

# New program for unemployed kids

by Loren Bliss

The Federal Way Youth Service Bureau has designed a special program of training and counseling to help young jobseekers who are in danger of becoming chronically unemployed.

Funded with \$5,390 obtained from King County sources, the program is called "Project Turnaround." It will prepare about 120 disadvantaged Federal Way residents to compete in an increasingly tight youth job

The persons for whom the project is intended are from 14 through 21 years old. Characteristically, they are high school drop-outs whose lack of skills and self-confidence has made it nearly impossible for

them to find jobs. Star White, the program's coordinator, says that most of these persons "have basically given up" because their attempts to become productive members of society have met with repeated

"But nearly every one has had some hobby where they developed a skill for which they give themselves no credit, usually because nobody else gave them

any credit," she said.
"FOR EXAMPLE, one of these kids might have learned how to overhaul engines and be really good at it, and to have a considerable amount of mechanical

aptitude as well," said White. Such persons, she says, might make excellent mechanics. But until they learn how to identify their skills and then acquire the poise they need to function in an interview, they are often destined to remain jobless — which is where Project Turnaround enters the picture.

The project will begin by helping each of the participants prepare a detailed selfassessment, which at the same time will enable the staff members to determine which kids need what specific kinds of

Once that step is completed, the participants will be taught how to sharpen their job hunting skills, given aptitude tests and counseling and referred to potential employers. At the same time, they'll be shown how to get additional technical and vocational training.

The duration of any one person's stay in the program will be determined, says White, by that person's specific needs. But the project itself will continue until the end of the year.

IF PROJECT Turnaround is to succeed, the youth service bureau will have to recruit at least four volunteer counselors to work with the kids.

While the bureau will train the volunteers and teach them the specifics of counseling, the applicants, says White, should be able to demonstrate that they already possess the personal characteristics of a good counselor.

"The people we want should be warm and caring, nonjudgemental, patient and tolerant, and on emotionally solid ground themselves," she said.

What they'll be taught - the training sessions will be held on July 10 and 12 - is how to help the kids grow past the internal stumbling blocks that keep them out of the job market.

volunteer counselors will be the Indian percentage were schooled are those which will salmon caught on the reservation enable the kids to accept for themselves, to learn how to make rights. reasonable personal choices, and to discard unrealistic ideas.

MANY OF THE kids who will be in the program, says White, have extremely low self images. They're withdrawn and they're unassertive - so that their lack of self-confidence reinforces their lack of skills and vice-versa.

Therefore, she says, it's very important that the volunteer counselors be able to be alternatively compassionate and firm - so that the kids receive the proper measures of emotioal support and guidance.

Will the program succeed? Dave Gordon, the coordinator of counseling at the bureau, says frankly that he doesn't know. But both he and White believe it will, primarily because it is based on notions that have been proven elsewhere.

Nevertheless, much of its success will be determined by the agency's ability to recruit volunteers - which is why Gordon, White and Luanne Brown, the bureau's director, are making a plea to the community.

Those interested in becoming volunteer counselors should contact White or Gordon at 839-6555. Youths who feel that Project Turnaround might be useful to their job-seeking efforts should use the same telephone number.

# Drug abuse seminar

clude a film, speakers and group discussions, is being planned by Federal Way Organized Services for Youth. Its tentative dates are Oct. 9, 17, and 25.

As planned, the first evening will include presentations on the national and local drug and alcohol problems as they impact teens and their parents.

The second session will focus on the types of drugs that are encountered in drug abuse, how they can be identified and what symptoms they produce in the

At the third session, participants will be introduced to some techniques for solving the problem and given an opportunity to suggest some measures that might be taken on a communitywide basis to combat drug and

FWOSY, a consortium of agencies that provide various services for youth, intends to make the drug seminar the first in a series of public discussions about the problems of local kids and their

# Federal Way Wews

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### Deadline near:

# Response slow to city petition drive

Federal Way City Committee officials said Monday that they intend to wrap up their petition campaign in seven days, and one said he is disappointed by the community's response.

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 via the NEWS have been returned. The petitions were distributed on June 22.

Davis, who had the petitions prepared so that they could be signed, folded and mailed back to the city committee, said that he was surprised and somewhat troubled by the small return.

The group has information gathered by a professional pollster that suggests 65 percent of the population support incorporation.

Stead said that an official

count shows the committee now has about 1,500 signatures on its petitions.

He said that the group hopes to get 3,000, a number which would insure that King County begin holding public hearings on incorporation and put the question on the ballot.

The proposal on the petition calls for the incorporation of a city of 59,300 persons here. It would be governed by a council and a city manager.

Its tentative boundaries these are subject to revision by the King County Boundary Review Board on the basis of the public hearings - include Puget Sound on the west and Pierce County on the south.

The northernmost boundary would be South 255th Street, while the eastern boundaries would include the limits of Auburn, Kent and other valley

# Fishing rights

# owry, Dicks praise decision

by Darlene Himmelspach

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

Congressmen Mike Lowry and Norm Dicks have both said they will work now to find a way to produce more fish for local waters. Lowry said as much as \$90 million may be "earmarked" for a salmon enhancement and resource management program.

Dicks said "the most important thing the Congressional delegation can do is try and craft a program to produce more fish because we obviously have to deal with a supply problem." That problem, he said is the responsibility of the federal government because it "entered into the treaties" with the In-

Monday's 6-3 decision affirmed the right of treaty Indians to a percentage of the annual salmon harvest based on 19th Century treaties between the government and Indians. Under the Boldt decision, Ind ians were allowed about 60 percent of the annual harvest with commercial and sports fishermen permitted the The techniques in which the rest of the catch. Excluded from sustinence or ceremonial

by Loren Bliss

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 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.

One suspect in the case, a Ren-

ton man who was found to have a

bullet wound in his right leg, is

already being held at King Coun-

helped arrest the suspect, said

that Officer Joseph W. Purcell

had gone to the bank on private

business and was inside when a

man wearing a white stocking

cap walked in with two pillow

The man, O'Brien said, was

wearing the cap pulled over his

face and told the tellers to "fill

accomplice in a getaway car -

the vehicle had pulled up in front

of the bank - Purcell drew his

9mm automatic and shouted,

said O'Brien, "pulled a .357 magnum and fired at Purcell."

"BUT THE GUY in the car,"

In the ensuing exchange of

shots - the officer apparently

fired four times and the driver of

the getaway car twice - the rob-

But the two outlaws managed

to roar away, smashing one park-

ed car before they left the bank's

O'Brien said he found the

"You just know when they

getaway car parked a few blocks

drive right up to the bank like

that, they've got another car

parked within five blocks," he

away, near a local restaurant.

As the robber ran to meet an

up" the pillow cases.

"Police: Freeze:

ber was hit.

parking area.

said.

Capt. James O'Brien, who

S., at about 3:30 p.m.

ty Jail.

cases.

The robbery, in which one of

Federal Bureau of Investiga-

The Supreme Court decision Indian share. A spokesman for the tribes said the difference would be negligible, however. Mason Morriset, counsel for the salmon there are. tribes, said the high court ruling was "a complete vindication of dicated for 15 years." He said the tribes have "steadfastly maintained that the treaties were good law and superior to the State of Washington law."

The state departments for fisheries and game will not be permitted to set the guidelines for implementing the Boldt decision as previously ruled by the state Supreme Court. Monday's ruling set aside the local court opinion.

State Attorney General Slade Gorton, who argued the case before the Supreme Court for the state, said the high court ruling "will give the state more rights to control" the Indian catch. He said "we are far better off than before. With the Boldt decision the Indians were entitled to 60 percent of the catch. It is 50 percent now. Especially the non-Indians are better off with the decision thatn without it.'

Gorton said the crux of his case was "equal rights for all rather than Indian rights. We convinced three judges. I am disappointed that only three justices accepted our interpretation but, after almost 10 years, I am gratified to have a decision.'

Suspect captured

after bank heist

The state may have a difficult will include those fish in the total time determining how many fish equal 50 percent, if Gorton is correct in his assessment that "no one knows exactly how many

Dale Johnson, chairman of the Northwest Indian Fisheries Comeverything the tribes have in- mission, said his group is "happy with the decision. We hope this

will be it and we can stop fighting We have been fighting so long, all we want to do is go fishing.'

Demonstrations against the Boldt decision began almost immediately after the now-retired justice rendered the controversial ruling in February, 1974. The following month, protests by

Continued on A7



Bob Monarch

# Oil man blames OPEC, government

The finger was pointed at the Organization of Petroleum Exporting Countries (OPEC) Monday afternoon as the vice president-manufacturing for the U.S. Oil and Refining Company told members of Federal Way's Chamber of Commerce that the petroleum shortage is real-and here to stay for a while.

Bob Monarch told the group that OPEC control of supply and prices, coupled with little cooperation from the U.S. government, has created the gas lines and rising fuel costs throughout the past several mon-

"If you're worried about World War III, stop worrying," he said. "We've been in it since 1973 and we're not winning. The OPEC cartel is winning and the tragedy is we're supplying ammunition to the enemy.

Monarch explained that during the Arab Embargo of 1974, the government decided that to avoid a similar situation the U.S. must conserve energy, increase its use of coal, research alternative forms of energy and complete the Alaska Pipeline. "Of these objectives, one has been accomplished and that's the Alaska Pipeline," "I don't get out on the street he said, adding that even that is not as efficient as possible The captain also said he intends because the lack of an east-west land does not make full production economically feasible.

GOVERNMENT ACTIONS however, were not available from have been costly and uncoordinated, Monarch charges, fur-The suspect was being held at ther adding to the shortage. the jail pending arraignment. Although-price controls are in the Names of suspects in felony cases process of being lifted, those conare not disclosed until the ar- trols in reality will remain raignment, the first step in a for- because of government plans to mal legal proceedure, is com- impose a "windfall profit tax." Such a tax will rob the oil com-

panies of necessary profits to invest in new energy resources, he

"Profits are essential in this economic system and if you don't make a profit, you don't stay in business," Monarch said. "Oil companies may show large profits but if you consider the investment, it's not that great.'

He said that last year oil companies realized a 4.5 percent average increase in profit while the national average increase for all other industry was 5.25 per-

In addition to price controls, government also is guilty of demanding cars that require unleaded gas, a fuel that must be refined by special chemical processes. Those processes, Monarch said, cause about 10 percent of the gas produced to be destroyed.

And salvation is not close at hand, he predicts. "We've always had access to cheap and unlimited energy and the demand for fuel is increasing," he said, citing that 20 million more vehicles are being driven in the U.S. this year than in 1973. He also said the types of crude oil used for refining create a larger burden on the refineries than other currently unavailable crudes, creating less production of refined fuel.

"We are an energy-poor country and the concept is to conserve," he said. "We now consume 10 percent of the crude oil when we only have eight percent of the population.

"There's no clear-cut answer to the dilemma...but if we each could reduce our gas consumption by 25 percent, that would equal \$4 billion a year we'd keep out of the treasury of the OPEC

# scheduled for Oct.

A three-day seminar for parents who are interested in learning about drug and alcohol abuse and how it can be users. prevented will be held in Federal Way during October.

The program, which will inalcohol abuse locally.

stolen earlier in the day from SeaTac Mall, O'Brien said, and belongs to an employee of one of the mall's stores. But the police got lucky — for

The getaway car had been

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 the second car.

POLICE RAN the number through their computers, and later, O'Brien, Detective Bob Lamoria and Officer Mark Shaw staked out the Renton address of the car's owner.

Early on Saturday afternoon the suspect left with a young woman and drove her to Federal Way, with the three officers tailing him in separate vehicles.

'We got him at the intersection of 26th Avenue Southwest and Southwest and Southwest 339th Street," O'Brien said.

The bullet wound in the man's leg was discovered after he was taken to 3rd Precinct headquarters in Kent. The suspect was subsequently treated at a local hospital.

O'Brien said the last time he was personally involved in making an arrest - he's the precinct's commander - was about two years ago, when he was stationed in Burien.

that much anymore," he said.

to submit the names of the two pipeline to transport the fuel incitizens for commendations from Sheriff Lawrence Waldt.

Names of the two citizens, police on Monday.



# Don't let apathy murder cityhood

cityhood may be in danger of that was put together in 1978. dying — apparently from lack of interest.

petition, 25,000 in all, were done for the Federal Way delivered to the community's Home Rule Committee, a households by the NEWS more than two weeks ago. To date, only 375, or exactly 1.5 percent, have been signed and returned.

That's a pretty shoddy showing for a community in which 65 percent of the residents indicated they're bureaucrats.

local residents have been ly. complaining loudly and bitterly about county misrule for at least five years.

handed a unique opportunity necessary. to shape their own political futures — and only 375 return the petitions. bothered to respond.

the citizens don't want a city Declaration of Independence here; that 65 percent figure 203 years ago today, we might we cited above came from a not even have a country.

Federal Way's drive toward professionally prepared poll

The poll, by the way, was not commissioned by in-Copies of an incorporation corporation advocates. It was now-inactive group of local citizens who spent a lot of time studying governmental alternatives.

Nor do we think the lack of response results from local poverty. If there are 24,625 households here in which the families are all too poor to buy fed up with being governed by 15-cent postage stamps, we blundering King County need more than a petition drive; we should have It's even shoddier when you ourselves declared an stop to consider the fact that economic disaster immediate-

The reason, we fear - and we don't like what we see - is that the members of the 24,625 But the most damning part households just didn't care of it is that for once in their enough to take the few lives, 25,000 households were minutes and few pennies

But it's still not too late to

After all, if 56 men hadn't We don't think its because taken the time to sign the

# losures were painful

School closure considera- response to legitimate contions have dominated the agendas at Highline School Board meetings for the last several months. With its decision last week to close three more schools, the board completed the first phase of a five-year closure plan drawn up by the administration.

Last week's action brought the number of Highline schools closed over the last few years or scheduled to be closed by 1981-82 to 19 (two have been or will be reopened).

The board has indicated that it will not vote on any further closures until after school starts in the fall.

A comparison of the fiveyear plan with the actual decisions of the school board shows a willingness on the part of the district to accommodate public criticism - up to a point.

That point never included not voting to close a school that was proposed to be shut down and there never seemed to be too much debate between board members about whether or not to close a

Where the board and administration shined was in repeatedly modifying elements of their plan in

cerns raised by citizens at public meetings.

Two major changes were made in regard to the reassignment of students involved in the closing of Olympic Junior High and Glacier High School.

In addition, the plan was shuffled to allow for more uniform implementation of grade level changes in 1980-

Community meetings were held in each of the schools proposed for closure. These meetings were run professionally 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 present in previous

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 less sensitive hands.

# Jeanne weenev



At last.

Justice prevails.

It is no longer fashionable to smoke cigarettes and it is fashionable to complain when somebody blows smoke in your face. Yippeeee!

For years I have endured the pain of being a nonsmoker. 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, and "no, I don't mind if you smoke."

More than half of the girls in my high school senior 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 smoke. She said it would make her teeth look funny and she planned on being a movie star.

I didn't make it as a smoker.

My best friend Maggie was a smoker. She smoked Chesterfields and Lucky Strikes. That's because those 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 little and I could see the blue smoke curling around in her mouth and then a stream of blue haze would come out of her flared nostrils.

It was a very impressive

When we were alone, Maggie would try to teach me how to smoke the way she did. But either I'd get the cigarette too wet, "You aren't supposed to eat it, dummy," or I'd let it go out, or I'd drop it when I began to choke after taking a "drag."

I was good at holding a cigarette, though. At parties I 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

If I tried to light up everbody would look at me, I'd choke, they'd laugh and I was

miserable.

Finally, my dad came to the rescue. I told them that my dad did not want me to smoke (which was true) and that he would beat the tar out of me if he caught me smoking (which probably was not true).

As I grew older, many of the women and most of the men I knew were active smokers. Smelly rooms, clothes and breath were common. Everbody owned more than one ash tray and just about every household had a cigarette burn in at least one piece of furniture and on favorite clothes.

People gave each other gold cigarette cases and buying gifts required less imagination because you could always give a "carton of cigarettes."

I hated living the lie.

But smokers were people who were "with it." They owned all the Glenn Miller records. Good clean heroes promoted cigarettes. You were more beautiful, stronger and obviously smarter with a cigarette in 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 smoke burnt my eyes, made 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 up" I wanted to throw up.

Perry Como, and Bob Hope pushed cigarettes.

We sent cartons of the things to men in the service, veterans in hospitals and year supplies to lucky winners. I felt so guilty and almost un-American and alone.

Now, after all these years, I can admit that I hate cigarettes. Many others have declared themselves to be non-smokers, noncigarette lovers. Nonsmokers have come out of the closet.

It is now unfashionable to smoke.

Some homes do not have ash trays anywhere. Some homeowners demand that smokers get their "fix" outside the home.

Non-smokers are being generous, however. They are not laughing at smokers, poking fun at their ability to inhale, or do they suggest that they are inferior because they continue to smoke. No, non-smokers are a kind lot. They are presently seeking special smoking areas in public places for those whose rights must be protected.

We suggest that the areas once used to accomodate the non-smokers in planes, restaurants, and other public places be returned to the smokers. Those spots are easily identified. They are the windowless rooms, those spaces back in the corner away from the stage, by the kitchen door, or there, two flights up, second door to the right.

# Ann Hagen



can change personalities? We recently tripped to Sun Lakes in Eastern Washington and rented a tiny cabin near the water that was designed to sleep

Planning, also, to take a camper that was, at the last moment struck with brake fever and left home, we allowed the kids to brings friends. 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, practically wall-to-wall on beds and impromptu cots, you're bound to end up with some funny situations.

You can count on zero privacy for one thing. I got my first inkling of that when I nonchalantly disappeared into the adjoining bathroom to change to my nightgown.

Coming out, expecting to sneak into bed with one giant leap, I noticed a roar of cheers, clapping hands and all eyes glued to my modest but semisheer appearance. "Knock that 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 beginning of my revenge that lasted the next five nights.

Letters

from our readers

When husband came out dressed in shorts, thinking the lights were dim and nobody would notice, I let him have it. I flicked the lights on and off, sang to the burlesque beat of "Let Me Entertain You," and gave my loudest wolf whistle. Naturally, everybody joined in. I thought he'd go through the floor with embarassment. It was great.

THEN THERE WERE the problems with the cots. Army rejects, I swear, that husband has a fondness for because they can be folded into a tiny oblong size, we take them everywhere. They've obviously been taken

too many times. One fabric cot was attached to its frame by threads. Older son climbed onto his cot and stuffed himself, very gingerly, into his favorite sleeping bag.

As he settled down, a few puckered sounds marked the beginning of the end of a seam. "Yike," he hollered trying to get in a position that wouldn't tax the threads. Using his John Wayne impersonation that he saves for special occasions, he said cheerfully, "Well, folks ... I sure hope this things holds 'til dawn."

It didn't. In the morning, he was comfortably curled in a ball on the floor, obviously unconcerned. Togetherness also brings out

the comedians. There was no lack of jokes and tales while everybody settled down in the darkness.



If you didn't know better. you'd swear you were surrounded by Hollywood favorites and teleision personalities.

"Did you know this is the first time these old bones have been forced to sleep under a table." said eldest son, voice croaking like Gramp McCoy from the televised rerun "The Real Mc-

"YOU'D BETTER GET used to it because there's more to come," said younger son doing his perfectly enunciated but clipped version of sports announcer Wayne Cody.

"That's what you think." retorted James Stewart voice from the floor. "You get this bed next," he croaked referring to their trade-off system for the bed.

Laughing until our sides ached, I thought it was about time for a little impersonation of my own. Ma Kettle couldn't have been any better, I thought as I screeched "All right gang, let's hit the sack." Looking back on the whole

thing, I have to admit that crowded conditions often bring out the best in people. There were no gripes or complaints, just a whole lot of fun.

Are these the times to look back on when you're old and grey, sitting in your rocking chair reminiscing about "do you remember when, Pa? I think, perhaps, they are.

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# Damage proves helpful

Editor:

On Saturday, June 30, my son and I spent a couple of hours cleaning and getting our church ready for the Sunday worship.

That same evening, vandals broke into the church and discharged the fire extinguishers throughout the sanctuary and adjoining rooms, as well as stealing the public address system. This left a film of mist over the entire first level and no sound system.

At first glance on Sunday morning 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 crowded we were able to have our Sunday services there.

The fellowship we experienced 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 3205 S. 291st St.

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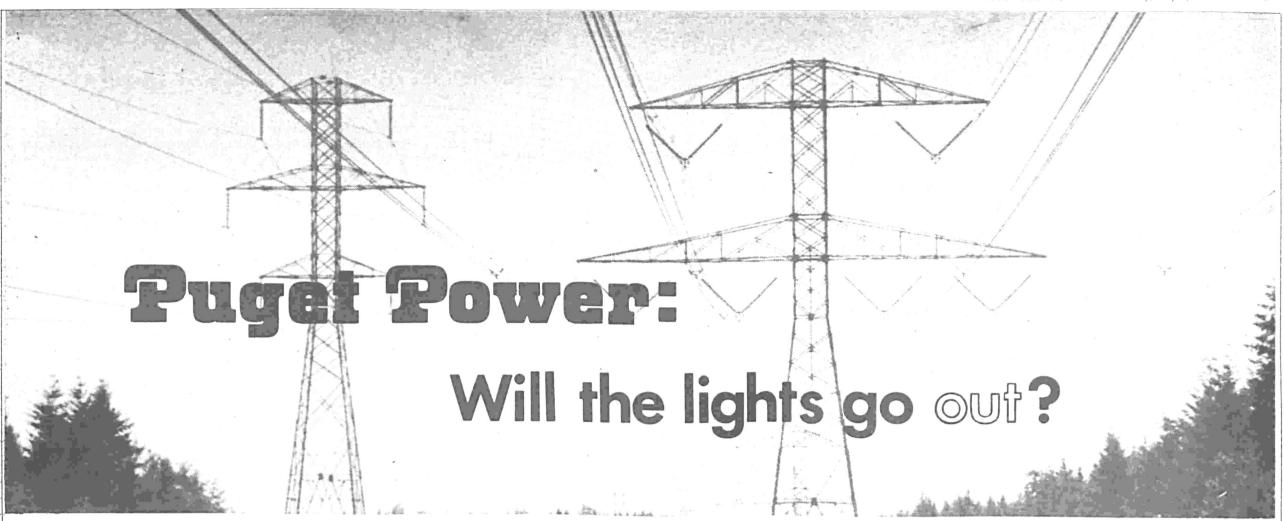
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New electricity delayed

# Population boom straining local power supply

Next winter we could all be sitting in the dark.

No lights. No heat. No electricity. Unless we learn to conserve

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 indefinitely. What Ellis was describing are called "brown outs" or "blackouts," a condition wherein power is so scant that areas are mandated by the power companies to operate without it for a while.

"I see the threat of brownouts as very real," Ellis said in a recent 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 limited power supply, add unpredicted 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 reached its all-time high for energy consumption, a peak it had not expected to gain until 981. The demand was there. The

the key is

conserve

THEORETICALLY, ELLIS said, there is no limit to how much energy can be produced. But the forms of generating that

While merely the mention of nuclear power conjures up visions of danger for many, coalfired generation also is a subject of controversy. Coal-fired ther-

"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."

power are limited. "In the last few years we've had to look to other forms of generating power than hydroelectricity because all the sites feasible for a dam are built up," Ellis, president of Puget Power for three yers said. The alternatives are coal-fired generation and nuclear generation, both of which have been stalled largely due to litigation

against such construction.

Conserving energy during the summer months is not always easy in the Northwest. One of the largest consumers of electricity during hot weather is air condi-

many in this area. According to Puget Power President John Ellis, energy usage is down in the summer, but conservation still is important. Every kilowatt saved is one

tioning, an appliance not used by

stored for next winter. The U.S. Department of Energy has some suggestions for summer energy conservation.

With or without air conditioning, keep out daytime sun with vertical louvers or awnings on the outside of your windows, or draw draperies, blinds and shades indoors. This cuts back on the time Until then, ed. air conditioning or a fan is need-

Keep lights low or off. Electric a load to air conditioners or fans. Do cooking and use other heatgenerating appliances in the early morning and late evening hours whenever possible.

Open the windows instead of using air conditioners or fans on cooler days and during cooler

Consider turning off the furnace pilot light in summer, but be sure it's reignited before you turn the furnace on again.

Close off unoccupied rooms and shut their air-conditioning vents; or turn off air conditioners.

Use kitchen, bath and other ventilating fans sparingly. In just one hour these fans can blow away a houseful of cooled air. Turn them off just as soon as they have done their job.

Without air conditioning Be sure to keep windows and outside doors closed during the hottest hours of the day.

Use window or whole-house ventilating fans to cool the house when it's cool outside.

Use vents and exhaust fans to pull heat and moisture from the attic, kitchen and laundry directly to the outside.

mal plants operate by heating water into steam, thus turning the generators and producing power. The process itself causes little friction, but the location is objectionable to some.

Since Washington State does not harbor large coal deposits, much of Puget Power's coal-fired generation is stationed in Montana, where the coal supply is plentiful. That power then is transferred through the power lines to Washington, but that practice will soon be coming to an

"MONTANA DOESN'T want us to burn coal in their backyard any more; 'Ellis explained. The alternative is to transfer the coal from Montana to Washington, an expensive process for Puget Power.

"The cost to produce nuclear power is 25 percent lower than what it costs to transfer the coal and produce coal-fired energy," Ellis said. "That's the reason we went to nuclear."

Puget Power currently has interests in the nuclear plants at Hanford, at Pebble Springs, Ore., and at Satsop. It also plans construction of two plants in the Skagit area.

Despite opposition to construction of such plants in the state, Ellis defends the use of nuclear generation. "Nuclear technology is the safest known to man," he maintains. "It's been used commercially for 20 years, and still no one has been killed." Smiling, he added, "I suspect more people lights generate heat, also adding have been killed by sewing machines than by nuclear power."

> ELLIS SAID he is confident in the safety of nuclear plants because they are constructed with several built-in safety systems and, if those fail, it is contained in a concrete barrel surrounding the generators to contain the waste. The incident at at Three-Mile Island, Ellis said, was healthy because it caused more investigation into the nuclear industry. "But in terms of impact on people, it didn't hurt anybody," he said, adding that he doubted even in the long run whether it would, as has been predicted.

The nuclear power plants that are planned by Puget Power cannot be operational until the mid-1980's, Ellis said, because of litigation involved and construction time required. "That may cause a problem in the Federal Way area because in the time it takes to get those nuclear plants

photos and text by Nathalie Weber

on, there's no new generation," 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 because of its unprecedented growth.

IN ADDITION to the tight power supply, Federal Way could possibly be victim to an inadequate 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 problems," Ellis said, adding that there always are "weak pieces" in any rapidly-growing area. What that could mean for 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 said. "That can cause spotty outages."

While the distribution of energy 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 really have to get with conservation if we're going to ameliorate this situation over the next few

THE PUBLIC also can expect that while supplies are decreasing, 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 major source of generation.

Still, that hydroelectricgenerating base will keep Puget Power and other Northwest states' rates about half as expensive as those in Eastern states, he said. Part of that rate increase—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 from the public that it should not be asked to fund projects from 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 get energy, it's an important part," Ellis said.

HE SAID THAT CWIP does not actually fund construction work, but supplies necessary money to obtain bonds for construction. 'Rather than being harmful, it's actually helpful because it lends the company security for bonding. Otherwise, it might be harder for us to get loans," Ellis said.

But in the face of diminishing power and increased rates, there 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 sources and we need them now."

# A slow power-building process

POWER RESOURCES UNDER CONSTRUCTION OR PLANNED

PROJECT AND LOCATION Colstrip	UNIT NO.	NET CAPACITY (MEGA- WATTS)	ENERGY SOURCE (FUEL)	ESTIMATED DATE OF OPERA- TION	COMPANY'S OWNERSHIP SHARE
Colstrip,	. ,		2		
Montana	3	700	Coal	1983	25
	4	700	Coal	1984	25
Pebble Spring				2004	20
Arlington,					
Oregon	1	1,260	Nuclear	1987	20
Rock Island	2	1,260	Nuclear	1989	20
Rock Island.					1 I
Washington	1-8	410	Hydro	1978-79	
Skagit	ě.		11, 410	1310-15	
Sedro Woolley,					
Washington	1	1,288	Nuclear	1986	40
WPPSS No. 3	2	1,288	Nuclear	1988	40
Satsop,					
Washington	nonditures f	1,240	Nuclear	1984	5

construction expenditures for the Rock Island Project will be incurred by the Chelan County Public Utility District, the owner of the project. Puget Power will receive under a power contract 100. of the output through the year 2012, subject to rights of withdrawal after the year 2000.

### FW crime report:

# Burglars strike 14 homes on weekend

burglaries, three commercial burglaries and eight larcenies were reported in Federal Way Friday and during the weekend, King County Police records showed Monday.

But only two of the incidents, both of them burglaries, involved losses of \$500 or above. Both occurred at local residences.

In one, at a South 288th Street address, stereo and tape recording equipment worth a total of \$1,100 was taken sometime Saturday 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 Elementary School Saturday night, police said. The loss was estimated at about \$200.

No other incidents of vandalism

"Raquetball for day.

Beginners' meets

registration is now in complete body and

were reported, leading officers to speculate hopefully that the outbreak of last week was over.

### Two robbed at FW eatery

A Pacific Highway South restaurant, its manager and one of its patrons were robbed early Saturday morning by two welldressed 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

An undisclosed amount of cash was taken in the incident, police

Other exercise

A Tuesday series of

"Brown Bag Lun-

Summer classes planned at YWCA

"Bicycle Touring" ches" at noon will

Summer class cise" will work on p.m. on Tuesdays.

process at the East muscle use, toning classes include exer-

Valley YWCA in Ren- and strength to attain cise and jog, yoga,

ton, with classes for overall agility and belly and aerobic all interests. Classes fitness. It will be dance and singles and

Monday and Wednes-

begin the week of July taught from 7 to 8 p.m. couple disco.

their knowledge in a series of "How To" Tuesday, July 10, at

and recently elected

The Family Film Night, sponsored by "Church Alive" will feature the film "Sammy" on July 6 at 7:30 p.m.

The church is located at 10847 - 1st Avenue South, Seattle. For more information, call 242-

Nutrition." A \$2 ad-

mission and pre-

registration by phone

Workshop classes on photography, used

car buying and

parliamenary pro-

cedures meet in July.

are requested.

# Experts on 'How To' programs at Doces

microwave drying. programs beginning at 11:30 a.m. Ginna 11:30 a.m. Tuesday,

Home Furnishings. Virgina Purdy, award winning flower How," from proper specialized gardens, arranger from Kent environment to such as Japanese or director of Chinook have some useful han- discussed. Time will District of Garden douts on plant car and be allowed for ques-Clubs, will suugests that anyone tions. demonstrate how to having a problem Freezing and preserve flowers, plant bring it or and preserving using a weeds and foliage us- affected leaf in a microwave oven will ing several methods, plastic bag. Mrs. be demonstrated at

### Family night shows film

Several experts in including glycerining for The Robinson gram will be repeated complimentary and Piquette, 575-6500. their fields will share branches and newspapers.

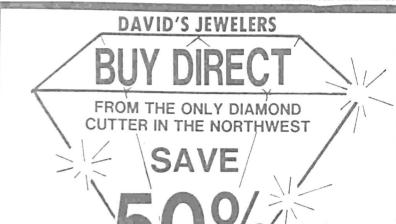
Wednesday, July 17, return to Doces at 19. Koontz, instructor and July 17, for a program 11:30 a.m. at Doces lecturer on house on landscaping. plants, will discuss Developing a plan, "House Plant Know problem areas, diseases. She will rose gardens, will be

Koontz is a Life 11:30 a.m. Wednes-Flower Show Judge day, July 18, at Doces and garden columnist Aurora store. The pro-

at the Southcenter will be held in Doces The stores are located Mrs. Koontz will store Thursday, July mezzanine meeting at 180th and

rooms. For more in- Southcenter Parkway

All programs are formation call Joann and 205th and Aurora.



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or more

14 KT. GOLD PERFECT CUT

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NOW Originally .05 KT. T.W. \$ 39.95 129.95 1/10 KT. T.W. 59.95 159.95 1/4 KT. T.W. 499.00 199.00 1/3 KT. T.W. 599.00 259.00 2/3 KT. T.W. 1195.00 499.00 3/4 KT. T.W. 1295.00 599.00 1 KT, T.W. 1895.00 799.00

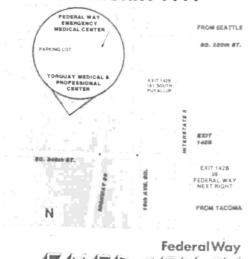
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MEDICAL / AMBULANCE 838-0805 mary bridge / health center

between 1:30 and 3:30 will thke several two-cover these current Pre-registration is p.m. Monday and hour trips to scenic interest topics: high required either by Wednesday in both Ju- roads and areas blood pressure, paren- mail of visit to the ly and August ses- around Renton. Pack ting, sexuality and a East Valley YWCA ofa lunch and ride from special four-week fice, 231, Williams "Women's Exer- 10:30 a.m. to 12:30 series on "Food and Ave. S., Renton, 98055. Soseph Hospital Pioneer

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High Yield ...

1 year. Compounded daily 6.81% 7.75% CERTIFICATE ACCOUNTS 6 to 8 years. Compounded daily Annual Yield...... 8.17%

6.75% 252 to 4 years tompounded daily. Annual 7.08% 8.00% Byears or more Highest interest rate. Compounded daily. Annual Yield....... 8.45%

INVESTOR'S ACCOUNT & T-BILL PLUS

# YWCA announces youth activities

activities for youth of learn new skills in the trips to explore incise, dance and out- and interview door recreation.

eight to 12-year-olds activities and discus- to improve their prewill present two sions to further sent skills in a funclasses, "Creative develop an understan- learning environ-Movement and ding of career ment. Dance'' and possibilities. Classes "'Creative Dramatics."

The dance class, which will explore body movement aimed at developing flexibility, coordination balance and imaginative motion, will meet from noon to 1:30 p.m. on Mondays and Wednesdays for four weeks, beginning July 9.

Dramatics will include exercise in movement and verbal improvisation, mime technique, storytelling and developing imaginary characters. Classes will be held from 1:30 to 3 p.m. Mondays and Wednesdays.

A special "Beyond the Classroom" pro-



Emily Hill

# elected

Emily Hill has been elected a national officer of the Young Republican National Federation at the organization's convention held in Orlando, Fla. recently.

Ms. Hill, who will be serving as assistant secretary for a twoyear term, joins seven other national officers in serving the Washington, D.C. based organization. She is an executive board member of the Washington Young Republican Federation and has served as district director of the state organization.

Formerly a president of the Silver Sound Toastmistress Club, she is employed at Weyerhaeuser Company in the firm's public affairs department and resides in Federal Way.

> To our valued customers

Payless

Of the 150 items in this week's PAYLESS SUN BUYS (WE'RE YOUR MALL IN ONE) circular, the following 1 items have not yet arrived:

> PG-5 DIVAJEX BLUE ICE. #1004

We sincerely apologize and hope this does not inconvenience you, our valued customers.

Rainchecks will be issued FEDERAL WAY 31401 Pacific Highway S

East Valley YWCA gram offers two eight- will be held from 1 to 4 in Renton if offering week classes: p.m. on Thursdays; "Career Exploration" "Creative Play with all ages this summer. for sixth to ningth the 3 Rs" for fourth Young people can graders will take field through sixth graders will playfully develop areas of visual and dustry, small skills in reading, performing arts, businesses, sales, writing and career exploration, civil and social ser-arithmetic through language, vice organizations. the use of games, photography, exer- Students will observe puzzles, story-telling, creative dramatics workers, managers and outdoor activities. The "Experience in and support staff and Children of all skill the Arts" program for afterwards share in levels are encouraged

Beginning Spanish Ave. S., Renton, 98055.

Tuesdays, and elementary German will use songs, films, games, stories and

A variety of recreationala ctivities, including a new raquetball class, will be offered. All classes begin the

week of July 9. Preregistration is now being accepted by mail or in person at the East Valley YWCA office, 231 Williams

Presenting awards winds up year

Point Elementary from 9:30 to 11 a.m. wound up its school are Don and Heather Rosmussen, year with music and Halibiski, co- secretary; and Nancy the presentation of presidents; Carol Blank, treasurer. awards at a musicalpresentation entitled 'The Music of

> Mardell Boffington, area nurse, was awarded the PTSA Golden Acorn Award for outstanding dedication to the health and welfare of the children of the community.

Nature."

The PTA Board for

Brown's Point-Dash the school was also in- Bohlman, vice presistalled. New officers dent; Pam

### RENEW **Bathtub Refinishing**

Is your tub or sink stained, chipped or hard to clean out? We can repair, recolor or refinish without removal. Fully guaranteed in writing

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# Payless . Prices effective thru July 8th, 1979



23.5 Cubic Foot Side by Side

Features adjustable cantilevered shelves and door shelves. glide-out Vari-Cold drawer, separate refrigerator freezer controls, chilled water dispenser, and automatic ice maker,

3

Magic Chef

Features infinite heat controls, clock with one-hour timer, removable surface units and

oven door and large storage drawer. Item #288-985

All items and prices in this advertisement available at:

Payless

13.2 Cubic Foot Capacity

Energy-saver design with Circulating Cold Air feature, four interior shelves, four door shelves, glide-out drawer and up front defrost drain. Item #013-839

SHARF



Features automatic timer and removable glass tray. Compact to fit into those hard to



**CAROUSE** 

100 E

-6-

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Federal Way Shopping Center
31401 Pacific Highway So 839-9000 RX 839-6240 TAC 927-2602

25 Inch Diagonal Features solid state XtendedLife chassis with plug-in AccuCircuit Electroni modules, automatic color control and fleshtone correction system, AccuFilter picture tube and ChannelLock electronic tuning. Item

Buv Todav We Deliver



100% Solid State REMOTE

eatures remote control

Luminar picture tube with quick-start, Color-Lok II elec-tronic eye and 100% solid state

AC/DC Black and White television in-

MIDLAND

Diagonal

Measure

Φ

black and White television in-cludes solid state chassis, positive VHF/UHF detent tuners and two-way power capabilities. Item #357-582

Black and White television in cludes super bright aluminized quick start picture tube, VHF/UHF detent tuners and automatic gain control. Item

12 Inch

Diagonal

Measure

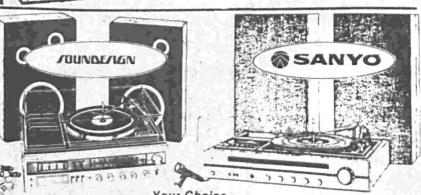
100% Solid State

PORTABLE



Sanyo AM/FM

Deluxe AM/FM stereo receiver features front load cassette deck and 8-Track Play/Record deck, 3-speed automatic changer with magnetic cartridge and two



Your Choice

Soundesign stereo system includes AM/FM stereo receiver, built-in 8-track player/recorder, automatic record change and wide-range speakers, Item #328-021

Sanyo music system features AM/FM stereo receiver with built-in cassette record/playback tape, three-speed changer ind two SX-600 speakers. Item #244-673





## 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 participate 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

School Spanish in- a.m. structor will give lessons to first, second

A Wilson High 13 from 9:30-10:30 levels, a later class

Cost is \$5 and class and third graders in size is limited. If there the yard of a Brown's is sufficient interest registration, call 927-Point resident July 9- for children in upper 0322.

them later. For information or

may be scheduled for

Student

Decatur student, Gary Willoughby who has a 3.5 GPA was acexcluded cidently excluded from the honor roll.

