

# Sno-King School Retirees



July 2008

[www.sksr.org](http://www.sksr.org)

## The SKSR Bulletin

### A Message From Our President



On July 17<sup>th</sup> we will officially conclude our year at our July picnic at Edmonds Park. I want to encourage all of you, active and retired school employees alike, to invite someone newly retired to the picnic to be honored as our guest, enjoy great food and even greater conversations! Be sure to RSVP to Betty Odle.

As we arrive at the close of our 2007-08 year, I want to extend a "HUGE" ("huge" begins with a hug!) thank you to our Executive Board. You all provided such great support for me all year long, especially Secretary, Cheryl Bauer and Treasurer, Donna Murrish! You carried out some really superlative projects (thank you, Betty Odle, Cheryl Bickford, Virg Rayton and Jim Siscel and Donna Murrish!), got our financial and document house in order (thank you, Donna Murrish!), successfully kept riveting attention to our membership gains (thank you Bob Nordeen and Virg Rayton!), revitalized our archives (thank you Barbara Berg and Betty Odle!), dealt with a huge bequest to our Scholarship Fund ( very professionally done, Ad Hoc Committee, chaired by Bruce Caldwell, and good luck Finance Committee!), became legislatively enlightened and alert ( thank you, Ellie Bonanno, and Rachel Lake!), gave out classroom teacher grants and high school senior scholarships and facilitated Retirement Seminars ( thank you, Rita Requa, Linda Fitzgerald, Keith Lindaas, and Bob Jones!), and quietly behind the scenes were those who remembered others for their giving, their illness or bereavement or to provide for our refreshment at gatherings ( thank you to Mary Ellen Gardiner, Evelyn Nordeen, Marilyn Alaniz, and Marlene Johnson!) and one who singularly kept us in the know about senior health (thank, you, Gordon Bowers!), and we communicated all this to you thanks to our professional

Erma Snook, President  
Cheryl Bauer, Secretary  
Donna Murrish, Treasurer/Mailing  
Rita Requa, WSSRA Board NW 1 Rep/ Grants  
Betty Odle, Historian/ Luncheons/ Picnic  
Jim Siscel, Program/Benefit Fair  
Rachel Lake, Jack Rogers, Legislative  
Ellie Bonanno, Legislative/ Phoning  
Bob Nordeen, Virg Rayton, Membership  
Cheryl Bickford, Community Service/Luncheons  
Bob Jones, Retirement Planning/ Web Page  
Alice Bingaman, Retirement Planning/ Scholarship  
Gordon Bowers, Warren Rowe, Health  
Keith Lindaas, Linda Fitzgerald, Scholarship  
Joan Hertrich, Phoning  
Marlene Johnson, Marilyn Alaniz, Hospitality  
Ron Robinson, Bruce Caldwell, Directory  
MaryEllen Gardiner, Donation Acknowledgement  
Evelyn Nordeen, Sunshine  
Barbara Berg, Scrapbook  
Dave Johnson, *Bulletin* Editor

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www.sksr.org

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

- September 11
- October 9
- November 13
- January 8
- February 12
- March 12
- April 9
- May 14
- July 9



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**SNO-KING PICNIC HONORS  
 NEW RETIREES ON JULY 17**

**AT EDMONDS CITY PARK, AREA 2**

We invite all members to come to the Sno-King School Retirees picnic to honor those who have just retired. New retirees and their escorts, from Edmonds, Northshore and Shoreline School Districts, will be our special guests at our Annual Picnic. Sno-King retired members will make a \$5 contribution to help defray the costs. Our Sno-King Board furnishes the wonderful food you will enjoy.

We have our shelter reserved from 10:30 to 5 so we will have lots of time to visit. We will plan to eat promptly at noon. Look for balloons and Sno-King members in their bright T-shirts.

Teachers who have received grants from our Unit this year are invited, as guests, to come to share the results of their grant.

Active teacher members, this is a great time to relax after a busy school year and to renew friendships with your retired friends.

