



**EDMONDS KIWANIS**

# “TIDAL TALES”

“Changing the world one child and community at a time.”

August, 2010

## Picnic in the Park: July 13, 2010



Just some of the tasty dishes we were treated to at our annual picnic in the park.



Lt. Governor Wally making the rounds. Doing his duty, checking I.D.'s.



Clayne, Ray, Ted, Homer, and Walt getting down to the business of eating.

## Weekly Kiwanis Meeting:

Edmonds Senior Center  
220 Railroad Ave. Edmonds  
Tuesday at 10 a.m.

VISITORS ALWAYS WELCOME.

## AUGUST PROGRAMS:

8/3 - Richard Taylor: "Travelogue: From Quebec to Vancouver via Rail"

8/10 - Nancy Walker, Geologist: "Climate Change and the Water Industry"

8/17 - Thad Thompson: "Silver smithing...the 2<sup>nd</sup> oldest profession"

8/24 - Mike Suhara: "Travels w/Akso Nobel Aerospace Coating"

8/31 - Dave Buotte, Captain, Western Tug: "Moving an Oil Drilling Platform from Arctic Circle to Dutch Harbor, Alaska"

## Sept. Program Co-Captains:

Susan Henry: 206-755-1231

Dexter Miller: 425-744-2346

Cardle, Penning, Roe

## GREETERS:

3rd: Cassutt 10th: Dooley

17th: Hinze 24th: Huston

31st: Jacobson

**9:30 "DUTY time!!!"**

## ☺CELEBRATIONS☺

5: Loretta Huston

6: Eleanor Taylor

8: Paul Jacobson

11: Dianne Suhara

17: Buck Weaver



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**Sparing no expense. Clayne treated Sharon to our picnic, celebrating their 42<sup>nd</sup> Anniversary.**



**One of our scholarship winners, Ms Stafford, with committee member Dexter.**



**Bill watching Mary Lou polish off another piece of that delicious chicken.**

## **SPECIAL KIWANIS FAMILY EVENT:**



**2010 Kiwanis Night at the Everett AquaSox**  
**Saturday August 7<sup>th</sup>, vs. Boise Hawks**

Gather up your fellow Kiwanis Club members along with friends and family and enjoy a great outing with all the local Kiwanis in the area. This will be a great chance to network with other local clubs while enjoying some great baseball. This event will also include an All-You-Can-Eat BBQ before the game allowing all the Kiwanis and friends to be into the ballpark well before the general public. The game will also be followed with a Firework Extravaganza!

**GAME DATE:** Saturday August 7<sup>th</sup> vs. Boise Hawks @ 7:05pm

**PRICING:** Only \$20 Special group pricing gets every participating attendee:

- Upper Box Seat
- An All-You-Can-Eat BBQ before the game (would begin at 5:30pm)
- Special Recognition for each group on the Video Board
  - Firework Show after the game

**SEE BUCK WEAVER for more info on tickets, car pooling etc.**

## **Remember the Taste of Edmonds:**

Once again our club has been honored with the duty of handling the “Yellow Gate” at the Taste of Edmonds on August 13, 14, and 15. Please be sure to see Shirley or Mary Lou regarding signing up to help out on this fund raiser.



**Dick and Virginia, enjoying lunch with E-W Key Club reps.**

Thanks to Ray Roe and his committee (Matty, Dick, and Clayne) for making this another special day in the life of our club. Also, thanks to Dick and Eleanor for showing up early to help the boys. **We should do this more often!!!**



## The Amazing Power of Aspirin

Randall S. Stafford, MD, PhD

Stanford Prevention Research Center

It costs pennies a pill -- but for heart disease and stroke, the number-one and number-three killers of Americans, aspirin can be just as powerfully preventive as more expensive medications, such as cholesterol-lowering statins.

Two-thirds of people at high risk for heart attack and stroke don't take aspirin daily -- leading to an estimated yearly death toll of 45,000 people who might have lived if they had taken a low-dose aspirin every day. *And recent evidence shows that aspirin also plays a role in fighting colon cancer and possibly other diseases...*

### How Aspirin Works

Aspirin is *acetylsalicylic acid* -- a compound that blocks the action of *cyclooxygenases* (COX), enzymes that are found in every cell.

