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Federal Way News

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Cities subsidize county taxpayers, report says

by Carolyn Logan
Highline, Federal Way and other unincorporated county taxpayers got a good deal: They received about \$2.4 million more in services than they paid in county taxes last year.

That was one conclusion in a private consultant's report prepared for County Executive John Spellman. He released it on Friday.

Another conclusion was that taxpayers in suburban cities, like Des Moines, got shortchanged, having forked over almost \$2 million more in taxes than they received in county services, according to the consultant.

Seattle taxpayers were shorted less — \$1.1 million.

However, Spellman pointed out that the county's \$10 million contribution for the West Seattle bridge replacement will shift the equity picture in favor of Seattle.

The equity question is central to negotiations over future reorganization of the Seattle-King County Health Department. Spellman had ordered the consultant's report to assist the county

with negotiations and with continuing Seattle-county relations. At stake is how much the county and Seattle should pay to fund the department.

SPELLMAN wasn't happy about releasing the consultant's report.

Nearly a month ago, he refused to disclose the report, saying it was exempt from public-disclosure laws. So a Seattle newspaper initiated a legal challenge.

In releasing the report, Spellman maintained that there are legal reasons for non-disclosure.

However, "In this era of mistrust of government, the process of litigation would add fuel to the concept that King County was stonewalling the issue," he said. "I believe it is important for government to be fair...and to appear to be fair."

Another reason for release is to avoid the costly, time-consuming legal process, which would likely include appeals, he added.

SPELLMAN stressed that the report's analysis and conclusions

do not necessarily represent his own thinking.

Among those conclusions are several strategies for dealing with Seattle officials, suggested by consultant Virginia S. Johnson.

One strategy is to "Do nothing. When the issue arises, argue that there is overall equity. Counter...with other services where the jurisdiction uses a disproportionately large share of services."

"Argue that any redistribution to the unincorporated county is justified because of county growth management policies which promote the location of tax base in incorporated areas," Ms. Johnson recommended.

Spellman's negotiations on the health department may have lost one advantage. He feels like a poker player who has had to show his hand before the game is played, he said. Seattle's report on tax equity is expected to be released this week.

Regarding the health department, Ms. Johnson found that Seattle (with 41 percent of the

population) paid 69 percent of the cost and used 46 percent of the benefits. She cautioned that her findings are all "a very rough estimate."

She emphasized that she only had about five weeks to do the \$6,000 study, unlike studies which use more time.

And the subject matter is complex. For example, Ms. Johnson concluded that, "Seattle's high utilization of these services (courts, jail) was compensated overall by Seattle's proportionally low use of other services (district court, emergency medical, arts, aquatics and youth-service bureaus) as well as by revenue contributions (in addition to county taxes) for court fees, jail services and health department costs."

She also observed that the city subsidy to unincorporated areas declined slightly since a 1975 equity study because tax revenues escalated more for the unincorporated areas.

One should look at the overall equity picture, she concluded.



CHEEKS FILLED WITH AIR, Troy Keishman, a sixth grader at Olympic View Elementary blows his first note on his new trumpet. He is one of hundreds of students in the district now able to take band at the elementary-age level.

— photo by Ann Hagen

Partying?

You may have to pay for the cops

by Loren Bliss
Party-throwers whose celebrations get so rowdy they require the intervention of the police may be billed for the law enforcement costs, a King County Justice Court judge said Monday.

The judge, Theodore E. Sampson of the court's Federal Way district, recently ordered a young Federal Way woman to pay the county \$250 — which is what it cost the taxpayers for the King County Police to break up her birthday party.

Sampson, who handled the case several weeks ago, said it was the first of its kind that had turned up in his courtroom.

"But under similar circumstances, I'd do the same thing again," he said, "and I believe Judge (Elwood) Leverette is of a like mind."

Leverette also presides in the Federal Way district.

The case in question showed up on police records as a noise

disturbance that resulted in several citations.

A SINGLE police car responded to the initial complaint, but as the officer was attempting to ask the revelers to quiet down, they began pelting him with beer bottles.

The officer called for help, and within minutes a total of ten cars, each one containing an officer, were on the scene.

Such a response, police officials say, is customary — particularly when there are from 150 to 200 persons involved, as there were in this incident.

Subsequent investigation, Sampson said, brought out that the young woman had rented a community hall and hired a band for the party.

"She organized the whole thing herself," said the judge. "She created the problem, and it was my belief that therefore she should pay for it."

The woman, who was not yet 21,



Theodore E. Sampson

was charged with underage drinking and possession of alcohol and with creating a public nuisance.

FINDING HER guilty, Sampson deferred her sentence on condition that she pay the county and be convicted of no further alcohol-related violations for the next year.

Kids face the music in updated program

by Ann Hagen
For the first time in two years, hundreds of Federal Way's elementary-aged youngsters are proudly packing their instruments to school and learning how to play.

A new twist for the district, school administrators were forced to eliminate music from the elementary level two years ago as levy failures dried up necessary funding.

The music program, that was once a glowing example to other districts, screeched to a stop and students interested in learning the basics of instrumental and vocal music were simply out of luck.

Now, with increased funding from the state, the district is implementing a new program.

Dr. Ronald Johnson, assistant to the superintendent in charge of change of programming, estimates \$125,000 available for additional staff.

In addition, \$3 per pupil has been budgeted to cover repairing neglected equipment and instruments, purchasing sheet music, music texts and listening records and buying or renting new equipment.

The effort is in response to state requirements that specifies only that music be offered. "It's more community requirements than anything else," said Johnson. "People want these kinds of things offered to their children. This constitutes a well-rounded program for students."

TO MEET MINIMAL NEEDS, the district hired eight additional teachers. For vocal instruction, each teacher will offer classes at three elementaries and one junior high. Each fifth and sixth grade class will have two 30-minute sessions per week.

"We wanted to reach the fifth and sixth-graders especially so that the program can build through the junior high level," said Johnson.

Each instrumental instructor will be responsible for four elementaries where they will offer band to fifth and sixth-graders and strings to those in fourth through sixth grades.

Principals report that band and string interest is high, numbering as many as 100 students per school. Though classes number in

the 30's, instructors say they expect that natural attrition will reduce those numbers.

At the junior high level, an attempt has been made to see that each school has vocal instruction. Last year, Sacajawea and Lakota Junior Highs were the only two schools with a vocal program.

However, funds for the secondary schools are far from adequate. Larry Belz, Federal Way High School band and choral instructor and district coordinating teacher for music said that their only financial increase has been \$20,000 designated for instrument repair.

As the funds gradually dried up over the past five to six years, the quality of instruments declined, sheet music became dated and classroom materials, instruments and equipment have not been replaced.

"Five years ago, we were playing college-level materials," said Belz. "Now the kids aren't that proficient. They simply don't have that kind of musical maturity," he said.

TYPICAL OF THE OTHER two high schools, Belz said FWHS is additional \$600 to make it until spring," he said.

Belz said he doesn't expect the program to recover from the repeated levy failures overnight. He said he expects it to take at least four to six years before the program gets back on its feet.

He said he's especially concerned about developing an adequate choral program at both the junior high and senior levels.

"People seem to have the attitude that anybody can sing. The better they are, the less training they think they need," he said. "It's harder to get a choral program going and keep it going."

He added that people are more committed to the instrumental program where they've paid for an expensive instrument.

Belz, though, is optimistic about the district's interest in revitalizing the music department at all levels.

He said he now feels encouraged because of the positive and helpful attitude of new administrators, specifically Milton Snyder, superintendent and Julia Wan, curriculum chairman.

"Those things show up in so many ways that you can't anticipate," he said.

Shots are required for area elementary

by Ann Hagen
The Federal Way School District administrators and nurses, in conjunction with the state health department are involved in a massive effort to see that all 8,000 elementary students are immunized by an Oct. 24 deadline.

The thrust is in response to a

state law that requires all Washington students, grades kindergarten through sixth, show proof of proper immunization or be granted an exclusion 45 days after the beginning of school.

If they do not abide by this law, they risk being suspended from school until the health depart-

ment is satisfied that the requirements have been met.

The law states that students have shots to protect them against diphtheria, tetanus (lock-jaw), rubella (three day or German), measles (hard or seven day), poliomyelitis, pertussis (whooping cough) and mumps.

The law's intent, according to Dr. Paul Chaplik, superintendent assistant who coordinates the district's health services, is to put the responsibility of having their child immunized on the parents.

"Parents seem to understand that it's an obligation," said Chaplik in reference to the program that's been in effect since kindergarten started Sept. 10. "We hope to have fewer sick children as a result."

Three school district nurses, Joyce Ray, Cherie Wagoner, and Anita Jess are each responsible for five or six elementaries, two junior highs and one high school. The state has provided \$2,000 to pay for a clerical assistant for each of them.

THE FIRST PART of this week, forms were sent to parents requesting immunization information. So far, response has been poor. Less than 50 percent have been returned. "But, it's early yet," said Ray. "We're just getting started."

In addition, nurses are stressing the importance of immunizations in the classroom. "We want the students to realize that the thrust is to prevent illness rather than keeping them out of school," said Ray. "It's important that they understand the severity of the illnesses that can be prevented through proper immunization."

Nurses are also working to build up the immunization level of secondary students. The state will require records from them by 1980.

Concerned about the recent outbreak of rubella in older students, Ray said she worries about the



ONE-YEAR-OLD Austin Guy gets a head start on the state immunization requirements that state that all elementary and secondary students be immunized by 1980.

— photo by Mike Bainter

Fire victim douses neighbor's blaze

A Federal Way man whose home last week was damaged by fire successfully extinguished a fire in a neighbor's home only four days later.

Patrick Steele, whose home incurred \$10,000 fire damage Thursday morning, was alerted Sunday afternoon that fire had broken out at a neighboring house at 2737 S.W. 327th St., the Federal Way Fire Department reports.

When Steele arrived a mattress

in one of the bedrooms was ablaze. He dragged the burning bed from the house and extinguished it with a fire hose, the fire department said.

Angela, the 12-year-old daughter of owner John Inglet, was home alone when the fire broke out. No cause has been determined for the blaze; the case is under investigation.

No injuries were reported; damage is estimated at \$100.

Editorial

Two bad apples

It's not often that the sponsor of a special award can also be the first recipient of that award.

But this should be the case with a Bellevue legislator and his "Bad Apple Award."

This award, the brainchild of Rep. Paul Sanders, R - 48th District, is somewhat like Wisconsin Sen. William Proxmire's "Golden Fleece Award," which points out wastes of taxpayers' dollars.

One example of a Golden Fleece Award winner was the government's expenditure of \$89,000 to produce a dictionary of Tzotzil, an obscure Mexican language spoken by only 120,000 peasants.

Sanders' Bad Apple Award is supposed to point the finger at and publicize the bad actions of any legislator so he or she will cease such action to prevent "spoiling the whole barrel."

Some alert Highline residents recently pointed out the irony of Sanders com-

ing up with this idea.

You see, Sanders came to Burien a while back as a member of a legislative committee which heard public testimony on the impacts of airport noise. Those at the hearing will remember Sanders as the panel member who rudely chastised a University of Washington professor for what Sanders thought was unconstructive testimony.

Sanders' behavior brought an angry response from the audience.

Equally offensive, those in attendance will recall, was another panel member, Rep. Andrew Nisbet, a Sequim Republican. Nisbet rudely lashed out at a Federal Way resident for making the mistake of facing the wrong direction while testifying.

Therefore Sanders and Nesbit have been nominated as co-recipients of the first Bad Apple Award.

We'll second those nominations.

Reflections

by Jim Shahan



New York, New York. The Big Apple. The Naked City. Macy's, Central Park, Times Square, The Empire State Building, Village, subways, The Statue of Liberty, Rockefeller Center, Broadway, Twenty One, Studio 54, Wall Street, St. Patrick's Cathedral — all those places I'd read and heard about but never seen.

I landed at JFK airport Sunday about 4:30 p.m. New York time. The United Airline stew — a real fan — reported that the Seahawks were leading the Dodgers 14 to 7.

Somebody slipped up because my luggage was right where it was supposed to be and I went outside to seek transportation to my hotel. A cab ride is 20 bucks so I opted for a combination bus and cab, thus cutting the cost in half.

As I started to climb aboard the bus, having already paid for the ride, I noticed they had no room below for my luggage. "We'll put it on the next bus," the driver said.

"I'll ride the next bus," I

said. No way was I going to get separated from my bags in New York.

The bus took off and I boarded the next one, or started to. The driver wanted me to pay again. "So this is the way it's going to be," I said to myself.

But I haven't had a former New Yorker on my staff for more than two years without learning something about verbal abuse. So the guy and I got into a minor shouting match that would have drawn a crowd in Seattle but went unnoticed at JFK. Finally the guy called his boss over. Score one for me.

"He says he paid the driver on the bus in front," he reported to his boss.

"How could you have paid him?" boss asked.

I took out my wallet, extracted \$10 and gave it to him. He, in turn, gave me \$2 in change. "Quite simple actually, nothing to it," I said sarcastically.

The two finally decided they weren't dealing with some rube here and grudgingly let me board.

A surge of power flowed through me and I was men-

tally prepared for the next four days to take on all the muggers, con artists and pushy people that New York could offer.

What I wasn't prepared for was the taxi ride from the bus line terminal to the hotel. In five minutes the cabbie reduced me to a quivering, sniveling mass.

Everything you've ever read or heard about New York cab drivers is true. During my four day stay I concluded that 80 percent of all New Yorkers are just regular folk — polite, willing to help out a tourist, and friendly. The remaining 20 percent are cab drivers.

They're crazy. The pedestrian or person driving his own car is on his own. It's every man for himself. The streets are truly a jungle.

Another thing I wasn't prepared for was the prices. I had breakfast of coffee, orange juice, two eggs and toast (no meat) — \$9.75. A beer at Dinty Moore's across from Madison Square Garden (who could pass up a place like that) was \$1.85. But it was, after all, imported from Milwaukee.

A group of us went out to dinner one night at a highly recommended French restaurant. It was so French that none of us could read the menu.

But, not to worry. The maitre d', with his phony accent, said he would take care of everything and we'd be

"very pleased." We were — the meal was a palatable delight.

The tab made the eyes water. With tax and tip it came to \$40 apiece — without cocktails. Lesson number one: Never let the maitre d' take care of everything. Ah, well, viva la Visa.

Finally, I wasn't prepared for Studio 54, the New York disco made famous by Penthouse, Playboy and Hamilton Jordan. For the privilege of paying their \$12 cover charge you have to be somebody or know somebody. Or, if you dress weird enough there's a slim chance you can get in. My three piece suit didn't qualify.

But, it was enough to stand and watch the people roll up in their rented limos and try to predict who would and would not be permitted through the roped off area. The ropes were being manned by four guys who appeared to be just outgrowing the juvenile delinquency stage. As one distinguished man who had been rejected for admittance said, "These guys couldn't get into McDonalds."

Visiting New York is like visiting a foreign country. It's an entirely different life style. One New Yorker predicted that I'd come home and in two weeks discover that the "town had got me."

It didn't take two weeks.

after a game like Sunday's? Does anybody ever wear those all rubber girdles any more?

I thought about Sen. Magnuson.

How tall is Sen. Jackson? Do they jog?

I thought about the man in the blue Ford pickup truck who hit my parked car last week. He dented the rear fender and drove away without leaving his name. Then my mind zeroed in on numerous cruel and unusual forms of punishment for such a person.

What color should I paint the kitchen? Should I paint the kitchen?

Then my mind started thinking about my body. I thought about how little exercise I had gotten this weekend. I thought about all the ironing left to be done. I thought about how tired I was. Monday was going to be busy. I thought I better go to bed. Again, body and mind agreed.

"Bus tour? Jeez. I've been on a bus for two days. My brain doesn't know my butt is still part of me."

"You'll have a chance to walk around. How about a nice trip to South Center Mall? That's our most popular tour."

"I'll skip that one. How about a tour of Warren G. Magnuson Park?"

"Where's Warren G. Magnuson Park?"

"Skip it. How about Warren G. Magnuson Hospital?"

"Never heard of it. But we do have a tour to John Spellman's Kingdom and tomorrow we're going to visit the Daniel J. Evans Library at The Evergreen State College."

"I'm a little pooped from my bus ride. I think I'll just sit over there in the TV lounge and take advantage of As the World Turns. But first I've got to make a phone call to Mrs. Magnuson. Where's the phone?"

"Hello, Jermaine? Send the limousine to the airport at 6:30. And make a note to check on how much money Congress appropriated for senior centers. This old conservative may have found a way to save the taxpayers a few bucks."

Voting deadline near

Lest it escape the notice of an apathetic electorate, Saturday, Oct. 6 is the last day to register or transfer registration for the Nov. 6 general election.

Eligible voters, age 18 and over, can register at any public library, public school, or in Room 553 of the King County Administration building. Within the Seattle city limits potential ballot casters can also register at the local fire station.

Any city hall, and in South King County that includes Des Moines, Normandy Park, Kent and Auburn, are also registration outlets.

In short, there's a place to register within walking distance of nearly every resident in South King County.

After the shameful 20 percent voter turn-out for the September primary we hope to see residents registering and voting in greater numbers.

Under the Capitol Dome

by Robert C. Cummings



A joint legislative committee, strictly bipartisan in nature, is studying various issues which have bobbed up under the "home rule" powers which the Legislature has granted local governments.

The issues have been created by a number of differing opinions in court decisions concerning the authority granted by the state's lawmakers, indicating possible need for clarifying amendments. Though the law has been on the books for many years, the study has become particularly important because of the number of counties turning to home rule.

Headed for the Ballot

Pierce, Snohomish and Thurston Counties all will have proposed home rule charters on the ballot in November.

Meanwhile, the Cowlitz County is holding an advisory, non-binding election to determine if its voters favor a freeholder election for the drafting of a home rule charter.

The legislative committee, composed of six members from each house, is truly bipartisan, with an equal number of members from each political party — from the Democrat-dominated Senate as well as from the evenly divided House.

Senate Has Other Idea

Meanwhile, though the House is continuing the program series of full weekend of committee meetings, inaugurated in 1973, the Senate isn't participating — at least for the time being.

Some standing committees and subcommittees have been meeting individually in various parts of the state from time to time. But many Senate studies are being conducted independently by six special select committees. They include Select Committees on Aquatic, Arson, Criminal Justice, Mobile Homes, Nursing Homes and Product Liability.

So when House committees held their first full weekend of sessions here last week since adjournment of the Legislature, the Senate committees weren't present.

State Waves Some Stirrings

It may have escaped notice, but when the state agreed to cooperate in enforcement of President Carter's mandate

regarding temperatures in public buildings, it tied a few strings to the offer.

While agreeing to subcontract with local governments, the State Energy Office said enforcement will be limited to what can be done with the \$117,000 which the federal government has provided.

The state lacks any funds of its own for this purpose.

Next Move Up to Feds

Additionally, the state insists that enforcement action will be the federal government's responsibility after being notified by the state of violations.

The state also wants access to federal legal counsel for interpretations, and for the state to be held harmless in the event of any litigation which may result.

Looking at the Exotic

Another state agency, meanwhile, is using a \$300,000 grant from the federal government to explore the potential of geothermal energy.

The project is based on the knowledge that several composite volcanoes in the Cascade Range, such as Mt. St. Helens and Mt. Baker, continue to show signs of life with summit steam jets, hot springs and occasional minor eruptions.

The Department of Natural Resources currently is drilling ten or more 500-foot heat flow holes in the Cowlitz River Valley, on the flanks of Mt. St. Helens, and along the Columbia River near Camas.

Potential Could Be Substantial It is believed heat still associated with these systems may be hot enough to create super heated water reservoirs which could produce electric power when tapped.

Additionally, shallow warm water wells in Eastern Washington might be important for low temperature geothermal uses, such as home heating, food processing, industrial process heating, aquaculture and agriculture.

The department has conducted geothermal investigative studies for years, but until recently has been limited by budgetary and manpower shortages.

Also until recently, industry has shown little or no interest in geothermal development.

Jeanne Sweeney



My mind and body agreed this weekend to spend the last of September "considering things." Usually my mind shoves my body around, making it do all kinds of work and exercise. If my body tries to fight, my mind goes all guilty and then my body agrees, although reluctantly, to clean out the garage, do the ironing, to exercise, and to keep busy.

But this weekend, my mind had some thinking to do, so it left my body alone, pretty much. My body was grateful for the rest.

Some of things my mind thought about were no doubt,

idle considerations. While watching Fidel Castro on the 60 Minutes television show, I wondered why, now that he is fairly secure in his job as president, he still wears his soldier suit.

I also wondered if he has ever answered anyone with a "no comment." Or does he always have comments? Strange man, Castro. I wondered, too, if as a child the kids teased him about his name. Castro oil. Kids do things like that.

My body had tickets to the Seahawks game and since the Seahawks allowed Kansas City to win that game

The Gay Blade

by Henry Gay



Palm Springs for an occasional day of fun in beautiful, downtown Renton.

Picture, if you will, Senator and Mrs. Magnuson sitting in their living room in Palm Springs a few days before Christmas.

"Whatta you wanna do, dear?"

"I don't know. Whatta you wanna do?"

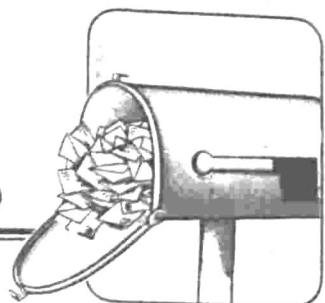
I don't know, but I'm sick of looking at these scrap books. Although I do like this picture of Lyndon Johnson picking you up by the ears in the rose garden."

"Lyndon was a barrel of laughs. I wish he were here now. This place is like a tropical morgue."

"You're bored, dear. You need some stimulating activity. How about a day or two at the Renton Senior Center? I'll stay here to feed the cats and bug the staff."

Letters

from our readers



Simple majority lauded

Editor:

You are to be commended for your splendid editorial "A Voting Shame" of Sept. 26, 1979 paper.

You are absolutely right when you say, "The outcome of any election should be determined by a simple majority of those casting ballots."

This — more than anything would snap the public out of their apathy!

When are our lawmakers going

to listen to reason? Think of the thousand of dollars that would be saved on no re-elections. The 60 percent to validate is ridiculous. A simple majority is all that is necessary.

Let's hope our lawmakers will see the folly of their former actions.

Respectfully, Esther L. Anderson 2500 S. 370th St.

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Little wheels in a big man's world

With a hefty push, they were off, six junior novice racers, 5-6 years old, burning up the asphalt at 25-30 miles an hour as their families watched.

Their foot on the gas, they leaned slightly toward the inside of the track to help them corner as they sped around the oval paved track at Graham, south of Puyallup.

The dads, vicariously in the driver's seat, offered silent encouragement as they leaned over the protective wire fencing. It's against the rules to give advice while the cars are racing.

Commenting on the race, one father said, "we want them to do as good as they can and be careful."

The families were involved in the last race of the year sponsored by the "Little Wheels" Quarter Midget Racing Association (LW-QMA). It was a fundraiser for the hemophilia association.

The LWQMA involves 35-40 active members (families) from Federal Way, Sumner, Auburn, Kent, Edgewood, Puyallup and Graham. Most members meet every other weekend to race their pint-sized racing cars at either Graham, Paine Field in Everett, Portland or British Columbia.

"IT'S REALLY A family effort," said secretary June Walker whose eight-year-old son, Jeff has been racing three years. "The men take care of the mechanics, the children drive and the women handle the tower and check the laps. The older kids help the younger ones and also help with judging and flagging."

The drivers are grouped according to their age, driving skill and the kind of car they drive. A committee reviews their driving ability before they are allowed to move up one notch.

Basically the same size, 150 pounds minimum, the cars are categorized according to suspended or rigid axle and engine modification. The younger inexperienced drivers usually drive a suspended stock car that doesn't have the speed or ease of handling of a souped up engine on a suspended frame. There are 16 categories.

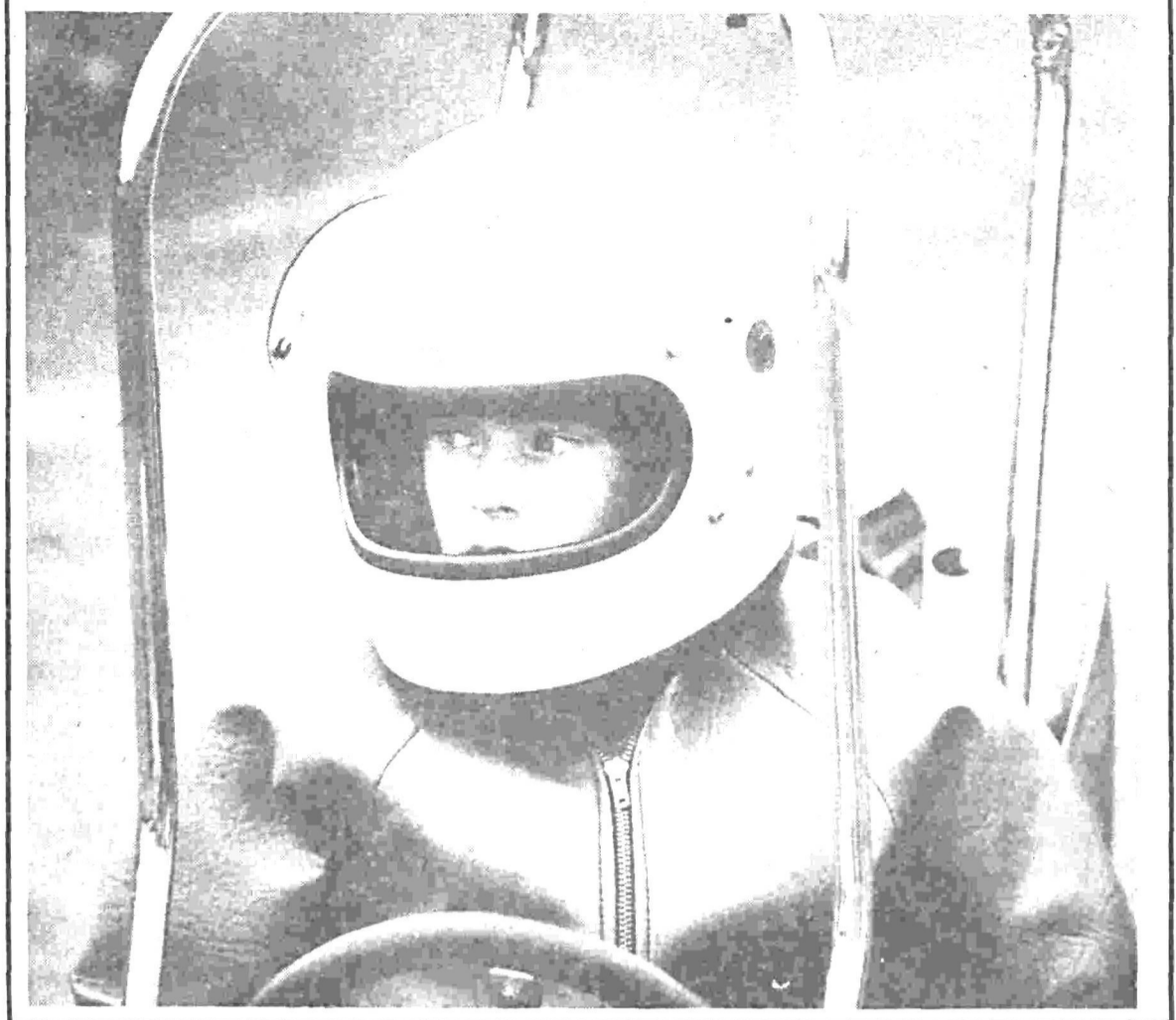
Prior to racing, drivers are given a safety training course where they are taught the fundamentals of driving a direct-drive no clutch vehicle; the rules of the track; and to understand flag communication.

Each driver knows that unless he abides by a few simple rules, he could be eliminated. They are required to keep their hands on the steering wheel so that there's no possibility of crushed fingers; they are not allowed to pass on a corner and they obey the flagman immediately.

Safety is a primary consideration. All cars are equipped with roll bars, although there are very few roll overs, according to Mrs. Walker. Children also wear helmets equipped with face shields, leather gloves and jacket, and a safety belt. The car has an outside toggle switch that can be used to turn off the engine from the outside in case of an emergency.

CARS VARY IN PRICE, from \$500 to \$4,000 depending on dad's pocketbook and interest. Most are purchased, not home built. Some families have two cars and drive in several races.

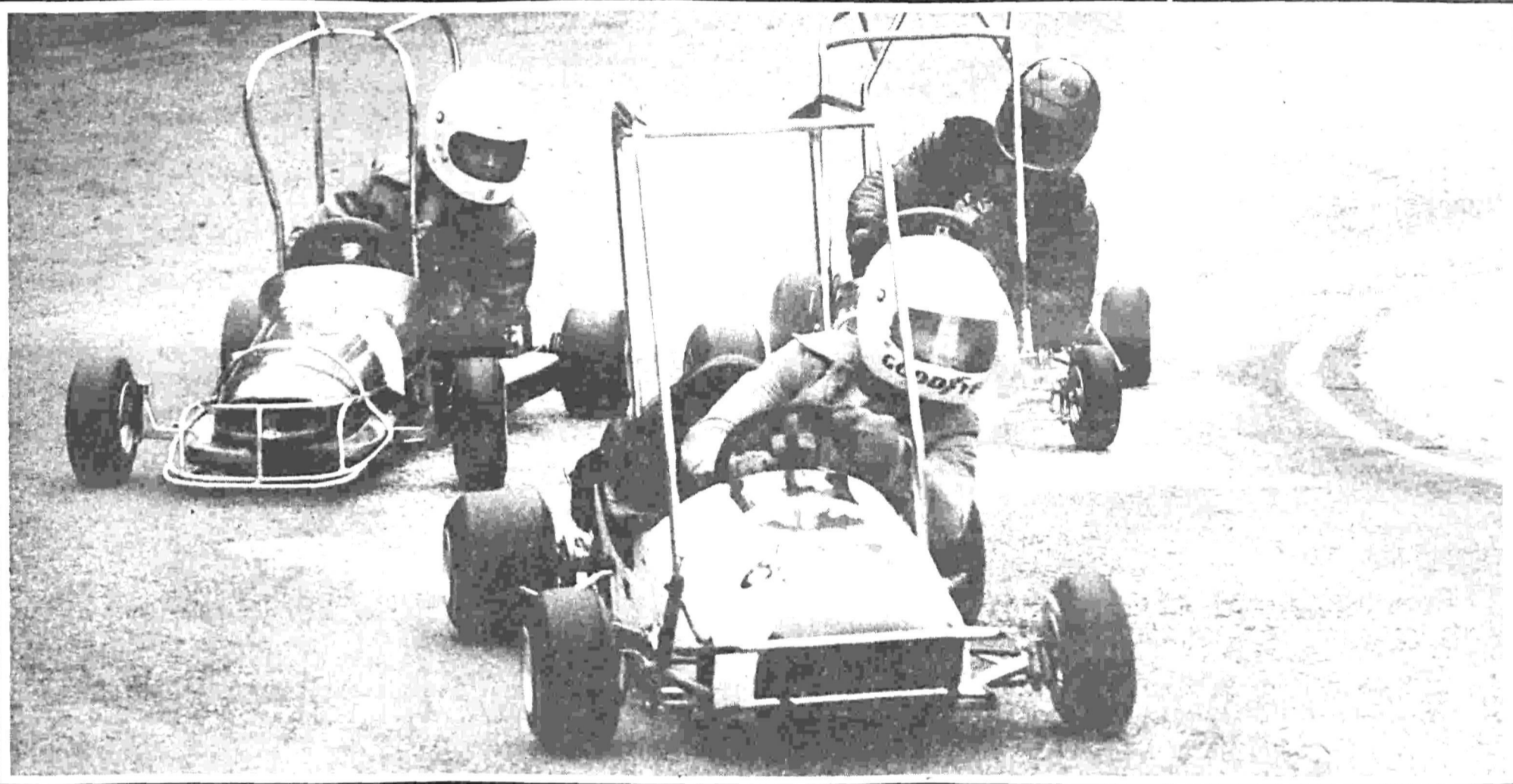
Tom Baird and his nine-year-old son, Tommy, who won the Northwest Regional in his class last year are avid racers. Baird said he has logged 7,000 on his motor home since February hitting as many races as possible. From Skappoose, Ore., Baird and his son were on their way to Everett the following day.



KELLY PRESLEY, a fifth grader from Olympia eyes the competition before putting her head-gear in place.

Besides helping the youngsters become good drivers, Mrs. Walker said their aim is to help develop good sportsmanship. She mentioned a case last year where a teen-ager gave his trophy to a five-year-old who lost and was sobbing.

