## Federal Way News <br> Federal Way, Washington 98003

## Deadline near:

Response slow to city petition drive

officials said Monday that they intend to wrap up their campaign in seven days, and one said he is disappointed by the community's response.<br>The officials, Co-chairman Bob Stead and Information Chairman Ross Davis, said that a total of only 375 of the 25,000 petitions that were circulated

or the land of the free, And the holnte of the brave

## Fishing rights <br> Lowry, Dicks praise decision <br> by Darlene Himmelspach Two local Congressmen have

## New program for unemployed kids


by Loren Bliss ice Bureau has designed special program of training and counseling to help young job-
seekers who are in danger of becoming chronically
unemployed. from King County sources, the program is called "Project Tur-
naround." It will prepare about
120 disadvantaged Federal Way 120 disadvantaged Federal Way
residents to compete in an in-
creasingly tight youth


Drug abuse seminar /scheduled for Oct
parents who are interested in
learning about drug and alcohol abuse and how it can be Way during October. The program, which will in-
lude a film, speakers and group discussions, is being planned by ederal Way Organized Service Oct. 9, 17, and 25 . As planned, the first evening will include presentations on the and problems as they impact ns and their parents.
The second session will focus on

## they can be identified and what

 asers. ticipants will be introduced to some techniques for solving the problem and given an opportunimicht be taken on a communitywide basis to combaalcohol abuse locally
FWOSY, a consortium of agencies that provide various services for youth, intends to make the
drug seminar the first in a series of pug seminar the first in a series
public discussions about the problems of discussions about the
procal kids and their

Two local Congressmen have
praised the Supreme Court ruling
Monday affirming the 1974 Indian fishing treaty rights decision of U.S. Di

| by Darlene Himmelspac | e Supreme |
| :---: | :---: |
| Two local Congressmen have | will include those fish in |
| Monday affirming the 1974 Indian | the tribes said the diffe |
| fishing treaty rights decision | would be negligible, |
| U.S. District Court Judge George | Mason Morriset, couns |
| ld |  |
| Congressmen Mike Lowry and | plete vind |
| have bot |  |
| ork now to find a way |  |
| duce more fish for |  |
| ters. Lowry said as much |  |
| million may be "earmarked" | law and superior to the state of |
| a salmon enhancement and | Wa |
| source management program |  |
| Dicks said "the most important | and game will not be |
| ing the Congressional delega |  |
|  | mplementing the Boldt decision |
|  |  |
|  | ing |
|  |  |
| eal with a supply problem." | State Attorney General Slade |
|  | Gorton, who argued the case |
| sponsibility of the federal vernment because it "entered | before the Supreme Court for the |
|  |  |
| the treaties" with the In- | "'will give the state more rights to |
|  |  |
| cision | "we are far better off than |
| right of treaty India | c. With the Boldt decision, |
| centage of the annual saimon | the Indians were entitied to 60 |
| rvest based on 19th Century | rcent of the catch. It is 50 per- |
| eaties between the government | cent now. Especially the non- |
| and Indians. Under the Boldt | Indians are better off with the |
| ecision, Ind ians were allowed | decision thatn withou |
| bout 60 percent of the annual | orton |
| harvest with commercial and | "equal rights for all rather |
| rts fishermen permitted | than Indian rights. We convinced |
| rest of the catch. Excluded from | judges. I am disappointed |
| the Indian percentage wor | that only three justices accepted |
| Imon caught on the reservati | our interpretation but, after |
| sustinence or ceremonia |  |
| ts. | ve a decisi |

## Suspect captured after bank heist

by Loren Bliss
Federal Bureau of Investiga-
tion agents and King County tion agents and King County
Police officers were continuing their hunt Monday for a second suspect in connection with a rob-
bery and shootout at bery and shootout at a local bank the bandits was wounded by an off-duty King County policeman, occurred Friday at Capital Sav-
ings and Loan, 33535 Pacific Hwy. S., at about 3 ,30 p.m.
One suspect in the case, a Ren ton man who was found to have bullet wound in his right leg, is
already being held at King Coun ty Jail.
Capt. James o'Brien, wh helped arrest the suspect, said that Officer Joseph W. Purcel business and was inside when a man wearing a white stocking ap walked in with two pillow cases.
The
wearing wearing the cap pulled over his
face and told the tellers to "fill up" the pillow cases.
As the robber ran to meet an the vehicle had pulled up in front
of the bank - Purcell drew his 9 mm automatic and shouted,
"BUT THE GUY in the car," said O'Brien, "pulled a $: 3$
magnum and fired at Purcell." magnum and fired at Purcell."
In the ensuing exchange shots - the officer apparently fired four times and the driver of the getaway
ber was hit.
But the two outlaws managed
to roar away, smashing one parked car before they left the bank's parking area.
O'Brien
O'Brien said he found the
getaway car parked a few blocks getaway car parked a few block
away, near a local restaurant. "You just know when they
drive right up to the bank like rive right up to the bank
that, they've got another hat, they've got another
parked within five blocks,"
said.

The getaway car had been
stolen earlier in the day from
SeaTac Mall, o'Brien said, and SeaTac Mall, O'Brien said, and
belongs to an employee of one of the mall's stores.
But the police got lucky - for two citizens who were nearby
when the robbers switched cars noted what was happening and
thought it looked suspicious. They
also noted the license number of also noted the li
the second car.
POLICE RAN the number

## through their computers, and later, OBrien, Detective Bob

 Lamoria and Officer Mark Shaw the car's owner. Early on Saturday afternoonthe suspect left with a young
woman and drove her to Federal Wayan with the three her officeres tail
ing him in separate vehicles. "We got him at the intersection
of 26 th Avenue Southwest and Southwest and Southwest 339th Street," O'Brien said.
The bullet wound in the man's leg was discovered after he wa
taken to 3rd Precinct head
quarters in Kent. The suspec was subsequen
local hospital
O'Brien said the last time he
was personally involved in mak
ing an arrest - he's the
precinct's commander - wa about two years ago,
stationed in Burien
"I don't get out on the street
that much
that much anymore, "he said. The captain also said he intends
to submit the names of the two to submit the names of the two
citizens for commendations from Sheriff Lawrence Waldt.
Names of the two citizens however, were no
police on Monday.
police on Monday.
the jail pending arraignment Names of suspects in felony cases are not disclosed until the ar
raignment, the first step in a for mal legal proceedure, is com
pleted.


Bob Monarch

## Oil man blames

## OPEC, government

| by Nathalie Weber | panies of necessary profits to in- |
| :--- | :--- |
| The finger was pointed at the | vest in new energy resources, he |
| Organization of Petroleum Ex- |  |
| porting Countries (OPEC) Man- |  |
| said. |  |
| day |  |
| day |  |

Monarch explained that during

$\qquad$
$\qquad$ for fuel is increasing," he said, vehicles are being driven in the U.S. this year than in 1973. He
also said the types of crude oil us ed for refining create a larger
burden on the refineries than other currently unavailable of refined fuel.
"We are an energy-poor country and the concept is to con-
serve," he said. "We now consume 10 percent of the crude oil
when we only have eight percent
$\qquad$
$\qquad$
$\qquad$ tion by 25 percent, that would equal $\$ 4$ billion a year we'd keep
out of the treasury of the OPEC
carte."

## Sweanne





 smoke
pecee!
For years I have endured the pain of being a non-
smoker. Most of 'my life I have pretended that smoke in my eyes didn't hurt, that the burning smell of tobacco
was really very pleasant, was really very pleasant,
and "no, I don't mind if you and "no,
smoke."
More
More than half of the girls More than half of the girls
in my high school senior
class were smokers. It was class were smokers. It was
the thing to do, at that age. All of the girls who were anybody at all, I'd tell my
mother, smoked cigarettes. Who cared if the smoke would cling to the cashmere sweaters we wore in those
days. Only one really popular girl chose not to make. her teeth look funny and she planned on being a movie star I didn't make it as a
smoker Smoker.
My best friend Maggie was a smoker. She smoked Chesterfields and Lucky were the kinds her parents
smoked. She couldn't afford to buy her own
Maggie would light her cigarette just the way the
movie stars did, and she'd take a deep breath, sucking on the cigarette until a circle of burning tobacco would edge the white paper tube. She'd open her mouth just a smoke and I could see the blue smoke curling around in her
mouth and then a stream of mouth and then a stream of
blue haze would come out of blue haze would
her flared nostrils.

## sight.

When we were alone, Maggie would try to teach me did But erther way she did. But either I'd get the cigarette too wet, "You dummy", or I'd let it go it, or I'd drop it when I began to choke after taking a "drag." I was good at holding a cigarette, though. At parties 1 would sit around holding my cigarette in my fingers just like the rest of the girls.
I got away with that for a long time but finally one of the real smokers in the crowd commented about it. From then on all eyes were
on me.
If I tried to light up everbody would look at me, I'd
choke, they'd laugh and I was

Federal Way's drive toward professionally prepared poll
cityhood may be in danger of that was put together in 1978. dying - apparently from lack The poll, by the way, was $\begin{array}{ll}\text { of interest. } & \text { not commissioned by in in } \\ \text { Copies of an incorporation corporation advocates. It was }\end{array}$ petition, 25,000 in all, were done for the Federal Way
delivered to the community's Home Rule Committee, households by the NEWS now-inactive group of local more than two weeks ago. To citizens who spent a lot of time
date, only 375, or exactly 1.5 studying governmental alterpercent, have been signed and That's a pretty shoddy
showing for a community in which 65 percent of the
residents indicated they're fed up with being governed by blundering King County
bureaucrats. It's even shoddier when you local residents have been
complaining loudly and bitterly about county misrule for at
least five years. least five years.
But the most damning part of it is that for once in their
lives, 25,000 households were handed a unique opportunity to shape their own political futures - and only 375
bothered to respond. We don't think its because here; that 65 percent figure
we cited above came from

## Closures were painful

## tions have dominated th

 agendas at Highline Schoo Board meetings for the last several months. With itsdecision last week to close three more schools, the phase of a five-year closure plan drawn up by the administration.
the number action brought schools closed over the last few years or scheduled to be have been or will be reopenThe board has indicated
that it will not vote on any that it will not vote on any
further closures until after further closures until after
school starts in the fall. year plan with the actual
decisions of the school board shows a willingness on the part of the district to ac-
commodate public criticism - up to a point

That point never included not voting to close a school down and there never seemed to be too much debate between board members about Where the board and administration shined was in repeatedly modifying
elements of their plan in

## izens a

 public meetings Two major changes were made in regard to the reassignment of students in-volved in the closing of olympic Junior High and Glacier High School.

In addition, the plan was shuffled to allow for more
uniform implementation of uniform implementation of
grade level changes in 1980${ }^{81 .}$ Community meetings wer proposed for closure. These meetings were run profes-
sionally and competently by district administrators, who carefully avoided the pitfall
of sounding too defensive when the plan they drew up was criticized.
And the public also kept its cool, arguing with more logic and less emotion than had been
years.
But the bottom line still remains that closing schools is a painful process that leaves nobody happy, especially those people who must watch the doors close for good on
their neighborhood school. At least in Highline, the process was not as painful as it might have been if left in it might have been i
less sensitive hands.

## Ann Hagen <br> E:

Have you ever noticed how togetherness as in crammed in a
trailer, tent, or small cottage can change personalities? We recently tripped to Sun
Lakes in Eastern Washington Lakes in Eastern Washington
and rented a tiny cabin near the water that was designed to sleep
five.
Planning, also, to take a
camper that was at the lastmoment struck with brake fever and left home, we allowed the kids to brings friends.
The days were
The days were no problem,
everyone was outside doing their thing such as fishing, boating, riding bicycles or sun bathing.
But, the nights...When you
have seven people lined up, have seven people lined up, and impromptu cots, you're
bound to end up with some funny bound to end
situations.
You can count on zero privacy for one thing. I got my first inkling of that when I nonchalantly
disappeared into the adjoining disappeared into the adjoining
bathroom to change to my nightgown.
Coming out, expecting to
sneak into bed with sneak into bed with one giant clapping hands and all eyes glued to my modest but semisheer appearance. "Knock that
off," I off," I screamed scrambling
under the cover, face as flushed as a first night nude stripper. Under normal conditions, nobody would have noticed. That event marked the begin-
ning of my revenge that lasted the next five nights.
miserable
Finally, my dad came to my dad did not want me to that he would beat the tar out of me if he caught me smok true) As I grew older, many of
the women and most of the the women and most of the
men I knew were active smokers. Smelly rooms clothes and breath wer common. Everbody owned more than one ash tray and just about every household had a cigarete burn in at least one piece of furn
People gave each othe gold cigarette cases and buy ing gifts required less im agination because you could always give a "carton o Ihated liv
But smokers were people who were "with it." They owned all the Glenn Mille records. Good clean heroes promoted cigarettes. You were more beautiful smarter with a obviously your mouth.
But I was ashamed that cigarettes did not tempt me They didn't taste good and I wouldn't have stepped into the other room for one. The me cough, and clouded up windows. Full ashtrays were always being knocked over and empty ashtrays seemed to disappear.
When we'd go for a drive
and everybody ""lit and everybody "lit

Perry Como, and Bob Hope pushed cigarettes. things to men in the service veterans in hospitals and year supplies to lucky winlmost un-American and alone.
Now, after all these years, cigarettes. Many others cigarettes. Many others
have declared themselves to be non-smokers, non
cigarette lovers. Non smokers have come out of the closet.
It is now moke.
shome homes do not have homeowners demand that smokers get their "fix" outside the home.
Non-smokers are being generous, however. They are poking fun at their ability to nhale, or do they suggest hat they are inferio because they continue to smoke. No, non-smokers ar a kind lot. They are presentareas in public places fo those whose rights must be
protected.
We suggest that the areas once used to accomodate the non-smokers in planes, places be returned to the places be returned to the easily identified. They are the windowless rooms, those spaces back in the corner away from the stage, by the kitchen door, or there, two rights.


If you didn't know better you'd swear you were surtound eleision personalities. "Did you know this is the firs ime these old bones have bee rce ldest son, voice croakin said eldest son, McCoy from the televised rerun "The Real Mc Coys."
"YOU'D BETTER GET used to it because there's more to
come," said younger son doing come," said younger son doing
his perfectly enunciated but his perfectly enunciated
clipped version of sports anclipped versin Cody.
nouncer Wayne
"That's what you think," "That's what you think, retorted James sew
from the floor. "You get this be

## Federal Way News Tes Moines News

Damage proves helpful Editor:
On S
On Saturday, June 30, my son cleaning and getting our church ready for the Sunday worship. broke into the church and discharged the fire extinguishers throughout the sanctuary and ad-
joining rooms, as well as oining rooms, as well as stealing
the public address system. This left a film of mist over the entir first level and no sound system. At first glance on Sunday morn
ing we were quite shocked ing we were quite shocked and
taken back a little. However, our
pastor had us move to the original
building (it was not vandalized) and although very small and bit Sunday services there
The fellowship we experience was super and we intend to grow from this little inconvenience During the services we offered
prayers to the vandals. We wish you to know that God loves you and so do we, for helping to bring us closer as a church

Dick Mayer


New electricity delayed

## Population boom straining local power supply

Next winter we could all be sit-
ting in the dark. No lights. No heat. No electricity. Unless we learn to conserve now.
That's the energy picture for South King County, according to
Puget Power President John Ellis, but the situation may not be as grave as to leave us in the dark outs" or "blackouts," a condition wherein power is so scant that areas are mandated by the power for a while.
"I see the threat of brownouts
as very real," Ellis said in a re cent interview. "It takes 12 years
to bring a new generating plant on line and we just won't have the power for a while.
The problem is simple. Take a predicted numbers of users to the area supplies, and the supply is
going to come up short. That's what happened to Puget Power. Last winter that company energy consumption, a peak it had not expected to gain until 1981. The demand was there. The

Until then
power was drained ThEORETICALLY, ELLIS much energy can be produced.
But the forms But the forms of generating that
"I see the threat of brownouts as very real," Ellis said. "It takes 12 years to bring a new generating plant on line and we just won't have the power for a while."
$\qquad$


While merely the mention of nuclear power conjures up vit
sions of danger for many, coal fired generation also is a subject of controversy. Coal-fired ther
on, there's no new generation,"
he said. The power supply also he said. The power supply also is
a problem in other parts of the Puget Power service area, but Federal Way may be particularly difficult to serve beca
unprecedented growth.

IN ADDITION to the tight power supply, Federal Way could possibly be victim to an inade-
quate distribution system. "This last year we were barely able to keep up with the need for wires and transformers. Hooking up Federal Way might have some that there always are "weak pieces" in any rapidly-growing area. What that could mean for
area customers is that they may area customers is that they may
experience outages due to substation problems as well as power supply.
"If we have big peaks, we can burn out the transformers," Ellis outages." is the responsibility of Puget Power, Ellis said the only way the region will make it through the
next five years with adequate power is to conserve.
"People have to understand there is not enough power for the demand now," he said. "We realwe're going to ameliorate this situation over the next few years."
THE PUBLIC also can expect that while supplies are decreas-
ing, the cost of power will probably increase more than the rate of inflation. Prices will go up,
Ellis said, because the energy sources are more expensive than hydroelectricity, the previous


Still, that hydroelectricgenerating base will keep Puget states' rates about half as expensive as those in Eastern states, he said. Part of that rate in-crease-about two percent-will
cover what is known as "construction work in progress," the cost that allows more generating plants to be built.
Ellis said that extra cost is


John Ellis
justifiable despite objections
harder
from the public that it should not
be asked to fund projects from
said.
harder for us to get loans," Ellis
said. which they don't benefit now. "In terms of impact on the rate payer, CWIP is a small part, but in terms of making it possible to part," Ellis said.
in the face of diminishing may be comfort in that many of the surrounding power regions also are in the same situation.
Power is needed, but construction is delayed.
Ellis said that in addition to conserving, the public has to be heard. "The public has to get up
on its hind legs and tell those in politics that it wants more energy. Until we get more public support, we can't get the job
done. We have to have new done. We have to have new
sources and we need them now."

