Sno-King
School Retirees

June 2003

The SKSR Bulletin

A message from our president

The time is ripe!

by Alice Bingaman, 425-778-1343

It doesn't seem possible, but we are fast approaching year's end; that is, the school year's end. Though most of us are retired, this is an important time for our organization. We need to contact retiring friends and associates who may not yet be aware of our organization and its goals and those who have already decided to join us.

It is a fertile time to approach them with an invitation to join, to continue their association with colleagues and others with similar social and professional interests. Each of us should recruit at least one new member to increase the strength and diversity of our association.

We have many great programs each year. In addition to luncheon meetings, we've had one of the world's few glass armonicas, dancers, singers (including our own Bob Jones's group) and guest speakers on many topics. In June we will have a very talented young harpist to entertain us. Don't miss this one!

A word to those who would like to be more active in our group: I'd like to encourage all to step forward and volunteer in an area of interest or expertise. We need you! We want you!

I apologize for my own absences. Between losing our widowed daughter-in-law the week before Christmas and my own need for two serious surgeries, I have been missing too much. Were it not for all the people who faithfully do their jobs, our organization would not continue to function; in particular, my heartfelt thanks go to Rachel Lake, incoming president, who's done so much.

I hope to see you all soon, as my health permits.

YOU'LL FIND INSIDE

SKSR Board Meetings
1:00 PM, Edmonds SD ESC
20420 68th Ave W, Lynnwood
Everyone welcome!

June 12

Our next meeting

June is busting out all over

by Rachel Lake, SKSR president-elect

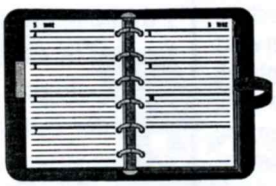
School's almost out and this is the final meeting this year for the Sno-King School Retirees. We are in for a wonderful relaxing program on June 19th at the Edmonds Service Center at 1 PM. We are honored to have a young musician, a harpist, play many relaxing, some difficult, but always melodic, pieces on his harp.

An eighth grade student at Kellogg Middle School, Jordie Louie, has shown his accomplished ability at a recent AAUW event honoring Northshore Senior Center's Community awardee for this year.

Jordie has played for over five years. He became interested in the harp after seeing a *Nutcracker* presentation. He often plays for weddings and other events.

Join us as we are indeed privileged to hear what young students are accomplishing with their music talents today.

In July we shall have our annual picnic at Edmonds City Park–more information on this will be in next month's *Bulletin*.



MARK YOUR DATEBOOK

Coming Events for Sno-King School Retirees

June 19, 1:00 PM ..... General Meeting
Edmonds Educational Service Center
Jordie Louie, harpist

July 17 ..... Picnic
Edmonds City Park
Welcome New Retirees

Legislative update

Some progress was made

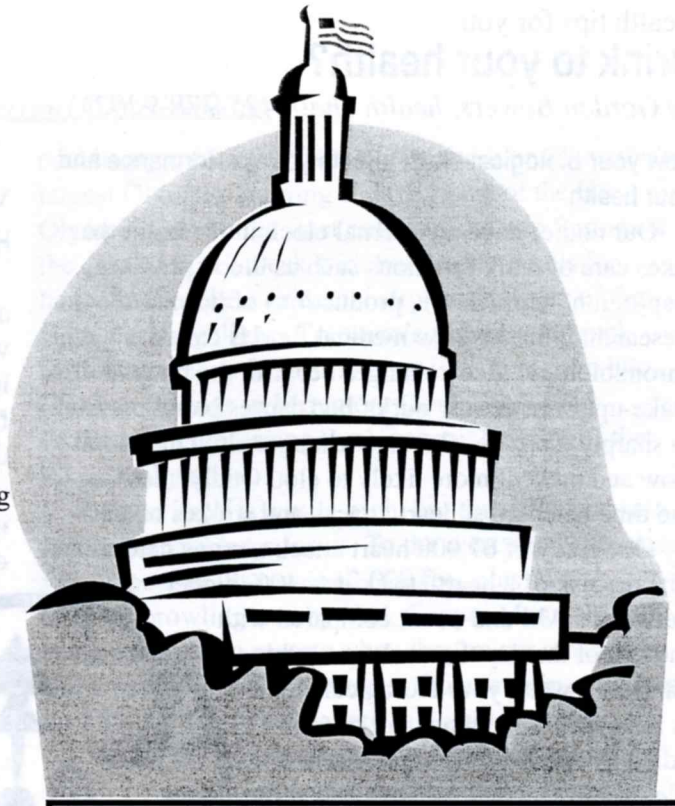
by Jack Rogers, legislative chair, 206-367-7153

