

NEPENTHE

Newsletter on Drug and Alcohol Issues published by the University of Washington Alcoholism and Drug Abuse Institute and the Washington State University Alcoholism Training and Research Unit

ISSUE No. 13

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1976-1977 NEPENTHE PUBLICATION SCHEDULE

The University of Washington Alcoholism and Drug Abuse Institute (ADAI) and Washington State University's Alcoholism Studies Program are pleased to begin a new publication year of *NEPENTHE*. Originally created as primarily a means of reporting faculty research and training activities at the two universities, *NEPENTHE* now has a readership of more than 1,000 individuals in the Pacific Northwest. We will continue to highlight research investigations and training programs at the two institutions, as well as occasional stories pertaining to local and national legislation, reports concerning substance abuse in the State of Washington, as well as publishing notices submitted by community agencies and organizations. We invite any group that wishes to publicize its activities to submit the appropriate material in accordance with the following publication schedule:

Copy due on 12/10/76 for issue of 1/07/77

Copy due on 2/18/77 for issue of 3/18/77

Copy due on 4/15/77 for issue of 5/13/77

Copy due on 6/17/77 for issue of 7/15/77

RESEARCH GRANT AWARDS FROM ALCOHOLISM & DRUG ABUSE INSTITUTE

Five studies were funded by the ADAI Studies Section following the submission of proposals for the October 1, 1976, deadline:

"Biochemical Effects of Alcohol"

Dr. Rama Gopinath of the Department of Pharmacology has received funding for a project to study some of the biochemical effects of alcohol on the body through use

of the rabbit animal model. Dr. Gopinath will observe changes in blood alcohol levels, alcohol metabolism, and effects of alcohol on the liver.

"Alcohol and Cerebral Dominance"

A postdoctoral candidate in Psychology, Mr. Nikolai Greff, has received funding to study the possible role of alcohol in altering cerebral dominance (whether the right or left side of the brain appears to dominate). This interesting hypothesis will be tested in an effort to better understand the manner in which alcohol affects behavior.

"Brain Actions of Barbiturates"

Dr. John Smith of the Department of Pharmacology has received funding to study the mechanisms of barbiturate effects in the brain. He will take advantage of the finding that the thyroid releasing hormone dramatically blocks the sleep producing effect of barbiturates. Dr. Smith will study the distribution of this hormone in the brain and the manner in which its binding to brain tissue is influenced through the presence of barbiturate-type drugs.

"Importance of Learning in Alcohol Tolerance"

Dr. Moncrieff Smith, Jr., of the Department of Psychology will carry out an investigation of the importance of psychological mechanisms in the development of tolerance to alcohol. He is concerned with our lack of understanding of the full mechanism of this phenomenon to date, and will further test his hypothesis that tolerance to alcohol may arise from behavioral conditioning.

Nepenthe (ni-pen-the), n. (L. Gr. *nepenthes*, removing sorrow; *ne-*, not + *penthos*, sorrow, grief) 1. a drug supposed by the ancient Greeks to cause forgetfulness of sorrow, 2. anything causing this state.

*"Treatment for Children
with Fetal Alcohol Syndrome"*

Drs. Stephen Sulzbacher, Robin Beck, Dale Gentry, and Georgia Adams from the Department of Pediatrics and the Child Development and Mental Retardation Center will study several methods of altering behavioral problems noted in children with fetal alcohol syndrome. These investigators will obtain daily data on both desirable and undesirable activities of a group of these children, and will evaluate a number of approaches to helping these children, both at home and in the classroom.

The next deadline for submission of research proposals by U.W. faculty is February 1, 1977. Guidelines may be obtained by writing to Ms. Jane Ramsey, ADAI (NL-15), 3937 15th Ave. N.E., U. of Wash., Seattle, Washington 98105. (543-0937)

NIDA TESTS LAAM

The National Institute on Drug Abuse has initiated a large scale research program with *Levo-alpha acetylmethadol (LAAM)*, a new, long-lasting maintenance drug for heroin addicts. By February of 1977, 6,000 clients in 50 heroin treatment programs will have been prescribed this drug.

LAAM, which is chemically similar to methadone, blocks the effects of heroin and of withdrawal for 72 hours. In contrast, methadone has its duration of action over a 24 hour period. One principle advantage of LAAM is removing the need for take-home supplies of methadone, thus reducing the likelihood of diversion as well as chances for accidental use by children.

