# Sno-King School Retirees



November 2009

www.sksr.org

Evelyn Nordeen, Coordinating Chair Cheryl Bauer, Secretary/Schl Fin Donna Murrish, Treasurer/Mailing/Schl Fin Rita Requa, WSSRA President Betty Odle, Historian/ Luncheons/ Picnic Rachel Lake, WSSRA PAC Treas. Ellie Bonanno, WSSRALegislative/Schl.Fin. Bob Nordeen, Membership/Schl Fin Cheryl Bickford, Scholarship/Luncheons Bob Jones, Retirement Planning/ Web Page/Outreach Alice Bingaman, Telephone/ Scholarship Gordon Bowers, Health Keith Lindaas, Linda Fitzgerald, Scholarship Joan Hertrich, Telephone Marlene Johnson, Marilyn Alaniz, Hospitality Virg Rayton, Grants Erma Snook, Past Pres/Schl Fin Marilyn Dauer, Membership Dick Stucky, Don Denton, Scholarship Finance Marion Fyall, Sunshine Barbara Berg, Scrapbook Dave Johnson, Bulletin Editor/Schl Fin

# The SKSR Bulletin

A Message From Our Coordinating Chair Evelyn Nordeen

Ah.....AUTUMN!!!



As William Everett Trutner describes the season: "Clusters of orange-red bittersweet cling to the sagging wire fence....Atop the hill a grove of sugar maples blazes scarlet against the blue of the sky.... Ecstasy. You realize that Thoreau had the right idea. Would that you had a Walden of your own." Sno King School Retirees have had an en-

ergetic start in this fall season. The "Mystery Luncheon" with Rick Steves as speaker brought together an amazing group of members. Many SKSR folks are exercising every day in the Governor's Health Bowl 2009. Planning is underway for the November Scholarship Luncheon. You will not want to miss this exciting event. Entertainment Books are being sold rapidly for the scholarship fund. A group attended the magnificent new Lynnwood High School during the tours and dedication on October 3rd.

Three days were devoted to staffing our booths at the Edmonds S. D. and Shoreline S. D. Benefit Fairs.

"Active members" — the grant deadline of November 12th is approaching rapidly. All members remember to communicate with your legislators as we are alerted during the year. Retirees: You are invited to help fold the newsletters and attend board meetings/ general meetings! Come one, come all!

### **Executive Board meetings**

Nov. 12, Jan. 14, Feb. 11, Mar. 11, Apr. 8, May 13, and Jul 8 all 1-3PM, Room 104 ESC

### **Bulletin Folding Dates**

Feb. 1, 10-11:30 AM Room 102 ESC Room 102 Mar. 29, 10-11:30 AM Room 102 ESC Room 102 Tentative May 3, 10-11:30 AM Room 104 (?) Jun 28, 10-11:30 AM, Room 102

### YOU'LL FIND INSIDE

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### **SKSR Board Meetings**

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

November 12

January 14
February 11
March 11
April 8
May 13
July 8

# MARK YOUR DATEBOOK

Scholarship Luncheon
November 19
Edmonds Unitarian Church

February 18 General Meeting April 15 Scholarship Luncheon May 18 Joint Meeting w/Sno Isle June 7-9 WSSRA Convention July 15 Picnic

# Governor's Bowl Just for the Health of It!

From September 18 until November 1, twenty one of our members signed up to help the Washington State Health Foundation achieve the Governors' goal of 6 million miles walked in about 6 weeks! The goal is to become the healthiest state in the nation!

Those participating are: Rita Requa, Ellie Bonanno, Cheryl Bauer, Andrea and Jim Siscel, Barbara Berg, Bob and Evie Nordeen, Donna Murrish, Marilyn and Ted Dauer, Virg Rayton, Dave and Marlene Johnson, Joan Hertrich, Bob VanNess, Linda Hughes, Ginny Enstad, John Galbraith and Erma and Gil Snook.

We kicked off our Unit 23 campaign with ten of us gathering to walk the Edmonds waterfront and stopping for coffee at the Senior Center. To keep up our momentum on October 12 several of us gathered to walk the Alderwood Mall perimeter and stop for coffee and a good chat!