COX help manufacture *prostaglandins*, hormones that control pain, fever and inflammation. COX also help produce *thromboxane*, which allows cells in the bloodstream called platelets to stick together, forming blood clots.

By impeding prostaglandins, aspirin lowers fever, relieves acute pain such as headache, and eases the soreness that accompanies inflammation. By reducing thromboxane, aspirin helps stop the formation of blood clots, reducing the risk for a heart attack and stroke.

### PROTECTING DISEASED ARTERIES

If you've had a heart attack, taking aspirin daily reduces your risk for a second attack by 23%. If you have *angina* -- chest pain that signals serious heart disease -- daily aspirin reduces heart attack risk by 51%. Type 2 diabetes -- which damages arteries, increasing risk for heart attack and stroke -- is another reason for daily aspirin. Taking aspirin if you have diagnosed heart disease or type 2 diabetes is called *secondary prevention* -- it's too late to prevent the problem, but you're controlling it.

**What to do:** If you have heart disease or type 2 diabetes, talk to your doctor about aspirin therapy. The recommended dosage for secondary prevention is 81 milligrams (mg) daily, or one "baby aspirin." There continues to be debate about whether 162 mg daily may be more protective for some people with heart disease or diabetes -- ask your doctor.

### PREVENTING HEART ATTACK

The US Preventive Services Task Force (USPSTF) has recommended the daily use of aspirin for *primary prevention* -- preventing heart attack and stroke in people who don't have diagnosed cardiovascular disease. Because older age is a risk factor for heart attacks and strokes, the recommendation included all men between the ages of 45 and 79 and all women between the ages of 55 and 79.

Among these groups, the USPSTF said to use aspirin for primary prevention only in cases in which the benefits are likely to outweigh the risks. When aspirin blocks the production of blood-clotting *thromboxane*, it increases the risk for internal bleeding.

The benefits of taking aspirin are likely to be greater than the risks in those with an elevated risk for heart attack and stroke. These risk factors include high total cholesterol, lower than normal HDL (good) cholesterol, high blood pressure, smoking and older age.

### Factors that may indicate aspirin is *too* risky for you include...

Recent bleeding from a stomach ulcer or *hemorrhagic* stroke, caused by a ruptured blood vessel.

History of gastrointestinal (GI) bleeding caused by other nonsteroidal anti-inflammatory drugs (NSAIDs).

Taking an anti-inflammatory corticosteroid, such as *prednisone*.

Rheumatoid arthritis.

### AGE 80 OR OLDER???

The USPSTF didn't include a recommendation for people age 80 or older, because there's not enough scientific evidence to know whether aspirin protects this age group. However, your risk for heart attack and stroke increases with age, so those over 80 are likely to benefit from aspirin, but they also are more likely to have GI or brain bleeding.

**What to do:** If you're 80 or older, ask your doctor about taking aspirin. You probably shouldn't take it if you have a history of GI bleeding or falls (a head injury is more likely to cause hemorrhagic stroke in someone taking aspirin).

### COLON CANCER

A study by researchers at Harvard Medical School, published in the August 12, 2009, issue of *The Journal of the American Medical Association*, showed that people with colorectal cancer who began taking aspirin regularly after diagnosis had a 29% lower risk of dying from the disease than those who never used aspirin. Researchers also found that those who used aspirin regularly before their diagnosis had a 61% lower risk of dying from the disease. Aspirin reduces inflammation, which may play a role in the progress of colon cancer.

**What to do:** If you've been diagnosed with colorectal cancer, talk to your doctor about taking aspirin. There is not enough scientific evidence to justify taking aspirin to *prevent* colorectal cancer.

(continued on the next page)



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## USING ASPIRIN WISELY

**Don't worry about the formulation.** In most cases, aspirin doesn't cause GI bleeding because it irritates your GI tract -- the bleeding is caused by a systemic effect on COX. That means enteric-coated tablets don't decrease the risk for GI bleeding.