Congratulations are in order! Our lobbying efforts paid off. The evening of April 14 the Senate took action to pass SHB 1204, Creating the Select Committee on Pension Policy, on a vote of 45 yeas, 3 nays, 1 excused. There was one minor technical amendment clarifying the membership of the state and local government subcommittee. SHB 1204 now goes back to the House for a concurrence vote. It's expected the House will pass 1204 without hesitation.

The Senate put forth its proposed 2003-05 operating budget on April 2 and is now been sent to the House. Instead of including 20% increases to the Public Employees Benefits Board (PEBB) Medicare eligible explicit subsidy over the next two years, as recommended by the Health Care Authority and proposed by Governor Locke, the Senate is proposing increases of only 10% over 2004 and 2005. This means eligible recipients must make up the difference out of pocket.

As of April 17 the House is preparing to cut the medicare subsidy again in the amended version of the budget. If the Legislature is still in session when you read this, contact your representatives and ask them to restore the Governor's original allocation to the PEBB subsidy.

Please note that this month's Bulletin *was printed in April because of the editors' vacation. More recent information is available in the media or by contacting Jack at 206-367-7153.*



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. Graduates may have a 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, contact Bob Jones at 425-787-2727 or bobjones@premier1.net. Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.

June 25-26

Health tips for you

Drink to your health?

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

How your biological clock affects your performance and your health

Our bodies have an internal clock in the brain that takes care of daily functions such as blood pressure, respiration, temperature, productions of hormones, etc. Researching in this new medical field is called chronobiology. Many changes occur in the body at wake-up–even getting out of bed causes blood pressure to sharply increase, chemical changes slow the blood flow and make it more likely to clot. Oddly, morning is the time when most heart attacks and strokes occur

One study of 67,000 heart attack victims determined that the risk of a heart attack was 40% higher between 6 AM and noon, compared with the rest of the day. Even sleep trouble can result when your biological clock is not synchronized but can be remedied by staying on a regular schedule–waking up and going to bed at the same time each day usually sets the time cycle.

The staff of *Consumer Reports on Health* says that any time is a good time to exercise, but morning joint stiffness dictates that you take it easy–a good time to build strength but not be involved in vigorous activity. Late afternoon and early evening are best for strength and vigorous activity; peak hours for such and competitive sports is 3 PM to 7 PM. Mental ability fluctuates during the day, but creativity peaks in the morning, which is the best time for writing, processing information and studying math. Short term mrmory is also best in the morning, and alertness is sharpest just before noon. Long term memory peaks in the late afternoon and evening. Anyhow, this is what the 67,000 did. It's pretty confusing to those rotating night and day shifts!

Source: *Consumer Reports on Health,* April 2003, Vol 15, pp 8-9.

How about a drink?

Studies have consistently shown that moderate alcohol consumption is good for your health, and red wine has been touted as particularly helpful in preventing heart disease. France is a good example, with high fat diet but as a paradox it has a low rate of heart disease. Now, a new study says that moderate drinking on a regular basis might be the best for a healthy heart, not to increase intake but to have a consistent measure of alcohol in the bloodstream day after day.

The study had 51,529 in the medical profession involved in a 12-year period when 1,418 heart attacks were recorded. Those who consumed alcohol daily–any amount from 10 to 30 grams per day–were approximately one-third less likely to have a heart attack than those who never drank.

Thirty grams of alcohol would be found in two 12-ounce bottles of beer, three four-ounce glasses of wine or two shots of hard liquor. Wine was not as effective as either beer or hard liquor.

The downsides noted in the study were serious consequences of alcohol consumption–car wrecks, liver disease, cancer, etc. Instead of drinking in the above, you can keep you heart just as healthy by eating more fruits and vegetables.

Source: *New England Journal of Medicine,* April 9, 2003, and *Harvard Health Letter,* April 2003, P. 4.