All of us, who participated in the Governor's Bowl, now need to submit our accumulated miles to Ellie Bonanno 425-778-0751, Cheryl Bauer, 425-743-9755 or Erma Snook 425-776-2067 by November 10th. We will submit a report to the WSSRA Health

Committee and be counted in the WSSRA total! Congratulations to all who participated and thank you for reporting! **Keep walking for the Health of it!!** 

October 12th Walkers



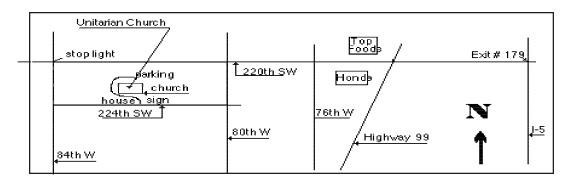
# **Scholarship Luncheon**

Our next general meeting will be at the Scholarship Luncheon on November 19, 2009, at 11:30 at the Unitarian Church located at 8109 224th SW in Edmonds. I'm taking this opportunity to invite all members to attend this upcoming event. We'll have great food – everybody is supposed to bring a salad, hot dish, bread item, or cookies. There are raffle items galore – everything from wine to bobble heads to items from Traders Joes, COSTCO, K.C. Martin, and Stadium Florists. WOW!! Superintendent Broissoit from the Edmonds School District will talk to us about the new Lynnwood High School. Lastly, let's not forget the entertainment. We are very lucky to have the Silver Steppers coming to share some of their dance routines with us. This group is composed of seniors from this area that meet and practice at the Mill Creek YMCA. We even have one of our very own members in the group. What a treat for all of us.

If you remember in the last bulletin, both Donna Murrish and Cheryl Bauer had articles about the difficulty we are having meeting our scholarship needs of \$4800 for the year. This luncheon which is a bargain at \$5.00, and raffle tickets that sell for a dollar a piece are great ways for you to help us meet our budget. I hope you'll plan to attend.

As we have done in the past, we are encouraging everyone to bring canned food items which will go the local food banks. This has been a tradition at the fall luncheon which we want to continue.

Please let Betty Odle (206) 525-8276 or Cheryl Bauer (425) 743-9755 know by November 17 if you are coming, and what you plan to bring. Hope to see you then.



# AARP's 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 \$12 (AARP members, \$14 non-members) 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 1:30 PM at the Anderson Center, 700 Main Street, Edmonds. For alternate dates and locations, contact Bob Jones at 425-438-2727 or <a href="mailto:bobpatjones@verizon.net">bobpatjones@verizon.net</a>. Note that the class is a "two-consecutive-days class," which can be selected during the month of your choice.



Fall, Winter & Spring 09 & 10 dates

Nov. 19-20	Dec 17-18
Jan 4-5	Feb 10-11
March 17-18	<b>April 21-22</b>

# **Edmonds School District Superintendent's Letter**

The 2009-10 school year is off to a smooth and successful start for our nearly 20,000 students and 3,000 staff serving our communities of Brier, Edmonds, Lynnwood, Mountlake Terrace, Woodway, and unincorporated portions of Snohomish County. I appreciate your continued interest and involvement in our efforts to help all students gain academic success.

Highlights for this school year include:

## **Student Learning!**

- Many students are doing quite well with respect to student learning, still there are achievement gaps we are working to close for all students.
- We focus our work on: students learning to standards; assessing what they have learned; providing interventions when needed; and offering enrichment for those ready to move ahead.

# General Fund Financial Update and Replacement Levy Election

- The District is seeking voter approval to replace its School Programs and Operation Levy which expires at the end of 2010. This is not a new tax and will only replace the existing levy, which provides 20 cents of every dollar in our daily, general operations budget.
- After reducing our budget by \$11.5 million for the current school year, we are already anticipating further reductions for 2010-11 due to continued dramatic reductions in state funding. We have community budget input meetings already scheduled throughout April 2010 and your involvement would be appreciated.

