

# Federal Way Kings

## Current @ n T S



### M A S T E R S S W I M M I N G

JAN—FEB 2008

#### PRESIDENT'S LETTER

By Hugh Moore

Federal Way Kings,

I hope that everyone enjoyed the holidays and that you are all now getting back in the swim of things. Here's a list of upcoming events that can help motivate you.

PNA events (entry forms available at [www.swimpna.org](http://www.swimpna.org))

- ♦ January 19: Anacortes
- ♦ February 17: Bellevue Club
- ♦ March 8: ORCA (Seattle)
- ♦ March 29: Briggs YMCA (Olympia)
- ♦ April 12-13: PNA Champs. Hosted by the Kings. Come swim and/or help run the meet
- ♦ June 8: Long Course Meters sprint meet at Titlow pool in Tacoma and a Short Course Meters distance meet in Anacortes

National Events (Additional meets at [www.usms.org/comp/calendar.php](http://www.usms.org/comp/calendar.php))

**Bellevue Club  
2008 SCM meet  
Entries due by  
2/06/2008.**

**Don't miss this popular meet, entry form is included at the end of the newsletter**

*(Continued on page 6)*

#### COACH'S COLUMN

By Wendy Neely

Federal Way Kings,

Happy New Year!

Federal Way Masters received a new toy for Christmas!!!! A Snooper Camera! What is a Snooper you ask? This is an underwater filming device which allows us to film under water while we stand on the pool deck watching. You will see us from workout to workout doing some filming. We will be taking footage during regular workouts as well as use the camera as a teaching tool.

Here are a few tips for a successful viewing:

**Relax:** Please do not put yourself down or be embarrassed. Most importantly do not put others down! Let the coaches lead the discussion and they will ask for collaborative observation when necessary. You want to visually and emotionally accept what is going on to date with your stroke.

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#### TEAM OFFICERS

- President: Hugh Moore
- Vice President: Mike Murphy
- Secretary: Judy Williams
- Treasurer: Holly Bork
- Membership: Julie Montiel
- Webmaster: Dan Smith

**Federal Way Masters**  
**PO Box 24083**  
**Federal Way, WA 98093**  
<http://www.fwmasters.com>

**2007 FEDERAL WAY KINGS ANNUAL SURVEY**

Thanks to all who participated in this year's annual survey. Your responses will go far to help make our club even better in 2008. The results of the 46 surveys received follows:

**1. Male/Female:**

18	Men
27	Women
1	did not specify
46	Total Respondents

**2. Age Group:**

18-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79
1	0	3	5	7	13	9	3	1	0	1	1

**3. How many years have you been swimming with Federal Way Masters?**

Average	Min	Max
6.3	0.1	34

**4. What practice do you normally attend?**

20	KCAC Early morning
4	KCAC Brunch
21	KCAC Evening
1	Covington

**5. Do you regularly swim on Saturday morning at the Community Center?**

31	Yes
15	No

**6. Do you participate in the open water swims at Steel Lake in the summer?**

28	Yes
16	No

**7. On average, how many times per week do you swim?**

Average	Swim 4X	Swim 5X
3.2	11	3

**8. Why do you swim with Federal Way Masters: (Select all options that apply)**

46	Fitness
20	Competition
36	Improve swimming technique
39	Health
18	Triathlon training
29	Socialization and meet new people
9	Cross training
3	Free showers
2	Kids swim at same time
Other:	Coach Wendy (2) I look darn good in a speedo Thursday Fin Day

2007 FEDERAL WAY KINGS ANNUAL SURVEY, *Continued*

## 9. How did you first find out about Federal Way Masters?

17	Friend
5	Website
6	Lap swimming
5	USMS
Other :	Wendy and other Marine Hills swim parents Child swimming/diving @ KCAC (3) Newspaper Bulletin Board at KCAC Wife One of originals Moved to area, saw pool, joined team Co-founder

