

Marysville Tulalip *Life*

Spring 2016

Army of Hope

Spring Allergies

Senior Downsizing

Remember Memorial Day



Publisher's Message

"It's spring fever. That is what the name of it is. And when you've got it, you want - oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!" — Mark Twain

Spring has arrived faithfully once again. The days are longer and the weather warmer. It's the season to get outside. The time for spring cleaning and spring projects, and along with our clocks we spring forward into action. This season also brings a few health problems. Allergies are not pleasant. Check out another way to combat them on page 14. Also, according to the National Association of Realtors, spring is the most popular time to buy/sell a house. For seniors moving and downsizing, the process takes time and thoughtful planning. Read about this process on page 10. In the Marysville Tulalip region, we have wonderful organizations that reach out to our community in a variety of ways. Read about the excellent things the Salvation Army is doing on page 5 and how our American Legion Post 178 honors our Veterans on Memorial Day on page 7.

As you get out and enjoy the season, keep track of all the activities that are happening right here in the Marysville region. There are classes, workshops, sports and our annual Strawberry Festival right around the corner. Don't forget our local merchants. Support them by shopping locally as often as you can.

Happy Spring!



Mary Salamon



Mother-Son Superhero Dance

Calling Superhero moms and sons of all ages!

You are invited to the 1st ever Mother-Son Superhero Dance. This is what you have been waiting for! This is your night to dress up, meet a superhero and show off your super dance moves! Whether you dress fancy formal or superhero fabulous, it's a night that you and your son will remember for years. Refreshments are provided and all couples receive a 5x7 photo with a superhero to commemorate your evening!

The cost is \$25 per couple and \$5 for each additional son attending the same session. You won't want to miss this new and exciting event!

Pre-registration is required. No paper tickets.
Questions? Call 360-363-8400 or email akingsford@marysvillewa.gov
Location: Cedarcrest Middle School

Saturday, April 16 • 5:30 - 7:00 pm
Course #: 15345

Saturday, April 16 • 7:30 - 9:00 pm
Course #: 15346

Sponsored by

HomeStreet Bank,
Bob's Burger and Brew,
Clear Image Photography
and Sound Source Seattle

3rd Annual Bolt Booster Pig Roast & Golf Tourney

SIGN UP NOW!

First 38 Teams to PAY-IN-FULL are Guaranteed to Play

Registration Includes:
Raising of Golf, Golf Cart,
Goody Bag and Dinner

Golf 2016 TOURNAMENT

Marysville Gatchell High School Booster Supporting MG Athletics & Band

**2pm Shotgun Start
14 // MAY // 2016
Cedarcrest Golf Course**

Learn more and complete the registration form on Facebook: MGHS Booster - Golf Tourney

Marysville Tulalip Life

Marysville Tulalip Life Magazine is published quarterly. We mail directly to homes in the Marysville Tulalip area. Marysville Tulalip Life is the premier lifestyle magazine and provides local news, events and stories about people and businesses that are of interest to our community.

Marysville Tulalip Life Magazine is also available at select businesses and online at: MarysvilleTulalipLifeMagazine.com

Publisher:
Mary Salamon

Editor:
Allison Hitz

Contributing Writers:
Jim Burr
Michelle Rutherford
Ashanda Haley

Design and Production:
Brett Boyette

BIZTECHRx
Business Solutions

360-548-4212

Advertising Sales:
425-343-2770

Marysville Tulalip Life magazine welcomes editorial submissions or suggestions, please mail or email your stories or ideas to the following addresses. Be sure to include your contact information.

1010 State Ave, #812
Marysville, WA 98270

Mary@MarysvilleTulalipLifeMagazine.com

In this issue...



Join the Army of Hope in Marysville 5

Here in Marysville/Tulalip, The Salvation Army is feeding people in our community four hot meals per week and we are looking for volunteers!



In Remembrance 7

There is a distinct difference between Memorial Day and Veterans Day. We remember and honor men and women who died while serving in the military.



Downsizing: How it Affects Seniors 10

Seniors may feel if they get rid of an item associated with an important memory, they will lose that memory.



