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Wednesday

February 1, 1989

Excellence in Community Journalism

Federal Way News

Vol. 37 No. 14

Federal Way, Washington 98003

25 Cents

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MARINE HILLS

REDONDO

MIDWAY

KENT WEST HILL

WOODMONT

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WEST CAMPUS

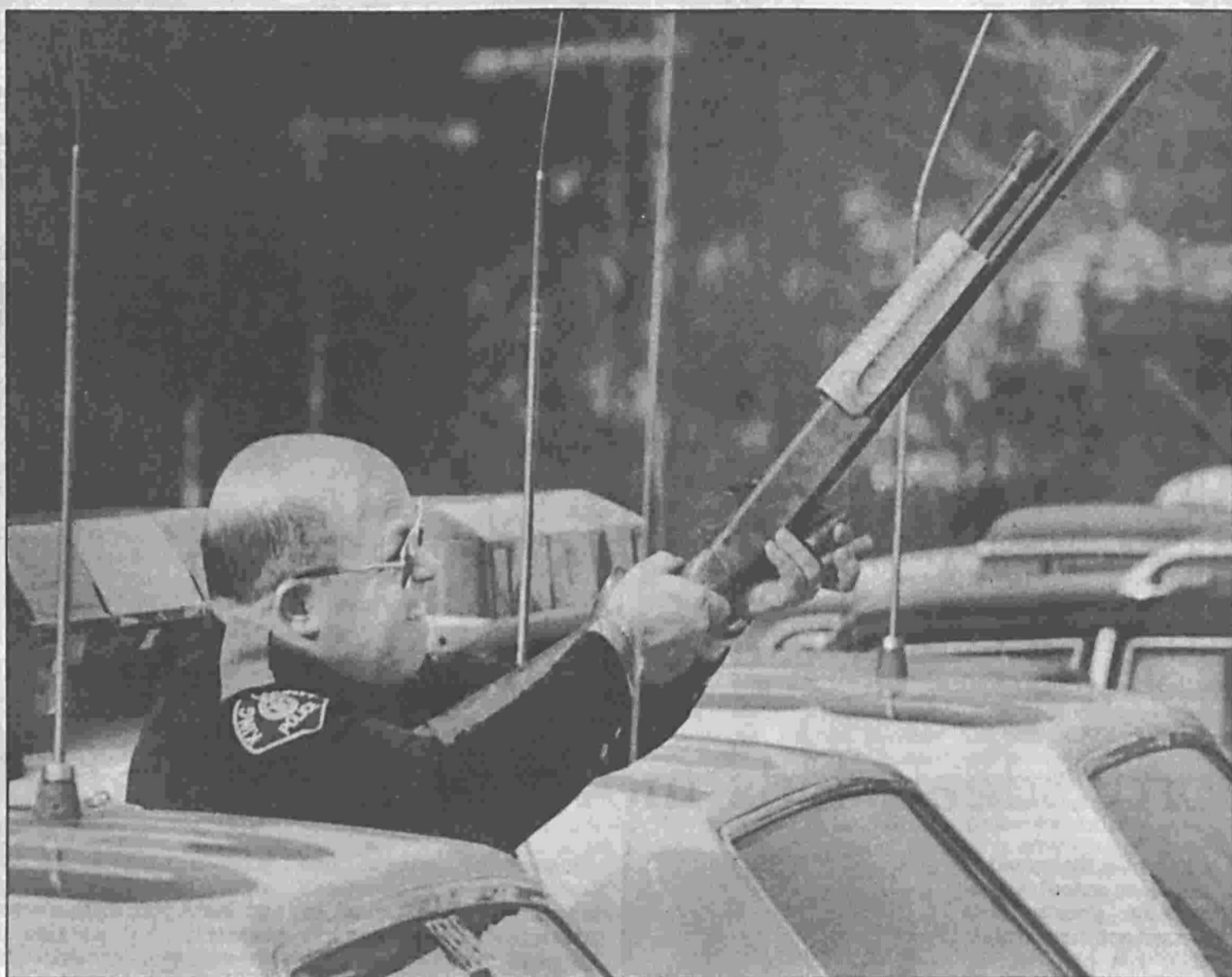


photo by Paul T. Erickson

KING COUNTY police now patrol Federal Way, but who would protect Federal Way residents if area residents vote to incorporate in the March 14 vote-by-mail election? That decision would have to be made later by a newly elected ci-

ty council if incorporation is approved. The new city could create its own police force or it could contract with King County. Here, county Officer Steven Trimble checks his shotgun before going on patrol.

The streets of Federal Way

By KURT HERZOG

It's perhaps the most important decision a new city council would have to make: Who would fight crime in Federal Way?

If Federal Way votes to incorporate in the March 14 vote-by-mail election, subsequently elected city officials would have to decide whether to create a new city police department or to contract with King County for police services.

The vast majority of cities in King County have elected to create their own police departments.

With the exception of North Bend and Beaux Arts, the other 26 cities in King County all have their own police departments.