# interiors of distinction





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Features Include:

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NOURS: TUE-SAT....10-6 Calculator Capitol of Western Washington

# Lowry to meet with residents

Rep. Mike Lowry District Democrat and at the Des Moines will conduct two com- will field questions City Hall from 2:30 munity meetings from persons atten- p.m. to 4:30 p.m. Saturday in the ding the sessions at Highline area. The Seventh from 11 a.m. to 1 p.m., personal problems

### Obituary— Ann C. 'Connie' Cole

Ann C. (Connie) of Federal Way, and a Cole, 50, of 1201 300th sister, Norma Jungk Place S.W. died of Detroit Lakes, Thursday, June 28, at Minn. her home. She was born in Lisbon, N. D. were held July 3 at 11 and was a counselor a.m. in Calvary for Shared Health Ser- Lutheran Church, vices in Sumner. She with Rev. Norman 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

Survivors include Federal Way 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 vice in Wyoming, and People's National David of the home; a Bank, Federal Way brother, Will Nelson branch.

Memorial services

direction of Dryer's

A Lowry staff assis-

the Burien Library, tant will attend the 14700 Sixth Ave. SW., meetings to assist in with the federal government.

Postcards have been mailed to district residents inviting them to attend the

men, the Day in which His most mighty grace hath been infused into all created things. It is incumbent upon all peoples of the world to reconcile their differences, and, with perfect unity and peace, abide beneath the shadow of the Tree of His care and loving kindness.

Baha'udlah Baha'u'llah

Tuesdays 1426 S.W. Dash Point Road

Wednesdays 22611 26th Ave. So.

Des Moines 7:30 p.m.

is also scheduled for tomorrow night at 7 o'clock at the Southwest Community Center, 2801 SW. Thistle.

Lowry flew from Washington, D.C. to Seattle Monday to begin a week of personal appearances in the area.

This is the Day in which God's most excellent favors have been poured out upon

7:30 p.m. Federal Way

824-0663

Thursdays 18153 Riviera Pl. S.W.

242-6608

Complimentary custom arrangement service

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"Was" prices quoted are the regular prices at which the items were formerly offered by Catalog or in many Sears Retail stores around the country.

## **SAVE 37% to 50%** Rugged Toughcord®

Pinch - Pleated draperies Were \*10.99 50"wx30"Long

in each size.

50"x36"

Il colors to choose from. All colors not available NOW WAS 5.8811.997.88 12.99

50"x45" 7.88 13.99 50"x54" 8.88 14.99 50''x63'' 10.8875"x45" 17.99 9.88 50"x84" 15.99

Family **Athletic Shoes** Were \$9.99

Designed with many of the same great features as more expensive running shoes. Men's, big boy's, women's and children's sizes. Reduced from our '79



Reduced from our '79 Spring and Summer catalog.

Winnie - the - Pooh dress in

winner the From dress in gingham. Sheer white polyester standup neck. at-tached pinafore. Bell on underskirt. Short sleeves, but-ton back, ties. Sizes 2T-4T.

**SAVE 40% TO 45%** Exterior Wood-look 14-in. wide



Winter catalog.



Scotchtint film for sun control

Was \*10.79

Scotchtint is a silver colored aluminum vapor coated onto strong, clear polyester film it works like a 2-way mirror to help screen out heat and glare while making it difficult to

Was \*26.79

SUN CONTROL FILM makes the DIFFERENCE! Scotchtint ®



Craftsman 74-pc. metric mechanics tool set Was \*49

now 🚄

Reduced from our '78 "B" supplement, Ideal for the handyman or home mechanic. Two quick-release ratches. dyman or home mechanic. Two quick sockets, wrenches and much more, #33027





Interior latex flat wall paint

Was \$5.39 gal.

968

Reduced from our '78 Spring and Summer Catalog. Colorfast, clean-up with soap and water.



Craftsman® Floral rake, hoe, and cultivator

Were \*2.99 ea. Your Choice

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Burien Surplus Store - 500 S.W. 150th Store Hours Mon., Turn., Wed. & Sat. 9 A.M. to 6 P.M. Thur. & Fri. 9 A.M. to 9 P.M. 12 P.M. to 5 P.M.

CLOSED JULY 4th



# Lowry, Dicks praise decision

Continued from A1

sports fishermen at the federal courthouse in Tacoma set the stage for a long and bitter struggle in and out of the courts to fight the ruling and the subsequent cutback by the state in commercial and sports fishing allotments.

Jim Heckman, Executive Director of the Northwest Indian Fisheries Commission, said he felt "sorry for the three judges"

who dissented from the majority tion, we break our contract" with opinion Monday. "Those people will probably live to regret they weren't part of a favorable decision," he said.

Lowry, in Seattle for the Independence Day Congressional break, said any treaty changes can only be the result of "bilateral action by Congress. If we do it withough Indian participathe Indians, he said.

The 7th District Democrat said any legislation to change the allocations would include "everybody involved in this including the Indians. The treaty is the supreme law of the land," he

Dicks said the "real question is are we going to continue to fight each other or are we going to get together and develop a management plan to get the resources to build hatcheries and keep fishery alive?" He said the "decision cleared the legal air and presents the state with the opportunity to preserve and improve fishery. That's why I think we should spend our time and energy developing a plan to grow more

Federal Way Evening Federal Way Kiwanis

Lions Club (first and Club (each Wednesthird Wednesdays, 7 day, noon) Regular p.m.) Held at the Fog meeting held at the Fog Cutter.

Miami pro swim set in cludes mask & snorkle

COCKS

Badminton birdies for

BBQ GRILL

Barbeque grill brush is all

Black Turco gas grill is pe

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ATTORNEY

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LEATHER

assorted styles & colors

Sunbeam's electric rascal shaver for women. Green

RECORDER General Electric portable AC/DC cassette recorder

137 S.W. 153RD. Burien 98166

246-4646

### Kent workshops now scheduled

Recreation in coor- 9 p.m. at Kent Comdination with the King mons. It will be taught County Arts Commis- by Bob Fey of the Apsion is offering ple Barrel Country several workshops as Store. part of their Summer Arts Involvement Program.

Carolyn Cavalier, from the Factory of Visual Art in Seattle will demonstrate and lecture on how to take good slides on July 7 from 9:30 a.m. to 4 p.m.

Participants will take a field trip in order to practice new skills.

Class begins at the Kent Library at 220 South Fourth. Those interested are required to bring a camera, a roll of slide available) and a sack lunch.

A lecture on the kites and a demonstration of four Can Write' sessions kite styles will be of- on July 20. They will fered by Ken Conrad be held from 2-4 p.m. Park, 850 N. Central.

Each person will from 10 a.m. to 4 p.m. have the opportunity

will be provided. kite string.

ing class held on three involve, clay body consecutive nights, marbelizing and wax

Pharmacist!

GARY HEFFNER

R. Ph.

WARNING!

It has come to our atten-

tion that some juveniles

have been experimenting

with a Seasick pill called

Marizene. They have

been taking large doses

with some near fatal

results! Please be aware

FAMILY PHARMACY

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of this danger.

Kent Parks and July 10-24, and 31 from

A series of one-time workshops in composition will be held by Frances Van Aalst. They will concentrate on landscape composition in any media, such as oils, watercolors, acrylics, and charcoal. Classes will meet on location from 10 a.m. to 3 p.m. Workshop one is scheduled for July 12; workshop two for July 26; workshop three on August 9; and workshop 4 on August

FOR THE WRITER film, a tripod (if Jean Bryant Nucci, an instructor for the University of Washington Exhistory and origin of perimental College will hold two "Anyone on July 8 from 1-5 p.m. A "Creating your Perat the Kent Memorial sonal Journal" class will be held on July 29

In addition, Kal to design and fly their Evenson will be offerown kite. Materials ing two classes in handbuilding Children under 10 ceramics. Hand must be accompanied building II, held on Juby a parent. Par- ly 21 and 28 from noon ticipants are asked to to 4 p.m. will involve wear painting clothes press and slab and to bring a roll of methods and sgraffito decoration. Hand-For arts and crafts building II will be held lovers, therewill be an August 11 and 18 from apple-head doll mak- noon to 4 p.m. and will

resist decoration. 1-5 p.m.

natural dyes and dye- information, call 872ing on July 28-29 from 3350.

Sally Couth will Pre-registration is teach a short but in- required for all tensive workshop on classes. For further

Cutter.



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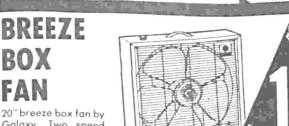


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Ladies garden gloves PRICES EFFECTIVE WED. JULY 4th THRU SAT. JULY 7th

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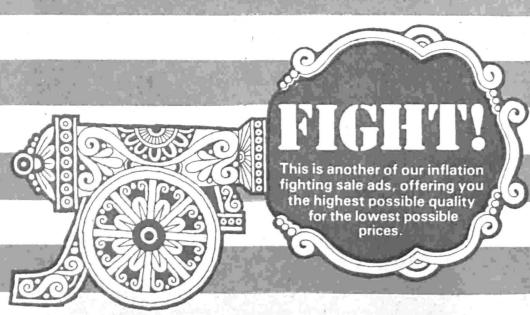
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WILLOWS, MR. E.

Photos and text by Ann Hagen



A TRAVEL CLASS AT Clover Park Vocational take a first hand look at the accommodation facilities aboard a freighter docked in Tacoma.

# Schooled on travel details

With the assistance of a tour guide, the women were shown throughthe passenger-cargo ship, temporarily docked in Tacoma.

They learned that the Santa Mercedes, a U.S. Delta lineship would comfortably accommodate 100 passengers with various sized rooms, a dining room, swimming pool and entertainment for an average of \$100 per day.

Not a luxury liner but a freighter, it still offered many of the things that could make a leisurely trip fun at reduced rates.

The excursion was one of several taken by students involved in travel consultant program set up through Clover Park Vocational Technical Institute in

They also visited ferry "Columbia" that was docked in Seattle prior to its take off to Alaska and nger freighter, Bakke" that travels the Pacific to Australia.

Finally, toward the end of their 10-month course, they took a twoday trip to Victoria where they were able to have a first hand look at the Cadillac of the sea, the Royal Viking Sea.

Excited about the luxurious accommodations, one student said it put the televized "Love Boat" to shame with its pools, saunas, dance floors, art, and welldesigned and roomy staterooms. The ship, that is always filled to its 535 capacity, travels the Alaska Inside Passage and all over the world.

FOR THE 28 WOMEN, AGED 17-67, the tours climaxed a 1,200hour course designed to provide them with all the information and skills they need to begin work as a travel consultant.

Classes, held Monday through Friday from 8:30 a.m. to 3:30 p.m. through July, concentrate on business math and correspondence, office machines, job-securing skills, ticketing, plus domestic and territorial geography.

Carter, it is the only vocational program in the state of Washington where students are "trained hands on with practical

experience for entry level." Most private training programs and those in community

college are academic with some vocational aspects, she added.

In addition, students are exposed to the complicated computerized APOLLO ticketing system that ensures immediate communication between airline service and agent.

They worked evenings at the Century Travel in Federal Way to become accustomed to booking reservations.

Students are also taught the philosphy of tourism that includes a total look at the industry. "I want them to understand where they fit in," said Ms. Carter. "The travel agent is just part of it." They become familiar with the sales and marketing of hotels, government agencies, suppliers and the motivation behind why people travel.

A popular program, because of its cost, \$300, and its training, there is a one-year waiting period for those who want to get into it. A basic skills test and intructor in-

terview are also necessary. IT'S NOT DIFFICULT understand the attraction of the business. There is the excitement of working with people who are

traveling all over the world, the chance to take trips at reduced fares, and an excuse to travel to help clients make better decisions.

One Tacoma woman in her early 40's, who works as a relief xray technician said she's "been interested in travel all her life." After taking one trip overseas, she developed a taste for travel that just "whetted her appetite."

Another woman, Louise Crunch who is filling in at the Doug Fox agency in SeaTac Mall, has raised her family and she "needs something to fill her time.

Then there's Sue Breartz, 19, a graduate of Lincoln High School who said she's always loved travel and thought it would make

an interesting profession. What are their chances of getting a job? If they want to work fulltime, are sincere, and they know their business, there's no problem, said the instructor. "We get calls from all over the Puget Sound area, Federal Way, Olym-

pia, Seattle, Tacoma, Puyallup

and Shelton. "There's always a

demand for qualified people."

Travel is Sue's business

An organized travel business dynamo, Sue Carter has her finger on the pulse of the trade.

evening class.

STUDENT, Nancy Walker gets a chance to try her luck with the com-

puterized APPOLO at Century Travel in Federal Way during an

A travel consultant instructor 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.

Right now, she said the air lines 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.

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 the price," said the pert 30-year-old who was raised in Fife. "The better the fare, the more the restrictions," she said referring to the call-ahead deals that insist the stay is several days longer than may be desired. "By the time you add two extra days of lodging, food, and trasportation, you've surpassed your savings.'

Additional restrictions include mind. It's the lack of flexibility. month in advance, making a par- hotels. ticular number of stops, and beschedule.

Deregulation is also affecting a change in the type of person able You just have to hang loose." to travel and the volume of travelers, she said.

IT'S NO LONGER the case where only the rich fly. Because of the special deals, the average "Joe Citizen" can now fly and take his family. Besides, with the gas crunch, it's cheaper to take a plane than worry about the price and hassel of gas.

"Statistics have shown that once people have traveled by air, they go again. It's opened air travel to those who've never traveled before," Ms. Carter

The devaluation of the dollar is also affecting air travel. "Places promoting a more professional like Alaska, Hawaii, Mexico and approach to travel counseling, Canada are now more attractive Ms. Carter will lend her talents to than they once were. In Europe, the Bellevue Doug Fox Travel the airfares are tremendous and Agency next year as director of the costs are phenomenal. In the training. She'll be on a one-year U.S., the dollar still buys the loan from Clover Park. most," she said.

traveling on particular days, get- There are often problems with ting reservations a week to a late flights, diverted luggage or

"The seasoned travelers just ing restricted to a particular roll with the punches. People think everything is going to be just like it is at home, but it's not.

When looking for a travel agent, Ms. Carter suggests that they seek qualified counseling with as much care as they would any other professional. She recommends looking in the yellow pages for those who belong to the American Society of Travel Agents (ASTA) who are "committed professionals."

Another clue, she said is to find someone with the CTC travel degree that guarantees five years in the business plus two years of study at the management level.

ALWAYS INTERESTED IN

There, she'll be in charge of What's the biggest problem training and up-dating present with novice travelers? There's no personnel as well as administerdoubt about it in Ms. Carter's ing a 14-week preparatory pro- and Erik's mother."

gram for beginners that is open to the public.

With an established background in retail sales, wholesale package tours, organizing groups and conventions plus a MA in Communications and a CTC degree, she's

well-equipped for the position. Teaching a daily six-hour class, there will be time for lectures and study. Pleased about the upgrading program that is a new approach in existing firms, she said it's difficult to keep current when you're already so busy in your field.

Though she obviously loves her work, Ms. Carter said she always has time for her family that includes her husband Michael Stromquist and son Erik, 5 who attends Spring Valley School in Federal Way.

What makes home and job work together, she said, is organization. "Women run into their greatest problem when they don't recognize their two lives and try to merge them together. I try to keep them separate.'

'When I go to work and leave the family, I become Susan Carter, career woman. When I go home, I become Michael's wife



Sue Carter

Mr. and Mrs. William Bales

William Bales Jr.

The reception which

the church reception

Federal Way High

from the nursing pro-

The newlyweds 1977.

Eveleth, Minn.

### Grace Lutheran scene of wedding

With Rev. Edward F. Markquart of- served as best man, ficiating, Rosanne and Joseph and Gus Blazek, daughter of Blazek were the Mr. and Mrs. Rudolph Blazek of 165 S. 197th Place, became the followed the bride of Bruce Bales, ceremony was held in son of Mr. and Mrs. William Bales of Big hall. Fork, Minn. in recent ceremonies in Grace Lutheran Church in Des Moines.

The bride wore a gram at Highline Colgown of white nylon lege in 1978. Her huswith a lace overlay band is a 1975 and carried a bouquet graduate of Big Fork of white roses, yellow High School and atcarnations and baby's tended Elveleth Voca- High School and breath with lace rib-tional School in bon trim.

As her sister's honeymoon in Vicmatron of honor, Nor- toria, B.C., and are the breakfast are mandy Jencks wore a making their home in chosen by faculty dress of dusty blue, Federal Way. pleated nylon. Her flowers were yellow roses with carnations and baby's breath.

### SID needs volunteers

The Washington chapter of the National SIDS (Sudden Infant Death Syndrome) Foundation is urgently seeking additional volunteers in the Federal Way-Auburn area.

Carol McAdams, 29519 38th Place S., is chairman of volunteers for the Federal Way area. Kathy Hill, 34012 First Place S., is cochairman.

Those wishing more information may call Mrs. McAdams at 941-0824 or Mrs. Hill at 927-3614.

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# Support group set for battered women

Service at King County Multi-Service

SSCW program

Center, 2450 Star Lake through Aug. 14 and fice, assisted by Stella Road, has completed will be held from 10 McNutt, volunteer. plans for a support o'clock to noon on group for battered Tuesday mornings.

# Ventriloquist on

member of the North rells." American Association of Ventriloquists, will speak at the July 11 luncheon of the Southwest Seattle Christian Women's Club at 11:59 a.m. at the Doubletree Inn in Southcenter.

sent the music on the vided this month

Linda A. Curnow,

daughter of Mr. and

Mrs. James Curnow

of 30209 23rd Ave. S.W.

was honored as the

Washington State

puter science depart-

ment at a pre-

commencement

graduate of Decatur

graduated from

Highline College in

Students attending

members of

Linda is a 1975

breakfast on June 15.

Linda Curnow is

honored at WWSU

ment.

Dick Bauer, former clarinet, and the businessman from special feature will be Idaho who is an active "Fun From Far-

> All area women are invited to bring their sons, daughters and friends. Price for lunch is \$5.25.

For reservations call Mrs. Russell Lowe, 243-3833. No Jim Marr will pre- nursery will be pro-

Sessions will start Judee Rosanoff, July 10 and continue director of the FCS of-

> portive group, the program will offer an opportunity for women who face battering to come together and talk over their problems. It will suggest alternative lifestyles and information on how to change or get out of the situation if those involved want it.

Information on shelters, legal services and agencies dealing with the problem will also be available.

Those who want more information may call FCS at 839-

### Credit Women meeting July 9

Women Seattle will credit mini-session meet July 9 at the which will begin pro-Edgewater Inn. The mpltly at 5 p.m. is social hour will start "Credit Education Primarily a sup- at 5:15 p.m., and din- Goals for 1979-80." Credit people ner will be served at 6 wishing to attend the

meeting may call

Sherri Norton at 682-

4848 for reservations.

### Delta Rho car wash for Medic

Delta Rho cahpter of Epsilon Sigma Alpha will hold a car wash from 9 a.m. to 4 p.m. Saturday, July 7, at the fire station on S.W. 312th St., near Lakota Junior High School.

Proceeds will be given to Auburn-Federal Way Medic I and Highline Medic I.

### TAKE THE REAL PAUSE THAT REFRESHES

**CELEBRATION - HAPPENING** 

Wednesday Evening - 7:30 pm

Sunday Worship at 9:30 am

### Just moved in? I can help you out.

around town. Or what to see and do. Or whom to ask.

As your WELCOME WAGON Hostess, I can simplify the business of getting settled. Help you begin to enjay your new town. . . good shopping, local attractions, community opportunities. And my basket is full of useful gifts to please your

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Nancy 838-4019



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### ENTIRE FAMILY WELCOME Joyous Music Inspiration 248th Excitement Sharing Linda Curnow academic department. A faculty representative from each department attended the breakfast, along with parents or Marcus Whitman Church friends, to present a THE UNITED PRESBYTERIAN CHURCH certificate of achieve-IN THE UNITED STATES OF AMERICA 2130 SOUTH 248th 878-2013



print film Regular price \$2.69 per rol Offer good through Sat. July 7, 1979. We use Kodak paper for a good look.





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however, if for any reason We offer you expert film processing you don't keep one of your prints, Skaggs will buy it back instantly or anytime within 30 days. Skaggs register receipt or photolinishing invelope must accompany prints

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# Campaign emphasizes bike safety for kids

the kids are on vaca- week. tion, but statistics continue to show there

"School is out and campaign, said this ing and Activity Pacific Highway S.; test and win several be kids are on vaca- week.

Book" can be secured Fife National Auto prizes, including

The two-month is no vacation from summer driving and accidents," John G. safety program is be-Fazio, president of ing sponsored by local National Automotive Car Care Man parts Warehouse in Tacoma stores where free and 1979 chairman of copies of a 40-page 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 from the March of Dimes for volunteer services and support of the

Linda Mamala, que from the March of president of Delta Rho Dimes in appreciation

chapter of Epsilon of the chapter's Sigma Alpha, ac- outstanding volunteer

cepted six awards for services. Mrs. Mamthe chapter at the re- mala and Leslee

cent ESA state con- Rasmussen taught a vention at the Sea-Tac class on "The Preven-

In the "What ESA Way and Thomas Jef-

Means To Me" com- ferson high schools, petition, Betty Scott and the chapter

placed first for those donated \$1475 to the

who have been University of

members for less than Washington Birth

third for those who was selected as

have been members Washington State for more than one awards chairman,

Delta Rho also named special serreceived a special pla- vices chairman.

We Have Moved Our New Phone Number is

Fo 19034 Des Moines Way South (206) 242-6034 Seattle Washington 98148

one year, and Carol Defects Clinic.

Kirkpatrick placed

tion of Birth Defects"

at Decatur, Federal

Mrs. Kirkpatrick

and Holli Neigel was

- OLD

Des Moines Wy. S.

LOCA

State awards go

to ESA chapter

Red Lion Inn.

NEW LOCATION while supplies last.

Participating stores in this area include: Federal Way National, 33210 Pacific National, 23419

Fife National Auto prizes, including are 25 Huffy bicycles; Parts, 5219 Pacific bicycles. A four-page second prize, 50 Highway E., and

safety coloring con-

# P.O. expansion?

Now is the time for rid of, or using up, any small and undersized on hand. Deadline for James J. Symbol, damaged. Seattle postmaster.

new rules say, any envelopes and cards in your stationery sup- one-half inches long. ply, you can use them after July 15 by putting them inside larger envelopes.

And get out the micrometers - the new regulations also in- Federal Way Family clude flimsy cards cards will have to be at least seventhousandths (.007) of an inch thick (official postal cards are ninethousandths of an inch thick.)

The undersized and come to the aid of the ing banned because post office - by getting they can become trapped in other mail, tear, or jam mail pro-As a result, the postal

and Child Service (7-10 to Aug. 14, Tuesdays, 10 a.m. to noon) Support group for battered women, Multi-Service Center, 2450 Starlake Road in Federal Way.

# all good women to flimsy pieces are be-

envelopes they have cessing machinery. use of the "dinkies" is service says, othr let-July 15, according to ters can also be

The new standards After that date, the also affect oversized and odd-shaped pieces cards or envelopes of mail. For first-class 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 returned to the surcharge of seven sender. However, if cents for pieces more you still have smaller than six and one-eight inches high or 11 and

The confused can get more information by checking with their local post offices.

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If insurance costs on your home, car or business keep going up, check with us about SAFECO. It's the compa for careful people. So if you have a good record, you can probably save with SAFECO.

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Northwest Air Conditioning AIR CONDITIONING PARTS AND SERVICE nsurance COMPRESSORS . LIFE SUPPORT SYSTEMS

Auburn National Auto Parts in Auburn. contest rules. Youngsters can also Highway S.; Midway take part in a bicycle

the book contains the cessory packages, and 7 to 8, will be judg- Publishing Co. books.

ed on coloring a bicy- The contest closes cle and automobile Aug. 31. street scene, whil children ages 9 to 10, Kids'' book features 11 to 12 and 13 to 14 are bike safety rules, bike asked to draw a pic- care, signs and ture of what bicycle signals to know, bike safety means to them, history and a poem color it and then write entitled "I Can Ride." a sentence of 15 words It is copyrighted by or less describing Republic Automotive their picture.

The grand prizes insert in the center of assorted bicycle acand third prize, 50 Children, ages 5 to 6 selections of Western

The "Care About

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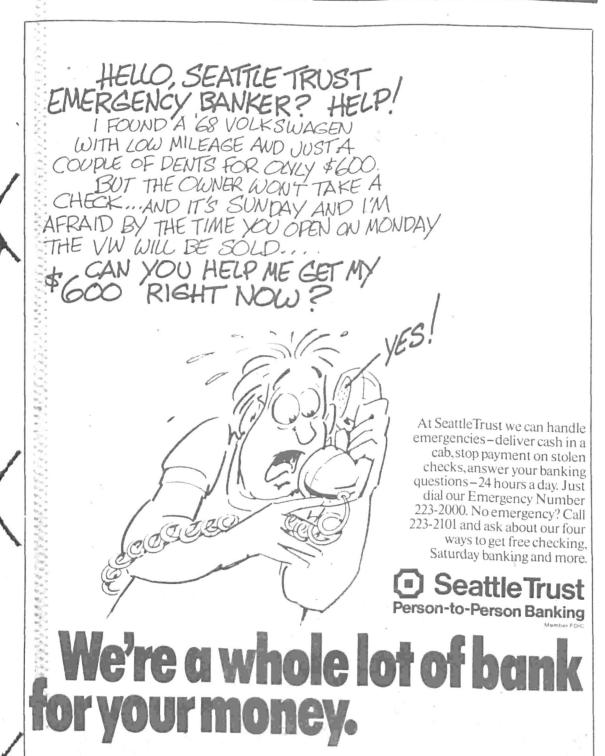
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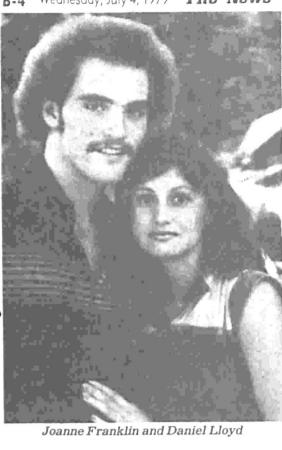
Seattle-12537 Lake City Way N.E.

Tacoma-3907 Bridgeport Way

PHONE: 927-7110

Tacoma-8806 Pacific Ave.





### Franklin-Lloyd

Joanne Colleen munity College and Franklin will become Western Baptist Colthe bride of Daniel lege. He is now work-Scott Lloyd in a rose ing in Alaska before were Mary Sweeney, garden wedding July going to Biola to study maid of honor, and 14 in Tacoma.

graduated from Margaret and Jim Dawna Worthington Peninsula High School Lloyd of Federal Way. and Marie Hull, and from nursing school at Biola College in Los Angeles. She spent time as a missionary in Taiwan and is currently a nurse at Anaheim Community Hospital. Her parents are Joan and Dan Franklin of nurse at Anaheim and Dan Franklin of Gig Harbor.

Her fiance attended Green River Com-

### Woodwinds appearing at library

The Woodwind Quintet of the Air Force Band of the Pacific Northwest will present a free concert at 7:30 p.m. Tuesday, July 10, at the Federal Way Library, 848 S. 320th St.

The quintet, which is stationed at Mc-Chord Air Force Base, will perform a variety of classical works.

# Longley-Parker rites at Steel Lake

Steel Lake Presbyterian Church when Laura Lucile Longley walked through an ivy-twined arch to become the bride of Kent Parker.

Rev. Lyle Starkey performed the wedding ceremony for the daughter of Mr. and Mrs. Gilliam H. Longley of 4009 S. 345th St. and the son of Mr. and Mrs. Glenn Parker of Snoqualmie, Wash.

The bride wore a gown of flocked organdy over bridal satin fashioned by her mother. Her picture hat and flowing veil carried out her garden theme. She carried a bouquet of white roses, carnations and stephanotis.

Bridal attendants for Christian counsel- Genevieve Longley, The bride-to-be ing, He is the son of Debbie Lovely,

Walla Walla Jumbo's 25# \$6.50 Per Lb. 29 
Sweet Onions Medium 25# \$5.75 4 for \$1.00

Fresh Figs Limited Supply Pt. 79°

Green Beans ...... Lb. 59¢

Large Peaches Lb. 59°
Lettuce Large Local 3 Heads \$1.00

Cauliflower Lb. 49°
Bing Cherries By the Box 56° Lb. Lb. 59°
Tomatoes Lg. Salad Size Lb. 49°

Radish or Green Onion 5 Bunch \$1.00

A summer garden bridesmaids. The attheme was created in tendants wore dresses of organdy over green satin and matching green picture hats. Their flowers were nosegays of green cushion mums and pink daisies. Melinda Cunningham served as flower girl.

> Roland Starr was the best man, and Todd Parker, Mike Daleke, Steve Edlund and Steve Simmons were the ushers.

> The church social hall was decorated with yellow daisy bouquets for the reception which followed the ceremony. Mrs. Ted Enticknap, church hostess, was assisted by Mrs. Lyle Landon, Mrs. Allan Cunningham, Mrs. Louis Cunningham, Mrs. Elwin Parker, Mrs. Tom Mason, Patrice Sweeney, Mrs. John Walker and Vickie

The bride, a 1975 graduate of Thomas Jefferon High School,

Mr. and Mrs. Kent Parker

graduated from senioratWSU. Washington State

Following a wed-University and will at- ding trip to Victoria, tend graduate school B.C., the couple will at WSU in the fall. Her be at home in Des husband, a 1974 Moines for the sumgraduate of Mt. Si mer, moving to High School, is a Pullman in the fall.

### Library series to continue

Federal Way July 11. Library will present

the second in its series Bruce Bowersox the Eyes of the Law." of "Families Facing from the Seattle Change" program at chapter of the 7:30 p.m. Wednesday, American Civil Liber- are invited to attend.

ties Uniotn will discuss "Children in

People of all ages

### Valley arts club plans Plaza show

Bulb sale mail order

The Arboretum Foundation Unit Council will not conduct a summer mail order service for its annual bulb sale this vear.

canceled

All native bulbs, along with thousands of dry or Dutch-type bulbs, will be on sale Oct. 2 and 3 in the arboretum.

Kent Valley Artists The show will be chants Association. 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 of Southcenter, July 6, Parkway Plaza Mer- member.

### Pacific Iron's Fabric World

NORTHWEST HOME SEWING CENTERS

SUMMER SEWING FOR THE **GREAT OUTDOORS** 

Lots of great colors. 80% cotton, 20% polyester. 60" wide, full bolts.

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All new! Rich colors in 50% polyester, 50% cotton. Stretchy, great for shorts and tops. Full bolts, 60" wide.

Pretty, bright colors in 70% arnel, 30% nylon. 60" wide, full bolts.

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SeaTac Village 1816 Sauth 320th St.

(68)

# **SAVE** 30% to 70% (NO SECONDS OR IRREGULARS) **EVERYDAY! NAME BRAND WOMENS APPAREL SIZES 3-20** BEE'S DISCOUNT FASHIONS FEDERAL WAY SHOPPING CENTER

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> PROPRIETORS, BO COLELLO & MIKE LOCKING We Thank You!

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Just open a new savings account, or add to an existing account. Depending on the amount of your deposit, you can take

home one of these gifts. There's another reason to smile, too. Prudential Bank

pays the highest possible interest on regular savings, and 1 to 8 Year Certificates\*—a better rate than any commercial bank. You'll keep smiling when you remember that Prudential Bank's branch offices are open Saturdays, and you get the best

And to stay smiling and feeling your best, ask for your free 27-page catalog of Sundance health-care products. With it, Prudential Bank customers get top-quality vitamins and health goods at considerable savings. And another way we help

We hope you'll take advantage of our offer, and take a free gift like a General Electric Steam 'n Dry Iron or Sunbeam Alarm Clock. You'll smile all the way home, too, knowing your gift was free with a deposit at Prudential Bank.

Stop by soon. This offer is good June 25 through July 14 only. (Limit one gift per family while supply lasts.)

\*Substantial penalty for early withdrawal.

3rd and Spring, North Aurora, Greenwood, Bellevue-Redmond, Kent, Federal Way, Laurelhurst, Poulsbo. Branch offices open Saturdays. Member F.D.I.C.

a.m.) Des Moines formation.

# Federal Way students are college graduates

31409 36th Ave. S.W.;

S.; David A. Foote,

22nd Ave. S.; James

neth Prince of 2750

Chovil of 32018 28th

Twenty-six students

from the Federal Way

area were candidates

for degrees in

S.W. 307th St.

Seattle University Hospital in Seat Michelle M. Hob- Seattle Pacific son, daughter of Mr.

area since 1866 and is tle Opera House. an honor graduate of Decatur High School. one of 494 graduates Donald, a 1975 She is presently receiving bachelor's graduate of Decatur She is presently receiving bachelor's employed at U.S. Public Health

Hospital in Seattle.

and Mrs. Joseph Hob- daughter of Corrinne graduated in June Herbert Winward of WSU. son of 2101 S. 324th St., O. Vaughn of 31228 graduated recently 36th Ave. S.W., receiv- State College in comfrom Seattle Universied her B.S. in mencement ty's school of nursing. chemistry during re- ceremonies held on Miss Hobson has liv- cent commencement the central campus ed in the Federal Way exercises in the Seat- plaza.

degrees.

Evergreen State

### Playwrights invited to submit scripts

cepted for four staged Lutheran University; U of Puget Sound readings and post-play Hamida Bosmajian, Marie P. Masek of discussions to be held Associate Professor of 4622 S.W. 319th Place at the Intiman Theater English at Seattle was one of approx-Co. this summer. The University; Anthony imately 100 students events will be funded Cornish, Director of who received by a \$3,850 grant from the London Theatre master's degrees at the Washington Com- Program at Turks the University of mission for the University; Paul Puget Sound's 91st an-Humanities. Pascal, Professor of nual commencement

p.m. at the 2nd Stage of History at the Theatre at eighth and University of Union in downtown Washington. public.

Entitled New Plays Latin, at the Universi- exercises. Onstage, the series ty of Washington; and will take place at 8 Otis Pease, Professor

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 conevent is free to the sideration should be sent to Intiman, P.O. In addition to Box 4246, Seattle, members of the In- Wash. 98104. Submistiman acting com- sions must include a pany, post-play stamped, selfpanelists will include addressed envelope for William Becvar, return of manuscripts Associate Professor of or printed material.

### Engagement announced

The engagement of from Federal Way nounced recently at a Beauty School. friend's birthday party at the Secoma Chinese restaurant in

Federal Way. daughter of Mrs. Marie Pardo of 21825 30th Ave. S and Adolfo Hurtado of Goleta, Calif., graduated ried July 14.

Natalie Hurtado and High School in 1975 John Bentley was an- and attended Nash

Her fiance, son of Mr. and Mrs. Luther Griffith of 30237 21st The bride-elect, Ave. S., is a 1976 graduate of Thomas Jefferson High School.

They will be mar-

Two Federal Way students were among Maureen Vaughn, the 559 seniors who from The Evergreen

The local graduates Miss Vaughn was are Adrienne Mac-High School and Mrs. Robert Mac-Donald of 30814 44th D. Burman of 29611 Ave. S.W., and Brent Eighth Ave. S.W.; Ray, a 1972 graduate Emelia L. Sweeney of of Federal Way High 318 S. 356th St.; Ken- Brewer. School and son of Mr. and Mrs. Bruce Ray Scripts are being ac- Theatre at Pacific of 32224 27th Ave. S.W.

Other receiving 1979 during com- J. Smith.

degrees were Cynthia mencement exercises L. Winward, daughter held in the Performof Mr. and Mrs. ing Arts Coliseum at

Nina L. Schuler, Federal Way High daughter of Mr. and School were Jeffrey S. Mrs. Herman Schuler Barstow, Juday A. of 700 S. 376th St.; Degeorge, Leslie L. Karen M. Loomis, Erwin Deborah S. daughter of Mr. and Holtman Susan D. Mrs. Robert Loomis Hudelson Laura J. of 30426 Eighth Ave. Kornell Lisa M. Mandle. Donald S. Marson of Mr. and Mrs. shall, Robin K, Myra, daughter of Mr. and Jay Foote of 30840 Stacy R. Smith Melinda Edwards, G. Tate Egger, Steven A. Mahoney, Bill C. Way graduated this Heidelberg, Germany Smith and Dennis S. month with a B.A. for the next two years.

Thomas Jefferson ministration. S.W. 323rd St.; Anne. High School Braneder of 117 S. graduates who receiv-340th St; Kenneth D. ed degrees are Mary Jo Cossano, Leslie L. Ave. S.W., and Cheryl Gard, Laureen A. B. Whitten of 1427 Hickey, Laura L. Longley. Scott C. Morrison Richard E. Taylor and Daniel M. Welliver.