Spring is in the Air 14

Those who suffer from allergies know spring all too well. What they may not know is that acupuncture is a safe and effective treatment.

Publisher's Message 2

Sport News 4

Marysville Life 5

Library News 6

Tulalip Life 9

Senior News 10

Healthy Life 14

Check us out online at MarysvilleTulalipLifeMagazine.com



SPORTS



Adult Spring Softball

Marysville Parks and Recreation begins taking registration for its upcoming Spring Softball Leagues on Tuesday, February 16th. Registration will be accepted Monday through Friday from 8:00 a.m. to 5:00 p.m. at the Parks and Recreation office located in Jennings Memorial Park. Registration will continue on a space-available basis until Friday, March 25th at 5:00 pm. Divisions will be available for Men's and Co-ed teams. Men's and Co-ed E divisions will play 16 games. Co-ed Rec will play 14 games. The top 75% will qualify for single elimination playoffs. The cost for Men's and Co-ed E teams is \$760. The cost for Co-ed Rec teams is \$660. Games will begin the week of April 10th. Several different levels of play will be available to assure that all teams, regardless of their ability or experience, have an enjoyable season. For more information or to have a brochure mailed, please call the Parks and Recreation office at 360-363-8403.

Location: MPHS, Softball Fields

Age: Adult, 18 and olderCost: \$760
 Course #: 15208 Mon April 11-June 20 6:00 - 9:00 pm

Age: Adult, 18 and olderCost: \$660
 Course #: 15210 Sun April 10-June 12 3:00 - 9:00 pm



SMITH BROTHERS

The Ultimate Carpet Cleaning Experience!

FREE IN-HOME ESTIMATES FOR:

- Carpet & Rug Area Cleaning
- Upholstery Cleaning
- Tile Cleaning
- Carpet Repair & Stretch
- Pet Odor Removal
- Certified Professional Technicians
- State of the Art Truck Mounted Cleaning

360-659-8696 • 800-203-1244
 SmithBrothersCarpetCleaning.com

Carpet Cleaning
Whole Home
✂️ **\$249⁹⁵**
Upto 800 sq. ft. with coupon only. Cannot be combined with any other offer. Expires 6/30/16

Carpet Cleaning
Any Three (3) Areas
✂️ **\$129⁹⁵**
Upto 400 sq. ft. with coupon only. Cannot be combined with any other offer. Expires 6/30/16



Proudly Serving
Legal Documents
In Snohomish County



PUGET SOUND PROCESS SERVICE

(425) 239-8145
 pugetsoundps@live.com

1616 Hewitt Ave | #217 | Everett WA | 98201



JOIN THE ARMY OF HOPE IN MARYSVILLE

When you hear SALVATION ARMY, what do you think it is? A thrift store? A group that helps in disasters? A place for people to get help? A place to help the homeless? A church? It is ALL of these things, but much more! The Salvation Army is in 126 countries worldwide, helping people out of human trafficking, rebuilding lives after disasters, feeding people, housing people, and encouraging spiritual growth.

The Salvation Army was founded in 1865 by William and Katherine Booth in England. It was started as a religious outreach. But they soon found, in 1912, (31 years before Maslow) that they needed to address the basic physical needs before the addressing spiritual needs. They



SAVE THE DATE
May 12th, 2016 @ 6pm
The Marysville Opera House



THE SALVATION ARMY SOUP BOWL
2016 Dinner & Silent & Dessert Auction

Pre-registration is required. Contact us at:
360-926-2228 miki.calbero@usw.salvationarmy.org

decided the best way to help people was “Soup, Soap, Salvation”. This continues to be the motto of The Salvation Army today.

Here in Marysville/Tulalip, The Salvation Army is feeding people in our community four hot meals per week. They provide clothes, hygiene products, along with school supplies, and Christmas gifts. For those in need, the organization pays utility bills and rental assistance. For the family, there are fun youth programs with church services that are held Saturday and Sunday. The Salvation Army is looking for volunteers to serve meals, to work in the children’s programs, to help in the office, or to clean the building. “Whatever your volunteer desire may be, we have a place for you,” says director Michelle Rutherford.