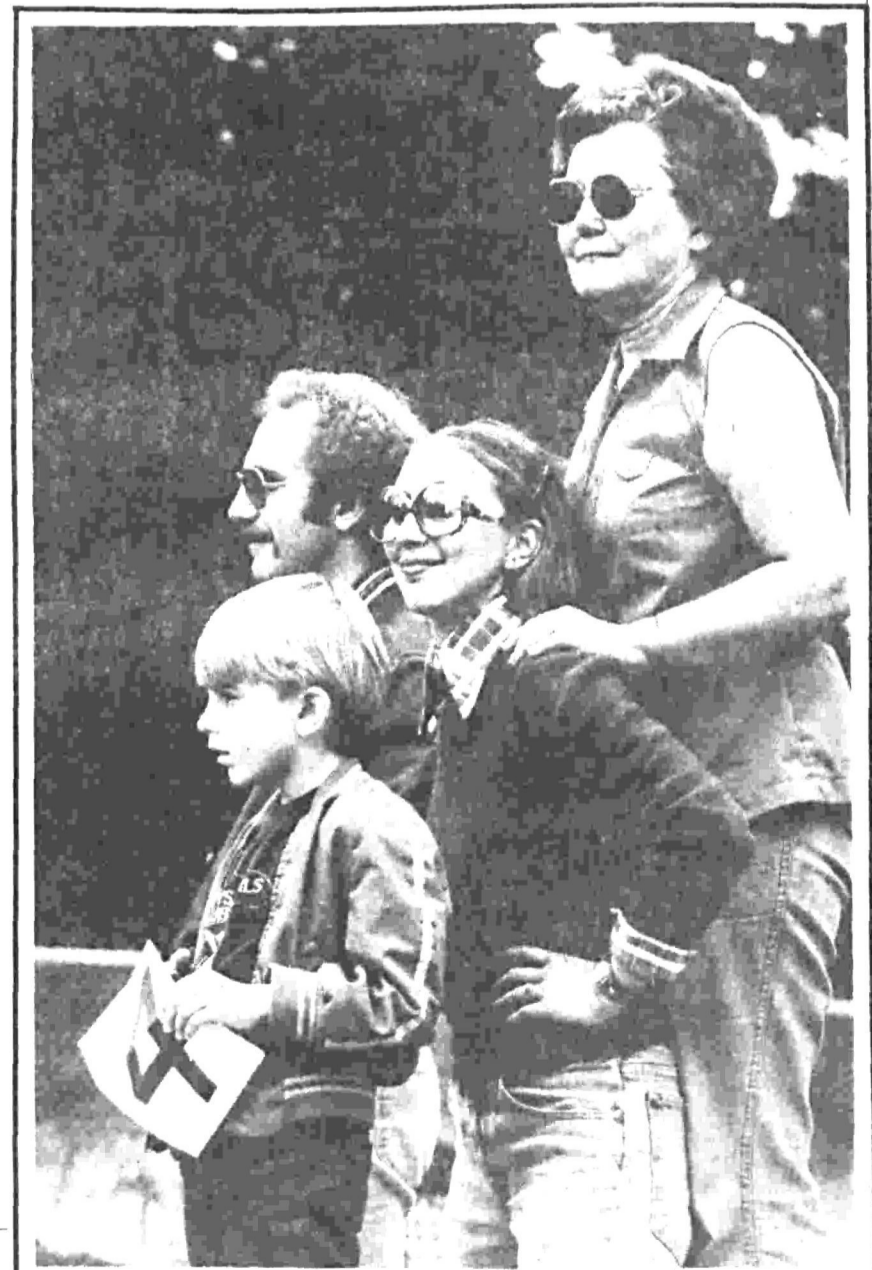
"He said, 'here, you take mine. I've got enough at home.'" He was awarded the sportsman of the year," said Mrs. Walker. "When you find things like that, it really makes it worth while."



FIGHTING FOR A FIRST PLACE, these three midget racers battle each other around the circular asphalt track at Graham.



BREAK-DOWNS ARE just part of the fun when the family gets together for quarter midget racing. Chief mechanic is usually dear old dad.



THE DENOVAN FAMILY from Federal Way, Robert, Deborah, David and grandma Dorothy get a taste of what racing is all about before getting involved in the hobby.

Photos and text by Ann Hagen

FW crime report: Victims fight back, robbers fail

Would-be robbers were twice thwarted in Federal Way during the weekend, King County Police records showed Monday.

The first incident occurred at about 4:30 a.m. Saturday, when a man who evidently had been lurking outside a Pacific Highway South fast foods establishment grabbed a young woman he thought was the manager and demanded that she open the safe.

But the woman, an employee who had been closing the place for the night, fought back, biting her attacker on the hand as he tried to prevent her from screaming.

A few minutes later the bandit fled into the night, convinced that the safe was out of his reach.

The second incident occurred at about 9:30 p.m. Sunday at an all-night grocery at Southwest 312th Street and First Avenue Southwest and apparently had no connection with the earlier episode.

Police said it began when two teenagers spotted a local man stroll into the store to buy some food and decided for whatever reason that he'd make a good victim.

SO THE TEENS donned masks — one of them used a ski cap while the other used a bandanna, old west style — and waited for the man to return to his truck.

As he did they approached from two sides, one brandishing a club

and the other demanding his wallet.

But the man put his groceries down on the sidewalk, assumed a fighting stance and said to the bungling bandits, "OK, let's do it."

The would-be outlaws, police said, suddenly changed their minds and fled on foot.

A PAIR OF boys from Burien, both of them 14, decided to rip off a Pacific Highway South business that specializes in water pipes and other dope-smoking were caught in the act last week by officers J. K. Pewitt and Frank Kinney.

The two officers called for backup and got help from K9 Officer Doug Holmes and his dog, a German Shepherd appropriately named "Watson."

Police records indicate that Watson found the task elementary and quickly brought the suspects to bay.

BURGLARS WERE relatively inactive during the weekend, police records showed, but they hit a 48th Avenue South residence during daylight hours week and made off with a submachine gun.

The weapon, which police say is legally registered with the federal government, was part of a haul that totaled about \$2,500.

A second daylight burglary the following day, on 55th Avenue Southwest, netted some \$1,040 in loot.

Police say that most daylight burglaries are committed by local teens.

Victim's father still in serious condition

The father of a 23-year-old Federal Way woman who was killed in an automobile accident early Saturday remained in serious condition at Harborview Hospital in Seattle Monday.

Walter Thompson, 45, the father of Lisa I. Nordean, 34059 51st Ave. S., suffered head and internal injuries in the crash, which occurred at 1:54 a.m. on Pacific Highway South at South 188th Street.

Thompson, of 1215 M St., Auburn, was riding with his daughter in an automobile driven Greg W. Sanders, 23, of 1515 31st St. S.E., Auburn, at the time of the collision.

Washington State Patrol sources said that Sanders was traveling south on Pacific Highway South and turned left into South 188th Street.

The driver of the other vehicle involved — it was northbound on Pacific Highway South — was Antoinette O'Connor, 19, of 25055 S.E. 244th St., Maple Valley.

Troopers said O'Connor suffered a cut lip and that Sanders had head cuts and a left leg injury.

Nordean, a graduate of Auburn High School and the University of Washington, was pronounced dead at the scene of the accident.

Tale of judge's vibrating chair

by Carolyn Logan

How many judges get vibrating chairs? Not many. Only Roxbury District Court Judge Richard Thompson doesn't like this "fringe benefit."

"There's no on-and-off switch, for one thing. It stays on almost all the time when he's hearing a case at the newly constructed Highline Courthouse and Police Facility."

Actually, many others in the building get the same vibrating sensation. Even when they're standing up. Indeed, drunk drivers who come in to plead their case may wonder if they're suffering the morning after shakes.

So Judge Thompson called county officials, in hopes of correcting the vibrations. He invited them out to try his "vibrating chair." After trying out the chair, Don Phelps said, "It's like riding on a ferry boat when you're docking." He is County Ad-

ministrator.

A roof inspection revealed the culprit: The air conditioning and heating unit.

"THE UNIT makes a lot of noise; I'm sure something is defective," Phelps concluded. He then called the County Architecture Division to fix the unit. Presumably, it's in the process of being corrected.

Ironically, this could be considered a sequel to the "chair story" that originated pre-construction when the county tried to order expensive new chairs for Judge Thompson and Airport District Court Judge Gary Utigard.

They objected, saying the taxpayers could save money if they retained their old chairs.

After intense negotiations, the county acceded.

Judge Thompson quipped that he ended up with a more expensive chair, anyway — "a vibrator chair."

Miss DM performs

Carol Watson, Miss Des Moines, has been selected to represent the freshman class in

the first student recital in the School of Music at Western

Washington University.

Dr. Albert Shaw, director of the recitals, said Miss Watson's performance would be

evaluated by representatives of the National Association of Schools of Music.

The recital is Oct. 11 from 1 to 2:45 p.m. at the WWU School of Music.

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Catholic Church is located on 8th Avenue South behind the Federal Way High School



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All are welcome! Come and celebrate God's creation of our animal friends.

Fire Prevention Week begins

Teamwork is the emphasis as the Federal Way Fire Department gears up for its annual Fire Prevention Week to begin Monday.

This year the fire department is focusing on its need for community cooperation in fighting fires. That cooperation is in preventing fires before they start.

A display

throughout the week at SeaTac Mall will illustrate just how that can be done, including demonstration the proper method to store gasoline, how to spot fire hazards and where to locate a smoke detector.

Also featured this year will be special exhibits for children. The children's center, to be situated in front of the Bon Marche,

will instruct children preschool age through second grade on the threat of fire. The 30-minute program will include films and instruction on drop-and-roll and crawling in smoke. Parents will be allowed to leave their children while they shop.

An essay contest on home fire safety also is being sponsored in Federal Way's sixth

grades. Two students, one boy and one girl, will be awarded for their essays and receive gifts from SeaTac Mall merchants. The winners also will be driven to school one morning in a fire engine.

All area elementary schools will be instructed in fire prevention the week following Fire Prevention Week.

Election results released

The official results of the Sept. primary election were released by King County election officials Monday.

Incumbents in both Water Districts 54 and 75 were knocked out of the race.

WD 54 Commission chairman Max Dodge trailed with 45 votes to send Frank Jovanovich with 207 and Martha Simmons with 66 into the November general election.

Sharon Mason led in the WD 75 race with 911 votes. She and Dan Caldwell with 844 will battle it out in the general. Defeated in the WD 75 primary were John Kessler with 710, incumbent Bruce Retynski with 526 and Joe Sienko with 373.

In the Des Moines Sewer District, Peggy Judd, who received 748 votes, will meet incumbent Joseph Stockdale with 533. Eliminated in the primary were Jerry Harris, 360, and Thomas Powell, 287.

Highline School District candidates continuing to the general

election are Glen Rose with 2,990 votes and William Howe, 2,132. Earl McCabe was eliminated with 1,663 votes.

Voters will decide on three additional races in the upcoming general election including the Des Moines and Normandy Park city council races and Fire District No. 26.

Incumbent Jerry Harris is running unopposed for the Commissioner position in Fire District No. 26.

In the Des Moines City Council

race, incumbent R.L. Nelson is running unopposed for position one, incumbent William C. Whisler meets Bruce S. Hall for position two and Charles Herbert Overman is challenging incumbent Frank Clement for position three.

The only contested position in the Normandy Park race is three with Mack VanWyk and Edwin E. Barnes vying for the job. Running unopposed are Vincent Yeager, Robin Little, Jack Bender and Carol J. (Kelly) Bernard.

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Two parks up for funding

The fate of two major parks scheduled for construction in the Federal Way area next year will be decided next month by the Inter-Agency Committee.

Those two parks, the Redondo Marina and Broome's Resort on Lake Geneva, are awaiting the go-ahead from the federal government, which is being asked to provide matching funds for the projects. Both projects have been in the planning for several months.

Renovation of the

Redondo Marina is slated to include demolition of the existing dry storage marina building that stands on the water's edge at Redondo and installation of a two-lane boat ramp.

The recommended facility will include parking accommodations, a pier south of the ramp for fishing and restrooms. The project has been tagged with a ballpark figure of \$1,078,842.

Broome's Resort, a presently unused recreational site on Lake Geneva, also is

requesting IAC funds for the purchase of the 12 acres.

That park is planned to focus on water activities, especially fishing and swimming. King County reports it also will include parking and picnicking accommodations.

County officials indicate that chances of receiving the requested funding, which is distributed based on priorities established by the IAC, are good. Both are water-oriented projects, officials say, which is high on this year's priority list.



Winter omens

CLOUDS CROWDED the sky earlier this week as Ernie Brundage chopped wood near South 360th Street and Pacific Highway South. Anticipating colder winds, the Tacoma resident was in Federal Way to sell his alder to area residents. If

the weather turns frigid within the coming months, the escalating costs of heating oil and natural gas, and the dropping supply of electricity may make the wood-chopping business boom.

—photo by Roy Musitelle

PTSA seeks issues input

The Washington State PTSA is pioneering a grassroots approach to child-related legislation. Every local unit and council will have a voice and a vote in setting the issues.

The Highline Council of PTSA is asking for citizen input concerning state laws that affect children.

For example: — Could there be better programs for children with specific learning disabilities and gifted children?

— Drug paraphernalia is available in some local stores. Is there any legislation concerning this?

— Should religious holidays be celebrated in schools? The deadline for

suggestions is Oct. 11. They should be mailed to Highline Council PTSA, 253 S. 152nd St., Seattle, Wash., 98148.

Jobs for seniors

The Seattle Mayor's Office for Senior Citizens has announced that full and part-time jobs for senior citizens (age 55 and older) are available. Positions include restaurant and kitchen work, home health care, repair and maintenance and some clerical work. For further information, contact the mayor's office at 625-4834.

1979 EDITION

Let's Get Acquainted. Issue



Enjoy Sunday brunch at the new RATSSELLER RESTAURANT located in Tacoma's Old City Hall. This location and the original RATSSELLER at 10567 GRAVELLY LAKE DRIVE feature a large and varied selection of German cuisine. German desserts, German wine and beer and cocktails are available at both. Owned by Jerry and Margarete Werdal, both restaurants offer full menus for breakfast, lunch and dinner. In Tacoma the hours are 7 a.m. to 10 p.m. Monday through Thursday, 7 a.m. to 2 a.m. Friday and Saturday, and 9 a.m. to 9 p.m. Sunday. PHONE 272-8304. The Lakewood restaurant is open from 7 a.m. to 10 p.m. Monday through Saturday, 9 a.m. to 9 p.m. Sunday. PHONE 582-2035.

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Des Moines, 22240 Marine View Drive South, 878-4600 and Federal Way, 1627 South 312th, 839-1300.



Second year:

School safety again improved

For the second year in a row, the number of accidents occurring on Federal Way School District property has declined sharply.

The number of accidents reported during the 1978-79 school year was 577, a decrease of 31 percent from the 1977-78 total of 810.

Joe Sienko, the district's safety director and director of physical plant, says

that the decreasing frequency of accidents has continued since the 1976-77 school year — despite a relatively new system of accident reporting that is particularly thorough and detailed.

Most of the reported accidents occurred in the elementary schools, Sienko said, with head injuries the most common.

Head injuries include those to eyes, nose, teeth and ears.

The accidents that happened most frequently at the district are a relatively new system junior high level involved injuries to the upper limbs, including the shoulder, elbow, wrist, hand and fingers.

SENIOR high accidents most commonly involved the lower limbs, the knees, thighs, calves, ankles and feet.

Most of the accidents, Sienko said, occurred during

recess periods, physical education classes and other times of physical activity.

"Individual carelessness caused the greatest number," he said, adding that most of the accidents involved only one person.

As to the differences in kinds of accidents from one grade level to the next, Sienko said they resulted

Kilo Open house tomorrow

Kilo Junior High's annual Open House is scheduled for 7:15 p.m. to 9:15 p.m. tomorrow at the school.

Parents are invited to visit the school and participate in a shortened school day schedule of classes. Teachers will conduct 10-minute sessions to acquaint the parents with their curricular aims and teaching techniques.

Coffee will be served in the cafeteria after the programs.

Schools need to know their students' medical histories

Highline School District officials point to a recent case at Riverton Heights Elementary School as an example of why the district needs to know ahead of time if a student has an allergic reaction to a particular thing or a special medical problem.

Although in this instance the parents of

the sixth grade girl involved reportedly had no prior knowledge of any allergies, there may be parents of other children who are aware of a special medical problem and who have not notified the school district.

Last Wednesday a Riverton Heights student came down with blotchy swollen spots and eventually had

trouble breathing, according to Maurice Bright, the principal.

Although an actual bee sting could not be found, the girl said she thought she had been stung and was taken to the hospital by Medic 1.

She was successfully treated and is now back in school.

District spokesman Ken Calkins urged that parents inform the schools if they know of such reactions and if necessary, provide the school nurse with the proper medication.

TOPS Chapter 780 (each Thursday, 10 a.m.) Des Moines United Methodist Church, call 878-8107

Cities get tax receipts

A share of the statewide local sales and use tax for August was distributed to the cities of Des Moines, Normandy Park and Kent recently.

Des Moines share was \$25,388.22 bringing its total for this year to \$94,953.71.

The City of Normandy Park received \$1,919.98 with a total of \$10,198.97 received this year and Kent received \$351,667.41

for a year-to-date total of \$1,368,114.56. The cities' shares were from a total of \$21,635,774 received in taxes statewide.

Heritage Toastmistress Club (second and fourth Tuesdays, each month, noon) Meeting held at the Royal Fork, 31845 Pacific Highway S.

Federal Way Noon Lions Club (every Tuesday, 12:15 p.m.) Meeting held at the Fog Cutter.

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An opinionnaire is being conducted by the Pastoral Council of the Catholic Archdiocese of Seattle, and your input is vital. Planning is being done on the goals and priorities of the Archdiocese for the next three years and all Catholics, whether currently active or inactive, can have a voice in those decisions. The opinionnaire will update the information obtained in the Bicentennial survey and will seek additional data.

The survey will be available at your parish October 6-7, or can be obtained before October 6 from the Archdiocesan Pastoral Planning Office, 907 Terry Avenue, Seattle, Washington 98104. Telephone: 206-622-8880.



Driver's ed in high gear

The Occupational Skills Center (OSC) will welcome the public Oct. 3 to an open house from 7 a.m. until 2:30 p.m. and again from 6:30-8:30 p.m.

The main OSC building is located at 18010 Eighth Ave. S. and the Marine Technology Lab is at Seahurst Park.

There are 11 programs offered: air frame, carpentry, cashier-checker, commercial foods, commercial sewing, dental assistant, marine mechanics, marine technology, medical assistant, production plastics and visual communications.

All programs will be open for inspection except the air frame mechanics, which will

be open during South Seattle Community College's open house. Enrollment at OSC is up about 25 percent this year with the following home school counts: Decatur, 37; Evergreen, 58; Federal Way, 73; Foster, 20; Glacier, 32; Highline, 67; Kennedy, 3; Mt. Rainier, 150; Jefferson, 47; Tye, 40; others, 6.

Enroll in Slim Living

Slim Living is a weight control class starting now at the Highline YMCA 17874 Des Moines Way S. To register for the eight-week class, call 244-5880. Fees are \$35 for non-members of the YMCA; \$25 for members; and a \$5 refund for 100 percent attendance.



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"I just quit smoking"
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"I'm depressed"
"No time to exercise"
"There's more of me to love"

what's yours?


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Hotels to pick-up slack of industry unemployment

Hotel-related industries in the Seattle area must pick up the slack in employment of low-income persons that has been created by a "no-growth" movement there, according to the director of the state Department of Commerce and Economic Development.

Robert Anderson said the "no-growth" mentality translates into a peculiar form of elitism which has little regard for the low income and underemployed segment of the population.

"Since Seattle lacks the land for major new production facilities, the hotel-related industries are the ones to look to for employment of unskilled workers within the city. Yet there's been considerable resistance to efforts in this area," he said.

In an interview for the Washington State Research Council newsletter, Anderson said Washington's population boom can be slowed only by a major regional recession.

"I USED to think you could limit growth by limiting the construction of public facilities," he said. "But bumper-to-bumper traffic on the floating bridges in Seattle hasn't discouraged that region's growth patterns. Of course, put-

ting up with traffic jams in Seattle is nothing compared to the problems that many of the people moving into the state are used to — hassles on the floating bridge just don't equate to a Los Angeles-style rush hour."

Washington's overall attractiveness is largely responsible for its economy being healthier than the economies in other states, Anderson declared.

"Washington seems to have transformed itself into a self-generating growth machine that sells itself because of its attractiveness. (The state) offers much more than most other parts of the country, providing businesses the chance to make a fresh start."

ANDERSON said California is an example of a state that has reached "outward limits imposed by transportation systems, a competent labor pool, and the basic quality of life."

Washington's economy should grow even healthier with an increase in international trade, Anderson speculated.

"Washington is the gateway state. We have an advantage no other state has because of our geographic position," he said.

Energy will be an

important question in the state's economy in the 1980s and 1990s, he said.

"Although we sometimes tend to dismiss worrisome topics from our minds, this cannot be done with energy," he asserted. "But I remain optimistic that we can accommodate the problems that energy costs and supplies pose, even though all the implications are hard to project at this time."

Energy programs scheduled

Four programs offering an overview on current energy concerns are scheduled at Highline Community College next month.

"The Energy Efficient Home," designed to instruct where homes are wasting energy and costing money, is slated for

Oct. 3. On Oct. 10, a program entitled "Here Comes the Sun" will look at the possibilities for solar energy in the Pacific Northwest.

"Recycling Versus the Dump" will include alternatives to management of

energy-efficient solid waste on Oct. 17.

Use of fireplaces and wood stoves for heat will be examined Oct. 24 in "Wood Heat for Your Home."

All programs are scheduled for 7:30 p.m. to 9 p.m. in building 13, room 106. The public is welcomed to attend.

Christian women plan luncheon

The Southwest Seattle Christian Women's Club will meet for their Oct. 10 luncheon at noon at the Doubletree Inn. The theme will be "Colored Windows to

my World".

Shirley Berthoff, Spokane will provide music and will speak and a special feature on "Stained Glass Art" will be presented by Claudia Powell, Auburn.

Cost is \$5.25 including tax and tip.

Reservations may be made by calling Fran Lowe, 243-3833. A complimentary nursery will be provided by reservation through Lowe.



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GILLETTE TRAC II Gillette Trac II have new improved Microsmooth blades. 5 cartridges. 1.09	NEW FREEDOM MINI PADS New Freedom beltless mini pads for feminine protection. 30's. 1.39

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No Nonsense "Easy to be me" sandal-foot panty hose. 2 sizes.
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Fruit of the Loom mens briefs. Assorted sizes. 3 pack.
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Crest with fluoristan fights cavities & prevents decay. 7 oz.
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Deluxe wastebasket with new step-on convenience. Holds 38 qts.
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Magnetic 10 sheet photo album with assorted decorative cover designs.
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Fire Calls

Fire District No. 26 responded to the following calls recently. Sept. 24: At 6:08 p.m., the aid car responded to S. 202nd and 3rd Avenue South.

At 9:57 p.m., the aid car responded to 20707 - 2nd Ave S.

At 10:10 p.m., the aid car responded to an accident on Pacific Highway South and the Kent-Des Moines Road.

Sept. 23: At 12:08 a.m., firefighters and aid units responded to a motorcycle accident and fire at 252nd and Pacific Highway South.

At 12:20 a.m., the aid car responded to 1605 S. 235th St. At 1:22 p.m. and 1:47 p.m., the aid car responded to 220 - 10th Ave. S.

Sept. 22: At 10:58 a.m., the aid car responded to 1820 S. 240th St.

At 1:12 p.m., firefighters responded to a trailer fire at 20821 - 2nd Ave. S.

At 2:37 p.m., the aid car responded to 244th and Pacific Highway South. At 7:30 and 7:34 p.m., aid unit personnel treated persons at the fire station.

At 10:19 p.m., the aid car responded to 3021 S. 219th St.

Sept. 21: At 1:32 a.m., the aid car responded to 24708 - 13th Ave. S.

At 3:55 p.m., the aid car responded to 22004 Marine View Drive.

At 6:48 p.m., firefighters responded to 605 S. 227th St.

Sept. 20: At 2:57 p.m., aid units responded to an auto-pedestrian accident at 2030 S. 216th St.

At 11:51 p.m., the aid car responded to 220th and Marine View Drive South.

Sept. 20: At 1:54 a.m., the aid car responded to 21738 - 4th Pl. S.

At 9:26 a.m., the aid car responded to 21022 - 4th Pl. S.

Sept. 19: At 12 midnight, the aid car responded to 21640 - 11th Ave. S.

Sept. 18: At 8:21 p.m., firefighters responded to 216th and Pacific Highway South on a car fire.

At 9:19 p.m., firefighters responded to a boat fire at M dock of the Des Moines Marina.

Sept. 17: At 4:01 p.m., the aid car responded to 21840 - 11th Ave. S.

At 8:13 p.m., the aid car responded to 20719 - 4th Ave. S.

Sept. 16: At 12:02 a.m., the aid car responded to an auto accident at 29th and Kent-Des Moines Road.

At 6:19 p.m., the aid car responded to 21810 - 31st Ave. S.

At 9:26 p.m., the aid car responded to an auto accident at 24th and S. 242nd St.

Sept. 15: At 7:52 a.m., the aid car responded to 2087 Kent-Des Moines Road.

Sept. 14, At 8:03 p.m., firefighters responded to a car fire at 7th and S. 223rd St.

At 8:23 p.m., the aid car responded to 2087 Kent-Des Moines Road.

Sept. 13: At 6:54 p.m., the aid car responded to a car-bike accident at 204th and 7th Avenue South.

Weight loss course offered

A weight control short course is being offered by Olga V. Fuste, a Pierce County Extension home economist, beginning Oct. 4 from 7:30 to 8:30 p.m. at the War Memorial Building in Puyallup. The course will continue to meet

once a week through Nov. 8. The course and materials to be distributed are free and available to all Pierce County residents.

Further information is available from the Extension Office, 503-4190.

- BELLEVUE 15100 S.E. 38th at 148th Ave. S.E.
- JUANITA 9820 N. E. 132nd at 100th Ave. N.E.
- MERCER ISLAND 3023-78th Ave. S.E. at S.E. 32nd St.
- RENTON 3208 N.E. Sunset Blvd. at 12th St.
- AUBURN 1509 Auburn Way S. at "M" St.
- TWIN LAKES 2131 S.W. 336th at 21st Ave. S.W.
- FEDERAL WAY 31009 Pacific Hwy. S. at 312th St.

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PHARMACY CLOSED SUNDAYS

Highline changes student conduct policy

The Highline School Board recently revised portions of its student conduct policy. According to the district, the revisions

were designed to clearly indicate that the Director of Student Placement is the school official responsible for receipt of

grievance hearing requests stemming from recommended disciplinary action to be taken against a student and that such a

request be submitted in writing.

Also, in reference to the length of suspensions, the words

school days were substituted for consecutive days and

authority to invoke an emergency suspension was limited to the Superintendent and

the Director of Student Placement.

The changes bring the district's policy in line with state regulations, according to Highline officials.

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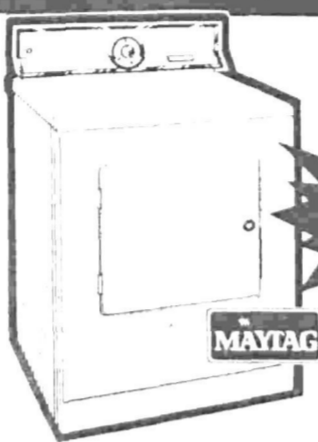
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Select from 3 drying controls; Electronic Control, Auto-Dry Control and Time Control. Includes a big load dryer drum and front lint filter. Item #342-311

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Automatic **WASHER**

Features permanent press and regular fabric cycles, three water level settings, three water temperature settings and an extra tough enamel finish. Item #213-249

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Whirlpool **Large 5.9 Cu. Ft. Capacity DRYER**

Features Custom Dry Control, special cool-down fabric care, 3 drying temp settings, Tumble Press Control and an extra large lint screen. Item #328-666

\$199



Built-In **DISHWASHER**

Includes 4 automatic cycles including Super Scour, Energy-Saving Dry Selector Switch, 2 revolving spray arms and exclusive in-the-door silverware basket. Item #404-319

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Maxi-Chef **MICROWAVE**

Features automatic timer and removable glass tray for easy cleaning. Compact to fit into those hard to fit spaces. Item #315-825

\$199



Large Capacity **MICROWAVE**

Features variable heat control, 35-minute dial timer and easy-to-clean ceramic cookshelf. Large enough to cook an 18 pound turkey. Item #277-640

\$279



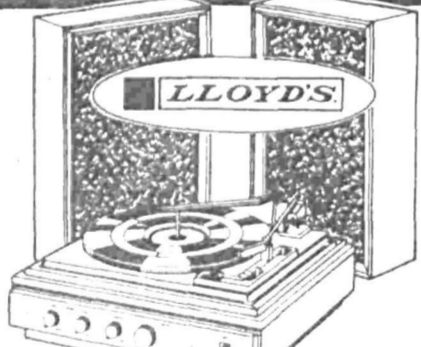
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Stereo 8-Track Play/Record **TAPE DECK**

Play or record from an external receiver or record live with mics included. Features push-button controls, automatic stop, indicator lights, recording indicator and level control. Item #372-789

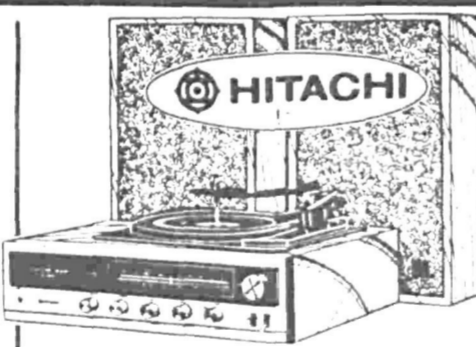
\$64.00



Solid State Stereo **PHONOGRAPH**

Features rotary controls, full-size BSR automatic record changer, clear acrylic dust cover and wide range bass reflex speakers. Simulated walnut grain cabinetry. Item #030-312

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AM/FM Stereo Receiver **MUSIC SYSTEM**

Features AM/FM stereo receiver, full size automatic record changer, separate bass and treble controls with 100% solid state circuitry. Includes two-way reflection speakers. Item #121-830

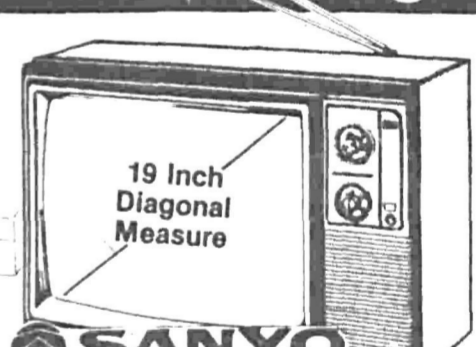
\$129



8-Track/Cassette Play/Record **MUSIC SYSTEM**

Cassette and 8-track play/record tape decks feature full tape-to-tape transfer capability. Includes AM/FM stereo receiver, automatic turntable, detent controls, two VU meters and two-way 21-inch reflection speaker system. Item #317-651

\$299



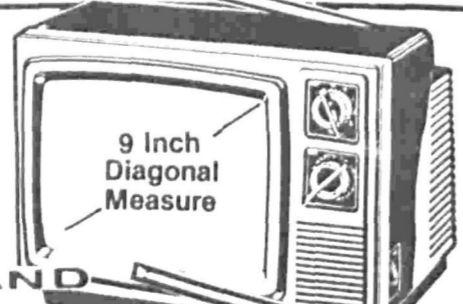
19 Inch Diagonal Measure

100% Solid State **COLOR TV**

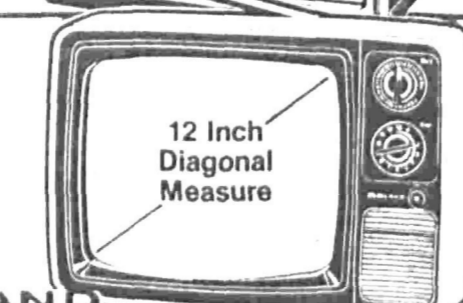
Features in-line black matrix picture tube, automatic fine tuning with the touch of a button, Automatic Frequency and Phase Control for more stable colors and truer flesh tones. Item #421-743

\$339

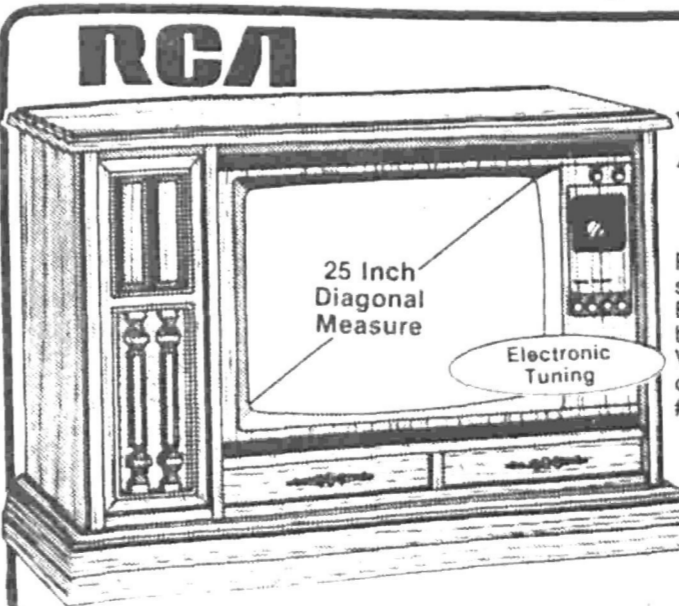
Portable AC/DC **BLACK & WHITE TV**
 Black and white television includes solid state chassis, positive VHF/UHF detent tuners and car cord for viewing convenience. Item #365-841
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 Complete With Car Cord
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Portable **BLACK & WHITE TV**
 Features all solid state circuitry for maximum reliability, positive detent tuning on all UHF/VHF channels, keyed automatic gain control. Item #358-309
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RCA 100% Solid State **XL-100 COLOR CONSOLE**
 Features XtendedLife chassis low power consumption, Automatic Color Control and Flesh-tone Correction, Super AccuColor black matrix picture tube and single-knob VHF/UHF control. Handsome Mediterranean cabinet with concealed casters. Item #378-612
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Dazzling dahlias

Though winter is just a whisper away, you wouldn't know it by the garden of Vic and Hermia Pennington. Giant dahlias mingle with smaller varieties to overflow their Des Moines garden.

A casual passerby on a warm Indian summer day could easily imagine that the presence of the mountains of flowers signal the coming of warmer days rather than the inevitable cool rains and snow.

Even a passing bumble bee is deceived by the flowers' beauty as he snuggles up in one of the huge buds for a little snooze.

The Penningtons grow the blooms mostly for their own enjoyment, though they sell the flowers for a small price to help cover costs. In cultivating the flowers, they strive to create the perfect flower. Judging from their many awards earned in flower shows, they've been fairly successful.

To accomplish the perfect bloom, they carefully water, fertilize and de-bud their plants, but Hermia Pennington said her husband uses one other technique frequently lauded as a sure-fire way to grow beautiful plants.

"I think he talks to them. Sure he does."

text by Cathy Stone
photos by Greg Carter



The Modern Mom

by Betty Woolley

Riding the range with Chloe

Carpooling may be patriotic but it can be hazardous to your health. You're apt to develop ulcers.

Take last Wednesday, for instance, (and I wish somebody had). To begin with, contrary to popular belief, all women are not good drivers. But in a car pool every one gets a chance to demonstrate their degree of skill. If, by nature, you're the cautious type, you learn to pray a lot.