Sno-King retirees this is a special time to invite some of your retired friends who are not members. When they see what a

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**MARK YOUR DATEBOOK**

July 17 Picnic Edmonds City Park

- August 6 Annual Planning meeting
  - August 26-28 Shoreline Benefits Fair
  - September 10-11 Edmonds Benefits Fair
  - September 18 General Meeting
  - November 20 Scholarship Luncheon
- 2009

- February 19 General Meeting
- April 16 Scholarship Luncheon
- May 21 General Meeting/Sno-Isle
- June 8-10 WSSRA Convention
- July 16 picnic

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great group we are they are bound to want to be a part of our organization.

Please RSVP by July 10 to Betty Odle, 206-525-8276 or send an e-mail to [bettyholmodle@msn.com](mailto:bettyholmodle@msn.com), so we will know how much food to prepare.

Directions to the Edmonds Park: take SR 104 (Edmonds Way) to Edmonds. (DO NOT take arterial off-ramp to Edmonds- Kingston Ferry.) Follow 5th AVE S (toward downtown Edmonds) to Pine Street. Turn left on Pine to 3rd Avenue, turn right to Edmonds Park entrance on left. Watch for the balloons!

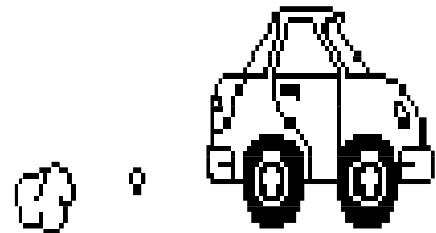
### **You Know that You're Aging. . .**

when everything hurts, and what doesn't hurt doesn't work.  
 when the gleam in your eyes is from the sun fitting your bifocals.  
 when you feel like the morning after and you haven't been anywhere.  
 when your children begin to look middle-aged.  
 when you finally reach the top of the ladder and find it leaning against the wrong wall.  
 when your mind makes contracts your body can't fulfill.  
 when you look forward to a dull evening.  
 when your favorite part of the newspaper is "20 years ago today".  
 when you turn out the lights for economic rather than romantic reasons.  
 when your knees buckle and your belt won't.  
 when you regret all those mistakes you made resisting temptation.  
 when you are a 17 around the neck, 44 around the waist, and 106 around the golf course.  
 when your back goes out more than you do.  
 when your pacemaker opens the garage door.  
 when the little gray-haired lady you help across the street is your wife.  
 when you sink your teeth into a steak and they stay there.  
 when you know all the answers, but nobody ask you the questions.

From Pat Long, Red Oak, Iowa, printed in *Reminences*.

## **AARP Driver Safety Program (55 Alive)**

AARP's *Driver Safety Program (formerly 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 425-438-2727 or [bobpatjones@verizon.net](mailto:bobpatjones@verizon.net). Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.



### **Fall 2008 dates**

**September 8-9      October 7-8**

**November 5-6      December 4-5**

## HEALTH TIPS

July 2008 by Gordon Bowers

### BIOMEDICAL IN OUR BACKYARD:

Bothell is home to a surprising number of companies that produce biomedical devices: ultrasound, heart defibrillators, dental, etc. This biomedical center employs more than 5800 workers. Several outstanding companies were highlighted at a medical devices summit in May 2008 at the University of Washington Bothell Campus for their healthy growth, generating an estimated revenue of \$1.8 billion in 2007. Companies like Sonosite Inc. and Phillips Ultrasound make hand held and other ultrasound equipment. Other big employers include Cardiac Sciences, Verathon Inc. and many more.

The Biomedical Summit Device Study was commissioned by the City of Bothell, the UW Bothell Biotechnology Institute, Snohomish County Economic Development Council, and trade organizations. The summit was planned as a launch of a partnership zone around Bothell. That designation was granted by Governor Chris Gregoire, and gives the zone special access to state funding. Another industry summit is planned by the Snohomish County Economic Development Council, with focus on training skills for these high wage jobs.<sup>1</sup>

**DON'T FRET WHEN YOU FORGET:** You are not alone; two thirds of people age 50 plus begin to have difficulty remembering names, appointments and other details, but not to worry, It's not some terrible disease. If your recall is flickering, your brain is just adjusting to the normal up and down line; as age goes up, memory goes down and that's normal for everybody. However, the rate of age related memory impairment is not the same for all. Good health is a major plus – good cardiovascular health is essential to prevent cognitive decline.