A slow power-building process

| ${ }_{\text {PROCATION }}$ | OWER RESOURCES UNDER CONSTRUCTION OR PLANNED |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  | ESTIMATED |  |  | ESTIMATED | COMPANY'S OWNERSHIP SHARE |
|  |  | CAPACITY | ENERGY |  |  |
|  | UNIT | (MEGA- | SOURCE | OPERA- |  |
|  | Colstrip NO. WATTS) (FUEL) TION |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Montana |  | 200 |  |  |  |
|  |  |  | Coal | 1983 | 25 |
| Pebble SpringArlington, |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Oregon.. |  | 1,260 | Nuclear | 1987 | 20 |
| Rock Island $\quad 1200$ |  |  |  |  |  |
| Rock Island,Washington...........1-8 |  |  |  |  |  |
| $\underset{\text { Washit }}{\text { Waghton. }}$ | .1-8 | 410 | Hydro | 1978-79 |  |
| Skagit |  |  |  |  |  |
| Washington.. |  | 1,288 | Nuclear | 1986 | 40 |
| WPPSS No. 3 Nuclear 1988 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| Satsop, |  |  |  |  |  |
|  |  |  |  |  |  |
| Utility District, the owner of the project. Puget Power will receive under a power contract 100 of the out- |  |  |  |  |  |

Burglars strike 14 homes on weekend
Fourteen residential
burglaries, three commercial
burglaries and eight larcenies
were reported in Federal Way
Friday and during the weekend,
King County Police records show-
ed Monday.
But only two of the incidents,
both of them burglaries, involved
losses of $\$ 500$ or above. Both oc-
curred at local residences.
In one, at a South 288th Street
address, stereo and tape recor-
ding equipment worth a total of
$\$ 1,100$ was taken sometime Satur-
day night.
Similar items were taken in the
other burglary, at a 23rd Avenue
Southwest residence. The loss
there amounted to about $\$ 700$.
VANDALS SMASHED seven
windows at Lake Grove Elemen-
tary School Saturday night,
police said. The Ioss was
estimated at about $\$ 200$.
No other incidents of vandalism
were reported, leading officers
speculate hopefully that the out
Two robbed at FW eatery A Pacific Highway South
estaurant, its manaqer and one restaurant, its manaqer and one
of its patrons were robbed early
Saturday morning by Saturday morning by two well-
dressed men, one of whom brandished a small automatic, King
County Police reported. The robbers walked into the restaurant and ordered the two victims to stand in a corner while they cleaned out the till. Then
they ordered the manager and the patron to clean out their the patr
pockets.
An undisclosed amount of cash
was taken in the was taken in the incident, police
said.

Experts on 'How To' programs at Doces several experts in including glycerining for The Robinson gram will be repeated complimentary and Piquette, 575-6500
their fields will share branches and newspapers.

Summer classes planned at YWCA

| gistration is now in | cise" will work on complete body and | Other exercis |
| :---: | :---: | :---: |
| ocess at the East | muscle use, toning | classes include exer- |
| alley YWCA in Ren- | and strength to at | cise and jog, yoga, |
| n, with classes for | overall agility an |  |
| erests. Classe | fitness. It will | dance and sin |
| begin the week of July | from 7 |  |
|  | Monday and Wedne | A |
| Raquetball |  |  |
| ginners" meets | Bicycle Tou | at noon will |
| ween 1:30 and 3:30 | 11 tbke several | cover the |
| m. Monday and | hour trips to scenic | interest topics: high |
| Wednesday in both Ju- | ar |  |
| and August | und Renton. |  |
|  | a lunch and ride fro |  |
| Women's Exe | 10:30 a.m. to 12:3 |  |



## YWCA announces youth activities

East Valley YWCA activities for youth of all ages this summer. Young people can
learn new skills in the performing arts, career exploration,
$1 \mathrm{a} n \mathrm{~g}$ a a photography, exer-
cise, dance and door recreation. eir Arts" to program for 12 -year-olds
w il prem clisses, "Creative
Movement and Dramatics." which will explore body movement aim-
ed at developing flexibility, coordination
balance and imaginative motion, will meet from noon to four weeks, beginning July 9 .
Dramatics will include exercise in
movement and verbal improvisation, mime technique, storytell-
ing and developing ing and in a ryy
characters. Classes characters. Classes
will be held from $1: 30$ to 3p.m. Mondays and
Wednesdays. A special "Beyond
the Classroom" pro-


Emily Hill Hill elected Emily Hill has been elected a national of-
ficer of the Young ficer of the Young
Republican National Federation at the organization's convention held in Orian-
do, Fla. recently.
Ms. Hill, who will be Ms. Hill, who will be serving as assistant
secretary for a twosecretary for a two-

year term, joins seven other national officers in serving the ed organizatioh. She is member of the Republican Young tion and has served as district director of the state organization. dent of the Silver Sound Toastmistress at W , is employed Company in the firmer public affairs departTo our valued | To off wines |
| :--- |
| Pegyless | Of the 150 items

 circular, the
following 1 item following 1 items
have not yet arrived:

 from 6 to $7: 30$ p.m. on
T u e s d a y s, a $d$
elementary German
from 9:3 to 11 a.m.
will use songs, films,
games, stories and


Payless


## OSANYO CARQ



| (b) HITACHI | Aidland | -sanyo |
| :---: | :---: | :---: |
|  |  |  |
| \% Solid State <br> EMOTE | PORTABLE | $100 \%$ Solid State PORTABLE |
| COLOR TV | TELEVISION | TELEVISION |
|  |  | 为 |
| andem | Lumas mid |  |
|  | $19100$ | $\neq 7000$ |


|  | Sanyo AMIFM <br> STEREO SYSTEM |
| :---: | :---: |
| 1111 |  |
| -ctectu |  |



COMPACT STEREO SYSTEMS



Show features magicians MOUNT RAINIER student Jeff Hollibaugh took lst place in closeup
magic at the Annual Junior Magic Show last Sunday. He and fellow Mount Rainier High School student Brad Notman were among the many competitors in the show held at the Harvey Long Magic
Theatre. The youths will travel to San Francisco in July to ticipate in the PCAM convention for professional and junior magicians. Persons interested in learning magicwho are between the ages of ten and 18 may call Harvey Long at $525-7648$.

Lessons available
A Wilson High 13 from 9:30-10:30 levels, a later class
School Spanish in- a.m. structor will give
lessons to first, second
and third graders in size is limited. If there
the yard of a Brown's is sufficient interest registration, call 927 the yard of a Brown's is sufficient interest regist
Point resident July 9- for children in upper 0322.




Texas Instruments Buy Now Before Prices Go Up! Texas Instruments


 now 89.95
atures Include:
Now Hooting odd/modelswith
Automatic constont.


Mt. Rainier Discourt: Sales


Lowry to meet with residents Rep. Mike Lowry District Democrat and at the Des Moines meetings. A meeting
will conduct two com- will field questions City Hall from $2: 30$ is also scheduled for
mull munity meetings from persons atten- p.m. to $4: 30$ p.m. tomorrow night at 7 $\begin{aligned} & \text { Saturday in the ding the sessions at A Lowry staff assis- o'clock at the } \\ & \text { Highline area. }\end{aligned} \begin{aligned} & \text { the Burien Library, tant will attend the Southwest Communi- } \\ & \text { 14700 Sixth Ave SW, meetings to assist in ty Center } 2801 \text { SW }\end{aligned}$ $\begin{array}{ll}\text { Highline area. the Burien Library, } \\ & 14700 \text { Sixth Ave. SW., }\end{array}$ OBituary Ann C. 'Connie' Cole Ann C. (Connie)
Cole, 50 , of 1201300 Federal Way, and a
sister, Norma Jungk Place S.W. died of Detroit Lakes,
Thursday, June 28, at Min Thursday, June 28, at Minn.
her home. She was $\begin{gathered}\text { Memorial services } \\ \text { born in Lisbon, N. D. were held July } 3 \text { at } 11\end{gathered}$ born in Lisbon, N. D. were held July 3 at 11
and was a counselor
for Shared Health Ser. m . in Calvary for Shared Health Ser- Lutheran Church,
vices in Sumner. She with Rev. Norman
was a member of was a member of Nelson officiating.
Calvary Lutheran Burial was in Mt. Church and had lived View Cemetery,
in Federal Way since Auburn, under the 1970.
Survivors include Fection of Dryer's
Fay Morthree sons, Bill Cole of tuary. Memorials to
the US Marine Corps, the Steve and David Steve Cole with the Cole Educational
National Forest Ser- Trust Fund in care of National Forest Ser- Trust Fund in care of
vice in Wyoming, and People's National David of the home; a Bank, Federal Way
brother, Will Nelson branch.

t:30 p.m. | Normandy Park |
| :---: | 242-6608



# Sears SURPLUS STORE <br> We sell first quality and discontinued <br> "Was" prices quoted are the regular prices at which 

merchandise from Sears Retail and Catalog Distribution. the items were formerly offered by Catalog or in many Sears Retail stores around the country.


Lowry, Dicks praise decision
Continued from A1 Continued from $\begin{array}{lll}\text { stare forse in Tacoma set the } & \begin{array}{l}\text { opinion Mond } \\ \text { will probably }\end{array} \\ \text { sle in and out of the courts strug- }\end{array}$ he ruling and the subsequent cutback by the state in commercial Jim Heckman, Executive Director of the Northwest Indian

Kent workshops now scheduled
 Arts Involvement Carolyn Cavalier, worsition will be held Vrom the Factory of by Frances Van Aalst. will demonstrate and on landscape com-
lecture on how to take position in any media, good slides on July 7 such as oils, waterfrom $9: 30$ a.m. to 4 colors, acrylics, and
charcoal. Classes will
p.m.
Participants will meet on location from $\begin{array}{lll}\text { ake a field trip in } & 10 \text { a.m. to } & 3 \text { p.m. } \\ \text { order to practice new } & \text { Workshop } & \text { ane }\end{array}$ order to practice new Workshop one is
skills. Class begins at the workshop two for July
Kent Library at South Fourth. Those August 9 ; and quired to bring a camera, a roll of slide FOR THE WRITER available) and a sack instructor for an lunch.
 demonstration of four Can Write" "Anyone kite styles will be of- on July 20. They will on July 8 from $1-5 \mathrm{p} . \mathrm{m}$. A "Creating your PerPark, 850 N Central. $\quad$ will be held on July 29 Each person will from $10 \mathrm{a} . \mathrm{m}$. to 4 p.m. to design and fly their $\begin{gathered}\text { In addition, } \mathrm{Kal} \\ \text { Evenson will be offer- }\end{gathered}$ will be provided.
 must be accompanied building II, held on Juticipants are par- ly 21 and 28 from noon wear painting clothes and to bring
kite string.
lovers, therewill be an August 11 and 18 from apple-head doll mak- noon to 4 p.m. and will consecutive nights, marbelizing and wax


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new interest -save.

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## Travel is Sue's business

An organized travel business
dynamo, dynamo, Sue Carter has her
finger on the pulse of the trade. A travel consultant instructor
at Clover Park Vocational at Clover Park. Vocational
Technical Institute for the past four years, she says it's part of her business to keep current and
know what's going on. know what's going on.
Right now, she said the air lines
are going through a deregulation are going through a deregulation
process that is keeping travellers on their toes trying to decipher the different fares.
Airlines, in competition for the first time since the Civil
Aeronautics Board (CAB) gave up total control, are offering all kinds of varied programs to induce travelers to take their
flights. flights. Though some rates are
decidedly cheaper, there may be hitches that could cost more in the long run. "The traveler
should look at the value not should look at the value, not the
price," said the pert 30 -year-old price, said the pert
who was raised in Fife. "The better the fare, the more the restrictions," she said referring to the stay is several days longer than may be desired. "By the time you add two extra days of lodging,
food, and trasportation food, and trasportation, you've
surpassed your savings."

Additional restrictions include mind. It's the lack of flexibility. traveling on particular days, get- There are often problems with
ting reservations a week to a late flights, diverted luggage or month in advance, making a par- hotels. ticular number of stops, and
ing restricted to a particular roll with the punches, People ing restric Deregulation is also affecting a
change in the type of person able change in the type of person able
to travel and the volume of travelers, she said. IT'S NO LONGER the case
where only the rich fly. Because where only the rich fly. Because
of the special deals, the average take his family. Besides, with the gas crunch, it's cheaper to take a plane than worry about the price
and hassel of gas. and hassel of gas.
once people have traveled by air, they go again. It's opened air travel to those who've never
traveled before," Ms. Carter said.
The
The devaluation of the dollar is like Alaska, Hawaii, Mexico and Canada are now more attractive the airfares once were. In Europe, the costs are phenomenal. In the U.S., the dollar still buys the most," she said.
What's the
with novice travelers? There's doubt about it in Ms. Carter's



Grace Lutheran scene of wedding

Support group set for battered women

##  <br> Ventriloquist on <br> SSCW program

##  <br>  <br> SID needs volunteers



Club at 11:59 a.m. at
tor reservations
the Doubletree Inn in
Southcenter.
 Linda Curnow is honored at WWSU Linda A. Curnow,
daughter of Mr. and Mrs. James Curnow
of 30202 23rd Ave. .W.
was honored as the was honored as the
outstanding graduate
 University's com-
puter science department at a pre-
commencement
breakfast on June 15. Linda is a 1975
graduate of Decatur High School and Highline College in Students attending
the chosen by faculty

portunity for women
who oface battering to
come Delta Rho talk overether ther pro-
blems. It will suggest
car wash
 available. will also be Those who want


## TAKE THE REAL

Credit Women meeting July 9

Just moved in?
I can help you out.


 Herome Ityon


SAVE $30{ }^{6}$, BIG BARN
WISCONSIN SHARP CHEDDAR CHEESE.
 DISCOUNT ON CUSTOM WOVEN WOODS FACTORY DIRECT SAVINGS!

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$30 \%$ COMPARE OUR QUALITY \& PRICES


## VASONA SHADECO.

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Campaign emphasizes bike safety for kids "School is out and campaign, said this
the kids are on vaca- week.
tion, but statistics
continue to show there The two-month continue to show there The two-month
is no vacation from summer driving and accidents," John G. safety program is be-
Fazio, president of ing sponsored by local Fazio, president of ing sponsored by local
National Automotive Car Care Man parts
Warehouse in Tacoma stores where free Warehouse in racoma stores where free the "'Care About "Care About Kids
Kids" bicycle safety Bicycle Safety Color-


Linda Mamala, president of Delta Rho chapter of Epsilon Sigma Alpha, and Leslee
Rasmussen hold the plaque the chapter
received recently received recently from the March of Dimes
for volunteer services and support of the for volunteer
organization.

| Book" can be secured | Fife National Auto |
| :--- | :--- |
| while supplies last. | Parts, 5219 Pacific |
| Participating stores | Highway E., and |
| in this area include: Auburn National Auto |  |
| Federal Way Na- | Parts in Auburn. |
| tional, 33210 Pacific | Younsters can also |
| Highway S., Midway | take part in a bicycle |
| National, 23419 | safety coloring con- |
| P.O.expansion? |  |

Now is the time for The undersized and all good women to flimsy pieces are be
come to the aid of the ing banned because post office - by getting they can become trap-
rid of, or using up, any ped in other rid of, or using up, any ped in other mail,
small and undersized tear,or jam mail pro small and undersized tear,or jam mail pro-
envelopes they have cessing machinery on hand. Deadline for As a result, the postal
use of the "dinkies" is
Jervice says, othr letJuly 15, according to ters can also be
James J. Symbol, damaged.
Seattle postmaster Seattle postmaster. $\begin{gathered}\text { The new standards } \\ \text { After that date, the also affect oversized } \\ \text { new rules say, any }\end{gathered}$ and odd-shaped pieces After that date, the also affect oversized
new rules say, any and odd-shaped pieces
cards or envelopes of mail. For first-class cards or envelopes of mail. For first-class
measuring less than mail weigh one ounce measuring less than mail weigh one ounce
three and one-half in- or less, or third-class ches high or five in- mail of less than two
ches long will be ounces, there will be a ches long will be ounces, there will be a
returned to the surcharge of seven sender. However, if cents for pieces more you still have smaller than six and one-eight envelopes and cards inches high or 11 and in your stationery sup-
ply, you can use them inches long.
The confused can after July 15 by put- get more information larger envelopes. local post offices. And get out the
micrometers - the new regulations also in- Federal Way Family clude flimsy cards - and Child Service (7 cards will have to be 10 to Aug. 14 ,
at least seven- Tuesdays, $10 \mathrm{a} . \mathrm{m}$. to at least seven- Tuesdays, 10 a.m. to
thousandths (.007) of noon) Support group thousandths (.007) of
an inch thick (official
for batered women
postal cards are nine$\begin{array}{lll}\begin{array}{ll}\text { postal cards are nine- } & \text { Multi-Service Center, } \\ \text { thousandths of an inch } & \text { 2450 Starlake Road in } \\ \text { thick } & \end{array} & \text { Federal Way }\end{array}$ tho
 test and win several
prizes, including
bicycles,
 bicycles. A four-page se cond prity bicycles;
insert in the center of assorted prize
50 the book contains the cessory bicycle accontest rules.
Children
and third prize, 50 $\begin{aligned} \text { Children, ages } 5 \text { to } 6 & \text { selections of Western } \\ \text { and } 7 \text { to } 8 \text {, will be judg- } & \text { Publishing Co. books. }\end{aligned}$ ed on coloring a bicy- The contest closes cle and automobile
 children ages 9 to 10, Kids" book features
11 to 12 and 13 to 14 are bike safety rules, asked to draw a picture of what bicycle
safety means to them, color it means then write history and a poem sentence of 15 words it is copyrighted by