A recently published NIDA monograph said that LAAM "is less likely to be a reinforcer of daily drug taking behavior than methadone... (and therefore) represents an important therapeutic step forward because the destructive, habitual pattern of behavior associated with the heroin addict's daily life-style is broken. The individual feels less psychologically and physically dependent when not involved with daily drug taking. This strengthens the addict's identification with the drug-free population and breaks association with the drug taking culture."

The research monograph (#8), "Rx: 3x/Week LAAM--Alternative to Methadone", is available for \$6 from the National Technical Information Service, Springfield, VA 22161. Order Document No. PB 253 763.

NOTES ON RECENT RESEARCH:

"ALCOHOL PROBLEMS IN ELDERLY MEN & WOMEN"

The staff of the Alcoholism & Drug Abuse Institute (ADAI) have continued their work on alcohol problems in the elderly through an analysis of older individuals admitted to treatment centers in King County. The general conclusion for the two studies was that most older active alcoholics began alcohol life problems in their 40's or 50's and thus do not represent younger alcoholics grown old. In general, older alcoholic men and women were quite similar, demonstrating less social but more physical problems than younger alcoholics. The full report is published by the ADAI as Institute Report No. 76-22. Reprints are available through the Institute.

HEROIN MAINTENANCE IN SAN DIEGO?

A recent San Diego County grand jury, in determining that methadone is "a futile effort...a contemptuous and unnecessary expenditure of public funds," has advocated that serious consideration be given to the implementation of a heroin maintenance program. The grand jury stated its belief "that only a small percentage of the addicts in San Diego County are being reached by the methadone program, and it would make very little difference if it were discontinued entirely."

UNIVERSITY OF WASHINGTON
TO TRAIN

OCCUPATIONAL ALCOHOLISM SPECIALISTS

"Dealing Effectively with Alcoholism in the Work Setting: A Training Program for Labor and Management" is a title of a four-course continuing education program to be mounted by the University of Washington's Alcoholism & Drug Abuse Institute. Slated to begin on January 3, 1977, this training program has been designed to be maximally useful for the currently employed manager or union official whose present or future job responsibilities require knowledge and skill in the area of alcohol-related employee problems. The program consists of four interrelated courses held on the University of Washington campus from 4:00 to 6:00 p.m. on a twice-weekly basis. The schedule of the courses is as follows, on Page 3.

Winter Quarter 1977

Course 1
Monday Afternoons
January 3 to March 7

Course 2
Thursday Afternoons
January 6 to March 10

Spring Quarter 1977

Course 3
Monday Afternoons
March 28 to June 6
(No Class on May 30)

Course 4
Thursday Afternoons
March 31 to June 2

Individuals enrolling in this program will be expected to participate in all four courses in order to be eligible to receive the Certificate in Occupational Alcoholism Studies.

The classes will incorporate lecture, discussion, guest speakers, simulation, and experiential learning as teaching techniques. The training emphasis will include both *knowledge* about alcoholism and occupational alcoholism programs, as well as *skills* in implementing an effective strategy in the work setting.

To apply for a place in the training program, interested persons should complete the appropriate application form and return it as directed by December 1, 1976. Application forms may be obtained by writing or phoning the University of Washington Office of Short Courses and Conferences (DW-50), Seattle, Washington 98105 (543-5280).

Additional information may be obtained by contacting Professor Roger Roffman, Training Coordinator for this program, at 543-7414, or by writing the Alcoholism and Drug Abuse Institute.

CONTINUING EDUCATION
FOR ALCOHOLISM
AND OTHER HUMAN SERVICES WORKERS

The Alcoholism & Drug Abuse Institute will offer three continuing education programs for the alcoholism and other human services worker beginning in *January, 1977*. Enrollment information for each course may be obtained by contacting the University of Washington Office of Short Courses and Conferences (DW-50), Seattle, Washington 98105 (543-5280).

The three programs are as follows:

"Recent Research Findings in Alcoholism and Alcoholism Treatment"

Instructor: Marc A. Schuckit, M.D.
Director
ADAI

Dates: Begins *March 30, 1977*.
Final session will be on *June 8, 1977*. (Total of 11 sessions). All sessions on Wednesdays.

Time: 8:00 a.m. to 11:00 a.m.