"I'll drive," offered Chloe. "It's my turn."

I thought of the fender, still crumpled from her latest collision with a light standard and the broken headlight that came out second best to her garage door. Four of us had agreed to carpool so I couldn't avoid going. By the time Chloe tooted the horn for me I had ascertained that my will was in an accessible place, and had bid a fond farewell to my cat.

We stopped for Marian and Linda, both of whom got into the car clutching long lists. We progressed through the shopping center, including in our trek enough stops to insure the economy of the local merchants. Chloe missed only three stop signs and drove at a modest 45 miles per hour throughout the center.

Halfway home she yelled, "Alfalfa sprouts. I forgot alfalfa sprouts." She made a U turn in the middle of the road, the car swooping down into the ditch and back up on the pavement. I heard the demise of a Midas muffler.

"And blueberries," said Marian. "As long as we're going back let's run over to the

blueberry farm."

"And as long as it's this late," added Linda, "we might as well stop for lunch."

Now, lunch to Chloe is synonymous with cocktail, and that day proved no exception.

Two martinis and a lunch later Chloe climbed behind the wheel and I carefully buckled my seat belt, having lost the argument regarding who should drive. Chloe sailed merrily along, and I found myself wishing I were one of two things, either at home in my back yard or as smashed as she was.

The whine of a siren wasn't exactly a surprise as the motorcycle pulled up behind us.

"Don't worry," said Chloe, careening to a stop. "I just adore policemen!"

The adorable policeman asked for her license, which she gave him as she batted her long eyelashes up and down.

"What's wrong?" she asked in her little-girl-lost voice.

"You were speeding ma'am. Were you aware of that?"

"Why, of course not officer, or I wouldn't have done it."

The plaintive little girl ploy worked. He gave Chloe only a warning, not a ticket.

"Oh, thank you officer," purred Chloe. "I'll be so much more careful in the future."

"Good Day, ma'am," said the policeman politely, standing by the car.

"Bye, bye," cooed Chloe, starting the motor. She put the car into gear and with a resounding crash, backed into the policeman's motorcycle.

Chloe's case comes up next week. Wouldn't you know it would be my turn to drive?



Seminars, workshops teach relaxation at Metrocenter

Several seminars and workshops for human development will be presented through the Metrocenter YMCA "Connections" program beginning next week. Relaxation, stress reduction, dream analysis and sensitivity training are some of the topics to be covered in Connections programs in the near future.

"Unwind" is the title of a course offered from 5:15 to 6:15 p.m., Mondays and Wednesdays beginning Oct. 10 and running through Nov. 5. Instructor Pat Tomlin will take students through Feldenkrais exercises of gentle physical movement and mental imagery

to help them unwind after a day on the job.

Autogenic training will be conducted by Heide Brenneke in a series of six, noon-hour sessions on Thursdays beginning Oct. 11. Autogenic training is a method of psycho-physiological education developed in Germany which trains the mind to relax and heal the body. It is used in many clinical settings to help people with stress-related illness and also for relaxation and over-all health improvement. Ms. Brenneke has trained with Virginia Satir and studied training in Germany from its originators. The class will meet in Coleman Room C.

Cost is \$15 for members, \$20 for non-members.

Dreams, intuition and imagination will be studied in series of Wednesday evening seminars beginning Oct. 10 from 8 to 9:30 p.m. Coleman Room. "Exploring Ourselves Through Dreams", led by Ken Kimmel, M.A. and Shawn Feldenkrais is designed to relax, unite mind and body and increase grace and ease of movement. Loose clothing is recommended.

The course, \$30 for members and \$35 for non-members, will be conducted at the Downtown YMCA, Coleman Room B and C, second floor.

LaSala Kimmel, the language of dreams will be explored in an attempt to bring greater creativity, health, personal awareness and growth. The Kimmels bring a combined background in

psychology, counseling and dream research to the course. Cost is \$20 for members, \$25 for non-members.

For further information or registration for these and other Connections

programs offered at the Metrocenter YMCA, contact 447-4551.

Mary Bridge Speech and Hearing Center (Mondays and Wednesday by appointment) Free speech and hearing screening, call 839-3470 for appointment, 2450 Star Lake Road.

Habit control taught

A complete habit control program for smoking and weight loss will be offered this evening at 6:30 at the Rodeway Inn in Tacoma. The program provides tools to

gain control over problem habits. Stop-smoking and weight loss presentations will take place simultaneously in different rooms. Cost of the program is \$25. All necessary materials

will be provided for this one-evening clinic. The program is conducted by behavior change consultants George T. Moore and George C. Smith. Registration is at the door.

Zeta Phi meeting tonight

Zeta Phi Chapter of Beta Sigma Phi will host a birthday meeting tonight at 7:30 at the home of Mrs. Linda Briggs, 3672 SW 318th St. Sue Speir and Donna Benson will present a program titled "Ex-amples from life." For further information, contact Donna Benson at 952-3276.

Busybodies plan luncheon meeting

The Federal Way Busy Bodies club has scheduled a monthly meeting at 10 a.m., Oct. 10 at the home of Shirley Kjelgaard, 31339 11th Pl. S. in Federal Way. Following a salad luncheon, Marriana Gerrett from Hobbies Unlimited in the Federal Way Shopping Center will give a demonstration on

Christmas crafts. Jackie Johnson will make a presentation titled "All in the Family" assisted by Marie Weiss.

Anyone interested in finding out about homemakers' clubs is invited to attend the meeting. Further information is available by calling 839-1063 or 839-5868.

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"BRINGING HOME THE QUALITY SINCE 1939"

More women seeking police jobs

by Loren Bliss
Though a growing number of women are expressing an interest in joining the King County Police, the department is still anxious to recruit female officers, an official said recently.

The official, Jim Shaw, the chief administrator of the department's personnel and training division, said that despite a relatively small number of women are applying for the jobs.

"Women do seem to be more interested in police work," he said, "but we would like to see the interest even greater."

Unfortunately, he said, a lot of women don't like the stress and hassle that goes along with the job. But those who have what it takes say they wouldn't think of doing anything else.

"And it's not unusual to see the women right among the top scorers on the police department entrance exams and on the promotional tests," Shaw said.

He said that for most women, the most difficult hurdle to cross is the department's physical agility test.

BUT WOMEN and anyone else who has difficulty with the test may take a special physical conditioning program, at county expense, that will build the necessary muscle power.

Nevertheless, said Shaw, the women who wear the brown county uniforms are not all ex-athletes. "They just happen to be women who are in pretty good shape and who live somewhat active lives."

Arthritis meeting

The Western Washington Chapter of the Arthritis Foundation is sponsoring a new arthritis club in the Tacoma area. The first meeting will be at 7:30 p.m., Oct. 11 at the Tacoma YMCA, 1002 So. Pearl St.

The objective of the club is to bring arthritis patients and their families together in an environment that is optimistic, educational and supportive so that the patients and family can learn to cope with the many problems the disease presents. The group will also serve as advocates for arthritis education and services within the community. For more information, contact Pamela Lindquist at 622-2481.

Generally, he said, policework attracts women "who want to do something to change the conditions of our society." The same sense of obligation, he said, attracts men to the department.

"It's very common for police candidates to say that they want to work to give young people the proper direction, to turn kids around so the kids don't get into a life of crime," Shaw said.

Unfortunately, it's also common for police candidates of both sexes to have a number of misconceptions about police work, he said.

TELEVISION frequently and incorrectly portrays police women as "persons who handle their op-

ponents with judo," but in real life, he said, this doesn't often happen.

"Policework is not a 'Charlie's Angels' type of job," Shaw said.

But there are several types of assignments that women tend to handle somewhat better than men. Examples of these are quieting tavern brawls and settling family feuds.

Women don't come on as aggressively as men, he said, and many times can do a better job of communicating with the parties in a fight.

"And a lot of people won't hit a woman," Shaw added.

The backgrounds of women in police work are just as diverse as the backgrounds of

the men, he said. "One of our female officers has a master's degree in child development and has worked with retarded kids, and the men come from all areas too."

"In the case of the officer with the degree in child development, her feeling was that with her training and background, she could really be of service to the youth of the community."

ON THE negative side, the woman who enters police work will often find that she has to cope with domestic stresses created by her choice of jobs, he said.

"Shift work always hinders a marriage," Shaw said, "and police officers also have to build up some emotional discipline to cope with the nature of their work. As a result, policewomen sometimes tend to

grow away from their husbands. But marriages seem to work pretty well when both partners are police officers."

Some husbands, he said, seem to resent their wives' new authority and independence. "The woman does have more authority, and besides, she comes home wearing a gun..."

But policemen also suffer from a high divorce rate, Shaw said, "and there's no doubt that the work is the major contributor."

One of the factors in the high divorce rate is that police officers of either sex are often persons who are extremely dedicated to their work.

The county, he said, is currently experimenting with a special program for officers and their spouses to help both deal with the potential matrimonial pitfalls.

Sams take trailers to Leavenworth

Members of the Hitch-n-Go Good Sam trailer club have planned an October trip over the mountains for a scenic view of fall landscape near Leavenworth. The C.E. McCarthys and Ben Forrester will host the stay at the Icicle River Ranch Club.

The Hitch-n-Go

Sams is a retired persons group and has meetings on the fourth Tuesday of each month at the Auburn Public Library at 1 p.m.. Visitors are welcome at meetings and outings. Further information about the club and the October trip are available from Mrs. Phoebe Thrush, 852-2297.



Mr. and Mrs. Donald E. Parkhurst

Larson-Parkhurst

Rebecca Denise Larson, daughter of Mr. and Mrs. Warren Larson of Kent, became the bride of Donald E. Parkhurst, son of Mr. and Mrs. Donald Parkhurst of Oswego, New York, at 2 p.m., August 25 at the Grace Lutheran Church. Rev. Edward F. Markquart performed the double ring ceremony.

For her wedding, the bride chose a gown of white organza with an empire bodice and Queen Anne neckline appliqued with lace and embroidered with seed pearls. The lace applique was repeated at the bottom of the skirt and formed the border of the train. She carried a cascading bouquet of white roses, carnations, baby's breath and stephanotis. Bonnie McGrath, a friend of the bride was her personal attendant.

Maryanne Hugo was maid of honor and Tammy Rausch and Julie Larson were bridesmaids. They wore pale yellow gowns with matching satin shawl jackets and carried colonial bouquets of yellow

daisies, white carnations and baby's breath.

Bill Morrison of Detroit, Michigan, served as best man. Les Buchman and Terry Ellsworth of Montana were groomsmen.

A reception took place at the home of the bride's parents. Assistants included Mrs. Mervyn Weidner, Mrs. Fritz Larson, Mrs. Gerald Larson, Mrs. Arnold Grengs, Mrs. Brian Knopp, Karen Knopp, Terri Skelly, Renee Arns, Elaine and Kathy Zuber and Elizabeth Judd.

Special guests at the wedding were Mrs. Ruth Sear, the bride's grandmother from Minnesota, and the groom's parents, Mr. and Mrs. Donald Parkhurst from New York.

The bride is a 1978 graduate of Mt. Rainier High School and her husband is a graduate of Oswego High School in New York. He is currently stationed with the Navy at Whidbey Island. The couple are making their home in Oak Harbor.

Virginia Mason recruits teens

Virginia Mason Hospital is recruiting young men and women, ages 14 to 18, to participate in the hospital's junior volunteer program.

Junior volunteers work in various parts of the hospital to help patients and staff. The work includes delivery of flowers and mail, visiting patients, distributing reading material and crafts projects to patients, errand work and helping the staff with specific projects.

The program provides volunteers with

a familiarization with a health care facility and allows them to experience the personal contact necessary for a career in health care or social work. A good record as a volunteer provides a recommendation for future employment, and, by giving their time to others, volunteers add to the care and comfort of the patient.

Interested persons may apply by contacting the volunteer office at the hospital 624-1144, ext. 297.

Local couple weds



Mr. and Mrs. Martin Freet

St. Philomena's Catholic Chapel was the scene of the Sept. 2 afternoon wedding of Kimberly Marie Elms, daughter of Gene and Billie Elms, and Martin Lewis Freet, son of Joseph and Jackie Freet. Deacon Chuck Crandle performed the rites.

For her wedding, the bride chose an off-white gown and wore a wreath of roses and Hawaiian flowers in her hair. She carried a bouquet of roses, baby's breath and Hawaiian flowers featuring her wedding color theme of peach. Jill Brough, maid of honor, wore a full-length floral print gown in peach and carried a bouquet of small crystalline thimble and carnations. She wore small, peach crystalline thimble in her hair.

The groom was attended by Dave Rider of Federal Way. A small reception followed the ceremony at the home of the bride's parents. An evening reception took place at the Federal Way Elks

club, featuring a buffet dinner by Mary Kolb. Also assisting at the reception was Scott Hatch. Bruce Templeton performed several musical numbers for guests.

Out of town guests included the bride's grandparents, Glenn and Anitha Groseclose of Montesano and other relatives and friends from Aberdeen, Olympia, Portland, Tokeland and Spokane.

Following the reception, the bride and groom traveled down the coast of Oregon and California and visited Reno and Lake Tahoe. They will make their first home in Federal Way.

The bride is a 1976 graduate of Thomas Jefferson High School and is employed as head teller at Metropolitan Federal Savings Bank. The groom, a 1976 Federal Way High School graduate, attended Highline Community College and Washington State University. He is currently working on the Boeing hydrofoil project.

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Enjoy a combination of elegance and quality with famous brand names and fashionable fabrics! We encourage you to see for yourself that we are different from other fabric stores—that our buyers care about fashion and quality. To celebrate the New Fabricland - Enjoy 20% off on all fabrics and interfacing, today through Oct 16, 1979.

20% OFF

ON ALL FABRICS

SEWING CLASSES: PANT FITTING Oct. 15, 22, 29, Nov. 5 Mon. 10-12 \$25. Jeans Oct. 16, 23, 30 Tues. 10-12, 7-9 \$15. Doll Lamps Oct. 13 & 20 Sat. 10-12 \$10. Intro. to Ultra Suede Oct. 24 Wed. 7-9 \$5. Lingerie Oct. 25 & Nov. 1 Thurs. 10-12 7-9 \$10.

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NEW GOOD NEWS RETIRED SENIOR CITIZENS NEW

A new Retirement Center in Federal Way is now open for occupancy. It has been designed for retirees with fixed incomes who are troubled with inflation.

All you pay is 1 monthly rent, NO DEPOSITS OR HIDDEN FEES. Enjoy private or semi-private living, weekly maid service, 3 homecooked meals a day and much, much more!

EXAMPLE
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Private accommodations... as low as 675⁰⁰ mo.

FEDERAL WAY RETIREMENT CENTER
31002 14th AVE. SOUTH
CALL: 941-3380
Federal Way, WA 98003



**Tamara and Daniel McDonell
Pierce - McDonell**

Tamara Pierce and Daniel McDonell were married on Aug. 18 in a candlelight ceremony at John Knox United Presbyterian Church. The Rev. John W. Kopp was the officiating minister. For her wedding, the bride chose an ivory satin gown, belonging to a family friend, Mrs. E.L. Alverts. Her floor length veil was trimmed in french lace. The bridal bouquet was of gardenias, stephanotis and silk lilies of the valley. Kim Pierce, the bride's sister, was the maid of honor. The bridesmaids were

Widowed rap group forming

An eight-week discussion series titled "Experiencing Widowhood" will be sponsored by the Widowed Information and Consultation Service for men and women at the St. Elizabeth Episcopal Church, 1005 1/2 SW 152nd in Burien. The series begins Oct. 9 from 7 to 8:30 p.m. and ends with a dinner outing in November. WICS has found it helpful to widowed people to come together and talk about their concerns. Details which seem overwhelming, decision-making, coping with weekends and holidays, emotions such as guilt, anger, depression and crying and fatigue are common. When people are able to examine their grief and look at the options available for coping, the task of rearranging their lifestyle and daily routine becomes somewhat easier.

The discussion group will be a forum for meeting new friends. There is a fee of \$16. For further information, contact Diane Bingham, Director of WICS, at 246-6142.

Parenting classes offered

Two parenting classes, "Survival Skills for single parents" and "Living with your toddler," will be offered by the Highline-West Seattle Mental Health Center, 10015 28th Ave. S.W. beginning this week. "Survival Skills" is a seven-week series beginning Oct. 2 that will stress new approaches to handling conflicts, strengthening relationships, family and home management skills and support systems for the single parent. The course will meet from 7:30 to 9:30 p.m. at the Center in West Center. Cost is \$35.

The other course is a discussion group of parents of toddlers that will explore the importance of the first five years of a child's life and how parents can better guide and nurture their child's development. It will meet from 10:30 a.m. to 12:30 p.m. at 1010 146th St. in Burien beginning Oct. 4. Cost of the five-session course is \$20.

For further information or registration, phone 433-5762 or 433-5750.

Olympic View Friends Church at 201 Browns Point Blvd. is starting a program of studying the Bible book by book with the goal of finding the answers to problems and pressures of modern living. Cost of the series will be \$12 and this will include a study manual designed to become a lifetime reference and inspiration. Anyone who wants to register or receive more information may phone the church secretary at 927-9151.

Friends to study

Prices Good Thru Sun. Oct. 7, 1979

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<p>3.95</p> <p>Natur-Glo Lecithin Caps 1200 mg. 100's</p> <p>Second Bottle FREE Limit: 2 deals per customer please</p>	<p>Reg. 7.50</p> <p>5.45</p> <p>Naturade NRG Protein 1-lb</p>
--	--

Hyland's Clams 100's	Reg. 2.50 ea.	2.09 ea.
Bran-a Crisp 3.5 oz.	Reg. 99¢ ea.	75¢ ea.
Sonoma Mixed Fruit 12-oz.	Reg. 1.72 ea.	1.39 ea.

<p>Reg. 7.95</p> <p>5.39</p> <p>Head Shampoo 1/2 Gallon</p>	<p>Reg. 2.49</p> <p>2.09</p> <p>Knudsen's Apple Juice 1/2 Gallon</p>
--	---

Health Valley Crackers • Stone Wheat	6.5 oz. Reg. 79¢	65¢
Banana Chips	Reg. 1.69 lb.	1.43 lb.
Mountain Mix	Reg. 2.45 lb.	2.19

<p>Reg. 1.10</p> <p>89¢</p> <p>Health Valley Chili Spicy 15-oz.</p>	<p>Reg. 6.65</p> <p>4.95</p> <p>Natur-Glo Natur Vites 30's</p>
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Fred Meyer Advertising Policy: Each of these advertised items must be readily available for sale at or below the advertised price in each Fred Meyer store, except as specifically noted in this ad.

N40-012

GRAND OPENING SALE

Monday, October 1st.
Thru
Saturday, October 13th

FREE
600 WATT DIMMER
WITH \$100 PURCHASE

50% OFF

ALL LIGHTING FIXTURES

STIFFEL LAMPS 20% OFF

Outdoor Bracket	Ant. brass w/ smoke, tall glass	\$7.00	\$32.00
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WASHINGTON LIGHTING CENTER

1336 So. 336th.
Federal Way
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HOURS
WEEKDAYS 8 AM - 5 PM
SATURDAYS 9 AM - NOON

Sack raps for October

Four more Sack Rap lunch programs sponsored by the downtown Seattle YWCA are scheduled for October and November at the Seattle-King County YWCA, 1118 8th Ave. S. All presentations take place Tuesdays at noon. On Oct. 16, "Women and the Law" is the topic discussed by Cynthia Gillespie of the Northwest Women's Law Center. Legal information, current issues and resources will be subjects.

October 23, William Mead, M.D., will discuss exercise stress testing, including purposes and procedures, preven-

tion of heart disease and risk factors. October 30 will feature a program by the League of Women Voters titled "Ballot Issues". Concerns for the general election will be discussed. The final presentation of the series, November 6, is a discussion of the volatile issue of sex bias in employment. Paula Marcus, an investigator for the State Human Rights Commission, will lead discussion on resolving employment-discrimination complaints, how to file a charge and how decisions are made in sex discrimination cases.

Workshop for homemakers

Sidetracked Home Executives is the title of a workshop for disorganized homemakers to be presented from 9 a.m. to Oct. 6 at the Tacoma Rodeway Inn and Nov. 3 at the Lakewood Motor Inn. Pam Brace and Peggy Jones, two sisters from Vancouver, Wash., are the founders of the workshop to help homemakers become better organized themselves, and gain family cooperation and more free time while organizing their household from the inside out.

The course has received national acclaim and coverage in Vogue and Family Circle magazines. The

sisters were recently interviewed by syndicated television talk show host Phil Donohue in Chicago. Sidetracked Home Executives instructors are now traveling nationwide.

Janet Marks, a Tacoma SHE instructor, discussed symptoms of disorganization recently on a local radio talk show. They include: sitting in a bathrobe until midday, a refrigerator full of long lost leftovers, sinks full of dirty dishes and piles of dirty clothes. If any of the symptoms sound familiar, further information on the workshops is available from Janet Marks at 531-4314.

Secretaries bestow awards at dinner

Presentation of Certified Professional Secretary (CPS) certificates will highlight a dinner meeting of the Washington-Evergreen Chapter of the National Secretaries Association, Oct. 11 at the SeaTac Airport Travelodge, 2824 S. 188th. The presentation will be made by Burnetta Ooley, Washington-Alaska Division Officer.

The CPS rating is earned by passing an extensive, two-day examination ad-

ministered by the Institute for Certifying Secretaries, a department of the NSA. The six-part exam covers environmental relationships in business, business and public policy, economics of management, financial analysis and the mathematics of business, communications and decision-making and office procedures.

For further information or dinner reservations, phone Nina Caldwell at 762-3665 (evenings) or 655-4900 (days).

Births



Gleaves
Their first child was born to Martin and Virginia Gleaves, 506 So. 198th, on September 13. Ian Scott, weighing 7 pounds, 12 ounces, was delivered at Riverton Clinic. His grandparents are Mr. and Mrs. Robert Duval of Seattle, Mr. and Mrs. Gordon Mowrey of Maple Valley and Mr. John Gleaves of Spanaway.

Cretti
Joy Marie is the second child born to Louis and Janet Cretti, 33415 22nd Ave. SW in Federal Way. The 7 pound, 5 ounce baby girl arrived September 13 at Valley General Hospital in Auburn. She has a brother, Jason, 3, and grandparents Mr. and Mrs. John Magrum of Federal Way and Mr. and Mrs. Louis A. Cretti of Munds Park, Arizona.

Gasperetti
Angela Marie is the first child born to John and Sheri Gasperetti, 1213 SW 308th St. in Federal Way. The 7 pound, 10 ounce baby girl was born September 12 at Valley General. Her grandparents are Mr. and Mrs. Lloyd Conrad of Seattle and Mr. and Mrs. S. John Gasperetti also of Seattle.

Byerly
Michael and Debbie Byerly, 2234 S. 336th in Federal Way, welcomed their second child, Alicia Rose. The 9 pound, 6 1/4 ounce baby girl was born September 11 at St. Joseph Hospital in Tacoma. She joins brother Jason, 3 1/2, in the Byerly family. Grandparents are Mr. and Mrs. Robert Shukert of Omaha, Nebraska and Mr. and Mrs. Robert Byerly also of Omaha.

Leach
Darcie Rose is the newest addition to the Marvin and Debra Leach family, 1326 S. 275th Pl. in Kent. The 7 pound, 15 ounce baby girl was born September 10 at East Side Group Health Hospital. She has a sister, Sara, who is 5 years old. Grandparents are Mr. and Mrs. H.E. Holgkamp of Milwaukie, Oregon and Mrs. Charles Leach of Gladstone, Oregon.

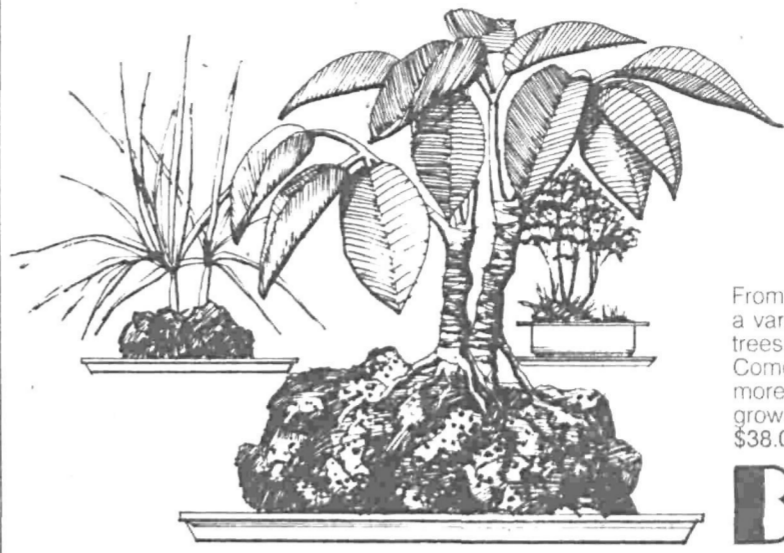
Pennini
Their first child was born to Steven and Mary Ann Pennini, 3001 So. 288th in Federal Way, on September 11. Heather Marie, born at Highline Memorial Hospital, weighed 5 pounds, 15 ounces. Her grandparents are Mr. and Mrs. Francis Rolfe of Kent and Mr. and Mrs. Robert Pennini, also of Kent.

Adams
William and Joy Adams, 12224 23rd So., welcomed the birth of their first child, Julie Rachel, on August 23. The 9 pound, 9 ounce baby girl was born at Valley General Hospital. Her grandparents are Mr. and

Mrs. William P. Adams of Des Moines and Mrs. Norma Lintwedt of Seattle. Two great-grandmothers living in Tacoma are Edna DeMars and Pauline Adams.

Peterson
Scott Patrick is the second son born to Patrick and Kathleen Peterson of 31434 50th Ave. SW in Federal Way. The 7 pound, 13 ounce baby boy was born September 14 at Highline Community Hospital. He has a brother, Jeffrey, 3, and grandparents Mr. and Mrs. Arthur Benzel of Wapato and Mrs. Betty Peterson of Ellensburg.

THE GAZEBO



From Hawaii to the Gazebo comes a variety of unique indoor miniature trees, planted in selected lava rock. Come in, we would love to tell you more about these exotic, easy to grow indoor Bonsai. \$14.00 to \$38.00.

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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 \$30
Craftsman® 7/8 HP router
Was \$58.50
28⁵⁰



100% ball bearing motor develops no-load shaft speed of 25,000 rpm. Double insulated.
Reduced from our 79/80 tool book

SAVE \$5¹¹
Mr. Burger all temperature pan with corn popping lid
Was \$14.99
9⁸⁸



Thermostat controls temperature from 0° to 400°F. Non-stick interior. Comes with regular and corn popping lids.
Reduced from our 78 Christmas catalog

HALF PRICE SALE
Misses cushioned oxford
Was \$6.99
3⁴⁴



Urethane uppers with nylon tricot lining. Cushioned insole. Black or tan.
Reduced from our 79 Fall and Winter catalog

HALF PRICE!
Craftsman® electric Bushwacker hedge trimmer
Was \$38.50
18⁸⁸



Double-edged, 48-tooth blade cuts 18-in. swath in either direction.
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SAVE 40%
soft side luggage Featherlite
Was \$20-\$75
11⁹⁸ to 44⁹⁸



Heavy-gauge textured vinyl; cushioned nylon tricot backing. Brass plated steel hardware. Choose from 9 different pieces. Brown, blue, green.
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SAVE 40%
Medley flannelette sheets
Was \$6.99-\$14.99
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Easy care polyester and cotton. A large range of colors and sizes are available, including some X-long. Sheet or blanket lengths.
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SAVE 26%-28%
Heavy-duty trash cans
20-gal. size was \$13.79
9⁸⁸
30-gal. size was \$18.79
13⁸⁸



Vinyl coated steel! Resists rusting, corrosion, rodent, squirrel damage.
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HALF PRICE!
Fashion photo Barbie Doll
Was \$8.44
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Barbie twists and bends to change poses as you focus the toy camera. Doll and camera come with lots of fun fashion accessories.
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SAVE 1/3
Girls fancy party dresses
Were \$11.99 to \$13.99
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Ruffles, ribbons and lace on plain or floral dress. Sizes 7-14.
Reduced from our 79 Spring and Summer catalog.

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Mr. and Mrs. David Kludskofsky

Kludskofsky Schlotterbeck-

Donna G. Schlotterbeck, daughter of Mr. and Mrs. Van Goforth of Auburn and Mrs. and Mrs. Meredith Schlotterbeck of Tacoma, was married recently to David P. Kludskofsky, son of Engslis and Dorene Kludskofsky of Auburn. Clair Damerell officiated the rites which took place August 18 at the First United Methodist Church in Auburn.

For her wedding, the bride wore a full-length white gown with lace trim and the cathedral veil. She carried a bouquet of baby yellow roses, peach tinted carnations, stephanotis and baby's breath. She was attended by Jennifer Olsen, maid of honor; Debbie Hora, Kathy Low and Lourie Olsen, bridesmaids. All of the bridal attendants wore peach floral print dresses. Flowergirl Melinda Kludskofsky and ringbearer Heidi Luoma wore peach dresses in dotted

Film night, class for parents-to-be

Preparation for Expectant Parents (P.E.P.) is sponsoring an early pregnancy class and film night at 7:30 p.m., Oct. 8 at the Federal Way Library, 848 S. 320th. Various aspects of pregnancy will be discussed and a film depicting the birth experience of parents using the Lamaze breathing and relaxation techniques will be shown. A P.E.P. instructor will be present to answer any questions.

The class is free and open to the public. P.E.P. offers childbirth education classes to help expectant parents understand the childbirth process. The goal of the classes is to prepare couples for labor and delivery and for postpartum adjustments. Class sizes are strictly limited to provide each couple individualized attention. The instructor remains available to parents after the baby is born to answer questions about child care and breastfeeding. New classes begin several times monthly.

For more information or to register for childbirth preparation classes, call Pam Wilson at 839-4009.



Mr. and Mrs. Pat Thurman

Decatur grads wed

Decatur High School graduates Christine Ann Kundert and Pat Thurman were married August 10 at the home of the bride's parents, Mr. and Mrs. Richard Kundert of 32807 35th Ave. S.W. in Federal Way. Thurman is the son of Mrs. Elinor Thurman of Des Moines. The Rev. James Finkbinder of First Methodist Church of Federal Way performed the rites.

The bride wore her mother's wedding gown with fingertip veil and carried a white Bible adorned with gardenias. Her sister, Kathy Kundert, was maid of honor. She carried a bouquet of pink roses and baby's breath. Paul Bayer of Pullman served as the best man. Accompanied by organist Julie Posma of Billings, Montana, the groom sang "We've Only Just Begun."

Travel careers are focus of UW course

Information about careers in the travel industry is the focus of a class titled "Introduction to travel career" offered through the University of Washington Experimental College this fall. Eight evening classes make up the course, beginning from 7 to 9 p.m., Oct. 18. Registration for the course is from noon to 4:30 p.m., Oct. 6 to 13 in the HUB ballroom on the University of Washington campus.

The course is designed to prepare the student to enter careers in the airline or travel agency fields. Topics covered include rudimentary travel terminology, promotional airfares, basic airline ticketing and a job finding workshop. Further information is available from the instructor, Michael E. Dearing, at 322-6271 or the Experimental College, 543-4375.

Vending machine skills taught in SSCC program

A few openings are still available in a new class beginning this fall for vending machine mechanics at South Seattle Community College. The course, offered mornings, afternoons and evenings, focuses on basic electrical theory and practice, use of tools required for maintenance and repair, troubleshooting and electrical circuit tracing and analysis.

The nine-month training program provides a variety of career options with vending service companies and juke box and pinball machine companies. Self-employment is another opportunity for graduates.

Students will be accepted through the next two or three weeks. Anyone interested in the program may phone instructor Bert Glandon at 764-5336. Tuition at SSCC is \$9.60 per credit to a maximum of \$96 per quarter for a full-time resident student.

Fashion program available

"Fashion Shape-Up Fall '79" is the title of the fashion program presented locally by Sears, Roebuck and Co. It consists of 40 slides and a narration script identifying the direction of fashion for fall and winter. New lines, including broadened shoulders, defined waistlines, slim skirts and bright colors are the focus of the presentation. It also offers tips on coordinating wardrobes and accessorizing.

Committees, clubs and organizations interested in using the Sears program may contact Elliott Sher, Sears SeaTac Mall merchandising manager, at 941-1000. A youth edition is also available for school and campus groups.

Planning to wed

The following persons have expressed their intentions to wed.

William K. Molan, Redondo, and Nancy L. Miller, Redondo.

Wayne Thompson, 20, 7523 - 43rd Avenue, and Teresa Coleman, 18, 19018 Pacific Highway South.

Gary L. Edwards, 22, 29308 First Avenue South, Federal Way, and Ronda L. Martin, 19, 750 South 216th, Des Moines.

Dean L. Escott, 22, 2511 South 286th Street, Federal Way, and Mildred J. Self, 20, 2511 South 286th Street, Federal Way.

Stuart R. Fletcher, 22, Malott, Okanogan County, and Sandra A. Gray, 20, 20419 Seventh Place South.

Mitchell L. Gaine, 29, 24515 Ninth Avenue South, and Anne M. Hurlbert, 25, 24515 Ninth Avenue South.

Curtis M. Lee, legal, Seattle, and Helen I. Smith, legal, 27912 Pacific Highway South, Federal Way.

Martin R. Thompson, 20, 2507 South 286th Street, Federal Way, and Laura M. Patricelli, 19, Kent.

Gary L. Van Dinter, 34, 24904 - 34th Avenue South, Kent, and Susan A. Bakamus, 23, 24904 - 34th Avenue South, Kent.

The following persons have expressed their intentions to wed.

Rusty D. Schiemer, Federal Way, and Karen E. Van Valkenberg, Auburn.

Rodney M. Jones, Federal Way, and Mary A. Scarberry, Federal Way.

Peter A. Berg, 23, 966-28th Avenue NE, and JoAnn Book, 21, 4343 South 254th Street, Kent.

Stephen W. Deeds, 23, 3228 South Chicago Street, and JoAnn E. Staats, 20, 23214 - 26th Avenue South, Kent.