## 10. When did you last read the FWM newsletter?

40	Within the last month
3	Within the last three months
1	Within the last six months
2	Never

## 11. How did you feel when you first joined Federal Way Masters? (Select all that apply):

45	Coach made me feel welcome
36	Other swimmers made me feel welcome
15	I was worried that I would be slower than most swimmers
5	I was worried about others being too competitive
3	I was worried about reading the clock
2	I was afraid that I would embarrass myself
3	I was worried about circle swimming
3	I was worried that I would have to compete and dive off the blocks
Other:	All the worries disappeared very quickly. The team atmosphere is fantastic - very open, warm and welcoming! Coach welcome emphasized I was worried because I wasn't a child swimmer Don't remember Perfect fit Long time non-competitive swimmer was not so nice Sense of accomplishment

## 12. Which fund raising events will you participate in? (Select any of the following options that apply):

11	Krusteaz Taste Test
34	PNA Champs Swim Meet
15	Host other swim meet
Other:	Don't know what Krusteaz Taste Test is. Did not know that Champs is a fund raiser None this year I don't know what this means Question is too vague. Contribute money? Participate?

**2007 FEDERAL WAY KINGS ANNUAL SURVEY, *Continued*****13. What is your opinion of FWM social activities?**

11	Increase events
0	Decrease events
2	Keep the same

**14. Identify social activities you like and would participate in. (Select all that apply):**

20	Meals after practice	
20	Potlucks	
28	Swim meets	
7	Participate in other sports (list sports):	Biking & Running (4) Tag Football, soccer, Water Polo Triathlons
7	Attend sporting events (suggest events):	Hockey Baseball (3) Various local triathlons Mariners, Rainiers, Huskies
	Other (please specify):	Maybe occasional brunch after Sat practice. Not every week- maybe quarterly. More people should go to monthly meets. More communication about who is going. Meals after swim meets. None - too busy.

**15. What would you like to see in the FWM Newsletter that is not there now?**

The newsletter is informative
Suggested workouts for those days when we're not able to make it to practice, but are going to swim on our own.
As a new member it would be nice to have swimmer(s) of the month profiles (just a small paragraph) as a way to get to know other swimmers
It is great
Make it easier to read online, rather than formatted for printing
Member testimony/stories
Article on nutrition for meets, practice. Article on ways to improve performance outside of the pool
Like it the way it is
My name listing new national records.
Very simple - Easy - Tips on eating stuff
It is superb

**16. What would you like to see on the FWM website that is not there now?**

I believe it is not missing anything
It's great. Has a lot of info
Love it
No opinion yet
Other swim links (i.e. US Masters, USA Swimming, Diet links)
A complete meet calendar with other team's meets shown (e.g. OR, Inland Emp)
Fun to see photos of events and members
Can't think of anything

2007 FEDERAL WAY KINGS ANNUAL SURVEY, *Continued*

## 17. What do you like best about Federal Way Masters?

Coach Wendy and convenience	Wendy's coaching. The challenge to get better. The camaraderie
The people	Swimming with others
Flexibility	Camaraderie. Coach Wendy
Friendly people, regular workouts, regular updates re: swimming schedule via email, only having to share "my" land with one other person M-W-F	Wendy
All the great new friends and fabulous swim training	The flexibility and quality of the swimming. There are no excuses for not showing up to a practice.
Great coaches who are supportive of whatever we're doing/attempting. Super supportive and fun team members! Terrific pools at KCAC and the Community Center	I'm thrilled that I've had a chance to improve my swimming technique from the coaching and doing the drills. I was expecting an opportunity to get consistent workouts and be challenged. The coaching has been fantastic
The way I feel when I get out of the water.	Different times available to swim
The organization is fantastic. I don't know what else the group could do.	Varied workouts
The fun and experience of swimming with others	I'm learning to swim. I'm challenged. Wendy is great! I enjoy the camaraderie of everyone I've met
Wendy! And the great support the team members offer each other	Time of practice and length (early morning). Good coaching
I like going regularly, seeing people regularly and learning how to be a better swimmer.	The number of available practices
COACH	Coaching on swimming techniques
Coach and pool	Coach and team mates. Good pool.
Friends and great coaching	The challenge of hard workout. A coach saying "You can make these."
Wendy! And the great support the team members offer each other	Excellent coaching, great folks and understanding my crazy life!!
Friendly atmosphere. Improving swim ability	It's growth and longevity
The coaches. The people.	