Research on memory loss is in high gear. As we now know, the brain continues to produce new neurons throughout the life cycle. Exercise and diet can affect the blood supply to the brain and help produce new brain cells. The World Wide

Brain-Memory Studies found blue berries are important in retaining memory. Doctor Jim Joseph, a neuroscientist with the US Department of Agriculture in Boston developed a series of motor skills that he and his associates called the Rat Olympics. An example of the skills taught is to keep balance on a spinning log in the water. These rats were fed blueberries over time as a regular diet. Dr. Joseph compared memory performance with rats on a different diet and summed up saying "blue berries were actually able to reverse motor deficits in those aging animals". Note – please don't rush out to buy blue berries, the Rat Olympics are not over yet.

For us humans, if you want to keep your memory sharp, you should keep belly fat down according to Harvard Medical. In a study, March 2008 edition of *Neurology*, researchers showed that of more than 65,000 people who were overweight and had a large belly were 2-3 times as likely to develop dementia as a those with normal belly size.

One of the best books on memory has a title *Can't Remember What I Forgot*; Random House by Sue Halperen<sup>2</sup>

**A QUICK, NEW NON INVASIVE SCAN OF THE HEART:** Sudden chest pains can get a person to ER, but doctors need to determine whether a heart attack is eminent, clogged arteries, bypass needed, or other. Now a Cardiac CT scan can give the necessary info for the doctors to determine whether surgery is needed or the patient may be cleared with no problems.

Recent studies have found that CT Angiography is highly accurate at detecting coronary artery disease, and according to Scott Flamm, head of cardiovascular imaging at the Cleveland Clinic, the CT scan can identify 25 to 30 percent of patients that do not need to have invasive surgery. They can just go home – good news for all!<sup>3</sup>

**WHERE TO LIVE THE LONGEST IN THE WORLD:** The Quest Network is known for its studies on the global search for "The Secrets of Long Life". The founder of Quest Network, Dan Buettner, had published an article in *National Geographic* in 2005. A follow up study in *AARP*

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Magazine lists the few places in the world where people live the longest: Loma Linda, California; Nicoya Peninsula, Costa Rica; Sardinia, Italy; Okinawa, Japan. Please read the AARP life story of an ordinary, healthy 107 year old woman, spry and active as anyone half her age.<sup>4</sup>

**SURGICAL BARIATRIC TREATMENT FOR WEIGHT LOSS:** This has caused a remission of diabetes type 2 in 73 percent of those having stomach by pass surgery. The *Edmonds Journal* has an article that explains some added benefits of the surgery; sleep, blood pressure, cholesterol, heart disease, etc.<sup>5</sup>

<sup>1</sup>Eric Fetters, *Everett Herald* May 26, 2008 p2

<sup>2</sup>Aaron P. Nelson PhD, "Improving Memory"

*Harvard Health Publications* May 2008

<sup>3</sup>Matthew Shulman. *US News and World Report* April 8, 2008 p78

<sup>4</sup>AARP Magazine June 8 p48-51

<sup>5</sup>Karen Collins, *Edmonds Journal* p17

**Help Wanted: Caller**

Someone is needed to call people that are willing to help fold, label and get the bulletin ready for mailing. The bulletin is only mailed 5 times a year and around 7 people would need to be contacted. The phoning can be completed at home. It is a fun way to keep in contact with our members and help our organization. Call Ellie Bonanno, 425-778-0751 for details.

**Docents:**

The Edmonds Museum needs docents. Can you donate 3 hours a month to help show this local attraction to the public? Call Norma Bruns 425-778-8234 for more information.