Terence $\boldsymbol{H}_{\text {. }}$ Oates Attorney At Law 33720 9th Ave. S. Federal Way 952-3510

# KING VAN \& STORAGE federal way 




SEWING CLASSES: RETAIL STORES: Jeans Seminar July 24, 31 Aug. 7

We will be open July 4 from 10AM to 6 PM

Federal Way-rexsispafictomy. so $_{0}$ Bellevue-ravineth.s. Redmond-rywne. 24 m . Kent-Easthilshoppingecenter Puyallup - minerionn Seattle-rzaz latecivwanve Tacoma-wnbitisenentlyy Tacoma-sixparatich che


Franklin－Lloyd

Longley－Parker rites at Steel Lake
A summer garden
theme was created in
 Presbyterian Chure
when Laura organdy over green
Lucile matin matching
green picture hats when Laura Lucile green picture hats．
Longley walked Their flowers were through an ivy－twined arch to become the
bride of Kent Parker Franklin will become Western Baptist Col－ the bride of Daniel lege．He is now work－
Scott Lloyd in a rose ing in Alaska before garden wedding July going to Biola to study were Mary Sweeney 14 in Tacoma．
The bride－to－be ing，He is the son of Genevieve Longley graduated from Margaret and Jim Dawna Worthington
Peninsula High School Lloyd of Federal Way．and and from nursing
school at Biola Col－
lege in lege in Los Angeles． missionary in Taiwan and is currently a nurse at Anaheim
Community Hospital Her parents are Joan and Dan Fr．
Gig Harbor． Her fiance attended

## Woodwinds

 appearing at library
## THE

## FRUIT TREE

Walla Walla 25\＃\＄6．50 ．．．Per Lb． $29^{\text {¢ }}$ Sweet Onions medium 25\＃\＄5．75 $\quad \mathbf{4}$ for $\$ 1.00$ Fresh Figs Limited Supply ．．．．．．．．．．．．．．．．．．．．．．．．．．．． $79^{\text {e }}$ Fresh Okra Green Beans Large Peaches ． $98^{\text {c }}$

Large Peaches．
Lb． $59^{〔}$
$59^{〔}$
The woodwin Quintet of the Air
Force Band of the
Pacific Northwest will Pacific Northwest will
present a free concert at $7: 30$ p．m．Tuesday，
July 10 ，at the Federal Way Library， 848 S ． 320 th St ．

## The quintet，which

 is stationed at Mc－Chord Air Force Base， will perform a variet
of classical works．

## Cauliflower

Bing Cherries By the Box $56^{\circ}$ Lb
3 Heads 100

Bing Cherries ．．By the Box $56^{\text {Lb } . . . . . . . . . . . . . ~} 59^{\circ}$
Tomatoes Lg．Salad Size …．．．．．．．．．．．．．． $49^{\mathrm{c}}$ Radish or Green Onion ．．．．．．．．．． 5 Bunch $\$ 1.00$
Uuscivoncano 3
9：30－7：00


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lome one of these $e$ it
There＇s another reason to smile，too．Prudential Bank pays the highest possible interest on regular savings，and 1 to
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free 27－page catalog of Sundance heal th－- －are products．With it，
 goods at considerable savings．And another way we help
We hope you＇ll take advantage of our offer，and take a Iree giff like a General Electric Steam＇n Dry Iron or Sunbeam
AlarmClock．You＇l smile all the way home，too，knowing your git was free with a deposit at Prudential Bank． only．（Limit one gifft per fanily while suoply basts）
Stough uly 14 Substantial penaly tor early withdrawal．


Library series to continue
Federal Way July 11 ． Library will present Bruce Bowersox ties Uniotn will
discuss＂Children in of＂Families Facing from the Seattle Change＂，program at chapter of the People of all ages

Valley arts club plans Plaza show
Kent Valley Artists The show will be chants Association．
Club will hold an art judged by Bill Harris．A free drawing wil
Club will hold an art judged by Bill Harris．A free drawing will show in the Parkway Prizes will be con－be held for a painting
Plaza，one mile south trbuted by the by Doris Hansen，club 7 of Southcenter，July 6 ，
Bulb sale mail order canceled

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| STRETCH 60 |
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All new！Rich colors in $50 \%$
polyester， $50 \%$ cotton．Stretchy，
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TERRY（6） SUEDE

> Pretty, bright colors in $70 \%$ arnel, $30 \%$ nylon. $60^{\prime \prime \prime}$ wide
${ }_{\text {民®g }} 3.55 \mathrm{yd}$
seatac Yiflage
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FASHIONS
839－3550
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Extra Large beefsteak． ．．．．．．．49 ${ }^{\circ}$ Lв． MUSHROOMS LETTUCE PEACHES PINEAPPLE EET RIPE
 CANTALOUPE sweet jumbo $^{\text {a }}$

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## Federal Way students are college graduates

 Seattle University Hospital in Seattle. Seattie University
Michelle
sor, Hob-
son, daughter of Mr. son, daughter of Mr. Maureen Vaughn,
and Mrs. Joseph Hob- daughter of Corrinne
 graduated recently
from Seattle Universi- ed her B.S. in ty's school of nursing. chemistry during reed in the Federal Way exercises in the Seatarea since 1866 and is tle Opera House. an honor graduate of Miss Vaughn was She is presently receiving bachelor's employed at U.S. degrees.
playwrights invited to submit scripts Scripts are being ac- Theatre at Pacific
cepted for four staged Lutheran University readings and post-play Hamida Bosmajian
discussions to be held Associate Professor o at the Intiman Theater English at Seattle Co. this summer. The University; Anthony
events will be funded Cornish, Director of by a $\$ 3,850$ grant from ther Landon Theatr
the Washington Com- Program at wuft mission for the University; Paul the University of Entitled Now Patin, Prof the Universi nual commen's 91 st anOnstage, the series ty of Washington; and
will take place at 8 Otis p.m. at the 2nd Stage of History Professo Union in downtown Washington
Seattle on dial Seattle on July 23, Aug. The series will focus
20, Sept. 17 and Oct. 15. on new literature for Reservations are not the theater. Scripts needed, and each submitted for con eventic. In addition to Box 4246, Seattle
members of the In- Wash. 98104 Sutbe timan acting com- wash. 98104. Submis must include pany, post-play stamped, self panelists will include addressed envelope fo Associate Professor of or printed material.
Engagement announced The engagement of from Federal Way
Natalie Hurtado and High School in Natalie Hurtado and High School in 1975
John Bentley was an- and attended Nash nounced recently at a Beauty School. friend's birthday par- Her fiance, son of Chinese restaurant in
Friffith of 302al Way. The bride-elect, Ave. S., is a 1976 daughter of Mrs. graduate of Thomas 30th Ave. S and Adolfo Hurtado of Goleta, Galif., graduated ried July 14 . $\begin{array}{ll}\text { Overeaters } & \text { (each Thursday, } 7: 30 \\ \text { Anonymous (each } & \text { p.m.) Trinity } \\ \text { Monday }\end{array}$ $\begin{array}{lll}\text { Monday, } 12: 30 & \text { p.m.). } & \text { ed Church, } 3807 \mathrm{~S} \\ \text { King County }\end{array}$ $\begin{array}{lll}\text { Service Center, } & 2450 & 8047 \text {-3027 Sor additional } \\ \text { Star Lake Road; } & \text { information }\end{array}$

Two Federal Way
students wera students were among graduated in June
from The Evergree from The Evergreen
State College in com-
 ceremonies held on
the central campu plaza.
The local graduates are Adrienne MacDonald, a 1975 graduate of Decatur
High School and High School and
daughter of Mr. and Mrs. Robert Mac-
Donald of 30814 44th Ave. S.W., and Brent
Ray. a 1972 graduate Ray, a 1972 graduate
of Federal Way High School and son of Mr.
and Mrs. Bruce Ray of 3222427 th Ave. S.W Marie Pound ${ }_{4622}$ S.W. M1 Masek 4622 S.W. 319th Place
was one of
 f Constance L. Dauer $M$
from Milton received Nina 36th Ave. S.W.; Graduates from daughter of Mr. and ${ }^{\text {Federal }}$ School were Jeffrey S. $\begin{array}{lll}\text { Mrs. Herman Schuler } & \text { Barstow. } & \text { Juday } \\ \text { of } 700 \mathrm{~S} .376 \mathrm{th} & \text { St.; } & \text { Degeorge } \\ \text { Leslie }\end{array}$ Karen M.' Loomis, Erwin Deborah daughter of Mr. and Holtman Susan of 30426 Eighth Ave. Kornell Lisa M. ManS.; David A. Foote, dle, Donald S. Mar
son of Mr. and Mrs. Jay Foote of 30840 Sta cy R. Smith.
22nd Ave. S.; James Melinda Edwards D. Burman of 29611 Tate Egger, Steven A.
Eighth Ave. S.W.; Mahoney, Bill Emelia L.SWweeney of Smith and Dennis S. neth Prince of 2750 Brewer. S.W. 323rd St.; Anne. Hig h S c hool
Braneder of 117 S . graduates who receiv340th St; Kenneth D. ed degrees are Mary
Chovil of 32018 28th Ave. S.W., and Cheryl Gard Laureen L. B. Whitten of 1427
S.W. Gard, Laureen A A. Laura
L. S.W. 307th St.
Twenty-six students
Longley, Scott C. Mor-
rison from the Federal Way Tison Richard $E$. for degrees in Washington State Graduates from University's Class of Decatur were Jeffrey xercises. University's Class of W. Black and Sherry


Mayner stationed in Germany
Milton received Richard and Betty or are also with the Ar- Thomas Jefferson
B.A. in home Mayner of thany. economics, and Robb Way, was home for a ToPs Chapter 780 United Methodist
A. Hatley, a A. Hatley, a graduate few days on leave
of Fife High School, from the Army before
was a warded a being sent to Ger-
bachelor's degree in many. bachelor's degree in many. business administra- $\begin{gathered}\text { Pvt. Mayer took his } \\ \text { basic training and }\end{gathered}$
Military Northwest Nazarene Military Police train-
Officials of Nor- ing at Fort McClellan Officials of Nor- ing at Fort McClellan,
Nold thwest Nazarene Col- Ala. He graduated in
lege in Nampa, Idaho, the top 10 percent of lege in Nampa, Idaho, the top 10 percent of
have announced that his class and will be Larry Hooker, son of stationed with the 7th
Mr. and Mrs. Lon Army Corps HeadHooker of Federal quar Curps Head-
at aters, at
Way graduated this Heidelberg, Germany Way graduated this Heidelberg, Germany
month with a B.A. for the next two years. degree is business ad- $\begin{gathered}\mathrm{He} \text { will join his } \\ \text { ministration. }\end{gathered}$ sister, Shelley, and a

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[^0]

Couple married in candlelight rites



They're engaged
The engagement of Laura Marie Patricelli nounced by her parents, Mr. and Mrs Leonard M. Patricelli of 26618 Princeton Ave. The bride-elct graduated from Thomas
Jefferson High School in 1978. Her fiance son of Mr. and Mrs. Raymond R. Schmaltz of 29120 45th Ave. S., graduated from the same high school in 1977 and attended Green River
Community College. The couple will be marCommunity College. The couple will be mar-
ried Sept. 25 in St. Vincent de Paul Catholic Church.

|  |  |
| :---: | :---: |
|  | They're engaged <br>  nounced by her parents, Mr. and MrsLeonard M. Patricelli of 26618 Princeton Jefferson High School in 1978. Her fiance,son of Mr. and Mrs. Raymond R. Schmaltz of 29120 45th Ave. S., grahigh school in 1977 and and attended Green Riverried Sept. <br> Church. |



Mr. and Mrs. Roger Lauglin


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$\begin{aligned} & \text { No Foreign } \\ & \text { Film }\end{aligned}$
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marr

## Color Print Film

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 tended Highline Col-
lege. Her husband is lege. Her husband is a
1973 graduate of 1973 graduate of
Auburn High School.

## The newlyweds

 honeymooned in Kona, Hawaii and willbe at home in the be at home in the
Federal Way area. Special out-of-town guests who attended the ceremony were
the bride's grandme bride's grand-
mother, Mariie
chreiber frien Schreiber from Portland, Ore.; her grandfather, E. F.
Lighty from Santa Clara, Calif.; Her great-aunt,
Niederhaus from Niederhaus from
Portland; and aunt and uncle, Brad and Doris Lighty from San Jose, Calif., and
another uncle from Lighty.

SAVE UP TO 350 GAL. OF FROM PEL PER YEAR

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Due to error of omission we not appear in the ' 79 Yellow
Pages. See our ad in 178 Yellow

## IIIS

## B.8 Wedinestov, Jly 4, 1979 The New

 Hameister, first son of Steele of Onalaska, Ryan Patrick is the $\begin{array}{lll}\text { Hameister of } 30812 & \text { Denison } & \text { and the grandson of } \\ 16 \text { th Place S.W., was }\end{array}$ 1 and Rebecca Denison Nebr. and Mr. anof 34128 First Place S. Mrs. John Luth Keith weighed 9
June 21 in Highline nd Mrs. Walter ed 5 Angela weighandister of Seattle ounces and is the Stanley Halvorson of Stephanie, 3. $\begin{array}{ll}\text { Alan and Cynthia } & \begin{array}{l}\text { daughter of Mr. and } \\ \text { Mrs. Richard McMur- }\end{array}\end{array}$ Une 19 in Tacoma Cristelli Jason Frederick is Patrick and Diana

State garden clubs hold 46th convention Washington State Luncheon the next Battelle-North Clubs held its 46 th an- presidents and direc-
nual convention at the
tors and featured the officers were
installed at the Hanford House presentation of
Thunderbird in awards to honor clubs Richland with more anda program cher of the Sno
than 600 women, in- on"world Garden- qualmie District who cluding 10 represen- ing," At a second lan- is the new president
tatives of the Des cheon, judges, land- Mrs Carl Moines-Zenith club, cheape design critics Concord, N.H., was
sttending.
and instructors took the installing Local delegates in- part in a discussion The evening program
cluded Mr. Henry
Lyle, Mrs. Harry panel, and a program, was titled "The Meyers, Mrs. John an ecology film from Flower Arrange Buehler, Mrs. Robert
Wilson, Mrs. Robert
Pruin, Mrs. Donald
Fisher, Mrs. Harley
Curry, Mrs. Roger
Corter and Mrs. Rex
Pre-convention ac-
tivities included a
directors' luncheon, a
state board dinner
ficers and state of directors
and a dinner for
members who arrived
early, Prior to the for- mal opening of the

FEDERAL WAY HOME APPLIANCE

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$\qquad$部


## Kent takes Am. Legion sweep

## Silent bats foil FW

by Harry Brooks
The big showdown ended, and it The big showdown ended, and it appeared
showed up.
Kent American Legion pitchers Darren Swanson and Howard
Hilde silenced Federal Way bats Hilde silenced Federal Way bats
for a double-header total of three hits Monday night as Kent upped
its undefeated string in the its undefeated string in the
Southern Division to $10-0$ by taking 6-2 and $3-1$ wins over the locals.
"You could see it before the "You could see it before the the twin killing. "We weren't ready to go after them. Ou players wanted it, but they just
weren't in the groove." weren't in the groove." placed Federal Way into a firstplace tie with Kent, but the
double-dismal outcome put the Feds four games out of the divimust be aware of Burien, which had a ${ }^{3-4}$ record before last night's action (results
Monday's losses snapped a four-game Federal Way win streak. The Feds had hoped to spending last weekend bedefenthey won in Vancouver, Canada last year. However, league ficials refused to make that possible by not postponing a Sunday game between Federal Way and reps refused to waylay, the \%


MARK HLLLIS, of the Federal Way American header. Federal Way suffered a double setback Legion team, comes into second as Kent's Dave as Kent took $6-2$ and $3-0$ wins over the locals.
Gard evades him after making a force out during by Leland Hilburn Gard evades him after making a force out during
the sixth inning of the opener of Monday's double-

## Hard-hitting WIL Feds walk out of Canada

## by Harry Brooks

Walks hurt.
The Federal Way Concrete
Pacific WIL team reiterated the Pacific WIL team reiterated that
bit of baseball fact last weekend bit of baseball fact last weekend
in the Pacific International Baseball Tournament in Vancouver, Canada.
hits inuld you believe we had 32 hits in two games and lost them
both?" a discouraged Federal Way manager Ron Bendorf knowingly sked.
Yes, it is believable considering that Federal Way hurlers gave up
20 walks in the two contests. Five of six free passes issued in the first game figured into Victoria's
$9-5$ victory over the locals. Three $9-5$ victory over the locals. Three
FW pitchers gave up an awesome 14 ball-fours, which were key elements in a $13-9$ loss to Burnaby
in 10 innings. in 10 innings.
The lack of pitching accuracy is of utmost concern to Bendorf,
whose recent optimistic outlook about the FW mound situation took an about-face after last weekend's performances.
"We need some pitching or We're not going to be able to hack
it in this brand of ball," he flatly