# **Property and Capital Projects Update**

The new Lynnwood High School, funded by the voter-approved Capital Construction Bond in 2006, opened its doors to students for the first day of school. The learning environment is incredible and I encourage you to tour the school. If you would like to make arrangements for a group of your members to experience all the school is offering students, please contact Community Relations at 425-431-7044.

### **Social Justice for Student Achievement**

- To best serve the needs of all children, especially those not yet meeting standard, we are closely reviewing and changing our instruction, policies, and procedures to better serve all students and their families. The face of our district is changing and we need to keep trying to make our predominantly white classrooms inclusive and safe places for students of color.
- \_ In our everyday acts as educators, we must promote the learning of all students and are examining our daily decisions and actions to ensure this is occurring.

Thank you again for all you are doing to contribute to all the efforts I have outlined above. Together we are making a difference for all students.

Nick Brossoit Superintendent



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# Legislative News

As this is written, we (and our legislatures) do not know the outcome of Initative 1033. If this passes, it will mean a cut in all of our services, seniors and retirees included. Let us hope it does not pass so we can continue to plan in a positive way for this next year.

In the October-December 2009 State Journal, Ed Gonion wrote an excellent article about "Politics is not a spectator sport". Do check it out! He suggests that we must provide a strong voice and become knowledgeable on our retirement issues and be ready to step on the playing field when we're called. I know that our state office works very hard to keep us informed on retirement issues as well as keeping the governor and legislatures educated on our issues. We must do our part to be members on our legislative team.

## The WSSRA 2009-2010 Legislative Goals

- 1. Recovery of lost purchasing power for all TRS/PERS I retiree.
- 2. Full funding of Washington State's Plan I and Plans 2/3 pension systems.
- 3. Pension plan improvements for members of TRS/SERS/PERS 2/3.
- 4. Improved health insurance benefits and lower premiums for school retirees.
- 5. Improved livelihood for current and future school retirees.

### **Telephone Tree**

I always think of this as our contact tree as we do a lot of contacting. Right now we have 21 contact captains who have agreed to contact at least 5 people which means it reaches over 100 members. Contact can be made by email or phone by the captain and they contact their people who in turn contact their legislators concerning an important issue. When we put the telephone tree into action, it is important to make those contacts <u>immediately!!!</u> It seems like everything takes time in Olympia, but there are times when a bill will move quickly and we need to get right on it.

I'd like to have over 200 telephone tree members this year. Will you step up to the plate and be a member of the team? Do contact us! Ellie Bonanno ejb2027@verizon.net or 425-778-0751

# visit www.sksr.org or www.wssra.org

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HEALTH SERVICES by Gordon Bowers

**VITAMIN D:** Medical experts debate about how much Vitamin D is enough. There is evidence (according to *Mayo Clinic Health Letter*) that taking vitamin D may improve balance in older adults. Women in their mid eighty's took 800 IU of vitamin D every day for three months. The study showed that this improved leg strength, and importantly, had fewer falls. Other benefits include fewer bone fractures, especially hips.

A recent study showed that adults age 65 and older who had higher blood levels of vitamin D scored higher on cognitive function (plan, organize, think abstractly). Those with lower levels of vitamin D were twice as likely to have reduced abilities in thinking skills according to the results of the lowest scores of the 1700 who were in the study.

Today's recommended intake of vitamin D is 400 to 600 IU for age 50 or older. The National Osteoporosis Foundation says 800 to 1000 IU for the same age group. Some experts are suggesting that 500 to 10,000 IU of vitamin D is safe. Please don't try it. Ask your doctor. Large amounts of vitamin D can cause vomiting, constipation, poor appetite, nausea, weakness, weight loss, and even changes in heart rhythm. Gosh! Really?<sup>1</sup>

### GENETIC WORLDWIDE RESEARCH IN A SEATTLE COMPANY:

The Institute for Systems Biology (ISB) has been a non profit member of the Cancer Genome Atlas Research Network. The company ISB, located on Seattle's north end of Lake Union, will analyze data compiled by research center. The goal is to identify defective genes that cause cells to malfunction, resulting in cancer. ISB will be working to identify drugs that will target the problem and provide therapeutic treatment before cancer develops. The ISB research has been on cancers of the brain, kidney, lungs and ovaries. It will continue the goal mission, given impetus by a \$7.88 million award over five years, approved under President Obama's economic stimulus package. This is all under The National Institute of Health, and is jointly run be the National Cancer Institute and the National Human Genome Research Institute.