**Deceased:**

- Pg 16 Bertran, Holly D May 2008 (retired in 2000)
- Pg 21 Charlson, Clinton M April 2008 (Shoreline Dist)
- Pg 54 Parris, Winnifred B May 2008 (Edmonds Dist)
- Pg 63 Shiveley, D. Pat May 1, 2008 (Shoreline Dist)

We are sad to share with you that Pat Shiveley passed away. Pat was a pioneer in special education in Shoreline and retired in 1996. She will be greatly missed.

Harold Eugene Silvernail, known as Dr. Silvernail to many, and affectionately as "Spike" passed away on June 12, 2008, at the age of 89. He was a past Superintendent of the Edmonds School District.

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*Continued from p 1*

*Bulletin* editor, Dave Johnson and our *Bulletin* folding faithful, recruited by Ellie Bonanno and Alice Bingaman and Joan Hertrich! We've performed as an organization with which we should all be proud to be associated. We wrapped up our 30<sup>th</sup> Birthday Year in a fine, sparkling package. Thank you! Have a great summer, and I look forward to working with you all in the coming year, 2008-09.

The 61<sup>st</sup> Washington State School Retirees Association 2008 Convention held June 9-11 at SeaTac is in the record books. You were represented by 16 dedicated delegates who vote our wishes. We elected our favored president elect, Rita Requa, in grand style with a fun campaign conducted in "red" by Rachel Lake and culminating in a campaign chant by Northwest One Region just before her campaign speech. We look forward to her leadership now and officially in the 2009-2010 year. Congratulations, Rita!

At the convention Sno King Unit 23 was recognized with the Unit of Highest Distinction Award for achievement in 2007-08 of the goals stipulated by WSSRA. We should all be very proud of this award as every participating member contributed to this accomplishment. Unit 23 also received a Certificate of Appreciation for increasing our membership and for an increase in Automatic Deduction Memberships. Congratulations Membership Committee, chaired by Bob Nordeen!

## SKSR BULLETIN BOARD

### Gearing Up In August

Again this year, the SKSR Executive Board will meet at the Foundation House in Bothell to plan for the upcoming 2008-09 year. We will meet on August 6<sup>th</sup> at 9:30 a.m. We will be in session until noon and then enjoy a specially-tailored lunch menu in their dining area. We are always treated royally (great goodies for coffee, too!) and the setting is wonderful!—a great way to kick off our 2008-09 year. Please reserve this date on your calendar—see you there!

### Sno-King School Retirees Scholarship Fund

#### Finance Committee Appointed

In May, six members were appointed to the first Scholarship Fund Finance Committee as per our new By Law revision. Those generously serving are: Cheryl Bauer, Secretary, Ellie Bonanno, Don Denton, Dave Johnson, Bob Nordeen, and Richard Stucky. At the first meeting they established some parameters for managing our Scholarship Fund and are currently investigating possible investment options. They will report annually to the Executive Board.

### Sno King School Retirees Officers 2008-2009

At the joint Luncheon with Sno-Isle in May, your slate of officers was unanimously elected. You won't see any new faces this year, but you will find them ready and willing to serve. The officers are: Treasurer, Donna Murrish, Secretary, Cheryl Bauer, and President, Erma Snook. They look forward to your support.

As per the rotation of duties in the Northwest 1 Region, it is Sno King's turn to chair and provide a secretary for the business of the Northwest 1 Coordinating Council whose members are Sno-King, Sno-Isle, Skagit-San Juan, and Whatcom Units. Volunteering for these duties are Chair, Erma Snook and Secretary, Donna Murrish. They meet three times a year in October, January and March in Mount Vernon at the Royal Fork.

### PAINTING PAIN?—I can help you

Since retirement almost four years ago and for 25 years before that, we have had the privilege of helping members with their painting needs. References are available from many of them. I would also be happy to help you with your needs. Help is also available to fix some of those small household repairs that need to be done. We serve the east side and north end of Lake Washington.