Graduates from Washington State Decatur were Jeffrey University's Class of W. Black and Sherry

from Milton received Richard and Betty my in Germany. a B.A. in home Mayner of Federal economics, and Robb Way, was home for a Graduates from A. Hatley, a graduate few days on leave of Fife High School, from the Army before (each Thursday, 10 or 878-3410 for inwas awarded a being sent to Gerbachelor's degree in many. business administra-

> Northwest Nazarene thwest Nazarene Col- Ala. He graduated in 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 Head-Hooker of Federal quarters Co. at Way graduated this Heidelberg, Germany

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fish, birds, small animals

4th of July specials

Pvt. Mayer took his basic training and Military Police train-Officials of Nor- ing at Fort McClellan,

degree is business ad- He will join his sister, Shelley, and a

Mayner stationed in Germany

Pvt. Anthony E. brother, John, who Mayner attended Constance L. Dauer Mayner, son of are also with the Ar- Thomas Jefferson High School.

Chapter 780 United Methodist Church, call 878-8107

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800 Suits Sale Priced!

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Reg. \$145 to \$175 \$8996 to \$12296

Reg. \$180 to \$235

\$10496 to \$16496

Sale! 500 Sport Coats

Reg. \$55 to \$65 \$3396 to \$4196

Reg. \$70 to \$80 \$4396 to \$6096

Reg. \$85 to \$150 \$5250 to \$7500

Sizes 36 to 52, Regulars, Longs, Extra Longs, Shorts. Not all sizes at all prices. Alterations extra,

Reg. \$20 to \$30 Famous Brand Denim Fashion Jeans \$1000, \$1696

Reg. \$26 to \$45. Knits and wools. Better Dress Slacks. \$1796 to \$2596

DRESS SHIRTS ..... \$796 2 \$1500

Reg. 1800 to 2250 \$996 to \$1396 KNIT SLACKS .....

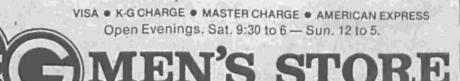
Reg. 500 to 1400 SWIM SUITS ...... 96° to \$896

Reg. 2600 to 3400 LT WEIGHT JACKETS ..... \$1296 to \$1996

Reg. 12.00 to 2250 KNIT SHIRTS ..... \$696 to \$1096

Reg. 3500 to 5900 \$500 to \$4000 L CASUAL DRESS SHOES.....

Many Other Items Sale Priced! Come, Shop, Save!



Sea Tac Mall 839-7510

# entertainment

# SUMMER FUN

"Steep thyself in a bowl of summertime." This exhortation was sound advise in Virgil's day, and it's still good counsel.

To help our readers have a bigger, more bountiful bowl to plunge into, we have assembled a list of some of the fun that awaits those who plunge in.

### PARKS

Angle Lake, 10 acres, 19408 Pacific Highway S., Burien, 824-0350. Summer swimming beach, bathhouse, concession, boat launch. fishing, picnic tables, child play a ea and

Dash Point State Park, 5700 S.W. Dash Point Road, Federal Way, 593-2206. Camping (138 sites), picnic tables, stoves, hot showers, restrooms, 5 miles of trail and an unsupervised swimming beach.

Ed Munroe Seahurst, 185 acres, 13059 16th Ave. S.W., Burien, 243-0867. Concession, picnic tables, outside stoves, child play area, restrooms, trails and marine center.

Five Mile Lake, 26 acres, 36429 44th Ave. S., Federal Way, 927-5225. Softball-baseball fields, football-soccer field, tennis courts, summer swimming beach, bathhouse, concession, fishing, picnic tables, outdoor stoves, child play area, restrooms, outdoor basketball court and lookout.

Grandview, 30 acres, S. 224th off Military Road, Kent. Football-soccer fields, picnic tables, child play area and restrooms.

Lakewood, 34 acres, 11050 10th Ave. S.W., White Center, 246-3204. Tennis courts, picnic tables, restrooms and trails.

Lakota, 19 acres, Dash Point Road Southwest at 21st Avenue Southwest, Federal Way. Softball fields, soccer field, restrooms. Moshier, 18 acres, 430 S. 156th St., Burien,

244-6166. Softball-baseball fields, footballsoccer fields, concession and restrooms. Sacajawea, 18 acres, 16th Avenue South and

courts, picnic tables, child play area and

Kent, 764-4128 or 824-2362. Camping (55 sites), and trim, special swims. picnic tables, barbeque pits, hot showers, restrooms, trail, fishing, scuba diving and

Steel Lake, 46 acres, 2410 S. 312th St., Federal Way, 839-1697. Softball-baseball field, summer swimming beach, boathouse, concession, boat launch, fishing, picnic tables, outdoor stoves, child play area and restrooms.

Sunset, 18 acres, 13659 18th Ave. S., Burien, 242-9596. Softballbaseball fields, footballsoccer fields, tennis courts, picnic tables, to 5 p.m. Friday and Saturday. child play area and restrooms.

Valley Ridge, 28 acres, 4644 S. 188th St. Softball-baseball fields, football-soccer fields, tennis courts, concession, restrooms and com-

### munity center. RECREATION-ACTIVITY CENTERS

Auburn YMCA, 1005 12th St. S.E., 833-2770, membership dues, fees. Swimming lessons for tots to senior citizens, exercise and karate classes; day camp for youth 6 to 12 with swimming, crafts, skits, nature lore, games and sports.

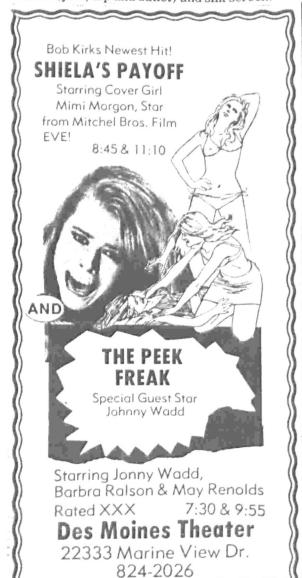
Campus Life, 31515-C Pacific Highway S., Federal Way, 952-2363, 941-2010, or 927-6311, junior high and high school ages, membership, no dues. Camps, biking, hiking and sailing.

Des Moines Activity Center, 22000 10th S., 878-2303. Softball and soccer fields, tennis courts, concession, picnic tables, child play area, restrooms, grand stand and gym-

nasium. Federal Way Recreation Center, 31455 28th Ave. S., 941-0655, fee. Dancercise, children's ballet and tap, tennis, drama, games, arts, crafts and preschool activities.

Federal Way Boys' and Girls' Club, 30815 Eighth Ave. S., 9412722, ages 6 to 17, membership charge and fee for some activities. Gymnastics, field trips, dancercise, games room tournaments, crafts, gardening, baton, day hikes, overnight camping and junior olym-

Highline Community Center, 425 S.W. 144th St., Burien, 2423172, fee. Workshops in writing (adults) drawing (children), art tours (children), batik, oil painting, adult theater, dance (jazz, tap and ballet) and silk screen.



Highline YMCA, 17874 Des Moines Way S., 244-5880, membership dues, fees. Slimnastics, aerobic fitness, aerobic dancercise, martial arts, gymnastics, speed reading, softball program, day camp with swimming, hiking, outdoor sports and games, crafts, field trips and

Moshier Art-Senior Center, 430 S. 156th St., Burien, 244-6166 or 244-1080, senior citizens. Activities: cards, dancing and music. Classes (fee): pottery, tole painting, flower arrangement, jewelry, acrylic painting, watercolors, oil painting, kniting, crocheting, woodcarving, stained glass and rug making.

Salvation Army Community Center, 9050 16th S.W., 767-3150. Day camp (fee) for ages 6 to 12 with field trips, crafts and swimming.

SeaTac-Des Moines Boys Club, 22202 Eighth Ave. S., 878-8080, membership dues, fees. Day camp for elementary school ages to July 27; basketball program in July.

Sunset Recreation Center, 1809 S. 140th, Burien, 246-7026, fee. Gymnastics, softball, track, badminton, disco, tennis, women's exercise and aerobic dancercise.

Valley Ridge Community Center, 4644 S. 188th, 762-8450, fees. Aerobic dancercise, guitar, gymnastics, workshops, tennis, softball and special events.

White Center Activity Center, 1321 S.W. 102nd St., 762-8450. Softball-baseball fields, football-soccer fields, tennis courts, concession, picnic tables, child play area, restrooms, stadium, handball courts, gymnasium.

SWIMMING POOLS Evergreen, 606 S.W. 116th St., 246-1610, fee. Public swimming, special swims, swimming and diving lessons and swim and trim.

Fderal Way, 30421 16th Ave. S., 839-1000, fee. Public swimming, special swims, swimming lessons, swim and trim.

Mt. Rainier, 22722 19th Ave. S., Des Moines, Dash Point Road, Federal Way. Softball- fee, 824-1728, fee. Public swimming, diving baseball field, football-soccer field, tennis and swimming lessons, swim and trim and special swims.

South Central, 4414 S. 144th St., 242-2287, fee. Saltwater State Park, 25205 Eighth Place S., Public swimming, swimming lessons, swim

### LIBRARIES

Federal Way Library, 848 S. 320th St., 839-0257, 11 a.m. to 9 p.m. Monday to Thursday and 10 a.m. to 5 p.m. on Friday and Saturday.

Des Moines Library, 22815 24th S., 824-6066, noon to 9 p.m. on Monday, Tuesday and Thursday, noon to 5 p.m. on Wednesday and 11 a.m. to 5 p.m. on Saturday.

Burien Library, 14700 Sixth S.W., 243-3490, 10 a.m. to 9 p.m. Monday to Thursday, 10 a.m.

**Banquet** 

**Facilities** 

Available

for large

groups

### SPECIAL EVENTS July

7 to 8 — Ezra Meeker Days, Puyallup. 8 — Band Concert, Steel Lake Park.

8 to 21 — Pacific Northwest Wagner Festival, "Der Ring des Nibelungen," Seattle.

11 to 15 — Horse racing, Longacres, Renton. 12 to 14 - Cub Scout Day Camp, Moses Lake. 12 to 14 — Lynn-O-Rama Community Festival, Wilcox Park, Lynnwood.

12 to 16 - Circus Vargas, Tacoma Mall. 13 — American Centennial Circus, Moses Lake; Federal Way Invitational Track Meet, Federal Way stadium.

13 to 15 — Chatauqua Arts and Crafts Fair, Chewelah; Jazz Festival, Port Townsend; Meeker Days, downtown Kent; Renton Annual Art Show, Renton Mall Shopping Center; Capital Lakefair, Olympia; Moss Bay Days, Kirkland

14 — Hill to Pasture Fun Run Race, Mount Vernon; Midsummer Festival, Belfair; Photo Festival, SeaTac Mall, Federal Way.

14 to 15 - Second Annual Slow Pitch Ball Turney, Cathlamet; Cheny Rodeo, Cheny; Startup Loggers Days, Startup; Choochokam Arts and Crafts Festival, Langley. 15 - Band Concert, Steel Lake Park.

15 to 25 — Theater Festival, Port Townsend.

### Kids get drawing tips

Gary Reel, a professional artist and an instructor at Seattle Central Community College, will teach a series of workshops on drawing for children 5 to 12 years old beginning July 10 at the Highline Community Center.

Registration will be June 25 through July 13 for the workshops, the first of which is scheduled for July 10-26. Children 5-6, 7-8, and 9-12 years old will meet at 9 a.m., 11 a.m., and 1:30 p.m., respectively, for 90minute sessions.

A second workshop Aug. 7-23 will follow the same schedule.

### SEATAC 6 839-3050 IN THE SEATAC MALL "THE MUPPETS"

1:15, 3:30 (TLS 6:00) 8:15, 10:30 BATTLE STAR GALACTICA" "101 DALMATIONS" G 12:30, 2:45

12:30, 2:45 **PG** 12:15, 2:45 (TLS 5:30) 8:00, 10:30 (TLS 5:30) 7:45, 10:00

"LOVE AT FIRST BITE" "DEER HUNTER" PG 1:15.3:30 (TLS 5:15) (TLS 5:45) 8:00, 10:15 8:45

REBUCED ADULT & STUDENT PRICES FOR ILS TICKETS LIMITED TO STATING

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Roy Madrid, the man who to "JOHN TRAVOLTA"

His couples dancing is offering a

### SPECIAL DISCO SEMINAR

in the latest form of New York Hustle one weekend only July 14th & 15th. Registration limited -Call Today

Studio One

Partner Not Required

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### Center offers guitar lessons

Bluegrass guitar, banjo, fiddling and fingerpicking are among the many private instruction classes being offered by the Seattle Folk Arts Center this sum-

For more information or to obtain instructors names and numbers call the Seattle Folk Arts Center at 292-9419.

Experimental Aircraft Assn.-Green River Chapter 441 (third Thursday, each month, 7:30 p.m.) At hangar at 17603 S.E. 292nd Place, Crest Air

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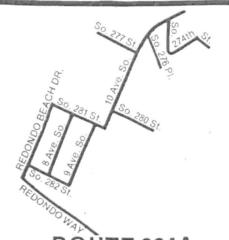
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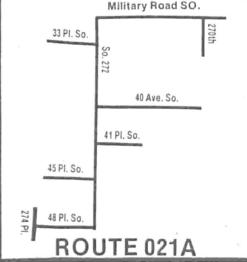
368th S 371st S 374th S 376th S 378th S

ROUTE Y69B

So. 272 275 Ct. Rd. So. So Ave. 46 278th So. 280th ROUTE 024A

SO. 285 PL 39 SO. 286 ST SO. 287 ST. SO. 288 ST. ROUTE 029A

S.W S.W. 328th **ROUTE G23A** Military Road SO.



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### Couple married in candlelight rites

candles were used in streamers. Bible Baptist Church Tammy Fosberg 1973 graduate of in Auburn for the re- served as maid of cent wedding of Car- honor, and Terri rie Marie Lighty, Walton and Patty daughter of Mr. and Laughlin were the Mrs. Stanley Lighty of bridesmaids. They 32642 39th Place S.W., wore long yellow and Roger Thomas dresses with short Laughlin, son of Mr. yellow and white and Mrs. Charles A. daisy print jackets.

long-sleeved cream daisies and yellow and colored satin wedding white baby's breath gown with a full with white and yellow chapel-length train, streamers. The sleeves had diamond-shaped Italian lace insets and hair and carried a church.

Large bouquets of g a r d e n i a s , graduated from spider mums, yellow stephanotis, baby's Federal Way High and white daisies breath and greens School in 1976 and atcentered with white with Hawaiian picacci tended Highline Col-

Laughlin of Sumner. Their bouquets were The bride wore a yellow and white

Scott Cambell attendedthe cuffs, and the neckline bridegroom as best was trimmed with man. Ushers were matching lace. She Steve Coady and Rick wore two clusters of Lighty who also stephanotis and lighted the candles in yellow and white the large bouquets in baby's breathin her the front of the

fragrant bouquet of Thebride Lighty.

lege. Her husband is a Auburn High School.

The newlyweds honeymooned in Kona, Hawaii and will be at home in the Federal Way area.

Special out-of-town

guests who attended the ceremony were the bride's grand-mother, Marie Schreiber from Portland, Ore.; her grandfather, E. F. Lighty from Santa Clara, Calif.; Her great-aunt, Betty Niederhaus from Portland; and aunt and uncle, Brad and Doris Lighty from San Jose, Calif., and another uncle from California, Larry



Mr. and Mrs. Roger Lauglin



# They're engaged

The engagement of Laura Marie Patricelli and Marting Robert Thompson has been announced 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 married Sept. 25 in St. Vincent de Paul Catholic Church.



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# Births

Hameister

Keith Richard Hameister, first son of Richard and Joan Hameister of 30812 16th Place S.W., was born June 18 in Tacoma General Hospital.

Keith weighed 9 pounds, 4 ounces and is the grandson of Mr. and Mrs. Walter Hameister of Seattle and Mr. and Mrs. Stanley Halvorson of Tacoma.

Powell

Powell of 2721 Century Blvd. S.W. welcomed their first child, a 7pound, 1-ounce son, June 19 in Tacoma General Hospital.

Jason Frederick is the grandson of Mr. Cristelli of 32513 10th and Mrs. Fred Marin Place S. June 21 in

of Tacoma and Mr. Riverton General and Mrs. Archie Hospital. Steele of Onalaska, Wash.

Denison

Their third child was born to Robert and Rebecca Denison of 34128 First Place S. June 21 in Highline Community Hospital. Stacey Angela weighed 5 pounds, 12 1/2 ounces and is the sister of Steven, 7, and Stephanie, 3.

She is the granddaughter of Mr. and Alan and Cynthia Mrs. Richard McMurrin and Mr. and Mrs. Robert Denison, all of Federal Way.

Cristelli A 7-pound, 15-ounce son was born to Patrick and Diana

Ryan Patrick is the Cristellis' first child and the grandson of Mr. and Mrs. Robert Cristelli of Superior, Nebr. and Mr. and Mrs. John Luth of Wilton, Iowa.

Schuetzle child of Jeffrey and Linda Schuetzle of 4604 S.W. 319th Place, was born June 21 in Highline Community Hospital.

Grace weighed 6 pounds, 7 ounces and is the grandchild of Mr. and Mrs. Henry Neesham of Seattle and Mr. and Mrs. 14 in Highline Com- is the grandson of Mr. Hilber Schuetzle of Mound City, S. Dak.

Hennager Steve and Sue Hennagir of 28623 Military Road S. welcomed their first child June 24 in Auburn General Hospital. Michael Scot weighed 7 pounds, 14 ½ ounces and is the grandson of Marty and Lloyd Hennagir and Van and Arleen Underwood, all of Federal Way.

Krier Rick and Tami Krier of 2634 S. 365th Place welcomed their second child, a 6pound, 8 ½-ounce daughter, Cristine Marie, June 13 at Valley General Hospital. Cristine is Grace Ann, first the sister of Cameron, who is three yearsold.

Grandparents are Mr. and Mrs. Bruno Krier of Kent and Mr. and Mrs. Don Wasson of Burlington, Wash. Garcia

Their second child was born to Gilbert and Naoma Garcia of 2508 S. 195th St. June Gilbert weighe 7

He is the grandson of Los Angeles.

of Mr. and Mrs. Arthur Garcia of Montrose, Colo., LeRoy Pyeof 3029 S. 200th Carrillo of Auburn St. welcomed their and Mrs. Jeanette first child June 21 in Shirley of Normandy Riverton General Park. Hospital. Lisa Lynette Bennett

Their second child, 1/2 ounces and is the a 7-pound,8-ounce son, granddaughter of Mr. was born to Philip an- and Mrs. George Pye dAnita Bennett of of Phoenix, Ariz., and 35617 14th Ave. S.W. June 19 in Riverton Winne of Pocahontas, General Hospital. Ill. Mathew David joins a sister, Kristian, who is two years old.

His grandparents are Mr. and Mrs. Lowell Bennett and Mr. and Mrs. David Brown, all of Seattle. Rowland

Martin Enoch, first child of Enoch and Mari Jo Rowland of 520 S. 208th St., was born June 20 in Highline Community Hospital. He weighed 8 pounds, 8 ounces and munity Hospital. Jake and Mrs. Lloyd Thomason of Seattle, pounds, 6 ounces and Mrs. Janel Marzahn

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joins a sister, Paula, of Seattle and Mr. and Mrs. Robert Rowland

Twin boys were vorn to Michael and Neena Huttenlocker Leonard and Shirley of 35227 56th Ave. S. June 21 in Highline Community Hospital. March Lee, who weighed 5 pounds, 5 ounces, and Mathew weighed 7 pounds, 12 Lee, who weighe 7 pounds, have brother, Michael, 2.

Huttenlocker

Simpson The second child Rev. and Mrs. Robert was born to David and Mary Beth Simpson of 32705 57th Ave. S. June

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Games

22 in Swedish S. 234th St., was born Hospital. Jeffry David June 26 in Swedish weighed 8 pounds, 1 Hospital. Megan ounce and is the weighed 5 pouncs, 14 brother of Julia ounces and is the Marie, 2.

granddaughter of Mr. and Mrs. Robert West of Des Moines, Roger Megan Elizabeth, Minton of Kent and first child of Rocky Mrs. Juanita Minton

and Cheri West of 2621 of Des Moines CURTAIN

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# State garden clubs hold 46th convention

Federation of Garden day honored Clubs held its 46th an- presidents and direcnual convention at the tors and featured the Hanford House presentation of Thunderbird in awards to honor clubs Richland with more and a program than 600 women, in- on"World Gardencluding 10 represen- ing." At a second luntatives of the Des cheon, judges, land-Moines-Zenith club, scape design critics attending.

Local delegates included Mrs. Henry Lyle, Mrs. Harry Meyers, Mrs. John Kessler, Mrs. George Buehler, Mrs. Robert Wilson, Mrs. Robert Pruin, Mrs. Donald Fisher, Mrs. Harley Curry, Mrs. Roger Carter and Mrs. Rex Cook.

Pre-convention activities included a directors' luncheon, a state board dinner honoring state officers and directors and a dinner for members who arrived early. Prior to the formal opening of the convention the next day, a breakfast was held honoring all garden club presidents, with Mrs. Lyle, president of the Des Moines-Zenith club giving the invocation.

State officers and district directors presented their annual reports at the first business session at which Mrs. Glenn R. Crawford of Kent, out-going president, presided.

The day's awards luncheon, "Midday Melody," was held at poolside with garden club members wearing historical cosumtes. Luncheon highlight was the presentation of a "Hysterical History" style show.

The dinner that evening honored the Pacific regional director, past state presidents and the staff of "Smoke Signal," the federation's statewide publication. Mrs. Kessler of the Des Moines-Zenith club presented the state flower show awards.

and instructors took part in a discussion panel, and a program, "The Endless Chain,"

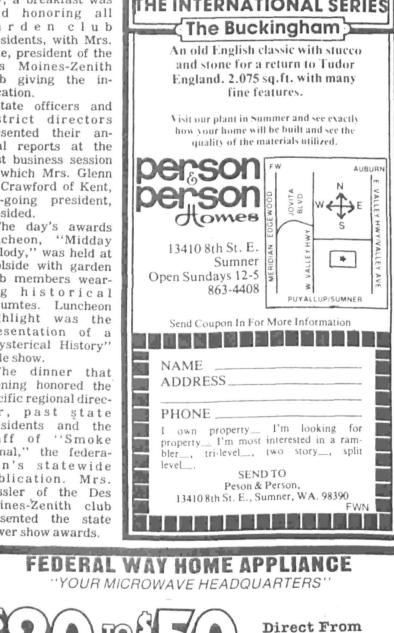
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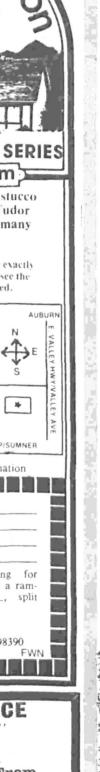
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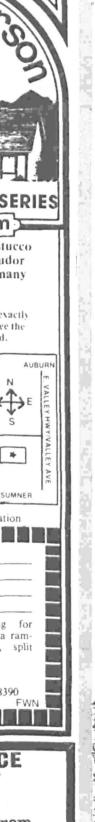
was presented. New officers were installed at the closing banquet, including Mrs. Floyd H. Hatcher of the Snoqualmie District who is the new president. Mrs. Carl Dahlgren of Concord, N.H., was the installing officer. The evening program was titled "The Timeless Art of an ecology film from Flower Arrangement.'

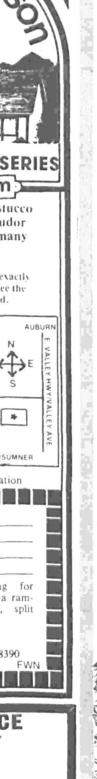


















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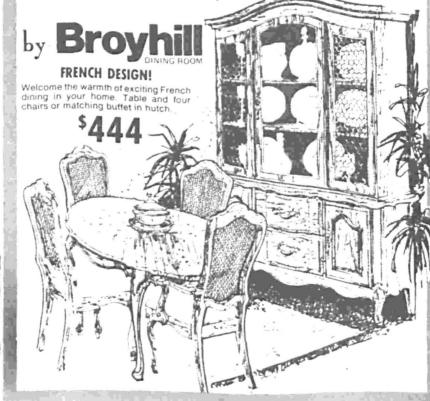
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### Kent takes Am. Legion sweep

# Silent bats foil FW

The big showdown ended, and it appeared Federal Way never showed up.

Kent American Legion pitchers Darren Swanson and Howard Hilde silenced Federal Way bats for a double-header total of three hits Monday night as Kent upped 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 game," a downcast Federal Way coach Jim Torina muttered after the twin killing. "We weren't ready to go after them. Our players wanted it, but they just weren't in the groove."

Two wins Monday would have placed Federal Way into a firstplace tie with Kent, but the double-dismal outcome put the Feds four games out of the division lead. Federal Way, 6-4, now must be aware of Burien, which had a 3-4 record before last night's action (results unavailable).

Monday's losses snapped a four-game Federal Way win streak. The Feds had hoped to spending last weekend bedefending a tournament championship they won in Vancouver, Canada last year. However, league officials refused to make that possible by not postponing a Sunday game between Federal Way and Mercer Island. What the league reps refused to waylay, the weather conditions did.

"IT SORT of upset our player when they found out they couldn't to 4-2, struck out nine in seven ingo to Canada, but I don't want to make any excuses for what happened tonight," Torina said Mon-

Instead, the FW coach lauded the mound efforts of Swanson and

Swanson, who upped his overall record to 8-0, did not allow a base runner for six and a third innings. Mark Hillis' walk broke the perfecto.

In Federal Way's last at-bat, Pat Buckholz thwarted Swanson's no-hit bid by looping an 0-3 pitch for a single to right. Jim Bendorf moved him to third by lofting a double between left and center. An out by bringing Buckholz home with a sacrifice fly to right. Kent elected to throw after Bendorf, moving from second to third on Weymiller's sacrifice. The relay throw zoomed high over third and allowed Bendorf to score Federal Way's second run.

Buckholz again proved the culprit in the second game. His fourth-inning double to deep left center spoiled Hilde's chance at a no-hitter. He and Dave Greening, who got on via a shortstop error, were Federal Way's only base runners of the second contest. Greening was called out for interference moments after receiving first base. Buckholz, with one out, moved to third on a passed ball, but Kent left him stranded on two infield ground outs.

Hilde, who increased his mark nings work.

The News

KENT USED two singles and two sacrifice bunts to score two runs in the first inning of game 1. Two walks and another sac-bunt provided a second-inning score. Hilde's two-run homer over the left-field fence upped the margin to 5-0 after four, and three sixthinning singles produced another run in the sixth.

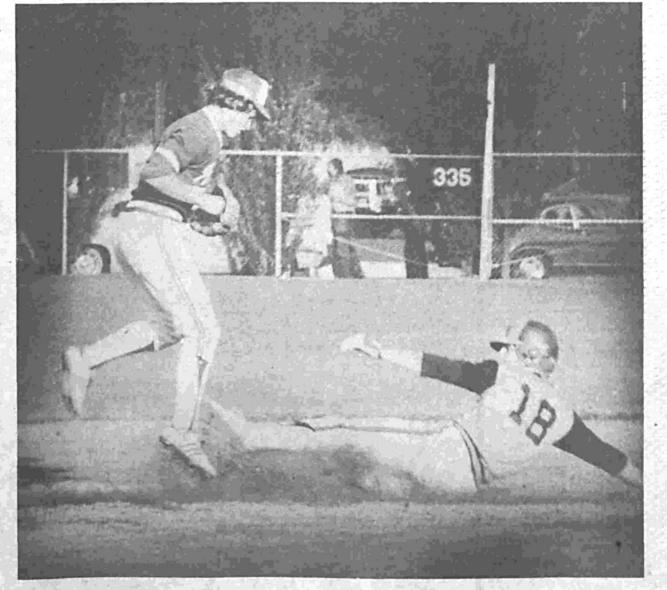
In the second game, Troy Stewart walked, stole second and came home on Dave Gard's badhop single off shortstop Jim Bendorf's chest in the fourth. Kent added a run in the fifth, via Darin Lang's single and Hilde's double, and capped the night's scoring when Troy Stewart doubled and came in on a shortstop throwing

Federal Way will travel to Richland and Pasco this weekend before resuming league action. Torina looks to the road trip as a chance to get his club back on

000 000 2 Federal Way Federal Way: Camden, Theiss (7) and Spr-Inger. Kent: Swanson and Miller. WP: Swanson (8-0). LP: Camden.

HR: Hilde (K). Kent 3, Federal Way 0

000 000 0 Federal Way Kent 000 111 X 3 5 Federal Way: Werth and Hoene. Kent: Hilde and Highsmith. WP: Hilde (4-2 season). LP: Werth.



MARK HILLIS, 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 the sixth inning of the opener of Monday's double-

- photo by Leland Hilburn

# Hard-hitting WIL Feds walk out of Canada

by Harry Brooks

Walks hurt.

The Federal Way Concrete Pacific WIL team reiterated that bit of baseball fact last weekend in the Pacific International Baseball Tournament in Vancouver, Canada.

"Could 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 FW pitchers gave up an awesome ball-fours, which were key elements in a 13-9 loss to Burnaby 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

stated. "Our offense is fine. weren't having any problems We're hitting the ball and scoring enough runs to win, but we get the lead and just can't hold it.'

BENDORF NOW is trying to change the situation via the recruiting route.

"It's no one's fault, really," he said. "We're a first-year club with a lot of young players. They 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-

The two Canadian clubs used late-inning rallies to overcome Federal Way last weekend.

A three-run homer highlighted a five-run 10th inning that propelled Burnaby past Federal Way in the Feds' second tourney outing. Federal Way made a comeback bid in the bottom of the 10th when Kevin a Tim Swanson hit. But, after issuing a base on balls to Mark Textor, Burnaby stopped the Feds' bid.

While Federal Way pitchers were struggling to find the strike zone, their offensive counterparts

making bat contact on Burnaby hurlers.

Swanson ended the game with four hits in six at-bats and knocked home four runs. Jerry Bendorf's five-for-six performance included a 420-foot homer in the second inning. Vallala smacked two hits in four chances.

Federal Way jumped to a 4-1 lead after two innings. Bendorf opened the first with a triple to 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.

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 moved to second on a fielder's choice and sprinted home on a Swanson single.

· Swanson's bat produced

a single and advanced to third on balls and a sacrifice. a Bendorf hit. Bendorf stole sehome on another Swanson single.

problems keyed Burnaby's tworun outputs in each of the next two innings, and the Canadians drove to victory with their 10th- and three straight singles in the inning explosion.

FEDERAL WAY also took an 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 Winebrenner's double, followed 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 runs on three hits and walk in the

Federal Way's two-run sixth inn- fifth and added another run in the ninth to cushion its win. ing. Vallal began the inning with sixth, using a single, two base-on-

Federal Way moved to within a cond, and he and Vallala zipped single run, at 6-5, in the last of the seventh. Winebrenner and Darcy However, Federal Way ontrol smacked back-to-back singles. Koult scored Winebrenner with a hit through the shortstop hole.

However, Victoria used a triple

VALLALA GREETED Victoria pitching with three hits in five atbats. Winebrenner and Koult were each two-for-five.

Federal Way took its 2-10 Seattle WIL League record into yesterday's game with Erikkson. The Feds travel to Everett CC tomorrow for a 7:30 p.m. contest against the H and L Twins.

Charlotte Greene, of Twin Lakes Golf and Country Club, won the under-11-years competition in the Washington Junior Sub-District Golf Tournament at Auburn Golf Course. Greene, 10, covered a nine-hole distance in 63 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

with a leap of 13-fet, 2-inches. Jerry Bendorf of the Federal Way WIL baseball team smacked a 420-foot homer against Burnaby during a tournament in Vancouver last weekend. The wallop was part of Bendorf's five-for-six performance in a game against

Burnaby. Renee Haxby, a Thomas Jefferson High senior, recently finished 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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Charlotte Greene

Seattle Opera House.

Mark Westbrook, of the Burien American Legion team, tallied five RBIs in three games last



# Sweet Swing

CHARLOTTE GREENE, from Twin Lakes Golf and Country Club, Auburn Golf Course last Monday. She covered a nine-hole layout in 63 home course. Charlotte won the under-11-years girls' division of the Washington Junior Golf Association Sub-District Tournament held at

watches an iron shot sail during a Wednesday practice round at her strokes. Charlotte now is preparing for district competition, which will be played July 26 and 27.

- photo by Roy Musitelli

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# Burienites win two of three weekend games

American Legion third to leap ahead 6- Westbrook knocked in two-run double to lead team overcame a 0. Errors behind two with another 7-6. scarcity of available Westbrook were cost- single. pitchers this weekend ly. But Burien had not by the best means yet begun to fight. possible: hitting the ball hard.

The Burienites 12-11, 10-5 doubleheader sweep at Enumclaw Saturday. Friday, the Legions' bats lay largely dormant in a 3-2 loss to Auburn. Burien is 5-5 in league

Burien head coach Lou Bomber had planned to use Kerry Boatwright and Dean Holmes on the mound for the Saturday twin bill, but Boatwright could not attend the game and Holmes was plagued with a recurrence of the arm problem that has nagged him most of the Legion season.

So Mark Westbrook moved over from first base to take over mound duties in the first game. He had not pitched in Legion competition since last summer.

Enumclaw struck for one run in the se-

### Judo Nat's at Red-Lion

The United States Junior National Judo Championships will be held Friday and Saturday, July 6 and 7, at the Sea-Tac Red Lion Motor Inn. Friday's competition will continue from 9 a.m. to 9 p.m. Saturday matches begin at 9 a.m. and last until

Contestants range in age from 9 to 20 years. Tourney officials estimate that 650 competitors will participate.

For further information of the tourney, phone George Uchida at 872-

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for five runs of their Ainsworth got the own in the bottom of of final RBI as he workthe third. Jerry Stuns ed for a bases-loaded pounded out 24 hits in got things rolling with walk. a single. Jim Doane

followed up with a The locals exploded two-RBI single. Jeff

walked, Kelly Sutton two runs in the fourth before Konishi could

on Bruce Rieker's put out the fire.

Westbrook tired in Allen Johnson the fifth, allowing two Enumclaw runs before giving way to reliever Kevin Konishi, who also had not pitched in a year. Enumclaw tallied Burien got another three more times

the sixth. ALLEN JOHNSON homer for the locals, and Dennis Fite singled in one run.

It was Johnson RBI's to pace the local ped the Burien lead to was effective before was 2-3 for Burien.

RBI's in the contest. with two doubles, Bill big blow. Dickerson 2-4 and Westbrook had three single in the third up- Enumclaw hits, and the season (16 for 32),

again, scoring three bottom of the seventh. the day. The locals as Burien scored times in the bottom of The catcher had six scored five runs in the three in the sixth.

Dickerson's two-run He gave up six who is hitting .500 on

Trailing 11-7, the game-winning Burien's hitting Gordy Hale doubled inning when the Burien went to work power as he tripledin momentum swung in- in one run and Holmes visitors scored three

with the lumber a pair of runs in the to the second game of doubled in two more runs. bottom of the second Jeff Ainsworth, to score with runners Sutton was 3-4, inning, with Doane's another inexperienc- on base contributed to tagged a two-run Doane 2-4, Rieker 2-4 three-RBI single the ed pitcher, went the the close defeat to distance for Burien. Auburn. Westbrook,

Friday night, costly errors and an inability

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# Athletics dump Rams, nab Red Division title

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The Jim Moore Steak House Athletics defeated the Coluccio Construction Rams twice to capture the Red Division title of the Burien Blazer Pony League post season tournament held last weekend at Moshier Field.

The Athletics came into the championship game needing to win two games since they had lost earlier in the double-elimination tournament to the Rams by a score of 7-6.

In the first game, the Athletics pounded out seven hits compared to four for the Rams and eked out a 3-2 win. Rick Jones picked up the pitching win for the Athletics.

Scott Sacco picked up the only extra base hit of the contest, as he doubled late in the game and eventually scored the winning

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 next six innings.

Meanwhile, the Athletics scored the equalizer in the third 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

by Craig Carlson. The Athletics added the final run of the game in the fifth inning, when Bob Weisser got aboard on an error one of six committed by the Rams - advanced to third on a double by Flynn and scored on a sacrifice bunt by Erik Weaver.

games for the Athletics over the round action, the Athletics nipped Rams and the division champs the Giants 5-2 and the Mariners finished the season with a 23-1 record.

It was the fourth win in five dumped the Cubs 9-5. In second eliminated the Cubs 15-8. In semifinal play, the Rams scored four In first round tournament ac- runs in the top of the seventh inntion, the Dodgers defeated the ing to sneak by the Athletics 7-6 Mariners 11-1 while the Giants and the Dodgers narrowly

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Giants after losing a 11-2 verdict to the Rams. The Dodgers then defeated the Mariners 7-2 before falling to the Athletics 7-5 in the quarter-finals. That set the stage for the championship game between the Athletics and Rams.

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### So you want to buy a horse

"seems to run well"

Horse Breeders' Association annually In examining the sponsors three sales. pedigree and blood 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 procedure originated stamina and strength. at Longacres several This is not a "rule of years ago and you thumb" thing but is have the best of op- generally a fair guide portunities available to help you find the for a prospective kind of horse you're owner.

trainer who can direct Others feel that the you to a successful blood lines and and well-trained vet. pedigree are the im-Next, get a copy of the portant items. sales catalog and you're pretty well In all events after undefeated Triple equipped to begin in- you have done your Crown winner who is spection of prospective purchases.

ways 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 action! he "looks nice" or any noticeable deficiencies? He must you could make have straight legs and several bad mistakes. good head structure. The Washington Don't forget to look in his mouth.

looking for. Some are Your first move of the opinion that the should be to employ a d a m i s t h e successful reliable predominate factor.

homework rely pretty owned by Washington heavily on the advice In the study of blood of your trainer and Karen Taylor. In '78 it

There are so many takes you first to the in their fields. After

SATURDAY, JULY 7: The 29th renewal of The Washington Stallion Stakes at five and a half furlongs. For colts and geldings for \$15,000 added. Sired by Washington stallions who were kept eligible for offspring before being foaled.