We're hitting the ball and scoring enough runs to win, but we get the lead and just can't hold it." change the situation via the recruiting route.
said. "Wene's fault, really," he said. "We're a first-year club just aren't capable of pitching just aren't capable of pitching
nine innings yet. We need someone that can go the distance or at least can come in and hold the
other team down in the late inn-
ings."
The two Canadian clubs used late-inning rallies to overcome Way last weekend.
A three-run homer highlighted
a five-run 10th inning that proa five-run 10th inning that pro-
pelled Burnaby past $F$ ederal Way in the Feds' second tourney outing. Federal Way made a comeback bid in the bottom of the 10th Bhen Kevin a Tim Swanson hat. to Mark Textor, Burnaby stopped the Feds' bid.
While Federal Way pitchers were struggling to find the strike
weren't having any problems arlers bat contact on Burnaby Swanson ended the game with four hits in six at-bats and knocked home four runs. Jerry Bendorf's five-for-six performance second inning. Vallala smacke second inning. Vallala smacked
two hits in four chances. two hits in four chances. to a
Federal Way jumped to
lead after two innings. Bendorf lead after two jumped to a 4-1 opened the first with a triple to
left. Swanson knocked him left. Swanson knocked him home
with a single and made the circuit on Mark Textor's double.
In the second inning, Ken Darcy reached first on an infield error and preceded Bendorf to the plate on the latter's booming
round-tripper. round-tripper.
Burnaby tied the score at 4 -all in the top of the fourth, but
Federal Way moved to a two-run advantage in the bottom of that stanza. Vallala's single brought in Dale Winebrenner, who began the rally with a double. Vallala choice and sprinted home on a Swanson single.
ing. Vallal began the inning with a single and advanced to third on a Bendorf hit. Bendorf stole se-
cond, and he and Vallala zipped cond, and he and Vallala zipped however, Federal Way ontro problems keyed Burnaby's two run outputs in each of the next
two innings, and the Canadians drove to victory with their 10th inning explosion.
FEDERAL WAY also took an
early lead in its first early lead in its first game of
tourney but had it evaporate in the late stages.
Singles by Bendorf, Sluys and Textor gave the locals a $1-0$ lead in the first inning. Dale by a Vallala single, upped the margin to 2-0 in the second. Victoria struck for three runs in
the third via two walks, a single and a double, but Federal Way recaptured the lead with two scores in the bottom of the fourth. Vallala's single chased home Ken Darcy and Mark Koult, who
earlier had walked and singled respectively.
Victoria countered with two
fifth and added another run in the
sixth, using a single, two base-onis and a sacrifice Federal Way me. pitching with three hits in five at ingle run, at $6-5$, in the last of the were each two-for-five. seventh. Winebrenner and Darcy Federal Way took its 2-10 SeatKoult sco back-to-back singles. tle WIL League record into it through Winebrenner with a yesterday's game with Erikkson. However, Victoria used a triple The Feds travel to Everett CC

## Featuring ic

Charlotte Greene, of Twin
Lakes Golf and Country Club won the under-11 Country won the under-11-years competi-
tion in the Washington Junior Sub-District Golf Tournament at Auburn Golf Course. Greene, 10 ,
covered a nine-hole distance in 63 covered a nine-hole distance in 63
strokes. The event marked her strokes. The event marked her
first effort in competitive golf. Other top performances: Kathy Brunelly, of Federal Way, lofted a softball 161 feet to set a new meet record in the
Jesse Owens Youth Track Meet. Debbie Mather, also from Federal Way, took a first int eh girls' 10 and 11 years long jump
with a leap of 13-fet, 2-inches. Jerry Bendorf of the Federal
Way WIL baseball team smacked Way WIL baseball team smacked
a 420 -foot homer against Burnaby a 420-foot homer against Burnaby
during a tournament in Vanduring a tournament in van-
couver last weekend, The wallop
was part of Bendorf's five-for-six performance in a game against Renee Haxby, a Thomas Jefferon figh senior, fently finished five RBIs in thion team, tallied third in the Pacific Northwest weekend. He increased his bat--
Body Building Contest at the ting average above the .500 mark.

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## Burienites win two of three weekend games

\section*{merican Legion cond and five inead 6 . Westbrook knocked in two-run double to lead third to leap ahead 6- Westbrook knocked in two-run double to lead team overcame a pitchers this aveekend by the best means

possible: hitting the ball hard. The Burienites
pounded out 24 hits in Westbrooks behind ly. But Burien had not yet begun tofight. Allen Johnson Westbrook tired in The locals exploded fwo-RBI up with a Enum, Jeff enumplaw runs times in the bottom of
 the thire bottom of of final RBI as he work- Konishi, who also had the third. Jerry Stuns ed for a bases-loaded got things rolling with walk. a single. Jim Doane Burien got another Enumclaw tallied
12-11, 10-5 at Enumelaw Satur-
day. Friday, the
Legions' bats lay largely dormant in a
$3-2$ loss to Auburn. Burien is $5-5$ in league play. Burien head coach Lou Bomber had planwright and Dean Holmes on the mound for the Saturday twin
bill, but Boatwright bill, but Boatwright
could not attend the game and Holmes was plagued with a recurrence of the arm pro-
blem that has nagged him most of the Legion season. So Mark Westbrook
moved over from first moved over from first mound duties in the first game. He had not pitched in Legion competition since last
summer. Enumclaw struck
or one run in the se-

## Judo

Nat's at
Red-Lion
The United States Championships will be held Friday and Saturday, July 6 and ion Motor Inn. Fri day's competition will continue from 9 a.m. ${ }^{9}$ p.m. Saturday a.m. and last until ${ }^{\text {noon, }}$ Contestants range in age from 9 to 20 ficials estimate that 650 competitors will participate.
For further infor further in-
formation of the ourney, phone George Uchida at 872 -

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send your name, address and phone Address
number to the Payless store nearest you. City__ State
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## he game-winning Burien's hitting <br> Gordy Hale doubled in one run and Holm <br> Gordy Hale doubled in one run and Holm <br> inning when the

 Werr tor he thecal ped the Burin lead to was effer
## Athletics dump Rams, nab Red Division title

The Jim Moore Steak House
Athletics defeated the Coluccio Construction Rams twice to cap-
ture the Red Division title of the ture the Red Division title of the Burien Blazer Ponent held last tournamen
season tien.
weekend at Moshier Field. The Athletics came into th championship game needing to earlier in the double-elimination tournament to the Rams by
In the first game, the Athletics
pounded out seven hits compared to four for the Rams sand eked out
a 3-2 win. Rick Jones picked up a $3-2$ win. Rick Jones picked up
the pitching win for the Athletics.

Scott Sacco picked up the only ex-
tra base hit of the contest, as he doubled late in the game and eventually scored the winning
run.
In In the final game, the Rams
struck for a single tally in the first inning on an error by Athletics pitcher Pat Flynn,
Flynn settled down after that and
allowed only two hits over the allowed only two
nextsix innings.
nextsix innings.
Meanwhile, scored the equalizer in the third
with the aid with the aid of a walk, sacrifice
and passed ball. The Athletics moved out on top 2-1 in the fourth
inning thanks mainly to a double

## There They Go!

## So you want to buy a horse

 There are so many takes you first to the in their fields. Afterways to do this, but entire pedigree. Next you have made the one approach to avoid in line is the con- decision, don't just is the "emotional formation of the stand there. Get into
binge." Just because animal. Does he have actiont he "looks nice" or any noticeable defiseems to run well" ciencies? He must SATURDAY, JULY several bad mistakes. have straight legs and The washington The Washington Don't forget to look in Stallion Stakes at five Horse Breeders', his mouth.
Association annually In examining the For a halts and geldings sponsors three sales. pedigree and blood for $\$ 15,000$ added.
There are numerous lines some poeple are There are numerous lines some poeple are
private sales. Add to partial to the dam for this the open claiming speed and the sire for $\begin{aligned} & \text { kept eligible for off- } \\ & \text { spring before }\end{aligned}$ procedure originated stamina and strength. $\begin{aligned} & \text { spring before being } \\ & \text { at Longacres several This is not a "rule of } \\ & \text { foaled. }\end{aligned}$ The distaff have the best of op- generally a fair guide side will have their portunities available to help you find the own special stallion for a prospective kind of horse you're stakes. In '78 A Lady Your first move of the opinion that the Native Lancer in B should be to employ a successful reliable predominate factor. SUNDAY, JULY 8:
trainer who candirect you to a candirect Others feel that the Seattle Slew Handicap and well-trained vet. pedigree are the im- in its third renewal for Next, get a copy of the portant items. mile for $\$ 20,000$ added. sales catalog and Honors the only
you're pretty well equipped to begin in- you have done your Crown winner who is spection of prospec- homework rely pretty owned by Washington
tive purchases.
heavily on the advice residents Mickey and In the study of blood of your trainer and Karen Taylor. In '78 it

Salmon enhancement plan proposed by Fisheries
The Washington the draft proposes are duction.
Department of techniques that will "Total protection of Department of techniques that will "Total protection of
Fisheries published increase protection of all natural runs would
recently a draft plan natural salmon runs eliminate more than that it hopes will begin (wild stocks) in some two-thirds of the the development of a long-range salmon this are plans for the originating in Puget enhancement plan for and Snohomish Rivers stated."We could exdraft has been bulk of the natural the neighborhood of distributed to the salmon production for some 90,000 chinook in
state's Salmon Ad- Puget Sound The Visory Council, all hatchery fish releases $400,000-500,000$ coho Washington treaty In- on these rivers would and 200,000 chum in dian tribes and vir- be to maintain brood Puget Sound," he con-
tually every state and stocks and all harvest federal agency and management efforts tinue
organization concern- will be to ensure Fisheries Depart-
ed with salmon escapement of op- ment Deputy Direcmanagement. Each timum numbers of tory, Frank Haw, recipient is asked for wild fish in the natural observed, "As anyone
input to the draft to be run. In every other familiar with the discussed at a river system in Puget umbia River knows,
meeting of all con- Sound, at least cerned tribal, state species of salmon will conditions aren't what Wand federal agencies. be managed on the ago. We have some ment of Fisheries of- basis of the best four million people ficials believe that the natural run. For ex- Washing ing in proposals in the draft ample: Harvest of depending solely on
plan would increase coho in Hood Canal the sustained salmon and chum salmon in natural runs, won't production and yield south Puget Sound result a patisfactory in Suget sound. and and Bellingham Bay proach utilizing draft plan addresses the basis of the prodogy, artificial the basic problem of natural run. the production while managing a "mixed Duane Phinney, an maintaining and, naturally produced) Fisheries Depart- restoring natural runs fishery and for- ment's Harvest job." malizes into a com- Management Division Haw emphasized prehensive continuing points out that some that the draft is not a
plan many manage- salmon stocks must final plan but a pro-解
Among the changes sure maximum pr
pur定

py Craig Carlson. The Athetics
aded the final rum of the the fifth inning, when Bob
Weisser got aboard on in Weisser got aboard on an error -
one of six committed by the Rat - advanced to third on a double by Flynn and scored on
games for the Athletics over the
Rams and the division champs Rams and the division champs
finished the season with a $23-1$ In first round tournament ac tion, the Dodgers defeated the
Mariners $11-1$ while the Giant
dumped the Cubs $9-5$. In second
round action, the Athletics nipped
the Giants 5-2 and the Mariners
eliminated the Cubs $15-8$. In semieliminated the Cubs $15-8$. In semi-
final play, the Rams scored four runs in the top of the seventh inn-

Giants after losing a $11-2$ verdict o the Rams. The Dodgers then defeated the Mariners $7-2$ before falling to the Athletics $7-5$ in the uarter-finals. That set the stage ANINERSAVY PANT DAS

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## Spirited swimmers

and Jarrett Mentink root on their teammates during the Normandy finished second in the youth swimming event.
Undefeated St. Vincent beats Memorial I, 5-2

## Gregory-Seahurst wins swim relay



## Outdoor tips and tales

by Herb williams river for their noon The sun bearing night. But during One of the dogmas lunches and naps or down more directly on summer steelhead
of summer run both. You can find the water will give time, morning starts of Summer run both. You can find the water will give time, morning starts
steelhead fishing is yourself almost alone you better visibility of around 5 am. and it that you should be on at mid-day on a the holes, rocks, isn'tdark until around
the river fishing at the popular river. And to sunken logs and other 9 p.m. That's a might break of day, before your delight, the sunken logs and other the sun peeks over the steelhead, after being trees and hits the sur- forced into their hidey
face of the water. A holes, come back out second water. A holes, come back out in the darker hours of similar, that the last feeding time.
hours of the day also are good.
There's no question about these rules. cover at mid-day just
They are true, but at times the middle of ing. However, they the day can be one of times. This is river is a popular one and you have a lot of other ang
the water Summer steelhead
are spooky by nature
since they since they live in that clear water. All the
commotion of a lot of anglers can drive them into the deep
holes and behind boulders and logs
where they lie low where they he low
til things quiet down. when all those comes
risers have left the

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## Scoreboard

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## Truckers, Feds strong in Seattle Invitational

by Terry M. sell
In the rain-shortened Seattle
Invitational Fastpitch Softtal Invitational Fastpitch Softball
Tournament, Peterbilt Western and Westside Federal made the most of what time they had. The Truckers and the Feds emerged one-two in one division Peterbilt as co-champs with the All-O-Matic A's from Saskatoon, Saskatchewan, and making
Westside co-runnersup with Westside co-runnersup with the
Portland Lakers. Sunday, a day after Friday night encounters and four games on Saturday, was
supposed to feature a double supposed to feature a double-
elimination playoff amongst those four squads. Gray skies and wet fields with more liquid sunshine drizzling forth ended any ended.
The Truckers ended up 5-0 and in first place in their division, having dispatched Westside (the Longview Boondox, B \& I Sports of Tacoma and Clearbrook, B.C. Westside beat the final four of that list to end up second. Peterbilt continued to play as
though asleep, stretching its streak to 27 games, with the major-league fastpitch record only two games away. and they're trying to do better," said Peterbilt manager Tom Wagner. " 1 'm very proud of the team. Whatever it is, I hope
continue playing that way," continue playing that way."
Westside has spent most of the year at the opposite end of the
spectrum, struggling without pit-
ching to a 3 -2 record in the
Norwest League. But with exFeds Bob Shaw and Casey Davidredoubtable Jack Lee, WS responded with guts.
"Everybody did their job and
they fought all the time," said Westside manager Bob Beyers, who had the most valuable player
(shortstop Tim Sulivan - one homer and three triples) and the most valuable pitc
Peterbilt opened
straighth three Petraight wins, starting with a $4-1$ decision over Longview Boondox. Graham Arnold scattered six hits
in that one, and Rich Fredrickson in that one, and Rich Fredrickson
tripled in two runs in the top of tripled in two runs in the top of
the sixth to break a $1-1$ deadlock. With Davidson on the mound for Westside, the Feds beat Clear-
brook in their first game, also Friday night.
Game two put Peterbilt against B \& I, with Robin Cutting stifling the sportsmen on two hits on his
way to an $8-1$ victory way to an 8 -1 victory.
Jeff Borror homere
Bishop aboard in the fourth inning, perhaps the longest softball shot ever lofted in Ft. Dent. Jack Lee, rested and ready,
allowed only two runs in a $4-2$ win for Westside over Ruth Realty, a top Cascade League team. The Feds got three runs in the top of the fourth to win it.
Peterbilt edged the same
realtors, $3-1$, with ex-Westside reators, $3-1$, with ex-Westside
pitcher Steve Thompson doing pitcher Steve Thompson doing
the honors with a five-hitter. RBI

Roger Bledsoe, sandwiche around Greg VanGaver's leadoff double and Greg Flynn's
grounder produced the winning Westside set up a showdown between the two local clubs by
beating Longview $4-3$ in 11 innbeating
ings.
Scott Tiroux tripled in the top of the seventh, scoring Fred
Witham to tie the score at $2-2$ Shaw and Gary Earnest dueled it
out until the top of the 11th, when the Feds came through.
Sullivan led off with
Sullivan led off with a triple,
and scored on Melton's lineshot and scored on Melton's linesho
single to left. Melton advanced on Nokes' sacrifice, and scored on Witham's single, up the middle. Longview got one in the bottom
of the stanza, but Shaw of the Stanza, but Shaw
weathered the storm to earn the
That put Peterbilt and Westside together as the only remaining with game four the big showdown.
With Thom
With Thompson pitching, the Truckers managed to run up a 7 That included a thre flurry in the top of the sixth started by four straight walks Sullivan triple for one run in the bottom of the in ning, but the seventh was barnincineration time.
Thompson issue
his owns, along with singles of Witham and Abel for four runs.