360-926-2228

www.Marysville.salvationarmynw.org

www.facebook.com/salvationarmyofmarysville

MARYSVILLE LIBRARY EVENTS

ADULT EVENTS

LinkedIn Basics

Manage your professional digital story with LinkedIn. Join us for this overview to learn how to create and use a LinkedIn account. Uses Windows 7 and Internet Explorer. Registration is recommended.

April 12
9:30 am to 10:30 am

Crowdfunder Funding: How Do You Fund Your Project?

Location: Marysville Large Mtg. Room

You'll learn the difference between crowdsourcing and crowdfunding as well as how to determine if your organization, project or idea is a good match. Preregistration is encouraged.

Presented by Matt Cail, Exec. Manager of Super Charge Marketing and TEDx Speaker. Techfest 2016.

April 16
1:00 pm to 2:30 pm

Meet the Author: D. G. Nelson

Local author Dianne Nelson will read from her novel *"On the Homefront of Dobson Town"*. This is the 2nd book in the Bethany Series and the continuing story of the uncertainty of the Second World War. Books will be available for cash purchase and signing.

April 23
2:30 pm to 3:30 pm

Facebook 101

Location: Marysville Large Mtg. Room

Manage your social media story with Facebook. Join us for this overview and learn how to create and use your Facebook account. This session is presented using Windows 7 and Internet Explorer. Registration is recommended.

April 26
9:30 am to 10:30 am

Intro to Proposal Writing

This newly revised class will provide you with an overview of how to write a standard project proposal to a foundation, including the basic elements of a proposal, the "do's and don'ts" of writing and submitting a proposal, and how to follow up whether the answer is yes or no.

May 12
9:30 am to 10:30 am

eBooks and More: Library Apps!

Read a book, listen to music, watch movies and TV, browse magazines, or learn a language using Sno-Isle Library apps. Get answers on how to download and use library apps for your tablet, home computer, compatible eReader or smartphone device. Registration is recommended.

May 24
9:30 am to 10:15 am

TEEN EVENTS

Teen Advisory Group: Blackout Beat

Location: Marysville Small Mtg. Room

Celebrate National Library Week and National Poetry Month with the Teen Advisory Group by making your own beats or raps using markers and newspaper and very large puzzle pieces! Funded by the Friends of the Marysville Library.

April 13
3:30 pm to 4:30 pm

CHILDREN EVENTS

Ready Readers

Preschool Storytime

Age: 3 to 5 yrs. Caregiver required.

Let imaginations run wild with fun books, sing-alongs, and creative activities that prepare young minds for the adventures of reading.

April 18, 25, May 2, 9, 16, 23
10 am

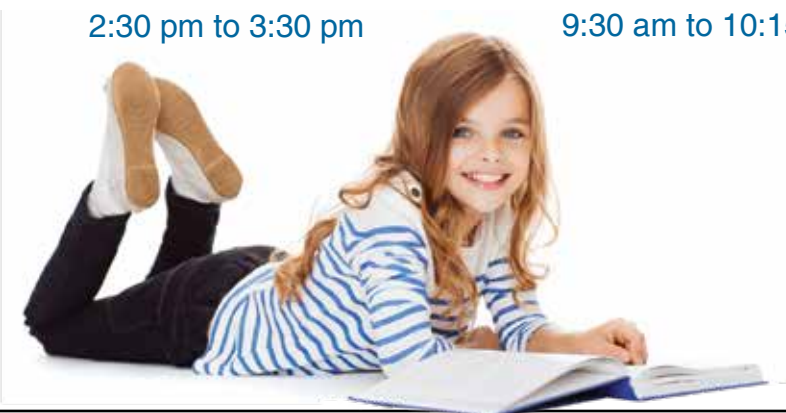
Storytime

Rhythm-n-Rhyme

Age: 18 to 35 mo. Caregiver required.

Stories, songs and rhythm-n-rhyme fun that celebrate and inspire the joy of reading. A playtime follows, so please bring a few of your child's favorite toys.