Fee: \$65 (\$6 additional if taken for extension credit)

This advanced course in alcoholism studies is intended for the worker who has taken initial survey courses in the field, and will therefore not deal with introductory material. The major objective will be to focus on currently emerging research findings of relevance to clinical practice.

Among the subjects to be covered by Dr. Schuckit and occasional guest lecturers are: *evaluation of alcohol treatment, data concerning alternative strategies of detoxification, the efficacy of behavior modification, a review of drugs used in the treatment of alcoholism, the effects of alcohol on the blood-producing and neurological systems of the body, the interaction of alcohol with other drugs, issues related to control of public drunkenness, and legislative questions associated with youthful drinking.*

For those individuals wishing to use this course as a means of obtaining extension credit, there will be a written assignment as well as a final examination.

"Skill Training Procedures For Alcohol Treatment Personnel"

Instructor: Edmund F. Chaney, Ph.D.
Researcher & Group Therapist
Alcohol Treatment Program
Seattle Veterans Administration Hospital

Dates: Begins *January 5, 1977*.
Final session will be on *January 20, 1977*. (Total of 6 sessions). Sessions on Wednesdays & Thursdays.

Time: 4:30 p.m. to 6:30 p.m.

Fee: \$60

This course is designed to acquaint practitioners with a behavioral method of teaching problem-solving skills to alcoholics in individual or small group therapy sessions. Research indicates that excessive drinking is often part of a coping pattern related to stressful life situations involving close interpersonal relationships, employment, or social activities. A method is presented in this course with which the practitioner can teach problem drinkers to analyze stressful situations, decide among possible courses of action, and skillfully execute their decision. Increased competency in dealing with difficult situations is expected to encourage persons to assume more responsibility for their actions and lessen their use of alcohol to cope with problems.

"Psychotherapeutic Medications"

Instructor: Marc A. Schuckit, M.D.
Director
ADAI

Dates: Begins February 1, 1977.
Final session will be
on February 22, 1977.
(Total of 4 sessions).
Sessions on Tuesdays.

Time: 4:00 p.m. to 6:00 p.m.

Fee: \$35

Designed for the human services practitioner, this course will cover those psychoactive drugs which are commonly used in the practice of medicine as a means of treating emotional illness. The antidepressants, the anti-anxiety drugs, the antipsychotic substances, antimanic drugs, over-the-counter medications, and other substances used to alter mood or behavior will be covered. This course will be particularly useful for the practitioner who frequently comes in contact with clients who are receiving such medications.

ESTIMATES OF MARIJUANA USE
IN WASHINGTON

In response to several queries, the staff of the Drug Abuse Prevention Office (DAPO), Office of Community Development, has developed an estimate of the prevalence of marijuana use in the State of Washington.

DAPO estimates that 1,013,400 individuals have tried marijuana at least once, and 350,000 are current marijuana users. These estimates are based on the best available survey data, and population estimates from the Office of Program Planning and Fiscal Management.

*1976 Marijuana Use Prevalence
Estimates for the State of Washington*

Adults (18 & over):

Ever Used	817,200	(33% + 5%**)
Currently Use*	272,400	(11% + 3%)

Youth (12 - 17):

Ever Used	196,200	(48% + 9%)
Currently Use	77,600	(19% + 7%)

Total Population (ages 0 - 11 are negligible):

Ever Used	1,013,400	(29% + 5%)
Currently Use	350,000	(10% + 3%)

*Current use is defined as having used marijuana at least once in the last 30 days.

**Margin of Error is at the 95% confidence level. Interpretation: An estimated 33% of all adults have used marijuana. The chances are 95 out of 100 that the actual number of adults who have used marijuana is within 5 points, that is, between 28% and 33%.

Sources:

1. Abelson & Atkinson. "Public Experience with Psychoactive Substances", August, 1975.
2. Population Studies Division, OPP&FM, "Washington State Population Forecasts".

ADAI ANNOUNCES PLANS FOR ITS
FOURTH ANNUAL SUMMER CONFERENCE

"Policy Alternatives in the Control of Alcohol Abuse, Drug Abuse & Smoking" will be the theme for this conference, to be held on the University of Washington Campus on July 27, 28, 29, 1977.