Arnold came in, with the tying runs (Brosio and Abel) on first and se cond, and the suddenly-
dangerous Sullivan at bat and only one out.
Arnold dished off three straight
balls, then three straight strike to fan Sulliven, and Joe Nokes picked off Melton's liner at thir base to end the game. with Shaw shutting them B \& I, Hanson unleashed them out 4-0 single in the top of the third for the winning runs. crown behind with a $7-3$ win over from brook. with his squad's performance, though Beyers had some wishes that Sunday's rain hadn't come.
"If it hadn't rained we had three good pitchers to be in the finals," he lamented, basking in wealth for the first time all year.
Wagner's club, after endless of Wagner's club, after endless of
weeks of action over the last month, played B \& I in a league contest last night (results unavailable) and doesn't get back
into it until next Tuesday into it until next Tuesday (v.
Westside, $7: 30$ p.m., White Center).
"We need it," he sighed. Wagner was excited particular-
ly about the team's win over ly about the team's win over
Clearbrook in the final game after having already clinched the division. "I think they won that game
more on pride than anything more, on pride than anything
else," he surmised. "We really else," he surmised,
had nothing to win."

| Editor's note: |  |  |
| :---: | :---: | :---: |
| yone | 解- All-Star team in White Ha | Hahn, Scot Hans |
| formation or que | Center later this | David Jetton, Ru |
| tions concerning |  |  |
|  | Bobby Atherton, |  |
| League should con- Coma, Joh |  |  |
| Carol Heath at Jarrod Hainline, Ray Mo |  |  |
|  |  |  |
| Federal Way Little Cellan, Jerry Mor- Weed. |  |  |
|  | , | National |
| baseball campaign Reynolds, Nick Minor All Stars are a |  |  |
| th the Senior Divi- | Schichtle, Bar | follows: John |
| sioar-olds) being rain- ing, Mark Steincrebe, Bongaarts, Ton |  |  |
|  |  |  |
|  | Brance Wats |  |
| games.D.J.'sSound City will be coached by Earlywine, C.C. Ed |  |  |
|  |  |  |
| wasn't bothered by Gerry Coon, who will wards, Nathanthe rain-shortened be assisted by Carl Estruth, John Gemar, |  |  |
|  |  |  |
| season having built upan impressive 12 and 3 $\begin{gathered}\text { Steincrebe. } \\ \text { Those }\end{gathered}$ |  |  |
|  |  |  |
| with consistent | the American | Dan Reichi, |
| defense and fine pit- at the Majors All-Star Rohleder, Todd |  |  |
| ching to win the | Tournament are: | Snyder and Dan Weis. |
| league trophy. Brian Davis, Joey Fit- American Charter |  |  |
| Players for D.J.'s | zgerald, Tony Frenc | 13-Year-Old |
| are Bill Williamson, Scott Goodell, Darrin are: Les Chatfield |  |  |
| Eddie Kuckynk |  | Sam Deasis, Mik |
| Mike Meyers, Chuck Gary Richards, Jim Fergus, Gary Gund |  |  |
| Thompson, Jeff | Shannon, Rober |  |
| Thomas, Grant Gibbs, Steinmetz, Jeff |  |  |
|  |  |  |
|  |  |  |
| Moore, Scott | Uligg, Kurt W |  |
| Sakamoto, Todd and Jay Ward. Tom CONVERSIO |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
| season play has ended |  |  |
|  |  |  |
| most charters have |  |  |
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| -Star competi- ander, Lincoln Ander- UPIULSIERY |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

## Dugolit

by Carol Heath





## FW League names All-Star teams

## Lawrence, Wayne Williams and Todd first place in the City McFarland, Kevin Vandenberg. Morrison, Rick

 Morrison, Rick Special Note: The to a second-place Nienaber, Rick Pay-ment, Joe Rubio,
Steve Southwick, American Charter finish in the Winners
Majors Pacific Bank Majors Pacific Bank Tournament played
team, after taking last week in Tukwila. Williamson and Colin
Young. The 13 -yearYoung. The 13-year-
olds will be coached
by Dan Stumetz and
his assistant, Richard by Dan stumetz and
his assistant, Richard
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list of the American
Charter's Senior majors All Stars:
Coach, JJohn Thomp-
son, ; Assistant Coach, Dick Long; Barry
Boshart, Jerry (Buzz) $\quad$ IN SHAPE AT Carter, Chuck
Croslin, Grant Gibbs, •BOWLING•NAUTILUS•RACQUETBALL Greg Herin, Wayne

Koonce, Mike Meyers, One FREE Game with this ad | Brad Mosier, Todd |  |
| :--- | :--- |
| Sedlacek, Brian |  |
| Strick, Jeff Thomas, | SPORTSWORLD |
| John Thompson, Chris |  |



$$
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& \text { a matter } \\
& \text { of taste... }
\end{aligned}
$$

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 in this paperHOME OF
THE WEEK

brown's point retreat!
$\qquad$
"We gotta go!"

GOING...GOING...GONE!


the best of everything
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just Perfect!
this foveramy two-story in the toveraly camberidg
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Getting to know Unruh Realty Inc.
"We help minimize your time spent buying \& selling.'
Part 10 of a series

## When you put our office to work for you...



## 

U
"we Sell America"... in South King County.
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Realty, Inc.



## FREE PRE-LICENSE CLASSES

(57.00 Materials) Tuesday-July 17; Saturday-Aug. 4

30 CLOCK HOUR CLASSES- 575.00


SEATAC OFFICE
246-1234 or 878 -8070
HOME OF
THE WEEK


CUTE AND COZY! Just an ADORABLE little rambler in
good family oriented neighborhood. Just good family oriented neighborhoor. Just
the ideal location tor the young family
iust
int
getting started. Just a a fenced backyard for the children to play safely in. Just a huge kitchen with eating space
for Mom to enioy. Just extra parkinf for the boat or R.V. on the side. Just the buy of the year at $\$ 46,500$ I Ad $43-103$

## QUALITY HOMES

 are hard to find these days but we have twbeauties! Both are built by Smith Bros. Construction, one of the finest builders in the area. One is located on approx. $1 / 2$ acre of tal
lovely firs and has a Colonial motif including all stately pillars. The other is a unique Con-
emporary design with lots of glass and a stunning view of the lake! The builder will work
with the lucky buyers on carpets and ap with the lucky buyers on carpets and ap-
pliances. Either one would be the ideal spot tion! Ad $\# 3-69-24$. Call us
Or the tamly wiun extra cars that need to For the family with extra cars that need to constructions that feature three car garages! Both are quality built homes with double wall multiple baths, Formal Dining room and a lovely view of the valley and Mt. Rainier. The other features three bedrooms, beautiful kit
chen with wood cabinets, and decks off th Master Suite and Formal Dining room! Truly unique homes and a must to see. Call us for RATS!
The owner says, "Rats! I love my home, but r've been transferred! Now he must sell this kitchen and bath. The home is centrally located and also features a detached Rec Saturday night get a little noisy. Don't miss seeing this unique home The owners loss will be your Treasure

TRI-A-VIEW
We are thrilled to offer this super new con-
struction! Beautiful completely finished new Tri-level with lovely view of Puget Sound! This home features three bedrooms, multiple
baths, Built-in oven and so much more. The entire family will be spending many happy hours in the huge
Rec-room with its Heatilator fire won't have to worry because fireplace. Dad HEAT KEEPER home and that means low low energy costs! You won't want to miss seeWEST SEATTLE CUTEY!
Just a cute little home with an ideal location, bedrooms and is plumbed for a second bath in conversion to a Rec-room! The very private backyard is completely fenced and adjoins Camp Long. It's the ideal place for the
children to play in complete safety love the extra large kitchen with eating space too! Don't miss seeing our West Seattle,

## I REMEMBER MOMMA

If you remember 'Momma' and she's getting tion for you! How about two homes for the price of one? You and your spouse will have bedroom home comple with a spacious two area, kitchen with eating space and fireplace Downstairs Momma will have two bedrooms, huge kitchen and a fireplace of her own! So, if with you, but not give up your privacy you'l
want want to see this spacious home! Just $\$ 88,900$
wat
Ad $43-74$

CALL US

TODAY!

## PEa REAL ESTATE NORTHWEST = =

 Del Bianco Realty
## Monahan promoted

manager of Del Bianco Real Estate's West Seattle office, has recently been appointed as the sales manager of Del
Bianco in Burien. A one-time sales record holder for all
Del Bianco offices, Monahan began his role as sales manager on June 18 .
Monahan is approaching his fifth year of Monahan will be filling a newly
created position at the Burien office uiding a training program an assisting the current staff of salespeople
as well as a projected eight new salespeople at Del Bianco Burien. "The reason for my promotion is that we're going to be building the sales staff
in this office from 22 to 30 people, and exin thiso office from 22 to 30 people, and ex building," Monahan said.
"This has always been one of our best offices; we've got a good nucleus of
salespeople," Monahan continued on the Burien Del Bianco office. "It just needs stepping up, which will happen with the addition of new people."
The new sales staff The new sales staff members will new training program. "We're going to institute a formal
training program which will last six nonths, so the new sales a poople $w$ manager," Monahan explained. " I 'll be helping them and promoting the work of he office.'
An important aspect of Monahan's manager is a recently developed position designed to add power to Del Bianco's management in each office. "Sales manager is a new office for our just had a branch manager, who tried to do everything; the sales manager beefs up the management team at an office.

Wallace \& Wheeler

## New office in Burien

## Wallace and Wheeler Real Estat recently expanded operations to includ

 recentien oxffice.a
Duncan Will
Duncan Wailace is the designated
broker of the new office s.W. 153 rd in Burien. The new office is the i8th Wallacae and Wheeler building to ${ }^{\text {open for business. }}$.Were finaly here," said office Manager Gary vena while
"We've been in here two weeks; there's still lots to do. They're still inwill be a separate broker's office and closing rooms," Vena continued.
Interior walls will set off the broker's Interior walls will set off the broker's
office two separate rooms for closing office, twerences, and individual spaces for salespeople. The sales staff consists of six people now, but will expand to a working force of t to to 2 by the end of the
year, according to Vena. they're out producing and we're growing every day, vena sald. We're hiring perienced and new people. Wallace and Wheeler is one of the King County, and they felt that with just nffice in the Madison Park area the Burien area wasn't covered," Vena explained. ena feels that one of the big-
gest factors which will help Wallace and Wheeler service Burien is the realty's
membership with RELO, the national relocation service. This, service lists ferent areas across the country.
recocation serve oldest and largest of We get about 10 referrals a week; it's a tremendous sales advantage for the
salespeople and a pretty neat system,", salespeople
Vena said
"We belon
service belong to every multiple-listing county, and that's King and Snohomish continued. "We also just hooked up ena y auter, which allows us to do property."
When completed, the new wallace and
Wheeler location will conduct and Wheeler location will conduct an open housth,
"We'll have an open house, depending on when the interior is finished," Vena
explained. "Probably, the grand explained. Probably, the grand open-
ing will be at the end of July or the first


Have á safe and happy 4th of July!

Vena is confident of the new Wallace
and Wheeler location and the realty in general. will be strong in the allace and Wheeler "We have an attractive building and a good location; itr's one of the ning and of
fices Wallace and Wheeler has, just of


FEDELL WAY B 4 PDEX 2 bdrms.,134 baths, $900+$ +s.f.ft. units
with new carpeting and ail
and pliancew carpeting and ail anits
dishwasher stove,
sefrigerator
dis. garages each \& dispos.all. convenient locar
tion. $\$ 155,000$ each.
eat. terms. Cail Mike Baker, $622-1516$ or or
terat
 All 2 bdrm. units in good shape, con-
venient tocation with very positive cash flow, trades considered.
$\$ \$ 65,000$. Call
Mike Baker, $622-1516$
or 324 or 324-4052 eves. \& weekends.
 Junction location wills. make Ahasiska
of the most desirable small $\left\{\begin{array}{l}\text { bldges. in West Seattle. For informa- } \\ \text { tion, call Jay Sheeran, } 622-1516 \text { or }\end{array}\right.$

GENERAL REALTY

> Real Estate By Bob Del Bianco rean HOW TO HANDL
> It's a real shock more Real Estate It's a real shock more Real Estate
When yourre told Appraisers to ap
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torney. If he DEL BIANCO agrees with your REALTY INC
position, he'll ar- offices. We' position, he'll ar- offices. We're
range for one or heretohelp!


## SAVE GAS

Brick basement rambler, built-in Barbeque, private backyard patio,
rees, GARDEN area. Fabulous mountain view, peek sound. Des Moines area. Affordable at $\$ 69,950$
convention conventional or assume morttgage
balance appr. $\$ 31,695 \mathrm{at} 834$ interest rate! BELIEVE IT
Safe, quiet, dead end street. Sparkling
new 3 bedroom, $21 / 2$ bath. Formal dinng, eating space in kitchen, ${ }^{2}$
ireplaces. Unfinished rectroom. fireplaces, Unfinished rec room.
Gigantic deck overlooks woods on $1 / 3$ acre lot. Conveniently close to shopping, bus and schools. Best of all,
theres still time to pick Your colors

## FEDERAL WAY

Terrific 3 bedroom, $1^{13 / 4}$ bath, formal dining, kitchen with eating space, plus a full unfinished basement! All
cyclone fenced, close to schools, shopping, and freeway. If you're looking
for a different floor plan with PIZZAZZ make an appointment today.

REAL ESTATE CONTRACT
View Mt. Rainier! 3 bedroom, 3 bath,
rec room, 2 fireplaces. A big cheerful kitchen with birch built-ins. Loads of extra storage. Recreational vehicle
parking. Des Moines area. 880,650 .

824-7600
22760 Marine View Dr. S.

##  <br> FEDERAL WAY LAND \& \& <br>  <br>  <br> FRAZIER REALTY INC.

FREE DRAWING

Every Sunday at our open house we
have a drawing for a "Lookie-Loo"
stuffed toy. NEW TRI-LEVEL
room with firh open, sunken family
bright kitchen bright kitchen with eating area, for-
mal dining, 22 full baths, and dbl garage. All located on a lo lovely wood
ed lot, a landscaper's dream $\$ 770,990$. WOODED LOT Charming new 2 story has unique
open kitchen/family room, formal en-
try
with ry with powder room, super
bedrooms,
pand extra arge dbl. garage. All on a quiet street FINISH IT YOURSELF To keep the price as low as possible,
the builder has left the rec room and utility room unfinished. It has birms., a nice kitchen with formal
dininn and a deck overlooking argerge
wooded lot wooded lot, a fireplace and dbl
garage, near schools, $\$ 64,990$. FHA/VA TERMS Completely remodeled older home in cabinattle. The kitchen has all new
bite
bounters, and linoleum. ${ }^{2}$. bdrms., formal dining, and family
room. Easy to finance, 551,900 fall SOUTH OF AUBURN Super clean 3 bdrm., rambler on
large, level corner lot, only $\$ 50,500$. 839-4800
29233 Pac. Hwy. So

FEDERAL WAY
Good starter home with lots of
possibilities. 3 bdrms., full bath, living room has a heatilater fireplace
dining area, a ammily
price $\$ 47,500$ Ad NEW LISTING barms., IVe. living room with
fireplace, dining area, new furnace 2111 new carpets, good area. $855,000 \mathrm{Ad}$

## ONE ACRE

 Very close in. Older home witheverything going for it. Huge living room with fireplace and builit in glass
front book cases, formal dining country kitchen, full basement, new steel try,
siding, new, roof, fruit trees. Inside
needs some work. $\$ 62,500$ Ad $\$ 334$ Call needs som
$246-3293$.

## $180^{\circ} \mathrm{VIEW}$

Sweeping Sound View, 5 bdrms., ${ }^{2}$
baths, Ige. private yard, prestige area. Mother-in-law apartment.

## 5 ACRES-SECLUSION

Huge tri-level, country style home.
Take Maple Valley Hiway to Jones Road, turn left, and follow the signs.

246-3293 15031 Military Rd. S.


Four plans to choose from Nestled off the beaten track in Des Moines,
just a short distance from Highline Community just a short distance from Highline Community ga swimming, take a stroll around the private lake . . . then return home to entertain friends or enjoy a quiet evening at home. dard of quality and cone is designed with a staninsulated for energy conscious completely soundproofing for your privacy. Fully-equipped
single level or townhouse kitchens make entertaining simple. The presence
it akak throughout the home in cobinets and doors of oak throughout the home in cabinets and doors :Colonyinek Soors : Cxtreest parking

| Colony oak doors | - Extra storage |
| :--- | :--- |
| Parquet entries | - Extra soundproofing |
| Washer \& dryer | - Thermo windows |
| Patio or deck | Swimming pool |
| Completely equipped | - Recreation center |
| kitchen | - Tennis court |
| Fireplace |  |

## "Quality Street"

Sohn L. Scott, 3nc.

NOON - 6
878-1420

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839-9520
Tacoma 927-2424


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|  |  | oak cabinets in new kitchen, , vio roumb-in,

and much more. Seller is anxious, ing $\$ 69,950$.

## GENESSEE HILL

Recently listed, this immaculate
bedrnm home features a finished
recroom with recroom with bar, dbl. garage and dble.
carport with alley access, a large seclud. ed deck in backyard, and more. Call 932 -
o500 to preview
WESTWOOD VILAGE Nice three bedroom, daylight basement
home features oeautiful recroom with wet bar, garage, carport, huge deck overlooking territory and terraced
backyard with RV parking.HOT BUY at

FIVE BEAUTIFUL ACRES Level, heavily-wooded fitve acre site just
4 miles from Southworth Ferryy y your
way to Port Orchard spot for camping or woodeutting near Long Lake. Has road in on one side and
elec. available. Priced at $\$ 31,000$, this quick. CaI $932-0.500$.
CALL 932-0500
\$47,500-HIGHLAND PARK is where it's at 3 bdrm. and bsmt. with a
touch of class. Neat and cozy, close to everything. You have to 1 see it it for
yourself. Call $242-707$.

FHA-VA HIGHLAND PARK 3 bdrm. bsmt. hom eiwth fireplace, some
appliances included, $\$ 56,500$. Call 242 appliances.
0707 to see.