Dennis R. Graham, 35, 20106 Des Moines Way South, and Catherine A. Kelley, 28, 415 SW 154th Street.

Native plants lecture

The Northwest Ornamental Horticultural Society will sponsor another in a series of lectures at the Museum of History and Industry, 2161 E. Hamlin St., at 11 a.m., Oct. 11. Featured lecturer will be Dr. Roy L. Taylor from Vancouver, B.C., who will speak on "Our Native Plants: Priceless Treasures". Admission is \$1 and the public is invited. Free parking is available. Dr. Taylor is the well-known Director of the Botanical Gardens of the University of British Columbia. For further information, contact Mrs. George H. Grimes, 324-2358, or Mrs. R.H. Ross, 242-8729.

Foster homes sought

Lutheran Social Services of Washington is seeking foster homes for handicapped children. Single persons, couples, and families are encouraged to provide the foster care that fits their life style, such as a periodic weekend or a longer term arrangement. The Lutheran Social Service serves children with many types of disabilities requiring various levels of care. They work with foster parents to match as closely as possible the type of child they would like to share their home with. They also provide ongoing support and some financial reimbursement. Foster parents can ease the pressure on a family, sometimes making the difference between institutionalizing a child and keeping him in their home. Long-term foster homes are an alternative to total institutionalization for some children. For more information, call Cecily Conrad, Lutheran Social Services of Washington at 365-2700.

Classes to start

St. Vincent de Paul Adult Education Department will begin its L.I.F.E. (Learning for Individual and Family Enrichment) classes Thursday, Oct. 11. The October sessions will feature Holiday Hostessing, a creative approach to dress up holiday efforts. Seattle Community College will demonstrate hors d'oeuvres and garnishes. Oct. 18, Kelly Gunderson from Cafe Patisserie will conduct the session on creative bread dough. Barbara Erickson will teach dough art at this session also. Oct. 25 will feature Christmas Creativity, demonstrations on how to make Christmas stockings, stuffers, ornaments, ceramics and advent wreaths. For additional information on these L.I.F.E. sessions, contact Robin La Moria at 839-4333.

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Cash value 1/20' Good thru 10/13/79

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Reg. \$3.25

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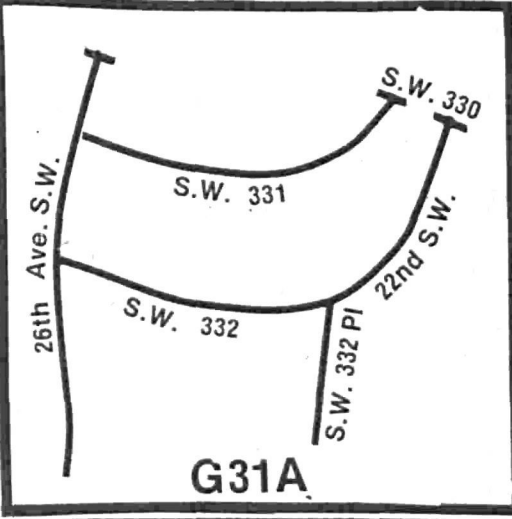
Come in and see for yourself. Let Gary Cain or Chris Combs answer your questions!

HOURS:
M T W T SAT 10-6 FRI. 10-9
CLOSED SUNDAY

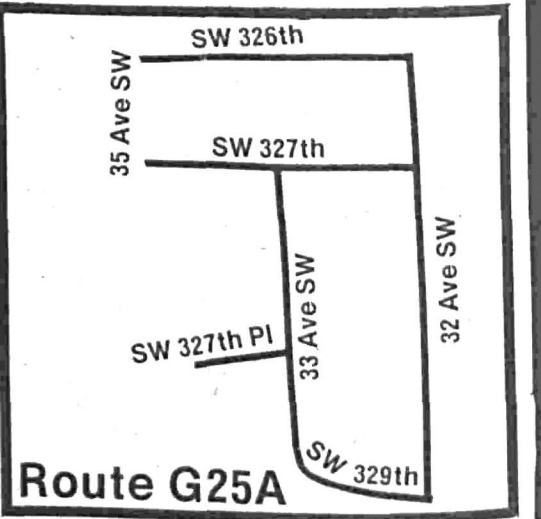
(Next to Mr. Auto) **244-5664**

149 S.W. 152nd **Burien**

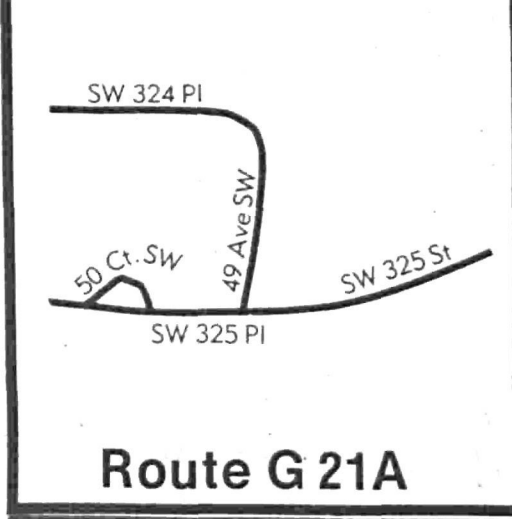
AVAILABLE SEPT. 1



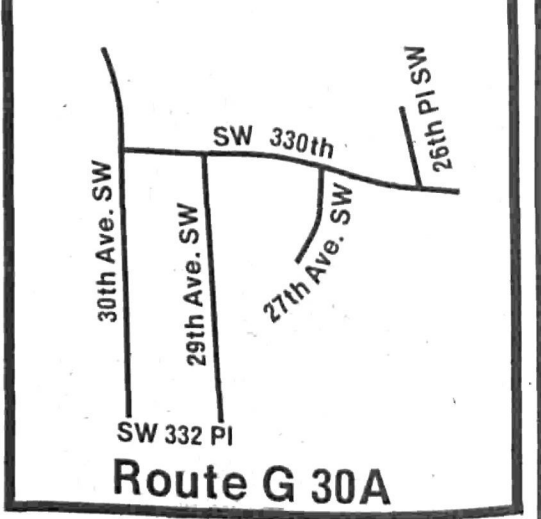
Route G31A



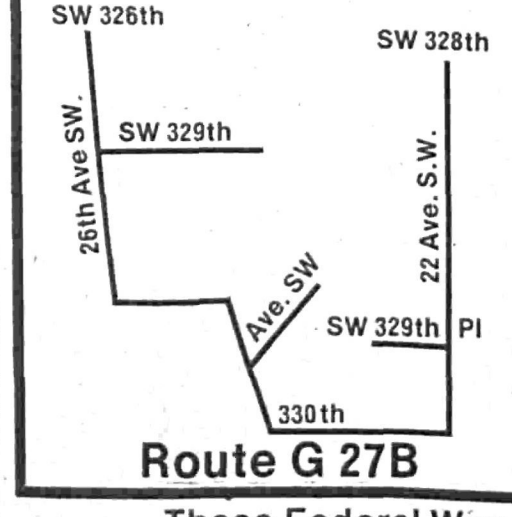
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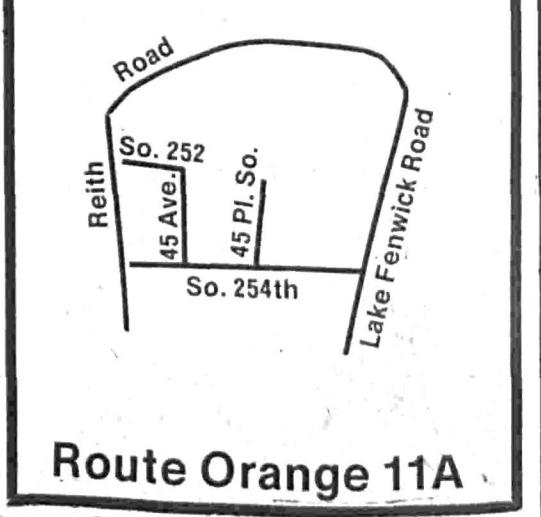
Route G21A



Route G30A



Route G27B



Route Orange 11A

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For more information, call Circulation: **941-4400**

Planning to wed

The following persons have expressed their intentions to wed:

Larry T. Trivette, Federal Way, and Marsha L. Trivette, Federal Way.

Elton L. Beeman, 50, 28620 Pacific Highway S., Federal Way, and Bette Wilson, 40, 28620 Pacific Highway S., Federal Way.

Roy Burbin, 34, 4430 S. 314th St., Auburn, and Debra Vanderkolk, 22, 4430 S. 314th St., Auburn.

Dennis Green, 29, 4014 SW 321st St., Federal Way, and Lorraine Oakley, 33, 3209 SW 319th Pl., Federal Way.

Timothy Haley, 30, 25121 - 22nd Ave. So., Kent, and Mary Barton, 28, Bonney Lake, Pierce County.

Brian Lafky, 23, 750 S. 216th St., and Gloria Fahrnkrug, 39, 750 S. 216th St.

Joseph A. App, 25, 4945 S. 298th St., Auburn, and Donna L. Wilson, 19, 1708 S. 268th St., Kent.

John T. Masai, 27, 19718 Pacific Highway S., and Jenny M. Hadlow, 22, 19718 Pacific Highway S.

Wayne R. Underwood, 22, Sumner, and Victoria E. Enocks, 21, 28839 - 34th Ave. S., Auburn.

James G. Gredeen, Federal Way, and Jeanette L. Walker, Federal Way.

David Hagen, 26, 20623 Seventh Place South, and Claudia Kaeppler, 23, 18136 SW Normandy Terrace.

Paul Steffan, 27, 28623 Military Road South, Federal Way, and Diane Ducksherer, 19, 181 South 240th Street, Federal Way.

Harold Reed Jr., 28, 24015 26th Place South, Kent, and Sandra Smith, 23, 2005 South 252nd Street, Kent.

Donald G. Disbrow, Federal Way, and Carolyn E. Swanson, Federal Way.

Jerry L. Smith, Milton, and Gayle E. Sader, Milton.

Joel T. Stinson, 29, 3645 SW 328th St., Federal Way, and Elizabeth A. Van Auken, 20, 36455 SW 328th St., Federal Way.

Steven A. Cheshier, Federal Way, and Terry Ann Murray, Seattle.

Dana M. Strickling, 25, 20440 Pacific Highway South, and Debra J. Earnest, 24, 20440 Pacific Highway South.

Walter M. Tesch, 26, 8016 SE 57th Pl., Mercer Island, and Penny L. Shemanski, 26, 28514 - 46th Ave. S., Auburn.

Rick V. Thompson, 17, 4821 Kent-Des Moines Road, and Tammarae J. Kratz, 17, 4821 Kent-Des Moines Road.

George E. Wright, 31, 3516 S. 262nd St., Kent, and Brenda S. Simpson, 25, 3516 S. 262nd St., Kent.

Malcolm B. McNeill, Jr., 18, 29255 - 59th Ave. S., Auburn, and Letitia Hayashi, 18, 4109 Somerset Lane, Kent.

Robert W. Bonwell, 38, 33110 - 30th Avenue SW, Federal Way, and Sharon M. Vetsch, 38, 33110 - 30th Avenue SW, Federal Way.

Jerry L. Gamache, 28, 3213 South 136th St., and Sara Rusher, 29, 22607 Sixth Ave. South, Des Moines.

Michael A. Huston, 24, 26214 - 14th Ave. S., Kent, and Patricia A. Zeisel, 34, 26214 - 14th Ave. S., Kent.

Terrance Thayer, 25, 32419 - 56th Avenue South, Auburn, and Margaux Brooks, 27, 32419 - 56th Avenue South, Auburn.

Servicemen

Jeffrey Q. Gamble, Coast Guard Ensign, son of Melvin M. and Joan D. Gamble of 4211 S. 324th Place, recently returned from an Alaskan Fisheries patrol.

He is an officer assigned to the Coast Guard cutter Munro, homeported in Seattle.

During the cruise, his ship participated in two search and rescue missions and seized a Korean vessel for an infraction of the 200 mile fisheries conservation law. Port visits were made in Juneau, Kodiak, Seward, and Adak, Alaska.

Gamble is a 1973 graduate of Broad Run High School, and a 1977 graduate of the U.S. Coast Guard Academy, New London, Conn., with a Bachelor of Science degree.

Steven L. Gray, Navy Seaman Recruit, son of Donald W. and Loreen S. Gray of 34044 44th Ave. S., has completed recruit training at the Naval Training Center, San Diego.

During the eight-week training cycle, he studied general military subjects designed to prepare him for further academic and on-the-job training in one of the Navy's 85 basic occupational fields.

A 1979 graduate of North Lake Continuation High School, he joined the Navy in July 1979.

Norris C. Henderson Jr., Marine Sgt., son of Rebecca M. Recio of 26608 Dover Court in Kent, has been promoted to his present rank while serving with the 1st Marine Division, Camp Pendleton, Calif.

A 1975 graduate of Thomas Jefferson High School, he joined the Marine Corps in October 1975.

David M. Kuhn, Sergeant, son of Mrs. Kuhn and Mrs. Marion J. Kuhn of 2116 N. Dwight, Pampa, Tex., has arrived for duty at Eielson AFB, Alaska.

The sergeant, a fuels specialist with a unit of the Alaskan Air Com-

School lunch commemorated

National School Lunch Week's theme, "Eat to Learn, Learn to Eat," will again be presented across the nation Oct. 14-20.

This theme, part of a five-year program developed by the American School Food Association, was designed to focus attention on the importance and benefits of good nutrition. Emphasis this school year is on "nutrition with love."

"After all, good, nutritious food tastes that much better when it is served by caring people with loving hands," said Cora Chinn, food service coordinator for Highline schools.

Highlighting school lunch week are three menus featuring fish, pizza and chili with crackers. These meals are Type A lunches and include items from the four basic food groups — meat or meat alternate, fruit or vegetables, bread or bread alternate and nutritional allowances for children.

Last year, the Highline School District served Type A lunches provide one-third of the 1,461,327 lunches, recommended daily averaging 8,350.

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Say hello to Mischa the Bear. He's the official mascot of the 1980 Summer Olympic Games in Moscow. And he's all yours — free — when you invest in a \$500 one-year Guaranteed Income Bond at Puget Sound National Bank. If you don't happen to have that much handy, you

can still take Mischa home for only \$7. Either way, everyone wins. Because a part of the proceeds is donated to the U.S. Olympic Committee. You don't need an account with us to get Mischa. But Puget Sound National Bank is the only place in town you'll find him. He stands 12 inches tall in his bear feet. So he

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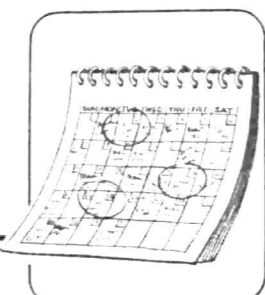
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Community Calendar

what's happening



PUBLIC MEETINGS

Des Moines City Council (second and fourth Mondays, each month, 7:30 p.m.) Regular meeting at Des Moines City Hall.

Des Moines Planning Commission (first Monday, each month, 7:30 p.m.) Meeting at Des Moines City Hall.

Federal Way Community Council (each Thursday, 7:30 p.m.) Regular meeting in the Lakeside Professional Building, 30819 14th S. (Lower Level).

Federal Way School Board (second and fourth Mondays, each month, 7 p.m.) Regular meeting at Educational Services Center, 31455 28th S.

Water District 54 (first Monday each month at 6:30 p.m. and third Monday of each month at 8:30 a.m.) Regular meeting, 922 S. 219th St.

COMMUNITY EVENTS

Parents Without Partners, Chapter 66, South King County (10-3, 9 p.m. to 1 a.m.) Dance at the "Cove," 1500 Shorebrook Drive, Normandy Park, prospective members call 854-2780.

Delta Rho Chapter of Epsilon Sigma Alpha (10-3, 8 p.m.) Meeting at the home of Alice Owen, for additional information call Harriet Crawford at 839-1591.

Judson Park Fall Festival (10-5, 7 a.m. to 3:30 p.m.) Waffle breakfast served from 7 to 10 a.m., bazaar, snack bar, held at Judson Park Senior Citizen Retirement Center.

Brigadoon Paper Drive (10-6, 10-7, 10 a.m. to 4 p.m.) Call Dick Whipple, at 838-1672 for paper pick up, 3601 S.W. 336th St.

South End Singles (10-6, 9 p.m.) "Hard Times Dance," featuring music of the '30's; (10-12, 9 p.m.) Dance; (10-12, 9 p.m.) Dance; (10-26, 9 p.m.) "Halloween" dance, all being held at Crestview Center, 16200 42nd Ave. S., phone 839-5151 evenings for additional details.

Washington Drug Rehabilitation Center (10-6, 9 a.m. to 3:30 p.m.) Fresh Start Seminar, St. Vincent de Paul Catholic Church.

Early Pregnancy Class and Film Night (10-8, 7:30 p.m.) Sponsored by Preparation for Expectant Parents (P.E.P.), Federal Way Library, 848 S. 320th St.

Federal Way Extension Homemakers (10-8, 7:30 p.m.) Home of Ingrid Speck, the program "On the Family" will be presented by Sandy Parr, Rheta

Pearson and Diane Goss, for additional information call Marilyn Burger at 839-8275.

Federal Way Organizations Serving Youth (FWOSY) (10-10, 10-17 and 10-24, 7 to 9:30 p.m.) Three-session seminar to study drug abuse and what can be done about it, Decatur High School.

"Kids and Drugs" (10-10, 10-17 and 10-24, 7:30 p.m.) Presented by the Federal Way Family Forum, meetings held at Decatur High School.

2nd Annual Antique Appraisal (10-12, 1 to 8 p.m.) Experienced antique appraisers, cost \$3 per item, limit offiveitems per customer, Calvary Lutheran Church, 2415 S. 320th St.

Federal Way Community Council (10-12, 1 to 8 p.m.) Antique appraisal, Calvary Lutheran Church.

Oktober Fest (10-12 to 10-13, 10:30 a.m. to 5:30 p.m. daily) An Old World Exhibit with artists and entertainers; (6:30 to 11:30 p.m. nightly) Authentic Austrian music and yodeling, Federal Way Shopping Center, 312th and Pacific Highway South.

Star Lake Elementary Newspaper Drive (10-15 to 10-19) For additional information call Gayle at 246-7115.

Square Dance Lessons (Began Sept. 11, Tuesdays, 7 p.m.) Sponsored by The Buckskin Kids, for ages 8 to 12, Southgate School, 4101 S. 131st St., for more information call 722-5362.

Alcoholics Anonymous (Tuesdays and Thursdays, each month, 10:30 a.m.) Ancient Mariner, 31140 Pacific Highway S.

Altrusa Club of South King County (first and third Tuesdays, each month, 6 p.m.) Dinner meeting at the Fog Cutter South.

Alpha Delta Kappa, Alpha Theta Chapter (second Thursday, each month, 6:30 p.m.) For additional information call Margit Larson at 927-2195.

Centerstage Actor's Workshop (every Thursday night, 8 p.m.) Federal Way Elks Lodge, 31405 185h Ave. S.

Chapter No. 937 of the American Assn. of Retired Persons (every second Tuesday, 1:30 p.m.) Regular meeting at the Senior Citizens Center, 33324 Pacific Highway S.

Dale Leroy Watkins Auxilliary for Children's Orthopedic Hospital (fourth Monday, each month) Meetings in members' homes,

contact Terry Engelstad at 839-7175.

Dee-Cee Toastmasters International (Wednesday evenings, 6 p.m.) Dinner meeting, Mulligan's Old Place Restaurant, SeaTac Mall, for additional information call Ken Willard, 773-9458, 255-0394 or 839-1755.

Des Moines Garden Club (first Monday each month, 10:30 a.m.) Meeting, Des Moines United Methodist Church.

Des Moines Lodge 245 F and AM (second Thursday, 8 p.m.) Des Moines Masonic Temple, 2208 S. 223rd St., William Exley - 878-4387, Richard Neal, secretary - 824-1485.

Des Moines - Zenith Orthopedic Auxilliary (first Thursday, each month) Board meeting in homes; (third Thursday, each month, noon) General meeting at Des Moines United Methodist Church.

Diet Center's Nutrition and Food Behavior Modification Seminar (begins Sept. 11 for six weeks, Tuesdays, 7 to 9 p.m.) Cost \$25, for additional information call Marilyn at 941-1990.

Evergreen Bridge Club (every Thursday, 10 a.m.) Open franchise duplicate, 1346 S.W. Dash Point Road, call 927-0244 for additional information.

Evergreen Conestogas 4x4 Club (second Wednesday, each month, 7:30 p.m.) Meeting, Auburn Park, for additional information call Sandy McKee at 927-7188.

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 Park.

Federal Way Aerie 3812 FOE (first and third Tuesdays, 8 p.m.) Lakeland Community Club 4016 S. 352nd St., new meeting place.

Federal Way Auxilliary FOE (first and third Wednesdays, 8 p.m.) Regular meeting held at Lakeland Community Club, 4016 S. 352nd St.

Federal Way Cooperative Preschool (meets Tuesday, Wednesday and Thursday, 12:30 to 2:30 p.m.) For registration information call Kif-fanie Hein at 839-0769 or Marguerite Hayes at 852-9236, All Saints Lutheran Church, 27224 Military Road S.

Federal Way Evenings Lions Club (first and third Wednesdays, 7 p.m.) Held at the Fog Cutter South.

Federal Way Jaycees (second and fourth Mondays, each month, 8 p.m.) Meetings held at Jaycee Clubhouse, Federal Way Shopping Center.

Federal Way Noon Lions Club (every Tuesday, 12:15 p.m.) Meeting held at the Fog Cutter.

Federal Way Women's Aglow Fellowship (third Tuesday, each month, 9:30 a.m.) Steel Lake Grange Hall, one block east of 298th and Military Road.

Foxgloves, University of Washington Arboretum Foundation Study Unit 77 (second Thursday each month, September through May) Membership now open, call Carol Fox, 941-1273, or Audrey Isaacson, 839-8671, for information.

Green River Chapter Barbershoppers (Tuesdays, 7:30 p.m.) Tryout prospects - singing quartets, held at Star Lake Improvement Club, South 272nd and Military Road, Kent-Federal Way.

Heritage Toastmistress Club (second and fourth Tuesdays, each month, noon) Meeting held at the Royal Fork, 31845 Pacific Highway S.

Highline Business and Professional Women (first Wednesday, 7:30 p.m.) Board meeting in homes; (second Wednesday, 6:30 p.m.) Dinner meeting at Black Angus in Burien.

Hi-Way Toastmasters (Thursdays, 7 p.m.) Visitors and guests welcome, Pacific Junior High, 22705 24th Place S.

Jaycees (second and fourth Tuesday, 7:30 p.m.) At Jaycee Clubhouse.

Kiwanis of Federal Way (every Wednesday, noon) New location, The Dynasties.

Lakeland Community Club (first Thursday, each month, 8 p.m.) Regular meetings; (9-20, 6 p.m.) Potluck, 4016 S. 352nd St.

Marine Hills Garden Club (third Tuesday, each month, 7:30 p.m.) Meeting held at Mrs. John Sawyers, 806 S. 295th Place.

Mary Bridge Speech and Hearing Center (Monday and Wednesday, by appointment) Free speech and hearing screening, call 839-3470 for appointment, 2450 Star Lake Road.

Omega OES 259 (first and third Wednesdays, 8 p.m.) Stated meeting, J. Smith, secretary, for information call 878-8166, Des Moines Masonic Temple.

Outriders Off-Road Vehicle Club (second Wednesday, each month, dinner at 6:30 p.m., meeting at 8 p.m.) Fog Cutter South, 31211 Pacific Highway S., for additional information call Dick Luzznick at 839-1234 or Don Emerson at 839-2459.

Overeaters Anonymous (each Monday, 12:30 p.m.) King County Multi-Service Center, 2450 Star Lake Road; (each Thursday, 7:30 p.m.) Trinity Reformed Church, 3807 S. 260th St., call Betty at 878-3027 for additional information.

Puget Sound Kiwanis Club (every Tuesday, 7:30 a.m.) Meeting held at Denny's Restaurant, 2130 S. 320th St.

Pyramid Assembly 152, Rainbow Girls (first and third Thursdays, 7 p.m.) Pyramid Temple.

Pyramid Court No. 88 (fourth Friday, each month, 8 p.m.) Regular meeting, Pyramid Masonic Temple.

Pyramid OES 257 (second Thursday, each month, 8 p.m.) Pyramid Masonic Temple, 1700 S. 340th St.

Recovery Incorporated (every Thursday, 7:30 p.m.) Self-help mental health group, Auburn YMCA, for information call 631-8518.

Shufflers Four Square Dance Club (first and third Saturday, 8 p.m. workshop, 8:30 p.m. dance) Edgewood Grange, 55th and North Meridian, Puyallup, lessons start on Sept. 6, for information call 927-1837er 941-0662.

Soroptimist International of Federal Way (each Wednesday, 7:30 a.m.) Fog Cutter South, 31211 Pacific Highway S., no meetings on fifth Wednesday of the month.

South King County Genealogy Society (every third Saturday, of each month, 10 a.m.) Public welcomed, Kent Library, 232 S. Fourth St.

South Seattle Mothers of Twins (second Wednesday, each month, 7:30 p.m.) Members' homes, for information call 839-9321.

Square Dance Lessons (every Wednesday, 8 p.m.) McMicken Heights Improvement Club, 3730 S. 166th St., sponsored by the Golden Nuggets, the public is invited, for more information call Karl Bargmeyer at 244-6199 or Bill Gulden at 244-0603.

Swamp Stompers Square Dance Club (second and fourth Saturday of each month, 8:30 p.m.) Club level square dances, Hank Johnson, caller, Camelot Mobile Home Park, Rereation Hall, call 839-3727 (evenings) for additional information.

Sweet Adelines Puget Sound Chapter (every Monday, 7:30 p.m.) St. Elizabeth's Church, 10th and 152nd Street.

TOPS (Take Off Pounds Sensibly), No. 158 (each Thursday, 7:30 p.m.) Steel Lake Presbyterian Church, 1829 S. 308th St., use lower parking lot, for information call 927-4628, 839-8148 or 852-8919.

TOPS Chapter 555 (each Thursday, weigh-in at 6 p.m.) Meeting held at Des Moines First Baptist Church, 22415 19th Place S., call Jan Keener, 824-5751 or Mona Downes, 824-1290 for information.

TOPS Chapter 642 (each Monday, 7 p.m.) Babysitting will be available, call Jackie at 927-8544, Federal Way United Methodist Church, 29645 51st S.

DES MOINES LIBRARY

Calligraphy Workshop (10-12, 10 a.m. to 4 p.m.) Sponsored by the King County Arts Commission, includes introductions to Italic, Intermediate Italic and Roman alphabets, preregister by calling the Des Moines Library at 824-6066.

FEDERAL WAY LIBRARY

"The King and I" (10-8, 7 p.m.) Feature-length family film, at the library.

"Miniatures" Slide show and discussion (10-10, 7:30 p.m.) Conducted by Dena Mellott of Dena's Dollhouse Supply, at the library.

Preschool Craft Class (10-11, 11 a.m.) Children ages 3-5 to 5 are welcome to attend, pre-registration required, with Radi Nesbitt, at the library.

Toddler Sharing Time (six week series, began 9-17, 10 a.m.) Will continue on Mondays through Oct. 22' at the library, 848 S. 320th St.

SENIOR CITIZENS

Arts and Crafts (Mondays, 11:30 a.m. to 1:30 p.m.) At center, bring sack lunch, fourth Monday luncheon out, 33324 Pacific Highway S.

Bowling (Fridays, 10 a.m.) At SportsWorld.

Cards (Poker) (Monday through Friday, 10 a.m.) At center, 33324 Pacific Highway S.

Ceramic Classes (Tuesdays, 11 a.m. to 1:30 p.m.) At center.

Homemakers Club Monthly Meetings (third Wednesday of month, 10 a.m.) At center.

Noon Luncheon (each Thursday, 12:15 p.m.) Make reservations by Wednesday, 2 p.m. at center.

Pinocle (Wednesday, 12:30 to 3 p.m.) At center.

Transportation provided to all activities of the center and for routine shopping and doctor appointments within the Federal Way area. A three-day advance notice for appointments and a one day advance notice for shopping required, for additional information call Gwen at 927-9031 or 838-3603.

CHAMBER OF COMMERCE

Political Action Committee (10-3, 8 a.m.) Gee Gee's.

Retail Trade (10-4, noon) Fogcutter South.

New Member Orientation Breakfast (10-9, 8 a.m.) Gee Gee's Restaurant.

Environmental Development (10-11, 8 a.m.) Cafe Patisserie.

MULTI-SERVICE CENTER

Foot Care (10-3, 10 a.m. to noon) \$2 charge, sign up at apartment building, Plaza 17, 1007 17th S.E., Auburn.

Foot Care (10-3, 2 to 4 p.m.) \$2 charge, sign up apartment building, Wayland Arms, 307 S. Division, Auburn.

Well-Child Clinic (10-3, 8 a.m. to 4 p.m.) By appointment, call 833-8400, Multi-Service Center.

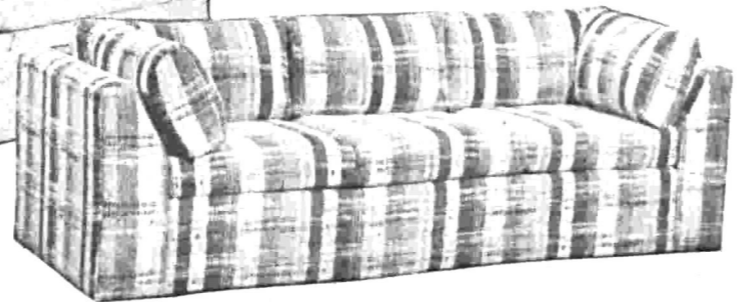
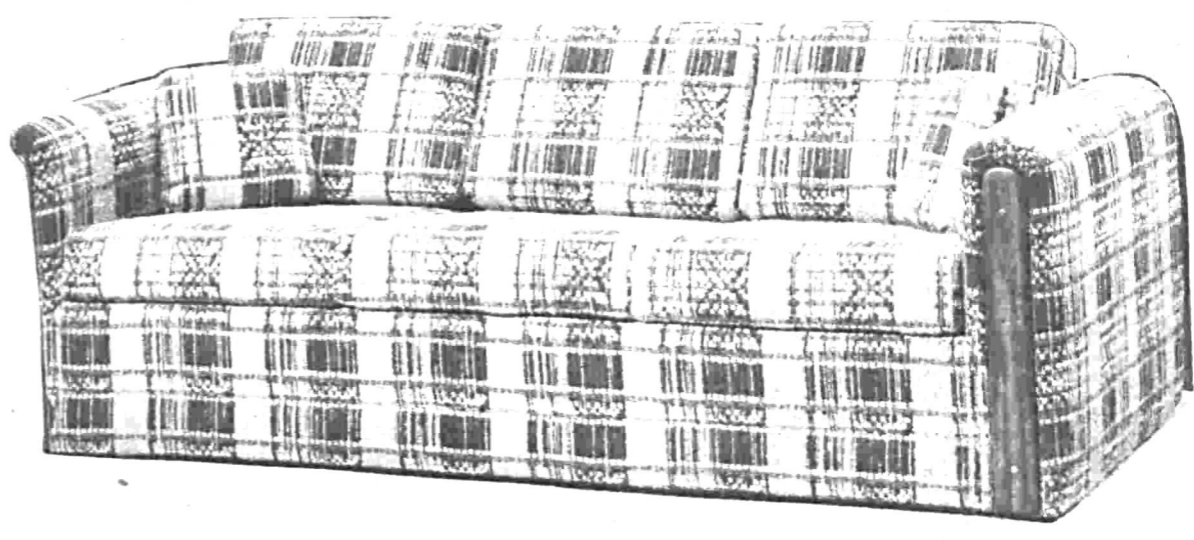
Public Meeting - "Arthritis - What it is and its treatments available" (10-4, 7:30 p.m.) St. Josephs Hospital, Tacoma.

Blood Pressures (10-4, 11 a.m. to 12:30 p.m.) Federal Way Senior Center, 33324 Pacific Highway S.

Blood Pressures (10-4, 2 to 4 p.m.) Auburn Senior Center, 910Ninth S.E., Auburn.

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Four new administrators join Highline CC staff

Highline Community College has added a new look to its administration this fall, as four new administrators moved in, bringing with them new ideas and much practical experience.

The four new department heads include Dr. Patricia Justice, Associate Dean of Occupational Programs, Keith Harker, Library Director, James Sharpe, Manager of Business and Finance, and Mike Grubiak, Assistant Dean of Student Services.

Dr. Justice brings to the Occupational Education Program a wide-reaching philosophy, which views the occupational student as someone who may not want to complete their program in a two year stretch; but work before earning a degree.

"Students may not need a 2-year vocational degree in order to insure an above entry-level aying job," she commented. "We're looking at how we can make our programs more flexible, by packaging the programs differently. This way students can have the training necessary for higher skilled positions, before they graduate."

Justice also said an essential part of their program is working with the business and industrial communities, to upgrade the skills of those people already working.

"Education is a continual process, and that is not going to change when you get a job," she said. "We have to look at people who are employed to help them meet these changes that are occurring."

Justice earned her bachelor's degree at Oregon State University and Portland State University in general arts and letters, and speech education. She later returned to Portland State to earn

a master's degree in speech communication. She earned her doctorate in vocational education, community college administration and speech communication on a fellowship from the United States Office of Education.

At Mt. Hood Community College in Oregon, she worked on staff and program development and evaluation before becoming director of institutional resources.

Keith Harker, HCC's Library Director, will bring 22 years of library management to his new position.

Harker earned a bachelor's degree in history and librarianship at the University of Salt Lake City, and then continued to the University of Oregon to attain a master's degree in librarianship.

Harker's latest position was at Lane Community College in Eugene, Ore., where he spent nine years as learning resource director, and then four years as Associate Dean of Instruction.

Harker would like to see more involvement of the student and faculty at Highline in the selection of printed materials for the library.

"We want to involve the faculty and the students in this selection process because this will encourage a lot of people throughout the community and the students to become more involved in using the facility," he said.

In addition, Harker said that more library employees will be used to increase the hours accessibility of the facility to the students and the community.