Local, state and national policy makers are currently considering the relative efficacy of traditional and alternative policies for reducing or eliminating the harmful consequences of psychotropic drug use. Examples include public drunkenness decriminalization; stricter controls on the manufacture and distribution of psychotropic pharmaceuticals; decriminalization or legalization of marijuana; increased penalties for narcotics dealers; the use of heroin as a maintenance drug; attaching penalties to cigarette smoking in designated areas; criminal justice processing alternatives for substance dependent individuals; and stricter controls on physician-prescribed psychotropic drugs. Each of these areas has implications for both the drug use and the organization assuming or relinquishing responsibility for control. Each lends itself to empirical study.

This fourth annual conference of the University of Washington Alcoholism & Drug Abuse Institute will concentrate on empirical research that examines a variety of alternative policy approaches to the control of substance abuse (the licit and illicit psychotropics, including alcohol and nicotine as well as the psychotherapeutic drugs). Papers, panel presentations which present findings of studies focusing on policy alternatives, which outline proposed alternatives and associated programs of research, or which deal with methodological considerations in evaluating the implementation of policy.

The efficacy of various forms in intervention and the degree and character of legal and medical involvement in control are among the specific issues involved. Adaptations of the criminal and civil law at the local or national levels, revisions in the administrative policies of service delivery or planning systems, and new patterns of institutional response to clientele are among the subjects to be addressed. Sessions will be organized to deal with the perspectives of the elected official, the human services practitioner, the law enforcement officer and the general public.

For additional information, please contact the conference coordinators:

Roger A. Roffman
Division Head for Training
543-7414

or

Paul A. Pastor, Jr., Ph.D.
Senior Fellow
543-0937

RESEARCH TRAINING
ON
CAUSATION OF ALCOHOLISM

The Alcoholism & Drug Abuse Institute and the Department of Psychiatry & Behavioral Sciences have developed a joint postdoctoral research fellowship training program in alcoholism. The grant to support this program has recently been submitted to the NIAAA with the hope that funding will begin within the year. The program aims at taking the interdisciplinary program of the ADAI and combining it with the fine research assets of the University, and developing a program for training researchers from a variety of fields (including psychology, psychiatry, sociology, social work, etc.) for research on the causes of alcohol problems. If funded, postdoctoral fellows will receive a core training program while working closely under the supervision of faculty members who are doing research in this area. It is hoped that the program will stimulate young researchers to enter this important field.

MULTICULTURAL, INTERDISCIPLINARY -
NATIONAL DRUG ABUSE CONFERENCE
FOR EVERYBODY

"A Multicultural View of Drug Abuse" is the theme of the Fourth Annual National Drug Abuse Conference (NDAC), which will be held in San Francisco on May 5-9, 1977.

In keeping with the theme and intent of the conference, culturally specific task forces have been formed to represent ethnic as well as special age and sex populations. From task forces dealing with issues concerning the aging and youth to those on women, gays, Native Americans, Asians, Black, Chicano/Latinos, and Puerto Ricans. It is hoped, says Tommy Chung, Asian Task Force chairperson, that "this conference will start to set a mode and provide an opportunity for minorities to express their concerns in drug abuse treatment and prevention."

Chung, who is also director of Asian-American Drug Abuse Program, Inc., a residential and outpatient drug treatment program in Los Angeles, said, "I see the need for culturally specific task forces because they are instrumental in helping to identify the primary areas of concern that affect minorities, they aid in the gathering of abstracts (conference papers that are presented) and help develop documentation to support abstracts." He added that the fact that task forces make presentations before the general conference body is an extra plus for minority groups who may feel in the past that their concerns were not heard.

Planners of NDAC 1977 have not only formed multicultural task forces, but 25 interdisciplinary ones representing fields of study, practice, and policy that have some impact on drug and alcohol use, misuse, and abuse.

Social scientists, for instance, are concerned about the different ways people define drug use and abuse. According to Marlene de Rios., Ph.D., co-chairperson of the Social Scientists Task Force and associate professor of Anthropology at California State University, Fullerton, "Social definitions have little to do with the toxicologic properties of a given drug. These definitions are based on social values and norms."

Dr. de Rios said her task force would be exploring different cultural evaluations of drugs, and she cited as an example American society's association of marijuana with the "drop-out syndrome," as opposed to the belief of some Jamaican black peasant farmers that use of marijuana enables the farmer to positively affect his agricultural yield.