Smoking ban cuts down on heart attacks

A smoking ban in Helena, Montana's bars and

see **HEALTH** *on page 7*

Traveling with Terri

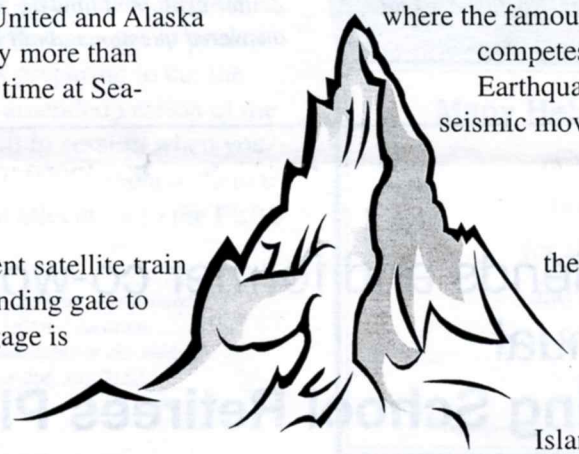
Mile high sightseeng

by Terri Malinowski, travel chair, 425-483-8344–terrim1@earthlink.net

One of our favorite places to visit in June is the state of Colorado. Well, yes, we do have a vested interest in that our youngest daughter and her family live in a small valley southwest of Denver in the Front Range, the row of foothills at the base of the Rockies. But even with three delightful grandchildren to enjoy, we manage to get in a fair amount of sightseeing, too.

After sampling Colorado in January, April and June, we've concluded the latter month is the best time. The severe brown of winter is gone, the freak snowstorms vanish and the skiers cease clogging the highways. Everything is turning green, the skies are endlessly blue and the air is dry and warm. There are numerous sites to explore–scenic, historic and/or unique. Even if we didn't have family to visit, a week's trip to Colorado is enjoyable for a number of reasons.

Seattle-Denver airfares have been reasonable, as low as $198 round trip. Both United and Alaska Airlines fly non-stop in slightly more than two hours. (We spent as much time at Sea-Tac checking in and going through security checks as on the actual flight.) At Denver's relatively new international airport, an efficient satellite train whisks passengers from the landing gate to the main terminal, where baggage is waiting and all car rental booths are clustered in a central area. The airport was strategically built about 30-40 minutes northeast of Denver in a relatively undeveloped area, and its unique structural profile resembles billowing white sails on the horizon of Colorado's golden-brown plains.



Within an hour's drive or so of Denver, we've found a week's worth of sights. To the south is Colorado Springs where we spent a day at the U.S. Air Force Academy. A visitor center offers a movie and overview of cadet life, and a giant B-52 is parked on the sprawling grounds for all to see and touch. Visitors are given self-guided walking maps and free guided tours of the architecturally stunning Cadet Chapel nearby. In addition to a gift shop and snack bar, visitors often are treated to cadet formations or parades if the timing is right.

Colorado Springs offers a fine arts center displaying the cultures of the Southwest in an award-winning, pueblo-style facility. Visitors can also tour the nation's largest Olympic Training Center, home of the US Olympic Committee. Just outside Colorado Springs is the road to Pike's Peak with hundreds of trails for hardy backpackers or casual strollers. Garden of the Gods Park highlights Colorado's stunning red rock formations there. Less strenuous is a short drive into Manitou Springs to Miramont Castle, a museum dedicated to preserving the Victorian heritage of the Pikes Peak region.

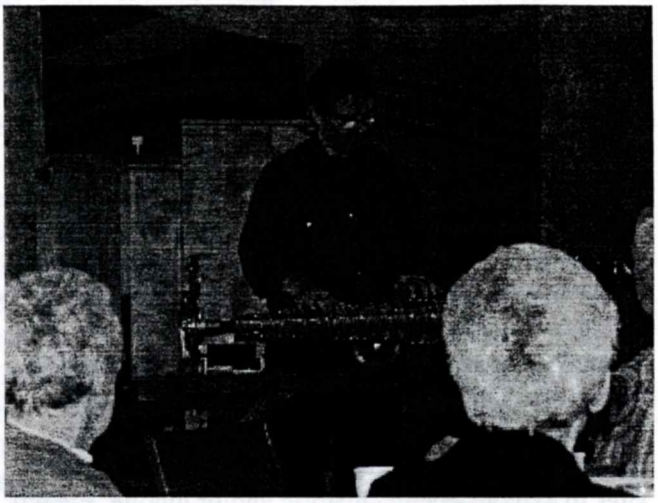
Denver itself is a mile high, but the altitude hasn't posed any problems for us. To the west are the Rockies, where most peaks tower 12,000 feet-plus. We've enjoyed prowling nearby Vail, Copper Mountain and Badger Creek ski resorts when they're not covered by snow and crowded with skiers. Either coming or going on I-70, it's fun to swing into the town of Golden, where the famous Colorado School of Mines competes with the National Center for Earthquakes and its careful tracking of all seismic movements. Golden also hosts the largest site brewery in the world, Coors, where visitors can wander among the handcrafted copper kettles.