Note: The distaff side will have their own special stallion stakes. In '78 A Lady Spirit in A section and Native Lancer in B section.

SUNDAY, JULY 8: Seattle Slew Handicap in its third renewal for three-year-olds at one mile for \$20,000 added. Honors the only residents Mickey and lines common sense vet. They are experts was Triplane.

### Salmon enhancement plan proposed by Fisheries

The Washington the draft proposes are duction. Department of techniques that will "Total protection of Fisheries published increase protection of all natural runs would federal agency and management efforts organization concern- will be to ensure ed with salmon escapement of op- ment Deputy Direc-

in Puget Sound.

draft plan addresses the basis of the production while the basic problem of natural run. managing a "mixed Duane Phinney, an where practical, stock" (hatchery vs. assistant chief of the restoring natural runs naturally produced) Fisheries Depart- and habitat will do the fishery and for ment's Harvest job." malizes into a com- Management Division prehensive continuing points out that some that the draft is not a plan many manage- salmon stocks must final plan but a proment practices used be managed for the posal to be discussed

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 areas. Examples of salmon catch long-range salmon this are plans for the originating in Puget management and Skagit, Stillaguamish Sound," Phinney enhancement plan for and Snohomish Rivers stated. "We could ex-Puget Sound. The which represent the pect losses of catch in draft 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 only Bellingham Bay and 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 contually every state and stocks and all harvest tinued.

management. 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 Coldiscussed at a river system in Puget umbia River knows, meeting of all con- Sound, at least one conditions aren't what cerned tribal, state species of salmon will they were 200 years and federal agencies. be managed on the ago. We have some Washington Depart- basis of the best four million people ment of Fisheries of- escapement to the now living in ficials believe that the natural run. For ex- Washington and proposals in the draft ample: Harvest of depending solely on plan would increase coho in Hood Canal natural runs, won't the sustained salmon and chum salmon in produce a satisfactory production and yield south Puget Sound result. A balanced ap-

Fisheries Departand Bellingham Bay proach utilizing Specifically the would be managed on technology, artificial maintaining and,

> Haw emphasized at the upcoming

839-1633

hatchery run to en-Among the changes sure maximum pro- meetings. Interstate Adjust bands plus Replace pan-gasket fluid Complete road test his service helps prevent transmission problems. Should you already have a oblem we'll diagnose it for you and recommend just what's needed. Offer good until July 15

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# Spirited swimmers

TWIN LAKES swimmers (from Left) Mindy Cordry, Randi Tallman and Jarrett Mentink root on their teammates during the Normandy Park Carnival Relay. Twin Lakes took third in the five-team competition. Gregory-Seahurst won the championship. Normandy Park finished second in the youth swimming event.

- photo by Gary Kissel

# Undefeated St. Vincent beats Memorial I, 5-2

Dennis Olsen's two- dual. run triple was the big League.

a walk and a hit bat- during that game. ter. It broke up a scoreless tie between Landgren Memorial I ped a second game and St. Vincent de last week when Paul I. Jim Tinsley Evergreen Bible scored Olsen with a Chapel beat them, 8-2. sacrifice fly. That was ed in a 5-2 victory.

cent in a pitchers batted in for the win-

blow in a game bet- Landgren I to a 6-0 ween unbeaten clubs win over Landgren II this past week in the earlier in the week. Federal Way Recrea- He allowed just two tion Church Softball hits while striking out six. Landgren II pull-Olsen's hit followed ed off a triple play

Landgren II drop-

Steel Lake all St. Vincent I need- Presbyterian won a 26-13 slugfest from St. Each team could Vincent II. Dale muster only four hits Anderson had two as Red Heritage of homeruns, Rick Landgren hooked up Teller one and Gene with Paul Ottoson and Bingham had a grand Jim Tinsley of St. Vin- slam and eight runs

### High school playoff sites announced

regional and state Washington Universihigh school tour- ty while the B tournanaments for 1979-80 ment is scheduled for have been announced St. Martin's College in by the Washington In- Olympia. terscholastic Activities Association.

Class AAA regional wrestling will be at Juanita with the AA scheduled for Franklin Pierce High School in Parkland for all Highline area schools.

Girls' regional basketball sites will be Edmonds, Washington in AA. Roosevelt, Fort Vancouver and Walla state tournament will and Seattle.

SUNDAY

Additional sites for be played at Central

Boys' regional basketball activity is scheduled for the Seattle Center Arena, University of Washington, University of Puget Sound and Spokane Coliseum in AAA and Marysville, Pacific Lutheran University, St. Martin's and Central

The girls' gym-Walla for AAA and nastics meet will be at Anacortes, Sammamish and Washington High, boys' at Bothell. Soc-Shelton and Cheney cer action is schedulfor AA. The girls' A ed for Federal Way

NOON

SIGN UP FOR THE DRAWING OF ONE WETBIKE TO THE LUCKY WINNER! COME TO **Normandy Northwest** 1273 188th (SOUTH END OF SEA TAC AIRPORT) <u> 243-6238</u> at STAN SAYERS PITS LAKE WASHINGTON 18 YEARS OR OVER AT 12:00

ners. Brian Cleary game for St. Theresa Heritage pitched and Ken Height in a 4-3 win over All homered in a losing Saints Lutheran.

> cause. scored five runs in the Des Moines Gospel top of the seventh inn- and Bethel Chapel Church of the Cross, Lutheran, 20-5. 11-8. Phil Hanson's

In other games, Midway Covenant Christ Lutheran beat ing to edge Lutheran crushed Trinity









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## Local women bowlers score high in tourney

Valley Women's and Daffodil Bowl. Bowl in Puyallup.

accepted the time top 10 totals. challenge of competing against one

Tournament held fodil Bowl team in the 189, came up with a recently at Daffodil WIBC's (Women's In- 211 and 555 series, her Forty-one first- Congress) record Munson, average 169, place league teams book as being the all scored 230 and 632.

Renton, Secoma ed with a 217, giving handicap total of 3165.

her a total of 709. This Bowling Association High team scratch score broke the records were shat- score for one game of VWBA's highest tered by the Daffodil 1,163, along with the series to date by one Bowl team at the winning team totals of pin. Team member Champ of Champions 3,146 will put the Daf- Cle Dittmore, average ternational Bowling daughter, Sheryl Another daughter, Anita Rogers, Dorene Olsen, lead- average 169, racked another. Teams in- off bowler, who car- up a 254 and 651. vited to participate ries an average of 191, VWBA All Star represented bowlers set a sizzling pace as Bowler, and team anfrom Enumclaw she opened with a 215. chorman, Penny Lanes, Hillside Lanes She followed with the Wilson, average 194, in Auburn, Kent Bowl, tournament's high whipped up a 213 and Cascade Lanes in game of 277 and clos- 599, making a record

### Seattle-Alaska boat trip scheduled

Ketchikan, Alaska will be attempted Saturday, July 6 at 5 p.m. from Seattle Public Dock 49.

The boats are a Metzeler "Elefant," 14 ½ feet long, and a 13-foot Semperit GTL 400. The crew will include two pilots and two navigators.

The course will follow the "inside passage" and will include 16 hours of cruising in the dark. Average speed will be 35 knots. The boats

trip by inflatable VHF radios, 45 and 70 exposure suits for the boats from Seattle to horsepower engines, crew members.

The first non-stop will be equipped with fuel storage tanks and



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4x4-8'-20' reg 52° ...... now 45 <sup>\$\psi\$</sup> linft 4x6-8'-20' reg 75' ..... now 65 tinft

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SUNDAY WE RESERVE FOR OUR FAMILIES.

Gregory-Seahurst recently won the 17th annual Normandy Park Relay Carnival with 412 points.

Normandy Park finished second in the youth swimming event with 396. Twin Lakes placed third with 274. Lake Ridge tallied 214 and Kent

Event results were as follows:

Boys' Results 100 Medley Relay (U-9): 1, GS (T. Payntor, Simons, J. Culton, McClean) 1:28.09; 2, K (Baerny, Stencil, Goodspeed, E. Weldel) 1:39.03; 3, TL (Minehane, Tallman, Boone, Surbeck) 1:41.27; 4, NP (M. Peterson, S. Skoglund, J. Finke, G. Carson) 1:49.60; 5, LR (Farrell, Darrow, Chin, Kirsch) 2:49.75. 100 Medley Relay (U-11): 1, NP (A. Turner, D. Priebe, T. Wescott, J. Pressentin) 1:18.16; 2, GS (M. Craig, J. Payntor, A. Thorson, J. Davis) 1:20.77; 3, TL (R. Desimone, D. Straum, J. Mentink, J. Knapp) 1:24.84; 4, K (P. Eckblad, P. Hoggott, M. Stencil, C. Davis) 1:29.67; 5, LR (Hooks, Vandersanden, Cass, Fortler) 1:36.45. 100 Medley Relay (U-13): 1, NP (J. Sikora, M. McIvory, R. Castagna, P. Skoglund) 2:27.37; 2, K (Baeny, Goodsp-ped, Woomer, Palmer) 2:33.20; 3, TL (D. Jones, E. Jones, B. Schmidt, L. Maitland) 2:36.26; 4, (Rabon, O'Farrell, Farrell, Pritchard) 3:01.76.

100 Medley Relay (U-15): 1, GS (K. Windus, J. Hebert, Darrow, Kirsch, Farrell dis-Wardian, S. Calvo) 2:01.76; 2, NP (M. Wescott, D. Sharkey, J. Eaton, R. Turner) 2:04.32; 3, LR (Anderson, Frasier, Zamanek, Stark) 2:12.32; 4, TL (R. Schmidt, S. Hall, P. Hughes, C. Hegger) 2:22.41. 100 Medley Relay (15-18): 1, LR (Budinich, Fraisier, Blyth. Swanson) 1:46.44; 2, NP (T. Sherry, T. Ingalsbe, W. Bowman, S. Ingalsbe) 1:49.36; 3, GS (Michaelson, Hebert, Ellis, Rekate) 1:50.38; TL (D. Nomingoma, Hughes, Raisten, R. Pierson) 1:53.59; 5, K (Wazumi, Mc-Woomer, McCook) 2:33.82. 100 Back Relay (U-9): 1, CS (Wisen, N. White, T. (M. Peterson, S. Sharkey) 2:22,91; 2, GS

Skoglund, G. Carson, S. Seo) 1:59.49; 3, TL (O. Schroeder, Chamaty, K. Felzenberg, Minehane) 2:09.04; 4, K Good, Berry, Holder, Weidel) 2:35.44.

(M. Craig, Shaw, Toone, J. Payntor) 3:21.86; 2, NP (F. Price, K. Tilden, D. Priebe, Sylvester) 3:26.72; 3, TL (R. Desimone, M. Stivers, S. Fields, P. Ryan) 3:51.84; 4, K (K. Morrill, C. Leber, E. Forner, C. Davis) 3:52.23, 200 Back Relay (U-13): 1, GS (R. Smith, J. Culton, S. Paulus, T. Patterson) 2:44.15; 2, NP (G. Ratzlaff, B. Hawthorne, H. Larsen, J. Sikora) 2:44.71; 3, TL (D. Jones, D. Chamaty, Tallman, Mentink) 3:03.89; 4, LR (Farrell, Cowan, Rabor, Pritchard) 3:06.25, 200 Back Relay (U-15): 1, GS (Wardian, Wheeler, J. Fosberg, Windus) 2:14.9; 2, LR (Williams, Furfaro, Anderson, Zemanck) 2:35.4; 3, NP (R. Turner, S. Rowe, M. Mulder, M. Wescott) 2:36.4; 4, TL (P. Hughes, S. Hatt, C. Heger, R. Schmidt) 2:44.1.

200 Back Relay (15-18): 1, GS (Ellis, Rekate Michaelson, Hebert) 1:56.08; 2, LR (Budinich, Williams, Hettich, Swanson) 1:57.93; 3, NP (S. Trunkey, B. Harley, T. Harrylock, T. Ingaisbe) 2:13.65; 4, TL (D. Hughes, B. Scholes, R.J. Spangenberg, B. Williams) 2:22.72; 5, K (Wazumi, McCool, McCool, Woomer) 2:50.35. 100 Breast Relay (U-9): 1, GS (J. Culton, M. Densmore, K. Simone, R. Wisen) 1:53.9; 2, NP (S. Seo, S. Skoglund, J. Finke, M. Ho) 2:04.5; 3, K (Goodspeed. Stencil, Holder, Baerny) 2:08.8; 4, TL (S. Minehane, D. Snider, K. Boone, Ty Tallman) 2:32.9; 5, L (Chin, qualified) 2:48.4. 200 Breast Relay (U-11): 1, GS (CAlvo, Craig, Toone, Payntor) 3:26.93; 2, NP (Wescott, Sylvester, Priebe, Turner) 3:33.87; 3, K (Eckblod, Hoggett, Morrill, Stencil) 4:10.89;

TL (Desimone, Ryan, Fields, Mike) 4:22.50. 200 Breast Relay (U-13): 1, NP (R. Castagna, M. McIvor, J. Wescott, P. Skoglund) 2:45.1; 2, K (Baerny, Woomer, Palmer, Goodspeed) 2:48.4; 3, GS (Cutton, Smlth, B. Smith, Patterson) 3:15.8; 4, LR (Cowan, Fujishima, Whitehouse, O'Farrel - disqualified) 3:39.4. 200 Breast Relay (U-15): 1, NP (Wescott, J. Eaton, R. Turner, D.

(Hebert, Shaw, S. Calvo, Wheeler) 2:32.40; 3, LR (Stark, Freemer, Furfaro, 2:36.60; 4, TL (R. Schmidt, S. Hatt, C. Heger, Hughes) 2:55.45. 200 Breast Relay (15-18): 1, GS 200 Back Relay (U-11): 1, GS (Patterson, Wolf, Foseberg,

Hebert) 2:12.2; 2, LR (Baird, Dahlen, Beal, Frasier) 2:15.2; NP (M. Montgomery, S. Trunkey, B. Harley, T. Ingalsbe) 2:15.5; 4, TL (N. Pierson, Schafer, Williams, Spangenberg) 2:39.7.100 Butterfly Relay (U-9): 1, GS (K. Simons, N. White, R. Wisen, T. Payntor) 1:48.28; 2, TL (O. Schroeder, B. Surbeck, J. Roni, C. Boone) 1:53.8; 3, K (Goodspeed, Good, Stencil, Baerny -disqualified) 1:58.3. Butterfly Relay (U-11): 1, NP (J. Pressentin, K. Tilden, T. Wescott, A. Turner) 1:23.6;

GS (Davis, Peterson, Calvo, Thorson) 1:27.8; 3, TL (D. Straun, J. Knapp, S. Fields, J. Mentink) 1:30.7; 4, K (P. Eckblad, E. Forner, P. Hobbath, M. Stencil) 1:41.6; 5, LR (Cass, Vandersanden, Rousso, Hooks - disqualified) 1:55.0. 200 Butterfly Relay (U-13): 1, NP (R. Castagna, G. Ratzloff, P. Skoglund, J. Slkora) 2:29.3; 2, TL (B. Schmidt, E. Jones, S. Tallman, Mattland) 2:56.0; 3, L (Farrell, O'Farrell, Pritchard, Rabon) 3:36.8; 4, GS (B. Smith, Paulas, C. Davis, Patterson - disqualified) 3:14.3. 200 Butterfly Relay (U-15): 1, GS (Windus, Hebert, Fosberg, Wardean) 2:08.73; 2, LR (Stark, Furfaro, Anderson, Zemanek) 2:32.20. 200 Butterfly Relay (15-18): 1, NP (T. Sherry, M. Montgomery, S. Ingalsbe, W. Bowman) 1:50.3; 2, GS (Ellis, Rekate, Broaten, J. Michaelson) 1:53.0; 3, TL (D. Nomigama, W. Raistin' B. Williams, B. Scholes) 1:54.5; 4, LR (Hettich, Frasier, Beal, Blyth)

100 Free Relay (U-9): 1, TL (Schroeder, Tallman, Chamaty, Boone) 1:30.43; 2, NP (M. Ho, J. Finke, G. Carson, S. Seo) 1:39.35; 3, K (Good, Holder, Berry, Weidel) 2:01.52; 4, GS (Batdorf, Dinsmore, Wozniak, Mc-Clean) 2:06.80; 5, LR (Farrell, Darrow, Kirsch, Chin) 2:11.97. 200 Free Relay (U-11): 1, TL (D. Strawn, M. Stivers, J. Mentink, J. Knapp) 2:46.2; 2, GS (Calvo, Amberg, Shaw, Thorson) 2:48.8; 3, K (K. Morrill, E. Forner, C. Davis, C. Leber) 3:08.5; 4, L (Cass, 3:21.9; 5, NP (J. Fehrenz, J.

Pincha, M. Larsen, F. Price) 3:24.5. 200 Free Relay (U-13): 1, TL (D. Tallman, B. Schmidt, G. Jones, D. Jones) 2:19.36: 2, K (McCool, Woomer, Baerny, T. Peacore) 2:25.3; 3, NP (M. Brown, H. Larsen, M. Cantrell, J. Wescott) 2:37.5; 4, CS (B. Smith, J. Culloon, Davis, R. Smith) 2:49.8; 5, L (Tsitsis, Fullshima, Faler,

Cowan) 3:05.0. 200 Free Relay (U-15): 1, GS (Shaw, Wheeler, Fosberg, S. Calvo) 2:01.6; 2, NP (J. Eaton, M. Mulder, S. Rowe, D. Sharkey) 2:10.6; 3, L (Frasier, Williams, Rystrom, Freeman) 2:19.1. 200 Free Relay (15-18): 1, LR (Swanson, Hettich, Budinich, Blyth) 1:35.0; 2, NP (Bowman, In5alsbe, Montgomery, Sherry) 1:35.81; 3, GS (Patterson, Braghton Kogut, Wolf) 1:46.37; 4, TL (Nomlyama, Hughes, Pierson, Spangenborg) 1:50.15; 5, K (Wozumi, McCool, McCool,

Wooman) 2:11.26. Girls' Results 100 Medley Relay (U-19): 1, NP (C. Delich, E. Bernasek, M. Bernasek, J. Darby) 1.31.07; 2, GS (S. Jensen, J. Petersen, B. Thorson, L. Mosely) 1.52.20; 3, LK (Kirsch, Anderson, Koetje, Baumgartner) 1.58.89; 4, TL (K. Stivers, J. Firkins, R. Chamatý, R. Ryan) 2.06.63. 100 Medley Relay (U-11): 1, NP (K. Tilden, W. Delich, S. Skoglund, K. Peterson) 1.07.82; 2, LK (Darrow, Chin, Lampe, Stanford) 1.19; 3, CS (M. Byers, A. Winders, R. Welser, J. Zimmermen) 1.24.1; 4, TL (K. Stahl, P. Vallarta, K. Davis, R. Chamaty) 1.25.5; 5, K (Kristh Morrell, Kelle Morrill, Colas, Curran) .157.4. 200 Medley Relay (U-13): 1, LR (Darrow, Stamford, Furfaro, Mejlaender) 2.22,97: 2, NP (A. Delich, J. Peterson, 2.29.69; 3, GS (Fosberg, Wolf, Johnson, nsen) 2.34.06; 4, TL (Allen, Hatt, Giskin, Cordry)

100 Medley Relay (U-15): 1, NP (H. Bernase, C. Lomax, K. Bowman, L. Edwards) 2.19.91; 2, K (Hogan, Roloff, Roloff, Freitag) 2.15.1; 3, GS (Hebert, Kogut, Michaelson, R. Weiser) 2.18.5; 4, TL (Tallman. Bettesworth, Oelke, Cordry) 2.20.2; 5, L (Stanley, Feaster, Seresuh, Ishii) 2.23.9, 200 Medley Relay (15.18): 1, GS (Ellis, Herbert, Rekate, Fosberg) 2.01.07; 2, K (Stewart, Kristofferson, Fredericks, Linehan) 2.09.76; 3. NP (J. Shull, C. Sherry, L.

100 Back Relay (U-9): 1, NP (J. Noff, K. Ort, A. Shull, C. Delich) 1.48.42; 2, GS (D. Carlson, H. Spurlock, L. Moseley, M. Lemon) 2.10.4; 3, TL (R. Ryan, J. Kucinski - disqualified, T. DeMstteis, K. Stevers) 2.07.9.200 Back Relay (U-11): 1, LR (Darrow, Chin, Cowan, Lampe) 3.08.62; 2, TL (S. Surbeck, A. Myers, M. Sheridan, L. Ross) 3.33.74; 3, GS (T. Jensen, J. Zimmerman, M. Byers, N. Barton) 3.47.66; 4, NP (K. Peterson, S.

Skoglund, W. Delich, K.

Tilden) 2.43.06. 200 Back Relay (U-13): 1, GS (Lemon, Johnson, Young, Fosberg) 2.43.85; 2, L (Darrow, Verlick, Stanford, Lampe) 2.44.0; 3, NP (J. Adams, J. Kirkham, S. Jude, D. Alder) 3.34.01; 4, TL (K. Hughes, S. Reintsma, S. Minehanz, K. Boong) 3.39.97. 200 Back Relay (15-18): 1, GS (Hermk, Cook, Spurlock, Ellis) 2.15.20; 2, K (Stewart, Berry, Mandich, Stewart) 2.43.93; 3, TL (T. Thomas, K. Knapp, M. Minehone, K. Dalvs) 2.46.93. 200 Back Relay (U-15): 1, NP (M. Bern asek, J. Harrylock, C. Lomax, H. Bernasek) 2.24.51; 2, GS (Hebert, Boyce, Elliot, Ellis) 2.25.78; 3, TL (W. Peterson, D. Flye, M. Cordry, R. Tallman) 2.34.5; 4, K (L. Hogan, Frietag, Forner, Lagana) 2.34.6; 5, LR (Johnson, Williams, Stanley, Stark) 2.48.4. 100 Breast Relay (U-9): 1. NP (E. Bernase, M. Stiles, J. Darbb, M. Bernasek) 1.50.84; 2, TL (R. Ryan, D. Reinstma, J. Kucin-

ski, J. Firkins) 2.39.05; 3, LR

(Anderson, Koetne, Kirsel,

Baumgartner - disqualified)

McShane) 2.18.91. 200 Breast Relay (U-11): 1, GS (J. Zimmerman, N. Barton, Jensen, A. Windus) 3.28.4; 2, L (Stanford, Williams, Kahl, Chin) 3.28.9; 3, NP (L. Bettet-Bergman) 3.49.0; 4, TL (M. Sheridan, C. Anderson, S. Conley, C. Kucinski) 4.09.0. 200 Breast Relay (U-13): 1,

LR (Savelli, Libardi, Carlson, Stanford) 2.49.95; 2, TL (P. Allan, T. Giskin, E. Cordry, K. Hatt) 2.56.3; 3, GS (Hebert, Morrison, Lehman, Johnson) 3.04.5; 4, NP (A. Delich, J. Kirkham, A. Pressentin, J. Adams) 3.12.6. 200 Breast Relay (U-15): 1, NP (J. Har-rylock, C. Lomax, L. Edwards, K. Bowman) 2.31.83; 2, GS (Kogut, Boyce, Hebert, Elliot) 2.35.9; 3, TL (K. Bettesworth, D. Flye, W. Peter-son, I. Oelke) 2.41.2; 4, K (Roloff, Mandick, Stewart, Roloff) 2.51.0; 5, L (Williams, Stark, Ishii, Feaster) 3.02.9. 200 Breast Relay (15-18): 1, GS (Peters, Cook, Halting, Hebert) 2.22.33; 2, NP (C.

Carper, C. Sherry, M. Lomax, J. Edwards) 2.30.54; 3, K (Kristofferson, Fredericks, Shull, Stewart) 2.33.21, 100 Fly Relay (U-9): 1, NP (Bergman, Delich, Bernasek, M. Bernasek) 1.48.13; 2, GS (S. Jensen, D. Carlson, K. McShane, B. Thorson) 2.05.73; 3, TL (Reintsman, Firkins, Kucinski, Chamaty) 2.12.26.

100 Fly Relay (U-11): 1, NP (S. Skoglund, K. Peterson, K. Tilden, W. Delich) 1.07.8; 2, L (Darrow, Cowan, Stamford, Lampe) 1.23.0: 3. TL (P. Vallarta, Ross, R. Reintsma,

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Jensen) 1.34.8; 5, Disqualified (Morrill, Morrill, qualified (Morrill, Tolas, Curran) 2.22.0. 200 Fly Relay (U-13): 1, NP (J. Peterson, G. Bernasek, A. Pressentin, B. Bowman) 2.32.42; 2, TL (K. Boone, M. Sheridane, S. Minehane, K. Hughes) 3.54.25; 3, (Lampe, Verbeck, Savelli, Furfaro) 2.42.16; 4, GS (Wolf, Lemmon, Young, Fosberg) disqualified 2.44.49. 200 Fly Relay (U-15): 1, NP (Berwards, K. Rowman) 2,19,2; 2, K (Roloff, Hogan, Frietag, Roloff) 2,19.4; 3, LR (Johnson, Feaster, Stanley,

Seresan) 2.25.4; 4, TL (S. Oekle, J. Myers, K. Davis, A. Spangenberg) 2.57.7; 5, Disqualified - GS (Kogut, Welser, Eills, Michaelson) 2.17.6. 200 Fly Relay (15-18): 1, GS (Ellis, Spurlock, Matting, Rekate) 2.08.0; 2, K (Fredericks, Lineham, Kristofferson, Smlth) 2.24.5; 3, Disqualified NP (Sherry Bucy, Carpet, Shull) 2.20.10 100 Free Relay (U-9): 1, TL (R. Rvan, K. Slivers, T. Dematteis, R. Chamaty) 1.44.4; 2, GS (J. Peterson, S. Jansen, Lemon, K. McShane) 1.55.7; 3, L (Kirsch, Koetje, Baumgartner, Anderson) 1.56.3; 4, NP (A. Shull, K.

200 Free Relay (U-11): 1, TL (K. Davis, P. Vallarta, S. Surbeck, R. Chomaty) 2.54.7; 2, GS (Byers, Adams, Barton, Weiser) 2.55.0; 3, NP (A. Rowe, K. Pressentin, J. Brown, S. Bergman) 3.02.6; 4, LK (O'Farrell, McKagen, Hume, Williams) 3.02.6; 5,

Brown, E. Cline, K. Funke)

1.56.7.

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4, TL (Davis, Oelse, 2.03.87; 4, GS (B. Thorson, D. K. Davis) 1.33.1; 4, GS (T. Disqualified K (K. Morrill, K. Spargenberg, Myers) 2.45.03. Carlson, J. Peterson, K. Adams, A. Windus, T. Morril, M. Curan, Tolas) 3.23.8. 200 Free Relay (U-13): 1, NP (J. Bernasek, J. Peter-2.11.5; 2, TL (K. Hatt, E. Cordry, P. Allan, T. Giskin) 2.20.5; 3, LR (Mejlaender, Carlson, Liburdi, Darrow) 2.20.8; 4, GS (Lemon, Jenson, Dinsmore, Amberg) 2.42.0. 200 Free Relay (U-15): 1, GS (Ellis, Elliot, Wieser, Michaelson) 2.00.85; 2, TL (Tallman, Peterson, Flye, Cordry) 2.04.54; 3, LR Williams, Ishii, Sereso) 2.07.57; 4, K (Lagana, Forner, Mandich, Stewart) 2.21.50; 5, NP (Colasurdo, Darby, Ratzlaff, Harrylock) 2.21.83. 200 Free Relay (U-13): 1, NP (G. Bernasek, J. Peterson, A. Delich, B. Bowman) 2.11.5; 2, TL (K. Hatt, E. Cor-

dry, P. Allan, T. Giskin) 2.20.5; 3, LR (Mellaender, Carlson, Liburdi, Darrow) 2.20.8; 4, GS (Lemmon, Jen-Dinsmore, Amberg) 2.42.0, 200 Free Relay (U-15): 1, GS (Rekate, SPurlock, Cook, Fosberg) 1.54.4; 2, NP (J. Edwards, K. Bucy, M. Lomax, J. Shull) 1.58.0; 3, K Eckblad, Smith) 2.06.3; 4, TL (T. Thoms, M. Minehane, S. Free Relay (15-18): 1, GS (Ellis, Elliot, Wieser, Michaelson) 2.00.85; 2, TL (Tallman, Peterson, Flye, Cordry) 2.04.54; 3, LR (Johnson, Ishii, Williams, Sereson) 2.07.57: 4. K (Lagana, Forner, Mandich, Stewart) 2.21.50; 5, NP (Colasurdo, Darby, Ratclaff, Harrylock) 2.21.83.

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# Outdoor tips and tales

similar, that the last feeding time. hours of the day also

are good. especially true if the chances of their see- in the day. river is a popular one and you have a lot of other anglers working the water.

Summer steelhead are spooky by nature 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 until things quiet down.

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river for their noon One of the dogmas lunches and naps or of summer run both. You can find the water will give steelhead fishing is yourself almost alone that you should be on at mid-day on a the holes, rocks, the river fishing at the popular river. And to sunken logs and other break of day, before your delight, the things that create the sun peeks over the steelhead, after being feeding water, as well trees and hits the sur- forced into their hidey as grabbing your gear face of the water. A holes, come back out in the darker hours of second dogma is to make up for the lost

This is a time to There's no question fish can be driven to ing you can be less

down more directly on you better visibility of dawn or dusk.

Polaroid glasses are worth their weight in walk quietly, for the gold at times such as these, and let you fish about these rules. cover at mid-day just the better spots They are true, but at as well as in the morn- without casting blind times the middle of ing. However, they quite as much as you the day can be one of aren't apt to be in the must do when you the most productive shallow water at this can't see into the times. This is time of day, so the water as well earlier

You can fish all than they are in the three times, of course, early hours of the day. morning, noon and

summer steelhead time, morning starts around 5 a.m. and it isn't dark until around 9 p.m. That's a mighty

It isn't necessary if you can master this mid-day fishing.

A toenail that is too long can turn a pleasant hike into a time of misery.

If you realize that a toenail is giving you trouble, stop right then and trim it down to size. Otherwise you are asking for a toe that can bother you for the rest of the hike, and even lead to an in-



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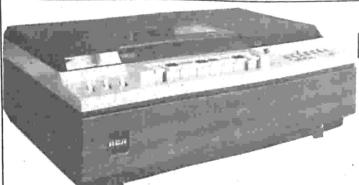
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WHITE CENTER				DES MOINES LEAGUE			
LEAGUE				National Division			
Olympic Div					W	L	T
Olympic Di	W	L	T	Short Acres	11	1	0
Highland Park	15	1	0	That's It	10	2	0
Perkins	12	4	0	Annex	9	3	0
Atco	9	5	2	Silver Dollar	9	5	0
Axis	9	5	1	Parry West	4	9	0
ROSCO	5	10	0	Bollermakers	4	9	0
Wash. Paper	5	11	0	Dugout	2	10	1
A * B Tavern		11	1	Grace Lutheran	2	10	1
A D LOLDING		15	0	American Division			
0111 9				Cisco	11	1	(
Rainter Division			Rad Riders	9	2	1	
Yoruzu	11	3	1	Firedog	10	4	0
Coors	12	3	1	Parker's	9	4	1
Sportswest	10	5	0	Blg Stick	6	8	1
Rowdies	8	8	0	Finish Line	5	9	1
B * E Meats	8	8	0	Gentleman Jim	0	12	(
Big Wheel	8	8	0	Pacific Rubber	0	13	(
Collucio 5 10 0			SUNDAY LEAGUE				
WC Eagles 1 15 E		D	Puget Division				

### Improved endangered species act sought

Concerned that pre- the special sent wording of characteristics and federal legislation on harvest methods of endangered species Pacific salmon.' could "create" hun- Sandison said that dreds of species of since salmon return to salmon, Gordon San-the particular dison, director of the streams from which Washington Depart- they originate to ment of Fisheries has spawn, the numbers sent a letter listing of potential salmon these views and possible consequences to by the Act, are poten-Washington's tially as numerous as multimillion dollar the numbers of salmon fishing in- streams hosting dustry to the state's spawning populations congressional delega- multiplied by the tion in Washington numbers of different

Citing Fisheries the stream. Department responsibilities under ex- an Idaho citizen reisting state laws, San-quested a congresdison said that he sional oversight subhoped his letter would committee to examine result in an improved upper Columbia River Endangered Species

Present endangered listing under the Enspecies legislation defines species as "any subspecies of designed to prevent fish ... and any extinction of threatendistinct population ed or endangered fisheries in the ocean segment of any plant and animal from California to species of ... fish ... which interbreeds salmon fishing in cerwhen mature.''

"Present legislation on endangered species is commen- committee ex-dable," Sandison ex- amination is schedulplained. "However, ed to be completed specific provisions of next year. the Act permit defini- Sandison pointed tions of species that out that, although the Northwest." could adversely affect Columbia River is

Lunke to coach north Pennisula High cant spot on the North School's Larry Lunke coaching staff.

the North team in the Aug. 4 state high tant football coach at school all-star football Bellarmine Prep, has game in Spokane. Prevolusly secretary of the designated an assis- Washington Football tant, Lunke was Coaches Association. elevated when Other officers are Bill Snohomish's Dick Diedrick Jr., Rogers

will be head coach for

School will fill the va- Vernon, treasurer.

of family illness.

Bob Leslie, assisbeen elected Armstrong was forced (Spokane), president; to step down because Bill Robertson, Napavine, vice-Chuck Tarbox of president; and Lynn Seattle's Hale High Rosenbach, Mount

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Time

9 to 10 a.m.

11 to noon

1 to 2 p.m.

2 to 3 p.m.

3 to 4 p.m.

6 to 7 p.m.

7 to 8 p.m.

8 to 9 p.m.

9 to 10 a.m.

10 to 11 a.m.

11 to noon

1 to 2 p.m.

2 to 3 p.m.

3 to 4 p.m.

6 to 7 p.m.

7 to 8 p.m.

8 to 9 p.m.

resources, these same

fish are harvested as

they intermix with

in the mixed stock

warned, "the legisla-

commercial and sport

10 to 11 a.m.

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Beg. 8-12 yrs.

Beg. teen

Beg. Adult

Beg. Adult

Beg. Adult

Beg. Adult

Int. teen

Beg. 8-12 yrs.

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# **Federal Way Recreation** begins tennis lesson slate

"species," as defined

kinds of salmon using

In October of 1978,

dangered Species Act.

The legislation,

tain coastal areas.

The oversight sub-

species, could prohibit Alaska.

salmon and steelhead now closed to fishing

stocks for possible to protect salmon

Federal Way Recreation is taking registration for the second session of tennis lessons. Classes begin the week of July 16 and last four weeks.

The lessons are held either on a Monday-and Wednesday or a Tuesday-and-Thursday basis. For further information and details on registration phone 941-0655. The lesson schedule is as follows:

MONDAY AND WE	DNESDAY
Location	Cost
Decatur	\$12
Decatur	\$12

Decatur Federal Way \$14 Federal Way Federal Way \$12 \$14 Sacajawea \$14 Sacajawea

Sacajawea	\$14	Int. Adult
TUESDAY ANI Sacajawea Sacajawea Sacajawea Jefferson Jefferson Jefferson Sacajawea Sacajawea Sacajawea	THURSDAY \$12 \$12 \$14 \$14 \$12 \$12 \$14 \$14 \$14 \$14	Beg. 8-12 yrs. Beg. teen Beg. Adult Beg. Adult Beg. teen Int. 8-12 yrs Beg. Adult Beg. Adult

MR hosts weight training Mt. Rainier High

other salmon species School will host an open weight training program, beginning Monday, July 9, at the Mt. Rainier gym. The "Unless this issue is first session will begin addressed by Conat 6 p.m.





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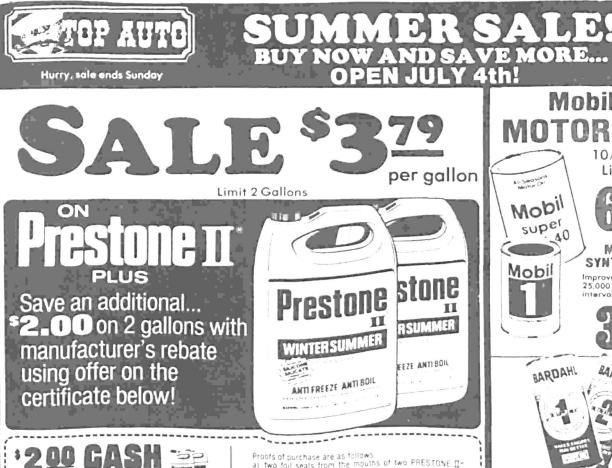
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# Truckers, Feds strong in Seattle Invitational

by Terry M. Sell

In the rain-shortened Seattle 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 of the tournament, qualifying Peterbilt as co-champs with the All-O-Matic A's from Saskatoon, Saskatchewan, and making Westside co-runnersup with the Portland Lakers.

Sunday, a day of rain and rest after Friday night encounters and four games on Saturday, was supposed to feature a doubleelimination playoff amongst those four squads. Gray skies and wet fields with more liquid sunshine drizzling forth ended any hope of that, and the event was

The Truckers ended up 5-0 and in first place in their division, having dispatched Westside (the Feds' only loss), Ruth Realty, 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 win streak to 27 games, with the major-league fastpitch record only two games away.

"The guys are all aware of it and they're trying to do better," said Peterbilt manager Tom Wagner. "I'm very proud of the team. Whatever it is, I hope we continue playing that way."

Westside has spent most of the year at the opposite end of the

spectrum, struggling without pit- singles by Larry Seabaugh and Norwest League. But with ex-Feds Bob Shaw and Casey Davidson along to take the strain off redoubtable 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 Sullivan - one homer and three triples) and the most valuable pitcher (Bob Shaw) under his wing.