## 18. If you could change one thing about Federal Way Masters, what would it be?

I am not sure there is anything to change
More lanes on Saturdays - ha ha
Bring back the 7 am on Tuesday and Thursday
Cost - I love it, but it's expensive
Longer times on Sat (i.e. 2 hours)
More lesson opportunities
More practice options, probably impractical. Clinics to work on Stroke, Turns & Starts
More communication about meets - encourage participation
Online invoicing and pay
Add a lane from 4 to 5
More lanes
I'd like more time spent on technique of back, breast and fly
Would like 90 minutes in am. (I know it's not realistic)
Personal Time faster swimmer
More group participation at small local meets as a team

**WANTED: RECORDS DEAD OR ALIVE**

By Dan Smith

In an effort to keep our information up to date, and also to give honor where honor is due, we will be updating our website with accomplishments by Federal Way Masters swimmers. These include USMS Nationals Championships, USMS Top Ten, World, National, Zone and PNA records, PNA All Time Top Ten, and any other recognizable records that are verify-able.

If you are the owner of said records, either in the past or currently, please email me with the date, event, time and record set or top ten or other awards list.

I will be reaching web sites and compiling these from as many sources as I know, and I know you are all humble and would rather not toot your own horns, but we want to recognize your accomplishments, and also recognize the quality of swimming at Federal Ways Masters.

Sending in any records that you know of will really help save time and ensure accuracy. You can email any information to me at [greysmoke@juno.com](mailto:greysmoke@juno.com). Thanks for your time, and keep watching the website in 2008

**GO THE DISTANCE 2007 GOES 2008**

By Dan Smith

Congratulations to the Federal Way Masters swimmers who participated in the 2007 Go The Distance fitness event:

<u>SWIMMER</u>	<u>AGE</u>	<u>DISTANCE</u>
DAN SMITH	45-49	528.56
JEAN BLACKBURN	55-59	213.35
JANE MOORE	55-59	95.73

This was a very popular event and 2008 ex-

pects to be even more popular. You can download a spreadsheet that allows you to enter the yardage in each workout, and it does the rest. It even has 2007 values in it to compare to. Even if you haven't started doing this in January, it would still be a good thing to do from February on. It is a great way to log your yardage, a great motivator, and looks to be around as a USMS fitness event for a long time to come.

**PRESIDENT'S LETTER, Continued**

- ◆ **USMS One Hour postal:** (any time during the month of January - entry from available at <http://www.usms.org/longdist/ldnats08/1hrentry.pdf>). Wendy has arranged for use of the Aquatic Center on January 27th.
- ◆ **USMS Check-off Challenge:** Entry form available at <https://www.usms.org/fitness/2008checkoff.pdf>. Swim all 18 pool events – any time during the year.
- ◆ Aug. 3. **USMS 2008 3-6 Mile Open Water Championships** (5 km) - Elk Lake, Bend, OR
- ◆ Aug. 14-17. **Long Course Nationals** are in our back yard at Mt Hood Community College in Gresham, Oregon.

I need to apologize to everyone for creating some confusion. Last month in a review of the annual meeting, I stated that "The 10% discount for paying quarterly will continue." I should have stated 5% to reflect a change that we adopted at the 2006 annual meeting. If you swim three or more times per week, the 5% discount for paying three months in advance will reduce your payment from \$210 to \$199.50. If you swim twice a week, your quarterly fees will be reduced from \$180 to \$171. I hope this clarifies my error.