**Be cautious of blood-thinning supplements.** Fish oil and the herb ginkgo biloba also affect platelets, increasing the risk for internal bleeding. If you're taking aspirin, talk to your doctor about whether it's safe to take those supplements.

**Don't take aspirin and another NSAID at the same time.** Recent research shows that NSAIDs, such as *ibuprofen* and *naproxen* (Aleve, Naprosyn), interfere with aspirin's ability to affect COX. If you take another NSAID, take it four to six hours before or after taking aspirin.

**Think twice about stopping aspirin before surgery.** Surgeons often ask patients to stop taking aspirin about two weeks before surgery. But if you take aspirin for secondary prevention, the risk for a heart attack may outweigh the risk for additional bleeding during surgery. Ask your physician.

**If you think you're having a heart attack, call 911 immediately and take aspirin.** Chew an uncoated full-strength (325-mg) aspirin right away. Taking aspirin once a day for the next month can reduce the risk for death by 23% and may significantly reduce damage to the heart.

### *Aspirin Also May Help Prevent...*

Though there's not enough evidence to recommend taking aspirin to prevent these problems, research indicates that it may help...

**Breast cancer.** In 2008, a study of more than 127,000 women showed that those who regularly took aspirin had a 16% lower risk for estrogen-receptor-positive breast cancer.

**Asthma.** In an analysis of more than 22,000 healthy male physicians, scientists at Harvard Medical School found that those who regularly used aspirin had a 22% lower risk for newly diagnosed adult asthma.

**Diabetes.** A 2009 study from Japan found that men who regularly used aspirin had a 14% lower risk for type 2 diabetes.

**Alzheimer's disease.** A study by researchers at Johns Hopkins Bloomberg School of Public Health found that regular users of aspirin and other NSAIDs had a 23% lower risk of developing Alzheimer's disease.

*Bottom Line/Personal interviewed Randall S. Stafford, MD, PhD, medical director of Stanford Prevention Research Center, director of the Program on Prevention and Outcomes Practices at the Stanford Prevention Research Center and associate professor of medicine at Stanford University. Dr. Stafford is author or coauthor of more than 110 scientific papers in leading medical journals. He is on the advisory panel of experts of "Aspirin Talks," an educational campaign from the American College of Preventive Medicine*

## Berry Sales in Progress:



Clayne, Shirley and Elwin:  
Stalwarts of our annual berry fund raiser

With the sale of berries two thirds completed, Clayne forecasts a net gain for our project fund of around \$2,000. Remember to pick up your blue berries on July 29<sup>th</sup>. Thanks to Clayne and all those that assisted in the process. A good team effort again. Final reporting next month.



Wendy and Dick at the "Relay for Life Event"

Wendy Priest is the E-W Key Club advisor. Wendy and Dick make a great team in inspiring the club members to be active participants in their community, even when school is out. Wendy and the 22 club members recently participated in the American Cancer Society "Relay for Life".



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## KEY CLUB NEWS:

### Edmonds - Woodway:

Advisor: Wendy Priest

Kiwanis Contact: Dick Cassutt

Meeting Time: NO SUMMER SCHEDULE



At the recent "RELAY FOR LIFE" event, the Edmonds - Woodway Key Club was recognized for their enthusiasm with the "SPIRIT AWARD". Way to go!!!



Into the night and early morning, they circled the track. Round and round they walked...with purpose and dedication; each lap bringing added funding for the fight against cancer.

Where do we find such commitment? The E-W Key Club.

### Meadowdale:

Advisor: Elizabeth Cano

Kiwanis Contact: Elwin Wright

Meeting Time: NO SUMMER SCHEDULE

**"People become really quite remarkable when they start thinking that they can do things. When they believe in themselves they have the first secret of success."**