Peterbilt opened with three straight wins, starting with a 4-1 decision over Longview Boondox. Graham Arnold scattered six hits in that one, and Rich Fredrickson 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 Clearbrook 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. Jeff Borror homered with Mike 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 pitcher Steve Thompson doing the honors with a five-hitter. RBI

ching to a 3-25 record in the Roger Bledsoe, sandwiched 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 inn-

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

Sullivan led off with a triple, and scored on Melton's lineshot single to left. Melton advanced on Nokes' sacrifice, and scored on Witham's single up the middle.

the Feds came through.

Longview got one in the bottom of the stanza, but Shaw weathered the storm to earn the

That put Peterbilt and Westside together as the only remaining undefeated clubs in their division, with game four the big showdown.

With Thompson pitching, the Truckers managed to run up a 7-0 lead before the Feds woke up.

That included a three-run flurry in the top of the sixth, started by four straight walks from Davidson.

Sullivan tripled in Mike Brosio for one run in the bottom of the inning, but the seventh was barnincineration time.

Thompson issued four walks of his own, along with singles by Witham and Abel for four runs.

Arnold came in, with the tying runs (Brosio and Abel) on first and second, and the suddenlydangerous Sullivan at bat and on-

Arnold dished off three straight balls, then three straight strikes to fan Sullivan, and Joe Nokes picked off Melton's liner at third base to end the game.

Westside came back on B & I, with Shaw shutting them out 4-0. Hanson unleashed a two-run single in the top of the third for the winning runs.

Peterbilt, with the division crown safely in mitt, came from behind with a 7-3 win over Clear-

brook. Each manager was pleased 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 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 (v. Westside, 7:30 p.m., White

'We need it," he sighed.

Wagner was excited particularly about the team's win over Clearbrook in the final game, after having already clinched the

"I think they won that game more on pride than anything else," he surmised. "We really had nothing to win."

# Make History.

# From the

by Carol Heath

Federal Way Little 927-1720.

wasn't bothered by season having built up Steincrebe. an impressive 12 and 3 ching to win the

league trophy. Sakamoto, Todd and Jay Ward. Tom Sedlacek, Brian Wagner will be Thompson.

season play has ended most charters have

Federal Way Little Cellan, Jerry Mor- Weed. League ended its 1979 rison, Larry

mark with consistent the American Charter Dan Reichl, Leonard Strick, Jeff Thomas, defense and fine pit- at the Majors All-Star Rohleder, Todd John Thompson, Chris Tournament are: Brian Davis, Joey Fit-Players for D.J.'s zgerald, Tony French, 13-Year-Old All-Stars are Bill Williamson, Scott Goodell, Darrin are: Les Chatfield, Eddie Kuckynka, Green, Larry Pifer, Mike Meyers, Chuck Gary Richards, Jim Fergus, Gary Gunder, Thompson, Jeff Shannon, Robert Jeff Juskmaul, Wes Thomas, Grant Gibbs, Steinmetz, Jeff Wayne Koonce, Joe Taylor, Bryan McArthur, Danny Tebeau, Lance Moore, Scott Ulrigg, Kurt Wagner

FAMILY STEAK HOUSE

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Editor's note: the National Majors Dobson, Charles Anyone having in- All-Star team in White Hahn, Scot Hansen, formation or ques- Center later this David Jetton, Russell tions concerning month: Kevin Andal, Kaiser, Blaine Ken-Bobby Atherton, Jeff nison, Steve Lee, Gor-League should con- Coma, John Davis, dy McCarty, Dennis tact Carol Heath at Jarrod Hainline, Ray Moen, Norm Seaholm, his assistant, Richard Hoff, David Link, Dennis Travica, John McClelland. Mark Loes, Brad Mc- Webster and David

the rain-shortened be assisted by Carl Estruth, John Gemar, Snyder and Dan Weis.

American Charter Sam Deasis, Mike

# VAN CONVERTED TO

### of taste! Strick and John coaching this All-Star team, assisted by Bill YOUR SPECIFICATIONS Now that regular Richards. RIGHT HERE IN OUR OWN SHOP. The National Charter AAA All-**BBC DODGE** turned to the business Stars are: Brian Alex-UPHOLSTERY of All-Star competi- ander, Lincoln Andertion. The following son, Jason Andrews, 807 SW 148th boys will compete on Sean Childs, Todd 246-9776 good buy. a matter DINNER FOR TWO of taste... TOP SIRLOIN STEAKS Don't just EAT out...DINE out in style! Make reservations now Banquet for your restaurant to be in the **Facilities** DINING GUIDE. available for large ADVERTISERS! IT'S THE groups PUBLICS KEY TO LEARN what's cooking at your 2 blocks south of Dick Balch Chevrolet neighborhood restaurants. For more information, call

# FW League names All-Star teams

Lawrence, Wayne McFarland, Kevin Morrison, Rick Nienaber, Rick Payment, Joe Rubio, Steve Southwick, Bill Williamson and Colin Young. The 13-yearolds will be coached by Dan Stumetz and

The following is a list of the American National's Major- Charter's Seniorbaseball campaign Reynolds, Nick Minor All Stars are as majors All Stars: with the Senior Divi- Schichtle, Barry follows: John Bar- Coach, John Thompsion Majors (13- to 15- Schmidt, Jeff Sparl- rows, Brian son,; Assistant Coach, year-olds) being rain- ing, Mark Steincrebe, Bongaarts, Tony Dick Long; Barry ed out their final two Brance Watson, and Coon, Sean Crotty, Boshart, Jerry (Buzz) Jeff Wise. The team Brian Cumont, Rick Carter, Chuck D.J.'s Sound City will be coached by Earlywine, C.C. Ed- Croslin, Grant Gibbs, Gerry Coon, who will wards, Nathan Greg Herin, Wayne Koonce, Mike Meyers, Doug McKee, Jarrett Brad Mosier, Todd Those representing Mentink, Mike Reed, Sedlacek, Brian

lt's a

matter

Williams and Todd first place in the City Vandenberg.

Tournament, went on Special Note: The to a second-place American Charter finish in the Winners Majors Pacific Bank Tournament played team, after taking last week in Tukwila.

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HOME OF



### BROWN'S POINT RETREAT!

As our Home of the Week we are proud to feature this spacious Bi-level in the desirable Brown's Point area! This charming home has had the best of care from the conscientious owners who have just installed new carpeting. It's clean as a whistle and pretty as a picture. It has a super Rec-room with fireplace and room for a fourth bedroom downstairs, too! But what really puts the icing on the cake are the terms! The owners will accept FHA-VA or Conventional financing! Needless to say, it won't last. Just \$75,000. Ad#3-113

### "WE GOTTA GO!"

The owner says "We gotta go!" They've been transferred and have now reduced the price on their beautiful Tri-level home with it's Sound and mountain View! This charming home is only a year old and better than new! It has three bedrooms, multiple baths, a huge Rec-room with arched brick fireplace, and a nicely landscaped lot. but the best part is the price! Only \$78,500! Ad #3-86

### GOING ... GOING ... GONE!

This charming basement rambler won't last long! Nestled in a lovely country setting in the Lake Geneva area, this home features two cozy fireplaces, huge kitchen with plenty of cupboards and eating space plus a Formal Dining area. From the spacious deck you look out over a lush country landscape! Truly one of our best buys at....\$63,000 Ad#3-107

### THE BEST OF EVERYTHING!

That's what you will find in this super Contemporary Bi-level! Just two years old and the owners have spared no expense in improving this unique home. It's located on a Green Belt in one of our finest areas to assure you of peace and quiet. It has two stunning fireplaces, one in the spacious living room and another downstairs in the Rec-room that also has it's own Wet Bar! The home incompasses 2300 sq. ft. of superb living area! Truly a home for the discriminating buyer! Just \$79,950.

### JUST PERFECT!

For the family with exceptional taste we offer this lovely two-story in the lovely Cambridge East area. Just one year old and in better than new condition! The owners have spared no expense in adding the extra touches to this exciting home. Up-graded carpet, fixtures and appliances plus tastefully landscaped grounds. The home features four bedrooms, three baths, and spacious family room. It really is 'Just Perfect'! Ad #3-78

### COLONIAL CHARM!

We are proud to offer this lovely Colonial twostory in 'Cherokee Bay' to our most discriminating buyers! This stately home is situated on ½ acre of greenery to give peace and security. Less than a year old, the owners have already added all the deluxe features we all find so desirable! From the parquet entry to the 52x8 deck in the rear, quality shows in every detail. The home is fully insulated, has Custom Draperies, a charming Bay Window, and mud room off the garage. Don't miss seeing this exciting home! Well priced at...\$112,000 Ad #3-70

### STEP RIGHT UP!

Are you ready for that 'step up' to a little more elegance in a home? If you have decided that now is the time for you and your family to make this important step you will surely want to see this unique Tri-level! It's less than a year old and is one of DeVille Homes most popular plans. The owner has already added those special touches in wallcoverings, custom draperies, etc. They have installed cyclone fencing in the backyard for security and a lovely split rail fence in front to accent the unique style of the home. Now, here is the best part. The anxious owner will accept FHA+ VA terms! Just \$82,950. Ad#3-118.

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### **CUTE AND COZY!**

Just an ADORABLE little rambler in a good family oriented neighborhood. Just the ideal location for the young family just getting started. Just a fenced backyard for the children to play safely in. Just a huge kitchen with eating space for Mom to enjoy. Just extra parking for the boat or R.V. on the side. Just the buy of the year at \$46,500! Ad#3-103

### QUALITY HOMES.....

are hard to find these days but we have two beauties! Both are built by Smith Bros. Construction, one of the finest builders in the area. One is located on approx. ½ acre of tall lovely firs and has a Colonial motif including tall stately pillars. The other is a unique Contemporary design with lots of glass and a stunning view of the lake! The builder will work with the lucky buyers on carpets and appliances. Either one would be the ideal spot for the young Executive! Call us for further information! Ad#3-69-24

### THREE CAR GARAGE!

For the family with extra cars that need to have a space of their own we have two new constructions that feature three car garages! Both are quality built homes with double wall construction. One features four bedrooms, multiple baths, Formal Dining room and a lovely view of the valley and Mt. Rainier. The other features three bedrooms, beautiful kitchen with wood cabinets, and decks off the Master Suite and Formal Dining room! Truly unique homes and a must to see. Call us for more information! Ad#3-114-5

### RATS!

The owner says, "Rats! I love my home, but I've been transferred!" Now he must sell this secluded rambler with its newly remodeled kitchen and bath. The home is centrally located and also features a detached Recroom with Free-Standing Fireplace for those Saturday night get-togethers that sometimes get a little noisy. Don't miss seeing this unique home The owners loss will be your Treasure! Just \$65,500 Ad#3-82

### TRI-A-VIEW

We are thrilled to offer this super new construction! Beautiful completely finished new Tri-level with lovely view of Puget Sound! This home features three bedrooms, multiple baths, Built-in vacuum system, Micro-wave oven and so much more. The entire family will be spending many happy hours in the huge Rec-room with its Heatilator fireplace. Dad won't have to worry because the home is a HEAT KEEPER home and that means low, low energy costs! You won't want to miss seeing this one! So well priced at \$109,950...Ad#3-104

### WEST SEATTLE CUTEY!

Just a cute little home with an ideal location, that's all! This little charmer has three bedrooms and is plumbed for a second bath in the full basement. That makes it perfect for 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. Mom will love the extra large kitchen with eating space, too! Don't miss seeing our West Seattle Cutey! Just \$54,000 Ad#3-77

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If you remember 'Momma' and she's getting old and gray, we could have the perfect solution for you! How about two homes for the price of one? You and your spouse will have your privacy upstairs with a spacious two bedroom home complete with Formal Dining area, kitchen with eating space and fireplace. Downstairs Momma will have two bedrooms, huge kitchen and a fireplace of her own! So, if you remember Momma and want to keep her with you, but not give up your privacy you'll want to see this spacious home! Just \$88,900 Ad#3-74

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Del Bianco Realty

# Monahan promoted

by Kevin Stauffer

Tom Monahan, former assistant 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 employment at Del Bianco.

Monahan will be filling a newly created position at the Burien office, guiding a training program and 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 expanding into another part of this office 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 members will receive guidance from Monahan and the new training program.

"We're going to institute a formal training program which will last six months, so the new sales people will have constant help from a non-selling manager," Monahan explained. "I'll be helping them and promoting the work of the office."

An important aspect of Monahan's new role is the fact that his title as sales 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 company," Monahan said. "Before we just had a branch manager, who tried to do everything; the sales manager beefs up the management team at an office.

"The sales manager strengthens the

management force in the office to better help the salespeople, which will in turn help our clients, buyers and sellers."

In addition to training and "helping salespeople originate business, Monahan will attempt to scout out new business for the well-located Burien of-

"Logistics-wise, I think this is the best



Tom Monahan

location," Monahan said of his new office. "We have accessibility to West Seattle, Federal Way and at least the West Hill area of Kent. This office has lacked some because there's not that much going on here, but there's enough land around.

"I'll be going out to find new property, construction and condominiums for this office to work on. A residential real estate office is really boosted by new construction; it's a shot in the arm."

As a sales manager, Tom Monahan will be looking to give Del Bianco in Burien a shot in the arm.

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To keep the price as low as possible, the builder has left the rec room and utility room unfinished. It has 3 bdrms., a nice kitchen with formal dining and a deck overlooking a large wooded lot, a fireplace and dbl. garage, near schools, \$64,990.

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Sweeping Sound View. 5 bdrms., 2 baths, lge. private yard, prestige area. Mother-in-law apartment. \$122,500 Ad #331 Call 246-3293.

### **5 ACRES-SECLUSION**

Huge tri-level, country style home. Take Maple Valley Hiway to Jones Road, turn left, and follow the signs. Ad #288 Call 246-3293.

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## Wallace & Wheeler

# lew office in Burien

Wallace and Wheeler Real Estate recently expanded operations to include a Burien office.

Duncan Wallace is the designated broker of the new office, located at 401 S.W. 153rd in Burien, The new office is the 18th Wallace and Wheeler building to

open for business. "We're finally here," said Office Manager Gary Vena while looking over the scantly-furnished office.

"We've been in here two weeks; there's still lots to do. They're still installing the rest of the phones, and there will be a separate broker's office closing rooms," Vena continued.

Interior walls will set off the broker's office, two separate rooms for closing and conferences, and individual spaces for salespeople. The sales staff consists of six people now, but will expand to a working force of 15 to 20 by the end of the year, according to Vena.

"We have a small nucleus now, but they're out producing and we're growing every day," Vena said. We're hiring now; we want to have a blend of experienced and new people.

'Wallace and Wheeler is one of the largest and most productive realties in King County, and they felt that with just one office in Federal Way and the next office in the Madison Park area, the Burien area wasn't covered," Vena explained. Vena feels that one of the biggest factors which will help Wallace and Wheeler service Burien is the realty's membership with RELO, the national relocation service. This service lists those people moving from and to different areas across the country.

'RELO is the oldest and largest of relocation services, and it works great. We get about 10 referrals a week; it's a tremendous sales advantage for the salespeople and a pretty neat system, Vena said.

"We belong to every multiple-listing service in Pierce, King and Snohomish county, and that's an advantage," Vena continued. "We also just hooked up to a computer, which allows us to do property analysis and analyze seller's proper-

When completed, the new Wallace and Wheeler location will conduct an open house, which could occur within the next month.

'We'll have an open house, depending on when the interior is finished," Vena explained. "Probably, the grand opening will be at the end of July or the first



Have a safe and happy. 4th of July!

part of August."

Vena is confident of the new Wallace and Wheeler location and the realty in general.

"Before long, Wallace and Wheeler will be strong in the area," Vena said. "We have an attractive building and a good location; it's one of the nicest offices Wallace and Wheeler has, just from appearance."

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rms., 134 baths, 900+ sq. ft. units with new carpeting and all ap-pliances (stove, refrigerator, dishwasher & disposal). Two 2-car garages each bldg., convenient location. \$155,000 each. E-Z contract terms. Call Mike Baker, 622-1516 or

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Bob Del Bianco REALTOR HOW TO HANDLE CONDEMNATION

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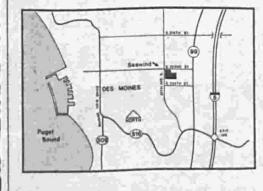
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FHA \$59,950 Beautiful 3 bedroom 2 bath family home in superb area family home in superb area close to shopping and schools. Large rec room, 2 gorgeous fireplaces, large secluded fenced yard, RV parking, attached garage with shop Call on ad 246. We have 35 more under \$60,000. Let us help you! ONLY \$61,950

522 Help Wonted Miscellaneous Nicely remodeled older home. Beautiful stone fireplace with glass enclosure 3 spacious bedrooms, unbelievable custom wood accent. Full basement, attached garage, fenced yard, brick barbeque, 614 Annuities Stocks, Bonds 620 Business Opportunities Wanted garden covered dog run and RV parking. You'll nev match this value! Ad 247 "Service is Our Game" MERCHANDISE 700 Office Equipment, Supplies 878-1880

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1960.

002 Homes For Sale Generai

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006 Homes for Sale Burien

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\$49,500 completely renewed three bedroom, family room rambler. Plush carpets, new cabinets, new siding and gutters. Detach-ed double garage, large lot with trees.

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1/4 ACRE 0 DOWN VA New 2100 sq. ft. tri-level. ; bedrooms, 2 1/2 baths, ; fireplaces, rec room. Hon

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A beautiful colonial on 1/3 acre wooded lot in a area of Federal Way, Has 3 boths surken living room, formal dining, huge family room, bright kitchen, huge patio, two heatilator fireplaces, ectra large double garage with lots of storage. \$129,900. John L. Hale Realty. 839-

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6 BEDROOMS Tall firs surround & seclude this excellent colonial home. Features a sunken living room, large dining room,

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UNUSUAL SPLIT ENTRY This lovely 4 bedroom home has a floor to ceiling basalt fireplace in the living

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1 full bath off the master bedroom. 1 full bath for rest of the family. 3 bedrooms, kitchen. Kitchen eating area & family room are all together, formal dining room, fireplace in living room, 2 car garage with many more features. Come in for more details.

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\$53,500 BARGAIN PRICE A modern 3 bdrm rambler in a quiet, country setting. Features continental bath off master bdrm, paneled rec-room, lovely brick fireplace & attached two car garage. Call 941-

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Roomy 3 bdrm. rambler with Easy financing on this comcozy family room, fireplace, fenc- fortable 3 bdrm. in quiet residened yard, tool storage shed and tial area, convenient location, more, located in a friendly fireplace, gar. This one won't last neighborhood. Call 243-8400 to see long, so call now, 839-5300 on ad Fthis charmer. Ad S-41 BURIEN \$49,500 CLASSY & SASSY

Sharp, clean 2 bdrm. starter with Nice 4 bdrm., spacious rambler in REC ROOM. Neat neighborhood, quiet area of exclusive homes, Ig. LOAN at only \$262 per mo. Call painted and ready for new owner. 243-8400 to see Ad S-42.

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Immaculate 3 bdrm home in quiet Open house Sunday 1-4 p.m. Exneighborhood with large view ecutive living on the golf course, deck. REC ROOM, heatilator lg. corner lot, 5 bdrm. 2 story with fireplace, and three garages for plenty of room to spare, family the auto mechanic or hobbyist, room and rec room, lg. dining the story wanting short room. wanting shop space. Paved extra room, 2 fireplaces. Come take a parking, too. Call 243-8400 to see tour at 31904 42nd Ave. S.W. or call 839-5300 on ad F-751.

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Recently listed, this immaculate 4 bedrm. home features a finished recroom with bar, dbl. garage and dble. carport with alley access, a large secluded deck in backyard, and more. Call 932-0500 to preview this \$69,950 home.

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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 \$69,950. Cali 932-0500.

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Level, heavily-wooded five acre site just 4 miles from Southworth Ferry on your way to Port Orchard. A perfect getaway spot for camping or woodcutting near Long Lake. Has road in on one side and elec. available. Priced at \$31,000, this will go quick. Call 932-0500.

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2 new custom built waterfront homes. Features in each include: 4 bdrms., 21/2 baths, 2 fireplaces, rec room, w/w carpets, Jenn-aire range, 2 car garage, and much much more. Tri-level, \$96,450. Daylight rambler, \$97,850.

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CORNER LOT, 200 X 135 deep. 14,000+ traffic units/day. 35 M.P.H. + turnout lane. Good terms. \$300 month income.

6+ ACRES, 300 feet from tage + 300 feet freeway exposure. Zoned general. \$120,000 - terms.

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> 110 Apartments Burien

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but close to shopping etc. This lovely 4 Bdr., 11/2 bath, two story charmer will sell itself. Lge. lot, single garage, dbl. garage plus a carport and workshop. 68,950 Ad. F112

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Good starter home! Roomy 3 bedroom, 1 bath, kitchen and living room home. Beautiful new carpets and fresh paint inside and out. Call for an appointment today. EXCLUSIVE-LY! Call B. Bull or R. Motter at 937-9000

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Great kitchen with built-in BBQ fireplace. 5 large bedrooms with walk-in closet and 3/4 bath in master suite. Low maintenance yard. Cement patio with fireplace and swimming pool. EXCLUSIVELY! Call Richard Motter at 937-9000

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### FEDERAL WAY \$65,000

Lovely 3 bedroom, 2 bath rambler on beautifully landscaped corner lot. Family room with fireplace, double garage, patio with view of mountain. Call 839-6650/927-7600.

### FEDERAL WAY \$64,950

Colonial, 4 bedroom, 11/2 baths, spotless condition. Elegant Early American style. Beautiful fenced yard, territorial view of Olympics, covered patio. Call 839-6650 - 927-7600.

### GENESEE \$82,500

Lovely family home with 4 bedrooms, 2 baths, large kitchen with eating space, rec room, 2 fireplaces & upstairs loft. 5 fruit trees. Call Rosamond Wilson 246-0344.

### HIGHLAND PARK \$66,500

Lot size 60 x 115. Zoned Neighborhood Business and RM 800. Great potential. 3 bedroom house. Call Emilie Stretch 246-0344.

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Immaculate 3 bedroom rambler with extra large fenced yard & beautiful patio. 1 1/2 baths, finished family room. All appliances. Close to schools and bus. Call Emilie Stretch 246-0344.

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Solar oriented, energy conscious contemporary. One of a kind with great view and 70' waterfront. Builder is finishing and landscaping now. Call 839-6650/927-7600.

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This 3 bdrm. home features a large master bdrm., 11/2 baths. Also downstairs a lg. rec. rm. and laundry. 2 car gar., all of this sitting on 1/3 acre on the water, Extension Lake. Priced at \$79,950, it won't last long!

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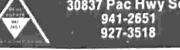
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I'm a beautiful and elegant custom quality Spanish Rambler located in a woodsy setting, with other homes that are almost as beautiful as I am. All of my 2301 sq. ft., my 3 bedrooms, 21/2 baths plus, gorgeous has everything kitchen, sunken arched living room and large, large family room are very lonely and would love someone to love. My builder has reduced my price \$15,000 to make me more appealing. To look me over please call one of my friendly agents at North Campus Realty. \$99,950.

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\$53,300 LARGE LOT Excellent starter home just 8 minutes to Sea-Tac or walk to shopping. New bath and new roof, large fenced backyard. Call MAYNARD TRISLER

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### JUST 3 \$79,000 YEARS OLD! Custom quality, immaculate, 3

SON, 244-5900 or eves. 824-2244.

bedroom, 2 bath home with basement & double garage. Lovely wooded lot with some Sound & Mtn. view - plus RV parking! Call BETTY ANDER-SON, 244-5900 or 824-2244 eves. **NEW CUSTOM TUDOR** LAKE TAPPS

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round 4 bdrm cedar/stucco home &

gazebo! Huge family rm & deck off

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upstairs w/bedrooms. 3 frpls, 21/2

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\$115,000 CUSTOM Owners just moved in, now must sell 3+ bdrm, North Hill home by quality bldrs. Bulging with extras, it has stained glass windows, terrarium, bltin vacuum, blt-in ironing board, laundry chute, huge workshop, 3 baths, 3 decks, 2 frpls, plus delightful decor. Call BEVERLY MORRISON 244-5900,

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SND/MTN VIEW

244-5009 eves.

\$57,000 Exceptionally neat. 2 bdrm rambler with nice family room. Parklike setting on oversized lot. Close to Seattle

\$81,500

Beautiful contemporary home w/open beam ceilings throughout. 4 large bedrooms, 2 full baths, 2 fireplaces. 2410 sq. ft. All profes-sionally decorated. Call Murray Dick

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Rentals

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LOST: Grey-striped tiger, female

Cat. Red collar, flea collar. "Tib

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Shepherd, answers to "Big Dog."

Tags have wrong information

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Vicinity of 312th and Pacific Hwy. 941-1334 after 6. FOUND: 6-28 Male German Shepherd, 2 months old, Highline Community College Compus Brown harness and white flee collar, 941-6400, days, 839-3600

FOUND: June 24th, 1979, Ger man Shepherd, 4 to 6 months old, black and tan, vicinity of 202nd and 13th South. Call after 5 p.m. 824-3432. YELLOW KITTEN with white

Complete upgrade \$21,900. Cinderella Homes paws a little white around his nose. Found on Dash Point Rd 415 AUBURN AVE. N. June 28, 839-4979. BOXER under one year old Fawn color, black face. Male

White feet, White chest. Blakley Manors. 244-1180. FOUND 5th S.W. and Dash Point Rd Small white female terry brown, gray, markings on face 941-4380. NASHUA, 14 X 56, 2 bedroom Adult Park, Midway area. No

346 Notices

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Placements.

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COMPUTERIZED A.P. \$900 FEE NEGO I need you today Dee Acme Personnel Service CLASSY CLERICAL 1410 South 320th Federal Way 941-0300. 320th NO FEE ill this active position with your charm and eagerness MEDICAL OFFICE help. Some lesponsible fo miscellaneous filing, typing and phones. Complete experience in bookkeeping helpful. Call MWS for appoint-

LeAnn, Renton Adams & Associates Personnel Ser-vice, 228-1966. GENERAL OFFICE. Mature individual with good general office skills needed for this small pleasant of AMBITIOUS SECTY. fice. Super benefits. To \$750 DOE. \$1,000 Executive firm needs your

Char & Assoc, Employment 310 N. Central, Suite F, Kent

SALES SECTY. \$850 Want to get involved in your job & Sharp motiovated person needed for customer service, Call Rae, 246-6610 Snelling & Snelling Person

SECRETARY \$850 Fee paid! Step in as sales manager assistant and step up to prestige and money. Call Cindy, 246-6610 Snell-

GEN OFFICE \$800 UP Gas saver! Work near home! Congenial staff and special extras! Call Phil, 246-6610

ng & Snelling Personnel.

Snelling & Snelling Person TYPIST FEE PAID!

Your pleasant personality and light typing skills is all that is needed to start you to \$700 month plus D.O.E plus super benefits. Call

248-1806 or come in at 236 S.W. 153rd Placements. GENERAL OFFICE SOUTH One person office lets you do it your way. Phones, light type, Start at \$650. THE PERSONNEL SERVICE

839-2260 F/C BKPR Responsible mature in-dividual with good background and experience as full charge bookkeeper through general ledger. Right arm to boss. Ability to

Char & Assoc. Employment 310 N. Central, Suite F, Kent

YOU'RE NEEDED By SOME OF OUR **BEST CLIENTS** 

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Then we have a variety of assignments available in South King County and Tacoma. Work when and where you want. Enjoy uni-que benefits and bonuses. Every Friday is pay day and there's never a fee one mile west of SEATAC mile. No appointment necessary. Hours 9-4, Mon.-

Olsten Temporary Services 32020 1st Ave. S. Suite 110 Federal Way 838-2812

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one, you will feel proud!

·Insurance Plan

Beginner to supervisor! Don't wait! Call Rae, 246-6610 Snelling & Snelling Personnel.

CERTIFIED GERIATRIC NURSING ASSISTANT

\$3.75 per hr. to start Effective July 1, 1979 If you are one, we will pay you \$3.75 to start. If

you want to be one, we will train you free and pay \$3.45 per hr. to learn When you become

BENEFITS: •Full time employees receive every third

weekend off. Opportunities to advance · A week of paid orientation consisting of

theory and practical experience with supervi- A monthly bonus for perfect attendance. 2 weeks paid vacation per year. •9 paid holidays each year.

FULL TIME, PART TIME AVAILABLE

7-3 p.m. 3-11 p.m. or 11-7 a.m. Call today CALDWELL HEALTH CENTER 23620 MARINE VIEW DRIVE SOUTH, DES MOINES.

Mrs. Ellis, 824-6000 EOE/MFH

512 Help Wanted

Office EXPERIENCED AUTOMOBILE title clerk. Must have experience in new and used titles, inventory control, contracts and lease. Please contact office manage Pete Lovely VW. Tacoma 927

0100, Seattle 838-0544. MEDICAL RECORD Clerk, LPN to train. Take over Dept. in Fall. 7 paid holidays. Paid vacations Paid Sick Leave. Contact Mrs. Caldwell, Des Maines Good Samaritan Center 1122 South 216th, Des Moines, Wa. 824-3663. MEDICAL OFFICE help. Some

experience in bookkeeping helpful. Call MWF for appointment 244-2422. SEEKING INDIVIDUALS FOR part-time assignments in Federal Way area. Pleasant phone manner and experience a definite plus. Long term assignment. Call now 383-1784. Monday through

SHARP, DEPENDABLE, outgo ing Dental Receptionist desired for newly established Dental practice. Experience a must Salary open. Auburn area. 833-2200.

DISPATCHERS NEEDED. 839-

8433. BILLING BEGINNER

to \$850 South Blossom as a skilled Bkkpr. after complete training from this well known firm. A good math aptitude and the ability to learn fast, is the key. Call Molly, Renton Adams & Associates Personnel Service, 228-1966.

**FANCY FIGURES** Up to \$\$1200 SOUTH omote yourself into this full charge spot. Accoun ting background necessary for handling bk kpg duties Full benefits and great boss. Call Kristin. Renton Adams &

Associates Personnel Ser

vice, 228-1966.

PERSONNEL RECEPT.

If smiling comes easy for you, you'll find your niche here. Public contact galore plus light typing adds to the fun. Call Jackie, Renton Adams & Associates Personnel Service, 228-1966. 514 Help Wanted

Sales SARDINES

Do You feel like a sardine time. Preferably with clientele a can in your present office? We will give you a large private office with your Excellent pay, vacation, Call 941-4120. name plate on the door fast growing South Hill Puyallup area at 116th and Meridan, and our new atfices next to the Ke Restaurant in Federal Way time. Friendly atmosphere. Nor

Norpoint Realty, Inc. MANAGER

and talk to the manager

Retail Store You'll love selling our glamourous fashions! We are a national company seeking on aggressive in dividual with heavy background in women's ready to wear. Ladies specialty shop experience preferred. Dressing room fit ting of customers involved. We offer excellent fringe benefits. Apply in person to

day! Frederick's of Hollywood 2019 S. SeaTac Mail Federal Way EOE

AVON SALES MEAN **EXTRA MONEY** THIS SUMMER Over 18? Live in one of these greas

FEDERAL WAY DES MOINES BURIEN Call MU2-0022

> SALES \$866

Fast moving merchandiser needs your outgoing per-sonality and good ap-pearance. Federal Way area.
THE PERSONNEL SERVICE 839-2260 BURIEN

DEL BIANCO

RLTY NOW HIRING real estate firms in Southend now has open-ings. We are looking for 2 ambitious people, newly licensed or experienced. We offer top professional train ing, an excellent pay plan non-selling manager to assist & a friendly profes sional atmosphere. For a personal interview, call Gay

Evanger at 248-2900 PLAN AHEAD JOIN OUR CREW

SHERWOOD & ROBERTS INC. Seattles' largest ful service real estate firm, wil be opening a new office in Burien within a few months We are looking for career oriented people, licensed or not, who enjoy the challenge of independence and growth.

If you've been considering the field of Real Estate Sales, call us to discuss how you can grow with us. You too can be ready to go as we open our doors. For more information and a personal interview, Call Margo Cotter at 854-5000.

SHERWOOD & ROBERTS, INC.

Technical,

518 Help Wanted

Professional NEED IMMEDIATELY one typist with newspaper experience fo composing room or will train. Apply in person at 10033 13th White Center between

BEAUTICIANS Full time, part time, guarante plus commission. Paid vaca pius commission. Paid vaca-tions, holidays, and sick leave. Health insurance available. In salon advance training. Puyallup, Federal Way areas. 927-2008, 848-3366 or 535-2145.

9a.m -5 p.m.

242-9800

ASSISTANT STATE REPORT/TERMINAL OPERATOR. Must have business raining, one year experience vorking with financial systems nust be able to operate 10 key calculator accurately. Type 45 w.p.m., able to tabulate figures accurately. Call Jack Trowbridge, 242-9400 for ap-pointment. An Affirmitive Ac-tion Employer.

518 Help Wanted

Technical,

Professional

BEAUTICIAN FOR full service

salon near Seatac Airport, Stations for rent too. 248-1239.

COMPUTER OPERATOR: Soles

nvoice entry and reconciliation

for large beer/wine distributor, 10

key experience and references re-

quired. Accounting background

referred. Contact R. Grove. 624

4444.

ART EDUCATOR/ART MOBILE DRIVER. Possess a valid Washington State Teaching Credential and Washington State Driver's License. Have Art Education Major or equivalent experience in the art field. Must be willing to travel throughout he state. Call Jack Trowbridge 242-9400 for appointment. An Affirmative Action Employer. VOCATIONAL BUSINESS

eacher, Half-time, for alternative school. (Typing, book eeping, business law and math.) Contact Personnel Department Federal Way School District. 941-0100 or 927-7420. COOK: We are looking for a very special cook. One with a sense of pride in how each portion served

will look and taste. This person will have responsibilities in supervision and training of other cooks as well as preparation of the main meal, 5 times per week Must be mature and experienced in quantity food preparation Call Claudia Dickson, 824-4000 for interview appointment, Judson Park Retirement Residence 23600 Marine View Drive, Des Moines. (EOE). BEAUTICIANS - LICENSED to

work in Shampoo area. Great opportunity for people that have been away from Hair Styling for a while. We offer free training that will allow you to learn while you work. 937-9400, 271-1230. ASSISTANT MANAGER. Must be at least 18 years old. Bondable, neat, dependable, and willing to work hard. Some electronic experience helpful. Apply in person. Goldmine Family Amusement Center, SEATAC MALL HAIRDRESSER - LICENSED, full

ACTIVITY DIRECTOR, Part time. Experience with geriatic care preferred. Call Karen St. Charles at 824-0600. HAIR STYLIST Wanted, Part

mandy Park Salon. 246-4947 or 878-2336. OFFSET DUPLICATION George Sparrow 848-2385 or Herb Cash, 839-5099 Machine operator, Experienced person needed for total copy systems. (Multilith 4250...1250) Knowledge of color work prefer-red. Excellent fringe benefits, medical, dental, vision, prescrip-tions, pension, etc. Interested persons apply direct. Tradewell Stores Inc. 7890 S. 188th - St.

Kent, Full opportunity emplayer. COMPUTER

OPERATOR Seafirst Computer Service Corp. is presently accepting applications for computer applications for Computer operators. Shift is 8 p.m. to 4 a.m. Applicant should have a min. of 1 year operating experience on an IBM 370/148 OS & DOS Environment. SCSC is also ac cepting applications for the position of 2nd shift tape librarian. Applicants should have I year experience. Excellent fringe benefits and shift differential. Salary D.O.E. for these positions. E.O.E. 583-6600.

522 Help Wanted

Miscellaneous EXPERIENCED MAID, part time Apply in person. Stevenson Motel, 33330 Pac. Hwy. So. EXPERIENCED VARIETY Mer chandise. Cashier/Salesperson wanted for large Northwest Retailer. Apply in person. Fred Meyer, 7101 Empire Way 3. Seattle

HELP WANTED to clean and

repair tools. Full time with benefits, 8-4:30, Call 723-5216. NEED DOG Lover to dog sit Female lab and/or cack-a-pao 246-2876. COUPLES AND SINGLES Thterested in making \$1,000 and up per month, make appoint-ment. 839-0486.

FAMILY FITNESS GOLDEN COUple membership, \$1,350, \$10 monthly fee, 854-3259, WANT TO: get into a regular pattern of exercise?

eighborhood? all at the same time TAKE A WEEKLY HIGHLINE " TIMES ROUTE

It gives you an excuse to get

out of the house at least twice a week for a good

brisk walk

get to know you

AND PAYS YOU FOR IT t has more to offer than you think - Get started today by calling 767-3900 for Adult SECURITY OFFICERS

CARE NEEDED Need woman to care for elderly invalid two days b week in her home. Good

Office labor No Fee

Temporary Services Specialists in serving south King County.

Call COSMANCOR

pay, plus room and board. Should have own transpor-tation. Call 927-2991, days, or 839-8574 evenings **SAVETIME** LOOK NO FURTHER You can earn money through our proven tem-porary job placement techniques

Highline Times delivery. Full time permanent positions, near Boeing, Apply guard tower, 8801 E Apply Marginal Way South. Seat tle. King Security Systems

946 Trucks, Vans,

4-Wheel Drives

1972 CHEVY LUV truck com

plete new 300 h.p. 327. new 350

turbo transmission. Body

headers \$2500 some trade

les, \$1,650 or best offer. Has

m. to 5 pm

### 522 Help Wanted Miscellaneous

PART TIME PERSON with con To make pickups and deliveries for newspaper dispatch. Salary plus car allowance. No phone calls please. Apply in person, 10033 6 13th S.W. Seattle.

FEDERAL WAY COMMUNITY COUNCIL COORDINATOR Lots of public contact, act as liaison for council between local organizations and county ernment. Disburse emerger cy funds. General office duties work without supervision, attend meetings. Must be C.E.T.A. qualified. Send resume to Federal Way Community Council, P.O. Box 3230, Federal Way, Wa. 98003.

FULL TIME Day dishwasher Monday through Friday. 6:30 to 3 n.m. Salary depending on ex-Glen Terroce Nursing Center 762-8481.

