Hampstead, all within reach of central London in a few minutes via the Tube or buses. We've stayed in nearby Windsor, within view of Windsor Castle and close to Heathrow Airport for the convenience of an early-morning departure to the states.



Speaking of the states, the same rationale applies to some of the large American cities—the suburbs often have more plentiful and better-priced housing, convenient access to the city minus your car, and/or neighborhoods where there are attractions also worth seeing.

Boston, Chicago and Atlanta are some that come to mind. We've stayed in downtown Boston almost beside the South Station, but we've also holed up in nearby Salem, Danvers and Medford, even Framingham. Those towns offer quick transport to the city core, but also offer a respite from city bustle and easier access to such historic communities as Lexington, Concord, Marblehead and Gloucester.

Downtown Chicago is great if you don't mind high-rise hotels. But we've also enjoyed the suburbs of Evanston, Wilmette

see TRAVEL on page 7

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Our membership chair speaks

## Recruit members!

by Don Denton, 425-787-7881

Each May and June, this committee focuses on new retirees. Traditionally, about one third of those who will be retiring each year from Edmonds, Northshore and Shoreline will already be members of Sno-King and WSSRA. **The rest need to be!**

Please ask retiring colleagues if they are members and, if not, ask them to join. Then call or email me ([dondenton@jps.net](mailto:dondenton@jps.net)) and I will send them a membership form. Even if someone won't give you a commitment, please let me know his/her name and address so I can make contact later.

Why belong to Sno-King and WSSRA? 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 the recruiting of new members.** With over 600 member deaths in our state each year, we need lots of new members just to maintain the state membership level at 16,000. Our dues fund our legislative lobbying. We need your help!

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](mailto:dondenton@jps.net)**

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## SKSR BULLETIN BOARD

### CAPTURE THE WORLD VIEW!

A call for volunteers at the Seattle International Children's Festival May 14-19 at the Seattle Center and May 21-22 in Tacoma. Usher audiences into performances from Japan, India, Netherlands, China, Hungary, England and US. Help kids learn and have fun in Discovery Centers. call Nora 206-386-1971 or email [kidsfest@seattleinternational.org](mailto:kidsfest@seattleinternational.org)

### GARDENER INFORMATION

Every Wednesday is Senior Day at Sky Nursery. To honor their senior gardeners, they offer a 10% discount on all regularly-priced store merchandise and plants. Sale items, bulk delivery and gift certificates are not included. I think Molbak's Senior Day is Tuesdays, also offering a 10% discount.

*submitted by past president Rita Requa*

### WASHINGTON STATE ENTERS THE DISCOUNT DRUG BUSINESS

Effective March 18, 2001, the Washington State plan AWARDS has established a buyers club for seniors with no prescription coverage in a health insurance plan. The Washington State Health Care Authority is overseeing the program. The Awards plan is not insurance coverage but is a discount buying club that offers discounts at pharmacies and through the mail. Like almost any prescription drug buying plan, it will not provide the lowest cost on every drug.

#### AWARDS HIGHLIGHTS

- ✓ It is open to any Washington State resident 55 or older who does not already have a prescription drug benefit in his/her health insurance coverage.
- ✓ The cost of Award Club membership per year is \$15 for an individual and \$25 for a couple.
- ✓ To apply, or for information, call 1-800-988-4030 (1-800-759-1089 TTY) between 5:00 AM and 9:00 PM Monday through Friday and 5:00 AM to 3:00 PM on Saturday.
- ✓ Find participating pharmacies by your zip code at [www.merckmedco.com](http://www.merckmedco.com).



*furnished by Sno-Isle member Roberta Dorway.*

### GRANT RECIPIENT ACKNOWLEDGES SUPPORT

Dear Sno-King School Retirees,

Thank you very much for the \$150 teacher grant. Highland Terrace is actively getting the backdrops for its student-run Kid News TV station. They are almost ready to paint. The artist is working hard. I really appreciate the money, otherwise we would not have such professional looking backdrops. Thank you for offering the teacher grants. They are appreciated!

Sincerely,  
Robin Randles  
Highland Terrace  
(Shoreline)

**HEALTH** from page 4

Scientists in Seattle and across the US are nearing the point of understanding precisely what happens in the chromosomes when the body parts malfunction. The bottom line is summed up by Frances Collins, director of the National Institutes of Health's Human Genome Research Institute, "If you understand the genetic basis of a disease, then you can predict what protein it produces and set about producing a drug to block it."

Pharmaceutical companies are scrambling to keep up with the genome research and plan to

produce drugs that change forever the way doctors fight disease. To quote from *Time* magazine on business prospects of the genome projects, "It's virtually gold rush time to mine the mountains of

potentially valuable data the genome contains." Various companies worldwide are now using the research data, hoping to close the experimental FDA time lag from ten years to six or less. This new world of genetic engineering is



being referred to as the Revolution in Genomics-based Drug Discovery. Data from *Time* magazine, January 15, 2001 (special issue Drugs of the Future) page 57-68; *The Seattle Times* writer/business reporter, Drew DeSilver.

**TRAVEL** from page 5

and even Wheaton. Atlanta has some great neighborhoods like the area around Emory University or out in Decatur. And if you ever tire of downtown Honolulu and Waikiki as your base in Hawaii, look at the neighborhood of Kailua, on the east shore. A superb beach, quick access to downtown or northward in your rental car, and a community worth enjoying are good reasons for choosing a suburb or nearby town in lieu of the downtown core.



Finding these gems usually involves a first-time stay in the city itself combined with exploration to see what the suburbs or other neighborhoods offer in the way of accommodations, transport and surroundings. Asking friends at home or hotel clerks or cab drivers in the city about such locales can pay off in delightful experiences on your next trip to the area.



Naturally, the internet offers endless possibilities in viewing the accommodations and scheduling ahead. So, check out a city map ahead, look at possible suburban sites, and investigate for price, safety and convenience. The neighborhood may turn out to be a better experience than the city itself!

How about it—do any of you have special sites to share with the rest of us?

For contributions or questions, call Terri Malinowski, (425) 483-8344 or email her at [terrim@accessone.com](mailto:terrim@accessone.com)

Visit our website at  
[www.sksr.org](http://www.sksr.org)



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

The deadline for the next newsletter is **Monday, June 13.**

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.  
 Please 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 past president **Rita Requa** (206-362-5220).

To help with mailing our next *Bulletin* on **Thursday, May 24**, call **Betty Odle** (206-525-8276),  
**Ellie Bonnano** (425-778-0751) or **Ruthann Warren** (206-367-0742).

**Changing faces, changing places**

**Change of Address**

- Page 1 **Norman Arnesen**
- Page 13 **Ann Foley**
- Page 18 **Catherine A. Huffman**
- Page 25 **Cindy Marum-McKinney**
- Page 28 **Arthur R. Nicholas**
- Page 34 **Carol & Ron Robinson**
- Page 39 **Mildred Taylor**

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- 19303 Fremont Ave N, #CC217, Shoreline 98133

**New Member**

15001 - 35th Ave W, #32-102, Lynnwood, 425-745-5648

**Deceased**

March 14, 2001

- Page 11 **David T. Edwards**
- Page 31 **Mary Ellen Phipps**