"Adding more people to our staff will allow us to stay open longer," he said. "This will give students a better chance to prepare for exams and classes,



James Sharpe

and will create more community access to the library."

Harker will also be involved in organizational and budget-policies, an area he says he is "looking forward to adding some new ideas."

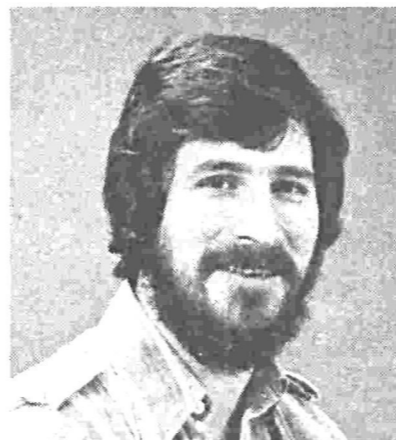
James Sharpe, manager of Business and Finance, will be looking to improve the college's already good internal financial management, and keep the Thunderbird campus buildings and facilities in good serviceable order.

"We need to enhance and guarantee the longest life possible for our facilities," he commented. "We need to extend and guarantee the usefulness of the campus through proper maintenance care."

Sharpe's duties as Business and Finance Manager will include business and financial functions, auxiliary services, physical plant and central services.

With nearly one million dollars worth of work underway on the HCC campus, Sharpe views its completion as one of the school's major goals.

"Seeing those things through



Michael Grubiak

will be a main thrust of ours," said the new financial administrator. Sharpe also commented that helping budget managers to be more resourceful with school funds will be another primary goal that will further enhance the HCC financial department.

Sharpe came to the Midway campus from Fort Steilacoom Community College where he worked as the Dean of Administrative Services. His previous experience also includes service on the Washington State Board for Community College Education, and business manager for Everett Community College.

Assistant Dean of Student Services, Michael Grubiak, will stand firm on the idea that student counseling involves much more than helping students select their courses. Counseling at HCC takes on what he calls a "comprehensive approach."

"We do not treat the students like numbers," said Grubiak. "We try to teach people how to deal with problems and how to get more out of relationships with



Keith Harker

other people. With this comprehensive approach, we deal with personal as well as educational problems."

Grubiak will concentrate on expanding counseling services to small classroom and small workshop levels.

"We want to try and prevent problems from occurring through this system, and to let the student get more enjoyment out of their education. We want to reach out to the student."

Grubiak is a 3-year temporary employee of HCC, and has worked both full and part time for the college. His work has included Coordinator of Nighttime counseling and serving as Special



Patricia Justice

Student Needs Coordinator. He has also been involved at Tacoma Community College as a part time counselor and instructor of women's studies. Other facets of the new Assistant Dean's program will be better night counseling services the nighttime students, overall attitude of not waiting for the students to come to them for help.

"We are not going to wait in the back of our offices—we are going to go out to the student. We never want to forget that our primary concern is for the student, and we will continue to ask ourselves, 'are the students' needs being met?'"

No-smoke classes set at Burien

A series of smoking cessation classes will be offered by the Washington Lung Association at the Burien Library, 14700 - 6th Ave. SW starting Oct. 15.

Group support is the method used in the classes.

A \$10 registration fee is returned to participants a portion at a time as they proceed through the class. Pre-registration is required since the class size is limited. Those pre-registering will receive a free "Guide to quitting smoking" which will help individuals prepare for the first day of the course.

For more information, call 322-7110.

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Boundary Review Board chief staffer refutes charges

by Carolyn Logan
The County Boundary Review Board chief staffer defends the board from one member's sharp criticism.

"Only two mistakes — out of thousands of cases in 12 years — is not bad," retorted G. Brice Martin, executive secretary almost since the board was established 12 years ago.

In retrospect, he believes the board should have denied Holiday Lake Sewer District formation



G. Brice Martin and rejected Bothell's request to annex "a long 'leg' across the Sammamish Valley with a 'fist' on the end of it."

But board member Roger Burgess faults the board for making land-use decisions "without necessarily reviewing all the facts." He calls for earlier

release of pre-hearing staff reports to permit a better review.

"Only one or two members object, saying they want reports earlier," rebutted Martin. "But the rest feel they have time to read the reports. Not everything must be read; not everything requires action."

Moreover, restrictions dictate how far in advance that reports can be compiled' Martin added. Following submission of a land-use request, he sends letters to other agencies, asking for comment. We can't issue our report until we get replies back from county agencies, Martin said. "Some agencies don't return their comments for a couple of weeks because they're swamped with other work."

Then the agenda, "which runs a couple hundred pages," is mailed to members on the Friday before the Thursday monthly meeting, according to Martin. "Some get it Saturday, some on Monday."

In addition, members typically learn of a case 30 to 40 days prior to a meeting when he identifies a case by giving a summary, Martin added.

YET MARTIN echoes Burgess' frustration, in one sense.

"We often invoke jurisdiction (accept a case) because we do not have the necessary information," Martin explained. "It's difficult to get information without going through the hearing."

"Sometimes we get conflicting evidence. For example, water district officials will say it has sufficient capacity and reser-

voirs. But that doesn't tell me the water pressure and volume at the annex site. The developer will say, 'Yes, everything's available.' But when I talk to the fire chief, he says water is insufficient."

"So we haul the respective engineers on the carpet. Sometimes we get satisfactory answers."

"Sometimes we get frustrated from unsatisfactory answers."

BURGESS also wants more answers before reaching decisions. The board, he believes, should know if cities will provide services commensurate with taxes generated by an area.

However, Martin replied, "There probably is no way of knowing if a city will be fair...If Seattle annexes the Duwamish, it's certain that services

rendered will be less... (At any rate) most singlefamily communities consume more services than the taxes they generate."

No, Martin said, he didn't know if one annexed area was left virtually unprotected against fire, as Burgess charged.

BURGESS calls for Environmental Impact Statements (EIS) to equip the board with more information. Martin sees gaps, too.

Only what Martin finds is this. "We insist on an environmental assessment from the city. It's not uncommon to get an inadequate one."

Martin added that the EIS issue boils down to: "Who is going to pay for the EIS?" The board's \$82,988 budget this year is insufficient to pick up the tab, he declared.

Martin distinguishes between routine and complex cases, observing that the ones in between are hardest to judge. No EIS is needed, for example, on formalizing of the proposed consolidation of the McMicken Heights-Angle Lake Fire Districts, informally consolidated for years, according to Martin.

"On the other hand, there's no question but that an EIS is necessary for the Federal Way incorporation case," he explained. Martin said he'll ask the County Council to fund a consultant for completion of a Federal Way EIS; about two-thirds of the work has been done by the citizens' own consultant.

Burgess also challenged the board for not rejecting more annexations, where justified.

"We're like any regulatory body," Martin responded. "Our sheer existence is enough to deter 90 percent of the problems. We probably denied two or three annexations this year. A lot of people look at that and say 'We're not doing our job.' When first established, we denied a lot. But cities have become more knowledgeable, so they simply don't propose annexations which don't have an excellent chance of succeeding."

The board can approve or reject a case, as well as modify boundaries. Assuming approval, the issue is put to a vote of the residents in the proposed area. In an annexation, final approval rests in the hands of the city council. Board decisions may be appealed to King County Superior Court.



Among the students and teachers preparing for the Mt. Rainier High School Open House are (from left) Greg Bowers, Mark Gosney, teacher Bob Nichols, chairman of the Social Studies Department, and Anne Froyland of Oslo, Norway. The students were inspecting an old newspaper as part of their U.S. History class.

Mt. Rainier hosts parents at back-to-school night

Parents will have the chance to get a firsthand look at what their children's classrooms on Tuesday, Oct. 9, at Mt. Rainier High School.

Back-to-school night begins at 6:30 p.m. in the cafeteria

with parents and teachers getting together for punch and hors d'oeuvres. At 7 p.m., parents will visit each classroom on the student's schedule where they will have a 10-minute mini-session.

Class is out at 8:30 p.m. Everyone is invited to return to the cafeteria for coffee and cookies. Teachers will be on hand until 9 p.m. to answer any questions.

Mt. Rainier High School is located at 22450 - 19th Ave. S.

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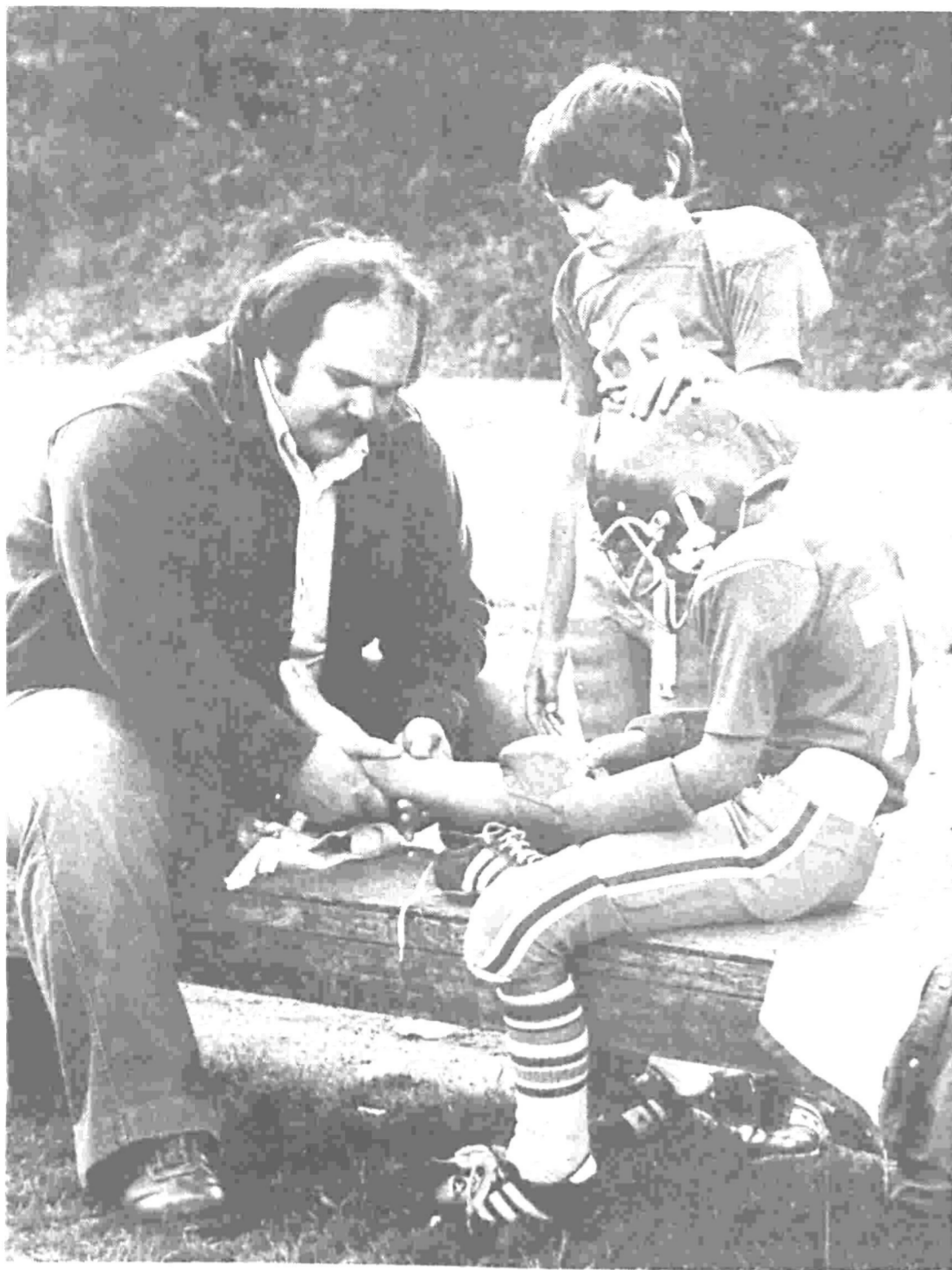
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DR. BUTCH Corbin, team doctor for Des Moines Junior Football, checks over the injured ankle of 89er player Mark Wegzyn while Mark's teammate Lawrence O'Toole offers encouragement. It was not a good day for the 89ers, as they fell to the Maple Valley Raiders, 24-0.

— photo by Danielle Connite

Sailing classes at Seattle Y

Classes in beginning sailing are currently being offered by the Seattle Downtown Y.M.C.A. and Wind Works Sailing School. The course includes four hours of onshore classroom instruction (meeting Wednesday evenings for two weeks). Following this onshore instruction, eight hours of sailing is scheduled aboard 32 - 43 foot sailboats on Puget Sound from the Shilshole Bay Marina in Seattle. A new section is starting Oct. 17 and 30.

For information, call Doug Fischer or Dick Kellum at Wind Works Sailing School, 784-9386.

Sweet Peas romp to 25-0 win

The Des Moines Sweet Peas made up for an earlier 24-0 defeat by their 89er cohorts with a shutout win of their own over Maple Valley last weekend.

The Sweet Peas had control from the very beginning of the game and carried through to a 25-0 win over the Raiders. Billy Finch

scored the first touchdown early in the first quarter.

In the second quarter, a Maple Valley fumble set up another TD by Finch. Early in the third quarter, Phillip Stevens turned in an outstanding run to put the ball at the Maple Valley 17-yard line. John Nelson carried

to the one to set up another score.

The final touchdown of the game was scored in the fourth

quarter as the Sweet Peas wrapped up the victory.

In Bantam action, Maple Valley took a

14-0 win. In juniors, Des Moines came out on the short end of a 13-6 overtime game with Burien.

Bethel hands Gators first golf defeat

The Decatur Gators faced a tough Bethel team on the difficult Lake Spanaway golf course last week and the result was predictable: an 86-74 Brave victory.

"We played well enough," Gator coach Terry O'Donnell said. "But when they're (Bethel) going to score 86 points on that course, they're going to beat just about anybody."

The loss, the Gators' first of the season in five matches, leaves Bethel and Decatur knotted in the South Puget

Sound League standings. Lakes and Clover Park are tied for first with 5-0 marks.

O'Donnell said the Gators had a good chance to put the first blemish on Clover Park's record in a match Monday Decatur's home Twin Lakes course (results unavailable at press time). The Gators met Puyallup at Linden Tuesday (results unavailable) and tomorrow Decatur visits Lakes at Tacoma Country Club.

Mike O'Donnell led the way for the Gators against Bethel. He shot a five-over 41 for 15 points. David Utz followed with a 41 for 14, Rich Price had a 41 for 13, Dave Edwards had a 42 for 12, Mike Anderson had a 44 for 10 and Mark Scuderi had a 45 for 10.

O'Donnell said this week of SPSL golf will be a strong indicator of just where the strength lies in the league.

"At the end of the week," he said, "things will be taking shape."

Seattle ski show set for Center

The 1980 Seattle International Ski and Winter Sports Show has been set for Oct. 19, 20 and 21, in the Seattle Center Exhibition Hall.

The three day show will include over 100 commercial ski displays along with many exhibits. This year's show is being headlined as a "How to Ski Show." There will be continuous demonstrations on how to downhill ski, cross country ski, perform aerial acrobatics, wax and sharpen skis and how to plan a ski vacation.

Seven fashion shows will be presented during the three days, including John Claude Killy, Wayne Wong, Pedigree, Hotgear and Cevas ski wear lines. The Crystal Mountain Volunteer Ski Patrol will conduct a Ski Swap Meet during the entire run

of the show. There will be continuous free ski films, including the 90 minute Dick Barrymore film, "White Horizons."

Kathy Sullivan, a guitar soloist from Big Mountain will entertain in the Ski Show Survival Station. Noted author and Aerial Acrobatic Professional Ski Champion, Walt Hiltner will coordinate a "flying circus" freestyle jump exhibition throughout the three days. Hiltner will be assisted by Kerri Ballard, the 1978 Women's Aerial World Cup Champion.

Show hours are Friday from 6 to 11 p.m., Saturday 1 to 11 p.m. and Sunday 1 to 6 p.m. Tickets available at the door, will be \$3 for adults, 50 cents for students ages 6 to 11 and children under 6 will be admitted free.

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Lakes, Curtis outrun Jefferson harriers

The Thomas Jefferson boys' and girls' cross country teams came out on the short end of a double dual meet with Curtis and Lakes last week.

Bob Plummer was Plummer was

the top boys' finisher against Curtis, finishing in sixth place in a time of 15:08 for the 2.8-mile course. Curtis scored a 15-42 win.

followed by Albert Frank, seventh in 15:09; Peter Hauglum, eighth in 15:16; Doug Cox, ninth in 15:39; and Todd Peterson, 12th in 16:14.

In the Lakes meet, Plummer was fifth, Frank sixth, Hauglum seventh, Cox 11th and Peterson 12th. Lakes won 18-41.

Tracy Honsinger took a first place against Curtis with a time of 13:24. She was followed by Linnea

won 28-31, while Lakes Puaa, third in 14:08; Robin Pallett, fourth in 14:18; Lynn Cox, 10th in 16:39; and DeeAnna Akers, 13th in 17:36.

Against Lakes, Honsinger finished second behind Sheila Kaskie. Puaa was third, Pallett fourth, Cox 11th and Akers 12th.

The girls are now 1-3 on the season, while the boys are 0-4. "It's coming,"

coach Jim Dillon said of the girls' team. "The work is starting to show. They're really getting determined."

For the boys, Dillon has hope for the future

in a sophomore corps that is just now "discovering what they can do."

The Raiders hosted Puyallup yesterday (results unavailable at press time).

Meet a Hawk



Whatever consolation can be taken from a sluggish 24-6 loss to the Kansas City Chiefs might be allowed Dan Doornink.

FW Juniors win one over Renton

by Judy Laws

With an outstanding come-from-behind effort the Federal Way 89ers saved the local junior footballers from a total blitz at the hands of the Renton Lions Saturday.

Wapato, Wash. Doornink set a Seahawk record for receptions in a game, catching 10 Jim Zorn passes for 70 yards.

second half defensive effort on the part of the Hawks.

Stats-wise, Federal Way incurred only one penalty for the third week in a row, earned 170 yards to Rentons 111 and fumbled once to twice for the Lions. Final score was F.W. 7, Renton 6.

Former Cougar finds niche in backfield

means to score quickly. The deep routes were well covered by the surprising KC defense, so Zorn looked short. And Doornink caught everything thrown his way.

"Jim was taking what the defense was giving us," Doornink explained, "throwing in between and underneath the zone." Part of the Seahawks' problem on offense Sunday, Doornink said, was a very good Chief defense.

he said. "I'd say their defensive line is right up there with San Diego."

But the bulk of the problem is the Hawks themselves. The offense has operated in fits and starts, and Sunday it was mostly fits. Doornink has no ready solution.

Doornink could not pinpoint any one offensive area that

needs shoring up. "I'm not sure what it's going to take to change things," he said. "But I know we're not panicking."

Doornink discounted the notion of any carryover psychological effect from the previous week's collapse against Denver. "Everybody went into the game thinking positive," he said. "We've dug a hole for ourselves, but there's still a way out. We'll bounce back."

Doornink professed to be happy to be with the now 1-4 Seahawks,

away from the 0-5 Giants. And he was

truthful when he explained why.

"They haven't won one yet."

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Film role unexpected:

Then one day...poof!

by Barbara Butts
Kendall Kay Munsey was afraid that she was going to wake up and discover that it had all been a dream.

But there she was on Friday night, taking bows at the Seattle Opera House's world premiere showing of Stanley Kramer's recent film, "The Runner Stumbles."
And standing with her on the stage before approximately 3,000 persons who made up the audience were her co-stars in the film, Dick Van Dyke, Ray Bolger, Kathleen Quinlan, Beau Bridges and Tammy Grimes.

The 15-year-old Federal Way student, who lives with her family in Federal Way, was thrust from relative obscurity into her role of Louise, a woman-child who creates complications for a Roman Catholic priest, played by Van Dyke, after he has rejected her declaration of love.

Before being selected for the role in "The Runner Stumbles," Kendall, daughter of Norm and Sharon Munsey, had taken acting and dancing classes and had performed minor roles at Sacajawea Junior High School and in a Seattle Opera production of "Aida."
Most of her acting experience, however, had been with two Federal Way theater groups: Candlestick Players, which has since disbanded, and the Centerstage Theater Arts Conservatory, a non-profit organization spearheaded by Kendall's parents.

With the players, she landed major roles, including Jade Pure in a 1976 production of "Land of the Dragon" and the mime in "The Fantasticks" in 1977.
Latter in 1977 she played Frankie in "A Member of the Wedding" for Centerstage.
And although Kendall had dreamed of an acting career since she was a child, had an agent and was looking for work, she said she was totally unprepared for the big break when it came.

"I've wanted something like this to happen since I was 3 years old," she said. "But I didn't think it ever would."

Her remembrances about the day in the spring of last year when the news came are still shrouded with a sense of disbelief. "I was at school and got called to the office

because my mom was there to pick me up," Kendall said. "She had a little smile on her face. And I knew it must be some kind of work."
"But then she told me I had an audition for a film, a role that had only two or three lines."

After reading the script, Kendall and her mother realized that this role was not of little consequence. The character she was to try out for was of primary importance in the story of a nun who is murdered after she and a priest fall in love.

Louise, jealous of the nun, Sister Rita, played by Kathleen Quinlan, and determined to have vengeance on Father Rivard for spurning her attention, later testifies against the priest when he is accused of killing the nun.
After auditioning for Kramer's wife, Karen, who was casting director for the film, Kendall said she was even more amazed to be the only actress from the agency that represented her to be called back to compete with entries from other agencies from around the country.

It was Karen Kramer who is given the most credit for making Kendall's dream a reality. It was the director's wife who convinced him that she was the person for the role despite her complete lack of film experience, the young actress said.
And within two

months, she found herself on the movie sets at Ellensburg and Roslyn in Eastern Washington for several sessions that added up to about three weeks.
Before she started work on the set on July 5, Kendall feared that she would not be accepted by the other actors.

"I was so afraid that they were going to look down on me," she said, "but they didn't. Everybody was so friendly to me; it was just like a big family."

The budding actress has a picture album filled with pictures of her and the other stars to remind her that it all did happen.

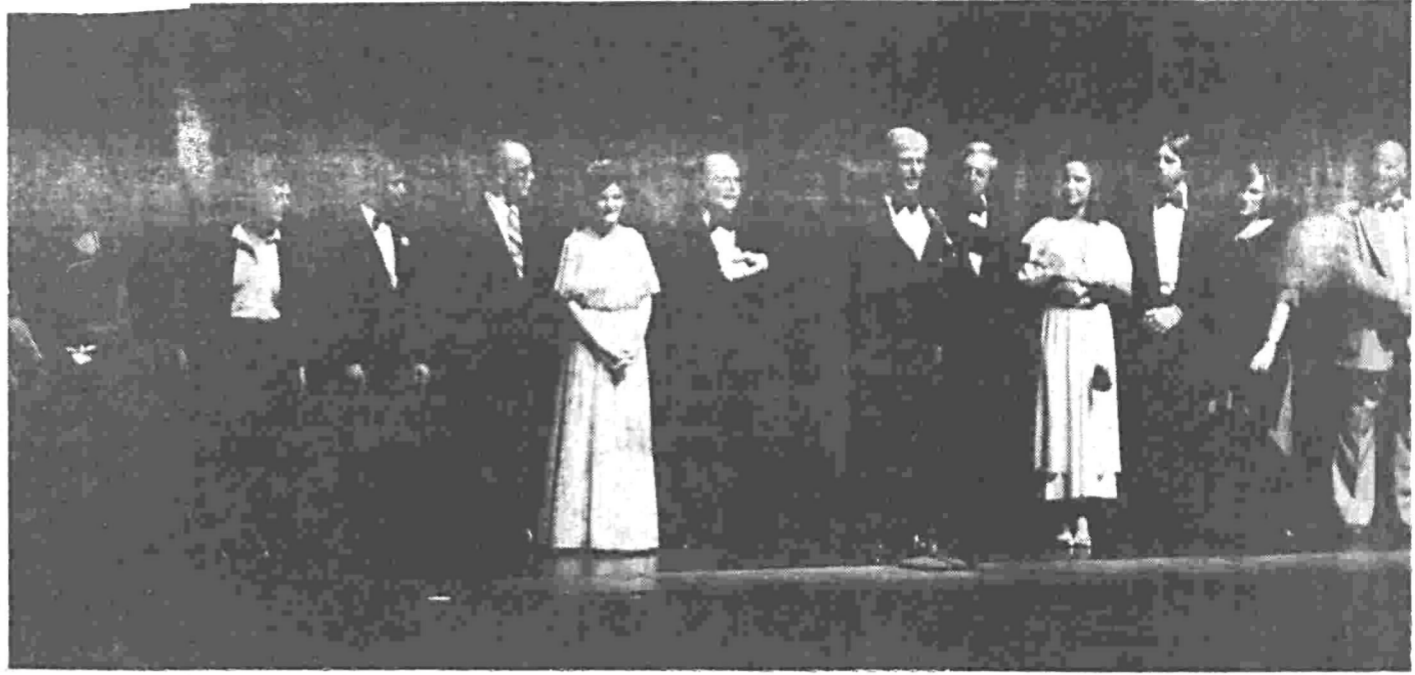
She has a copy of a review in "Variety" that names her as one of the cast and a "director's" chair with her name on it, a gift from Karen Kramer, in her living room.
And she has a script that is as crammed with notes, signatures and good wishes as a schoolgirl's yearbook.

"You are just a fine actress...very professional...and very sensitive," Beau Bridges had written. "You're going places," said Brooke Shields' publicist, Jack Lyons.
These are things that could easily turn the head of any 15-year-old, but Kendall appears to be unspoiled by her good fortune.

She attributes her being cast in the film to "having the right experience at the right time and luck."
And she is not sitting around daydreaming about the days of glory.
Her next performance will be right here in Federal Way at Centerstage.

She will play the lead role, Willie, in Tennessee Williams' "This Property is Condemned" at the theater, which is located in the Federal Way Elks Building at 31405 18th Ave. S.
It will open on Oct. 14 and be on stage on Friday, Saturday and Sunday evenings at 8 until Oct. 28.

"I'm going to keep on working hard, improving my acting," she said, "and just wait until something else, a movie I hope, comes along."



LOCAL ACTRESS, Kendall Kay Munsey, shared the spotlight with some big names at Friday's world premiere showing of "The Runner Stumbles" at the Seattle Opera House. Dressed in white, she is the standout to the left. Pictured with her are Dick Van Dyke, Ray Bolger, Beau Bridges, Tammy Grimes, Kathleen Quinlan and others connected with the film. Seattle's mayor, Charles Royer, was on hand to greet the stars.



RAY BOLGER, cast as Monsignor Nicholson in "The Runner Stumbles," poses on the set with co-star Kendall Kay Munsey.

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THESE HIGHLINE area fathers and their sons and daughters are participants in the Highline YMCA's Indian Guides and Indian Princesses parent-child programs. They are (right to left) Russell Routt and his daughter Tina, Dan White and his daughter Mandy, and

Dale Van Wyk and his son Max. The program is designed to provide opportunities for fathers and their children to share new experiences. "When you both put on the head-dresses, it breaks down all the barriers between you," one father commented. — photo by Steve Botkin

'Red men build sons' Parent-child programs offered at Y

The week of Oct. 15 marks the start-up of Y-Parent-Child programs at the Highline YMCA, according to Phil Grimm, executive director at the Y.

Parents with young children are urged to stop by the YMCA during the week to register for one of the unique programs being offered. The Y is located at 17874 Des Moines Way S.

The programs include: Y Indian

Guides for fathers and sons of ages 5-8; Y Indian Princesses for fathers and daughters of ages 5-8; Y Trailblazers for fathers and sons of ages 9-11; and Y Trailmates for fathers and daughters of ages 9-11.

The Y-Parent-Child programs provide opportunities for parents and children to share new experiences. "The key element in all these programs is that they involve the

parent and child together on a one-to-one basis," Grimm said. "Youngsters can't enroll unless their parents do too."

The program is based on the Indian culture's importance of the father-child relationship. The first Y-Parent-Child program, Indian Guides, was launched in St. Louis 52 years ago by Y director Harold Keltner. The idea grew out of conversations he had with an

Ojibway Indian, Joe Friday, who felt that white fathers were not close enough to their sons. "White men," said Friday, "build cities. Red men build sons."

Unlike most Y programs, Y-Parent-Child clubs don't meet at the Y but in members' homes on a rotating basis. Individual clubs or tribes are small, consisting of six to nine parents and their sons or daughters.

"Participants themselves plan most of the programs," although Y staff are always available as program resources," Grimm said. "Activities include a winter and spring campout, pinewood derby, roller skating party, games, stories, crafts, service projects and more."

Interested parents who are unable to visit the Highline Y during Y-Parent-Child Week should call 244-5880 for more information.

Proposals asked for workshops

The King County Arts Commission has invited artists to submit proposals for participatory arts workshops for the 1980 Arts Catalog.

Workshops in all arts disciplines are eligible, including theatre, mime, visual arts, crafts, puppetry, literary arts, folk arts, ethnic arts and design. The commission is encouraging applications from artists with workshops for the general public, as well as specifically fashioned for children, young adults (ages 13 to 18), senior citizens, institutionalized (infirm, incarcerated), handicapped and others.

'Meidel' concerts set at Meany Hall

The first of three Alpenheim performing "Miedel at Meany" the West Coast premiere of Dorati's pianist Ilse von Piano Concerto, and Alpenheim on Wednesday, Oct. 10, at 8 p.m. Chorale Chamber in Meany Hall on the University of Washington campus.

Single tickets at \$5 Rainier Miedel, are available at the music director and symphony ticket office, The Bon and The Seattle Symphony Orchestra, will be on the podium. The program will feature works by Antal Dorati, with Ilse von

Correction

The Federal Way Senior Citizens Center has dances on Friday from 1 p.m. to 3 p.m. each week, not on Thursday as was announced in an article in Sunday's News.

The center is located at 33324 Pacific Highway S.



Page to appear

SEATTLE'S JIM Page, considered by some as one of the finest folk commentators in this country, will be at The Other Side of the Tracks in Auburn on Friday. Page has not only toured extensively in Europe, but also has three albums out and one in the planning stage. His lyrics and guitar playing poke at the most contemporary of problems and at such officials as President Jimmy Carter, Gov. Dixie Lee Ray and former president Richard Nixon. The opening act for Page's show will be Regie Myles with his "hokum party" blues. The music will begin at 9 p.m. Tickets for \$3 are on sale at the Auburn restaurant, located at 106 W. Main. The show will be repeated on Sunday, Oct. 7.



Judson Park Fall Festival

MRS. INEZ Hendrickson (left), Irene Hogan and Jack McMaster of Judson Park admire a chest of drawers that is well over 100 years old. The chest, formerly owned by Ruby Blackwell, who died recently at the age of 103, is part of an antique show at Judson Park in Des Moines. The show is just one activity of Judson Park's Annual Fall Festival, which will be held Friday from 7 a.m. to 3:30 p.m. at the home. This year's event, centered around the theme "The Country Fair," will feature jam and jelly sale, ceramics display and sale, crafts show and the ever-popular Waffle Breakfast. The breakfast kicks things off from 7 to 10 p.m. in the dining room.

Two bands slated at Auburn theater

On Friday, Oct. 12, at the Auburn Avenue Theater, two bands will play at 8 p.m.

The Great Pretenders are known for a spirited mix of music and vocals playing the old rock from the 50s and 60s.

The second group to appear will be the Box-

car Valley Riders playing nostalgic country music. The Riders have been performing in the valley for about three years.

Reservations can be made by calling the theater at 833-5678 or stopping by the box office at 10 Auburn Ave.

Tickets cost \$5 for this double feature.

Renaissance music makers to perform

The Early Music Guild of Seattle will open an international series the weekend of Oct. 5 with three related events: an Elizabethan poetry reading, a concert and a lecture demonstration on Renaissance instruments and style.

The Musicians of Swanee Alley will perform Friday, Oct. 5 at 8 p.m. at the Seattle Concert Theatre, Fairview Avenue North and John Street.

Seattle actor Ted D'Arms will set the mood for the evening

with a free pre-concert prologue of readings of Elizabethan poetry at 7 p.m.

The next morning, Saturday, Oct. 6, at 10:30 a.m., The Musicians of Swanee Alley will give a lecture demonstration of

Renaissance instruments, ornamentation and timbres on the evolution of performance practices.

Tickets are available from the Early Music Guild, 106 N.W. 104th St, Seattle, 98177, or by

calling 783-5474. Most tickets are \$7; however, Early Music Guild members, students and senior citizens can buy tickets for \$5. Admission to the Saturday morning lecture-demonstration is \$3.

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Simple Seafood Elegance

When the love of seafood meets a saute pan, John Miller's imagination runs wild.

"I enjoy catching fish at Westport and cooking is a creative outlet for me," said the 20-year-old Federal Way resident who teaches seafood cooking classes in the Seattle-Tacoma area.

Miller began his culinary career at the age of 14 as an inexpensive apprentice to a Federal Way Chinese chef.

"He taught me to use my senses when cooking," John said, while he was busy in the kitchen preparing a sampling of seafood appetizers. He touched and sniffed the savory foods (as they cooked) for freshness. "You have to listen, feel, smell and look at the food. A cook doesn't have to time the food. The senses will tell when the food is finished cooking or when the next procedure should begin. It makes common sense."

Developing the fine art of seafood preparation has taken John six years of cooking experience and working with fish from the time it is taken from the sea to its preparation in the kitchen. The young man has worked 80-weeks in Westport with duties that include cooking and managing a seafood cafe.

Elegant seafood dishes are a natural for the Puget Sound area with its abundance of fish, clams, crab and scallops, John said. To highlight the natural flavors he uses a minimum of seasonings and sauces.

"I use plenty of butter when cooking seafoods, but not heavy sauces," he said. "In France the chefs used the rich sauces to cover

up the poor produce. Today their meats and fish are better quality, but they have kept the sauces. Here we have a good product so the sauce should bring out its flavor."

In his classes, John instructs his students to check for freshness when buying seafoods. "Ask the clerk to let you sniff the fish. There should be no strong fish odor."

He tells them to look at the color of the seafood which indicates the freshness.