Hopefully medical advances will use the knowledge so that each patient's unique biology can be treated before a specific disease attacks. Good luck to all ISB staff and the eight new members of the institute.<sup>2</sup> Gordon's Note: We have a grandson who has been with cancer for several years, and is thrilled and excited that the projects will advance the successes in the battle against cancers that cause 1500 Americans to die every day.

**HEALTH LESSONS FROM THE OLD WORLD:** Russia had been losing in population for many years, and the United Nations Developmental Program has pinpointed the complexities of Russia's health problems. Russia's current population of 142 million has been reducing since 1992. Mortality in Russia is the highest in the developed world. Male life expectancy is age 60, caused in part by cardiovascular disease, alcohol, high murder rates, high suicides, and fatal accidents.

Kremlin efforts to encourage women to have more children shows some success, but mostly too little, too late. According to the UN 2007 report, Russia's population made it the fourth largest country in the world. It has shrunk today to ninth in population, behind Bangladesh and Nigeria.

The UN recommends an overhaul of the health system, even more so than in the USA, with lifestyle chances to produce healthier citizens, provide more efficient medical care, reduce deaths, alcohol abuse and other risks which shorten lives. Russia will need to adapt to a smaller work force, less production and less trade.

These lessons from the old world should help Americans understand the vital role of good health habits and good medical care. It is a sad story for the once great Soviet Union to fall faster than the Roman Empire. Within our lifetimes, we have seen the world leader in outer space, nuclear power and mighty armies collapse, and it seems to be due in part to poor health of its citizens.<sup>3</sup>

M1N1/SWINE FLU IS NOT NEW: The epidemic was played down by public officials so as not to cause panic. More than a hundred years ago, influenza was the Italian word of cosmic influence of the stars. Other beliefs were that winter cold caused respiratory illness in northern climates that start in November and end in May. In the southern hemisphere, the flu season is May to September, and there is no flu. Not very scientific but better than the stars.

Pigs got into the scene because they are easily infected by both avian (bird) and human flu virus. Swine viruses have been circulating for 30 years in the USA. Europe, and have been infected by the avian adaptation for three decades.

Birds are incubators for flu viruses – no problem for them as they swap genes and mutate inside the birds digestive system. These new viruses can infect other species, such as in 1918, when the jump was to the human respiratory system.

People are in better health and better nourished in USA, but flu fighting tips from Harvard Medical are: get vaccinated, wash hand often, cover cough, stay home if you have flu like symptoms - fever, cough, sore throat, body aches, chills, runny nose, vomit or diarrhea.<sup>4</sup>

Some Humor: Student accident report. "Susan sat on a chair that wasn't there".

Son returning car: "Dad, you haven't wasted all those insurance dollars".

- <sup>1</sup> Mayo Clinic Health Letter September 09 p. 4-5
- <sup>2</sup> Kristi Heim, Business Reporter, Seattle Times October 11, 2009 p. A3
- <sup>3</sup> Douglas Birch Seattle Times Associated Press October 5, 2009 p. A4
- <sup>4</sup> Harvard News Letter October 2009 p. 1-3

# **Lynnwood High School Dedication**

Members of SKSR, Bob & Evelyn Nordeen, Dave & Marlene Johnson and Linda Fitzgerald celebrated the opening of the new Lynnwood High School at 18218 North Road, Bothell, WA 98012 on Saturday, October 3, 2009. Guided tours, a reception, and a dedication ceremony were events shared at this special time. Lynnwood High Motto: "Built on a Strong Foundation of Spirit, Tradition, Community, Diversity and Sustainability." The best learning environment possible which supports the environment has been accomplished!



New Lynnwood High School Front View



Bob & E v e l y n Nordeen & Dave Johnson view the New High School

#### SNO-KING SCHOOL RETIREES' SCHOLARSHIP FUND

The purpose of the SKSR Scholarship Fund is to assist carefully selected graduating seniors majoring in education from Edmonds, Northshore and Shoreline School Districts in reaching their goals. Contributions are tax deductible.