## BURIEN DOUBLE LOT

 2 bdrm., fenced back yard, carport, allappliances included, huge lot for extra applaacy or divide, $\$ 51,500$. For appoint-
privac ar
ment call 242-07072,

## WESTWOOD VILLAG

 2 bdrn. with carport, nice lot and closeto shopping, schools and bus, $\$ 42,950$.
Call 2420077 , to shopping, schools and bus, $\$ 42,950$.
Call $242-0707$.

REDCARPET
REALESTATE PLAZ

## FHA-VA

 Cake a look at this charming 2 bedroomhome with firenlace This is starter home with easy financing. Call
$941-1880$ FHA APPRAISED low down payment. This home features
3 bedrems and maoms, rec
and much more.
1880 . ONE OF A KIND ${ }^{n}$ nt lith last. Immaculate 3 bedroom rambler with family room \& garage. $\$ 8.50$ of ouston
drapes thruout. Beautifuly landscaped yard completely fenced. Call $941-1880$.
JUST REDUCED
ONLY $\mathbf{\$ 5 6 , 9 5 0}$ This home is located in one of the finest
areas of Federal Way. Seller wants quick sale, they are building another. A quick clee, rambler with 3 bedrooms,
real
fire clean rat fireplace, rec room \& double garage.
Hurry \& C Cll $941-1880$. SECLUSION
\$59,950 Beautiful large rambler surrounded by Beautullarge rambler suroned
shrubs \& trees with park like grounds. This home features 3 bedrooms, 2
baths, with family room, fireplace and baths, with family room, fii
double gara

## REDCARPET

CAll 941-1880

HOT, HOT BUY!! Cute 3 bdrm., close to schools, shopping and freeway access. Sellers, have put
this home in mint condition, ready for
occupancy now occupancy now. Only $\$ 42,500$. Call 941 -
3300 today.

QUALITY BUILT \& VIEW
Take the worry out of buying a new
home with ore of 14 new quality hom home with one of 14 new quality homes
that are covered for 10 years by Home Owner's Warranty. Five specialized
Ont financing programs. Drive by or call
941-3300 today. Models open evenings 41-3sou today. Models open evening
and weekends. Follow the signs to So and weekends. Follow the signs to so
296th and 6 tis So. Almost all 14 have FAMILY HOME PLUS Large 5 bdrm. home has 2 fireplaces, 3
baths, Ige. back yard, big utility room baths, ige. back yard, big utiuity room
built in intercom system and 2 car Home has been treated well and has the extra touches that make for easy liv
ing. A must to see. Call $941-3300$ ing. A must to see.
your private showing. AUBURN BUY Real cute 3 bdrm. home with 2 car
garage located on a ouiet street jorage iocated on a quiet street in
lonly neighborhod A real bargain fo
only 54, ioho. Call us tod only $\$ 54,000$. Call us today at
REDCARPE
SEA-TACMALL REAL
SEA-TAC
941-3300 $\quad 927-2012$
waterfront elegance 2 new custom built waterfront homes
Features in each include: 4 bdrms., 2, Features in each include: 4 dirms.,
baths,
carpets firepaces, rec room,
warper carpets, Jenn-aire range, 2 car garag
and
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much much more. Tri-leve

FAIRWAY FRONTAGE Newly listed 5 bdrm., $2^{1 / 2}$ bath home on
the 9 th fairway at Tapps Island. Swim-
 ng space priced at just $\$ 83,955$ New townhouse units $_{\text {down }}$ located in
downtown Kent. 2 bdrms., $11 / 2$ baths,
drapes , drapes, $\mathrm{w} / \mathrm{w}$ carpets, thermal pane
windows, all
appliances wanders, and dryer. Muliances be incluading
in 2 -unit packased
paces at $\$ 166$, ,oou per each

WATERFRONT BUILDING LOT Beautiful park-like lot ready to bulld
on. Community park, swimming pool, tennis courts, and beach. All utilities on
front of lot, pried at $\$ 19,500$.

REDCARPET 833-1170 852-040


The Tews Wednesday, July 4, 1979 D.

| 112 Apartments Federal Way | $130 \begin{array}{c}\text { Houses-Ren } \\ \text { Burien }\end{array}$ | 134 Houses-Re |
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FIRCREST PARK New Homes By WR BUILDERS INC. now being completed Quality Construction HEATKEEPER HOMES 본슨 TEN YEAR
HOMEOWNER'S WARRANTY Contemporary styles, several lot
with mountain view. Wide selection styles, sizes and floor plans. Stil
some selection on colors available but hurry Ask us about special Low
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1030
1050 or drive to S.W. 3374 and

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WE HAVE ACCESS TO OVER 1,000 PROPERTIES CALL US NOW! 838-9933 3400 S.W. 320th

Beautiful tri level in T win Lakes, with
all the features a fan
Four bedrooms, $21 / 2$ baths, com draperies and screens in. already. ing available. Call viv Potter 838-9933, ON GOLF COURSE
\$97,000 on golf course. 4 bares dream house den, family quisitely maintained and beautifully landscaped, this traditiona 2 story
hom commbines privacy and the best
of community living patrol, country club, golf course, mini
parks and playgrounds. Call Nelda
Gfififin JUST LISTED $\$ 52,500$ Twin Lakes and new shopping center.
Freshly painted inside and out, it features a used brick walkway, enor-
mours backyard
family rm with Franklin foeenhouse, hardwood floors and more.. A super
house at a terrific pricel Call Susan
 LIKE TO EN?
AT HOME?
This Twin Lakes 4 bdrm 2story peenty of room for family and fri has
even when the sun isn't shining targe beautiful rooms are complimented barge by
an unbelievable 700 sq. ft . famil Jensen 338-933, S227-3280. Dream home condominium on
spacious Twin Lakes Golf Curse rooms, ${ }^{3}$ baths, fireplace,
wraparound decks and lanais, front and back. Wet bar in beautifinly
finished rec rm. Double arale Nuclda, Griffin $833-9933,927-3280$. Call BELOW MARKET FINANCING!! special conventional mortgage
money available, as well as FHA and
VA terms. 10 new homes, 8 exe VA terms. 10 new homes, 8 exititingly
different floor plans by Holly Homes Offerenting double pane windows,
beautiful masonry fireplaces closets, woodsy lots and more. Prices
from $\$ 68,950$ fores


## SPARTUS

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## FREE

## Garage Sale Kit

with every Garage Sale Classifiedad $\square$
-2 large $11 \times 14$ signs for the street. -2 sheets round price stickers -18 price tags

- Garage Sale Information Booklet - 48 sales recépt forms - Inventory sheets
- Large envelope for keeping records
Kits may be purchased without ah ad for $\$ 3$ plus tax If you buy the kitearly, then place your garage sale classiffed dad, tell the advisor your receipt number and she wilfdeduct $\$ 3$ from the cost of the ad


## Where to get <br> yourfree garage sale kit <br> Federal Way Office <br> Des Moines Office <br> West Seattle Office White Center Office





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## Cook lets JJaws loose in kîtchen

It was love at first sight for Christie Williamns, a Federal homemaker,
When Mrs. Williamns attended a food processor demonstration one day, she knew she just had to machine.
Since then the energetic cook
has acquired culinary expertise has acquired culinary expertise with her machine and has gone on own cookbook, "What's Cooking'?" After discovering her hidden desire for a food processor, Mrs vestigated the different manufaccured brands until she finally decided upon the Cuisinart.
Her diligent research Her andanding of the kitchen machine brought her to the attenion of the Cuisinart inventor who offered her a position as consulher all over the West to conduct demonstrations and teach seminars in department store and small cookware shops. versatility, Mrs. Williamns boastfully said, "During one demonstration, I prepared an enire lunchine and a hot using only She said the food processor isn't a luxuary gadget, but a hard working member of the kitchen. "Jaws," she said. call mine Mrs. Williams puts the machine away in the cupboard, but keeps it out on the counter as a permanent fixture in
She doesn't have patience with
cooks who have learned only one
facet of the machine's multiple "I "I talked with aid she only used it for grinding "'The food procid. my cooking incredibly easier and infinitely morecreative From the grinding blades, Mrs.
Williamns can create crab mousse, smokey salmon pate, pring chicken with asparagus,
strawberries the list goes on.
"My six-year-old son never takes peanut butter -and-jelly quiche or school, it's either something else gourmet," Mrs. Williams said.
She said the food processor also makes cooking easier for those
who have paralysis and arthritis. Although she has done everthing to her machine that the inMrs. Williams say not to do, owners to read their instruction books carefully and to become totally familiar with the machine and all of its parts. She suggests they practice inserting the blades
and removing them several times to become acquainted with them.
She suggests experimenting with the six different blades and discs to learn their functions. She said beginners should practice different foods such as bread crumbs, onions and ice.
"Learning to recognize the dif lets the owns the machine makes stage of the food pnow the differen "I know when my mayonnaise has started to emulsify because
my machine start making a
sound that goes 'flap,' 'flap,'
'flap, flap,' " she writes in her Although Although cooking with the food
processor has become second processor has become second
nature, Mrs. Williamns has learned to respect the machine's sharp blades. Eight stitches later, she cover from the bowl until the knife or discs have stopped; hanale the sharp knives with care;
never put fingers inside the feed never put fingers inside the feed
tube; disconnect the machine from the electrical outlet before cleaning; and not to leave sharp blades in soapy water. Mrs. Williams said an entire
meal can be prepared in the fo processor, just by switching the blades and bowls. However, she tries to teach people how to start another without washing a bowl each time. Also, she keeps three bowls handy so she can prepare
two recipes at once with a spare two recipes at once with a spare
bowl waiting in the dishwasher. During the interview M Williams was busily preparing ood for a luncheon taking place
the next day. "I'll have the allthe the next day. "I'll have the allthe prepared by the time my husband comes home," she said
With her hectic schedule, she can teach classes, give, store demonstrations and cater par-
ties, and still have time to create elegant gourmet meals for her family, "all because the machine uts the time in half
For additional information on food processors and recipes designed for the machine, Mrs.
Williamns' cookbook is available for $\$ 6.95$ at local book stores and cookware shops.


ANY RECIPE imaginable can be prepared in a food processor, Mrs. Williams said as she prepared pie dough.
photos and text by Sandra Thew


GARDEN SALAD 1 large clove garlic 2 tablespoons oil
2 tomatoes ${ }_{1}^{2}$ tomatoe ${ }_{6}^{\text {tuce }}$ green onions 4 ounces romano cheese ed and crumbled DRESSING one-third cup salad
Juice of Salt
Pepper
1/2/ teaspoon oregano blade mince the garlic. Add the oil to the workbowl and change the slicing
blade. Halve the tomatoes and place them in the feed tube. Slice them into the
garlic and oil mixture using firm pressure. Pour the mixture into a large salad bowl. Wash, dry and break
the Romaine into bitesized pieces and put on top of the tomato
mixutre.
2. Slice the green onions and place on lop of the Romaine. with the cheese and top with the bacon can be made using the plastic or
if desired.
3. This salad can be made hours in ad vance or early in the
morning for a dinner party. Add dressing just before serving and toss.
Makes 6 to 8 servMakes 6 to 8 serv
ings. 1 cackab MOUSSE gelatin 4 cup cold water mushroom soup, undiluted
$1-8$ ounce package cream cheese cup mayonnaise 2 stalks of celery
3 green onions green onions drained and flaked 1 teaspoon wor

1. Stir the gelatin in cold water to soften Heat soup in a medium heat. Stir the softened gelatin into the hot soup, making sure it is dissolved.
2. Cut the cheese into eight cubes and add it to the soup. Add the mayon naise to the soup and it is smooth. 3. Insert the steel knife. Cut the celery inch pieces. Add them to the workbowl and process using on-off
turns until they are turns until they ar finely chopped knife and insert the
plastic blade. plastic blade.
3. Add the cr 4. Add the crab, the
mushroom soup mushroom soup mix
ture and th worcestershire to the chopped celery and onion. Process usin bined. Make ahead

[^1]


( Red Kidney Beans
Egg Noodles
to spread frosting (147

Betty Crocker $0<C$


 - Potato Buds. .unt cander 15su. 99

All Detergent
16.5 oz. 157 oz. 5

Great - Ealing Meat! Guaranteed at Safeway

## Grade A Turkeys



Becouse of staffing limitations, some fresh meat items in this ad may not be available on Sunday.





Beef T-Bone Steak u.s.a., choice $\$ 319$


## Pork Rib Chops




DELI SECTION




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|  | bake shop |
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| Mrs. Wright's Bread | Turnovers |
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| SAFFWAY WIL MEET YOUR FMMIIY HALFWAY OM SAFEWAY NIGHT AT THE KINGDOME <br> Seatleftíariners BOSTON RED SOX <br>  <br> Safeway half-priced tickets available in all price fanges by presenting your Safeway cash register receipt. |  |
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|  | WHEAT R Ranch Rolls |
|  | (\%Mntil $\begin{aligned} & \text { Freshly } \\ & \text { Baked }\end{aligned}$ |

SAFEWAY



Safeway Variety Department


Wear-Ever Silver Stone Promotion Ends Soon Complete Your Set Today!


| MMA Refrigerated foods |  |  |  |
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## Garden Fresh Produce

 Always Top Quality
## Jumbo Cantaloupe




English Cucumbers... bad 69، Santa Rosa Plums .....4.49



## Bing Cherries

large size, ib. $21^{5}$
Wash. Grown
collif. Peaches
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## 

Picnic with a Mexican flair

| Add a refreshing | So |
| :---: | :---: |
| t of surprise to |  |
| ext outdoor par | nic, it makes prepara- |
| ty by planning a patio | tion of the desserts |
| picnic featuring these | quick and easy. Fiesta |
| scrumptious foods | Ambrosia is a luscious |
| that offer a delicious | and lovely fruit salad |
| touch of the | dessert. Tex-Mex shee |
| Southwest. | cake combines two |
| They're modern, | typicall Mexican in- |
| easy-does-it varia- | gredients, coffee and |
| tions on a cuisine | cocoa. The frosting is |
| that's as old as any in | uick to assemble |
| the Weste | blend of sweetened |
| Hemisphere - Aztec | condensed milk, |
| can food |  |
| relied heavily on the | tioners' sugar and |
| use of avocados, | almonds. |
| chilies, peppers and | Taco Bu |
| beans. In | 2 lbs lean ground b |
| $16 t h$ century | formed into 8 pa |
| Spaniards brought th | Easy Taco |
| Indian specialties to | (recipe follows) |
| the Southwest, along | Hamburger buns |
| with Old World addi- | Shredded lettuce |
| tions such as citrus | Chopped tomato |
| fruits. | Shredded Che |
| The happy result | cheese |
| ay is a number | Grill or broil meat |
| dishes with rich and | patties to desired |
| full-bodied flavor, just | doneness, brushing |
| made for good eating | frequently with Easy |
| and easy preparation. | Taco Sauce. Place |
| Take the Taco | each patty on a bun |
| Burgers, for instance. | half; garnish with let- |
| Everybody loves | tuce, tomato and |
| taco - and cooks who | cheese. Spoon on re- |
| try this recipe will | maining taco sauce. |
| love the sheer | Top with remaining |
| simplicity of the | bun halves. |
| sauce. The use of | Eas |
| constituted lemon |  |
| juice does away with | 1 cup catsu |
| several steps - cutting | sauce |
| and squeezing lemons | 3 tblsps reconstituted |
| and cleaning up after- | lemon juice |
| ward. Keep a compa- | 1 tblsp brown su |
| nion bottle of | 2 tsps Worcestershire |
| reconstituted lime | sau |
| juice right beside it, | 1/2 tsp garlic po |
| because once you try | 1/2 tsp hot pepper |
| the White Sangria | sauce |
| Punch, you are like to | In small saucepan, |
| be serving this | combine ingredients; |
| opular Mexica | heat, stirring occa- |
| beverage often | sionally until onion is |
| throughout the sum- | tender, about 10 |
| er. Give the | minutes. Chill |
| children Sangrita, | thoroughly to blend |
| tasty blend of | flavors. Makes 1 1/4 |
| cranberry juice | cups |
| cocktail, orange juice | TIP Flavor of Easy |
| and reconstituted | Taco Sauce improves |
| lime juice | when made 1 to 2 days |
| Sweetened condens- | in advance and |
| ed milk is another |  |
| ience food to | Wh |
| on hand that's | ang |
| ular base f | $1 / 2$ to $3 / 4$ cup su |


 and rind; mix well.
Stiring in remaining
ingredients. Chill 2 to ${ }_{3}$ ingredients. Chill 2 to flavors. If desired, garnish with addi-
tional orange or pecans. Refrigerate leftovers. Makes 8 to 10 servings.
Tes-Mex
Sheet Cake $1 \begin{gathered}\text { Sheet Cake } \\ 1\end{gathered}$ margarine $1 / 4$ cup cocoa
1 tblsp instant coffee 1 tblsp instant coffee
1 cup water
$1 / 2$ cups firmly pack ed light brown sugar 2 cups unsifted flour One-third sweetened condensed $\underset{2 \text { milk }}{2}$ ${ }_{1}^{2}$ eggs vanilla Tex-Mex frosting Preheat oven to 350
degrees. degrees. In small
saucepan, melt butsaucepan, melt but-
ter; stir in cocoa and coffee, then water. Br-
ing to a boil; remove from heat. In large
mixer bowl, combine mixer bowl, combine
sugar, flour, baking Soda, cinnamon and
salt; add cocoa mixture. Beat well. Mix in Sweetened conden jel-
ly roll pan. Bake 15 ly roll pan. Bake 1 springs back when
lightly touched. Cool lightly touched. Cool
10 minutes. Spread with Tex-Mex Frosting. Cool before

```
Tex-Mex
Frosting
``` \begin{tabular}{c}
\multicolumn{4}{c}{ Frosting } \\
\(1 / 4\) \\
cup butter or
\end{tabular} margarine \(1 / 4\) cup cocoa
1 tblsp instant coffee 1 cup sweetened con densed milk 1 cup confectioner sugar
sugar cup toas
slivered sivered almonds
In small saucepa melt butter; stir in cocoa and coffee: Remove from heat
Add sweetened con densed milk. Stir in desserts with a malarge bow oilk sugar then nuts.