One of our idiosyncracies is to visit sites where some of our pantry foods are produced, hence an earlier visit to tiny Avery Island in Louisiana, home of Tabasco Sauce. This time our destination was Boulder, an hour north of Denver. Yes, I know that's the site of the University of Colorado and is rated one of the top college towns in the nation. But it's also the

see **TRAVEL** *on page 7*

April scholarship luncheon brought good food, great entertainment and top students

Scholarship winners enjoy a delicious meal at the annual Scholarship Luncheon at the Edmonds Unitarian Church. SKSR awarded four scholarships of $1,000 each to outstanding seniors from the Edmonds, Northshore and Shoreline school districts.



Members enjoyed the music of Wiliam Zeitler on his glass armonica. The instrument, invented by Benjamin Franklin, is playing by only a few musicians around the world. Mr. Zeitler explained how the armonica makes its sounds and answered questions about his fascination with it.

Save the date...

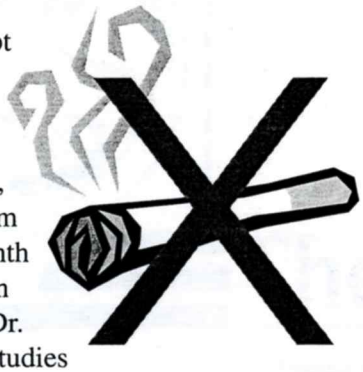
Meet "old" friends and former co-workers
at the annual

Sno-King School Retirees Picnic

Thursday, July 17
at the Edmonds City Park

HEALTH *from page 4*

restaurants lasted just six months until overturned by court action. In the meantime, the number of heart attacks dropped suddenly and increased soon after the ban was lifted. Dr. Richard Sargent presented the study April 1, 2003, at the American College of Cardiology in Chicago.



Doctors in Helena kept track of all heart attacks compared with the previous four years, and during the six-month ban, heart attacks dropped from an average seven per month to three, and rose to seven after the ban was lifted. Dr. Sargent urgd that larger studies be done, such as in New York state where a statewide ban on smoking in city workplaces similar to California's, Florida's andDelaware's was passed.

Source: Associate Press article by Daniel Q. Haney, *Seattle Times,* April 2, 2003, P. A13.

Feeling down?

Though depression affects about 10% of Americans of all ages, as many as 35% of seniors with one or more medical conditions suffer from depression, thinking that feeling down is just part of growing older.

Depression is treatable and the staff of Secure Horizons offers these tips to know if you or someone you know should see a doctor about depression. They may have any combination of these symptoms: fatigue or lack of energy, feelings of sadness or emptiness, worthlessness, trouble concentrating, sleep trouble, restlessness or feeling slowed down, major changes in eating habits, lack of interest in formerly enjoyable activities and thinking about death or suicide. Golly, most of us have many of the above but function very well. If in doubt, ask your doctor.

Source: *Secure Horizons*, Winter 2003, P. 5

Mental massage

After a long wait, the nurse came to Aunt Mary and said, "I need to get your weight, too." Aunt Mary quickly said, "One hour and forty-five minutes."

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Father to son, "I don't care if the basement wall is cracking. Stop telling people you come from a broken home."

TRAVEL *from page 5*

home of Celestial Teas and Seasonings, maker of herbal teas. For years, I've enjoyed the provocative flavors of Wild Berry Zinger, Country Peach Passion and Sleepytime, and I wanted to see where they originated.

The company plant is just as zany as its tea names. Even if you don't like herbal teas, it's interesting to hear about the "hippie" group that experimented with various bushes and weeds in the nearby foothills while camping there in the 1970s. From that casual beginning came the modern tea factory of today with its storerooms of exotic, scented herbs from around the world. Company testers continue to experiment with herbal combinations in seeking new tea flavors.