Sincerely,

Hugh



## PRIVATE SWIM LESSONS with COACH WENDY NEELY

*Coach Wendy Neely of Federal Way Kings Masters Swimming (FWM) is offering professional personalized swim lessons to help you progress in your swimming goals. Past winner of the PNA Coach of the Year, coach Wendy draws on her rich experience of coaching swimmers from age five to eighty-five, and is very effective at improving swimming skills of swimmers at all levels of experience. Wendy can help you swim faster, farther and longer with less effort expended. Contact Wendy today and get your swimming moving forward.*

### Getting Started New Years Special

Are you highly motivated, but not confident enough to jump right into an organized swim workout? If so this package is for you! We will teach you the basics of breathing and balance, which is the premise of all good swimming. We will introduce and teach skills in a progressive format that meet your needs. The skills and language used are directly from our teaching used in our workout programs. After completion you will be granted a one week trial pass for our organized workouts, RISK Free!

<b>Private Lessons</b>	<b>\$150 for 3 One Hour Lessons</b>
<b>Video Taping</b>	Upon Request: Receive a DVD of your lessons for an additional <b>\$15</b>

**This lesson is limited to New Swimmers Only**

### Person Swim Clinic Skill Builder

You will receive a professional above and underwater stroke analysis and build a lesson around the needs of your stroke. This Skill Builder includes a DVD of your lesson along with notes from the instructor. Group lessons are also available. Additional swimmers to the lesson are only \$20 per hour more for each swimmer. This is a great opportunity to get a good look at your stroke objectively, and helps create a visual reminder of things you can do to improve your technique.

<b>Private Lessons</b>	<b>\$75 per hour</b>	<b>\$60 per hour (FWM Members)</b>
<b>Video Taping</b>	Included in the price of the lesson	
<b>Group Lessons</b>	Add \$20 per hour for each additional swimmer	
<b>Package of 4 One Hour lessons</b>	<b>\$280</b>	<b>\$220 (FWM Members)</b>

**Contact Wendy Neely to set up a time and place that fits into your schedule**

<b>Email</b>	<b>wendymal@mac.com</b>	<b>Phone</b>	<b>253-838-8408</b>
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**WARM WEATHER DREAMING**

By Linda Sullivan

Happy New Year to all! Hope the Holidays treated you well and you are back on track for your fitness and health. I have some ideas for your physical and mental wellness.

I know how this rain has been dragging me down, making it difficult to get out of bed and keeping me groggy and stiff. There were several of us that were unusually late for practice the other day. The way we rolled and dragged ourselves in, it was evident that the rainy day blues is not just a cliché. The weather can and does have an effect on us I think we need to realize it, then get out of bed and go. Get motivated! Yes, the sunshine will be back! Another thing that helps is letting our teammates know how important they are and that we inspire each other.

An additional item that helps is planning a little get away to some place sunny during the winter months. Last year I went to Maui in January to swim at the 2K polar swim with fellow swim mates. It's great to have something like a warm weather climate vacation when you are stuck in the Pacific Northwest.

This year I have a CLIA (Cruise Line International Association) convention planned in Florida and will add a little extra time to visit my son Tyson. The other event I have planned is in April; it is a five week Educational trip to Europe. Now that can really jostle away the winter time blues!

So now if you are dreaming about getting away from the rainy Seattle for awhile, I have some ideas. Just visit my web page and look around and see what you can find. To get your mind off the winter time blues. You can also give me a call or send an e-mail.

For your travels, I found a great website for sharing you photo memories:

<http://www.panoramio.com/google-earth/>

The link will let you download Google Earth if you don't have it, and place your photos directly at the sites you visited. Now with the ease of downloading your photos you can put them exactly where you have been and then you can send the links to family and friends! Way cool!

Happy Swimming and see you at the pool!

**COACH'S COLUMN, Continued**

We can then move forward with positive change!

**Ask Questions:** We will give you feed back. The feedback will be specific directions, which will give you a more proactive approach for your stroke.

**Proactive Approach:** You can take a proactive approach to improve your stroke by doing the following:

- ◆ Take responsibility of your stroke. No Excuses! Nobody is Perfect! You want to own it even with imperfection.
- ◆ Define your stroke goals

- ◆ Prioritize, work on the important skills first

Lastly, here are some skills to make us all better swimmers:

- ◆ **Self-Awareness** — Being able to stand apart from your thoughts and actions
- ◆ **Imagination** — The ability to envision the possibilities
- ◆ **Willpower** — The ability to gain control of your swimming

So, 25 free, take 1, and.....Action!