April 20, 27, May 4, 11, 18, 25
10 am



In Remembrance...

There is a distinct difference between Memorial Day and Veterans Day. Memorial Day, on the last Monday in May, is when we remember and honor men and women who died while serving in the military. Veterans Day, on November 11, is the day to thank all the men and women who have served in the military during wars and peaceful times. I was not raised in a military family. Memorial Day meant an extra day off from school and work, along with the typical BBQ at some point over the four-day holiday.

Here in the Puget Sound, I have noticed almost without fail that every Memorial Day Weekend is cloudy and rainy. A person can almost count on the rain during at least one or two days of the four-day weekend. However, Memorial Day is a day to remember. There are several things a family can do together to bring the focus back on the soldiers who died. One is to join the Marysville American Legion Post 178 as they take time and care to honor those who are from our region in their four day ceremony.

Here is their memorial schedule:

FRIDAY NIGHT: The Legion volunteers assemble the veterans' flags to poles at the post. These precious flags are casket flags that have been donated by the families of the loved ones who have died.

SATURDAY MORNING: Volunteers arrive at the cemetery in Marysville and place the flag poles in sockets in the ground at about twenty feet apart.

SATURDAY EVENING: Volunteers return to remove the flag poles.

SUNDAY MORNING and EVENING: Volunteers repeat the process at the cemetery. They come back in the evening to retrieve the

flag poles because of the fear of theft; the flags are valuable and precious to the community.

MONDAY: Memorial Day. The flag poles go up in the morning. At 11:00 am, a Memorial Day ceremony begins. The ceremony goes on for about 20-25 minutes. A band from the high schools plays several songs; there is a guest speaker and a firing squad that fires three volleys of shots. There is a salute from those in the military, and the band ends with the song taps. After the ceremony, everyone is invited to the American Legion Post for an open house. The ceremony at the cemetery and the open house are a wonderful way to celebrate Memorial Day.

If you are not going away for the four day weekend, come out and honor those who have sacrificed the ultimate price.

Continued on page 8.

“We remember and honor the men and women who have died...”



Here are some other suggestions to do as a family:

- Make cards and baked goods for Veterans and their families.
- Fly a flag to show patriotism. The Department of Veterans Affairs website has resources explaining how to display a flag both on Memorial Day and on any day of the year.
- Go to Pinterest and look up the crafts and activities board for Memorial Day. There is clothing crafts, fun food to make, and several games that the family can enjoy together.

Let's not celebrate Memorial Day in a vacuum again. It's a day to celebrate our freedom, to give honor and with a grateful heart remember those who have served.

Employment Opportunities

"I feel proud to work for
The Tulalip Tribes and the
benefits are great!"



Tulalip Central Employment is located
behind Tulalip Resort Casino
10200 Quil Ceda Boulevard
Tulalip, WA 98271

We are open Monday through Friday
9:00 a.m. to 5:00 p.m.

360.716.1562

Contact us by e-mail at:
centralemploymentinfo@tulalipresort.com



Apply for jobs at
careers-tulalip.icims.com



Visit our Facebook page!



- April 9, 16, 23 Star Quilting Class** 12 pm to 3 pm
 Saturdays Tisha McLean, Tulalip Location: Classroom 1
 Tisha McLean will share her beautiful star quilt design project. Some quilting experience preferred. Bring your own fabric and sewing machine.
- April 9, 23 Crafts With Kayla** 2 pm to 2:30 pm
 Saturdays HCC Museum Assistant Kayla Hamilton Location: Canoe Hall
 Kayla will have craft projects available to demonstrate and share, a different craft each Saturday! Fun activities for creative minds.
- April 10, 24 Quilting Class** 12 pm to 3 pm
 Sundays Sandra Swanson, Tulalip Location: Classroom 1
 Tribal elder Sandra Swanson shares her quilting expertise Sundays as each student learns the basics of quilting. Bring your own fabric.
- April 14 Lecture Series: Lushootseed** 6 pm to 7 pm
 Thursday Michelle Myles, Lushootseed Language Teacher Location: Classroom 2
 Michelle will discuss the beautiful Lushootseed language and her work and journey in teaching the language.
- April 16 Children's Reading** 1:30 pm to 2 pm
 Saturday Cressa Johnson Location: HCC Longhouse Rm
 Cressa will read her favorite children's book with an Earth Day theme.