WOMAN TO DO Houseclean ing. One day week. 824-5696. CARPET CLEANER Needed part time, evenings. Apply in person Green River Trrace Nursing Home, 2830 I St. N.E. Auburn. EXPERIENCED GYMNASTICS instructor. Call Arlene 226-7272. FULL TIME HELP. Needed Manhattan Dairy Queen, 17827

1st Ave. South. JOBS AVAILABLE! Corpentry Clerical, Landscapina, Day Care and many more. Are you 16 to 212 Living outside the Seattle Ci ty limits, in King County? Low Income? A Job fitting your interest, call 344-3406, ask for Debbie.

HOUSE CLEANERS. Need two Pays well. Start now. Work in crews, will train. Fringe benefits. Car not needed. Holland Dutch Cleaning Services, 3327 Beacon Avenue South. Apply 8 - 10 a.m. POWER MACHINE OPERATORS. Union shop, new building. Far West Garments. 251-5010.

EXPERIENCED COMBINATION Food and cocktail server. Apply in person, The Fogcutter Restaurant, Federal Way.

RETIREMENT HOME Dining Room supervisor. Experienced and supervision of training and employees. Hours 11:30 a.m. 8:00 p.m. Located in Des Moines. Call Mr. Cobb or Mr. Easterson for appointment 824-

5000.

SHAMPOO PERSON, to work in a retirement home, temporarily lune-September, 40 hour/week apply Judson Park, 23600 Marine View Drive, Des Maines FOE/MFH.

FLORIST ASSIST. Got a tact for arranging flowers? Call, will start you at \$866 month. 248-1806 or come in at 236 S.W. 153rd. Placements.

WANTED

Part time dishwashers even-ings 4 to 9, contact Rursing Price, Glen Terrace Nursing Center, 762-8481 Salary DOE, E.O.E.

SUMMER WORK

Students accepted. Part o full time. Must be eighteen Call 10 a.m. to 4 p.m. 248

\$1500 ENLISTMENT BONUS or \$2000 Educa-tional assistance. Available to High School seniors and grads, plus \$419 monthly during 4 month training period. High School credits available to qualified available to qualified students 17 or older. Medical, clerical and equipment operator trainees. Call 839-6900 WASHINGTON ARMY NATIONAL

REACH THOUSANDS!

### 522 Help Wanted Miscellaneous

RIVERTON HEIGHTS **BURGER KING** for 11:30 to 2:00 Part Time Only. Apply in person, 15036 Pacific Highway

VARIETY OF CLOTHING and

FINANCIAL

### 622 Business **Opportunities**

EARNING OPPORTUNITY \$6.00 to \$8.00 per hour. Car and phone necessary. Fuller Brush, 248-1747

AMWAY DISTRIBUTOR is help ing many person earn money working 2-4 hours a day. We car help you. For interview, call 226-

EARN \$10 to \$20 for an hour and a half in your home. Phone 839-2625. INCOME NOT MEETING Outgo?

Exceptional opportunity to earr extra income from interesting part-time distribution of national known products. For appoint

### MERCHANDISE

700 Office, Equipment, Supplies

IBM SELECTRICS and other tables. Sale. 878-2100, College Typewriter Shop. Des Moines.

710 Auctions

SECOMA AUCTION FRIDAY 7 p.m. 838-0231

> Federal Way 712 Antiques

WELCH'S ANTIQUES. Large variety of American Antiques Open Saturdays and Sundays, only, 12-5. Master Charge. Visa 34300 Pacific Highway Federal Way, 838-4622, 927 9898, 838-0797.

REFINISHING and WOODCRAF TING Unlimited. Antique restoration our specialty. Stripp ing and refinishing at its finest 28 years experience, 838-9995. ANTIQUE ARTISAN, American, European Antiques. Canework Refinishing, 839-5030.



GIANT GARAGE SALE: Selling everything. Monday through Thursday. All hours. 4410 S. 296th, Pl. 941-3295.

MOVING SALE, 1921 S.W. 116th St. Seattle. 244 4883. Color t.v., stereo combination, single stereo, miscellaneous household articles and furniture. Skill saw with table. Ping pong table carpenter tools.

MOVING, GARAGE SALE, De Moines, July 7th, 8th, 9 a.m. to 5 p.m. Appliances, antiques, some furniture, dayenport, tools books, dishes, miscellaneous. Cottage 9, Wesley Gardens Grounds. Turn east off Marine View Drive at South 218th, Brick Cottage North Curve.

street as Driver's License

Department (DMV).

BASEMENT SALE July 4, 7, 8th. 9-5. Machine tools, tent, double bed, dining chairs, rockers chairs, floor lamps, flatware set, dish sets, small set, dish sets, small appliances, toys, games and o v e r 1 5 0 m o r e miscellaneous items. 146th. and 9th Ave. S.W. (Same

•18 price tags

SA

CLASSIFIED

839-9520

Federal Way Office

Des Moines Office

22307 Marine View Drive

1634 S. 312th

WANT ADS

GARAGE SALE: July 6. 7. 8 Fur 32736 36th Ave S.W. (Twit

> baby items and other miscellaneous. 1009 South 146th. Saturday July 7th.

& Garage

GARAGE SALE, 20127 3rd South Thursday, Friday, clothes miscellaneous.

GARAGE SALE, Saturday, Sur day, 19311 2nd South. FRIDAY AND SATURDAY, 10

to 5, 12025 8th Ave South. YARD PATIO SALE July 5. 6. 7 COLLECTABLES, Super bar-

gains. Friday and Saturday, July 6, 7th. 10 a.m. to 5 p.m. 12822 1st South. MOVING SALE! Hide-a-bed couch, Tables, Clothes, Misc items. July 4-7, 10-4; 30183 3rd Place S.W.

LARGE GARAGE SALE Something for everyone. July 6,7,8, 16605 10th S. SATURDAY, SUNDAY, July 7th

Just east of Military on 170th S. Poker table, lawn mower, kids games, books and lots and lots SALE July 5, 6. 9-7. 33516 28th Ave. SW. Near Twin Lakes

Safeway. MULTI-FAMILY, July 7 - 8. 10 6. 16608 6th, S.W. Burien. GARAGE SALE: Tools, kitche items, Bed, chairs, demi-sofa, book case, office equipment, desk. File steren etc. July 7 and

8th, 10:00 a.m. to 5:00 p.m. 17835 42nd Ave So GARAGE SALE CAMBRIDGE, July 6-7, 26431 Princeton 9-5

THREE FAMILY cleaning out sale. All reasonable. Lawn mower, clothes, twin bed and lots of good stuff. July 6 and 7th 10-6232 SW 143rd.

GARAGE SALE furniture, glass cameras, 26702 Way, Cam bridge East July 7th-8th. MULTI-FAMILY garage 3616 South 173rd 242-1801 MOVING SALE. July 4-July 8.

### **GARAGE SALE** KITS

1296 SW 301st St.

Available at local offices of the Federal Way News, Highline Times and Des Moines News. Garage Sale Kits are free when you place a garage sale ad. If you want your kit before writing the ad, pay \$3.00 (plus tax) for the kit at the local office and tell the advisor you receipt number when you place the od. The cost of the kit will be deducted fromthe total price of the ad. These kits sell for \$3 (plus tax) vithout a classified ad in Robinson Newspapers. Garage Sale Kits contain colorful signs for directions to your sale, sales receipts nventory sheet, price tags nd stickers ... and a booklet with tips for a successful Garage Sale. Forhelp writing your ad, call 839.

718 Swap & Trade

9520 or 927-2424 and a

glad to assist you.

### SWAP MEET HIGHLINE SENIOR CENTER 1210 SW 136th (off Am

baum). Community invited to participate. Space \$5 Reserved in Advance. those items that you no longer use, but cannot just give away. Dig into those attics and old boxes, (you "junk" maybe another per sons treasurers.) 244-3686 Invest a little energy and make a little profit.

### 720 Wanted to Buy

oars for \$10. Call Douglas Dur ing day at 767-3350

101 COLLECTED FAVORITE CANDY, Cookie, Cake and Summer Fruit Drink recipe. \$2.00 to 101 Recipes 410 So. Seattle, WA 98148.

CHERRIES Orchard fresh, available daily 8 to 6. Wholesale Containers furnished Johnson Orchards. 4906 Summitview, Yakima 509-966-0294, 509-966

3844. 11-PICK RASPBERRIES at

OTA FARMS 5 miles south of Auburn Off East or West Valley Hwy Turn on 8th Ave. E. (Stewart RD.) Field across from

Derringer Bible Church Bring Containers

CHERRIES RASPBERRIES Beets, Zucchini, also other fruits and vegetables. Food

RICHEN'S **FARMS** 5726 River Road Highway Between Tacoma and Puyallup 922-8900

728 Fuel, Heating

KILN DRY Planer ends. 2 cords, delivered. \$50, 927-4260, call any time.

242-2860.

732 Hobbies, Arts, Crafts LEADED STAIN GLASS, Classes now forming. Beginning and advanced. Stain Glass Art & Supply

> 744 Musical Instruments

practice piano, Bench \$400. 839-1926. STORY AND CLARK Piano. \$700/offer, 839-8624.

WURLITZER SPINET,

PIANO TUNING AND REPAIR ING. Call David Atheam, 248-0265. Member Piano Technicions Guild. LIKE NEW Accordian 120 base 824-6151.

> **USED PIANOS** Upright \$499 Console \$999 Grand \$1899 Sherman Clay 2604 So 38th 473-0700

Used Kimball Piano upright, just \$595 Consolette only \$895 Check local store for availability Tallman's Pianos & Organs 31503 Pacific Hwy S (Federal Way Shopping Ctr). 612-152nd SW, Burien

746 Stereo, TV, Radio

COMPONENT

Someone to make the 6 payments of \$19 or \$114 cash for our 8 piece compontent stereo system. Garautomatic record changer with dust cover and base. AM-FM solid state stereo receiver, 8 track tape recorder and cassette, pair of large walnut speakers and headphones, practically

682-2115 Credit Dept.

### 746 Stereo, TV, Radio

'M LOOKING FOR A pair of AM-FM DIGITIAL Clock Radio Excellent condition and reception. \$20 Call Loren Jr. 824-2723

722 Good Things TV REPAIR. Lowest rates Dis-To Eat count for senior citizens. Free estimates on all carry-ins. Picture tube replacement, \$99.95. Two

year guarantee. TWEN-TY/TWENTY TV. Renton. 271-MAGNAVOX MAPLE Stereo \$160. 70 square yards green us ed carpet. \$1.50 927-7022.

### LIKENEW MAGNAVOX CONSOLE COLOR TV

Repossessed 25 inch color console RV, veautiful wood cabinet, on caster. Under Warrangy. Original price \$849-you pay balance ow-ing \$346 or amake payments of \$14 per month. Call Credit Dept., between 10 a.m. and 9 p.m. 244

PANASONIC GARRARD STEREO

Repossessed stereo system includes AM-FM Stereo Receiver, Deluxe Garrard 4 speed turntable with mond stylus needle. Also in-cludes 8 trock Tape Player plus two solid wood bass reflex speakers. Under full warranty. Pay \$116 cash or make payments of \$9 month. Call Credit De between 10 a.m. and 9 p.m. 244-6966.

### 750 Appliances

WILL BUY REPAIRABLE Kenmore Washers and dryers. 246-5599. FRIGIDARE SKINNI-MINI

vasher dryer, stack unit. \$200 824-3260 KENMORE WASHER \$75, Dryer \$75, Good condition. 246-5599.

976 MODEL GE REFRIGERATOR and sto cellent condition. 824-2700. GENERAL ELECTRIC range, double oven (one electronic) oven timer clock sensi-

temperature burner. Good Condition reasonable. 244-9660 KENMORE RANGE, Timer dow oven. Clean. \$75. 839-2928. DOUBLE OVEN Range, Coppertone, lower oven self-cleaning.

\$150.246-3826. LIKE NEW foldaway bed \$40.00: 3x12 feet swimming pool two months old \$90.00 246-2904. BEAUTIFUL MATCHING Ken more washer and dryer. \$260. guaranteed Can deliver

367.4919 15.6 CUBIC FOOT Refrigerator, no frost, avocado. Excellent condition. \$250. 838-0440.

### SEARS HEAVY DUTY WASHER AND DRYER

Responsible party to take over payments on Kenme deluxe hevy duty washer and dryer set. It's a large capacity 18 lb. wahser and ermanet press cycles. Set only 6 months old, under warranty. You take a payments of \$14 per mo or pay off contract of \$342. Call Credit Dept., between 10 a.m. and 9 p.m. 244-

### REPOSSESSED Sharp MICROWAVE OVEN

Large capacity, deluxe model with stainless interior and is in excellent condi-tion, UNDER WARRANTY Originally \$489.95-you only pay balance owing \$278 monthly or make payments of \$16. Call Credit Dept., between 10 a m. and 9 p.m.

244-6966

### 750 Appliances

30 INCH HOTPOINT RANGE rotisserie. \$200. 838-4148, 878-

2186. KENMORE DISHWASHER year \$200. Matching Whirlpoo washer dryer 1 ½ years old \$425. Motorola TV console \$200. Call after 5 or weekends 941-4641.

LEASE WITH OPTION, T.V., and appliance. Low as \$12 month Federal Way Home Appliances.

SCHOOL APPLIANCES Used only 9 months in area schools cooking instruction classes. Large selection of washers, dryers, dishwashers, ranges, re-frigerators, freezers and micro-wave. Big savings. New warranties. Any item \$10 down, \$15 a month. Northwest Appliances Ren-ton, 772-2100, Auburn 939-2694

### REPOSSESSED FREEZER

Responsible party wanted to take over balance owing an ranty. Cost new \$469.95. You either pay off contract in full of \$234 or make the Dept between 10 a.m. and 9 p.m. 244-6966.

### 752 Furniture

ENGLANDER TENSIONEASE Extra firm foam full size mattress set. \$85. Evenings, 839-0191. GM LOVE SEAT \$12.00, Porto

crib, mattress \$15.00, Fourteen

inch ladder \$14.00 839-4070. WATERBED. Like new. \$190. Mattress, liner, heater. Still in box. 838-3047 LEATHER TOPPED Campaign

table. 3 drawers, Excellent. 839. COMPLETE WATERBED. Like

old. 927-8778.

\$140, 839-3836.

0609 after 5 p.m.

dishwasher \$35, wheel chair

FIVE PIECE kitchen dinette set

Excellent condition, \$65. 839

754 Building

Materials

5 year guaranty on furniture 2 year guaranty on TV. Wil

or 747-1094, Credit Depart

White Center's

GEMINI BOOK EXCHANGE

& COMIC CENTER

Thousands of Harlequins

Seattle's largest supply of used science fiction,

historicals and westerns

9614 16th Ave SW

ment.

After 5.

new. Never used. \$189. 838-TWO GOLD love seats. Like 824-3450. new. Comfortable rocker. Good condition. Queen size mattress

and box springs. 824-6151. 7 FOOT SOFA, Mediterronean excellent condition, frame and leas solid Pecan \$125. Call 941-4400 between 7 a.m. and 3:30 ship, including excercise equipp.m. ask for Patti. MOVING QUALITY household

furnishings. Less than one year OLD OAK executive desk in excellent condition. 839-4681. monthly fees, Lifetime. Federa STEREO \$90, King size bed Way. Racquet ball, tennis, exe headboard and accessories \$300. 7 months old. TV \$25.

\$5,000. MOVE TO YOUR lot or salvage cedar paneling and lumber from sound older home. 927-4804 - 839-7270

760 Miscellaneous For Sale SACRIFICE Going at

Responsible party to make 10 payments of \$38.80 or \$388 cash. Beautiful sofa with matching loveseat plus color T.V. 1/2 PRICE separately, 624-1635

CARPET BARN Noon to 7 p.m.

**NEW ADDRESS** 24823 PAC HWY SOUTH 3 Blks 5 of Midway Drive In

### 760 Miscellaneous For Sale

QUEEN SLEEP Set, Sears Best \$115.952-2377

SEALY POSTURPEDIC, Queer \$200., Drum set, complete \$400. Wall unit \$0, Panasonic Stered AM-FM radio \$75, 237-2933 weekdays before 4:00. Ask for

NEW AND USED bricks for sale TOWN AND COUNTRY Family Ill use Membership For sale 927-0352.

MOWER, CRAFTSMAN 21 inch \$145. Edger-King O'Lawn \$85 Shredder Craftsman \$75. Fer tilizer Spreader \$15. Honda 50 mini trail \$175. Sting Ray \$25 and \$40. Pool table \$50, Rocking Chair \$35. Love seat Rocker \$55 Pole lamp \$10. Bed Frame Quee \$15. Pressure Cookers 4 quarts \$8, 8 quarts \$12. 4 Ford wheels 64-68 and Two used Radials \$20 839-0919 WEDDING GOWN may be used

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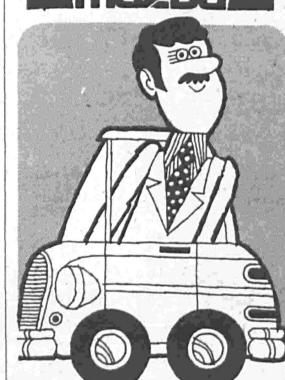
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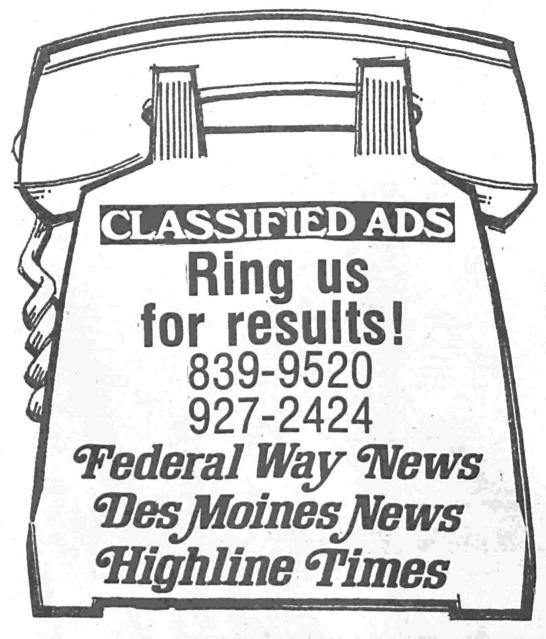
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Public Notice NOTICE OF PUBLIC HEARING NOTICE IS HEREBY

GIVEN that the Zoning and Subdivision Examiner for the King County Council will meet in Room 402 of the King County Courthouse, July 19, 1979, beginning at 9:00 a.m., or as soon thereafter as possible to consider preliminary ndments to official controls as described below. If deemed appropriate, a more restricted use may be considered. Boundary adjustment to the Sewerage General Plan, if any, may also be considered.

679-26 . ENCHANTED ESTATES - A subdivision of 9.3 acres into 40 lots for residential purpose. Lying on the northeaster-

ly side of Kit Corner Rd. S., approx. 700' southerly of 5. 360th Street, STR : W 28-Details available in

Building & Land Development Division, Room 450, King County Administration Building Dated this 27th Day of

June, 1979. KING COUNTY COUNCIL KING COUNTY, WASHINGTON DOROTHY M. OWENS DEPUTY CLERK OF THE COUNCIL

Published in the News July 4, 1979.

Public Notice SUPERIOR COURT OF WASHINGTON FOR KING COUNTY Estate of MATIE LUCILE McKAMEY Deceased. Probate No. 182 885

NOTICE OF HEARING FINAL ACCOUNTING OF GUARDIAN AND NOTICE TO CREDITORS (RCW 11.40.010) The undersigned has

been appointed and has qualified as AdPr of the estate of Matie Lucile McKamey, deceased. Each person having a claim against the above named person or the estate must serve the claim, duly verified by the claimant, on the undersigned or the attorney(s) of record at the address stated below and must file it with the clerk of the court, together with proof of the service, within four months after the date of first publication of this notice or the claim will be barred. The final Accounting of Guardian will be heard on the 4th day of November 1979, at 10:00 A.M. in the Probate Department of the King County Superior Court. Date of first publication July 4, 1979.

Robert E. Stead . Attorney(s) for the Estate 1025 South 320th Federal Way, Wash.

(Telephone) 839-3131 Thomas E. Goslin AdPr of said Estate 944 Lower Bluff Road Emmet, Idaho 83617 Published in the News July 4, 1979. NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN that the Zoning and Subdivision Examiner for the King County Council will meet in ROOM 402, KING COUNTY COUR-THOUSE, TUESDAY, JULY 17, 1979, beginning at 9:00 a.m., or as soon thereafter as possible to consider preliminary plats and/or amendments to official controls as described below. If deemed appropriate, a more restricted use may be con-

239-79-P - STONES LAN-DING -- A planned Unit Development consisting of 44 condominiums on 15.53

Lying on the easterly side of 20th Pl. S.W. between opprox. S.W. 302nd St. & Puget Sound. STR: E 1-21-3

Details available in Building & Land Development Division, Room 450, King County Administration Building. Dated this 26th Day of

June, 1979. KING COUNTY COUNCIL KING COUNTY WASHINGTON DOROTHY, M. OWENS DEPUTY CLERK OF THE COUNCIL

Published in the News July 4, 1979.

PUBLIC NOTICE ORDINANCE NO. 467 AN ORDINANCE OF THE CITY OF DES MOINES relating to and providing for the vacation of a portion of an alley in the City of Des

Moines. been filed by Richard A. Beresford, Pamela J. Beresford, C. William Beresford, and Laurel A. Beresford, for the vacation of a portion of an alley in the City of Des Maines, and WHEREAS, the City Council of the City of Des Moines adopted a Resolution directing that a Public Hearing should be held to consider such petition, and WHEREAS, Notice of

such Public Hearing was duly given and a Public Hearing to consider such petition was held before the City Council of the City of Des Moines on the 11th day of June, 1979, and at the conclusion of such Public Hear-

ing the City Council of the City of Des Moines by motion duly passed directed that an ordinance be prepared granting such petition vacation, now, therefore:

THE CITY COUNCIL OF THE CITY OF DES MOINES DO ORDAIN AS FOLLOWS: Section 1. The following SUMMARY, Adopted June

portion of an alley being 25, 1979. egally described as: That portion of alley within Block 11, adjacent to regulating operation of and between Lots 1 through 7, and 22 through 28, Gem Addition, running from South 218th Street to South 219th Street, Gem Addition to Des Moines, according to plat thereof recorded Volume 4 of Plats, page 70, records of King County, Washington, situated in

be and the same is hereby vacated, and the property lying within the vacated areas shall be returned and belong to the abutting property owners. Section 2. This Ordinance

King County, Washington.

shall take effect and be in force five (5) days after its passage, approval and publication according to

PASSES BY the City Council of the City of Des Moines, Washington, this 25th day of June, 1979, and signed in authentication thereof this 25th day of June, 1979. Lorraine Hine

MAYOR APPROVED AS TO FORM: James B. Gorham City Attorney ATTEST: Marie Sovold . City Clerk Published in the News July 4, 1979.

> **Public Notice** COUNTY COUNCIL NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY WHEREAS, a petition has GIVEN that a public hearing will be held before the King County Council in Room 402, King County Courthouse, Seattle, Washington, on the 9th day of July 1979, at 9:30 A.M. relating to the annexation of the following area:

DS-9 Annexation to Des Moines Sewer District - Between South 212th Street and South 216th Street from Marine View Drive to Fifth Avenue South. DATED at Seattle, Washington, this 15th day

of June, 1979. KING COUNTY COUN-

KING COUNTY WASHINGTON applicable charges. DOROTHY M. OWENS

Section 7. Sets out guest moorage requirements and FEDERAL WAY NEWS provides controls on use of Published in the News another's berth including June 27, July 4, 1979. impounding of such vessels

DEPUTY CLERK

PUBLIC NOTICE

LEGAL NOTICE

CITY OF

DES MOINES

TITLE: Establishing

Des Moines Harbor Code,

vessels in the Marina,

authorizing issuance of

Marina rules and regula-

setting controls

tions by the City Manager,

moorage, defining of-

fenses and providing

penalties and repealing Or-

Section 1. Provides defini-

Section 2. Establishes

operational rules including

"rules of the road"; speed

regulation; intoxication

controls; and procedures for

accidents and accident

Section 3. Sets up equip-

ment requirements for

vessels including identify-

cluding limiting parking to

Section 5. Provides con-

trols on use of Marina pro-

perty, including waste

disposal; obstructions on

floats; swimming, water-

skiing or diving; abatement

of nusisances; limits on ac-

cess to floats; noise viola-

tions; smoking; alcoholic

beverages; dogs; and com-

mercial usage. Subsequent

Fighting and Other

Emergency Equipment. All

Marina fire extinguishers,

fire fighting equipment and

emergency equipment are

to be used only for the

fighting of fires and for ap-

propriate emergency situa-

tions. Any unauthorized use

of such equipment is

unlawful. Conviction of a

violation of the provisions

of this subsection shall be

punished by a fine of no less

than two hundred and fifty

Section 6. Establishes

penafties if false informa-

tion is supplied on any

dollars plus restitution.

provides: Control of Fire

those using the Marina.

to hazardous vessels.

dinances No. 272 and 331.

tion for terms used.

reports.

and criminal prosecution. Section 8. Provides authority and procedures for impounding and redemption or sale of ORDINANCE NO. 466 vessels.

Section 9. Penalties. Violation of any provision of this Ordinance, except where specifically designated otherwise shall be punishable by fine not to exceed five hundred dollars and a term of imprisonment not to exceed six months, or

Section 10. Repeals Ordinances No. 272 and 331. Section 11. Sets the effective date of the Ordinance. A full text will be mailed without cost upon request. Marie Sovold

City Clerk Published in the News July 4, 1979.

PUBLIC NOTICE CITY OF **DES MOINES** NOTICE OF

PUBLIC HEARING ing name or number; fire NOTICE IS HEREBY fighting equipment; effec-GIVEN that the City Council tive mufflers; and provides will hold a Public Hearing at authority to refuse moorage 7:30 PM on July 23, 1979 to consider a request for a Section 4. Authorizes the vacation of a portion of City Manager issue and en-South 218th Street between force rules and regulations 30th Ave. South and 31st for the safe and efficient Avenue South. The public is operation of the Marina and invited to attend and speak requires Chief of Police to for or against the vacation. establish reasonable traffic Marie Sovold and parking regulations, in-City Clerk

Published in the News July 4, 1979. Post Property City Hall Notify Neighbors Published in the News Ju-

ly 4, 1979. PUBLIC NOTICE COUNTY COUNCIL NOTICE OF

HEARING NOTICE IS HEREBY GIVEN that a public hearing will be held before the King County Council in Room 402, King County Courthouse, Seattle, Washington, in the 16th day of July, 1979, at 9:30 A.M. on the annexation of the Mirror Lake Vista area to Lakehaven Sewer District described as follows:

North of Southwest 312th Street at 8th Avenue Southwest in Federal Way, Washington. Dated at Seattle.

Washington, this 22nd day of June, 1979. KING COUNTY COUNCIL KING COUNTY, WASHINGTON DOROTHY M. OWENS

Marina account record and requires oil persons using DEPUTY CLERK Marina facilities to pay all Published in the News Ju-

ly 4, 11, 1979.

# Cook lets Jaws loose in kitchen

It was love at first sight for Christie Williamns, a Federal homemaker, and her food pro-

When Mrs. Williamns attended a food processor demonstration one day, she knew she just had to have the incredible kitchen machine.

Since then the energetic cook has acquired culinary expertise with her machine and has gone on to teach classes and write her own cookbook, "What's Cooking'?"

After discovering her hidden desire for a food processor, Mrs. Willimans thoroughly investigated the different manufactured brands until she finally decided upon the Cuisinart.

Her diligent research and understanding of the kitchen machine brought her to the attention of the Cuisinart inventor who offered her a position as consultant. This fast-paced job carried her all over the West to conduct demonstrations and teach seminars in department stores and small cookware shops.

Describing the food processor's versatility, Mrs. Williamns boastfully said, "During one demonstration, I prepared an entire lunch for 30 people using only the machine and a hot plate.'

She said the food processor isn't a luxuary gadget, but a hard working member of the kitchen.

"I affectionately call mine, "Jaws," she said.

Mrs. Williams said she never puts the machine away in the cupboard, but keeps it out on the counter as a permanent fixture in the kitchen.

She doesn't have patience with cooks who have learned only one

facet of the machine's multiple talents.

Wednesday, July 4, 1979

"I talked with one woman who said she only used it for grinding up dog food," she said.

"The food processor has made my cooking incredibly easier and infinitely more creative."

From the grinding blades, Mrs. Williamns can create crab mousse, smokey salmon pate, spring chicken with asparagus, strawberries grand marnier and the list goes on.

"My six-year-old son never takes peanut butter -and-jelly sandwiches to school, it's either quiche or small tarts or 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 instruction books say not to do, Mrs. Williams advises new 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 with them by trying them out on different foods such as bread crumbs, onions and ice.

"Learning to recognize the different sounds the machine makes lets the owner know the different stage of the food preparations.

"I know when my mayonnaise has started to emulsify because my machine start making a

sound that goes 'flap,' 'flap,' " she writes in her 'flap,' cookbook.

Although cooking with the food processor has become second nature, Mrs. Williamns has learned to respect the machine's sharp blades. Eight stitches later, she advises cooks not to remove the cover from the bowl until the knife or discs have stopped; handle the sharp knives with care; 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 food processor, just by switching the blades and bowls. However, she tries to teach people how to start with one blade and go on to another without washing a bowl each time. Also, she keeps three bowls handy so she can prepare two recipes at once with a spare bowl waiting in the dishwasher.

During the interview Mrs. Williams was busily preparing food for a luncheon taking place the next day. "I'll have the allthe food ready ready to go and dinner prepared by the time my husband comes home," she said.

With her hectic schedule, she can teach classes, give store demonstrations and cater parties, and still have time to create elegant gourmet meals for her family, "all because the machine cuts 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



FOOD PROCESSORS can make flakey pie crust a reality.



CHRISTIE WILLIAMS, local cookbook author, demonstrates the use

of the food processor for chopping cheese.

GARDEN SALAD 1 large clove garlic 2 tablespoons oil 2 tomatoes 1 head Romaine lettuce

6 green onions 4 ounces romano cheese ½ pound bacon, cook-

ed and crumbled DRESSING one-third cup salad oil Juice of one lemon Salt

Pepper ½ teaspoon oregano 1. With the steel blade mince the garlic. Add the oil to the workbowl and change the slicing blade. Halve the them in the feed tube. mushroom soup, un-Slice them into the garlic and oil mixture 1-8 ounce package using firm pressure. cream cheese Pour the mixture into 1 cup mayonnaise a large salad bowl. 2 stalks of celery Wash, dry and break 3 green onions the Romaine into bite- 1 can crab meat, sized pieces and put drained and flaked on top of the tomato 1 teaspoon wormixutre.

2. Slice the green can be made using the sure it is dissolved. plastic or steel blade if desired.

party. Add dressing it is smooth. just before serving and toss.

Makes 6 to 8 servings.

CRAB MOUSSE 1 package unflavored gelatin 1/4 cup cold water diluted

chestershire sauce

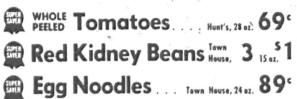
1. Stir the gelatin in onions and place on cold water to soften. top of the Romaine. Heat soup in a Do not stir. Sprinkle saucepan over with the cheese and medium heat. Stir the top with the bacon softened gelatin into bits. Chill. Dressing the hot soup, making

2. Cut the cream cheese into eight 3. This salad can be cubes and add it to the made hours in ad- soup. Add the mayonvance or early in the naise to the soup and morning for a dinner beat the mixutre until

3. Insert the steel knife. Cut the celery and green onion into 3inch pieces. Add them to the workbowl and process using on-off turns until they are finely chopped. tomatoes and place 1 can cream of Remove the steel knife and insert the plastic blade.

4. Add the crab, the mushroom soup mixture and the worcestershire to the chopped celery and onion. Process using on-off turns until combined. Make ahead of time. Makes 4 cups.





TO SPREAD Frosting

**Betty Crocker** 

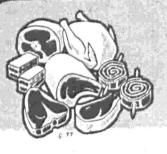


	Chow Mein	Divider \$ 179
	MEIN Noodles	. Chun King, 3 3 oz. \$1
SUPER SAITER	Potato Buds	etty Crocker, 16.5 sz. 99°

All Detergent

For Laundry

157 oz.



Great - Eating Meat! Guaranteed at Safeway

# Grade A Turkeys



**Manor House** Frozen, 10 - 14 lbs.

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

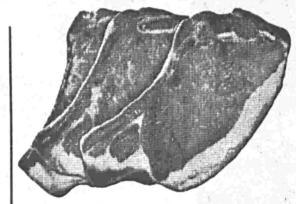
Beef Liver, Sliced Skinned L Strined, Ib. \$119

Pork Loin End Roast 149 Bacon, Sliced 2.16 Smok.A.Rome, 116. \$ 1 19 COUNTRY- Spareribs . Midwest Pork, lb. \$159 Fresh Snapper Fillet .... lb. \$179 CAPTAIN'S Fish Sticks . . frozen, 14 oz. \$ 129



Beef T-Bone Steak

U.S.D.A. Choice 5 3 19



**Pork Rib Chops** 

From 14-17 lb. Loins

Boneless Hams. If Sliced Ib. 51" Added, Hygrade or .... Smok-A-Roma

Whole 5-7 lbs. Water \$ 1 49

Beef Top Sirloin Stk. U.S.D.A. Choice, Ib. 3

### **DELI SECTION**

Sliced Bologna ... Scotch Buy, Ib. Pkg. \$ 149 SLICED LUNCHEON Meat ... Safeway, Spiced, Olive 79 BALL PARK Dinner Franks, B. Phy. 5 1 99 SAFEWAY Sliced Ham. 4"x7" 102. 5249

Safeway Franks ... All Meat, Ib. Phy. 5139 Polish Sausage ... Safeway, 12 oz. 5189

**Root Beer** Pop

Breakfast Bars ... Six -1.44 ez. \$129

Lipton INSTANT (3 oz. 12.49) 2 oz. \$179



CARNATION Breakfast ... Ten 12.2 oz. \$199 Lipton Iced Tea ... With lemon & Sugar, 36 oz. \$275 lced Tea . . . Lipton Low Cal Sugar Free, 4 oz. \$179 Red Zinger Tea Seasonings, 24 cf. \$ 1 15





SAFEWAY QUALITY Lucerne ce Milk

SNOW Twin Pops ... Twelve 89° Orange Juice ... Minute ... 89°

TREE TOP PEAR-GRAPE Juice ...... 12 ... 81° Grape Juice .... Welch, 12 ez. 83°

**Frozen Food Buys** LUCERNE Gourmet Ice Cream

199

Don't Forget These! TOTINO'S PIZZO .... \$ 109 Bel-air Pizza Sausage or Pepperoni \$ 199 BEL-AIR 12" Pizza ... 345 at. 5 199

Cheetos CHEESE SNACK Joy Detergent .... liquid, 32 oz. 5 1 19 SPRING Bath Soap ..... 5 or 5 1°

# Mrs. Wright's Bread



Malt O Wheat or Honey Bran 22.5 oz.

HONEY WHEAT Berry Bread ... 22.5 oz. 75

SAFEWAY WILL MEET YOUR FAMILY HALFWAY ON SAFEWAY NIGHT AT THE KINGDOME Seattle Mariners



Safeway half-priced tickets available in all price ranges by presenting your Safeway cash register receipt.



At Stores With Bakeries Only

8" Peach Pie .... 5189 Cookies ... Dozen \$ 1 19

WHEAT Ranch Rolls



Freshly Baked 3 Dozen



# **Prices Effective Full Days**

Prices effective Wednesday, July 4th thru Tuesday, July 10, 1979. Sales in retail quantities only.





SAVE (C	HEINZ
16' INFLATION FIGHTER	
	Ketchup
SATINZ SATINZ DOWNED RETCHUP	SUPER \$ 119
	44 oz.
*** **********************************	



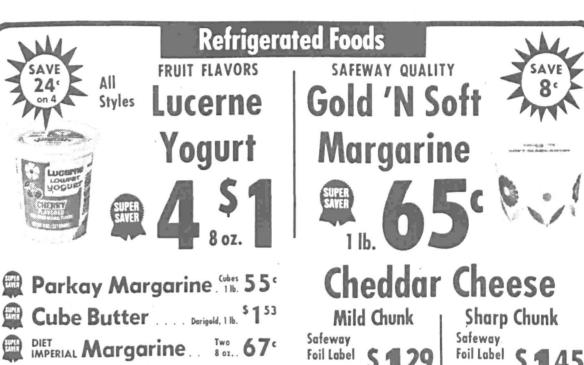
1	MORNING THUNDER	Tea Seasonin	rstial \$ 1 15	May	onnaise Saffola, 24 oz.	\$ 1	1.
1	Crisco	Oil Pure Vegetab	sle, 48 oz. \$ 1 99	Whe	aties Cereal 11 oz.	\$ 1	1.
1	Book	Matches Safeway	4 50 ct. 51	GOLDEN GRAHAM	Cereal General Mills, 15 az.	\$ 1	1

	Lucky Charms General Mills \$ 1 21	
SUPER !	Cherrios Cereal General Mills, 15 ez. \$119	
	Corn Chips frites, 1.5 ez. 79°	8

Chunk Colby ... Foil Lobel Safeway, 10 ez. \$ 129

Pork & Beans Town House, 16 oz. 29°
Nutmeg1.5 oz. 79°
Canned Pop Crogmont 6 102. 89°







Wear-Ever

**Silver Stone** 

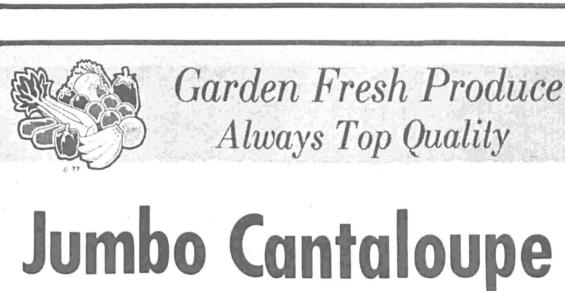
Promotion

**Ends Soon** 

Complete

**Your Set** 

Today!