Family Therapist David Wellisch, Ph.D., said that the task force on family therapy which he co-chairs, will deal with such topics as how the family initiates destructive patterns of behavior in adolescents.

CONTINUING EDUCATION
FOR PHYSICIANS

"It is clear from patterns of research in drug abuse," said Dr. Wellisch, "that the use of drugs in the adolescent is a symptom of family tensions. In most of these situations, there is a marital problem between the parents, and the adolescent creates a drug problem to focus the attention to himself or herself, and away from the larger problem with which he or she is unable to cope." Dr. Wellisch practices at the Neuropsychiatric Institute, Center for the Health Sciences in Los Angeles.

Prevention, the theme of NDAC 1976, figures prominently in the upcoming conference. "Under prevention," said William Harvey, Ph.D., "we include not only activities designed to reduce various kinds of personal and social harms often associated with drug abuse and drug misuse; in addition, prevention includes a wide array of positive activities that promote good physical and psychological health." Dr. Harvey heads the Prevention Task Force and is director of Narcotics Service Council in St. Louis, Missouri.

He said the "NDAC provides a unique opportunity for drug abuse and other human services workers to come together and share their experience, skills, and expertise." His opinion is shared by Conference Chairperson, David E. Smith, M.D., who said, "Minority input at all levels in all of the task forces is going well," emphasizing the fact that minorities are visible in task forces other than those specifically designed for their particular groups.

Among the approximately 30 co-sponsors of the conference are the Alcohol and Drug Abuse Program Administrators, the Alcohol, Drug Abuse and Mental Health Administration, the National Institute on Drug Abuse, the Haight Ashbury Free Medical Clinic, and the National Free Clinic Council.

The Conference will run May 5-9, 1977, at the San Francisco Hyatt Regency Hotel. Registration fee is \$65 (\$85 after December 1). For information, contact Cecelia Fortney, National Drug Abuse Conference 1977, c/o Haight Ashbury Training & Education Project, 409 Clayton Street, San Francisco California, 94117. (415) 626-6763.

EDUCATION FOR PARAMEDICAL PERSONNEL

Institute Report No. 76-05, recently published in EMERGENCY, presents an overview of alcohol problems as they present to paramedical personnel, either in ambulances or in emergency rooms. The paper deals with the interaction of alcohol with a variety of medical problems, as well as alcohol drug interactions. It presents some basic principles for recognizing and treating the alcoholic in emergency situations. Reprints are available through the Institute.

In response to the fine reception given by physicians to continuing education credit on alcoholism last year, the Alcoholism & Drug Abuse Institute is jointly sponsoring nine more lectures during 1976-77. Recognition and treatment of the alcoholic in general practice will be the focus of the two-to four-hour lectures given in various cities throughout the state of Washington. The dates and cities of the lectures are as follows:

- 11/16/76-----Tri Cities
- 11/19/76-----Spokane
- 12/02/76-----Mt. Vernon
- 12/21/76-----Ellensburg
- 01/25/77-----Olympia
- 02/01/77-----Bellingham
- 02/22/77-----Longview
- 04/09/77-----Aberdeen
- 04/26/77-----Moses Lake
- 05/27/77-----Okanogan

Further information can be obtained by writing the Alcoholism & Drug Abuse Institute or the Office of Continuing Education for the University of Washington Medical School in Seattle.

NIDA + NIAAA = NISA?

An aide to Senator Paul Laxalt (R-Nev.) has said that the Senator plans to introduce legislation to merge the National Institute on Drug Abuse and the National Institute on Alcohol Abuse and Alcoholism into a National Institute on Substance Abuse. Prior to taking this step, Senator Laxalt has written to those single state agencies which currently house alcohol and drug abuse planning under one umbrella, asking for their views on the proposed bill.

NORML ACTIVE IN WASHINGTON

An affiliate chapter of the National Organization for the Reform of Marijuana Laws (NORML) has been established in this state with the objective of removing the criminal penalties currently attached to minor marijuana possession and replacing them with a small civil fine. While the Seattle City Council enacted a bill "decriminalizing" minor marijuana possession in December of 1974, the state has retained its misdemeanor classification for possession of marijuana. Washington NORML may be contacted at: P.O. Box 5651, University Station, Seattle, Washington 98105. (206) 525-1909.