Problem Gambling Program

Providing a range of FREE services

- Individual Counseling
- Couples Counseling
- Family Counseling
- Group Therapy
- Family Night Events/Activities
- Prevention Education
- Referrals
- Consultation and Outreach



For more information, call:
 Sarah Sense-Wilson
 Problem Gambling Coordinator
 (360) 716-4304

Tulalip Tribes Family Services
 2821 Mission Hill Rd.
 Tulalip, WA 98271

Downsizing: How it Affects Seniors

Article by Ashanda Haley

If you are a family member helping your senior loved one, keep in mind that downsizing may be a painful process for them. Many seniors have lived in the same home for years and built many memories there. It can also get difficult for the family member assisting them as well. Sometimes they may feel if they get rid of an item they have a memory with, that they will lose that memory. In this case, it may be better to hire a professional who can help your loved one downsize. There are relocation specialists and senior move managers who can help with the mental and physical burden of having to leave a home and begin anew.

This generation of seniors tends not to like throwing usable items away. There are several reasons why people get attached to belongings. The primary cause of attachment is because of the investment of either time or money put into the item. If a person restored a beautiful piece of furniture or saved up for an exquisite piece of

“At times, it feels like getting rid of the gift is rejecting the giver.”



Try having a gifting party!



jewelry, there is an investment of time and work from their life, which makes it harder to give up. Another reason for attachment is some things were given as gifts from loved ones. At times, it feels like getting rid of the gift is rejecting the giver. There is an emotional bond to the material object because of the love we have for the person who gave it.

A fun way to kick off downsizing is to throw a “Gifting Party”. You invite family and friends over and let them choose what they would like. When they pick something out, the memory of how it was acquired gets to be told. The experience of how the possession was gathered is meaningful and will never be taken away. Whether you decide to sell, donate, give away, or throw away you can always take a photo of the item to remember it. Photos are easier to store, and when gazing upon them, the photos can stir up those wonderful memories once again. Thrift shops and charities gladly accept donations of usable items and often they will pick them up from the residence. Senior centers will likely take things as well.

In case you or your senior loved one ever feels overwhelmed with downsizing, try focusing on the new space and the positive changes

WINDSOR SQUARE

At Windsor Square Retirement Community, you live life on your own terms!

We are an all-inclusive, newly remodeled retirement community offering one and two bedroom apartments.

**Tired of living alone?
Want to interact with other seniors?**



Call Ashanda today to schedule a tour **360-653-1717**

that go with moving. One positive change is not having the burden of maintenance and lawn care if they are relocating to a senior community. To alleviate stress, build excitement about the experiences a new chapter in their life will bring. Encourage them with a new vision for their life and continue to help them every step of the journey. This support and reassurance will enable a smooth process for the whole family.

Fishing Derby • May 7, 2016

22nd Annual free Fishing Derby at Jennings Park. Children may bring their own equipment or use the equipment provided. A limit of one fish per entrant is enforced. Door prizes and grand prizes are determined by a random drawing of all participants.

There's a Pancake Breakfast from 8-11am in the barn. Please bring a canned food item to be donated to the Marysville Community Food Bank. Leave pets at home.

Questions? Call 360-363-8400 or email dhall@marysvillewa.gov

Ages: 2-12 • Derby Cost: Free
Pancake Breakfast • \$5 adults, \$3 kids




WHAT'S A SECOND OPINION WORTH?

A lot—when it comes to your investments. As a Thrivent Financial representative I can look at your portfolio with fresh eyes to determine if it is aligned with your goals.

No matter which way the financial markets are going, together we'll determine whether any changes are needed to help keep your investment plan on track.

Contact me today for a complimentary portfolio analysis.