Ready To Eat

Cauliflower	ow White I leads, lb. 4	5	9
WHITE Potatoes	New, lb.	1	3
<b>English Cucumbers</b>	Euch	6	9
Green Cabbage	ocal Grown, 16.	1	6

Cherry Tomatoes . Red, Ripe, lb. (	59°
SMITH Apples Imported, lb.	59°
Santa Rosa Plums	19°
Mangos Large Floride, Euch	69°



Seedless Grapes

Calif. White Thompson

**Store Hours:** M-Sa. 9 a.m.-11:00p.m. Sun. 9:00-9:00

**Bing Cherries** 

Large Size,

Wash. Grown

Freestone Juicy Sweet

Calif. Peaches

# Picnic with a Mexican flair

element of surprise to For your Tex-Mex picyour next outdoor par- nic, it makes preparaty 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.

They're modern, typicall Mexican in- Fresh stawberries, easy-does-it varia- gredients, coffee and tions on a cuisine cocoa. The frosting is that's as old as any in a quick to assemble the Western blend of sweetened Hemisphere - Aztec condensed milk, and Incan food that cocoa, coffee, confecrelied heavily on the tioners' sugar and use of avocados, almonds. chilies, peppers and cocoa beans. In the 21bs lean ground beef, 16th century, Spaniards brought the Easy Taco sauce Indian specialties to the Southwest, along with Old World addi- Shredded lettuce tions such as citrus

The happy result to- cheese day is a number of dishes with rich and simplicity of the bunhalves. sauce. The use of reconstituted lemon juice does away with 1 cup catsup or shili several steps - cutting sauce and squeezing lemons 3 tblsps reconstituted and cleaning up after- lemon juice ward. Keep a compa- 1tblsp brown sugar reconstituted lime sauce juice right beside it, ½ tsp garlic powder the White Sangria sauce Punch, you are like to be serving this cranberry juice cups sauce. cocktail, orange juice

lime juice. ed milk is another refrigerated. convenience food to have on hand that's a popular base for 1/2 to 3/4 cup sugar desserts with a 1/2 cup reconstitued bine condensed milk, Spread on warm cake.

Add a refreshing Southwestern flavor. lemon juice cake combines two

> Taco Burgers formed into 8 patties (recipe follows)

Hamburger buns Chopped tomato Shredded Cheddar

Grill or broil meat patties to desired full-bodied flavor, just doneness, brushing 1 bottle (32-oz) 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 a tuce, tomato and taco - and cooks who cheese. Spoon on retry this recipe will maining taco sauce. love the sheer Top with remaining

Taco Sauce

nion bottle of 2 tsps Worcestershire

because once you try 1/2 tsp hot pepper

In small saucepan, combine ingredients; popular Mexican heat, stirring occabeverage often sionally until onion is lemon juice throughout the sum-tender, about 10 mer. Give the minutes. Chill children Sangrita, a thoroughly to blend tasty blend of flavors. Makes 1 1/4

TIP Flavor of Easy and reconstituted Taco Sauce improves when made 1 to 2 days Sweetened condens- in advance and White

Sangria Punch

1/4 cup reconstituted lime juice

1 bottle sauterne 1/4 cup orange flavored liqueur 1 quart bottle club soda, chilled

optional

In a large bowl, combine sugar, lemon and lime juice; stir until sugar is dissolved. Add sauterne and orange-flavor liqueur. Just before serving, add club soda. Serve over ice; garnish with fresh strawberries, if desired. Makes 2 quarts.

TIP: For picnic punch, carry punch base in insulated cooler. At picnic site, add club soda, ice and fresh strawberries.

Sangrita cranberry juice cocktail

1 cup orange juice One-third cup reconstitute lime juice

2 tblsps sugar Orange slices

In large pitcher, combine all ingredients except orange slices. Garnish with orange slices and serve over ice. Makes 5 ½ cups. Recipe may be doubled.

Fiesta Ambrosia 1 can (14-oz) sweetened condensed milk (NOT evaporated) 1 container (8 plain yogurt ½ cup reconstituted

2 tsps grated orange rind 1 can (20 oz) pineapple chunks, drained 3 oranges, peeled and cut into bite-size pieces

1 cup minature white marshmallows 1 can (3 1/2 ozs) flaked coconut

½ cup chopped pecans In a large bowl comand rind; mix well. Stiring in remaining ingredients. Chill 2 to 3 houru to blend flavors. If desired, garnish with additional orange or pecans. Refrigerate leftovers. Makes 8 to 10 servings.

Tes-Mex Sheet Cake 1 cup butter or margarine

1/4 cup cocoa 1 tblsp instant coffee 1 cup water 1 ½ cups firmly pack-

ed light brown sugar

2 cups unsifted flour 1 tsp cinnamon One-third cup sweetened condensed

2 eggs

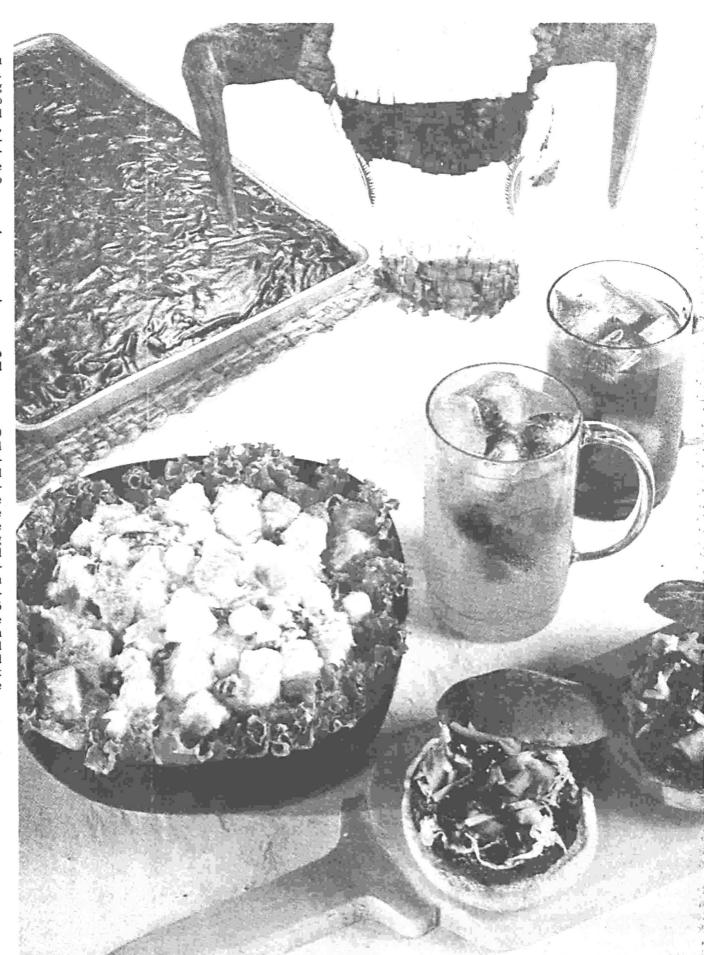
1 tsp vanilla Tex-Mex frosting

Preheat oven to 350 degrees. In small saucepan, melt butter; stir in cocoa and coffee, then water. Bring to a boil; remove from heat. In large mixer bowl, combine sugar, flour, baking soda, cinnamon and salt; add cocoa mixture. Beat well. Mix in sweetened conden jelly roll pan. Bake 15 minutes or until cake springs back when lightly touched. Cool 10 minutes. Spread with Tex-Mex Frosting. Cool before serving.

Tex-Mex Frosting 1/4 cup butter or margarine 1/4 cup cocoa 1 tblsp instant coffee 1 cup sweetened condensed milk 1 cup confectioners'

sugar ½ cup toasted

slivered almonds In small saucepan, melt butter; stir in cocoa and coffee: Remove from heat. Add sweetened condensed milk. Stir in sugar, then nuts.



A Mexican picnic

# SAFEWAY

# PATIO & GARDEN SHOP

At the Federal Way Safeway 2109 S.W. 336th Street

Prices effective Wednesday July 4th thru Tuesday July 10, 1979. Sales in retail quantities only.



Geraniums

Pots



Begonias

FRESH WATER

**Decorative** Tree Bark

Stutzmanns Chicken Manure

Marianne Dieffenbachia

One Gallon Thermos Jug

Safeway Lawn Food

1½ Cu. Ff. Bag 4 For \$5

In 6" Pots, Each \$4.98 \$2.99



Foam 6-Pack Cooler





**Foam Ice Chest** 

Handles

"FLOWER SHOP

We Specialize in Floral Arrangements & Corsages for all Occasions.





PRICES EFFECTIVE AT THE TWIN LAKES SAFEWAY STORE!

wearies" are behind Again, outdoor slices, well drained us, and the joys of cooking should be fun Maraschino cherries summer are bringing for everyone. us outdoors. Summer scents are waiting to be enjoyed, and the odors of food cooking on a grill give us sum- 1 leg of lamb (7 to 9 mer enjoyment at its pounds)

e c o m e a n 1 teaspoon salt 'American way of 1/4 teaspoon pepper life." They provide an 2 tablespoons cooking excellent activity for oil family participation. energy conservation.

Traditionally, type of food prepara- mains. tion. Frequently, only of the foods have been prepared out-of-doors. kitchen oven. This is no longer necessary.

ment such as a doneness. covered kettle, complete 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 long way toward the elimination of the overheated kitchen, 24 small whole onions with the resultant excessive use of the air sliced diagonally in conditioner). Furthermore, it provides a distinctive and sliced delicious flavor which is somewhat different, 2 tablespoons flour but thoroughly appetizing and eniovable.

Remember, outdoor cooking should be fun for everyone, and with 2 tablespoons sherry a limited amount of (optional) prior planning, it provides that fun-filled water for eight (nine or 10 ounces) activity for the entire minutes, add carrots frozen peas or corn family, guests and and cook three kernels as directed on friends that they have been looking forward Saute mushrooms in Cut a thin slice from to all winter.

ourselves to the same and stir three to four tomatoes with salt things that we have minutes until well done over the years. blended. Really, the only

are two favorites which are extremely and the leftovers may minutes. be used in a variety of ways, providing true economy. While cookthe vegetables and thus prepare the enselected and prepared prior to the cookout, and refrigerated, host to enjoy family (recipe follows)

fish, marinate chunks

in a Worcestered oil-

FISH KABOBS

1/4 cup lemon juice

2 teaspoons salt

cookout.

½ cup oil

blooms and summer ROAST LEG OF LAMB WITH CORIANDER

2 cloves garlic Patio cookouts have 1 teaspoon coriander

Make a few deep

ned properly, we can Peel garlic and cut in- side up, on cooking make an appreciable to thin slices. Place contribution toward garlic into the incisions in lamb. Mix coriander, salt and families have cooked pepper with oil. Work degrees, about 12 out-of-doors, but in too some of this mixture minutes per pound for many instances, have into incisions; then failed to exploit the cover outside of lamb ham or 16 minutes per total advantage of this leg with what re-

Center lamb on a very small portion cooking grill directly over drip pan. Cover kettle; cook 22 temperature, 140 and the balance in the minutes per pound, or degrees, about nine With the proper out- 140 degrees for minutes per pound in door cooking equip- medium-rare gaskettle.

Yield: six servings.

CREAMY VEGETABLE CASSEROLE

4 carrots, pared and one-half inch slices 1/2 pound mushrooms,

4 tablespoons butter 1 cup milk ½ teaspoon salt Dash pepper

½ teaspoon Worcestershire sauce

Cook onions in minutes more. Drain. package. With modern equip- ter. Remove tomatoes. Scoop out ment, it is important mushrooms and set seeds and pulp. Place that we try something aside. Melt two tables- tomatoes, cavity up, new and different. poons butter over low in shallow baking pan. Let's not limit heat, add flour. Cook Season inside of

Stir in milk slowly; limitation is your own add salt, pepper, Cover pan; place on imagination. So, let's Worcestershire sauce cooking grill. Cover "Hello, Sum- and sherry. Simmer kettle and heat. Fill mer!" and do it in and stir until thicken- tomatoes with hot style with some in- ed. Add onions, car- cooked vegetable; teresting and unusual rots and mushrooms garnish with bits of

Center casserole on cooking grill; cover S T U F F E D simple to prepare, kettle and cook 30

### **BAKED HAM**

ing the roast, include Whole or half, boneless or bone-in, fully-cooked (readytire meal. The salad to-eat), canned or and-or fruits should be cured and smoked (cook-before-eating) Dash of pepper ham

Whole cloves which releases the Brown Sugar Glaze ter or margarine over

Canned pineapple and cheese and brown

Read directions before removing wrappings from ham. If necessary cut off 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 part of ham, with point away from bone and If the cookout is plan- cuts in leg of lamb. fat. Center ham, fat grill directly above drip pan. Cover kettle.

Cook-before-eating hams cook at 160 an eight to 10 pound pound for 16 pound Fully-cooked and

canned hams need only be heated to serving until internal minutes per pound in temperature reaches charcoal kettle or 13

Baste ham with Serve hot, carved in Brown Sugar Glaze thick slices and ac- during last 30 minutes companied with mint of cooking. Garnish or currant jelly, with pineapple slices and cherries 10 minutes before end of cooking time; brush with glaze and allow fruit to heat.

> BROWN SUGAR GLAZE

Combine one-half cup firmly-packed brown sugar, three tablespoons water and two teaspoons prepared mustard in small saucepan; mix and heat until sugar melts. Brush over ham and fruit.

TUFFED TOMATOES

Cook one package

two tablespoons but- top of four medium and pepper.

Add three tablespoons water to pan. cookouts. mixing lightly and green pepper or pi-A flavorful ham or pour into casserole miento. Yield: four delicious leg of lamb dish.

> MUSHROOMS pound medium mushrooms

1/4 cup butter or margarine One-third cup fine dry bread crumbs 2 tablespoons grated Parmesan cheese 1/4 teaspoon salt

Wash, dry and stem mushrooms. Melt butlow heat; add crumbs

one-half-inch chunks;

Cover and refrigerate

Place zucchini and

cherry tomatoes in a

ture. Cover and

lightly, stirring constantly. Stir in salt and pepper. Stuff mushroom caps with crumb mixture; arrange on cookie sheet.

Center on cooking grill. Cover kettle and cook 10 to 15 minutes or until mushrooms are tender. Yield: About six servings.

### CRANBERRY GLAZ-ED

SWEET POTATOES 2 cans (one pound each) sweet potatoes, drained

1 cup whole cranberry sauce

1/4 cup light corn syrup 2 tablespoons butter or margarine, melted 2 tablespoons sugar 1-1/2 tablespoons grated orange peel

34 teaspoon salt

Arrange sweet potatoes in shallow baking dish. Combine remaining ingredients in saucepan; bring to simmering stage and simmer two or three minutes.

Spoon sauce over sweet potatoes; cover with aluminum foil. Center on cooking grill; cover kettle and heat about 30 minutes or until piping hot. Yield: four to six serv-



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broil on skewers with other firm fleshed fish

Praise-winning Fish Kabobs

Praise-winning fish kabobs powderand For savory broiled powder 1 tablespoon original Worcestershire Worcestershire sauce sauce; set aside. and-lemon bath, then 1-1/2 pounds halibut or Cut fish into one and

zucchini, cherry steaks place fish in a snug fittomatoes, and small 2 medium zucchini, ting container. Pour white onions. A cut in one-half-inch half of the oil mixture over the fish; stir to

praise-winner at a slices About eight cherry coat completely. tomatoes

About eight small for one hour. whole white onions, cooked

Combine oil, lemon

small bowl; coat with 2 teaspoons onion juice, salt, onion remaining oil mix-

refrigerate for one hour. On four long skewers, alternately place fish, zucchini, cherry tomatoes and

> onions. Place on a rack over hot charcoal or under preheated hot broiler until cooked, about eight to 10 minutes turning and brushing with any remaining marinade. Yield: four portions.

# come and get it! The big burger is here

It's made of two slip the burger into a

-that's a Paul Bunyan seasoned with salt and round. Make the tasty cheese Burger! Big enough to Tabasco pepper bun from a package of serve six people at sauce. The liquid hot roll mix, Tabasco enough spice to the For outdoor good meat flavor. barbecue fun this Shape into a large patsummer, grill this ty seven inches in giant-size hamburger. diameter, grill. then BUN:

# Special touches for solo dining

together" after the salad or a plate of children leave, often scrambled eggs. seems boring. However, you can add enjoyment to your meals, too.

. Don't always eat in the same place. Eat by a window with a view, in front of the fireplace or in bed from a tray on Sun-

need only one or two ed and sliced collect an outstanding variety of dishes and table linens without spending a fortune. Don't wait for a use them!

decide on a new decor, brainstorm a project.

Experiment with food choices - Treat yourself to foods and recipes you haven't tried before. Splurge occasionally on something you would usually deny yourself because of cost or calories. Concentrate on the flavors and textures of the food you're eating.

tourches - For exam-

Eating alone, or hamburger pattie, a ' 'alone - bowl of chili, a tuna

> AVOCADO CROWN-ED OMELET

> 1 tablespoon water 1 tablespoon butter or margarine Salt and pepper to

3 tablespoons bottled blue cheese dressing . Vary your table ½ ripe California settings - When you avocado, peeled, seed-

of each item, you can 1 tablespoon chopped parsley

Stir eggs and water in small bowl with fork until whites and special occasion to yolks are just blended. In eight-inch skillet or omelet pan, . Use mealtimes for heat butter or valuable thinking margarine over time - Plan a trip, medium-high heat. When butter just set up a schedule or begins to brown, quickly pour eggs into skillet. Sprinkle with salt and pepper. Slide skillet back and forth rapidly over heat while stirring eggs quickly with fork to spread them over bottom of pan as they thicken. Fold half of omelet nearest you over other half and tilt skillet to slide omelet onto a warm plate.

Spoon blue cheese . Dress up basic en- dressing over and trees with special place avocado slices along top of omelet. ple, an avocado can be Sprinkle parsley over used to glamorize a all. Makes one omelet.

seasoning adds just and grated Cheddar

PAUL BUNYAN BURGER

1 package (about 14 ounces) hot roll mix ½ teaspoon Tabasco pepper sauce 2 cups (eight ounces)

Big, bigger, biggest- pounds of lean beef bun an inch larger all grated cheddar ture; stir in grated BURGER:

> 2 pounds ground leaf 2 teaspoons Tabasco 3/4 teaspoon salt

To make bun: Blend in flour mix- until double, about 30

cheese. Cover; let dough rise in warm until double in bulk, 30 to 45 minutes.

Shape into one large bun, about eight in-Dissolve yeast in ches in diameter; warm water as press flat about one directed on mix and one-half inches package; stir in thick. Place on greas-

place away from draft 25 minutes. Cool on ches in diameter; bun and wrap in foil. tender burger. Heat on side of grill (or in oven) while burger is grilling.

Break up ground beef to desired degree of Tabasco. Add egg as ed cookie sheet. with fork. Sprinkle doneness. Use cookie directed on package. Cover; let rise again with Tabasco and sheet as a "giant salt; mix lightly. turner.'

Shape into large patty Bake in preheated about two inches thick 350 degree oven about and about seven incake rack. At handle as little as barbecue time, split possible for a more

Cook on grill about 10 minutes on each To make burger: side for rare meat, or



Hearty Paul Bunyan Burgers

# Variety in Meat or Produce? ... In either case ... Lucky Has It!

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ъ. 3.69

<sub>в.</sub> 1.19

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BAR-S FRESH LINK SAUSAGE	ь. 1.69
HORMEL SLAB BACON 8-10 lb. avg., any size piece	
FROZEN TURKEY DRUMSTICKS USDA Grade A	іь39

This Meat Ad is not effective on Sunday, July 8, 1979 due to staffing problems. Available items are priced as advertised. For Added Savings - Here's a few more Key Buys! Bisquick Biscuit Mix Corn Flakes Golden Grahams Lipton Lemonade Marshmallows ▶+**x** Coffee Creamer Soft Margarine 7-Seas Dressing Capri or Herbs & Spices Applebutter Peanut Butter Skippy Old Fashioned - Creamy or Super Chunk Hi-C Fruit Drinks ▶+

Libby's Sauerkraut ▶+ B & M Brown Bread Pamper's Diapers Lady Lee Shortening ▶+**≡** Baking Soda Frosting Mixes Frozen Enchiladas Lady Lee - Assorted Flavors Sunny Jim Syrup **♥+** Purex Dry Bleach Airwick Carpet Fresh **▶**+**■** Bathroom Tissue ▶+■ Blue Bonnet Spread Paper Towels Cheez-It Crackers Crave Dry Cat Food Nine Lives Cat Food Kitchen Queen Flour

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Nissin Top Ramen

Noodles

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Minute Maid Frozen

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Soap

Mixes

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White or Wheat 22½ oz. .53)
White or Wheat ..... .22½ oz. Van De Kamp Bakery Items Unsliced French Bread. Plain Cake Doughnuts.

(Harvest Day Bread

Uniced Angel Food Loaf.

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Santa Rosa **Plums** Juicy, sweet - a great snack!

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Excedrin PM Tablets

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Green

Beans

Contac

sinarest **Tablets** 

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awareness of proper natural sources or nutrition that's sweep- synthetic sources or ing the country, more perhaps a combinaand more people are tion of both. When the thinking seriously label shows both "dl" about the nutritional and "d", you know content of the foods you are being offered and dietary sup- a combination of synplements they buy, thetic and natural Homemakers are source forms. reading the labels as ing to realize that one cannot claim value.

example. It can be potency. purchased either in naturally derived or vitamin E is made up 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" reading the letter form. Natural source "d". What does this vitamin E has a little "d" signify? It greater biological says you are buying potency on a weight vitamin E that comes basis than the synfrom natural thetic material, as is vegetable oils such as recognized in the soybean oil and has Natural Formulary. been concentrated for On a weight basis, use in capsules or natural source tablets.

for vitamin E is alpha percent more potent tocopherol, and when than its synthetic it is found in nature, it counterpart. This occurs only in one means to get the same isomeric form - the number of Interna-"d" form. Therefore, tional Units, users the correct name for have to take more of natural source the synthetic vitamin vitamin E is d-alpha E by weight than the tocopheryl acetate. natural source When vitamin E is material. manufactured synthetically, it contains consumer need not be including the "d" and types of vitamin E. synthetic vitamin E thetic source vitamin has a little "dl" E? It's all in the name preceding its name - and the name is on and is called dl-alpha the label.

understanding more. tocopheryl acetate," With the new it could be from either

The FDA has taken well as the price tags, the position in proposand they are beginn- ed labeling rules that good nutrition is good natural source vitamins are superior But some people to their synthetic find label reading con- counterparts. In the fusing -- although case of most other many labels are ac- vitamins, synthetic tually easy to unders- and natural source forms are identical in Take vitamin E for composition and in

But synthetic vitamin E (d-alpha The scientific name tocopherol) is about 36

The well-informed eight isomeric forms confused by the two "I" form. Therefore, Natural source of syn-

### Peachy yogurt dessert

Here is the quintessential summer dessert! Light, cool and fantastically refreshing, it simply melts in the mouth. It's called Peach Yogurt Fluff. Served in crystal stemmed dishes, it's an elegant looking dessert. Who would guess how easy t is to make. There's no cooking involved at all. Just putting together sliced fresh

peaches with a pint of plain yogurt, vanilla, sugar and salt. The fluffiness comes from whipping egg white into the sugar and peaches with an electric mixer. The whole thing is

ready in minutes. Because it needs to be well chilled, you can make this hours before you plan to serve it. Garnish each dish with fresh peach slices and a little flaked coconut for a pretty finish. You'll notice that the recipe makes a generous amount. It will keep a day or so and makes a delightful snacktime treat for any hour. It's a real family favorite and great for guest appearances, too. Yogurt, both plain and fruit flavored, is more popular than ever during the warmer mon-

Because living and eating habits are more casual in the summertime, milk and milk products are used more than ever. They're cool, refreshing, ready to use and they're wholesome and nutritious. As one of the basic four food groups, milk and milk products are necessary for good balanced daily diets. PEACH

YOGURT FLUFF 1-1/2 pounds fresh peaches 1 egg white

34 cup sugar 1 pint plain yogurt l teaspoon pure vanilla extract

1/2 teaspoon salt Flaked coconut. peach slides for gar-

Blanch peaches and slip off skins. Slice. Makes about two cups. Whip egg white with sugar and peaches at high speed

in electric mixer 10 minutes or until fluffy and thick. Remove peach pulp from beaters every few minutes. Fold in yogurt, yanilla and salt.

Spoon into serving dish or individual serving glasses. Chill. Top with coconut and additional peach slices if desired.

Makes about two quarts or eight (onecup) servings.

### Qüacamole

A tasty dip with the tang of the Southwest. Recipe makes about 1 1/2 cups dip.

Guacamole

2 medium ripe avocados, peeled and seeded

2 tblsps lime juice 1 tblsp finely chopped onion 1 tsp seasoned salt

1/4 tsp garlic powder 1/4 to 1/2 tsp hot pepper sauce In medium bowl,

mash avocados. Stir remaining ingredients. Chill thorough to blend flavors. Serve as a dip with fresh vegetables or tortilla chips.

Blender Method: Combine all ingredients in blender container. Blend well. Chill thoroughly to blend flavors.

TIP: Add one or more of the following ingredients for a delicious taste variation: sour cream..chopped tomatoes..chopped hotgreen chilies..crumbled

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more interesting

### What's Cookin' in Ruth's Kitchen

by Ruth Jurich

by Ruth Jurich In addition to the rampant in many birds and the bees fly- grocery items, there ing overhead, there are still some that are two layers of don't seem to be afpopulation at our fected. One is flour. place. We live above While the price of ground, and the moles bread, especially the live under it.

Whhhhhy did you climbing steadily for substantiate the send them all over to a long time, all pur- claim. I do the whole our place .. "

And we reply, "We thought you sent them all over here."

Our area is riddled with nmolehills and runs. I used to say that contrtolling the mole population was as simple as c-a-t, because we had a cat who systematically hunted moles and stacked them neatly on the walk until they were all disposed of.

Wonderful except that Machak (Slavonian for Tom cat) had one bad habit. He loved green peas and liked to pick his own, biting them off the vines before they matured; so during all the years we had him, we didn't have moles, but niether could we grow any peas.

Guess you can't win em all.

amount of information as to what's available and at what price.

Last week fresh mushrooms were advertised at half the price for which they have been selling, and I was amazed to find them top quality. We're enjoying them in all sorts of mixtures.

A woman standing beside me the other day as I was filling my little plastic bag, said, "I've heard that some people eat them raw." So I told her to wash and slice and marinate them in french dressing or to add them to any to any tossed salad mixture.

We had a big bowl of fresh mushrooms the other day just sliced and lightly saued in elive oil and seasoned with salt and black pepper. If you don't keep olive oil on hand, saute them in butter or margarine.

AF MUSHROOMS were left from this batch; so we added them to the drippings left from baking some halves of cornish game hen. We added a sliced green pepper and some leftover cooked rice, and it all combined into a good and complete main dish.

'Chicken gravy, steak drippings or almost any omelet or quiche can be enhanced by the addition of a few slices of fresh mushrooms. I hope last week's price wasn't a fly-by-night special.

I differ with the instructions for preparing mushrooms that you see in many gourmet recipes. They tell you to wipe the mushrooms with a clean, damp cloth. I think these recipes come from places in Europe where until recently, running water has been a scarce commodity. I find that the best way clean a fresh mushroom is to check for sand while holding it under a cold water faucet.

Salad greens are a fine buy now, and it's going to be interesting to note the prices of various fruits and vegetables and see if they vary according to what is local and what has to be shipped in.

30

WT.

QT.

ALSO MONTEREY

COLBY

9 OZ.

JOHNNY'S PSQ JOHNNY'S

OT.

PSO JOHNNY'S

As a general rule, one tablespoon of dried herb equals three teaspoons of fresh. This applies to seasoning blends as

pose flour continues to sell for around \$1.69 per 10-pound bag, and every so often it's on special as low as \$1.19. Since flour is the main ingredient in bread, it pays to learn to bake some of your own. Besides it's fun, and the more you do it, the easier it gets.

I've always insisted Sit down, and hold that my method of the bowl in your lap. Steady it with your handling yeast dough was the easiest in the left hand and knead world, and phone calls with your right. Our neighbors ask, varieties, has been- from many readers Reverse the order if Knead the dough until powdered milk

using a little flour.

minute to dissolve. it's smooth enough to 1 teaspoon salt Add powdered milk, thing with one bowl salt and oil, and stir in and one set of measurflour. You may add it ing devices. No all at once. Remove scalding and cooling mixing spoon, and rub of milk. No melting solid shortening. At the dough from it with a little of the flour. the risk of redun-Rub the dough from dancy, here's that old the sides of the bowl, basic recipe, which you can vary to your heart's content, once you get the feel of it.

Basic White Bread 1 cup lukewarm water 1 envelope yeast 2 tablespoons sugar you're left handed. One third cup instant

1 tablespoon oil 3 cups flour

Put water in large bowl, add yeast and sugar, and let stand a shape into a ball. Pick it up and slam it back into the bowl. Don't be afraidof overkneading. Make a ball, and put it in the bowl with smooth side up and rough side down. Put it in a warm place until it's more than double in n bulk. During raising it

can be covered with a

wet cloth, but a metal to a loaf or rolls.

stretched surface up together in the pan. right in the oven with

lid is more practical. Smooth, well raised finger will leave an in-

If dough sticks it can dough usually doesn't dentation. be easily rubbed off. stick to the board, but Bake at 375 degrees When more than if it does, use a few until golden brown double in bulk, pound drops of oil instead of and pulling away out the bubbles, rub flour. This recipe will from sides of pan, apall dough from sides make one medium proximately 25 of bowl, knead hard, loaf or a 9 by 9 inch minutes for rolls and and make it into a ball pan of rolls when they 35 minutes for a loaf. I again with smooth are placed close usually raise them

and rough side down. Oil baking pans, us- the light turned on for Cover, put in a warm ing enough oil so that warmth. When ready place and let raise un- you can turn the loaf to bake, just turn the til more than double or rolls over in it to thermostat to 375. again. Now it's ready coat them. When rolls Heat comes from the to punch down again, or loaves are in pan, b o t t o m, a n d knead smooth and put set them in a warm preheating isn't

light tap with your

on a board to shape in- place to raise until a necessary.

46 OZ

TIN

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48 OZ.



LB

PAK

JUMBO

ROLL

JOHNNY'S PSQ JOHNNY'S PSQ JOHNNY'S PSQ

# Honey adds natural sweetness to recipes

For centuries honey confused about the half the honey production has been nature's sweet. It is the nectar from blossoms against the light-colored, gathered by honey bees. Honey is a patternal unrefined color of honey wary.

For centuries honey confused about the half the honey production that the fullip tree. Protemperature or in the darkest table honey produced the fullip tree. Protemperature or in the darkest table honey produced the fullip tree. Protestage of the fullip tree. Protestage of the fullip tree. Protestage of the fullip tree. Protestage or in the darkest table honey produced the fullip tree. Protestage or in the sall the fullip tree. Protestage or in the definition of the fullip tree. Protestage or in the tulip tree. Protestage or in natural unrefined color of honey vary Distinctively and enzymes.

sweet with traces of with the kind of flavored honeys are minerals, vitamins flowers from which derived from orange the bees gather the and other citrus Today's honey has nectar to make the blossoms, tupelo trees all the same qualitiee honey. As a rule, the of the south, wild tainer in a dry place ferment or mold margarine. 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 be kept at room

comb honey should be refrigerator. If it is honey, peanut butter, honey makes a great stored in a tight con- not kept cold it may and butter or glaze for ham.

When using honey in at room temperature. quickly like other thin Honey is delicious cakes or cookies, it is as a topping for ice best to stick with Creamed honey may syrups. as a topping for ice best to stick with Try some of be kept at room. The uses for honey cream or fruit salad recipes developed honey recipes.

Some honey candies and frosting may stay too soft in humid weather.

Try some of these

of different floral has been diluted with make a peanut butter be used in baking ly to lose crispness on 1 tablespoon honey types.

\*\*Transport of the liquid it - honey spread by cakes or cookies. And standing. And, con- 1 tablespoon cream | 1 tablespoon cream Extracted and should be kept in the mixing equal parts don't forget glazes, sider the weather. 2 tablespoons chopped parsley Pare or scrape car-

rots. Slice into thin rounds. Place in skillet with butter, water and salt. Cover tightly and simmer 15 to 20 minutes or until carrots are barely tender:

Add honey, cream and parsley; simmer uncovered two minutes longer! Makes four servings. TASTE OF ISLANDS DIP OR DRESSING 1 8-ounce carton

pineapple yogurt 3 tablespoons honey 1 tablespoon lemon 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 about 10 seconds: Makes about two and one-half cups. Keeps one day refrigerated. Serve over fruit salad or as a dip for fresh fruit.

LEMONY BREAD PUDDING 4 cups milk

Two-thirds cup mild flavored honey 4 cups (one-half inch size) dry bread cubes 6 eggs ½ teaspoon salt

2 teaspoons grated lemon peel 2 tablespoons lemon juice Nutmeg (optional)

Warm milk and honey together. Prepare bread cubes; removing crusts. Place in two-quart buttered casserole.

Beat egg slightly with salt. Add to bread cubes with honey mixture, peel and juice. Sprinkle top with nutmeg. Preheat oven to 300 degrees. Bake 50 to 60 minutes or until custard tests done near center. May be served warm or

HONEY CORN MUF-FINS ¾ cup sifted flour 1-1/2 teaspoon baking powder ½ teaspoon salt

meal 1 egg, well beaten One-third cup milk 1/4 cup honey 3 tablespoons shortening, melted

One-third cup corn-

1/4 cup pared diced ap-Mix the flour, baking powder, and salt. 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, twoinch muffin pans. Bake in preheated 400 degrees oven for 15 to 20 minutes. BEET PERFECTION

SALAD 1 one-pound, 13-ounce can julienne or diced

beets 2 envelopes unflavored gelatin .... 1 cup cold water 1-1/2 cups hot liquid (beet juice plus boil-

ing water) 1 cup cider vinegar 2 tablespoons lemon juice 1 tablespoon prepared.

horseradish ½ cup honey

1 teaspoon salt 2 cups finely shredded cabbage

Drain beets, reserving liquid. Soften gelatin in cold water. Combine beet juice, with water to make one and one-half cups. Bring to a boil. Add

the gelatin and stir to

dissolve, heating if

lemon juice, horseradish, honey and salt. Chill until syrupy. Fold in cabbage and beets. Pour into one and one-half quart mold. Chill until set. Serves eight.



WESTERN FAMILY 26 0Z 73c 32 0Z QT \$1 19 **COTTAGE CHEESE** \$1 35 DARIGOLD CREAMSICLES 6 PAK 79C LB. \$1 58 DARIGOLD CUBE BUTTER RS 16 0Z PAK \$205 **HUNGRY-MAN COMB. PIZZA** 5 PAK 68° MRS. SMITH APPLIE PIE JUICE 48 0Z \$ 1 29 LB \$ 98 KRAFT WAXED DIPPED CHEDDAR 802 98c SHARP CHEDDAR SPREAD 64 0Z \$ 1 39 SAVE 46 **WESTERN FAMILY APPLE JUICE РК** 69° FRITOS (or) CHEETOS 12 OZ 16 02 39c **ARM & HAMMER BAKING SODA** TINS 5 LB BAG \$ 1 19

PSU JOHNNY'S

SAVE 32 181/2 OZ. PKG.

U&ISUGAR N FAMILY SHASTA SAVE 30' 12 OZ

JOHNNY'S

SAVE 16'

LB.

SAVE 16

PSQ.

JOHNNY'S

TUNA

SAVE 10'

WELCH SAVE 24

JOHNNY'S

PSQ

WESTERN FAMILY REG. (or) PINK SAVE 47' 12 OZ. TINS

PSO JOHNNY'S

KETCHUP

SAVE 23°

32 OZ.

DARIGOLD VENDE KOMPA. SAVE 60' GAL.

PSO JOHNNY'S JOHNNY'S

APPLE PIE ... 34 0Z. \$239 CAKE DONUTS . 8 FOR 99° BUTTERHORNS 4 FOR 145 2 LAYER CHOC PECAN FUDGE CAKE UNSLICED FRENCH BREAD 16 0Z. 65°

CHEESE

71/4 OZ.

PKG

Stir in vinegar,

necessary.

LAMB CHOP SUEY 1 cup chopped onions 1 tablespoon butter or 1 small green pepper, margarine 1/2 pound ground lamb 1/4 pound mushrooms,

1 cup chopped celery One-third cup chopped celery tops

sliced

1 beef bouillon cube 1 cup water 1 teaspoon soy sauce 2 tablespoons flour Water Cooked rice

Melt butter or margarine. Add lamb and cook until lightly browned, stirring occasionally. Add mushrooms, celery, celery tops, onions, green pepper, bouillon

cube, one cup water

Cook over low heat LAMB IN TOAST 1 small onion, sliced

about 30 minutes, or until vegetables are 4 slices white bread a small amount of water; stir into lamb 1 tablespoon salad oil mixture. Cook, stirr- 1/2 pound diced lamb ing constantly, until shoulder

Serve with cooked rice, as desired. Dash of pepper Yields two servings.

thickened.

CUPS tender. Mix flour with 2-1/2 tablespoons melted butter

Parsley

bouillon 1 small apple, pared, cored and chopped 1-1/2 teaspoons all- pan; cool. purpose flour

Trim crusts from bread. Flatten slices with butter. Press into Cover and cook, stirr- Makes two servings.

½ cup stock or two and three-fourth- ing occasionally, 25 inch muffin tins. Bake minutes or until in preheated oven at tender. Add apple and 350 degrees, 15 to 20 onion; cook five minutes, until brown- minutes longer. ed. Remove from Slowly stir flour into meat than usual and

Heat oil, add lamb stirring constantly, and cook until brown- until thickened. ed. Drain off dripp-Spoon lamb mixture ings. Add stock or into toast cups. Gar- tional level at the with rolling pin; brush bouillon and pepper. nish with parsley. same time.