When preparing the catch, over-cooking is one of the most common mistakes made by chefs, John said. The cook needs to keep an eye on the food while it is on the stove.

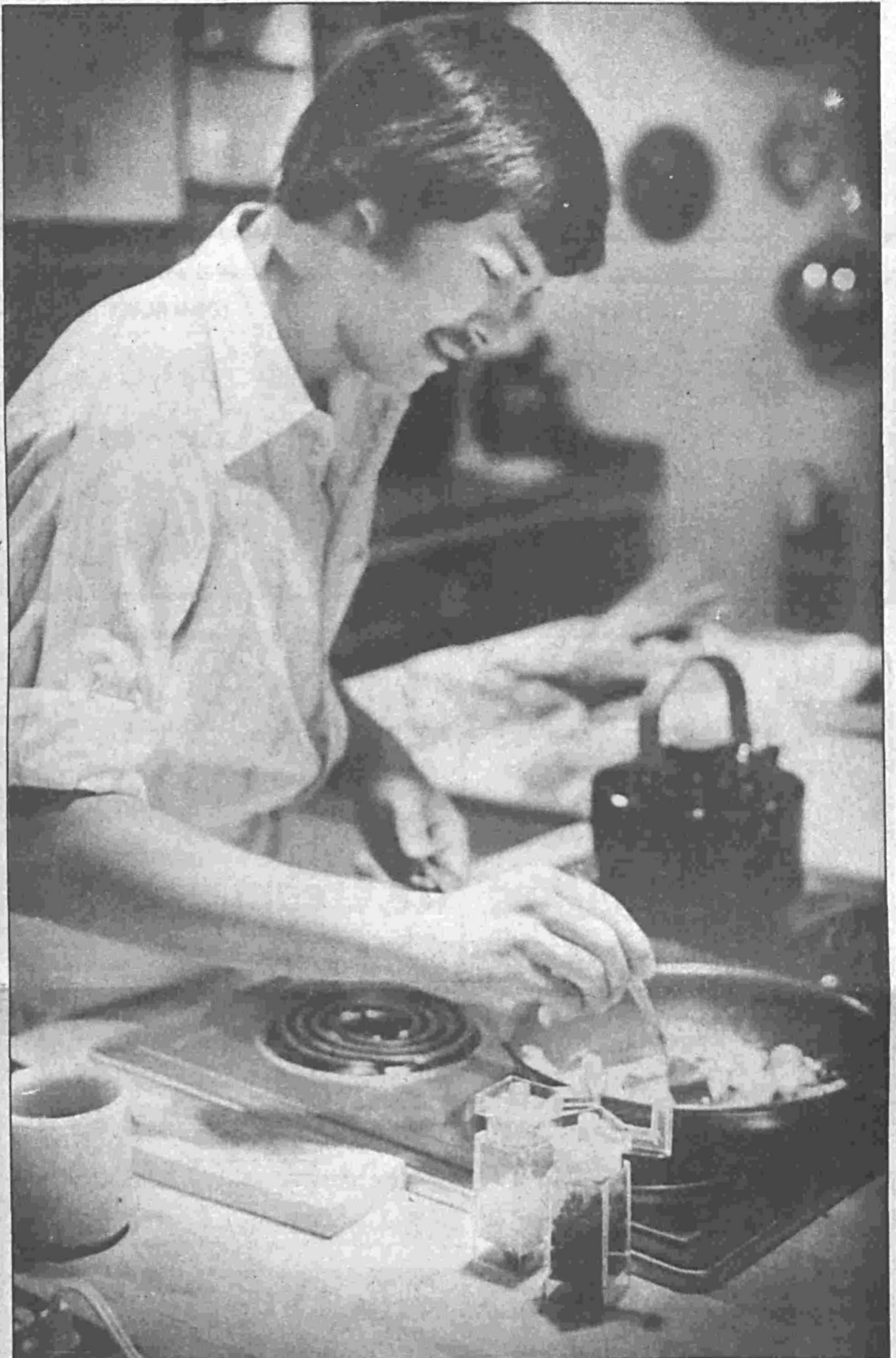
In little over a year, John has instructed several seafood classes with an average of 45 or more students. He said it is easy to cook simple elegant seafood.

"We begin by rolling up our sleeves," he said. "You don't have to have a six-foot stomach and a large white hat to cook gourmet foods."

His students become involved with the food preparation by cutting, mixing and cleaning the ingredients.

The enterprising fellow is presently working on a cookbook that specializes in Puget Sound seafood. He explained it is a combination of his culinary and writing interests.

"Many of the recipes were made up while I was working on the Westport docks," he said. "They were inspired by my desire to try various seafood and vegetable combinations."



SEAFOOD WIZARD John Miller believes heavy sauces and spices should not hide the natural delicate flavors of the ocean's treasures.

HOT SEAFOOD APPETIZER

Yield: 6 servings)

6 English muffins
 ½ pound crabmeat or ¼ pound crabmeat and ¼ pound shrimp meat

¼ pound butter
 1 cup grated sharp cheddar cheese

Toast muffins lightly; spread with butter. Cover with crab and shrimp and drizzle with remaining melted butter. Cover with cheese. Place under broiler until cheese is melted and seafood is hot; serve immediately.

STUFF SCALLOPS

20 large scallops

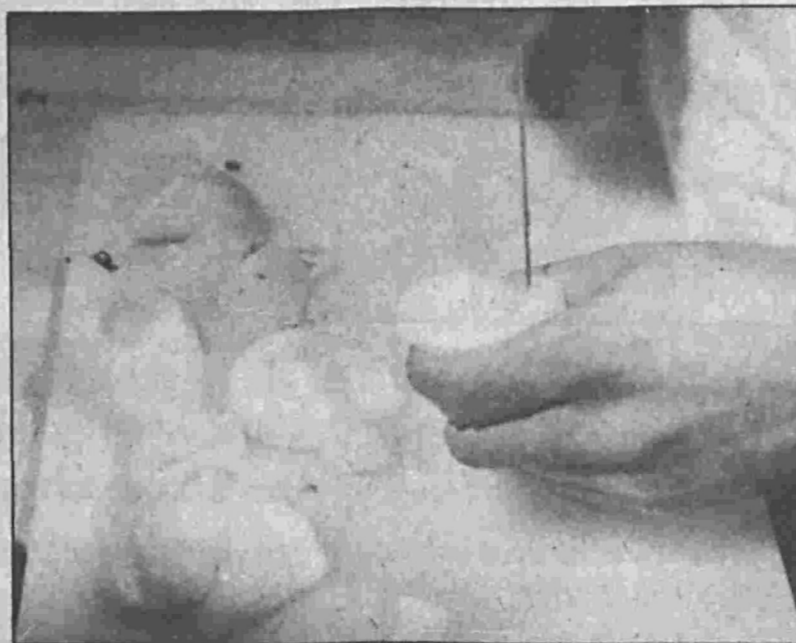
1 bunch green onions
 ¼ pound fresh mushrooms
 ¼ cup crisp bacon (chopped)
 ½ pound butter
 ¼ cup dry white wine
 Core scallops but leave one end closed.

Fry bacon, chop cooked bacon, green onions, mushrooms and mix together in a bowl. Stuff scallops with mixture. Meanwhile, melt the butter.

Place stuffed scallops in saute pan with one-fourth pound melted butter. Drizzle remaining amount over scallops. Cook eight minutes on high heat until scallops turn creamy white color, serve immediately.



SHELLING FRESH crab for a seafood appetizer.



PREPARING SCALLOPS for stuffing mix.



THE SECRET to a flavorful seafood dish is the butter.

Safeway



TOWN HOUSE
Apple Cider
 \$1.09
 Half Gal.
 SAVE 50¢
 INFLATION FIGHTER
 SUPER SAVER
 Gallon '2.15

SEA TRADER
Chunk Tuna
 59¢
 6.5 oz.
 SAVE 16¢
 INFLATION FIGHTER
 SUPER SAVER
 Cs. of 48, '28.32

TOWN HOUSE
Tomato Sauce
 \$1.06
 8 oz.
 SAVE 20¢
 INFLATION FIGHTER
 SUPER SAVER
 15 oz. 4 for '1

KITCHEN CRAFT
Family Flour
 \$1.25
 10 lbs.
 SAVE 84¢
 INFLATION FIGHTER
 SUPER SAVER

TOWN HOUSE
Tomato Juice
 53¢
 46 oz.
 SAVE 22¢
 INFLATION FIGHTER
 SUPER SAVER
 Cs. of 12, '6.36

TOWN HOUSE
Fruit Cocktail
 41¢
 17 oz.
 SAVE 18¢
 INFLATION FIGHTER
 SUPER SAVER
 Cs. of 24, '9.84

TOWN HOUSE
Pear Halves 16 oz. 45¢
Bartlett Pears Sliced, 16 oz. 45¢
YELLOW CLING Peaches Town House, 16 oz. 39¢
Cranberry JUICE COCKTAIL Town House, 48 oz. 99¢

Apricot Nectar Town House, 46 oz. 75¢
Tomato Paste Town House, 12 oz. 39¢
Tomato Paste Town House, 4 1/2 oz. \$1.01
Grape Juice Concord Town House, 40 oz. \$1.29

Stewed Tomatoes
 or Whole Peeled
 Town House
 3 \$1.16
 16 oz.
 SUPER SAVER
 Cs. of 24, '8.00

Sweet Peas
 Town House
 3 \$1.89
 15 oz.
 SUPER SAVER
 Cs. of 24, '7.12
TOWN HOUSE MANDARIN Oranges 11 oz. 39¢
 SUPER SAVER
 Safeway Quality

Frozen Foods

<p>MANOR HOUSE Fried Chicken \$1.89 2-lb. SUPER SAVER</p>	<p>SAFEGWAY QUALITY Snow Star Ice Cream 94¢ Half Gal. SUPER SAVER</p>
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<p>PINK GRAPEFRUIT Juice Bel-air, 12 oz. 49¢ POLY BAG WHOLE Strawberries Bel-air, 20 oz. \$1.09 DEEP DISH Pie Shells Bel-air, Pkg. of 2 77¢ Broccoli Spears Bel-air, Cut, 16 oz. 89¢</p>	<p>Green Peas Bel-air, 16 oz. 51¢ Apple Juice Bel-air, 12 oz. 69¢ Hashbrowns Bel-air, Shredded 24 oz. 59¢ Bel-air Pizza 13 oz. 89¢</p>
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Bel-air MAN-SIZE Dinners 15.75 oz. 99¢
 Fried Chicken, Salisbury Stk. Turkey or Veal Parmagian
 SUPER SAVER

BEL-AIR POLY BAG Vegetables 20 oz. 89¢
 French Beans or Cut Broccoli
 SUPER SAVER

Refrigerated Foods

GOOD QUALITY Scotch Buy Margarine 1-lb. 39¢
 Cubes
 SUPER SAVER

LUCERNE NATURAL LOAF Cheese

Mild Cheddar 2-lbs. \$2.99	Medium Cheddar 2-lbs. \$3.69
Sharp Cheddar 2-lbs. \$3.89	Monterey Cheese 2-lbs. \$2.99

Cottage Cheese 1-lb. 53¢
 SUPER SAVER
 Lucerne, Small or Large Curd. Also Low Fat

LUCERNE AMERICAN Cheese Indiv. Wrapped Sliced, 12 oz. \$1.29
Lucerne Butter Cubes, 1-lb. \$1.49

Boneless Hams
 Smok-A-Roma
 5 to 7 lbs.
 Water Added
 lb. \$1.44
 If Sliced lb. \$1.64

Bacon, Sliced
 Smok-A-Roma
 2-lb. \$1.97 1-lb. 99¢

Beef T-Bone Steak \$3.19
 U.S.D.A. Choice lb.

Game Hens 59¢
 Patti Jean or Medallion,
 Frozen U.S.D.A. Inspected lb.

Beef Spencer Roast Whole, Bulk Pack. 10 to 14 lbs. U.S.D.A. Choice lb. \$3.59

Beef Top Sirloin Steak U.S.D.A. Choice lb. \$3.19

SAFEGWAY COUPON VALUE
 With this coupon you may purchase Manor House Cordon Bleu, Chicken Kiev, Roast Duck or Stuffed Game Hens for \$1.00 off regular price.
Manor House Cordon Bleu, Chicken Kiev, Roast Duck or Stuffed Game Hens Each \$1.00 OFF With This Coupon
 Good 10-3 thru 10-9-79 Only, Seattle Division Coupon. Cash value 1/20¢.
 #641 Limit One

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

Lamb Legs U.S.D.A. Choice, lb. \$2.49	Fresh Snapper Fillet lb. \$1.69
Lamb Loin Chops U.S.D.A. Choice, lb. \$3.29	Pork Link Sausage lb. \$1.59
Lamb Blade Steak U.S.D.A. Choice, lb. \$1.99	Beef Rib Roast Large End U.S.D.A. Choice, lb. \$2.99
Lamb Rib Chops U.S.D.A. Choice, lb. \$3.19	Pork Spareribs Frozen Under 3-lbs. lb. \$1.39
Pork Loin Chops Boneless lb. \$2.89	Rath Daintees lb. \$1.69
Sliced Salami 1-lb. \$1.59	Pork Blade Steak lb. \$1.29

brand sale!

TOWN HOUSE
Sweet Corn
 SAVE 56¢ on 4
 INFLATION FIGHTER
 SUPER SAVER
 C.S. of 24, \$6.00
4 \$1
 16.5 oz.

TOWN HOUSE
Green Beans
 SAVE 56¢ on 4
 INFLATION FIGHTER
 SUPER SAVER
 C.S. of 24, \$6.00
4 \$1
 16 oz.

TOWN HOUSE
Macaroni & Cheese
 SAVE 32¢ on 4
 INFLATION FIGHTER
 SUPER SAVER
4 \$1
 7.25 oz.

TOWN HOUSE
SEMI-SWEET Choc. Chips
 SAVE 44¢ on 4
 INFLATION FIGHTER
 SUPER SAVER
 Real Choc.
\$1.49
 12 oz.

BUSY BAKER Apple Sauce Bars 1-lb. **89¢**
Mayonnaise NuMade, 32 oz. **\$1.09**
Quick Oats Safeway, 42 oz. **99¢**
Crispy Rice Safeway, 10 oz. **65¢**

SCOTCH BUY Charcoal 10-lb. **\$1.19**
BUSY BAKER Fig Bars 2-lb. \$1.49 1-lb. **89¢**
TOWN HOUSE Taco Shells 12 ct. **45¢**
MRS. WRIGHT'S Frosting 14 oz. **69¢**

MRS. WRIGHT'S
Cake Mixes
 SAVE 20¢ on 4
 INFLATION FIGHTER
 SUPER SAVER
 18.5 oz. **55¢**

SCOTCH BUY
Peanut Butter
 SAVE 66¢ on 4
 INFLATION FIGHTER
 SUPER SAVER
 48 oz. **\$2.09**

Premium Bread
 Safeway, Sandwich or Round Top Bread
59¢
 22.5 oz.
HONEY WHEAT BERRY Bread Mrs. Wright's, 24 oz. **75¢**
GRAIN BELT Bread Mrs. Wright's, 24 oz. **79¢**

Apple Sauce
 Town House
 SUPER SAVER
 C.S. of 24, \$8.00
3 \$1
 16 oz.

Prices effective Wednesday, October 3rd thru Tuesday, October 9, 1979. Sales in retail quantities only.

Bake Shop
 For Special Orders Call 839-0882 Century City Only
Apple Strudel
\$1.29
 Each
 At Stores With Bakeries Only
LEMON MERINGUE Pie Each **\$1.89**
COCONUT MACAROON Cookies Doz. **\$1.59**
English Muffin Bread
 Freshly Baked 16 oz. Loaf **75¢**

SAFEGWAY QUALITY
Safeway Aspirin
 Reg. Price, Ea. 59¢
 SUPER SAVER
 100 ct. **39¢**
Columbia Encyclopedia
 Vol. 1, Each 49¢
 Vol. 9 or 10 Each **\$2.99**
Cotton Swabs
 Safeway
 SUPER SAVER
 90 ct. **49¢**

Variety Department
Photofinishing Specials
CHRISTMAS PHOTO Cards & Envelopes
 25 CARDS & ENVELOPES **\$6.98**
 50 CARDS & ENVELOPES **\$13.88**
 100 CARDS & ENVELOPES **\$26.00**

SAFEGWAY
Vacuum Bags
 SUPER SAVER
 2 For **89¢**
Marigold Yarn
 Each 69¢
 SUPER SAVER
 6 4 oz. **\$4.14**

SAFEGWAY COUPON VALUE
 With this coupon you may purchase Five 3.75 oz. Jell-well Pudding for \$1.00
SAVE 40¢ on 5
JELL WELL Pudding
 Reg. Price Ea. 28¢
5 \$1
 3.75 oz. 1 With This Coupon
 #639 Good 10-3 thru 10-9-79 Only, Seattle Division Coupon. Cash value 1/20¢.

Delicious Apples
 Red or Golden Extra Fancy
3 \$1
 lbs.
Bartlett Pears Ex. Fancy, 3 lbs. **\$1**
Yellow Onions 10 lb. Bag **\$1**
English Cucumbers Each **59¢**

No. 1 Potatoes
 Wash. Grown Russet
\$2.98
 50 lbs.
Tube Tomatoes Pkg. of 4, **49¢**
Red Bell Peppers Large Size, lb. **59¢**
Sweet Corn Local Grown, Each **12¢**

Sunkist Oranges
 Large Size Valencias
23¢
 lb.
Honeydew Melons lb. **23¢**
Caramel Apples With Nuts, Each **39¢**
Potting Soil 8 Qt. Bag **\$1.79**

SAFEGWAY COUPON VALUE
 With this coupon you may purchase Six 3 oz. Pkgs. Jell Well Gelatins for \$1.
SAVE 32¢ on 6
JELL WELL Gelatin
 Reg. Price Ea. 22¢
6 \$1
 3 oz. 1 With This Coupon
 #640 Good 10-3 thru 10-9-79 Only, Seattle Division Coupon. Cash value 1/20¢.

Floral Department
African Violets
 Add a spot of color to your home
\$1.39
 4" Pot
Fiscus Benjaminia
 Large Green Foliage Plant
\$3.98
 6" Pot

Cauliflower
 Local Grown
29¢
 lb.

Prices Effective at the following Safeway Stores
 • Twin Lakes, 21st S.W. & 336th • Century City, 32057 Pac. Hwy. So.
 • 288th & Military Rd. S. & • 216th & Pacific Hwy. So.

Everything you want from a store... and a little bit more.
SAFEGWAY

Bar cookies are treats in brown-baggers lunches

If your brown baggers are tired of the same old cookies day in and day out, surprise them with a sampling of moist and chewy bar cookies.

Quick and Crunchy Apple Bars have a topping that makes this dessert fun to eat. Cut small pieces for bar cookies or larger pieces for dessert.

Peanuts, marshmallows and chocolate pieces top a creamy filling to create a delicious Rocky Road Bar. For chocolate lovers, this treat will be sinfully scrumptious.

Your favorite preserves are the flavor for Macaroon Jam Bars. They make a pretty and easy dessert.

Tropical Fruit Squares can be served as dessert or as a bar cookie.

QUICK AND CRUNCHY APPLE BARS
(Yield: 2 to 3 dozen)
1 can (8-ounce) refrigerated crescent dinner rolls

1 can (21-ounces) (two cups) apple fruit filling
2 tablespoons margarine or butter, melted
¼ cup sugar
1 cup crushed corn flakes
½ cup all-purpose, unbleached or self-rising flour
¼ cup margarine or butter, softened
1 teaspoon vanilla

Separate crescent dough into two long rectangles. Place in ungreased 13-by-9-inch pan; press dough to cover bottom of pan, sealing perforations. Spread apple filling over dough; drizzle with two tablespoons melted margarine. Combine remaining ingredients; mix until crumbly. Sprinkle crumb mixture over apples.

Bake in preheated 375-degree oven for 25 to 30 minutes or until deep golden brown.

ROCKY ROAD BARS
(Yield: 3 to 4 dozen)
1 can (8-ounces) refrigerated crescent dinner rolls
1 package (8-ounces) cream cheese, softened



½ cup sugar
¼ cup peanut butter
½ cup corn syrup
1 teaspoon vanilla
1 egg
1-½ cups miniature marshmallows
¾ cup salted peanuts or other nuts, chopped
1 package (6-ounces) (one cup) semi-sweet chocolate pieces

Separate crescent dough into two long rectangles. Place in ungreased 15-by-10-inch jelly roll pan or 13-by-9-inch pan; press dough to cover bottom of pan, sealing perforations. In medium bowl, blend cream cheese, sugar and peanut butter until smooth. Stir in corn syrup, vanilla and egg. Pour peanut butter mixture over crust. Sprinkle with marshmallows, peanuts and chocolate pieces.

Bake in preheated 375-degree oven. Bake 15-by-10-inch jelly roll pan for 18 to 22 minutes; 13-by-9-inch pan for 25 to 30 minutes or until filling is firm to touch. Cool completely; cut into bars. (Refrigerate any leftovers.)

MACAROON JAM

BARS
(Yields: 2 to 3 dozen)
1 can (8 ounces) refrigerated crescent dinner rolls
1 cup raspberry, apricot or other preserves
¼ cup margarine or butter
1 cup powdered sugar
½ teaspoon almond extract
1 egg, beaten
2 cups coconut

Separate crescent dough into two long rectangles. Place in ungreased 13-by-9-inch pan; press dough to cover bottom of pan, sealing perforations. Spread preserves evenly over dough. In medium saucepan, melt butter or margarine; remove from heat. Add powdered sugar, almond extract and egg; blend until smooth. Stir in coconut mixture evenly over preserves.

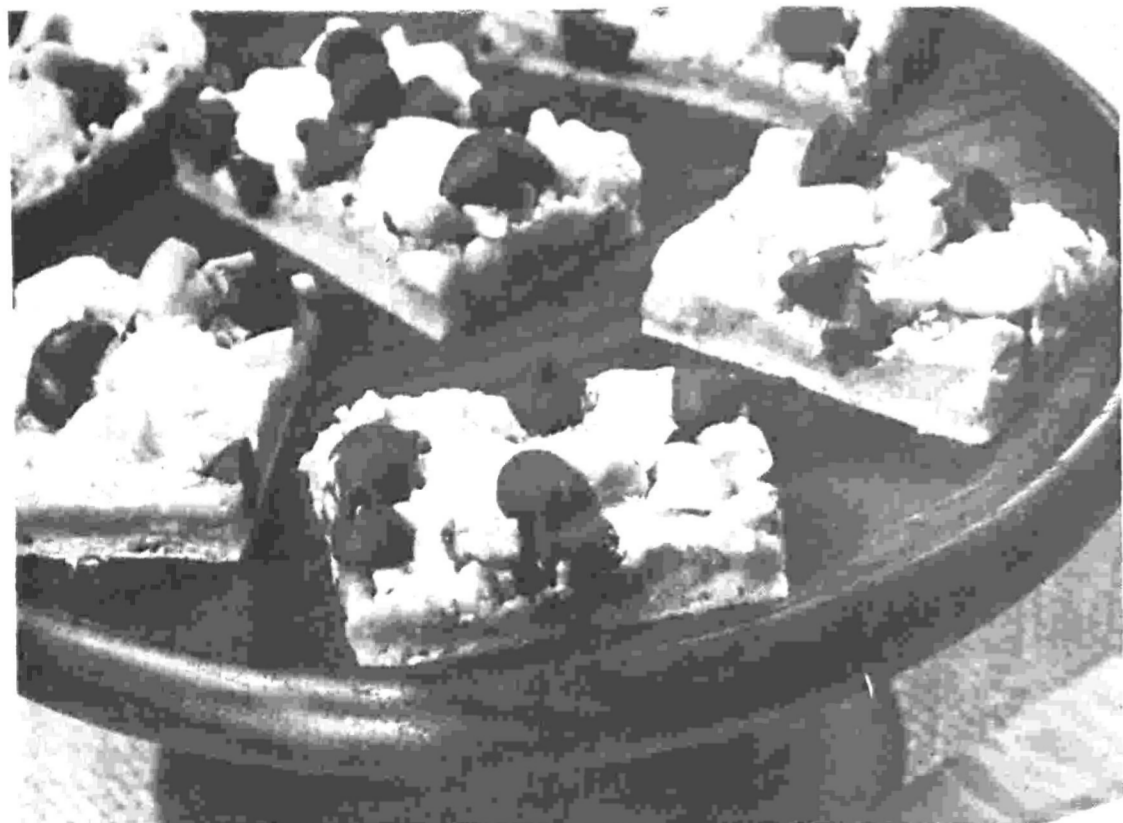
Bake in preheated 350-degree oven for 25 to 30 minutes or until golden brown. (Filling will be soft). Cool; cut into bars.

TROPICAL FRUIT CRESCENT SQUARES

(Yield: 2 to 3 dozen)
1 can (8-ounces) refrigerated crescent dinner rolls
¾ cup sugar
1 tablespoon lemon juice
1 package (3-ounces) cream cheese, softened
2 eggs
½ cup coconut
1 can (8-¼-ounces) (two-thirds cup) crushed pineapple, well drained

Separate crescent dough into two long rectangles. Place in ungreased 13-by-9-inch pan; press dough to cover bottom of pan, sealing perforations. Bake in preheated 375-degree oven for five minutes. Remove from oven.

Blend sugar, lemon juice, cream cheese and eggs until smooth; stir in coconut and pineapple. Pour cream cheese mixture over partially baked crust; spread evenly. Return to oven; bake 18 to 22 minutes or until crust is golden brown and filling is set. Cool; cut into squares. (Refrigerate any leftovers.)



Novel dinner for weight-watchers

Here's a novel dinner dish for weight watchers, one that's so delicious and satisfying that even a lucky lanky member of the family will welcome it.

Low-Calorie Chicken is a combination of barbecue-style chicken legs and fruit and lettuce salad. You bake the chicken legs in a casserole with both barbecue and teriyaki sauces; then you serve them leaning against a mound of salad. The flavorful pan juices from the chicken become a

delicious hot dressing for the salad. (We told you this was novel!)

The salad part of the recipe is one of those "natural" food combinations: coarsely chopped lettuce, orange sections, red onion slices and pitted ripe olives cut into halves. Be sure to follow the recipe directions carefully with regard to the lettuce. It is important to have the lettuce well chilled so that it will be extra crisp. This way you will get the pleasing contrast of cool, crunchy lettuce

and warm sauce that one finds in certain Chinese recipes.

Low-Calorie Chicken
1 head lettuce
8 chicken drumsticks or 4 chicken legs
¼ cup bottled barbecue sauce
¼ cup teriyaki sauce
3 oranges
1 small red onion, sliced
¼ cup ripe olives, halved (optional)

Place chicken in shallow casserole; drizzle with barbecue and teriyaki sauces. Bake, covered, in a preheated 350-degree oven for 45 minutes,

and warm sauce that one finds in certain Chinese recipes. Uncover chicken and bake about 15 minutes longer or until fork-tender.

Meanwhile, cut lettuce lengthwise into halves; place cut slides down on board and chop coarsely (you will get about 2 quarts). Cut oranges into sections, catching juice. Toss lettuce with oranges and juice, onion and olives; mound. Pour drippings into gravy boat, skim off excess fat and serve drippings alongside as dressing.

PATIO & GARDEN SHOP



Everything you want from a store...

and a little bit more.

At the 2109 S.W. 336th Street
Federal Way Safeway Store.

Prices effective Wednesday, October 3rd thru Tuesday, October 9, 1979. Sales in retail quantities only.

African Violet Potting Mix

Daisy Prep

2 Quart Bag

89¢

Each

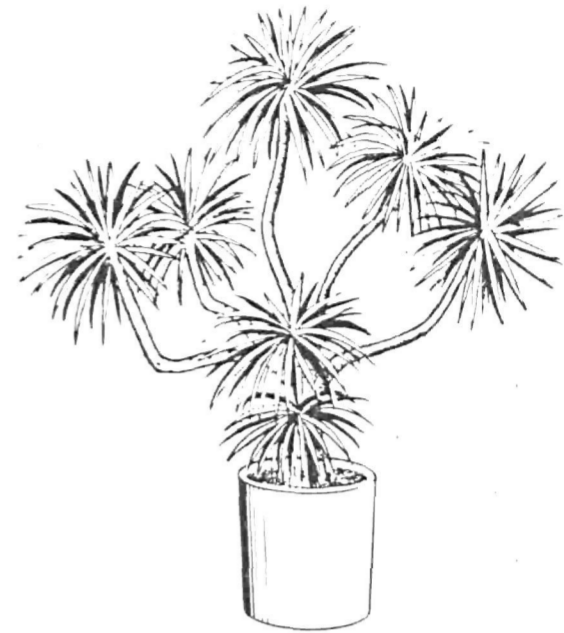


Lawn Food

Safeway Brand

\$2.98

20-lb. Bag



DRACENA Plants MARGINATA

Popular House Plant, Interesting Leaf Variegations make it a Real Attention-Getter

\$8.98

In 8 Inch Pot

Each

Bud Vase With Cut Roses

With Greens & Ribbon

Each

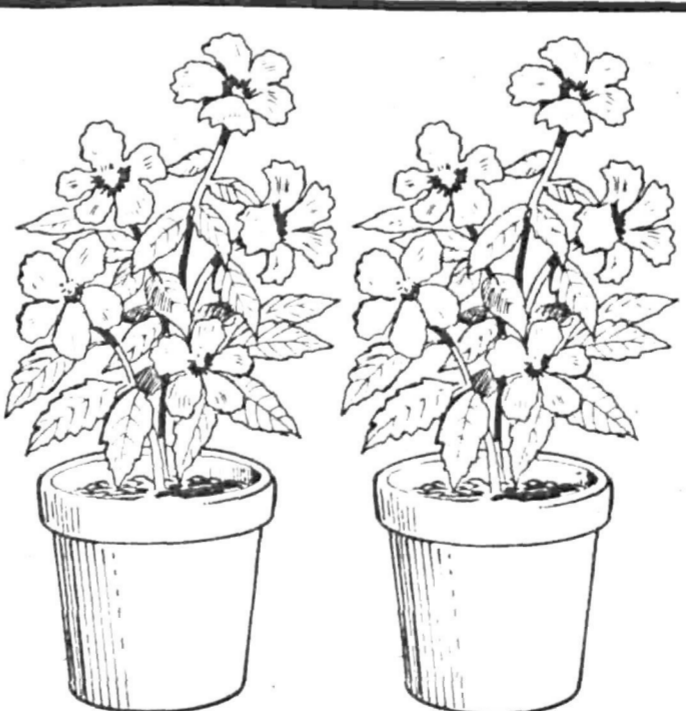
\$1.98

Peat Moss

Canadian Compressed For Lawn & Flower Beds

4 Cu. Ft. Bag

\$3.98



Hibiscus Plants

Beautiful Flowering Plant
An Ideal Gift Anytime

In 6 Inch Pots

\$4.98

Each



Fresh Cut Pompons

Beautiful & Easy To Arrange

\$2.98

Bunch Each

Ed Hume Potting Soil

All Purpose Mix

8 Quart Bag

\$2.49



Tree Bark

Saltwater Free Soil. Conditioner, Conserves Moisture

10 2 cu. ft. Bag

\$10.00

Prices Effective at the 2109 S.W. 336th Street
Federal Way Safeway Store Only!

Start the day right with a first class breakfast



Good news -- breakfast is "in"!

The morning meal is enjoying a renaissance as we rediscover the nutritious importance, as well as the sheer pleasure, that comes with a serene family breakfast. Even if breakfast has turned into a morning rush hour, a little night-before advance preparation will get everyone off to a great start in no time.

Homemade biscuits, rolls and sweet rolls are a breakfast tradition, but today's time schedules call for shortcuts. Ready-to-bake biscuits, crescent rolls and cinnamon rolls are available in the supermarket for quick and easy way to achieve homebaked flavor without the time of baking from "scratch."

For a quick, satisfying breakfast, serve hot-from-the-oven biscuits that take only minutes to bake, with a choice of nutritious spreads which you have prepared the evening before. Good Morning Rolls, baked in a crescent shape, are another fast treat, made using refrigerated apple slices, cinnamon rolls with icing and bright cherries.

For a fast start in the morning, make homemade pocket breads the night before, using refrigerated flaky biscuits, flattened and pressed together. To serve, fill with fresh fruit and yogurt, and you'll have a well-balanced, quick breakfast-on-the-go that is especially appealing to teenagers.

When there's more time, try a savory corned beef hash and egg "pie" with a biscuit border which takes only minutes to assemble. A Lemon Cheese Braid, made with refrigerated crescent roll dough, may well become a "specialty of the house" for weekend brunches. It makes a fabulous hot bread which looks and tastes as if it were made by a professional.

CORNED BEEF HASH AND EGG BAKE
(Yield: 5 servings)
1 can (10 biscuits) refrigerated butter-milk or country style biscuits
15-ounce can corned beef hash
5 eggs
Salt and pepper
Prepared chili sauce or catsup

Grease 9-inch pie pan. Separate dough into 10 biscuits. Arrange biscuits in petal-like shape around sides of pie pan, pressing slightly to join biscuit edges.

Spoon corned beef hash into pan. Make five deep "wells" in corned beef. Place one egg in each well. Sprinkle with salt and pepper.

Bake in preheated 350 degree for 25 to 30 minutes or until biscuits are golden brown and eggs are cooked to desired firmness. Serve immediately. Serve with chili sauce or catsup.

POCKETS-FULL-OF-FRUIT

(Yield: 10 servings)
1 can (10-ounces) refrigerated big flaky biscuits
Banana slices
Pineapple chunks
Mandarin orange segments
Strawberry slices
Vanilla yogurt

Separate dough into 10 biscuits. On large ungreased cookie sheet, press out five biscuits to form a 5-inch circle each. Brush outer edge of circles with water. On waxed paper, press out remaining five biscuits to form 5-inch circles. Place one circle over each biscuit on cookie sheet; press edges firmly to seal. Bake in preheated 400-degree oven for eight to 10 minutes or until golden brown. Cut each pocket bread in half. Open pocket; fill with fruit. Top with yogurt.