Wendy

**INCLEMENT WEATHER UPDATES**

During Inclement Weather the Aquatic Center operates off of the lead from Federal Way School District & Kent Meridian operates on Kent School District inclement weather policies.



message hotline.

During high winds KCAC tends to lose power. In windy situations you may want to call ahead. If there is a power outage during

◆ When school is two hours late the facilities open at 11:00 a.m.

◆ When school is canceled the pool will remain closed unless noted on their mes-

a workout the pool will be evacuated and workout will be cancelled.

**King County Aquatic Center**  
206-296-4444 or 253-927-5173

**Kent Meridian**  
253-854-9287

**Federal Way Community Center**  
Saturdays will be dependent upon the opening of the Community Center  
253-835-6900

Please remember to use your best judgment based on the area in which you live. As important as getting your swim workout in your safety is more important!

Drive carefully!

**USMS REGISTRATION NOW ONLINE**

Joining USMS just got easier! Thanks to our association with Club Assistant, members can now register online. Fill out your registration form via our secure web interface, pay your fees with your Visa or MasterCard, and print a copy of your membership card in

one easy transaction. Why wait any longer? Just head over to <http://registration.usms.org/> to join or renew your membership now.

**THE LAST 30 MINUTE SWIM**

By Dan Smith

As you may have read in the Wet Set, the 30 minute fitness swim made its final swim this year, and is being discontinued. As you recall, we made this a team event and did it during our workouts in December. Federal Way Kings were represented by the following swimmers who sent in their entries:

<u>SWIMMER</u>	<u>AGE</u>	<u>DISTANCE(yds)</u>
DAN SMITH	44	2545
HUGH MOORE	53	2200
KEITH KENNEDY	44	2025
DEIDRE FITZPATRICK	36	1650
KENNETH KREER	44	1365

Ironically, when I started swimming again in 2003, this was the first year USMS had a 30 minute swim and it happened to be the first event I ever entered as a masters swimmer. I looked back to find that I had gone 2,175 yards that year, and I don't remember what place it was, but was surprised to find I had gone the furthest of all the 92 entries sent in this year. Not that it means anything, I had someone in the very same workout go farther than me, but it was a nice ending to an event that will always have a bit more meaning for me.



## Local and Regional Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Jan 19, 2008	Anacortes SCY Meet	SCY	<a href="#">Entry Form</a>	Anacortes, WA	1/09/2008
Feb 17, 2008	Bellevue Club SCM Meet	SCM	<a href="#">Entry Form</a>	Bellevue, WA	2/06/2008
Mar 8, 2008	ORCA Swim Meet	SCY	<a href="#">Entry Form</a>	Seattle, WA	2/25/2008
Mar 29, 2008	Olympia Meet	SCY	<a href="#">Entry Form</a>	Olympia, WA	3/19/2008
April 12 - 13, 2008	PNA Champs & NW Zone SCY Champs	SCY	Pending	Federal Way, WA	n/a