Enclosed is a contribution of \$	As a special gift	Or in memory of	
Or in honor of	on the occa	sion of	
	Please send acknowledgmen	t to	
Name	_		
Address			
Donor's name			
Address			

Make check payable to *Sno-King School Retirees' Scholarship Fund*. Mail to Sno-King School Retirees, PO Box 33962, Seattle WA 98133-0962.

## SNO-KING BULLETIN BOARD

### **ENTERTAINMENT UPDATE**

The sales for Entertainment books are going well. If you haven't purchased your 2010 copy yet, remember that the 2009 book will be obsolete on November 1. I know it's easy to set your books aside and forget about them, but you really ought to take a look inside. There are so many places you can use them in addition to some fine dining spots. Books are still just \$20 each. They make good gifts also and I can get a book for you from just about anywhere in the U.S. Call 206-363-5753 or email donnamurrish@comcast.net

#### **SNOWBIRDS**

This is the time of year when you are heading south for a few months. Before you leave, would you please take a minute to let us know when you're leaving and when you expect to return? The post office doesn't always forward mail other than first class so if we send your bulletin to your regular address, it comes back with postage due. So if we could know where you are, it would be much appreciated! Thanks and enjoy the winter months.

### THANK YOU

Following are the donations and memorials to the Scholarship Fund since last June. SKSR memorials for Lynn Saad, Rod McLeod, Bert Reese, Bill Stevenson, Boyd Benson, Laura Park, Ruth Peltzer, Margit Christensen, Dara Barker

From Jack Rogers in memory of Bill Stevenson From Donna Murrish in memory of Bill Stevenson From Cheryl Bauer in memory of Ruth Peltzer From Wayne & Millie Carlson in memory of Barbara Spinney

From Peg Van Netter for a donation Thanks to all of you and for everyone who has purchased an Entertainment book too!

### For rent: Scottsdale Condo

1 bdrm, furnished near Old Town pool, jacuzzi, laundry Jan.-Mar. \$850.00 month

425 788-3292 or 206 601-8733

### SKSR GRANT DEADLINE

ATTENTION ACTIVE MEMBERS - NOVEMBER 12th

Grant applications are due by Thursday, November 12th. All active members of Sno-King School Retirees are eligible for a grant, up to \$200, for their use in facilitating their work with students.

The process - simple!

- 1. A sentence or two explaining how the grant money will be used
- 2. Amount of money requested
- 3. Your name, address, grade level (if a teacher), school and district
- 4.Principal/program manager's name and school phone number

Applications are due by November 12th and recipients will be notified of their award by Thanksgiving. Applications should be e-mailed to:

Virg Rayton SKSR Grant Chair rayton@eskimo.com Phone: 425-774-9413

# **Volunteer Opportunities**

The Dean of Students at College Place Elementary, Steve Hearn is looking for volunteers for the HOST program. He's hoping to find volunteers willing to give 1 hour a week primarily listening to a student read. The volunteer would be assigned one student for the remainder of the school year. If interested please call Steve Hearn, direct phone number 425-431-2396.

Jan Link, former Edmonds School District Administrator, member WSSRA Unit in Kirkland and manager of a tutoring service is looking for tutors to assist students at Cedar Valley Elementary in an outside school-district program. This paid position offers \$20-\$25 per hour for one-on-one one hour time periods with K-6 students, twice a week for 30 sessions. Materials are provided. Cedar Valley has been determined by WASL to be most deficient and qualifies for government dollars. Tutoring would be in reading and math. For more details, call Jan Link at 425-513-6500.

# Warning about 2010 Census from Better Business Bureau...

2010 Census Cautions by Susan Johnson

Be Cautious About Giving Info to Census Workers

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft.

The big question is - how do you tell the difference between a U.S.Census worker and a con artist? **BBB offers the following advice:** 

\*\* Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

\*\* Census workers are currently only knocking on doors to verify address information. Do **not** give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census.