\section*{with a barbecue}

\section*{The '"winter \\ Canned pineappl
slices, well drained} wearies are behind Again, outdoor us, and the joys of us outdoors. Summer
blooms and summer scents are waiting to
be enjoyed, and the odors of food cooking mer enjoyme us sumbest. becomean Aife." They provide an family participation.
if the cookout is planIf the cookout is plan-
ned properly, we can ned properly, we can
make an appreciable energy conservation. Traditionally,
families have cooked out-of-doors, but in too failed to exploit the total advantage of this type of food prepara
tion. Frequently a very small portion of the foods have been prepared out-of-doors,
and the balance in the kitchen oven. Thas
no longer necessary. With the proper outdoor cooking equip-
ment such as a
covered kettle, plete meals are easily prepared on the grill. This provides an excellent opportunity for
all of the members of the family to participate, (and goes a

\section*{elimination of th} overheated kitchen
with the resultant excessive use of the air
conditioner). Further more, it provides a delicious flavor which but thoroughly petizing and apjoyable.
Remember, outdoor cooking should be fun for everyone, and with prior planning, it provides that fun-filled
activity for the entire family, guests and
friends that they have been looking forward to all winter.
With modern equip-
ment, it is important ment, it is important
that we try something new, and different.
Let's not limit ourselves to the same
things that we have done over the years.
Really, the only limitation is your own
imagination. So, let's say "'Hello, Sum-
mer!" and do it in style with some in-
teresting and corestouts. delicious leg of lamb are two favorites simple to prepare,
and the leftovers may be used in a variety of economy. While cooking the rast, include thus peretare the and tire meal. The salad
and-or fruits should and-or fruits should be
selected and prepared prior to the cookout, which refigeases the host to enjoy family

\section*{Praise-winning fish} For savory broiled
fish, marinate chunks in a Worcestered oil- Worcestershire sauce broil on skewers with other firm fleshed fish zucchini, cherry steaks
tomatoes, and small 2 medium zucchini, white praise-winner at \(\int_{1 / 2}^{\text {cooko }}\) About eight small \(1 /\) cup lemon juice
2 teaspen

Maraschino cherries Read directions before removing wrappings from ham. rind. Score fat crisscross fashion with
sharp knife, making very shallow cuts so juices will not escape. Stud with whole
cloves. Insert meat thermometer into center of thickest par away from bone and fat. Center ham, fat
side up, on cooking side up, on cooking
grill directly above grill directly above
drip pan. Cover kettle. Cook-before-eating hams cook at 160
degrees, about 12 degrees, about 12
minutes per pound for minutes per poundior ham or 16 minutes per
pound for 16 pound pound for 16 pound
ham. Fully-cooked and canned hams need ontemperature, 140 degrees, about nine
minutes per pound in minutes per pound in
charcoal kettle or 13 minutes per pound in
gas kettle.
Baste Brown Sugar Glaz
during last 30 minute of cooking. Garnish with pineapple slices and cherries 10 minutes before end o with glaze and allow fruit to heat
BROWN SUGAR mbine one-hal cup firmly-packed brown sugar, three
tablespoons water and two teaspoons prepared mustard in small saucepan; mix
and heat until sugar and heat until sugar
melts. Brush over ham and fruit.
\(S\) T U F F E D Cook one package (nine or 10 ounces) frozen peas or corn
kernels as directed on kernels as directed on
package. Cut a thin slice from top of four medium tomatoes. Scoop out
seeds and pulp. Place seeds and pulp. Place
tomatoes' cavity up, in shallow baking pan. Season inside o tomatoes with salt and pepper.
Add three tables poons water to pan Cover pan; place on cooking grill. Cover
kettle and heat. Fill kettle and with hot tomatoes with ho garnish with bits of green pepper or pi-
miento. Yield: four servings.
STUFFED MUSHROOMS 1 pound medium mushrooms
\(1 / 4\) cup butter or margarine One-third cup fine dry bread crumbs
2 tablespoons grated Parmessan cheese 1/4 teaspon salt Dash of pepper
Wash, dry and stem mushrooms. Melt but ter or margarine over
low heat; add crumbs

\section*{kabobs} powder and
Worcestershire Worcestershir
sauce; set aside. Cut fish into one and one-half-inch chunks; place fish in a snug fitting container. Pour
half of the oil mixture half of the oil mixture
over the fish; stir to coat completely Cover and refrigerate for one hour. Place zucchini and cherry tomatoes in a
small bowl; coat with remaining oil mix ture. Cover and
refrigerate for on refrigerate for on
hour. \(\underset{\text { On four long }}{\text { Okewers, alternately }}\) skewers, alternately
place fish, zucchini place fish, zucch and
cherry tomatoes and onions.
Place on a rack over hot charcoal or unde a preheated ho
broiler until cooked about eight to 10 minutes turning and
brushing with any remaining marinade Yield: four portions.
and cheese and brown lightly, stirring con
stantly. Stir in salt and pepper. Stuff mushroom caps wit crumb mixture; ar
range on cookie sheet range on cookie sheet.
Center on cooking grill. Cover kettle and cook 10 to 15 minutes or until mushroom
are tender. Yield About six servings.
CRANBERRY GLAZ SWEET PDTATOES cans (one pound each) sw
cup whole cranberry
\(1 / 4\) cup light corn syrup
2 tablespoons butter or margarine, melted
2 tablespoons sugar 2tablespoons sugar
\(1-1 / 2\)
tablespoon \(1 / 4\) tablespoon
grated orange peel 3/4 teaspoon salt
Arrange sweet potatoes in shallow
baking dish. Combine remaining ingredients in saucepan; bring to simmering stage and simmer two or thre minutes.
Spoon Spoon sauce over
sweet potatoes; cover sweet potuminum foil.
Center on Center on cooking
grill; cover kettle and heat about 30 minutes or until piping hot.
Yield: four to six servings.

"Back To The Egg"
mifew, \$589 \(135-36\) Exp.
400 ASA
tach

SX-70 Film


\author{
Polaroid Single Pk.
10 Pictures \({ }_{559}\)
} \(\begin{array}{cccc}\text { Clairol } \\ \mathrm{Sm-1} & \text { Each } \\ & 3 & 0 & 0 \\ & \end{array}\)

\author{
Each
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Clairo Clairol
\(\# D C 2\)
Curling Iron


Celebrate the Fourth of July with an outdoor barbecu


Come and get it! The big burger is here
 for solo dining
 chidren leave, often scramberegs.
seem \(m\) or ing.
However, you can add However, you can add
enjoyment
meals, too. meals, too.
D. Dn 't always eat in \({ }^{3}\) 3eggs
the same place. Eat 1 tablespoon water the same place. Eat
by a window with a
an view, in front of the margarine
fireplace or in bed Salt and pepper to
from a tray on Sun- taste from a tray on Sun- 3 tablespoons bottled
day.
blue cheese dressing Vary your table ripe California
settings - When you avocado, peeled, seedneed only one or two ed and sliced
of each item, you can 1 tablespon of each item, you can 1 tablespoon chopped
collect an outstanding parsley
variety of dishes and variety of dishes and Stir eggs and water
table linens without in small bowl with
spending a fortune. ind spending a fortune. in small bowl with
Don't wait for a fork until whites and Don't wait for a fork until whites and
special occasion to yolks are just blend-
ed. In eight-inch . Use mealtimes for hillet or omelet pan, valuable thinking margarine over
time - Plan a trip medium-high heat dime - Plan a trip, medium-high heat. set up a schedule or begins to brown, brainstorma proiect. quickly pour eggs into food choices - Treat yourself to foods and skillet back and forth recipes you haven't rapidly over heat
tried before. Splurge while stirring eggs tried before. Splurge while stirring eggs occasionally on spread them over bot-
something you would usually deny yourself tom of pan as they because of cost or or omelet nearest you
calories. Concentrate
over other half and tilt on the flavors and tex- skillet to slide omelet \(\begin{array}{cc}\text { you're eating. } & \begin{array}{c}\text { onto a warm plate. } \\ \text { Spoon blue cheese }\end{array} \\ \text { Dress up basic en- } \\ \text { dressing over and }\end{array}\) trees with special place avocado slices
tourches - For exam- along top of omelet. ple, an avocado can be Sprinkle parsley over
used to glamorize a all. Makes one omelet.
Reading the label for natural value Getting the most tocopherol or dl-alpha dollar is no longer a If the label on a bot matter of simply tle of vitaminE reads spending less. Often simply " "alpha
it's a matter of tocopherol" or "alpha understanding more. tocopheryl acetate,",
With the new it could be from either awareness of proper it could be from either
nutrition that's sweep- synthet sources or ing the country, more perhaps a combinaand more people are tion of both. When the chinking seriously label shows both "dl" content of the foods and "d", you know and dietary sup- a combination of syn-
plements they buy plements they buy. a combination of synromemakers are source forms. natural
reading the labels as
The FDA has take well as the price tags, the position in proposing to realize that one labeling rules that good nutrition is good one cannot claim
value. But some people to their synthetic fusing -- although case of most many labels are ac- vitamins, synthetic tand. Take vitamin E for forms are identical in purchased either in betency. synthetic form - and of eight isomeric recognizing the forms, only one of
natural source pro- which is identical to duct is as simple as natural source "d" "d". What does this form. Natural source
vitamin E has a
little "d" signify? It says "y" signify? It greater biological
vitamin
vite framin \(E\) that comes botency on a weight vegetable oils such as recognized in the soybean oil and has Natural Formulary, use in capsules or on a a weight basis, ablets.
The scientific name vitamin \(E\) (d-alpha
(d) for vitamin E is nalpha percent more locopherol, and when ccurs only in one d" form form - the he correct nerefore, atural sor tamin E is d-alpha ocopheryl acetate. When vitamin E is thatically, it contains eight isomeric forms "Including the " "d" and synthetic vitamin E has a little "dl"
preceding its name
and is called dl-alphan its synthetent
mber of Interna- e to take more o e synthetic vitamin
 The well-inform consumer weell-informed not be confused by the two
types of vitami Nypes of vitamin E. E? It's source vitamin and the name is on
the label. round. Make the tasty cheese

\section*{Variety in Meat or Produce?} ... In either case ...Lucky Has It!
All your favorite cuts of meat! Garden-fresh fruits \& vegetables!

 BURGER:
2 pounds
beef 2 teaspoons Taba \(3 / 4\) teaspoon salt Tissolve make bun warme yeast in warm water as package; stir in directed on package.

\section*{cheese. Cover; let Bake in preheated
dough rise in warm 350 degree oven about place away from draft} to 45 minutes. Shape into one large bun, about eight inches in diameter; and one-half inches ed chick. Place on greased cookie sheet. ed cookie sheet.
Cover; let rise again Heat on side of grill burger is grilling. reak make burger
 Shape into large patty
about two inches thick
and about and about seven in-
ches in diameter;
handle handle as little as akerack. At handle as littl
barbecue time, split possibe for a
bun and wrap in foil. tender burger. Cook on grill about side for rare meat, or doneness. Use cookie

\begin{tabular}{lll}
\hline Compare Your Favorite Cuts of Meat at Low Prices! \\
\hline
\end{tabular}10.75
2.29
1.49FRE
FLIL
BA


Gole Bisquick Biscuit Mix \(1_{602}^{49}{ }^{49}\) Kelogs Corn Flakes 96


Applebutter
HiC Fruit Drinks
Toderer Pamper's Diapers
Lady Lee Shortening
\(1^{99}\)

+4.EA Airwick Carpet Fresh 189
Soll Blue Bonnet Spread 1
. \({ }^{2}\) Cheez-lt Cracke
Nine Lives Cat Food
- Cake Mixes
s .69


\begin{tabular}{|c|c|c|c|}
\hline Green & & Santa Rosa & \\
\hline Peppers & & Plums & \\
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\hline Green & & Fresh & \\
\hline Beans & & Nectarines & \\
\hline & 59 &  & 49 \\
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\section*{FEDERALWAY STORE 1211 So. 320th Street}
 quintessential sumcool and fantastically
refreshing, it simply refreshing, it simply
melts in the mouth.
It's called Peach


Boneless Pork Cube Presh Ground Pork Sausage


Beef Cross
Rib Roast

Wilson Corn King \$ 19
sliced Rocon Sliced Bacon .... la.ma. \({ }^{1}\)


Beef Arm Cut Chuck Roasts...... \$779 Sin Frosh Nippored Chunklotz Salmon
 TOMATO SAUCE
\begin{tabular}{|c|c|c|}
\hline \(\therefore 5.95\) & Mr mulu & (1)ATBy \({ }^{\text {a }}\) \\
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Tub \\
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 2 Red Kidney Beans. \(\operatorname{sish}_{502} 39^{\circ}\) Taco Shells Reoes


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\section*{Eggo Waffles} Breakfast Drink lifigh Earal \(120.49^{\circ}\)



Fresh Pork
Blade
Steaks. \(\$ 139\)
PRICES ON MEAT ITEMS Effective July 5th thru July 7h, 1979.


\title{
TBADEMETL
}

\section*{Honey adds natural sweetness to recipes}

For centuries honey confused about the half the honey produc- the tulip tree. Pro- temperature or in the are numerous. Use it desserts, or used as especially for use of
has been nature's kinds of honey on the ed in this country is bably the darkest refrigerator. Cream- "as is" with bread, the sweetening agent honey. Cakes and
sweet. It is the nectar market, here are the light-colored, table honey produced ed honey may partial- toast, pancake, or for whipped cream. It cookies made from sweet. It is the nectar market, here are the light-colored, table honey produced ed honey may partial- toast, pancake, or for whipped cream. It cookies made fro om blossoms some facts that may mild-flavored bees. Honey is a help. Flavor, aroma, and or alfalfa hone clover, bees. Honey is a Flavor, aroma, and or alfalfahoney.
natural unrefined color of honey vary Distinctively natural unrefined color of honey vary Distinctively
sweet with traces of with the kind of flavored honeys are minerals, vitamins flowers from which derived from orange and enzymes. the bees gather the and other citrus
Today's honey has nectar to make the blossoms, tupelotrees all the same qualitiee honey. As a rule, the of the south, wild that have made it a lightest colored sage, cultivated favorite over the honesy are the buckwheat, horse-
years. But if you're mildest. More than mint, basswood, and
is buckwheat. A good
deal of the honey on
the market is a the market is a blend different floral has been diluted with make a peanut butter be used in baking crisp cookies are like, lo lose crispness on
ypes. Extra water or other liquid it make a peanut butter be used in baking ly to lose crispness on comb honey should be should be kept in the mixing equal parts don't forget glazes. sider the weather. stored in a tight con- not kept cold it may and butter or glaze for ham.
tainer in a tainer in a dry place ferment or mold margarine. Whenusinghoney in too soft in humid at room temperature. be creamed honey may
margarine.
Honey is delicious caken or cookies, it is weat
as a topping for ice best to stick with Try
cream or fruit salad recipes developed hone

HONEYED CARRO 6 medium carrots tablespoons butter tablespoons water /2 teaspoon salt tablespoon honey
tablespoon cream 2 tablespoons choppeá parsley
Pare Pare or scrape car
rots. Slice into thin rounds. Place in skillet with butter, water and salt. Cover
tightly and simmer 15 tightly and simmer 15 carrots are barely Add honey, cream and parsley; simmer uncovered two minutes longer: Makes four servings. DIP OR DRESSING 18 -ounce carton 3 tablespoons honey juice
3 small, firm-ripe bananas, peeled and
sliced In blender, combine the yogurt with honey; lemon juice and
banana slices. Cover and blend at low speed Makes about two and one-half cups. Keeps
one day refrigerated Serve over fruit salad
or as a dip for fresh fruit.
LEMONY BREAD 4 cups milk
Two-thirds cup mild 4 flavored honey size) dry bread cubes 6 eggs
\(1 / 2\) teasp
\(1 / 2\)
2 teaspoon salt
teaspoons grated 2 teaspoons grated
lemonpeel
2 tablespoons lemon juice Nutmeg (optional) Warm milk and
honey together Prepare bread cubes;
removing removing crusts.
Place in two-quart
. Beat egs slightly
with salt. Add to bread cubes with honey mixture, pee
and juice. Sprinkle ton with nutmeg. Prehea oven to 300 degrees
Bake 50 to 60 minute Bake 50 to 60 minutes
or until custard tests
done near center. May be served warm or
cold. HONEY CORN MUE FINS
\(3 / 4\) cup sifted flour
\(1-1 / 2\) teaspoon baking powder
\(1 / 2\)
teaspoon salt meal cup corn 1 egg, well beaten
One-third cup milk \(1 / 4\) cup honey
3 tablespoons ing, melted
\(1 / 4\) cup pared diced apMix the flour, bak: Stir in cornmeal
Combine egg, milk honey and shortening Add all at once to cor
nmeal mixture; add
apple; stir only enough to dampen flour. Spoon into eight
well-greased, twon inch muffin pans. degrees oven for 15 to BEET PERFECTION 1 one-pound, 13-ounce can julienne or diced
beets 2 en V ellope
unflavored 1 cup cold water
\(1-1 / 2\) cups hot liqui (beet juice plus buil ing water) 1 cup cider vinegar
2 tablespoons lemo juice
1 table horseradish
\(1 / 2\) cup honey
1 teaspoon sal
2 cups finely shredded cabbage
Drain beet
ing liquid. Soften gelatin in cold water. with water to make one and one-half cups.
Bring to a boil. Add the gelatin and stir to dissolve,
necessary.
1 em in vinegar, horseradish, honey
and salt. Chill and sall. Fold in cab-
syrupy.
bage and beets. Pour into one and one-hall
quart mold. Chill until quart mold. Chit.
set. Serves eight.

