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**October 11, 2010**

Dear Friends,

Many of us remember school lunch as a highlight of our school day. At St. Bernadette School in Burien, students are offered a hot lunch program, a service that has paid off in better nutrition which results in higher learning in the classroom.

Last year, St. Bernadette's kitchen appliances were on their last legs. The school came dangerously close to losing milk and food to spoilage in the ancient refrigerator. The dishwasher that was essential in cleaning dishes to prevent the spread of bacteria was being patched up continuously. The school needed help with the expense of replacing these critical appliances.

Principal Bob Rutledge decided to apply to the Fulcrum Foundation's Assistance to Schools in Need program. Last February, he was notified the school had received a grant, and this past summer, the new appliances were purchased and installed. The St. Bernadette community is thrilled with their new refrigerator and dishwasher -- all appliances should feel so appreciated!

## **Just For You**

Are your investments producing little or no income? With careful planning it is possible to triple your income and fulfill your philanthropic desires. [Click here](#) to receive our brochure entitled *Redefine the Bottom Line* and learn about the benefits of a Sale and Unitrust plan.

### **401(k) Retirement Plans**



The 401(k) is rapidly becoming the most popular qualified retirement plan. More than 90% of large companies now offer a 401(k). With a 401(k), each employee has an individual account and is permitted to transfer a portion of his or her salary directly into the account each year. [>>>read further](#)

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### **Recommended Vaccinations This Flu Season**



*"Outside of a seasonal flu shot, which I usually get, are public health officials recommending any additional vaccinations for seniors this flu season?"* [>>>read further](#)

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### **Capital Gains Tax Bypassed**



Peter and Gail Williamson were nearing retirement. Over the years, with the help of their financial advisor, they made solid investments in securities and built a sizable portfolio. [>>>read further](#)

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### **Financial Report on Congress**



The federal government operates on a fiscal year that starts October 1<sup>st</sup> and is completed on September 30<sup>th</sup>. For the fiscal year 2010 that was recently completed on September 30, the nonpartisan Committee for a Responsible Federal Budget published a financial report. [>>>read further](#)

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With best regards,

*Sue Mecham*

Development Director, Fulcrum Foundation

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