NOTES ON RECENT RESEARCH
"STRESSFUL LIFE EVENTS
AND ALCOHOLISM IN
DETOX WOMEN CLIENTS"

A structured interview was used to review the histories of 191 consecutive women seen in the Seattle-King County Detoxification Center during a four and one-half month period in 1976. Almost one-quarter of the women demonstrated evidence of other major problems in addition to alcoholism (preexisting antisocial personalities, prior depressive episodes, or drug abuse), and an additional one-quarter appeared to be early in their course of alcohol abuse. The life histories and alcohol problem backgrounds of the women were found to be generally comparable to the literature reports for men in detoxification settings. An evaluation of the time relationship between a number of life stresses and the onset of alcoholism did not support the hypothesized tendency of women alcoholics to begin drinking in response to stressful situations. An earlier version of this paper was presented at the 1976 Summer Conference, sponsored by the ADAI, and the full draft is being published under *Institute Report No. 76-21*. Reprints are available through the Institute.

COURT DISPOSITIONS IN SEATTLE
FOR MARIJUANA CITATIONS

Results of a recent survey of 1975 Seattle marijuana citations were recently released by *Professor Roger A. Roffman* of the University of Washington School of Social Work. The Seattle City Council enacted a civil fine ordinance controlling the possession of less than 40 grams of marijuana effective in December, 1974. Roffman explained that obtaining the citation statistics was not easy, largely because the Seattle Police Department has stopped compiling records on such offenses. Roffman obtained the permission of the Chief Judge for the Seattle Municipal Court for a research assistant to pour over thousands of citations stored in the offices of the Traffic Violations Bureau in order to learn how the law had been implemented in 1975.

In all, 1055 individuals were cited for marijuana violations in 1975. Nearly 9 out of 10 (87%) citations were issued to males. Individuals under the age of 25 accounted for 85% of those cited.

In analyzing a randomly selected 35% sample of the adult citations issued, Roffman found that the courts were disposing of marijuana violations with either minimal fines or no fines whatever. The Seattle ordinance permits for a fine up to \$500 for such violations.

Roffman reported that 36% of the cases were either dismissed, stricken, or deferred. Of those individuals given a fine, the most commonly given fine was in the amount of \$50 (58 of the 123 individuals who were fined). None of the individuals included in Roffman's sample were fined in excess of \$250. For 86% of the entire sample, the disposition was either outright dismissal, no fine, or a fine in the amount of \$100 or less.

On the basis of national surveys conducted for the National Institute on Drug Abuse, it is estimated that about 13 million Americans (8% of adults and 12% of youth aged 12-17) are current marijuana smokers. Some 34 million Americans are estimated as having ever tried marijuana (19% of adults and 23% of youth).

HEROIN USE: A NEW LOOK

In a recently published Drug Abuse Council monograph, *Leon Hunt* and *Norman Zinberg* suggest that, "(1) there are many more heroin users than has been supposed; (2) that many people who use heroin are not addicts; and (3) that most nonaddicted heroin users may not actually require treatment." The co-authors assert that many, if not most, heroin addicts may not be dysfunctional, and that perceiving them as "junkies" may be highly inaccurate. Based on a review of several quantitative studies, Hunt and Zinberg estimate an active user population in 1974 of more than four million individuals!

Using a case history research approach, the co-authors develop several hypotheses concerning the manner in which many users may, in effect, control their heroin use such that physical dependence does not occur. "Controlled use seems to be primarily supported by the evolution of drug-using rituals and social sanctions which reinforce, control, and condemn compulsive use." Hunt and Zinberg suggest that, "ironically, by defining any and all heroin use as deviant and propagating the view that heroin cannot be controlled, the mainstream culture determines the development of the very subcultural attitudes and practices that operate to prevent heroin addiction.

The Hunt/Zinberg monograph is available through the *Drug Abuse Council*, 1828 L Street N.W., Washington, D.C. 20036.

NEPENTHE STAFF: Roger A. Roffman, Asst. Professor, Social Work, University of Washington, and Aldora Lee, Coordinator of Alcoholism Certificate Program, Washington State University--Co-Editors. Staff: Jane Ramsey and Edna Glenn. For information, suggestions, etc., please call the Alcoholism & Drug Abuse Institute at (206) 543-0937 or write to 3937 15th N.E., NL-15, Seattle, WA 98105.