For information call

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## A Visit To Valencia

by Norman R. Hansen

It came out of the blue – an invite by my son, Barry, to visit his in-laws in Valencia, Spain. They owned a 3 bedroom apartment on the third floor overlooking a busy 5- street intersection. The timing was the second and third week in March, not by accident, the annual celebration of “Fallas” (literally – the burning) wherein elaborate effigies of wood and papier mache were erected in various spots around the city. Indeed, in a city of over 750,000 there were no less than 350 of these. Many were quite large ( the largest was 35 meters wide and 30 meters high) and expensive, some costing over one million dollars. I was told it was in honor of an ancient saint who was a carpenter. At the end of a week-long celebration of parades, bands, and fireworks the ”fallas” were all burned down at midnight amid more fireworks. In a central location a tall slatted structure was erected and the “princesses” carried down the street in parade fashion bouquets of flowers (thousands of them) which were dropped in the slats to make a huge tower of various colored flowers. We were fortunate that the weather was the very best they had ever had for this. Much time was spent walking to various “fallas”, markets, and restaurants. The Spanish people were polite and accommodating. I did notice that there were a preponderance of older people who were very short - often 5 feet tall or less. The celebration was exciting and being often late at night, sleep became somewhat rare.

Our hosts wined us and dined us and even took us on a guided tour of the world famous porcelain factory “Lladros”. We took the tram to this huge operation several miles across the city. We were privileged to see most aspects of the manufacture of beautiful and expensive porcelain figures. Most artists had to train for 3 years before being used to produce hand painted figures. We watched a lady take tiny bits of clay, flatten them, roll them, and attach them to each other to make rose blossoms less than a quarter of an inch across. The figure she was working on called for more than one hundred of them!

Another bus trip took us to shores of the Mediterranean where we walked along a sandy beach that was more than 100 yards deep and extended for miles. Here we enjoyed a Spanish seafood paella with some good, rich red wine. I also spent an enjoyable afternoon walking through a well laid out botanical garden.

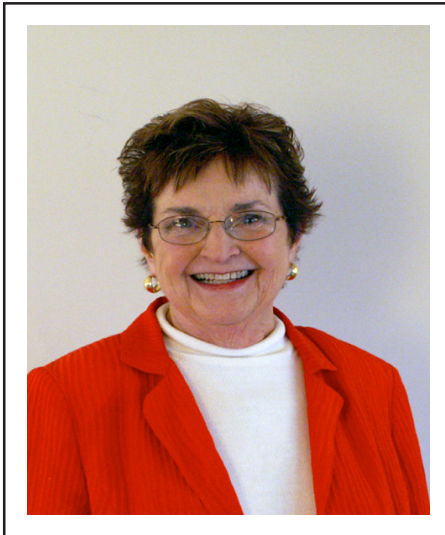
Our trip was both exciting and educational and we took hundreds of pictures. Given the opportunity, I would go back in spite of the 14 hours air travel each way.

Editors Note: It is my thought to publish someone’s trip each issue. If you have taken a recent trip and could write a short story about it, we will print it. Send your story to [dama3@comcast.net](mailto:dama3@comcast.net)

### Jim Sisel Recognized



Jim Sisel received the Community Service Award from the National Association of AARP. Every year they recognize people who show distinction in service to our Community. Jim is honored for his organization and facilitation of our SKSR Unit 23’s collection of items for 82<sup>nd</sup> Airborne Medic Unit in Iraq. We raised over \$900 in that effort. In addition, Jim, a retired military veteran, annually does Veteran Day Presentations at local schools and this year performed at our Scholarship Luncheon in November. We appreciate his efforts at providing us a way to display and exercise our patriotism and caring. Congratulations, Jim, on receiving this well-deserved honor



## Highlights of the Washington State School Retirees' Association Convention

I thought the convention this year ran very smoothly and efficiently. There was an orderliness about it. Two thoughts that I have are 1) I've been attending these conventions for several years and have grown accustomed to seeing many of the same faces. Many of these familiar faces are noticeably aging but there they are, every year contributing their time and energy. 2) One thing I missed was a little bit of frivolousness in that none of the vendors had 'fun' things to sell. Admittedly, in some past conventions there probably was too much of that, but I still like to see a little bit of it. It was a good convention and I particularly enjoyed the talk by our guest speaker, Dr. Bonnie Dunbar. Donna Murrish

It was a thrill at the convention to have **Rita Requa**, a member of Sno-King, be elected our **State President-Elect** for 2008-2009. What an honor! We are proud of her and her commitment. The convention was fun and informative. Membership, legislative action, health care were emphasized in our meeting which helped sharpen my thinking about them. It was great to become better acquainted with other members and fun to see everyone dress up for the banquet!