## National and Postal Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Jan 1 - Dec 31, 2008	USMS Go The Distance	FIT-NESS	<a href="#">Entry Form</a> <a href="#">Spreadsheet</a>	POSTAL	the 5th following each month
Jan 1 - Dec 31, 2008	USMS Check Off Challenge	POSTAL	<a href="#">Entry Form</a>	POSTAL	12/15/2008
Jan 1 - 31, 2008	USMS One Hour Postal Championships	POSTAL	Mel Goldstein, 317-253-8289, <a href="mailto:goldstein@sbcglobal.net">goldstein@sbcglobal.net</a>	POSTAL	2/05/2008
Apr 17 - Apr 25, 2008	XII FINA Masters World Championships	LCM	John Lynch, +61894418232, <a href="mailto:info@2008masters.org">info@2008masters.org</a> ; <a href="http://2008fina-masters.org">2008fina-masters.org</a>	Perth, Western Australia	n/a
May 15 - Sep 15, 2008	USMS 5 and 10 Km Postal Championships	POSTAL	Bob Bruce, 541-317-4851, <a href="mailto:coachbob@bendbroadband.com">coachbob@bendbroadband.com</a>	POSTAL	n/a
May 1 - 4, 2008	USMS Short Course Yards National Championships	SCY	Charles Logan, 512-471-7703, <a href="mailto:charles.logan@austin.utexas.edu">charles.logan@austin.utexas.edu</a> ; <a href="http://www.usms.org/comp/nationals.php">www.usms.org/comp/nationals.php</a>	Austin, TX	n/a
Aug 3, 2008	USMS 3-6 Mile Open Water Championships (5 km)	OPEN WATER	Bob Bruce, 541-317-4851, <a href="mailto:coachbob@bendbroadband.com">coachbob@bendbroadband.com</a> ; Pam Himstreet, 541-385-7770, <a href="mailto:himstreet@bendbroadband.com">himstreet@bendbroadband.com</a>	Bend, OR	n/a
Aug 14 - 17, 2008	USMS Long Course Meters Nationals	LCM	Dennis Baker, 503-679-4601, <a href="mailto:bakeswims@yahoo.com">bakeswims@yahoo.com</a> ; <a href="http://www.usms.org/comp/nationals.php">www.usms.org/comp/nationals.php</a>	Mt. Hood, OR	n/a
Sep 15 - Nov 15, 2008	USMS 2008 3000/6000 Yard Postal Championships	POSTAL	Mark Gill, 480-784-7112, <a href="mailto:mark.gill@usms.org">mark.gill@usms.org</a>	POSTAL	n/a

**\*\* NOTE:** To open Entry Forms using links, go to our website at <http://www.fwmasters.com/calendar>



## SPRING FASHION

How about stepping out this spring in one of these little numbers, from [High-Tide Heels](#). Actually, good luck finding these anywhere, the picture is a hoax, but it is a great idea. Maybe with a little epoxy and some spares from the kickboard bin...

**FEDERAL WAY KINGS MEMBER BUSINESS DIRECTORY; A-M**

Below is a new feature listing businesses of team members. Swimmers, especially lane-mates, are a close, friendly group and I have often noticed many of us who would love to have fellow swimmers help them out once they are aware of what they do for a living.

Do you have a business, service, idea or skill that you would like to make known to other Federal Way Kings? You can put your business contact information here for free.

Send your info to [greysmoke@juno.com](mailto:greysmoke@juno.com) and next month see your names in print. (at least in pixels)