LEMON CHEESE BRAID

(Yield: 8 to 10 servings)
1 (8 ounce) package cream cheese, softened
1 egg, separated
one-third cup golden raisins
¼ cup 1 teaspoon grated lemon peel
½ teaspoon vanilla
1 can (8 ounces) refrigerated crescent dinner rolls

Combine cream cheese, egg yolk, raisins, sugar, lemon peel and vanilla; mix until well blended. On ungreased cookie sheet, unroll dough in two long rectangles. Overlap long sides to form 13-by-25-inch rectangle; firmly press perforations and edges to seal. Spoon cheese mixture down center of rectangle.

Cut 12 one and one-half-inch slashes about one-inch apart down each side of rectangle. Bring each strip up over filling, crossing alternate side strips, to form braided appearance. Brush top with beaten egg white. Sprinkle with additional sugar, if desired. Bake in preheated 350-degree oven for 20 to 23 minutes or until golden brown. Cool about 30 minutes before serving. Refrigerate any leftovers.

CINNAMON FRUIT

BREAKFAST COBBLER

(Yield: 8 servings)
1 can (20-ounces) apple fruit filling
3 tablespoons raisins
1 can (9.5 ounce can) refrigerated cinnamon rolls with icing

Combine fruit filling and raisins in 8- or 9-inch square pan. Set oven to 375-degree F., place pan in oven and heat for 10 minutes. Remove pan from oven. Top with rolls, cinnamon-topping-up. Return to oven, bake 20 to 25 minutes or until rolls are golden brown. Spread icing over rolls. Spoon into serving dishes. Serve with milk or half-and-half.

SAUSAGE TART

(Yield: 4 to 6 servings)
1 pound bulk pork sausage
¼ cup water
1 tablespoon margarine or butter
¼ cup milk
¼ cup mashed potato flakes
2 tablespoons sliced green onions
1 can (8 ounces) refrigerated crescent dinner rolls
1 egg, beaten
1 tablespoon grated parmesan cheese

Brown sausage in medium skillet; drain. Heat water and margarine to boil in small saucepan; remove from heat. Stir in milk and potato flakes; let stand 30 seconds. Stir potatoes and onions into sausage.

Separate dough into four rectangles. On an ungreased cookie sheet, overlap long sides of two rectangles to form a square; firmly press perforations and edges to seal. On waxed paper, repeat with remaining two rectangles.

Spoon sausage mixture over dough on cookie sheet, spreading to within one-half inch of edges. Cover with remaining dough square. Seal edges well. Brush with egg, sprinkle with parmesan. Bake in preheated 350-degree oven for 18 to 20 minutes or until deep golden brown.

GOOD MORNING ROLLS

(Yield: 8 rolls)
1 can (9.5-ounces) refrigerated cinnamon rolls with icing

1 apple, peeled, cored and sliced into 7 rings
4 maraschino cherries, halved or one tablespoon raisins

Grease cookie sheet. To form crescent shape, arrange eight rolls, cinnamon-topping-up and slightly overlapping, on prepared cookie sheet; replace any loose topping. Place slice of apple between each roll. Bake in preheated 350-degree oven for 18 to 22

minutes or until golden brown. Spread warm rolls with icing; garnish with cherry halves or raisins.

BISCUIT BONUS
1 can (10-ounces) refrigerated big flaky biscuits or

refrigerated butter-milk or baking powder biscuits
Brush Toppings (recipe follows)

Heat oven and bake biscuits as directed on can. Spread with Bonus Toppings.

Introducing the Great American Get-together: Crunchola Yogurt & Granola Bars.

America sure loves the creamy goodness of real fruit yogurt—and the natural goodness of crunchy granola, too.

Now we've got both kinds of goodness together in Crunchola Yogurt and Granola Bars.

We make them in two delicious natural flavors—Strawberry and Orange. They contain no preservatives, yet they need no refrigeration. So why not get together with our get-together and save 20¢.



20¢ STORE COUPON **CRUNCHOLA** STORE COUPON 20¢

SAVE 20¢
on a box of 8 bars.

Or save 20¢ towards the purchase of an individual bar.

Also good on any Crunchola Peanut Butter & Granola Bar.

CRUNCHOLA
Yogurt & Granola Bars



In the cereal section of your grocery store.

Mr. Dealer: Redeem 20¢ towards purchase of an 8-bar box or single bar of CRUNCHOLA Granola bars. Any other use constitutes fraud. You will be paid 20¢ plus 5¢ handling providing you and your customer comply with the terms of this offer and invoices proving purchase of sufficient stock to cover coupons are shown upon receipt. Send coupons to Sunfield Foods, P.O. Box 1716, Elm City, N.C. 27898. Consumers pay any sales tax. Good only in U.S.A. Offer limited to one coupon per purchase. Void where restricted. Cash value of 1¢. Expiration date—December 31, 1979. 600156.



PHOTO SOUND & GIFT CENTER

Cameras, Photo Supplies, Stereo Equipment & Supplies, Radios, Televisions, Clocks, Watches, Calculators, Tape Recorders, Record Albums 8 Track & Cassette Tapes, Electric Razors, Key Rings, Film Developing, Money Orders . . .

Price effective Wednesday October 3rd thru Tuesday October 9, 1979. Sales in retail quantities only.

SAVE \$72.95

19" Portable Color TV
Samsung Model 501-AL
Each **\$277.00**

SAVE \$4.00

Round Buffet Electric Skillet
West Bend 12" #3380
Each **\$17.99**

Pocket Calculators \$15.99
(save \$4.00)
Texas Instrument #1750 Each

Woman's Watch \$21.49
(SAVE \$6.50) ICD
Texas Instrument #751-1, Each

SAVE \$3.00

Children's Calculator
"Little Professor"
Each **\$11.95**

SAVE \$1.50

Record Album of the Week
"In the Long Run"
by The Eagles
Each **\$5.99**

SAVE 85¢

Polaroid SX-70 Film \$5.44

SAVE

Christmas Photo Cards \$6.98
50 ct. 13.88 100 ct. 26.00
25 Cards & Envelopes

SAVE \$20.00

Polaroid "One Step" Instant Camera
Pronto Sonar
Each **\$69.95**

Everything you want from a store... and a little bit more.

SAFEMAY

SPECIAL ITEMS & PRICES EFFECTIVE AT THE:
2109 S.W. 336th AND 32057 PACIFIC HIWAY SO.
FEDERAL WAY SAFEMAY STORES ONLY

T

STANDBY FALL HARVEST FOOD SALE AT TRADEWELL

Try this fall Sunday soup

As a delightful seasoned change from barbeques, this fall Sunday soup party is your answer. Try lentil with pieces of lamb, split pea with sausage, or creamy potato. The something special in each of these soups is beer as an ingredient. Mellow brew not only helps combine other ingredients, but adds its own special flavoring. Soup is a meal in itself with crusty hot loaves of French bread, homemade muffins, or rolls. Accompany it with beer as your beverage.

SPLIT PEA SOUP WITH POLISH SAUSAGE

1 pound split peas
2 (12 ounces) cans or bottles beer
5 cups water
¼ cup minced salt pork
1 medium onion, chopped
1 cup chopped celery and tops
1 teaspoon salt
½ teaspoon pepper
1 pound Polish sausage

Combine all ingredients except Polish sausage and bring to a boil, reduce heat and simmer for one and one-half hours or until peas are soft and put through food mill or puree in blender.

When ready to serve, lightly saute slices of sausages while soup is heating. Add to soup and serve.

POTATO SOUP

6 cups sliced potatoes (5 large)
2 cups sliced carrots
6 slices bacon
1 cup sliced onion
1 cup sliced celery
1-½ teaspoons salt
¼ teaspoon pepper
1 teaspoon thyme
1 teaspoon tarragon
1 can (12 ounces) beer
1 cup milk
2 cups light cream

Garnish: Gruyere cheese, diced potato, sliced carrots.

Cook potatoes and carrots in salt water; drain. Saute bacon until crisp, drain and crumble. Saute onion and celery in two tablespoons of bacon fat until transparent.

Combine all ingredients except for cream and garnishes and simmer about 30 minutes. Cool and puree in blender. When ready to serve, add cream, heat gently (do not boil) and serve topped with any combination of garnishes listed.

LAMB AND LENTIL SOUP

2 cups dried lentils
1-½ quarts water
2 (16 ounces) cans beer
¼ cup diced salt pork
¼ cup chopped carrots
¼ cup chopped onions
¼ cup sliced celery
2 cloves garlic, minced

1 pound lamb shoulder, trimmed of fat and diced
1 bay leaf
2 whole cloves
Dash cayenne pepper
1-½ teaspoon salt
1-½ teaspoon pepper
Chopped parsley

Place lentils, water and beer in a large kettle. Saute salt pork, carrots, onions, celery, garlic and diced lamb for 10 minutes, stirring occasionally. Add to lentil soup pot along with bay leaf and whole cloves which have been tied in a piece of cheesecloth. Add remaining ingredients except parsley and bring to a boil. Reduce heat and simmer gently about two hours. Discard the cheese cloth. Serve hot, topped with chopped parsley for garnish.

LENNON'S SMOKED HAMS

Old Fashioned Hardwood Fully Cooked-Smoked Bone-In, Dry Cure, Half or Whole 13 to 17 lb. Avg. **\$1.09** lb.

Pork Blade Steaks Fresh Shoulder **\$1.29** lb.

Pork Cube Steaks Fresh **\$1.69** lb.

PORK BUTT ROASTS

Fresh Boneless Shoulder **98¢** lb.

FRYER PARTS Fresh Washington Grown
Breasts **\$1.59** lb.
Thighs **\$1.49** lb.
Drumsticks **\$1.29** lb.
Wings **79¢** lb.

Fresh Fillet of Cod **\$1.79** lb.

TOP SIRLOIN STEAKS

BEEF U.S.D.A. Choice Boneless **\$2.98** lb.

Pork Spare Ribs Fresh-Life & Lean 3 lbs. and Under **\$1.19** lb.

Hygrade Bologna or Salami Sliced Beef, Reg. **99¢** 12 oz. Pkg.

FRESH WHOLE FRYERS

Washington Grown **53¢** Cut-up Fryers..... lb. **63¢**

Lean Ground Beef Fresh **\$1.59** lb.

Bar-S Smoked Ham Shanks **69¢** lb.

"MAN PLEASER" DINNERS

BANQUET Frozen Dinners-Chicken, Turkey, Salisbury, Mexican **98¢** 17 oz. or more

Standby Peas 4 Sieve 12 For **\$3.88** 16 oz.

Peas & Carrots Standby 12 For **\$4.49** 16 oz. **38¢**
Sliced Beets Standby 12 For **\$4.49** 16 oz. **39¢**
Diced Beets Standby 12 For **\$3.88** 16 oz. **3/51**
Leaf Spinach Standby 12 For **\$4.49** 15 oz. **38¢**
Stewed Tomatoes Standby 12 For **\$4.49** 16 oz. **38¢**

GREEN BEANS

STANDBY 4 Sieve Cut or French Sliced-CORN: Cream Style, Whole Kernel **3/89¢** 12 For **\$3.49** 16 oz.-17 oz.

CAKE MIX

BETTY CROCKER Super Moist Layer-Asst. Flavors **66¢** 18½ oz.

☆ **FROZEN FOODS** ☆
Banquet Buffet Supper - Turkey, Chicken & Dumplings, Salisbury, Beef Stew 2 lb. **\$1.59**
Banquet - Chicken Turkey, Beef 8 oz. **3/51**
Banquet 17 Piece 60 oz. **\$3.98**
Miraysa Non-Dairy Dessert Topping 8 oz. **68¢**
Miraysa Mold Concentrate 12 oz. **\$1.05**
Krusteaz Pancake Mix Backbeet 26 oz. **85¢**
Coronet Facial Tissue White 200 ct. **59¢**
Hersey Milk Chocolate 12 oz. **\$1.88**

TOMATO JUICE

STANDBY **55¢** 46 oz.

BATH TISSUE

CHARMIN White **84¢** 4 Pak

Cranberry Sauce Ocean Spray Whole, Jellied 16 oz. **53¢**
Snow's Clams Chopped, Minc'd 6½ oz. **89¢**
Trash Bags Glad Plastic 3 Mil Heavy Weight 15 ct. **\$2.48**
Paper Napkins Northern Ass't. Colors 140 ct. **59¢**
Cat Litter Jonny Cat 10 lb. Bag **\$1.18**
Snack Bars Crunchies-Choc. w/Choc. Chips 8 oz. **\$1.18**
Parkay Margarine Kraft - Reg. Cubes 1 lb. **65¢**
Paper Towels III-Dri 102 ct. **55¢**
Pancake Mix Krusteaz-Complete Buttermilk 32 oz. **89¢**

CATSUP

STANDBY Tomato **68¢** 32 oz.

LARGE EGGS

BROADVIEW Farms AA Cartoned **62¢** Dozen

Jell-O Dessert Asst. Flavors Gelatin 3 oz. **5/51**

Light Bulbs Sylvania-Soft White 40, 75, 100 Watt 2 Pak **78¢**
Dog Food Friskies-Tins Ass't. Flavors 14 to 15 oz. **4/51**
Soup Starter Swift's Dry Soup Mix Assorted Flavors 6 oz. to 9.3 oz. **99¢**
Marshmallow Creme Kraft 7 oz. **53¢**
Popcorn Super Pop Yellow, White 32 oz. **49¢**

TOMATO SAUCE

STANDBY **15¢** 8 oz.

CELERY

Large Crisp Stalks **29¢** ea.

Clip Top Carrots **29¢** lb.

Large Green Bell Peppers **6/51**
"SUNKIST" Valencia Oranges **29¢** lb.
New Crop U.S. No.1 Yams **39¢** lb.
Washington Bartlett Pears **39¢** lb.
Fresh Brussel Sprouts **69¢** lb.
Flavorful Danish Squash **19¢** lb.

APPLES

Washington Grown - Red or Golden Delicious Extra Fancy **39¢** lb.

Fresh Corn On The Cob **8 Ears/51**

SALE PRICE GUARANTEE (Raincheck): Each of these advertised items is required to be readily available for sale at or below the advertised price in each Tradewell store, except as specifically noted in this ad. We strive to have on hand sufficient stock of advertised merchandise. If for any reason we are out of stock, a SALE PRICE GUARANTEE (Raincheck) will be issued enabling you to buy the item at the advertised price as soon as it becomes available.

Prices Effective Oct. 3rd Thru Oct. 6th, 1979
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TRADEWELL

23406 PACIFIC HWY. S.
15858 PACIFIC HWY. S.
24700 MILITARY RD. S.

What's Cookin' in Ruth's Kitchen

by Ruth Jurich



by Ruth Jurich
Fall is her, and it's a beautiful season. The only thing I don't like about it is that it's followed by winter. But maybe we'll have a mild one this year.

One reason I know it's fall is that my husband starts asking for pumpkin pies. It's funny, because I don't recall having baked him a pumpkin pie. He gets squash pies, lots of them and doesn't know the difference. Few people do.

Baked squash is a favorite fall vegetable at our house. It goes with oven meals such as baked ham, roast pork, meat loaf or cabbage rolls. I usually bake a piece that's far too large for our family to finish at one meal, and whatever is left can be either mashed, seasoned and served as a vegetable or put through a sieve and mixed into pie filling.

You can do this with Hubbard, marblehead, Danish, butternut or any kind of yellow squash.

HUBBARD AND MARBLEHEAD are the kinds of squash that I most frequently bake, although with all our summer garden produce, we seldom raise them. It's hardly worth the bother when you can buy big beautiful chunks all fall and winter for 10 to 12 cents per pound.

Squash can bake at almost any temperature. If you have a roast in a 300 degree oven your piece of squash may take two hours to bake. If you're baking something at 350 degrees, a pan of Cornish game hens, perhaps, allow an hour and a half for your piece of squash. If the oven is as hot as 400 degrees, a big, thick piece of squash will be tender in 45 minutes to an hour.

Seasoning is usually simple, and you can bake it and serve it right in the shell. Bake it plain, season it with salt and pepper, top with a piece of butter or margarine or spread it lightly with brown sugar or honey. If you like things on the sweet side you might like to spread it with a thin coating of orange marmalade.

FOR THAT PIE you

can use your favorite pumpkin pie recipe if you have one. Otherwise, here's mine. You can vary the spice to suit your taste or add a little rum or brandy flavoring if

you wish, but keep the proportions of squash, sugar, milk and eggs the same if you want a pie filling that is tender and delicate but will slice nicely.

Squash Pie

- 1 1/2 cups sieved baked squash
- 2 eggs
- 1 cup brown sugar, packed tight
- 1 cup milk
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1 teaspoon ginger
- 1/2 teaspoon nutmeg
- 1/2 teaspoon salt

Baked squash or steamed or canned pumpkin may be forced through a sieve or food mill or mashed in a blender. If you're using a blender, just add eggs, sugar, milk and other ingredients

to the squash, and blend all together. Or you can mix them in your beater bowl.

Pour filling in single crust, unbaked pie shell, and put in a 400 degree, preheated oven. After 10 minutes turn heat down to 300 degrees, and bake 40 to 50 minutes or until an inserted knife will come out clean.

You can use either whole milk or skim or half 'n half or evaporated milk if you want a richer texture. I used

evaporated milk the other day and like it.

I've had no problem with the crust absorbing liquid and becoming soggy, but if you have this problem, one way to prevent it is to brush the unbaked pie shell with beaten egg white, and put it in a hot oven for one or two minutes before pouring in the filling. That will seal it.

Graham cracker crust goes well with pumpkin or squash pie filling, or you

might like to substitute crushed gingersnaps for the graham crackers. It's a good flavor combination.

STUDYING THE ADS as I do every week before completing my shopping list a few ideas occurred to me that I think help me to save money.

If you buy a few dozen eggs at a time and stock up perhaps every other week, you can save approximately 15 cents per

dozen. Regular price now for AA-large eggs is around 80 cents, but every other week or so they're on special for 65 cents or even as low as 63 cents, this week's price. Unless you're close to running out, wait for the special.

Cottage cheese which is almost a staple at our house, goes on special at 49 cents per pint almost every other week. It will keep for two weeks so you can stock up the specials.

We like butter; so I'm always on the lookout for specials and like to keep a few pounds in the freezer.

It helps to know what you usually pay for your favorite brand of vegetable oil, catsup, tomato sauce, flour, cereals and other staples. It's also a good idea to know what you usually pay for your favorite cuts of meat. Then you'll know when a special price is really special and if it's worth loading up.

Johnny's

★ KENT ★ COVINGTON ★ FEDERAL WAY ★ DES MOINES ★ RENTON

East Hill Shopping Center 10245 S.E. 256th Covington Park Shopping Center 17236 S.E. 272nd West Fair Shopping Center 31035 Mattie Road 21705 Marine View Dr. Cascade Shopping Center 17036 116th S.E.

PRICES EFF. WED. THRU TUES. OCT. 9, 1979 RIGHT TO LIMIT

BANANAS

NO. 1
lb. **24¢**

FRESH LOCAL EGG PLANT	EACH	39¢	WASHINGTON STATE POTATOES	20 LB. BAG	\$1.19
SWEET RIPE HONEY DEW MELONS	LB.	29¢	SWEET JUICY SUNKIST ORANGES	4 LBS.	\$1
FRESH LOCAL CABBAGE	3 FOR	\$1	DOLE MUSHROOMS	8 OZ. PKG.	89¢
			6" POT YUCCA TIPS	EACH	\$4.19

W.F. HASH BROWNS

SAVE 30¢

2 LB. PKG. **39¢**

CORONET PAPER TOWELS

SAVE 20¢

JUMBO ROLL **49¢**

ZEE NICE & SOFT BATHROOM TISSUE

SAVE 26¢

4 ROLL PAK **79¢**

MJB ALL GRINDS COFFEE

SAVE \$1.00

3 LB. TIN **819**

WESTERN FAMILY FRENCH FRIES 2 LB. PKG. **79¢**

VAN DE KAMP FISH KABOBS 16 OZ. **\$1.69**

KLEENEX HUGGIES DAYTIME DIAPERS 18 CT. **\$2.59**

KLEENEX NEWBORN-TODDLERS-OVERNITE DIAPERS 18 CT. **\$2.59**

4-WAY NASAL SPRAY 5 OZ. **\$1.19**

EDGE ASST. SHAVE CREAM 7 OZ. **\$1.49**

SHICK SUPER II RAZOR BLADES 9 CT. PKG. **\$2.29**

DURACELL D ALKALINE BATTERIES C&D 2PAK **\$1.49**

CRICKET DISPOSABLE LIGHTER EA **69¢**

KLEENEX ASST. FACIAL TISSUE 200 CT. **66¢**

KLEENEX POCKET PAK FACIAL TISSUE 15 CT. 8 PAK **79¢**

WESTERN FAMILY FROSTING MIX 14 OZ. **79¢**

BIG G WHEATIES 18 OZ. PKG. **\$1.18**

WESTERN FAMILY QUICK OATS 42 OZ. **\$1.05**

MRS. BUTTERWORTH SYRUP 24 OZ. **\$1.29**

WESTERN FAMILY MAC & CHEESE DINNER **SAVE 32¢**

4 **\$1** 7 1/4 PKGS

NESTLES CHOCOLATE MORSELS **SAVE 50¢**

\$1.79 12 OZ. PKG.

FRISKIE DOG FOOD **SAVE 11¢**

\$8.89 50 LB. BAG

FRISKIES BUFFET DOG FOOD **SAVE 24¢**

\$4 6 1/2 OZ. TINS

#2 LEAD PENCILS W/ERASER **SAVE 23¢**

66¢ 16 COUNT PKG.

STYLE HAIR SPRAY **SAVE 30¢**

99¢ 8 OZ.

FOR COLDS NYQUIL **SAVE 50¢**

\$1.99 6 OZ.

★ 3-SIEVE 17 OZ. PEAS

★ MIXED 16 OZ. VEGETABLES

SAVE 41¢ TO 53¢ ON 3 TINS

MIX OR MATCH

Tasty Taters

Add new interest and flavor to potatoes with a zesty onion salad dressing mix.

Peel six baking potatoes and cut into quarters or thick slices. Dry on absorbent paper, then place in large bowl. Sprinkle with salad dressing mix, poured right from the envelope, and three slices of bacon, coarsely chopped. Transfer the mixture to a shallow baking pan and bake in preheated 425-degree oven for about 45 minutes. This makes six servings and is a tasty accompaniment to broiled chicken, fish or baked pork chops.

Something extra

Add something sturdy to soups: Try: chopped ham, crunchy bacon, grated cheese, spicy meatballs, sour cream.

Quick oven casseroles for drop-in guests

A meal for two? That's no problem when you combine your microwave with two-serving, time-saving recipes. After a long day's work, Artichoke Scramble is a gourmet's delight! Accompany with individual Herbed Baked Tomato Cups. It's a quick, yet satisfying and elegant, supper

for two. When cooking Artichoke Scramble in a microwave, remember to remove it from the oven before it is completely cooked. Set the egg dish aside to complete cooking, while the prepared tomato cups bake in the microwave. Your vegetable and entree

will be perfectly timed!

ARTICHOKE SCRAMBLE
1 (4 ounce) artichoke hearts
2 tablespoons butter
4 eggs
Pinch of garlic powder
1/2 teaspoon salt
1/2 teaspoon pepper
2 tablespoons milk

1/4 cup grated cheddar cheese
Cut artichoke hearts into eighths. Melt butter in 9-inch glass pie plate, 45 seconds, on Full Power. In medium bowl, beat eggs with garlic, salt, pepper and milk. Pour into prepared pie plate. Cover with plastic wrap and cook three

minutes on Simmer-Defrost, stirring half-way through cooking time. Stir in artichokes and cook, covered, two minutes on Simmer-Defrost, stirring half-way through cooking time. Remove from oven, stir in cheese. Cover and let set one to two minutes before serving. Eggs will be

moist but will continue to cook after removing from oven.

HERBED BAKED TOMATOES
2 large fresh tomatoes
1 tablespoon parmesan cheese
1/2 teaspoon pepper
1/2 teaspoon oregano
1/2 teaspoon basil
2 tablespoons bread crumbs

1 tablespoon butter, divided
Core and slice top off each tomato. Arrange in individual glass custard cups. In small bowl, combine parmesan cheese, seasonings and bread crumbs. Sprinkle mixture over cut side of tomatoes. Dot with butter. Cover with plastic wrap and cook

two to two and one-half minutes on Full Power or until tomatoes bubble and soften slightly. (If your microwave does not have a carousel, rotate one-half turn after one minute.)
Note: To make bread crumbs in microwave: Heat one slice bread one and one-half minutes on

Full Power until dried. Crush with fingers to make fine crumbs.
Note: A Simmer-Defrost setting is equivalent to 50 percent power.
Cooking times given are based on the use of a 650 watt oven. For uses in ovens of different wattages, consult your cookbook.

JOHNNY'S P50 JOHNNY'S P50 JOHNNY'S P50 JOHNNY'S P50 JOHNNY'S P50 JOHNNY'S P50 JOHNNY'S P50 JOHNNY'S P50

COLUMBUS DAY SPECTACULAR

PARE RIBS
COUNTRY
STYLE
\$1.18
LB.



PORK RIB CHOPS \$1.18
ARMOUR VERI BEST
17-20 LB. LOINS **LB.**

LOIN END 4 TO 5 LB. AVG.
PORK ROAST \$1.18 **LB.**

U.S. CHOICE BEEF SIRLOIN TIP STEAK	LB.	\$2.29	BAR S SLICED BOLOGNA OR SALAMI	1 LB. PKG.	\$1.49
FRESH C & D DUCKS	GRADE A LB.	\$1.19	SWIFT DRY SLICED SAUSAGE 5 VARIETIES	4 OZ. PKG.	99c
SHANK PORTION/WATER ADDED HYGRADE HAMS	LB.	\$1.29	PINATA RED OR GREEN BURRITOS	5 OZ. PKG.	29c
DUBUQUE BRISKET CORNED BEEF	LB.	\$1.98	BAR S MEAT OR BEEF FRANKS	12 OZ. PKG.	93c
LENNONS FRESH LINK SAUSAGE	LB.	\$1.59	BALL PARK FRANKS	1 LB. PKG.	\$1.69
SWIFT SIZZLEAN OR FIRE BRAND	12 OZ. PKG.	\$1.29	FRESH COD FILLET	LB.	\$1.79
SWIFT BROWN N SERVE SAUSAGE	8 OZ. PKG.	99c	FRESH SOLE FILLET	LB.	\$2.29
WEST VIRGINIA BACON CRUMBLES	PKG.	79c	BREADED BIT O SHRIMP	LB.	\$1.79

BECAUSE OF STAFFING LIMITATIONS SOME FRESH MEAT ITEMS IN THIS AD MAY NOT BE AVAILABLE ON SUNDAY

BANQUET FRIED CHICKEN 60 OZ. PKG. \$3.89 SAVE \$1.10	DUNCAN HINES CAKE MIXES LAYER VARIETY 18 1/2 OZ. \$6.99 SAVE 24c	DARIGOLD MED. CHEDDAR CHEESE 2 LB. LOAF \$3.59 SAVE \$1.18	WESTERN FAMILY SOFT MARGARINE LB. \$5.53 SAVE 20c
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25 OZ.	\$1.38
20 OZ.	59c
31 OZ.	59c

BETTY CROCKER HAMBURGER HELPER
SAVE 30c
8 OZ. PKG. \$5.99

M.J.B. INSTANT COFFEE	10 OZ.	\$4.09
TOP RAMEN ASST. NOODLES	4 PKGS.	\$1
DARIGOLD ORANGE JUICE	QT.	49c
DARIGOLD CRUNCH BAR	6 PAK.	79c
FRIGO RICOTTA CHEESE	15 OZ.	\$1.09
WESTERN FAMILY DESSERT TOPPING	8 OZ.	69c
SWISS MISS ASST. PUDDING	4 1/2 OZ.	89c

QUAKER OATS REGULAR OR QUICK	42 OZ.	\$1.09
MILK MATE CHOC SYRUP INSTANT FLAVOR	20 OZ.	\$1.49
WESTERN FAMILY COTTAGE CHEESE	16 OZ.	59c

CAMPBELLS TOMATO SOUP
SAVE 30c ON 5
10 3/4 OZ. \$5.11

W
* CREAM (OR) W.K.
17 OZ. CORN
* CUT OR JULIENNE
16 OZ. GR. BEANS
3.11
TINS

S & W LEAF SPINACH
SAVE 47c ON 3
3 TINS \$1.11

Van de Kamp's dutch bakery
LARGE DANISH BUTTER HORNS 4 PAK \$1.09
CHOC. & MAPLE BARS 14 1/2 OZ. \$1.39
HONEY GRAIN BREAD 16 OZ. 79c
CHOC. ICED ANGEL FOOD EA \$3.69

DARIGOLD GOURMET ICE CREAM
SAVE 70c
1/2 GAL. \$1.89

TREETOP FROZEN APPLE CIDER
SAVE 20c
12 OZ. \$6.77

BANQUET CREAM PIES
SAVE 21c
14 OZ. PIE \$5.88

KRAFT AMERICAN SLICES
SAVE 36c
12 OZ. PKG. \$1.29

WESTERN FAMILY SALTINE CRACKERS
SAVE 26c
16 OZ. PKG. \$4.77

JOHNNY'S P50 JOHNNY'S P50 JOHNNY'S P50 JOHNNY'S P50 JOHNNY'S P50 JOHNNY'S P50 JOHNNY'S P50 JOHNNY'S P50

Refreshing mint pie

Looking for a refreshing fruity pie? Try this refreshing fluffy mint-flavored pie with fresh pears, chilled in a delicious crumb crust that's made with chocolate cookies.

For Minted Pear Pie: Dissolve one package (3 ounces) lime flavor gelatin in two-thirds cup boiling water, adding two teaspoons finely chopped fresh mint (or use two teaspoons dried mint leaves), stirring three minutes. Add two cups ice cubes and stir constantly until gelatin is thickened, about two to three minutes. Remove any unmelted ice. Using wire whip, blend in one container (8 ounces) frozen whipped topping, thawed; whip until smooth. Fold in one and one-half cups coarsely chopped peeled fresh pears. Chill, if necessary, until mixture mounds. Spoon into a cooled baked 9-inch Chocolate Cookie Crumb Crust, and chill two hours. Garnish with mint sprigs and pear slices, if desired.

Chocolate Cookie Crumb Crust: Combine one and one-fourth cups chocolate or chocolate fudge cookie crumbs and two tablespoons sugar. Mix in one-fourth cup butter or margarine, melted. Press firmly on bottom and sides of a 9-inch pie pan. Bake in preheated 375 degree oven for eight minutes; cool.

Mexican dip

Let your guests nibble on corn chips and Mexicali Bean Dip while you put the finishing touches on dinner. Drain one can (16 ounces) red kidney beans, reserving liquid. Melt one-half stick butter in skillet, then stir in beans and mash with a wooden spoon. Cook over medium-high heat for five minutes. Stir in one-fourth teaspoon, each, garlic powder and crushed cumin seed. Add reserved liquid slowly to make a dipping consistency. Mix in one cup (four ounces) shredded cheddar cheese and you'll have one and one-half cups of dip.

More cheese please

Americans are eating more cheese! In 1978, the per person consumption rang the bell at 17.3 pounds, which is up from 16.4 pounds in 1977. Cheese consumption has doubled since 1961!

But you never thought eggs can be frozen. Well, they can and freezing extends the life of an egg.

Remove eggs from the shell and place in plastic bags either whole or as yolks and whites separately. Seal tightly and freeze. Top quality eggs, properly prepared and freezer stored hold their quality well for nine months to a year.

Morning munchies for a breakfast on the run

For those days when you eat breakfast on the run, try preparing Morning Munchies the day before. Cover them tightly to keep them moist for breakfast,

lunch or snack time. For a quick morning drink Chocomalt Nog is just about the speediest way to get through breakfast that you'll ever find.

Even the most chaotic morning will get off to a good start with this do-ahead sunshine sandwich mix. With a supply on hand, making sandwiches is as quick as

buttering toast. It's likely to become so popular you'll find yourself doubling the recipe. **MORNING MUNCHIES** (Yields: 6 servings)

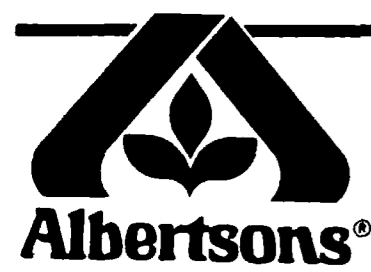
You can make up these nutritious munchies the day before. Cover them tightly to keep them moist for breakfast, lunch or snack time. 6 hard-cooked eggs

2 tablespoons mayonnaise
2 teaspoons lemon juice
1 teaspoon Worcestershire sauce
½ teaspoon prepared mustard

¼ teaspoon celery salt
3 slices pasteurized process American cheese food, cut in quarters and-or 6 thin slices cooked ham or luncheon meat.
Cut eggs in half

lengthwise. Remove yolks and set white aside. Mash yolks with fork. Then blend in remaining ingredients except cheese and ham.
Refill whites using

about one tablespoon yolk mixture for each egg half. Place two squares of cheese on each of six egg halves. Top each with another egg half.



Fall Harvest of

Norbest
Grade 'A' Toms
69¢
Norbest Basted with Timer Lb.

PAPER TOWELS
Spill-Mate Assorted
90 Count 2 Ply Roll
49¢

COCA-COLA
6-Pack, 16 Ounce Cans
The Big Can For Lovers of Coke!
149¢

GUARANTEED MEATS

BEEF BLADE ROAST
1.09 LB.

SEAFOOD SPECIALS!

FIESTA FISH STICKS	LB.	1.19
BITS O' SHRIMP	LB.	2.19
BREADED FISH	Turbot, Sole or Perch LB.	1.69
BREADED WHITING	LB.	1.45
BREADED SHRIMP	LB.	3.59
FRESH OYSTERS	LB.	4.69

MEAT DELI SPECIALS

JANET LEE SLICED BACON
Regular or Thick, Lean and Flavorful!
1.29 LB.

JANET LEE WIENERS
Meat Dinner Size or Beef Jumbo Size
1.49 LB.

LUNCH MEATS
Bologna, Salami, Pickle and Pimento, Olive or Spiced Luncheon
8 Ounce EA. 89¢

JANET LEE CHUBS
Braunschweiger or Liversausage
12 Ounce EA. 1.09

PORK BUTT BONELESS
Fresh Shoulder Roast
1.19 LB.