Ellie Bonanno

Highlights of the WSSR Convention for us included campaigning for Rita Requa and observing her installation; keynote speaker Dr. Bonnie Dunbar, President and CEO of Museum of Flight; and a clever skit, with costumes, called "Court of Garden County" on the value of working in our units and nurturing ALL of our members. We had such a delightful time with our fellow delegates and enjoyed the beautiful facility! Evelyn and Bob Nordeen

### ENTERTAINMENT 2009 IS COMING SOON!

As a matter of fact, the new books will be available in August. It's not too early to plan ahead! Same great price as last year - \$20 - pass the word to your friends, family, neighbors. Remember, you can order books for use in other states also. Most of the books that have been ordered are for the Seattle/Eastside but I've also ordered a few for North Puget Sound area and can get some for South Puget Sound and the Spokane area too. Just let me know what you'll need! Donna - 206-363-5753

Thank you to the following donors to the Scholarship Fund: Your generosity is much appreciated!

Mary Ellen Gardiner in memory of Bill Gardiner  
 Esther E Sellers in memory of Mary Hennem  
 Bob & Elinore Bisnett in memory of Michael Dodd  
 Bob & Elinore Bisnett in memory of Miriam Williamson  
 Bob & Elinore Bisnett in memory of Ruth Sturm  
 Fred Cochran for a donation to the Flood Project

Sharon Schoenauer for a donation  
 Phyllis Fiege for a donation  
 Marilyn Irwin for a donation  
 Bea Aigner for a donation  
 Phil & Georgia Elvrum for a donation  
 Jim & Marianne Lockhart for a donation  
 Andrea Boushey for a donation



WSSRA Convention Scenes

Rita Elected President-Elect



Sno-King and NW1 members chant for Rita



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

The deadline for the next newsletter is 8:00 AM, **Saturday, August 23.**

Send news and other materials to

**Dave Johnson**, 814 6th Ave. So. Edmonds, WA 98020, [damajo3@comcast.net](mailto:damajo3@comcast.net), or 425-776-7298.

Address, phone or e-mail changes should be sent to **Donna Murrish**, [donnammurrish@comcast.net](mailto:donnammurrish@comcast.net) or 206-363-5753.

If you know of illness, please call Sunshine Chair, **Evelyn Nordeen** [evie.nordeen@verizon.net](mailto:evie.nordeen@verizon.net) or 425-775-1127

To help with mailing our next *Bulletin* on Tuesday, September 2, call **Betty Odle** 206-525-8276, **Ellie Bonnano** 425-778-0751 or **Joan Hettrich** 425-778-9572

**Address Changes:**

Pg 48 McKee, Roberta, 8516-196<sup>th</sup> St SW,  
Edmonds, WA 98026

Pg 68 Truax, Barbara J, 19202-76<sup>th</sup> Ave W,  
Edmonds, WA 98026-6200

**Welcome New Members:**

Pg 14 Ballard, Allison M, 1004 Harborview  
Ln, Everett, WA 98203

Pg 14 Barker, Dara K, 4822-168<sup>th</sup> St SW #7,  
Lynnwood, WA 98037-6885

Pg 32 Haile-Meskel, Alemayehu, 4507-241<sup>st</sup> St  
SW, Mt Lk Terrace, WA 98043

Pg 58 Reighter, Cathy G, 1726 NE 105<sup>th</sup> St,  
Seattle 98125-7654

**Name Change:**

Pg 20/62 Carlson, Heather – change to Heather R  
Schweinfurth