Thrivent Financial was named one of the "World's Most Ethical Companies" by Ethisphere Institute 2012-2015.



Merrilee Bradshaw
Financial Associate
15117 Main Street
Suite 206
Mill Creek, WA 98012
206-949-2204

Securities and investment advisory services are offered through Thrivent Investment Management Inc., 625 Fourth Ave. S., Minneapolis, MN 55415, a FINRA and SIPC member and a wholly owned subsidiary of Thrivent Financial, the marketing name for Thrivent Financial for Lutherans, Appleton, WI. Thrivent Financial representatives are registered representatives of Thrivent Investment Management Inc. For additional important information, visit Thrivent.com/disclosures.

For additional important information, visit Thrivent.com/disclosures.

Appleton, Wisconsin • Minneapolis, Minnesota • Thrivent.com • 800-847-4836 28506 N7-15

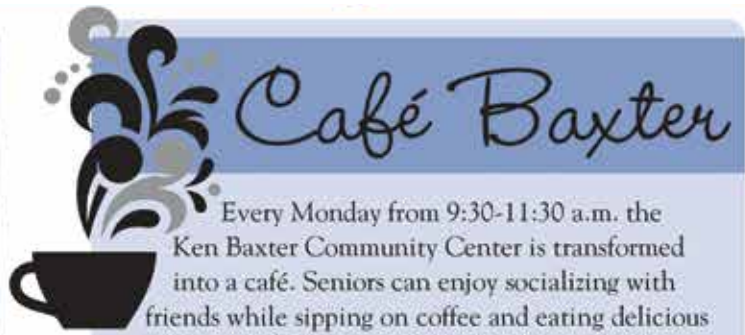


Ken Baxter Community Center, 514 Delta Ave.

Marysville's Ken Baxter Community Center in downtown Comeford Park offers recreational and social activities, as well as educational opportunities and intergenerational programs catering to all ages. Friendly Community Center staff and volunteers are available to help you discover ways that make the Community Center your home away from home.

A variety of activities are offered:

- Aerobics
- Clogging
- Genealogy
- Canasta
- Pinochle
- Bridge
- Driftwood Sculpture
- Gourd Arts
- Wood Carving
- Mah Jongg
- Defensive Driving
- Legal Assistance
- Chair Massage
- Book Club
- Trips
- Special Events
- Unpaid Caregiver Support Group



Café Baxter

Every Monday from 9:30-11:30 a.m. the Ken Baxter Community Center is transformed into a café. Seniors can enjoy socializing with friends while sipping on coffee and eating delicious pastries. Read the paper, sit by the fire, and enjoy good conversation. This is your time to relax! Open on Mondays except holidays. We would like to thank our café sponsor, The Cottages at Marysville, for providing the goodies each week for our enjoyment.

Center Information:
 Monday - Thursday • 9AM to 4PM
 Friday • 9AM to Noon
 (360) 363-8450

*Good Health • Companionship
 Continuing Education • New Friends
 Community Pride*



Working together for wellness 6 days a week!

Chiropractic & Massage Therapy

Painless Non-Force Treatment!
"Spinal Health & Nerve System Specialists"

Short Term Care ~ Long Term Benefits

CASCADIACHIRO.com
(360) 652-PAIN

7246

New Patient Offering:

- ◆ Consultation
- ◆ Examination
- ◆ Digital X-Rays
- ◆ 3 Treatment Visits

\$239

(over \$500 value)
 Good thru 07/07/2016
 *Non-Billing Discount

\$180

Good thru 07/07/2016
 *Non-Billing Discount

Special
 ◆ Three 1-hour massages

Dr. Michael T. Breneman
Dr. Shea M. Breneman

FREE MEDICARE CONSULTATIONS

Walker Insurance Agency has helped thousands of people choose their Medicare plans. We understand how confusing it is for you to try and sort through all the Medicare options.