Business	Swimmer/Email/Web	Address / Description	Phone	Fax
<b>American Drapery, Blind and Carpet</b>				
	Don Williams	700 S 3 <sup>rd</sup> Street in Renton, WA	425-981-4642	425-277-2244
	<a href="mailto:donw@american-drapery.com">donw@american-drapery.com</a>	1555 N.W. Market Street, Seattle WA		
	<a href="http://www.freeinhome.com">www.freeinhome.com</a>	7990 Leary Way in Redmond, WA		
		<i>We have been in business 54 years. We sell and install custom drapery treatments, mini blinds, cellular shades, vertical blinds and wood blinds all made in our factory. We furnish and install all lines of carpet, vinyl flooring, laminate and wood floors. We sand and refinish hardwood floors. We offer free in home estimates.</i>		
<b>Bell'adesso Day Spa &amp; Personal Fitness Training</b>				
	Karen A Kuykendall	PMB 123	206-423-4518	
	<a href="mailto:karen@belladesso.com">karen@belladesso.com</a>	26828 Maple Valley Hwy.	425-432-8787	
	<a href="http://www.belladesso.com">www.belladesso.com</a>	Maple Valley, WA 98038		
		<i>Lifestyle &amp; Weight Management Consultant</i>		
<b>BK Business Systems</b>				
	Dan Smith	14241 Ambaum Blvd SW	206-246-2525	206-246-5102
	<a href="mailto:dans@bkbusiness.com">dans@bkbusiness.com</a>	Seattle, WA 98168	206-356-1663	
		<i>Specializing in supporting small business computing needs, we service all areas of information technologies from building workstations and servers, installing and maintaining networks, custom programming, website development, repairs and consulting services.</i>		
	<a href="http://www.bkbusiness.com">www.bkbusiness.com</a>			
<b>Ecoquest International/Independant Dealer</b>				
	Paul Stoermer	5509 55th St Ct West	hm: 253-476-1172	
	<a href="mailto:paulandlee@earthlink.net">paulandlee@earthlink.net</a>	University Place, WA. 98467	cell: 253-227-6919	
		<i>I am an Independent Dealer for high-tech Air and Water Purfication Systems and eco-friendly Laundry Pure system</i>		
<b>Empowering Lives Today</b>				
	Amber Thiel		419-306-1264	
	Personal Trainer		253-859-1311	
		<i>Specializing in providing people with information on how to maintain and optimize their health through advanced cellular nutrition programs and paraben (preservative) free hygiene products. I offer support for individuals' healthy weight loss and weight management goals through life coaching and personal training. Please e-mail or call if you would like invitations to my upcoming free health seminars or more information.</i>		
	<a href="mailto:empower-inglives2day@gmail.com">empower-inglives2day@gmail.com</a>			
	<a href="http://athiel.usana.com">http://athiel.usana.com</a>			



## FEDERAL WAY KINGS MEMBER BUSINESS DIRECTORY; F-Z

## Freeborn Law Offices, P.S.

Stephen L. Freeborn  
freebornlaw@qwest.net

33516 9th Avenue South #6  
Federal Way, WA 98003

253-661-0200 253-838-0202  
206-624-5313

*General law practice: criminal defense, debtor/creditor bankruptcy issues; business and contract law, landlord-tenant law, restrictive covenants and homeowner associations; homeowner property/boundary disputes. My wife, Sue - also an attorney - specializes in wills and estate issues, guardianship law and also her masters in clinical counseling with 3 offices, Seattle, Federal Way, and Enumclaw.*

## Longevity Medical Clinic

Emma Coulson  
Emma.Coulson@longevity-  
medicalclinic.com

425.605.8714 425.605.8717

866.569.6864

*We are a medically based clinic that specializes in longevity and wellness medicine. We attempt to correct the underlying disease process to help cure diabetes, heart disease and high blood pressure as well as symptoms related to aging including weight gain, loss of libido, depression, and fatigue. We provide each patient with a customized medical program, we address overall lifestyle issues like diet, exercise, and supplementation. We also use bio-identical hormone replacement and formulate our own natural supplements.*

[www.longevitymedicalclinic.com](http://www.longevitymedicalclinic.com)

## St. Joseph Medical Clinic

Greg Collins, LMP  
notmaui06@earthlink.net

1708 South Yakima Ave. suite 110 253-593-8449 253-502-5977  
Tacoma, WA. 98405

*Greg specializes in deep tissue massage, with an emphasis on Trigger Point Therapy. He has spent the last 12 years practicing preventive and remedial treatment of muscles and soft tissue for the management of pain, stress and soft tissue injuries. Greg is a past member of the AMTA National Sports Massage Team, and the Washington State Sports Massage Team. Greg was director of Massage Services for the 2001 USMS Long Course Nationals.*

<https://www.fhshealth.org/doctor/doctor.asp?ID=1382>

## Travel 4 Fun

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*I am co-founder of Travel 4 Fun, a Travel Agency affiliated with Partners in Travel. I can meet or beat Internet sites and provide the service they are lacking. A straight 15% from the commission is now being offered and donated to our Fun Fundraiser for Coach Wendy's travel in team events.*

[www.Travel4FunAgents.com](http://www.Travel4FunAgents.com)  
[www.travel4funagents.blogspot.com](http://www.travel4funagents.blogspot.com)

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