Stretch meat protein for dishes such as chop suey, stews and more by using less lamb mixture. Cook, adding shelled peanuts. The dish will have a nice texture and maintain its nutri-

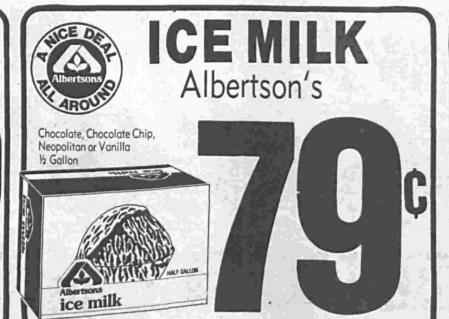




# Our Nice Deals

# CHUCK STEAK U.S. Choice Beef







## MEAT·MEAT·MEAT



RACK OF LAMB

LAMB ARM STEAK

LAMB STEW

**Beef Stew Meat** Not to exceed 23% fat Lean Ground Beef Hormel's By the piece Slab Bacon

# FRESH TURKE



Boneless, U.S. Choice

Barbeque a Fresh Valchris Turkey.

YOUR MUNEY DALK

Meat items will be available

Andrew Contraction of the Contra

**Beef Chuck Steak** 

**Beef Arm Roast** 

Boneless, U.S. Choice Beef

Thursday, July 5th thru Tuesday, July 10th.

> LB. Barbeque a Fresh Valchris Turkey



# DELI · DELI · DELI



Sliced Sugar Cured!

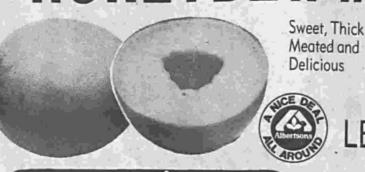
Armour's 12 Ounce Pan Size Sliced Bacon Armour's 12 Ounce **Beef Wieners** 

Armour's Bologna, Sliced Luncheon, Salami, Thuringer 429 Lunch Meats .... 12 Ounce Eq. Reser's Gourmet 16 Ounce

**Potato Salad** 

PRODUCE · PRODUCE

# HONEYDEW MELONS



Garden Hem of the Week

Pixie and Patio Variety

Tomato or California Wonder Green Bell Pepper Gallon Size YOUR CHOICE: Cauliflower Sweet, Juicy and Delicious **Nectarines** Thick Meated Bells

Green Peppers

Red Leaf Green Leaf also Romaine, Bib Lettuce Sale!



PLUM SALE! Bonus California's Extra Fancy Large Size

Santa Rosa, Wickson and Frontier LB.

# **Cross Rib Roast**







Applespice, Krunchy



Honey Whole Wheat or Sour Dough Reg. 36

Dinner Rolls .. 36/\$1.89 Fresh Baked 7 Varieties 59° Muffins Assorted Fruit-Topped Round Texas Size Coffee Cakes Reg. \$1.99.



7-Inch, 2 Layer White Cake with Orange Buttercream

Buys Icing and Orange filling. Covered with coconut.

Our low prices bring you

### Check canner gauge for accuracy before using

Before the home ty extension agent. gauge checked for ac- won't be safe to eat.

degrees, which is reaway, ask for shipp- the threads with more buy a new one. canner the pounds; three pounds two-pound low 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 disease-causing manufacturer may organisms.

canning season is in An inaccurate call the King County full swing, have your gauge could mean the Master Canner pressure canner dial vegetables you can Hotline 344-7648, or

"Fragile." you can send it away the gauge, replace it gauge again.

want the whole cover leakage. Or any paste can correct the pro- you'll have to process at 14 pounds. For information returned or just the with an oil or graphite cessing to make up for at a higher pressure crystal and label it pressure yet won't tag on the canner giv- ed. If you must remove you can't remove the reading.

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.

prevent steam than four pounds, you too low. To correct, and four pounds high, eight pounds; three

pounds low, at seven The reverse is true pounds; and four about where to have gauge In either case, base is all right. It will the incorrect reading. reading than the 10 if your gauge reads pounds low, process at your gauge checked pack it like fine stand up under As a reminder, tie a pounds recommend- low; the pressure in- six pounds. side the canner is ac- If your canner has a harden so much that ing the corrected If the gauge reads tually higher than the weight gauge, you one pound high pro- gauge indicates. If the must send it to the If the gauge reads cess at 11 pounds. For gauge reads one manufacturer for curacy, recommends The temperature to the manufacturer. carefully when it If the gauge reading higher than the actual a two-pound high pound low, process at testing. If there are

# for Outdoor Meals:

# BAKED BEANS

B & M Brick Oven

18 Ounce





# Janet Lee 9-Inch White 100 Count

### GROCERY · GROCERY



Regular or Sugar Free 12 Ounce

6 PACK

Blue Mountain Natural	4059
Dry Dog Food 50 Lb. Bag	IV
Janet Lee 6 Ounce	69°
Ripe Olives	09
44 Ounce	4 25
Heinz Ketchup	1-
140 Count	CEC
Zee Napkins	65°
Hunts 28 Ounce	46.6
Stewed Tomatoes	936
Hunts 15 Ounce	466
Tomato Sauce	39"
3 Varieties, 48 Ounce	200
Crystal White Liquid	99"

48 Ounce Crisco Oil	<b>2</b> <sup>49</sup>
Albertsons, Boysenberry, Strawberry, 7 Flavors Lowfat Yogurt ½ Pint 4 Pint One Pound Grade "AA' Cubes	\$4 463
Oriental, Beef Flavor, Chicken Flavor, Top Ramen 3 Ounce	1°°
2.5 Ounce  Cup O'Noodles  Borden's 14 Ounce	5°
Eagle Brand Milk  Janet Lee, Hamburger or Hot Dog  Sliced Buns 8 Pack 2 6	}3°

# Minute Maid Bonus LEMONADE

Banquer's, Chicken, Veal Parmesan, also Turkey, Man Pleasers Salisbury, Mexican 99¢	
Banquets, Frozen 22 Ounce Breast Portions 22 Ounce	
Banquets, Frozen 25 Ounce Thighs & Drumsticks 219	

Banquets, Banana Cream, Coconut, Cream Pies Frozen 14 Ounce	65¢
Bonquets, 32 Ounce Macaroni, and Cheese.	
mavaroni, and Gneese	II.

Inigns & Drumsticks & All Except Beef 11-12 Ounce

Banquets, Chicken, Beef or Turkey

Meat Pies .... 8 Ounce Frozen 5 for Albertsons, Frozen 32 Ounce

**Tater Rounds** 

Reuben's Deli Select, Reg.

\$5.59 Lb., Save \$1.00! Hormel Smoked, Reg. \$2.99 Lb.,

BLOCK!

36 Exposures

SPECIALS PREPARED MEATLOAF

Veal, Beef, Pork Blend, Oven Ready . . . from our

BUTCHER FRESH SMELT (BUTCHER BLOCK DEPT. CLOSED JULY 4)

No Limit! Good Thru 7-10-79

### Fresh-Made, Reg. \$1.09 Lb., Save 50'! Macaroni Salad Genuine Monterey, Reg. \$2.79 Lb., Save 50°! **Jack Cheese**

LB 159 OREGON SHRIMP MEAT Cooked, Salads & Cocktails..... . LB. 59° FRESH SOLE FILETS

# 4th of July Combination Special!

**DEVELOP & PRINT** MOVIES & SLIDES 188 8MM & Super 8MM 12 Exposures 20 Exposures 20 Exposure Slides 24 Exposures 36 Exposure Slides

orcelain Tine (hina OVAL SERVING BOWL DESSERT DISH

THIS WEEK 779 179 REGULAR PRICE REGULAR PRICE 829 NO PURCHASE NECESSARY



## WINE · WINE · WINE

**Banquet Dinners** 

RIESLING



AVAILABILITY Each of these advertised

items is required to be readily available for sale at or below the advertised price in each Albertson's store, except as specifically noted in this ad.

**RAIN CHECK** We strive to have on hand

sufficient stock of advertised merchandise. If for any reason we are out of stock, a RAIN CHECK will be issued enabling you to buy the item at the advertised price as

PRICES EFFECTIVE JULY 4-10, 1979 Right to Limit Reserved

Our people bring you back.

### A treat for chocolate and almond lovers

the perfect combinafeatured in the competition, may be degrees F.)

For chocolate and served for brunches, almond lovers, Cocoa desserts or as snacks. Almond Rolls create COCOA ALMOND cocoa RO LS

tion. The rolls, 1package hot roll mix 34 cup warm water 2 tablespoons Pillsbury Bake-Off (105 degrees to 115 margarine or butter, 1-1/2 cups powdered

1/4 cup unsweetened

1-1/2 teaspoons cin-Filling

# Quick and easy summer grill party

Give an outdoor entertain with sizzle. stirring until thicken- orange peel Serve roast pork, ed and smooth. followed by a refreshing Orange Rum Sherbet. Sonora Place on grill or Mintsprigs Cocktails will get the fasten to spit. Place party off to a roaring drip pan under pork. start.

PORK

1 cup orange juice ½ cup firmly packed dark brown sugar 1/4 cup dark rum (80 proof)

2 tablespoons soy sauce 1 medium clove

garlic, minced 2 teaspoons ground ginger

1 tablespoon cornstarch

1 pork loin (about four and one-half pounds) Hot cooked rice Halved green grapes

In saucepan, com- 1/2 cup dark rum (80 grill party this sum- bine all ingredients, proof) mer. It's a fine way to except pork. Cook, 1 tablespoon grated

one-inch intervals. cut-up

Grill about two and water to soften. ROAST LOIN OR one-half hours, of roasting.

decorated with grape Add gelatin and stir clusters. Makes about until dissolved. Add six servings.

ORANGE RUM SHERBET

1 envelope (one tablespoon) unflavored gelatin 34 cup water

3/4 cup sugar 1 cup orange juice

Dash salt Score fat on pork at 1 cup orange sections,

> Sprinkle gelatin over one-fourth cup

In saucepan, combasting with sauce bine remaining oneduring last 45 minutes half cup water and sugar. Bring to boil Serve with rice and boil one minute. juices, rum, orange peel and salt. Pour into freezer tray or metal bowl. Freeze to

Remove from freezer and beat until smooth. Fold in orange pieces, Refreeze. To serve, garnish with mint. 1 1/2 tablespoons lime Makes about one quart.

SONORA COCKTAIL

½ cup dark rum (80 proof)

2 cup applejack or calvados 4 cup apricot brandy

tablespoon lemon iuice Shaved ice

In shaker, combine all ingredients. Shake well. Strain into cocktail glasses. Makes two drinks.



Roast Loin of Pork

# Variations on a dessert theme

wished for one on the tarts. Chill refrigerator. Just wonderful basic pie or tarts until serving before serving, garcake recipe you can time. Garnish with nish with banana count on for a variety prepared whipped slices and sprinkle of family occasions? topping, if desired. with chopped nuts. A reliable basic recipe Try some of these with a number of fresh fruit combina- Cream Pudding Pie variations provides a tions in tarts: blueber- provide several flavor long run of "dessert ries and fresh hits." For example, a peaches; strawber- family meals super Fruit-Topped Pudding ries and bananas. Pie that begins with a package of instant Banana-Nut Torte to with one cup of cold pudding and pie filling celebrate the next plays a different family occasion. All dessert role during you need is one large

fresh fruit seasons. take advantage of regular or puddingfresh strawberry included cake mix season. Prepare a six- (two-layer size), oneserving size package half cup mashed of vanilla flavor pud- banana, a fourding and pie filling ac- serving size package cording to directions, of banana cream to a baked cooled pour into a baked and flavor instant pudding cooled nine-inch and pie filling, four graham cracker eggs, one cup water crumb crust and chill. and one-fourth cup oil. Just before serving Blend; then beat at cut into six or eight medium speed with an wedges and top each electric mixer for four wedge with the minutes, pour into two sweetened fresh greased and floured strawberries. As fresh nine-inch layer pans blueberries and fresh and bake in 350 degree in the bottom of a coolpeaches arrive on the oven for 30 to 35 ed baked eight-inch market, rely on this minutes or until cake pie shell. Then, recipe to show off the tester inserted in thoroughly blend one best of the season.

ed Easy Fruit Tarts to pull away from side cream in a bowl. Add are simple once of pans. Do not under- a four-serving size you've learned the bake. basics. It's a family dessert that looks minutes. Remove pudding and pie fillever so company-like. from pans and finish ing; beat slowly with From now on, take ad- cooling on racks. Split rotary beater or at vantage of "specials" cooled cakes, making on fresh fruits at the four layers. market and use this idea. Just be sure to Quick Fluffy Pour immediately inhave commercial tart Frosting. Prepare the to pie shell and chill shells on hand.

four-serving size cold milk into a deep package of vanilla narrow-bottom mixer peaches and thawed flavor or lemon flavor bowl; add one frozen whipped toppinstant pudding and envelope whipped top- ing. pie filling. Divide ping mix and a fourevenly among eight serving size package three-inch tart shells, of vanilla or banana arrange about one to cream flavor instant two cups fresh fruit on pudding and pie filltop of the pudding and ing. Beat at low speed chill. For the glaze, of electric mixer until prepare a three-ounce well blended, gradualpackage of raspberry, ly increasing beating orange or apricot speed to high, and flavor gelatin ac- whip until mixture cording to directions, forms soft peaks, four chill until thickened to six minutes. Store

How often have you and spoon over fruit frosted cake in

Count on a fresh mixing bowl to blend a Now is the time to package of yellow center comes out cup cold milk with one

frosting by pouring until set, at least one Simply prepare a one and one-half cups

Variations on an Ice

combinations to make special. Blend one cup of vanilla ice cream milk in a bowl. Add a four-serving size package of butterscotch flavor instant pudding and pie filling. Beat slowly with rotary beater or at low speed of electric mixer until blended, about one minute. Pour immediately ineight-inch pie shell, Chill until set, at least one hour, and serve proudly.

Enjoy a Peachy Ice Cream Pudding Pie, easily made by peeling, pitting and slicing one medium peach and placing the slices Variations on glaz- clean and cake begins cup of vanilla ice package of vanilla or Cool in pans 15 French vanilla instant low speed of electric mixer until blended, Fill and frost with about one minute. hour. Garnish with additional sliced fresh

> Add your own individual touch to prepared foods with a sprinkle of a seasoning blend. For instance, an Italian herb blend shaken on frozen pizza gives it a truly authentic flavor.

tangle; spread with margarine. Sprinkle with mixture of almonds, sugar and cinnamon.

Glaze 1 tablespoon unsweetened cocoa 2 to 3 tablespoons milk 3 tablespoons chopped

In large bowl, dissolve yeast from minutes. hot roll mix in water. Stir in sugar, cocoa and egg. Add hot roll flour mixture; blend well. Cover; let rise in warm place until light and doubled in size, 45 to 60 minutes.

almonds, if desired

ped almonds

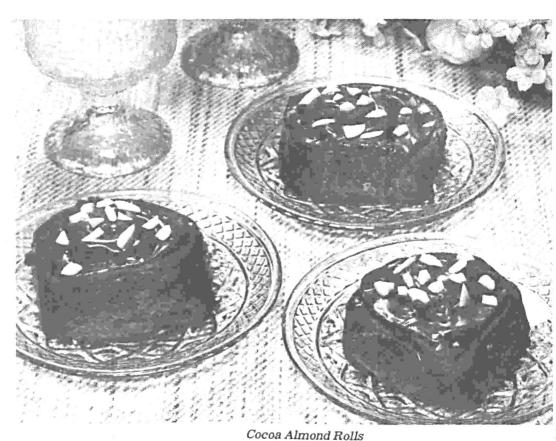
sugar

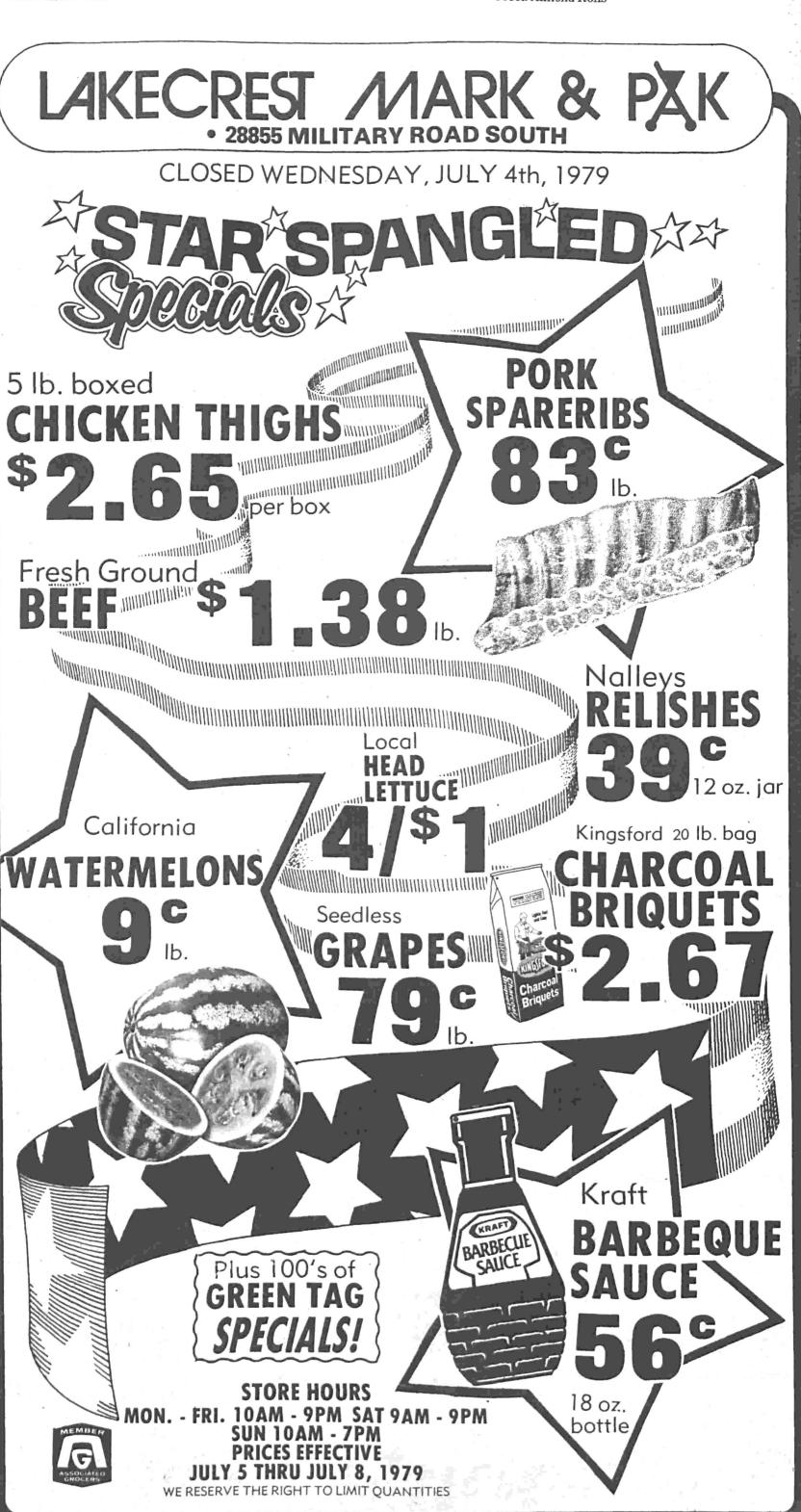
3 tablespoons sugar

pan. On lightly floured Sprinkle with surface, roll out dough almonds. Yields 15 to 15x12-inch rec- rolls.

Starting with longer side, roll up tightly; seal edge. Cut into fifteen one-inch slices. Place cut side down in greased pan. Cover; let rise in warm place until light and doubled in size, 45 to 60

Bake in preheated 375 degree oven for 20 to 25 minutes. (Do not brown.) Immediately remove from pan. Blend powdered sugar, cocoa and milk until smooth; drizzle Grease 13x9-inch over warm rolls.





uses up a lot of energy 2 cups White grape and active people are juice turning to fruit juice 1 cup apple cider to restore that energy. 1 cup orange-According to a recent grapefruit juice survey, 46 percent of 2 cloves the people who are 1 cinnamon stick creased their con- candied ginger sumption of fruits and 1 bottle (12-ounces) fruit juice. Among long-distance runners Orange slices that increase is even they started running.

While you and your as active as these individuals, fruit juice is a delicious way to boost your energy. White grape juice, for example, is a light, refreshing beverage that contains natural fruit sugars for a quick energy lift. It is good by itself or when mixed with other ingredients.

Suggested here are wo drinks that will quickly give you an energy boost. Fruit Juice Fizz is a tasty chilled drink that can be kept on hand in the refrigerator. Thermal Grape Juice can be mixed and heated on those cool, rainy days when a child's energy is worked off indoors.

# Chic dieting

If you want to make a dieter come alive with delight, don't serve home style serve "palace" style.

Chummy, community platers and bowls at the center of the table are out, and individualized service

Serve a chic, individual platter of crudities -- colorful, crisp raw vegetables surrounding a delicate china cup with a low-calorie dip; a private serving of chicken and artichoke aspic; one's own minibottle of lightly carbonated mineral water, and liqueursplashed fruits chilled on ice as the finishing touch.

This gourmet luncheon not only relieves the dieter of the temptation of reaching for second helpings; it is also a unique, chic, and delightfully continental way of counting calories.

### Budget Bologna Bake

BUDGET BOLOGNA BAKE

4 ounces noodles 2 tablespoons butter 1/4 cup diced celery 1/2 teaspoon caraway seed-

1 cup cottage cheese 1 cup dairy sour cream

1/4 pound sliced bologna, chopped ½ cup shredded Brick chèese

Cook noodles according to package directions; drain. Meanwhile in saucepan melt butter. Add celery and saraway seed; saute until celery is tender. Stir into noodles along with cottage cheese, sour cream and bologna. Turn into one and one-half quart easserole dish. Bake in preheated 350 degree oven for 15 minutes. Sprinkle top of casserole with cheese. Return to oven for 20 to 25 minutes, until cheese melts and becomes lightly browned. Allew casserole to stand for 10 minutes before serving. Garnish with additional bologna slices, if esired. Yield: four to six servings.

Vigorous exercise FRUITJUICE FIZZ

highly active have in- 1/4 teaspoon chopped

gingerale, chilled

In saucepan, commore striking. Sixty- bine all ingredients two percent of the run- except soda pop. Brners in the survey coning to boil; reduce sume more fruit juice heat and simmer five Simmer 10 minutes; than they did before minutes. Strain and chill thoroughly.

children may not be combine grape mix-

Garnish with orange slices. Serve over ice. Serves four.

THERMAL GRAPE JUICE

1 quart White grape juice ½ cup orange juice 3 tablespoons lemon 6 whole cloves

2 cinnamon sticks In saucepan, combine all ingredients. stir now and then. Pour into mugs. Just before serving, Makes about five

# Summertime thirst quencher Since summer has Balls and a basket of sugar are dissolved.

officially arrived, fresh fruit on a sultry, Makes two quarts or there can be days that sweltering afternoon 16 servings. prepared by serving Cranberry Punch, a

are scorchers and the i n J u n e . n best advice is to be CRANBERRY PUNCH Combine one sparkling drink that envelope strawberry, creamy peanut butcombines unsweeten- cherry, raspberry or ed soft drink mix with orange flavor cranberry juice unsweetened soft milk, one-half cup cocktail or cranberry- drink mix, one-half crunchy nutlike apple drink. It's a cup sugar, one bottle cereal nuggets and flavor combination (16 fluid ounces) children appreciate, cranberry juice in bowl, mixing well.

### CRUNCHY PEANUT **BUTTER BALLS**

Combine one cup ter, two-thirds cup sweetened condensed one-fourth cup raisins and each serving cou- cocktail or cranberry- Roll into balls and roll tributes toward their apple drink and six in one-half cup addidaily requirement of cups water with ice in tional cereal. Store in vitamin C. Doubly ap- large nonmetal pit- refrigerator. Makes preciated are Crun- cher or bowl. Stir until three and one-half chy Peanut Butter soft drink mix and dozen candies.



Cranberry Punch

—PRODUCE-

CANTALOUPE

# DON'T FORGET A THING ... DROP BY ... WE CAN HELP ... AT FOOD KING ammummmmm HELCK

T.P.R. MEANS TEMPORARY PRICE REDUCTION. THIS IS

HOW WE PASS ALONG MANUFACTURER'S TEMPORARY ALLOWANCES.

**ADVERTISED PRICES EFFECTIVE** 9 DAYS, JULY 2-10

**DUE TO STAFFING** LIMITATIONS, SOME FRESH MEAT ITEMS MAY NOT BE AVAILABLE ON SUNDAYS.

LYSOL

.....120z. 1.69 SARAN WRAP

HAMB. HELPER

**GRAVY TRAIN** 

**ROOT BEER** 

COCA-COLA

..... 6-12 OZ. TINS **VEGETABLES** PARADE CREAM OR WHOLE CORN, PEAS

FRUIT COCKTAIL WIZARD CHARCOAL LIGHTER . . . . **STRAWBERRIES** 

> **KINGSFORD BRIQUETS**

REYNOLD'S FOIL DUTY .. NAPKINS

MEDALLION

SIZES. TRY A TURKEY BARBECUED!

7-BONE ROAST

U.S. CHOICE ....... 1.69 **CROSS RIB** U.S. CHOICE BONELESS

ROUND BONE

CHUCK **STEAK** U.S.D.A. CHOICE BEFF BLADE

DINNER FRANKS ...2 LB. PKG. **2.98** ALL MEAT BACON

ARMOUR STAR 12 OZ. 1.09

**FISH STICKS** .....1½ LB. PKG. 1.29 PORK ROAST HYGRADE BONELESS BUTT ....ьв. 1.29 LUNCH MEATS 6 VARIETIES ....120z. **1.29** -**SAUSAGE ROLLS** HYGRADE ..1**.в. 1.29 HOT DOGS** ARMOUR STAR ALL MEAT .....1.09

WHOLE **FRYERS FRESH** WASHINGTON GROWN.

LIMIT RIGHTS RESERVED NO DEALER SALES MERCHANDISE SUBJECT TO STOCK ON HAND

FOOD KING STORES OPEN DAILY & SUNDAY

★ Tacoma-512 So. 112th \* Tacoma-602 So. 38th St. \* Puyallup-312 West Pioneer

\* Bremerton-616 6th St.

\*Tacoma-3901 Bridgeport Way W. \*Tacoma-3510 So. 56th St. \* Tacoma-1214 6th Ave.

PRICES EFFECTIVE JULY 4-10

★ Federal Way-35419 21st Ave. SW

★ Gig Harbor-5539 State Road No. 16

LARGE CALIFORNIA MELONS.	5
VALENCIA ORANGES	
PLUMS SANTA	49
CHERRIES	59
RADISHES OR GREEN ONIONS EA 2/	
WATERMELON THUMPIN' RIPE LB. —PLANT ITEMS—	15
CLOSE-OUT ALL BEDDING PLANTS AFRICAN VIOLETS	/\$1
SUMMER HEATHER _	49
RHODODENDRONS 1 GALLON CANS	98
BRENTWOOD	
ICE CREAM ASSORTED FLAVORS.	9
FISHER'S FLOUR	
BISQUICK	49 53
PORK AND BEANS VAN CAMP'S	40
TUNA STARKIST	
MARSHMALLOWS	20

......99 MINUTE MAID **LEMONADE** REGULAR OR PINK

REGULAR OR MINI'S....

POTATO CHIPS

PAPER PLATES

PARADE REGULAR.

BLUE BIRD

DIPPERS OR BARBEQUE .

-VAN DE KAMP'S-FRENCH BREAD CAKE DONUTS APPLE PIE BUTTERHORNS **ANGELFOOD FUDGE CAKE** 

\* . . . 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.

Washed, but-up vegetables and a creamy dip resting in the refrigerator make it easy to set out snacks before dinner.

# Refreshing dips for summertime snacks

or swimming, it's egg and avocado. time for a snack. Dinsometimes much smacking good, but cheese, softened later, since everyone they're also nutritious 1/2 cup dairy sour wants to cool off and because the combina- cream relax.

dips and dippables are protein, vitamins and Spanish peanuts all ready in the minerals. refrigerator. It's a vide snacks since no sticks, crackers, K.P. duty.

All of these dips are rings. quickly made in a blender or food processor. Then they're 1 cup creamed cottage covered and chilled in cheese the refrigerator. Store 1 small avocado, dic- 1 pkg (3 oz.) smoked the vegetable dippers ed in plastic bags right 1 tsp minced onion near the dips 2 hard-cooked eggs, themselves so they can't be missed.

Blue Cheese Beef cream Dip is a zippy combination of two cheese Dash of pepper sauce and thinly sliced beef, 1 tsp fresh lemon juice shredded easily in the its cottage cheese cups. base deftly mixed

Chinese pea pods, vings.

their nutrients if pepper.

Liquid

\$1.09

4 oz.

are a fairly good pea pods in a variety

source of Vitamin A, of Chinese dishes:

calcium, phosporous with water chestnuts

and potassium, and celery or thin

also known as sugar

peas, snow peas or

edible pea pods are

now in season. They

are all different

names for the same

vegetable.

After an afternoon with onion and pepper

Snacks like these temperature tion of cheese and raw

slices or green pepper

Summer Cottage Dip

finely chopped ½ cup dairy sour Blue cheese

Salt to taste

Drain cheese if to blender. Contrast that moist, and beat with with a Swiss cheese avocado until smooth and peanut mixture, and creamy. Add uniquely flavored onion and eggs and with chutney. Still blend. Fold in sour another dip is in- cream and seasonteresting because of ings. Chill. Yield: 2 1/2

Garden fresh peas

Fresh pea pods are

highly perishable and

should be used within

four days of picking.

Refrigerate as soon as

possible, wash and

Chinese pea pods before using. Use the vitamins are retained

Eating pea pods fresh slices of beef and Small pea pods should is the most nutritious mushrooms. Try be blanched only 30 way but they do retain sauteed pea pods with seconds in steam. a high proportion of onion salt or lemon Start timing as soon

Choose flat pea highest nutrition steam. Then stop the

pods, three to four in- retention and the best heat by cooling the ches long and one inch flavor and texture vegetables in icy cold wide. The vegetables quality, freeze pea water for 30 seconds. should be a bright pods right after pick- Package in moisturegreen color and crisp ing. Blanching is vapor proof con-

when broken. Select necessary to kill the tainers designed for

one pound for four ser- enzymes that make the freezer.

of tennis, golf, hiking sauce, hard-cooked 2 cups (8 oz) shredded

Swiss cheese at room ner will come later, are not only lip- 1 pkg (3 oz) cream

2 tblsps chutney Snacking is easy if vegetables provides ½ cup chopped

Veat Swiss cheese, As dippers try cream cheese and carefree way to pro- celery chunks, carrot sour cream together until well blended. one needs to be on radishes, cucumber Stir in chutney and peanuts. Chill. To serve, sprinkle with additional peanuts.

Yield: about 2 cups. Blue Cheese Beef Dip

sliced beef 1 pkg (8 oz) cream cheese, softened

2 tblsps crumbled 1 tblsp minced onion

1 tblsp prepared horseradish, drained 2 tblsps dairy sour cream.

Shred beef in blender or chop finely. Mix cream cheese and Blue cheese. Add shredded beef, onion, horseradish and sour cream. Chill. Yield: Yield: approx. 1 1/4

the pea pods continue to ripen. Blanching

can be done in boiling

A larger amount of

pea pods may be pro-

cessed at one time

with boiling water

with steam blanching.

Blanch for 30 seconds

in boiling water or one

minute in steam.

as the pea pods are

Johnson ,

Baby Oil

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water or in steam.

snip the ends just blanching, but more

Preserving for the put in the water or

complete Hardware Section" 927-4601

# Mealtime versatility in the out-of-doors

balcony barbecues for six to eight servings. couples or a festive barbecue spit-roasted in the backyard for family and friends.

Outdoor meals range from picnics packing foods for a brown bag bash in the park or at the beach to carting the cooler stuffed with foods to keep the family fed

from noon 'til night. Campfires may be used to fry fish and broil meats while landlubbers enjoy creative cookery from a can while trailer blazing during the warm weather mon-

ROTISSERIE RUMP ROAST

4-5 pound rump roast (high quality)

Insert rotisserie rod lengthwise through center of roast; secure meat on rod with holding forks so that it is balanced and turns only with rod.

Insert meat thermomemter making sure it does not touch rod or fat. Cook over medium-hot coals one and one-half to two and one-half hours or doneness. Serve with seasoned butter about eight servings.

doors may include Cheese Sauce. Yields

SOUR CREAM-BLUE CHEESE SAUCE 1 cup dairy sour

cream 2 tablespoons red wine vinegar

½ teaspoon dry mustard ½ teaspoon sugar 1/4 cup crumbled Blue

cheese Combine sour cream, vinegar, mustard, sugar and Blue cheese. Heat, stirring constantly, until warm. (Do not boil.) Yields: One and one-fourth cups.

GRILL-BROILED CHICKEN WITH SEASONED BUT-

TER BRUSH-ON ½ cup butter 1/4 cup lemon juice 1 tablespoon (one-half envelope) garlic salad dressing mix

broiler-fryer chickens, quartered Melt butter; blend

in lemon juice and salad dressing mix. Brush chicken with seasoned butter. Place on grill, cut side down, five to six inches from coals. Cook

Note: If chicken seems to be cooking too fast, move grill further from coals or spray a little water on

coals to lower heat. servings.

### CHIL! CORN

½ cup (one stick) butter

1/4 cup chopped green pepper 2 tablespoons chopped pimiento

1 teaspoon salt ½ teaspoon chili powder 6 to 8 ears of corn

Whip butter until light and fluffy. Stir in Melt butter; stir in green pepper, pimiento, salt and chili powder. (Yield: one cup) Place each ear of corn on a square of double thickness

heavy duty aluminum foil. Spread with about two tablespoons butter mixture. Wrap securely in foil, twisting ends. Roast directly on medium coals 10 to 15 minutes,

Note: Foil-wrapped corn may be baked in a preheated 450 about one hour; turn- degree oven, 25 until desired degree of ing and brushing with minutes. Yields six to

turning once.

KABOBS 4 small zucchini

Cherry tomatoes Yields: Six to eight Parmesan Butter Sauce

mushrooms

6 tablespoons (threefourths stick) butter 1/4 cup grated Parmesan cheese

tablespoon lemon juice ½ teaspoon leaf Grated orange peel

oregano Cook zucchini in small amount of boiling water about 10 Chill. Garnish with minutes; cut in one-

half inch slices. To prepare sauce: cups. cheese, lemon juice and oregano.

To prepare Kabobs: Alternate zucchini, mushrooms and 12 green pepper onto each roll. tomatoes on eight, seven-inch skewers.

Place on grill five to six inches from coals. Cook eight to 12 minutes turning occasionally and brushing with Parmesan Butter Sauce. Yields eight servings.

SUMMER SUSAN FRUIT SALAD Line a large platter

with lettuce leaves. Place a small low

ter. Line bowl with let- half inches tuce leaves; fill with 12 tomato wedges Fresh whole cottage cheese. Ar- Melted butter

2 tablespoons honey

iuice

cream

2 tablespoons orange

fold into sour cream.

PICNIC PACKIN'S

BEACH KABOBS

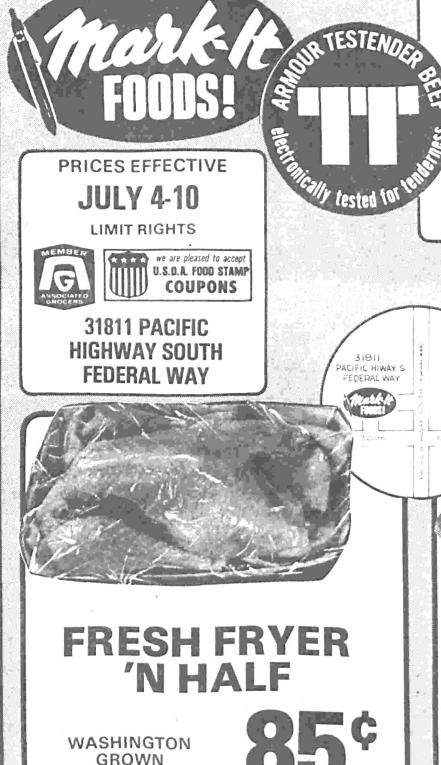
range groups of fresh 4 slices (One ounce fruit on platter. Serve each) Muenster or with Honey Orange Brick cheese Cream Dressing. HONEY ORANGE rolls, split, buttered

4 individual French CREAM DRESSING and toasted 4 Skewers

Cut each sausage 1 cup dairy sour crosswise into three pieces. On each skewer, thread three Blend honey and pieces of sausage orange juice; gently alternately with green pepper and tomato.

Grill five to six inorange peel. Yield: ches from coals for 10 one and one-fourth to 12 minutes. Turn frequently, brushing. with butter. Place slice of cheese on bottom half of each roll. 4 smoked thuringer or To serve - remove knowkwurst sausages kabobs from skewer

Try minutes or until this well seasoned golden brown. When snack for family or the butter melts, stir parties. Spread three nuts or shake pan to cups of walnut halves coat nuts evenly. in a shallow baking Remove from the pan. Dot with one and oven and sprinkle one-half tablespoons generously with two of butter. Bake in a tablespoons seasoned moderate oven (350 salt. Spread on absordegrees F.) for 20 bent paper to cool.



GROWN

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every cut, every purchase. It's guaranteed. Look for the Tes-Tender Seal in our meat case. You'll find it on steaks, roasts, beef for stews, prime ribs, chucks, rounds and briskets. The TesTender Seal is your assurance of natural tenderness, that elusive, sought-after quality that can't be added on, built-in or imagined. Nature has to put it there and Armour knows how to find it for you, every bite, every cut, every purchase.

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SAT. 9 am-7 pm

SUN. 11 am-6 pm

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ARMOUR **TESTENDER USDA CHOICE** 



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ARMOUR TESTENDER **USDA CHOICE** 

LINK SAUSAGE

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