While the Census Bureau might ask for basic financial information, such as a salary range, it will not ask for Social Security, bank account, or credit card numbers nor will employees solicit donations.

Eventually, Census workers may contact you by telephone, mail, or in person at home. However, they will not contact you by Email, so be on the lookout for Email scams impersonating the Census.

Never click on a link or open any attachments in an Email that are supposedly from the U.S. Census Bureau. For more advice on avoiding identity theft and fraud, visit <a href="http://www.bbb.org/">http://www.bbb.org/</a>.

### Deceased:

- Pg 12 Barker, Dara K October (Edmonds)
- Pg 19 Christensen, Margit 10-13-09 (Shoreline)
- Pg 52 Peltzer, Ruth B 8-31-09 (Edmonds)

Margit Augustin-Christensen passed away October 13, 2009. She was a teacher and Principal in the Shoreline School District. She will be missed by her many friends.

### SEPTEMBER MYSTERY LUNCHEON



Now it can be told. The m y s t e r y speaker for the Sno King School Retirees September 16th luncheon was none other

than Rick Steves, author of European travel guide books, host of travel shows on Public Television and Public Radio, producer of travel D. V. D.'s and owner of an outstanding travel business. Rick is one busy, talented individual. However, he was willing to share his weath of information to 42 SKSR. members. Rick emphasized "Learn the culture of where you travel; make this a true learning experience!" This famous guest brought maps, books, brochures and catalogs to distribute.

The Edmonds Pancake Haus luncheon menu items were delicious, and the staff was truly welcoming. Betty Odle's red school houses with bells in the towers adorned the numerous tables. Honored guests to greet Rick Steves and the participants included Rita Requa, WSSR president; Dick Anderson, NW I Region Representative; and Jo Caldwell, Editor of the WSSR Journal.

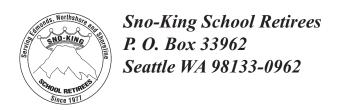
# PAINTING PAIN?—I can help you

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

G.F. Moore Painting (Warren) 425-466-2729 or 425-485-4570

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

The deadline for the next newsletter is 8:00 AM, Friday, January 22.

Send news and other materials to

Dave Johnson, 814 6th Ave. So. Edmonds, WA 98020, damajo3@comcast.net, or 425-776-7298.

Address, phone or e-mail changes should be sent to **Donna Murrish**, <u>donnamurrish@comcast.net</u> or 206-363-5753.

If you know of illness, please call Sunshine Chair, **Marion Fyall** marionkf@comcast.net or 425-776-5297

To help with mailing our next *Bulletin* on <u>Monday, February 1</u>, call **Alice Bingaman** 425-778-1343, **Betty Odle** 206-525-8276 or **Joan Hertrich** 425-778-9572

Alice Dil	igainan	1425-776-1545, Betty Out 200-525-6270 of Soan Hertrich 425-776-5572
	Pg 18	Cass, Rodina L, 12505 NE 116 <sup>th</sup> St, Apt A11, Kirkland 98034-8404
Address	Pg 20	Conover, Betty R, 23303-58th Ave W, Apt 215, Mt Lk Terrace 98043-4655
<b>Changes:</b>	Pg 29	Goodrich, Lisa M, 721-143 <sup>rd</sup> Ave NE, Apt B, Bellevue, WA 98007-4759
	Pg 39	Kravik, Anna Mae, PO Box 1546, Duvall, WA 98019-1546
	Pg 42	Logozzo, Jeannine M & Samuel R, 1090 W. Leisure Dr, Hayden, ID 83835-8830
	Pg 45	McManus, Keri P, 3323-115 <sup>th</sup> Pl SE, Everett, WA 98208-5268
	Pg 63	Stoffer, Maurice, 3115 Squalicum Pkwy, Apt 338, Bellingham, WA 98225-1948
	Pg 66	VanRoekel, Kenneth W – change apt # to 105, Lynnwood 98036-4406
	Pg 70	Yantis, Elna M, 1185 Carroll Rd, Kelso, WA 98626-9471
	Pg 70	Youngren, Harold, PO Box 947, Marysville, WA 98270-0947