IN-STORE BAKERY BUYS

GLAZED CINNAMON PERSHING'S
A Red Hot Price! Fresh and Delicious
Regular 4/99¢
Now 12/1.20 or Each
10¢

CAKE of the WEEK
"BURNT ALMOND"
7 Inch, 2 Larger White Cake with Raspberry and Buttercream Icing & Toasted Thin Sliced Almonds.
Regular 3.49
2.99 EA.

ASSORTED BOXED COOKIES
Chocolate Chip, Sugar, Peanutbutter or Oatmeal
Regular 5 Dozen for \$6.45
5 Doz. **3.49**

BREAD SALE!
English Muffin or 100% Whole Wheat 16 Ounce
Your Choice: 50¢ Each or **21¢**

WINE SHOPPE

SEBASTIANI WINES Rose, Burgundy or Chablis 1.5 Liter 3.39	CELLA LAMBRUSCO Sebastiani 750 Milliliters 2.79	ALMADEN MOUNTAIN Red Burgundy, White Chablis or Rhine, 1.5 Liter 3.69	LASALLE RED WINE Christian Brothers 750 Milliliters 1.99
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FARM FRESH PRODUCE

BANANAS
Premium Cut, Chiquita Brand
4 LBS. **\$1**

Cherry Tomatoes Ea. 49¢

LOCAL CELERY
Crisp and Snappy Long Shank Stalks
3 FOR \$1

DELICIOUS APPLES
Red or Golden, Extra Fancy, Hard and Crisp. Lunch Box Size
3 LBS. FOR \$1

Green Cabbage 15¢

Yellow Onions 5 LBS. \$1

Baking Potatoes 6 LBS. \$1

Turnips/Rutabagas 3 LBS. \$1

Our low prices bring you in.

Frontier Bread rekindles memories

FRONTIER BREAD, (Yield: 1 loaf)
 1 package hot roll mix
 ¾ cup warm water (105 degrees to 115 degrees F.)
 ¼ cup bran buds or all bran cereal
 2 tablespoons caraway seed
 1 tablespoon unsweetened cocoa
 1 teaspoon instant coffee
 2 tablespoons margarine or butter, softened
 2 tablespoons molasses
 1 egg
 In large bowl, dissolve yeast from hot roll mix in water. Stir in bran buds, caraway seed, cocoa, instant coffee, margarine, molasses 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.
 Grease cookie sheet or one and one-half quart casserole. Punch down dough. On lightly floured surface, knead dough two minutes. Shape dough into round loaf; place on greased pan or in casserole. Cover; let rise in 375-degree oven for 35 to 45 minutes or until deep golden brown and loaf sounds hollow when lightly tapped. Bake in preheated

Canned Food Buys!

Nalley CHILI
 Regular, Hot or Thick

55¢

With Beans
 15 Ounce Tins



TOMATO SAUCE
 S.W. San Francisco Style

61¢

8 Ounce Tins



VEGETABLES
 S.W. Mix or Match!

31¢

Cut Green Beans, 16 Ounce
 or Cream Corn or Whole Kernel Corn 17 Ounce



GROCERY SPECIALS

SW BRICK-OVEN BAKED BEANS **75¢**
 28 Ounce Tin, Heat and Eat!

S & W 46 Ounce Tomato Juice 69¢	Albertson's Almond Toffee, Cherry Marshmallow, 1.49 Ice Cream ½ Gallon
S & W 16 Ounce Stewed Tomatoes 49¢	Imperial Soft, 2-8 Ounce Tubs 75¢ Diet Margarine
S & W 6 ½ Ounce Chunk Tuna 75¢	Chicken Noodle, 2 Pak 2 \$1 Lipton Broth
Janet Lee 46 Ounce Grapefruit Juice 83¢	Janet Lee Donuts, 8 Pak 99¢ Chocolate Sticks
Schilling 7 Ounce Minced Onion 1.93	Folgers, All Grinds, 3 Lb. 9.79 Folgers 10 ounce Instant 5.59 Coffee
Schilling 1 Ounce Parsley Flakes 89¢	Folgers, 39 Ounce 8.19 Flaked Coffee

FROZEN FOODS

JANET LEE FRIED CHICKEN **1.79**
 Fully Cooked Frozen, 32 Ounce

Tree Top Frozen 12 Ounce Apple Cider 85¢	Maty Pang's, Frozen 10 Ounce Pork Fried Rice 95¢
Albertson's Frozen, 8 Ounce With Lemon Sauce Fillet of Sole 1.49	ORANGE JUICE Minute Maid Frozen Concentrate, 12 ounce 89¢
Albertson's, Frozen 32 Ounce Tater Gems 79¢	
Mrs. Smith's Frozen 26 Ounce Pumpkin Pies 1.39	
Janet Lee, Frozen 13 ½ Ounce Whipped Topping 79¢	

DELI SHOPPE FEDERAL WAY ONLY

TURKEY BREAST **3.39** LB.
 Valchris Sliced, Reg. \$4.39 Lb., Save \$1.00!

9-PIECE CHICKEN **2.99** EA.
 Henny Penny Pressure-Fried

Fresh, Reg. \$1.09 Lb., Save 30%! Macaroni Salad 79¢ LB.	79¢
Hormel, Reg. \$1.99 Lb., Save 50%! Braunschweiger 1.49 LB.	1.49
Reg. \$3.99 Lb., Save 70%! Lumberjack Beef Roll 3.29 LB.	3.29
Natural, Reg. \$2.99 Lb., Save 60%! Colby Cheese 2.39 LB.	2.39

BUTCHER BLOCK

Federal Way ONLY

FRESH CHICKEN BREASTS Boneless & Skinless... 2.99 LB.	FRESH COD FILLETS Season Special... 1.89 LB.
TURBOT FILLETS Always Tasty... 1.49 LB.	CHOPPED CLAM MEATS For Chowder, Dips or Sauces... 1.98 LB.

\$1.00 Gasoline Refund Offer.



Just send us 5 labels from any of the Nalley's products on this page and we'll send you \$1 back in the mail.

Send coupons to:

Nalley's Energy Saver Offer
 Nalley's Fine Foods
 P.O. Box R-7818
 El Paso, Texas 79975

Offer expires March 31, 1980.
 (Limit—one per family.)



MAGIC BLEND **99¢**
 Nalley 32 Ounce Jar

NALLEY LUMBERJACK DRESSINGS **65¢**
 1000 Island, Chutney, French or Buttermilk 8 Ounce

NALLEY LUMBERJACK SYRUP **\$1.49**
 Nalley 24 Ounce

DIAL BATH SIZE BAR SOAP **51¢**
 Deodorant 5 Ounce

FRISKIES DOG FOOD **3.1**
 Liver/Egg/Bacon, Cheese, Poultry Platter or Beef Chunks 14 Ounce



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PRICES EFFECTIVE OCTOBER 3-9, 1979. Right to Limit Reserved.

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 soon as it becomes available.

Our people bring you back.

Lifesavers are special addition to cake filling

BUTTER RUM CAKE
(Yield: 12 to 16 servings)
Moist, rich and luscious describes this attractively glazed Butter Rum Cake. 2-1/4 cups all-purpose or unbleached flour

1 cup firmly packed brown sugar
Two-thirds cup sugar
3 teaspoons baking powder
1 teaspoon salt
1 cup milk
1/2 cup margarine or butter, softened
1 package (8-ounces)

cream cheese, softened
1 teaspoon rum extract
3 eggs

Filling
1/2 cup all-purpose or unbleached flour
1/2 cup firmly packed

brown sugar
1/4 cup margarine or butter, softened
2 rolls butter rum lifesavers, crushed

Glaze
1/4 cup firmly packed brown sugar
1/4 cup margarine or

butter
1 cup powdered sugar
1 teaspoon rum extract
3 to 4 teaspoons water
Using one tablespoon solid shortening, generously grease and flour 12-cup fluted tube pan (non-stick

finish pan, too). Combine all cake ingredients; beat three minutes at medium speed. Combine filling ingredients. Pour one-third batter (two cups) into prepared pan; sprinkle with one-half filling. Repeat, ending with batter.

Bake in preheated 350-degree oven for 60 to 70 minutes or until toothpick inserted in center comes out clean. Cool upright in pan 15 minutes; turn onto serving plate. Cool completely. Combine brown sugar and margarine; bring to boil, stirring constantly. Remove from heat; add remaining ingredients. Blend until smooth. Spoon over cake.



Turn lamb recipes into imaginative meals for two

Ground lamb has exciting possibilities when you're cooking for one or two. If your meat dealer doesn't always have fresh ground lamb in his case, just purchase a small square-cut shoulder, cut the meat from the bones and put it through your meat grinder at home. Shape it into lamb burgers, loaves or patties and serve them with creole sauce, barbecue sauce or a fruit sauce topping. See what lamb and a little imagination can do for you...for two!

1/2 teaspoon rosemary
1/4 cup cubed cooked potatoes
1/2 cup water
1-1/2 teaspoons all-purpose flour

Cook bacon in skillet over low heat or on outdoor grill until crisp. Drain bacon on absorbent paper; reserve drippings. To drippings in skillet add lamb. Cook until browned on all sides. Drain off drippings, if necessary. Drain carrots; reserve liquid. Combine carrot liquid, salt and pepper to taste, and rosemary. Add to lamb.

Cover and cook over low heat or on outdoor grill 30 minutes, or until desired degree of doneness. Add carrots and potatoes; heat to serving temperature. Slowly stir water into flour to blend. Cook over low heat, stirring constantly, until thickened.

LAMB IN TOAST CUPS
(Yield: 2 servings)
4 slices white bread
2-1/2 tablespoons melted butter
1 tablespoon salad oil
1/2 pound diced lamb shoulder
1/2 cup stock or bouillon
Dash of pepper
1 small apple, pared, cored and chopped
1 small onion, sliced
1-1/2 teaspoons all-purpose flour
Parsley

Trim crusts from bread. Flatten slices with rolling pin; brush with butter. Press into two and three-fourth-inch muffin tins. Bake in preheated 350 degree oven for 15 to 20 minutes, until browned. Remove from pan; cool.

Heat oil. Add lamb and cook until browned. Drain off drippings. Add stock or bouillon and pepper. Cover and cook, stirring occasionally, 25 minutes or until tender. Add apple and onion; cook five minutes longer.

Slowly stir flour into lamb mixture. Cook, stirring constantly, until thickened. Spoon lamb mixture into toast cups. Garnish with parsley.

MARINATED LAMB TOMATO CUPS
(Yield: 2 servings)
2 medium-sized tomatoes
2 slices cooked leg of lamb
1 tablespoon mayonnaise
1/4 teaspoon salt
Dash of pepper
1/2 teaspoon basil
Cucumber slices

Cut a slice from top of tomatoes. Scoop out pulp. Dice lamb. Combine tomato pulp, lamb, mayonnaise, salt, pepper and basil; mix well. Fill tomato shells with lamb mixture. Garnish with cucumber slices. Chill two hours.

S A V O R Y CASSEROLE OF LAMB
(Yield: 2 servings)
1-1/2 cups diced cooked lamb
1 cup lamb gravy
1/2 package (5 ounces) frozen cut corn, thawed

1/2 teaspoon basil
1/2 packages (5 ounces) frozen cut green beans, thawed
Salt and pepper to taste
Combine lamb and gravy; mix well. Turn corn onto heavy duty aluminum foil. Top

with lamb mixture. Sprinkle with basil and top with green beans. Season with salt and pepper. Fold foil to cover and bake in preheated 350-degree oven for 30 minutes, or until thoroughly heated.

L A M B

STROGANOFF
(Yield: 2 servings)
3/4 pound boneless, cooked lamb shoulder or leg, thinly sliced
2 tablespoons butter or margarine
1 small clove garlic, finely ground
1/4 cup chopped onion
1/4 pound mushrooms, sliced
Salt and pepper to taste
1/4 cup sour cream
1 to 2 tablespoons dry sherry (optional)

Coat lamb with flour. Melt butter or margarine; add lamb, garlic and onions and cook until lamb is lightly browned on all sides. Add mushrooms and salt and pepper. Cover and cook over low heat 20 minutes, stirring occasionally. Add sour cream and sherry and mix well. Serve with cooked noodles, as desired.

LAMB RIBLETS ELDORADO
(Yield: 2 servings)
1 pound lamb riblets
Salt, pepper, garlic salt
1/4 cup chopped onion
1/4 cup chopped green pepper
1 can (1 pound) red kidney beans
1 can (10-1/2 ounces) condensed tomato soup
1/2 teaspoon chili powder

Brown lamb slowly in skillet for about 30 minutes. Turn frequently to melt excess fat. Remove lamb and sprinkle with salt, pepper and garlic salt. Pour off most of fat in pan.

Add onion to remaining fat and brown slightly. Drain kidney beans, reserving one-fourth cup liquid. Add green pepper, kidney beans and one-fourth cup liquid, tomato soup and chili powder. Mix well and add lamb. Cover and cook slowly for one and one-half hours, or until lamb is tender.

ICED LAMB SKILLET
(Yield: 2 servings)
slices bacon
1/2 pound diced lamb shoulder
1/4 cup cooked sliced carrots
Salt and pepper to taste

Every tried Tunaburgers? Prepare a tuna filling with onion, celery, green pepper and sour cream to moisten. Here's the switch: add one-half cup of cubed cheddar cheese for each seven ounces of tuna. Spoon into sandwich buns, wrap in aluminum foil and heat for 15 to 20 minutes in a moderate 350-degree oven.

Tasty fishburger

"KING SIZED" SAVINGS
JUST OUR WAY OF LETTING YOU IN ON SOME REALLY GREAT BUYS

DELICIOUS APPLES
RED OR GOLDEN, EXTRA FANCY, WASH. GROWN
3/1

CAULIFLOWER (LOCALLY GROWN) HD. **49**

HONEYDEW MELONS LB. **25**

HUBBARD SQUASH LB. **10**

CORN SWEET AND TENDER EARS **10/1**

LOCAL CELERY EA. **39**

FRESH FRYERS ARKANSAS WHOLE BODIED. LB. **47**

CHUCK TUNA PARADE LIGHT 6 1/2 OZ. **65**

IMITATION MAYONNAISE NALLEY'S QT. **99**

PEPSI OR 7-UP
YOUR CHOICE
RETURN FOR DEPOSIT BOTTLES.
4/1
32 OZ.

CRISCO SHORTENING 3 LB. **1.89**

ICE CREAM BRENTWOOD 1 GAL. **85**

SMOKED PICNICS
HYGRADE FULLY COOKED WATER ADDED IN 6 TO 8 LB. AVG. SIZES.
69 (SLICED PICNICS LB. 79)

CHUCK STEAKS
U.S.D.A. CHOICE BLADE CUT STEAKS.
1.18 LB.

OYSTERS FRESH MEDIUM SIZE 10 OZ. JAR **1.79**

SHRIMP MEAT (FROZEN) LB. **2.98**

GROUND BEEF FRESH LB. **1.19**

CAMPBELL'S SOUP CHICKEN NOODLE OR MUSHROOM 10 1/2 OZ. **4/1**

POTATO CHIPS NALLEY'S ASS'D. BAGS. 6-7 OZ. **69**

YOGURT CARNATION ASS'D. PINTS **4/1**

BATH TISSUE HI DRI 4 ROLL PKG. **69**

COOL WHIP BIRDSEYE 8 OZ. **69**

STRAWBERRIES FLAVORITE SLICED 10 OZ. **49**

PIZZA TOTINO'S ASS'D. 11 1/2" OZ. **1.19**

COTTAGE CHEESE FOOD KING PINT **49**

CHUCK ROAST U.S.D.A. CHOICE BEEF 7 BONE ROAST LB. **1.49**

ROUND BONE U.S.D.A. CHOICE BEEF CHUCK ROAST LB. **1.69**

CROSS RIB U.S.D.A. CHOICE BEEF ROAST ROLLED AND TIED LB. **1.98**

PORK LINKS PARADE SAUSAGE LB. **1.79**

HOT DOGS HYGRADE ALL MEAT 12 OZ. PKG **75**

LIVER SAUSAGE HYGRADE BY THE PIECE LB. **89**

DARIGOLD MEDIUM CHEDDAR CHEESE 2 LB. **3.59**

LUNCHMEATS ARMOUR SLICED 9 VARIETIES 12 OZ. **1.19**

FLEISCHMANN'S MARGARINE LB. **89**

VEGETABLES PARADE BEANS, PEAS OR CORN 16-17 OZ. **3/1**

TOMATO JUICE HUNT'S 46 OZ. **69**

PINEAPPLE PARADE CRUSHED, CHUNK OR SLICED 20 OZ. **49**

CRACKERS FIFESIDE 1 LB. **49**

GRAPE JELLY WELCH'S 20 OZ. **79**

NESTLE'S CHOCOLATE CHIP MORSELS 12 OZ. **1.99**

BREAD HONEY GRAIN 16 OZ. **69**

MAPLE BARS OR CHOCOLATE BARS 14 OZ. **1.39**

COFFEE CAKE BUTTERHORN 12 OZ. **1.09**

ANGEL FOOD CHOCOLATE ICED 36 OZ. **3.69**

EXCEDRIN PAIN RELIEF 36'S **1.27**

VIVARIN TABLETS 40'S **2.18**

GRAND OPENING

HELCK

"COME JOIN THE FESTIVITIES AT THE TACOMA FOOD KING GRAND OPENING OF OUR 38th ST. STORE."
602 S. 38TH ST.

Food King

FOOD KING STORES OPEN DAILY & SUNDAY

- Tacoma 512 So. 112th
- Tacoma 2901 Bridgeport Way W
- Tacoma 3510 So. 56th St
- Tacoma 602 So. 38th St
- Tacoma 1214th Ave
- Federal Way 35419 21st Ave SW
- Puyallup 312 West Pioneer
- Burien
- Gig Harbor 5539 State Road No. 16

PRICES EFFECTIVE OCT. 3-9, 1979

SUPER SAVINGS for Fall

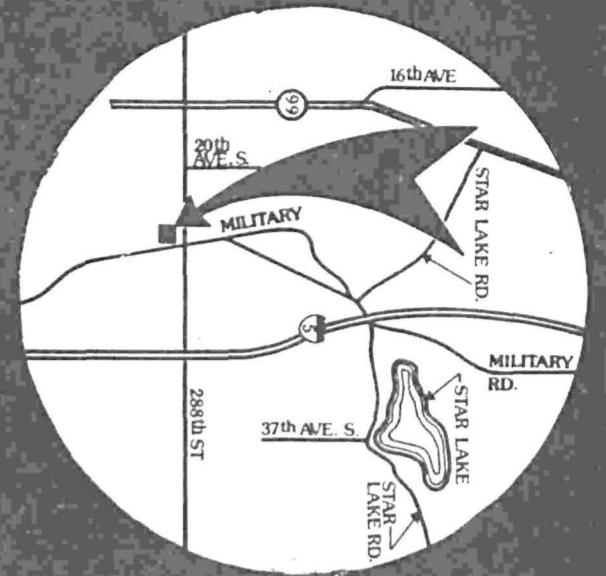
LAKECREST MARK & PAK

28855 MILITARY ROAD S. FEDERAL WAY

NO MEMBERSHIP REQUIRED

STORE HOURS
MON-FRI 10AM-9PM
SAT 9AM-9PM SUN 10AM-7PM

PRICES EFFECTIVE OCT. 3 TO OCT 7 LIMIT RIGHTS



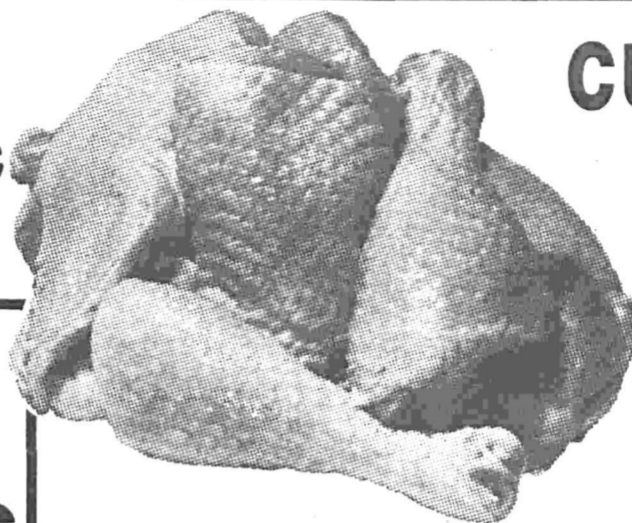
BOUNTY
JUMBO ROLL TOWELS
57¢ EA.

CHARMIN
BATHROOM TISSUE
4 ROLL PACK **76¢**

MEAT VALUES

CUT-UP FRYERS

WASHINGTON GROWN



79¢ LB.

TOMATO SOUP
CAMPBELLS
10 3/4 OZ. **5 \$ 1** FOR

SALTINE CRACKERS
WESTERN FAMILY
10 1/2 LB. WRAPPED PACKS **45¢** LB.

TURKEY SAUSAGE LB. \$1.69
TURKEY BREAST LB. \$2.19

NESTLE'S
CHOCOLATE CHIPS
12 OZ. **\$ 1 78**

TIDE
DETERGENT
LAUNDRY
84 OZ. **\$ 2 59**

BONELESS HAMS
JOHN MORRELL OR BAR S
\$ 1 49 LB.

BONELESS CHUCK STEAK
OR ROAST USDA CHOICE
\$ 1 79 LB.

COCA COLA - TAB
FRESCA - SPRITE
12 OZ. 6 PACK CANS
\$ 1 39 EA.

DILL PICKLES
FARMAN'S KOSHER, REG. OR GERMAN 48 OZ.
\$ 1 05

PAMPERS DIAPERS
TODDLERS
CONVENIENCE PACK
48 CT. **\$ 6 45**

FRISKIES
DRY DOG FOOD
50 LB. BAG
\$ 8.45

PRODUCE

DELICIOUS APPLES
RED OR GOLDEN
5 LBS. \$ 1

10 LBS POTATOES
BAG **65¢**

YELLOW ONIONS LB. 9¢

CARROTS 5 LBS. \$1

LOCAL CABBAGE LB. 15¢

POTTED PLANTS **98¢** PLANT DEPT.
4 INCH ASST. EA.

LEPRICON 4 DRY QTS. PLANTING MIX 69¢

ALASKA FISH FERTILIZER 8 OZ. \$1.19

CHOICE OF THE WEST
Featuring **WESTERN FAMILY**
CORN CR. STYLE WH. KERN. BEANS GREEN CUT OR FRENCH
16 OZ. **3/89¢** CASE \$6.99

BLENDED PEAS 17 OZ. **3/51** CASE \$7.99

WESTERN FAMILY 48 OZ. VEGETABLE OIL **\$ 1 85**

WESTERN FAMILY LARGE PITTED OLIVES 6 OZ. **58¢**

DELI

COUNTRY CUPBOARD CHIPPED MEATS
3 oz. pkg. **2/99¢**

JOHN MORRELL DINNER SAUSAGE
\$ 1.99 LB.



PARKAY MARGARINE
POUND CUBES **53¢**

FROZEN

ORANGE JUICE
WESTERN FAMILY
12 OZ. **69¢**

DAIRY

LARGE EGGS
AA WESTERN FAMILY
59¢ DOZ.

NON FOODS
LISTERINE
MOUTHWASH
32 OZ. **\$ 1 93**

G.E. SOFT WHITE LIGHT BULBS 4 IN PACK **\$ 1 39**

RELY TAMPONS 30 CT. EA. **\$ 1 99**

MEDIUM CHEESE TILLAMOOK LOAF 2 Lbs. **\$ 3.49**

KRAFT PLAIN CHEESE WHIZ 8 OZ. **89¢**

BANQUET SALIS, CHIC & DUMP., TURKEY & GRAVY **\$ 1.43**

BUFFET SUPPERS **\$ 1.43**

TONY'S PIZZA **40% OFF**

WESTERN FAMILY ICE CREAM HALF GALLON **\$ 1.25**

WESTERN FAMILY PINT COTTAGE CHEESE **59¢**

Federal Way and Fife October lunch menus

FEDERAL WAY SCHOOL DISTRICT
WEDNESDAY, OCT. 3: Polka dot macaroni and cheese, whole wheat roll, vegetable relish, buttered green beans, raspberry bar, milk.
THURSDAY, OCT. 4: Hamburger in bun, lettuce and pickles, french fries, catsup, chilled pears, cookie, milk.
FRIDAY, OCT. 5: Turkey in gravy, mashed potatoes, cranberry muffin, celery sticks, fresh fruit, milk.
MONDAY, OCT. 8: Corny dog, cowboy beans, pickle slice, tossed salad, apple pie, milk.
TUESDAY, OCT. 9: Pizza, pineapple coleslaw, chilled peaches, peanut butter bar, milk.
WEDNESDAY, OCT. 10: Ham and cheese on a bun, french fries, tossed salad, fruited gelatin, milk.
THURSDAY, OCT. 11: Beef a roni, freckle face roll, orange quarters, spicy bar, milk.
FRIDAY, OCT. 12: Hot diggity dog day, tater tots, vegetable relish tray, jumbo cookie, milk.
MONDAY, OCT. 15: Toasted cheese sandwich, peas and carrots, fresh fruit, brownie, milk.
TUESDAY, OCT. 16: Italian

spaghetti, french bread, buttered corn, chilled fruit, chocoberry cake milk.
WEDNESDAY, OCT. 17: Fishsticks, tartare sauce, french fries, carrot sticks, corn bread and butter, chilled fruit, milk.
THURSDAY, OCT. 18: Oven fried chicken, french fries, Boston brown bread, tossed salad, fruit cup, milk.
FRIDAY, OCT. 19: Submarine sandwich, tossed salad, fresh fruit, lunchy crunchy, milk.
MONDAY, OCT. 22: Wiener winks, french fries, catsup, orange quarters, gelatin with whipped topping, milk.
TUESDAY, OCT. 23: Hamburger in a bun, lettuce and pickle, vegetable sticks, chilled peaches, cookie, milk.
WEDNESDAY, OCT. 24: Turkey in gravy, mashed potatoes, whole wheat bread, cranberry sauce, spicy bar, milk.
THURSDAY, OCT. 25: Taco with cheese, shredded lettuce, buttered peas, bread, chilled fruit cup, apple goodies, milk.
FRIDAY, OCT. 26: Polka dot macaroni and cheese, tossed salad, fresh fruit, maple bar, milk.
MONDAY, OCT. 29: Burrito with sauce, buttered peas, whole

wheat bread, vegetable sticks, chilled pears, milk.
TUESDAY, OCT. 30: Turkey chop suey, steamed rice, buttered bread, celery sticks, apple quarters, almond cookie, milk.
WEDNESDAY, OCT. 31: Frankenstein fish sticks, trantula tartare sauce, torturous tator tots, cats whiskers, apple wedges, Halloween cake, milk.

calico salad with french dressing, potato chips, chilled peaches, milk.
MONDAY, OCT. 8: Brown beef and gravy, whipped potatoes, fiesta green beans, fresh fruit, hot rolls and peanut butter, milk.
THURSDAY, OCT. 9: Hamburger heavenly hash, tossed green salad with dressing, chilled applesauce, hot rolls, milk (plain or chocolate)
WEDNESDAY, OCT. 10: Fried chicken with mashed potatoes and gravy, creamy cole slaw, citrus fruit Jello, hot rolls and peanut butter, milk.
THURSDAY, OCT. 11: Hot dog on bun, crisp french fries, mixed green salad, chilled pears, cake with fruit topping, milk.
FRIDAY, OCT. 12: Macaroni and

cheese, chef salad with cheese and meat, apple wedge, cinnamon rolls, milk.
MONDAY, OCT. 15: - National School Lunch Week: Hamburger on hot bun, vegetarian beans, crisp vegetable sticks, fruit bars, milk.
TUESDAY, OCT. 16: Fish and chips, broccoli or carrot sticks, corn bread with butter, strawberry cup, plain or chocolate milk.
WEDNESDAY, OCT. 17: Pizza with cheese, green beans, Italian salad with spinach, apple crisp, milk.
THURSDAY, OCT. 18: Chili with crackers, relish cup, apple or orange wedge, bran muffin, milk.
FRIDAY, OCT. 19: Taco salad with corn chips, lettuce and

cheese, buttered green beans, pineapple upside down cake, hot french bread, milk.
MONDAY, OCT. 22: Lasagna with meat and cheese, confetti salad, fresh orange wedge, hot rolls and peanut butter, milk.
TUESDAY, OCT. 23: Chicken noodle soup, assorted sandwiches, relish cup, chilled peaches, plain or chocolate milk.
WEDNESDAY, OCT. 24: Turkey and gravy, mashed potatoes, cranberries, buttered peas and carrots, fresh fruit, hot rolls, milk.
THURSDAY, OCT. 25: Birthday lunch.
FRIDAY, OCT. 26: Golden brown fish, steamed rice, buttered mixed vegetables, fresh fruit, hot rolls and peanut butter, milk.

FIFE SCHOOL DISTRICT

WEDNESDAY, OCT. 3: Surprise Day.
THURSDAY, OCT. 4: Hamburger on hot bun with relish plate, potato salad, crisp vegetable sticks, Jello cubes with topping, milk.
FRIDAY, OCT. 5: Tuna boats.

Calorie counters

All cheeses do not have the same number of calories. Cheddar cheese has 114 calories per ounce; Swiss - 105; blue - 100 and American pasteurized process - 106.

DIET CENTER



Carolyn Little lost 36 pounds!
 "My total weight loss took only 6 weeks and I felt better while dieting than I had ever felt in my life!"
YOU CAN DO IT TOO!
 Federal Way 941-1990
 Renton 271-5535
 Kent 854-6660

Hotpoint
CASH REBATE!
 LIMITED OFFER!
 DIRECT TO YOU FROM HOTPOINT!
 Offer applies to all retail purchases Sept. 1 to Oct. 31, 1979

\$40 CASH FACTORY REBATE ON THE PAIR

 Features: HANDWASH SYSTEM, SWASH RINSE TEMPERATURES, HEAVY DUTY TRANSMISSION, AUTOMATIC SENSIDRY™, UP-FRONT LINT FILTER

Deluxe large capacity washer with 2 agitator Handwash® system to handle gentle or rugged loads. Variable water level control. Automatic Soak cycles. Bleach and fabric softener dispensers. Deluxe matching dryer. Timed cycle up to 70 minutes. End of cycle signal.

Washer Model WLW4700T **369⁹⁵** OUR LOW PRICE... HOTPOINT REBATE... \$20
 Dryer Model DLB2650W **269⁹⁵** OUR LOW PRICE... HOTPOINT REBATE... \$20
now \$599⁹⁰ FOR THE PAIR
 Gas Dryer Slightly Higher
NELSON'S TV
 Guaranteed Service
 12 Years Factory Service Experience
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28719 MILITARY RD/288th

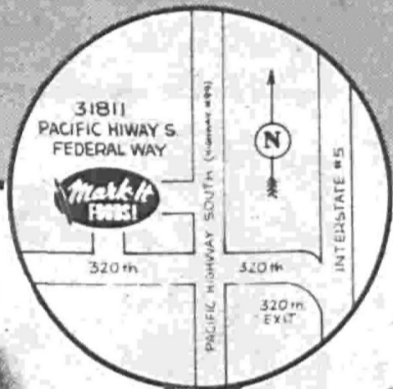
Mark-It FOODS!
ARMOUR TESTENDER BEEF
 electronically tested for tenderness

PRICES EFFECTIVE
October 3 thru October 9, 1979
 LIMIT RIGHTS

NEW STORE HOURS
 MONDAY-FRIDAY 9 am-9 pm
 SATURDAY 9 am-7 pm
 SUNDAY 10 am-7 pm

ARMOUR
 This seal is your guarantee!
TESTENDER BEEF
 With ARMOUR TESTENDER BEEF, you know in advance... you eliminate the chance. Naturally Tender Beef every bite, every cut, every purchase. It's guaranteed. Look for the Test-Tender Seal in our meat case. You'll find it on steaks, roasts, beef for stews, prime ribs, chucks, rounds and briskets. The Test-Tender 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.

31811 PACIFIC HIGHWAY SOUTH FEDERAL WAY



BEEF T-BONE STEAK
 ARMOUR TESTENDER USDA CHOICE LB. **\$3.09**

FRESH LEAN GROUND BEEF
 LB. **\$1.49**

PORK RIB CHOPS
 ARMOUR VERI-BEST LB. **\$1.29**

BEEF TOP SIRLOIN STEAK
 ARMOUR TESTENDER USDA CHOICE BONELESS, LB. **\$2.89**

PORK LOIN END ROAST
 ARMOUR VERI-BEST 3-4 LB. AVG. LB. **\$1.29**

GREEN TAG SPECIALS

BEEF TENDERLOIN STEAK	Armour Testender, USDA Choice, Lb.	\$4.88	SLICED BOLOGNA	Armour, 12-Oz.	\$1.09
PORK SPARE RIBS	Armour Veri-Best, Country Style, Lb.	\$1.39	SNAPPER FILLETS	Fresh, Lb.	\$1.79
SLICED BACON	Bar-S, Lb.	\$1.29	TURBOT FILLETS	Frozen, Lb.	\$1.59

From time to time, manufacturers offer "bonus" allowances to promote their products. We pass these savings along to you by reducing our already low shelf prices. Shop Mark-it Foods for GREEN TAG SAVINGS every day.

GREEN TAG SPECIAL PRICE CODE

LOOK FOR THIS TAG FOR EXTRA SAVINGS!

Walkley's Pharmacy
 "See our complete Hardware Section" 927-4601
 35417 21st S.W. beautiful **gifts** for the entire family!
 for any and all occasions!
 Fall Values Kick-off
VELOCITY

Secret Deodorant Anti-Perspirant 6 oz. \$1.62	Orafix 2 1/2 oz. \$1.07
Assure Tampons 16's 97¢	Toni Silkwave \$1.87
White Rain 8 oz. 99¢	Flicker Ladies Shaver 97¢
Clearasil Anti Bac Lotion \$1.43	

Our Prescription Department is open on Sundays and holidays 11 AM to 3 PM for your convenience