Lamb adds variety to meals LAMB CHOP SUEY 1 cup chopped onions 1 tablespoon butter or 1 small green pepper \(1 / 2\) pound ground lamb 1 beef bouillon cube 1/4 pound mushrooms, 1 cup water \(\begin{array}{ll}1 \text { sliced } \\ 1 \text { cup chopped celery } & 1 \text { teaspoon soy sauce } \\ 2 \text { tablespoons flour }\end{array}\) Cup chopped celery
One-third cup chop- Water ped celery tops Melt butter or and soy sauce. margarine. Add lamb
and cook until lightly
Cook over low heat and cook until lightly
about 30 minutes, or
browned, stirring oc-
until vegetables are browned, stirring oc- until vegetables are
casionally. Add tender. Mix flour with mushrooms, celery, a small amount of \(\begin{array}{ll}\begin{array}{l}\text { celery } \\ \text { tops, } \\ \text { green pepper, bouillon, }\end{array} & \text { wixter; stir into lamb } \\ \text { mixte. Cook }\end{array}\) green pepper, bouillon
cube, one cup water mixture. Cook, stirr-
thickened.
Serve with cooked bouillon stock or two and three-fourth- ing occasionally, 25 rice, as desired. Dash of pepper
Yields two servings.

1 small apple, par LAMB IN
\(\begin{array}{ll}\text { AMB IN TOAST } & \begin{array}{l}\text { cored and chopped } \\ \text { CUPS }\end{array} \\ \begin{array}{l}1-1 / 2 \\ \text { chanion teaspoons }\end{array} \\ \text { Chices white bread } & \text { purpose flour }\end{array}\) \begin{tabular}{ll}
\multicolumn{1}{c}{ CUPS } & \(1-1 / 2\) teaspoons \\
4 slices white bread & purpose flour \\
\(2-1 / 2\) ta table spoons & Parsley \\
melted butter & Trim crusts
\end{tabular}
melted butter 1 poons \(1 / 2\) pound diced lamb shoulder
 and cook until brown- until thickened.
Trim crusts from \(\begin{aligned} & \text { and } \\ & \text { bread. Flatten slice }\end{aligned}\) ed. Drain off drippwith rolling pin; brush bouillon and pepper. nish toast cups. Garbread. Flatten Slices ings. Add stock or into toast cups. Gar-
with rolling pin; brush
wouillon and pepper. nish wutter. Press into parsley.
Cover and cook, stirr- Makes two servings.

Stretch meat Stretch meat proin for dishes such a chop suey, stews and
more by using less more by using less




\section*{MEAT • MEAT • MEAT}
黄 lamb blade steak lambloinchops
 lambarmsteak lambstew


 DELI•DELI•DELI




\section*{Our low prices bring you in.}

Check canner gauge for accuracy before using

Before the home ty extension agent. canning season is in An inaccurate
full swing, have your gauge could mean the pressure canner dial vegetables you can
gauge checked for ac- won't be safe to eat. gauge checked for ac- won't be safe to eat.
curacy, recommends The temperature
degrees, which is re- away, ask for shipp- the threads with more, buy a new one. canner the pounds; three pounds \(\mathrm{two-pound} 10 \mathrm{w}\)
quired to kill some ing instructions; the plumber's paste will If it's off by not more temperature inside is high at 13 pounds; reading, process at
diseasecausing manufacturer may prevent steam than four pounds, you too low. To correct and and \(\begin{array}{ll}\text { orgease-causing } & \text { manufacturer may prevent steam than four pounds, you too low. To correct, and four pounds high. eight pounds; three } \\ \text { want the whole cover }\end{array}\) \(\begin{array}{lll}\text { organisms. } & \text { want the whole cover } \\ \text { For information } & \text { returned or just the } \\ \text { about whe. Or any paste can correct the pro- you'll have to process } & \text { at } 14 \text { pounds. }\end{array}\) your gauge checked pack it like fine stand up under As a reminder, tie a poun
call the King County
crystal and label it pressure yet won't tag on the canner giv- ed. Master Canner
Masystal and label it pressure yet won't tag on the canner giv- ed.
Motline Fragile."
If you must remove hou can't remove the If you must remove you can't remove the reading.
 One the gauge reads \(\begin{aligned} & \text { side the canner is ac- If your canner has a } \\ & \text { tually higher than the weight }\end{aligned}\) Hotline \(344-7648\), or If you must remove you can't remove the reading.
you can send it away
If the gauge, replace it
It cess at 11 pounds. For gauge higher than the weight gauge. yo gauge indicates. If the must send it to the
gauge reads one manufacturer high pound low, process at manufacturer for Jan Grant, King Coun- might not get up to 240 If you have to send it comes back. Coating is off five pounds or pressure inside the reading, process at 12 nine pounds. For a problems replace it.

\section*{for Outdoor Meals!}

\section*{BAKED BEANS}

LARGE EGGS


PAPER PLATES
Janet Lee


\section*{GROCEBY-GROCERY}




\section*{AVAILABILITY itemi is requitese to abver reasdily
available or or sale at or bely}
 RAIN CHECK We strive to have on hand
sutficien stok of advertised merchandise. If tor any rea.
son ware out sot sock.
RAIN CHECK will be issued
. enabing you to buy the iem
at the daverised price as
soon as it tecomeses avaliable.
F.12 Wedeseasf Hust, 1999 The Tvews

A treat for chocolate and almond lovers almond lovers, Cocoa
Almond Rolls create
the perfect combina-
 eatured in the \(3 / /\) cup warm water \(^{2}\) tablespoons
Pillsbury Bake-Off (105 degres to 115 margarine or butter,
competition, may be degreesF.)

\section*{Quick and easy} summer grill party Give an outdoor In saucepan, com-
grill party this sum- bine all ingredients,
mer. It's a fine way to except pork Coas mer. It's a fine way to except pork. Cook, proof tablespoon grated Serve roast pork, ed and smooth. \(\quad \begin{aligned} & \text { Dash salt }\end{aligned}\) ollowe d by a Score fat on pork at 1 cup orange sections, refreshing Orange one-inch intervals. cut-up Rum Sherbet. Sonora
Cocktails will get the on grill or
fasten to party off to a roaring drip pan under pork. start. Grill about two and water to soften. PORK basting with sauce cup orange juice during last 45 minutes half cup water and / cup firmly packed of roasting. \({ }^{\text {Serve }}\) with rice sugar. Bring to boil ark brown sugar (80 \(\begin{aligned} & \text { decorated with grape Add gelatin and stir } \\ & \text { clusters. Makes about }\end{aligned}\) proof)
tablespoons soy six servings. juices, rum, orange ORANGE RUM 1 medium 2 teaspoons ground 1 envelope cone ginger
1 tablespoon corn- unflavored gelatin 1 pork loin (about four \(\quad 3 / 4\) cup water
\(3 / 4\) and one-half pounds) 1 cup orange juice Hot cooked rice


Variations on a dessert theme
 chill until thickened to six minutes. Store truly authentic flavor.
 surface, roll out dough almonds. Yields to \(15 \times 12\)-inch

\title{
LAKECREST MARK \& PA.K 28855 MILITARY ROAD SOUTH
}

\section*{CLOSED WEDNESDAY, JULY 4th, 1979} "STAR'SPANGÉED Speciales



\section*{Quick energy drinks}
uses up a lot of energy
and active people are turning to fruit juice
to restore that energy According to a recent
survey, 46 the people who are highly active have in-
creased their sumption of fruits and fruit juice. Among
long-distance renners long-distance rumners
that increase is even more striking. Sixtyno percent of the runners in the survey con-
sume more fruit juice
than they did before than they did before
they started running.
While you and your children may not be as active as these in-
dividuals, fruit juice
 juice
1 cup apple cider
1 cup or a ng e
grapefruit juice 2 cloves
1 cinnamon stick \(1 / 4\) teaspoon chopped
candied ginger bottle (12-ounces) juice gingerale, chilled
Orange
3 tablespoons lemo In saucepan, com- juice
6 whole cloves except soda pop. Br-
ing to boil; reduce
In samon sticks
ine all ingredients.
heat and simmer five
minutes. Strain and
Simmer 10 mor minutes; minutes. Strain and \(\begin{aligned} & \text { stir now and then. } \\ & \text { chill thoroughly. } \\ & \text { Just before serving, Mour into mugs. }\end{aligned} . \begin{aligned} & \text { Pakes about five }\end{aligned}\)

\section*{Gare and gingerale.} Garnish with orange
slices. Serve slices. Serve
Serves four.
hermal grape
\begin{tabular}{c} 
JUICE \\
JRAPE \\
\hline
\end{tabular}
quart White grape e


cocktail or ju juice ou apple drink. It's a dr flavor combination (1
children appreciate children appreciate, cr
and each serving corttributes toward their co
daily requiren daily requirement of vitamin C. Doubly ap- lar
preciated are Crun- che

Summertime thirst quencher Since summer has Balls and a basket of sugar are dissolved
officially arrived, fresh fruit on a sultry \(\begin{aligned} & \text { officially arrived, fresh fruit on a sultry, Makes two quarts or } \\ & \text { there can be days that }\end{aligned}\)
sweltering afternoon
16 servings. are scorchers and the i \(n\) J un e. n
best advice is to be CRANBERY PRANUT
 sparkling drink that Combine one Combine one cup sparkling drink that envelope strawberry, creamy peanut butsoft drink mix with cherry, raspberry or
orange flavor, two-thirds cup
sweetened condensed sweetened soft milk, one-half cup sugar, one bottle creanchy nuggets and
fluid nberry ounces) one-fourth cup raisins ple drink and syanber Roll into balls and roll rge nonmetal pit- iofrigerator. Mtore in Phy Peanat Butter soft drink mir until three and one-hal

HECK

\section*{Chic} dieting /a If you want to make with delight, don't serve home style
serve ". serve "palace" style.
Chummy, com.
munity plater moñity platers and the table are out, and is \(\operatorname{in}\) Sery
crudities--colorful suisp raw vegetable witheate china cup
with-calorie dip a private serving aspic; one's awrichok min
pottic pottle of lightly car
bonated minera splashed fruits chilled touch.
This gourmet lunrelieves not onny
ref dieter of

cording noodles acdirections: drain saucenwhile in \(n\) garaway seed; saute
untilicelery is tend untilicelery is tender.
Stir into noodles alon with cottage cheese, bologna. Turn and and
helpings; chic, and
unique, chic and
delightfully continen-
tal Way of counting
calories.

\section*{Budget Bologn BUDGET BOLOGNA}


\section*{KINGSFORD BRIQUETS \\ 1.49 \\ Food King}

Tr.R.means memporahy HOW WEPASS ALONG
MANUFACTURER'S TEPPRARY


\begin{tabular}{|c|c|}
\hline VEGETABLES & \\
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FRUIT COCKTAIL & Por 39 \\
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WIZARD
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ADVERTISED PRICES EFFECTIVE


ROUND BONE

CROSS RIB


\section*{CHUCK} STEAK

\section*{\(\substack{\text { BEFE } \\ \text { BEADE }}\)}
1.26

DINNER FRANKS
All Meat
BACON
Pans sizi \(\quad 1.09\)

DUE TO STAFFING IIMITATIONS, SOME MAY NOT BE AVAILABIE49

PORK ROAST

\section*{sonetess uut 129}

LUNCH MEATS

SAUSAGE ROLLS
(ork 1.29
ARMOURSIAR
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\section*{WHOLE FRYERS \\ WASHINGTON}29

MARSHMALLOWS 69
POOTATO CHIPS 59
\begin{tabular}{|c|c|}
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PAPER PLATES \\

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FRENCH BREAD
CAKE DONUTS
APPLE PIE
BUTTERHORNS
2.39

ANGELFOOD 1.45
FUDGE CAKE
1.99

\author{
* . . REMEMBER \\ T.P.R. STANDS FOR TEM. \\ PORARY PRICE REDUCTION, WHICH MEANS ADDITIONAL SAVINGS FOR YOU. .. LOOK FOR THE RED TAG NEXT TIME YOU SHOP.
}

pastot butur pogethers and a oreany dib vestans in the
Refreshing dips for summertime snacks
 or swimming, it's egg and avocado.
time for a snack. Din- Swiss cheese at room ner will come later, are not only lip- 1 pkg ( 3 oz) cr
sometimes much smacking good, but cheese, softened later, since everyone they're also nutritious \(1 / 2\) cup dairy sou
wants to cool off and because the combina- cream \(\begin{array}{ll}\text { wants to } \\ \text { relax. } \\ \text { Snacking is easy if } & \text { tion of cheese and raw } \\ \text { teream } \\ \text { 2tblsps chutney }\end{array}\) dips and dippables are protein, vitamins and \(\begin{aligned} & \text { Spanish peanuts } \\ & \text { all ready in the minerals. }\end{aligned}\) Veat Swiss ch refrigerator. It's a As dippers try cream cheese and
carefree way to pro- celery chunks, carrot sour cream together
vide snacks since no sider one needs to be on radishes, cucumber stir in chutney and
ond \(\begin{array}{lll}\text { K.P. duty. } & \begin{array}{l}\text { Slices or green pepper } \\ \text { All of these dips are } \\ \text { rings. }\end{array} & \begin{array}{l}\text { peanuts. Chill. } \\ \text { serve, }\end{array} \text { sprinkle with }\end{array}\) quickly made in a
blender or food pro-
Summer
Cottage Dip \(\quad \begin{aligned} & \text { additional peanuts } \\ & \text { Yield: about } 2 \text { cups. }\end{aligned}\) \(\begin{array}{ll}\text { cessor. Then they're } & 1 \text { cup creamed cottage } \\ \text { covered and chilled in cheese } & \text { Blue Cheese }\end{array}\) covered and chilled in cheese
the refrigerator. Store
1 small avocado, dic-
1 pkg
Beef Dip
(3 oz.) smoked the vegetable dippers \(\begin{array}{ll}\text { in plastic bags right } & 1 \text { tsp minced onion } \\ \text { near the dips } & 2 \text { hard-cooked }\end{array}\) themselves so they finely chopped
can't be missed.
\(3 / 2\) cup dairy sour Blue Cheese Beef Dip is a zippy com- Salt totaste sliced beef
1 pkg ( \((8 \mathrm{oz)}\) cream a zippy com - 1 tblsp minced onion and thinly sliced beef, 1 tsh of pepper sauce hredded easily in the Drain chon juice blender. Contrast that moist, and beat with with a Swiss cheese avocado until smooth uniquely flavored onion and eggs and another dip is in blend. Fold in sour teresting because of ings. Chill. Yield: \(2^{1 / 2}\)
its cottage cheese

Garden fresh
\begin{tabular}{|c|c|c|}
\hline \begin{tabular}{l}
Chinese pea pods, also known as sugar peas, snow peas or edible pea pods are now in season. They are all different names for the same vegetable. \\
Chinese pea pods are a fairly good source of Vitamin A, calcium, phosporous and potassium. Eating pea pods fresh is the most nutritious way but they do retain a high proportion of their nutrients if frozen. \\
Choose flat pea pods, three to four inches long and one inch wide. The vegetables should be a bright green color and crisp when broken. Select one pound for four ser-
\end{tabular} & \begin{tabular}{l}
Fresh pea pods are \\
highly perishable and \\
shourd days of picking. \\
Refrigerate as soon as
possible, wash and \\
snip the ends just before using. Use the pea pods in a variety with water chestnuts and celery or thin mushrooms. Try sauteed pea pods with pepper. \\
Preserving for the highest nutrition flavor and texture quality, freeze pea ing. Blancher picknecessary to kill the enzymes that make
\end{tabular} & \begin{tabular}{l}
the pea pods continue to ripen. Blanching can be done in boiling water or in steam. \\
A larger amount of pea pods may be processed at one time with boiling water blanching, but more vitamins are retained with steam blanching. Blanch for 30 seconds in boiling water or one minute in steam. Small pea pods should be blanched only 30 seconds in steam. Start timing as soon as the pea pods are put in the water or steam. Then stop the heat by cooling the vegetables in icy cold water for 30 seconds. Packageain moisturevapor proof containers designed for the freezer.
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\hline \begin{tabular}{|c} 
Bactine \\
Liquid \\
4 oz.
\end{tabular} &  &  \\
\hline
\end{tabular}

Mealtime versatility in the out-of-doors
\begin{tabular}{lllllll} 
Meals in the out-of- & Sour & Cream-Blue & every 10 minutes. & V E G E T A A
\end{tabular}



NEW STORE HOURS
31811 PACIFIC HIGHWAY SOUTH


FRESH FRYER 'N HALF


\begin{tabular}{|c|c|c|}
\hline LINK SAUSAGE & GREEN TAG SPECIALS midaor.a. 1. . 1.69 SLICED BACON &  \\
\hline BEEF BUN PATIES &  &  \\
\hline LUNCH MEAT & or sammalitimez &  \\
\hline
\end{tabular}```


[^0]:    838-1166 927-1141

[^1]:    CHRISTIE WILLIAMS, local cookbook author, demonstrates the use