Norman Vincent Peale



### Edmonds Kiwanis Officers:

President: Mary Lou Kantor (425)-712-8085

Pres. Elect: Elwin Wright (425)-776-2892

V.Pres.: Clayne Leitner (206)-542-6351

Secretary: Shirley Elliot (425)-778-0756

Treasurer: Billy Joe Roberts (425)-778-1843

Past Pres.: Paul Jacobson (425)-771-8949

### Edmonds Kiwanis Board:

Seamus Dooley (425)-640-0640

Dexter Miller (425)-744-2346

Scott Phariss (206)-542-9818

John Rutter (425)-778-6502

Duane Penning (206)-715-8837

Eleanor Taylor (425)-774-5376

Ray Roe (206)-542-2913

### PNW Division 22:

Lt. Governor: Wally Walsh (360)-568-5936

### Calendar of Events :

**Aug. 7: Kiwanis' Aquasox Game**

BBQ: 5:30

Game: 7:00

Fireworks after game

**Aug. 13-15: Taste of Edmonds**

**Aug. 17: Kiwanis Board Meeting**

8:30-SCSC Library

**Aug. 26-29: PNW District Council**

Spokane Red Lion

**"Do more than belong: Participate.**

**Do more than care: Help.**

**Do more than believe: Practice.**

**Do more than be fair: Be kind.**

**Do more than forgive: Forget.**

**Do more than dream: Work".**

William Arthur Ward



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These are the local businesses that help support the Kiwanis' mission.  
*Remember to Patronize our Loyal Supporters!!!*

**ARISTA Wine Cellars**

320 5<sup>th</sup> Ave South,  
Edmonds, 772-7008

“Great Finds with Vintage Service”  
Wine Tasting every Sat. 1 - 4:30

**ADVANCED HEARING SYSTEMS**

Ray Ault  
104 5<sup>th</sup> Ave N  
Edmonds, 771-3886

**Richmond Beach Rehab.**

*An AVAMERE community*  
19235 15<sup>th</sup> Ave. NW  
Shoreline  
206-546-2666

*“To Enhance the life  
of every person we serve.”*

**ALDERCREST AUTO REBUILD**

2415 196<sup>th</sup> SW  
Lynnwood, 775-2424  
“The Solution for all your  
Collision Repair Needs”

**ARNIE’s Restaurant**

300 Admiral Way,  
Edmonds 771-5688

“Pacific Northwest Favorites”  
Early Bird Specials  
4-6 p.m. Saturday-Friday

**DAYTON DENTAL**

Dr. Brian Cave  
555 Dayton St.,  
Edmonds, 672-7272

**RELIABLE FLOOR COVERING**

542 Main St.,  
Edmonds, 778-1121

**WALNUT ST. COFFEE**

410 Walnut St.,  
Edmonds 774-5962

*“Your neighborhood coffee shop”*

**Shepherd & Shepherd Attorneys**

112 3<sup>rd</sup> Ave South,  
Edmonds, 776-1155

**ALLSTATE INSURANCE**

Mike McGinness  
Main Street Insurance  
214 Main Street  
Edmonds, 774-4488  
“You’re in good hands”

**SWEDBERG EYE CARE**

Ophthalmology Clinic  
Dr. Steven H. Swedberg, MD  
21827 76<sup>th</sup> Ave. W.  
Suite 102  
Edmonds, 778-2500

**GARDEN COURT Retirement Community**

*“A Home With a Heart”*  
520 112<sup>th</sup> St. SW  
Everett, 438-9080

**EDWARD JONES INVESTMENT**

Alan E. Lawrence  
107 5<sup>th</sup> Ave North,  
Edmonds, 670-1988  
“Making Sense of Investing”

**The Bank of Washington**

202 5<sup>th</sup> Ave South,  
Edmonds, 776-2265  
“Quality Local Banking”

**BECK’S FUNERAL HOME**

405 5<sup>th</sup> Ave South  
Edmonds, 771-1234  
“Restlawn Memorial Park”

**OUR SERVICE, OUR COMMITMENT, OUR PROJECTS**

**Young Children: “Priority One”**

“Little Red School House”  
Activity Supplies, Meadowdale Pre-School  
“WithinReach” (aka, “Healthy Moms, Healthy Babies”)  
“Delta Foundation”

**Youth Services**

Edmonds-Woodway High School Key Club  
Meadowdale High School Key Club  
“Children’s Hospital”  
“Louis Braille School”  
“Clothes for Kids”  
Bicycle Safety Helmets  
Student Dictionary Project  
“Dale Turner” YMCA

**Community Service**  
Edmonds Food Bank