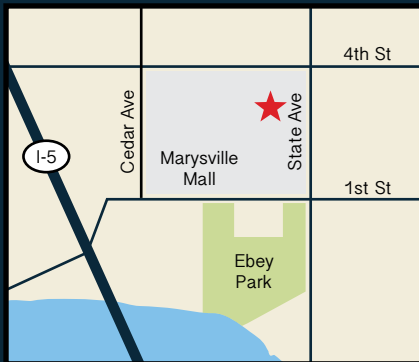
We are proud to represent:

- Premera Blue Cross
- United Health Care (AARP)
- Humana
- Group Health
- Regence Blue Shield
- SoundPath



PERSONALIZED HELP

If you are about to enroll in Medicare, I have great news for you! Now you can receive the personalized help you need to find the Medicare plan that's right for you!



CONTACT US TODAY!

WALKER INSURANCE AGENCY
360-658-9800

NYAL WALKER
221 STATE AVE, SUITE 104
MARYSVILLE, WA

Mark your calendars!

Community Shred-A-Thon Event
April 16 | 9am to Noon
Marysville City Hall

Senior Dances

Senior Adults (50 and older) can enjoy a monthly dance at Marysville's own Opera House. Dance and listen to an array of swing and jazz tunes as well as music from the 40's and 50's. \$3 drop in fee includes light refreshments.

April Dance Sponsored by
Vintage at Lakewood

Course #: 15319 Tuesday
April 19 1:00-3:30pm

Spring Dessert Dance

Senior adults can enjoy an evening at the Marysville Opera House dancing to music of their generation from the 20's, 30's, 40's and 50's. This special night includes an array of all you can eat desserts and live music. Whether you dance or just want to enjoy the atmosphere, this is a great night to get out and have fun. The cost is \$8, pre-registration required.

A special thank you to our sponsors: Grandview Villiage, Windsor Square and Gencare Granite Falls at the Village.

Course #: 15316 Wednesday
April 13 6:30-8:30pm



Spring is in the Air

Spring is in the air, and with it comes an increase in pollen. Those who suffer from allergies know all too well. What they may not know is that acupuncture is a safe and effective treatment strategy for alleviating or eliminating allergy symptoms.

Research conducted at the Clinic of Otorhinolaryngology at the University Hospital Dresden in Germany in 2014 concluded that acupuncture is equally effective as loratadine, a pharmaceutical antihistamine sold under the brand name of Claritin, in the treatment of allergy-related rhinitis and rhino conjunctivitis. Researchers documented that acupuncture relieved symptoms of nasal congestion, runny nose, post-nasal drip and sneezing. The researchers compared an acupuncture group with a medication group receiving loratadine and found that 87% of the acupuncture group and 67% of the medication group showed improvement following treatment. A follow-up ten weeks later documented that 80% of those receiving acupuncture demonstrated lasting improvement, compared to 0% of those in the group receiving loratadine. Why did acupuncture provide lasting relief from allergy symptoms?

One of the findings of the study was that acupuncture stimulated the endogenous production of IL-10, an interleukin that blocks histamine release from activated mast cells. Reduced IL-10 in the mucosal lining of the nasal passages has been associated with an increase in nasal allergy symptoms.

Acupuncture modulates the immune system by increasing IL-10 levels.

A related study conducted in Hebei, China found a 96.5% success rate for

85 patients treated with acupuncture for rhinitis. 61 patients had total recovery, 21 showed marked improvements, and only 3 showed no improvement. A 2-year follow-up confirmed their recovery.

Research published in the American Journal of Rhinology & Allergy in 2015 offers more good news for finding acupuncture effective for the treatment of allergic rhinitis. Researchers conducted a meta-analysis of 174 randomized controlled allergic rhinitis studies. Their final selection of 13 quality trials included 2,365 patients. Researchers found that groups receiving acupuncture had a significantly greater reduction of nasal symptoms than did a control group. Acupuncture significantly lowered immunoglobulin E. Immunoglobulin E is an antibody associated with allergies and hypersensitivities in allergic rhinitis patients.

In addition to objective measurement of IgE score improvements, researchers also noted the subjective quality of life improvements. The quality of life scores were measured with several components, including sleep, non-nasal/eye symptoms, emotional function, nasal symptoms and eye symptoms. These studies show that in the short term, acupuncture shows slightly better success than Claritin in allergy relief and in the long term significantly greater improvement in achieving lasting relief.