Colorado visitors can make a week-long meal of Denver attractions alone. The once-shabby brick warehouses of Lower Downtown (usually shortened to LoDo and pronounced low-doe) now glitter with art galleries, trendy pubs and assorted shops. Denver also offers the 16th Street Mall and Larimer Square for browsing and shopping. The Tattered Cover Book Store is said to be among the best independent bookstores in the nation. We liked the Colorado History Museum, with notable exhibits on Denver and Colorado's past. The nearby Denver Art Museum features a collection of Plains Indian art.

Don't forget the gold-domed state capitol, modeled after the one in Washington, D.C. And one of the summertime attractions in Denver is Coors Field, the soaring brick and ironwork stadium housing the Colorado Rockies baseball team. Restaurants are everywhere–serving everything from buffalo burgers and renowned Colorado steaks to food of the Southwest. A special treat is afternoon tea at the Brown Palace Hotel, an ornate throwback to its 1892 origin.

The suburbs of Denver are just as fascinating. Historic Littleton has preserved its century-old legacy of homes and shops, and tiny Morrison is a microcosm of an early-day settlement. The Red Rocks Amphitheater has been hosting entertainers for 70 years in its natural outdoor setting, everyone from the Rolling Stones to Garth Brooks.

Take a week and check out Colorado. The spring air is warm and dry, the skies are as blue as the native bluebonnet flowers, and I'll even share my twin grandchildren if you're into venturesome two-year-olds.

For contributions or questions, call Terri Malinowski at 425-483-8344 or email her at terrim1@earthlink.net.

Sno-King School Retirees
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HELP US WITH INFORMATION TO PUT IN THE *BULLETIN*

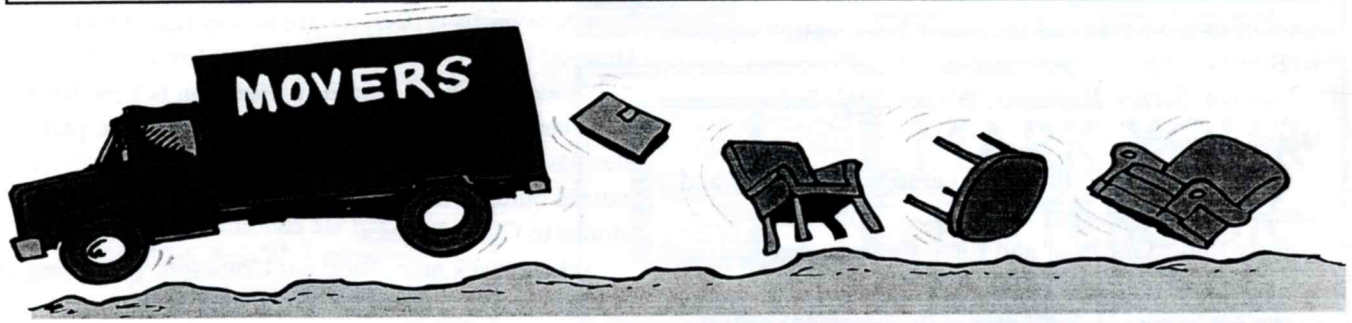
The deadline for the next newsletter is 8:00 AM, **Sunday, June 15**.

Send news and other materials to
Jo or Bruce Caldwell, PO Box 1117, Edmonds WA 98020, sksr@wmea.org, fax 425-776-1795, phone 425-778-9390.
Please send TRAVEL news to **Terri Malinowski**, 15341 158th Ave NE, Woodinville WA 98072, terrim1@earthlink.net, 425-483-8344.

Address, phone or e-mail changes should be sent to **Donna Murrish**, dmurrish@aol.com or 206-363-5753

If you know of illness, please call Sunshine Co-Chairs, **Winnie Smith** (425-778-3979) or **Pat Jones** (425-787-2727).

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



Members on the move

Change of Address

Pg 18	Jenkins, Christy S	275 Cornet Bay Rd, Oak Harbor 98277, 360-675-1686
Pg 20	Kirkpatrick, Edith E	1523 Carol St, Camano Is 98282-8331 (slight changes by PO)

Deceased:

Pg 14 Goehner, Lenard O April 11, 2003 (Shoreline)

Welcome back, Snow Birds!