Acupuncture is not the only method of reducing allergy symptoms offered to us by Chinese Medicine. Chinese herbal formulas have also been shown to achieve remarkable effects. A nationwide population study conducted in Taiwan and published in the International Journal of Pediatric Otorhinolaryngology in 2015 found

that of 1,000,000 children under 18 years, 97,401 suffered allergic rhinitis. 63.11% of them used Traditional Chinese Medicine to treat their condition. The most popular formula used was Xin Yi Qing-Fei Yin (Magnolia Flower Drink to Clear the Lungs).

This formula, first published in 1617, originally for the treatment of nasal polyps, excels in unblocking the nose, clearing stagnant heat and dampness. Today it is widely used for the treatment of chronic rhinitis, nasal congestion, sinusitis, and allergic rhinitis. So, if you find yourself more frequently blowing your nose as the spring winds begin to blow, before reaching for the Claritin, consider contacting a local acupuncturist and Chinese herbalist to treat your allergy symptoms.



<http://www.marysvillefamilymedicine.com>

We're here when someone you love is sick.

Extended hours:
Monday-Thursday: 8am - 7pm
Friday: 8am - 5pm
Saturday: 9am-12pm

Same day appointments available!

Western Washington Medical Group
Marysville Family Medicine
 4404 80th Street NE
 Marysville, WA 98270

360-659-1231

We've been here for over 60 years.
 Most insurances accepted!

1426846

BUSINESS SHOWCASE

Home Antivirus Protection
 Including 15 minutes of FREE* Remote Support

*additional time billed at the standard rate

\$5 /month

BIZTECHRx
 Business Solutions

(360) 548.4212 www.BizTech-Rx.com

Jim Burr
 Acupuncturist • Chinese Herbalist
425-258-4633

FREE First Consultation & Treatment
New client only. Please refer to this ad when scheduling.

Sound Holistic Health
 Your Integrated Natural Medicine Clinic
 Everett • 2804 Grand Ave, Ste 300 • www.shhclinic.com

Revealed Lines, LLC.
Healing through art and fitness coaching

Learn the basics of acrylic or watercolor painting and leave with your own masterpiece. Join us for two hours of nurturing, relaxing, and inner explorations.

Host a party for:

- Date night
- Girls night out
- Quality Time
- Bridal Wars
- Reunion Party
- Birthday Party

425-280-0614 RevealedLines.com RevealedLinesLLC@gmail.com

RE/MAX

ASSOCIATE BROKERS

Thinking About Buying Or Selling A Home? Now Is The Right Time!

Contact one of our professionals for a **FREE Current Market Analysis** on your house. Each year, RE/MAX agents help hundreds of thousands of families buy or sell a home.



Beautiful bay view brick home with landscaping
Camano Island \$445,000
MLS #677936



Very secluded 19.7 acres with views of Cascades
Monroe \$139,950
MLS #714360



Beautifully maintained home in Kellogg Village
Marysville \$284,900
MLS #878204



PENDING SALE...
Great income potential! 13+ acres two parcels combined
Stanwood \$519,950
MLS #895017



Mid-century modern waterfront remodeled 3000+ sq ft home
Camano Island \$999,950
MLS #897269



40+ private acres to enjoy! Nearly new 2700+ sq ft home
Arlington \$329,950
MLS #901052

Locally Owned & Operated

Come visit us in our New Location next to the US Post Office

| | |
|-----------|---------|
| State Ave | 10th St |
| | 9th St |
| 8th St | 8th St |



Dream with your eyes open!

Apartments • Houses • Mansions

| | | |
|---|--|---|
| STANWOOD 26910 92nd Ave. NW, C-4 Stanwood, WA 98292 360.629.3888 | CAMANO ISLAND 370 E. Camano Drive, C-101 Camano Island, WA 98282 360.387.6888 | MARYSVILLE 922 State Ave., Suite A Marysville, WA 98270 360.651.1160 |
|---|--|---|