The reason is because cities provide better police service, according to police officials of neighboring Kent and Auburn.

"The county just can't concentrate officers the way we can," said J.D. Evans, Auburn police chief. That's because city officials tend to listen more to residents' concerns about police protection and are more likely to allocate money, he said.

"City police agencies are typically more successful in getting money for police revenue," Evans said.

Evans, who used to work for the King County Department of Public Safety, the

Who would walk new city's beat?

agency that provides Federal Way police service, said the county is trying to manage an area that's too large.

"The sheriff's office tries to do the best it can," Evans said. "It's just too big an animal to handle in that big an area."

Capt. Jim Miller of the Kent Police Department agrees with that analysis.

"In general, response times in cities tend to get better if for no other reason than cities have more officers," Miller said. "The number of officer per capita is usually greater."

It's difficult to compare statistics between the proposed city of Federal Way and Kent and Auburn. Federal Way's proposed city would have a population of about 58,000 people residing in 19.9 square miles.

A STUDY of Federal Way incorporation includes a proposed city police department of 61 officers with an annual budget of \$4 million. The overall city budget would be based on existing taxes.

King County currently serves the unincorporated Federal Way area — about 26 square miles — with 56 officers at a cost

of \$2.6 million, according to that study. There are 82,000 people who live in the entire unincorporated Federal Way area.

Kent's police department covers 18 square miles in which about 33,000 people reside. However, Kent officials estimate that population triples during workdays because so many more people work in Kent than live there.

Kent has 78 officers and has an annual budget of about \$7 million. However, included in that budget is about \$500,000 for a sizable felony and misdemeanor jail. Federal Way's proposed police department budget does not include a jail.

Auburn has 54 officers with a budget of just over \$4 million. It operates a small misdemeanor jail for about \$300,000 a year. Auburn police protect a population of 30,800 in an area of 29 square miles. Auburn officials also estimate that more people work in the city than live there.

Federal Way is the opposite. Only an estimated 10,300 people work within the proposed incorporation boundaries, while 58,000 live there.

Because of the differences in daytime work populations and nighttime residential populations, comparing the number of police officers to residents may not be relevant.

Continued on A-3

New major, new precinct introduced

By LYNN KEEBAUGH

Federal Way's first major has big plans for the county's newest police precinct.

Maj. Ollie Moore said one of his first official duties will be to request upgrades and improvements at what has been the Federal Way substation since 1981. Until today's dedication ceremonies at the newly created Precinct 5, the substation has been a part of Burien's Precinct 4.

Moore, a 17-year veteran of the King County Sheriff's Department, said he will begin preparing a 1990 budget for Federal Way Precinct 5 that will include requests for all the resources available at Precincts 2, 3 and 4 in Kenmore, Maple Valley and Burien.

Some of those resources include a full pro-active (undercover) unit, an expanded crime prevention program, a crime analysis officer, a car-per-officer program and enhanced burglary and auto theft units. Moore also said he would like to see Federal Way's citizen reserve officer program expanded and to begin a bicycle patrol through the business district during summer months.

THE ONLY noticeable changes early on will be the addition of Moore and Lt. Max Osborne. They will replace Capt. John Beard and Capt. Donna Nolan. Beard will head the department's Special Operations Unit and Nolan, who was recently promoted to captain from lieutenant, will head the



Ollie Moore
Precinct leader

Communications Center. Osborne comes to Federal Way from Maple Valley, where he was acting commander.

Preliminary plans for Federal Way had included two lieutenants, an additional patrol sergeant and another clerk/typist. Although the King County Council did not allocate any funds in the 1989 police budget for creating a precinct in Federal Way, Montgomery vowed to accomplish the task anyway using existing resources until funding can be made available.

No new paid positions were created to give Federal Way a precinct. Instead, personnel were shuffled departmentwide

Continued on A-3

Board gives OK to TJ updates

By MELODIE STEIGER

The Federal Way School Board unanimously agreed Monday to award an \$8 million construction bid for modernization at Thomas Jefferson High School despite a freeze on state matching money.

The district must now wait and see if the state will help foot the bill for TJ's entire \$9.7 million modernization project this year, or if the district must pay the full amount itself and wait for state funds.

The state Board of Education decided last Friday to freeze matching funds for several projects, including TJ's modernization, for at least 90 days. In that time, the state will size up its available funds from timber

sales and disburse them to the several school projects on a state list.

Thomas Jefferson's modernization is 26th on that list, right at the point the state figures it could run out of money this year.

And should the state run out of money before it gets to TJ's \$4.5 million in matching money this year, there is no guarantee the state will have money for the project next year.

NANCY ROBERTSON, school board president, said the district's move is a gamble. "But it still seems to me we'll be getting some of that money back (from the state)," she said.

The district's best guess is

Continued on A-4

Diversion keeps kids out of court

By WENDY CULVERWELL

Tell your friends what it's like!

That's what Edna Verzani says to kids who've been arrested for shoplifting.

Tell them about the security officer stopping you outside the store; about having stolen mer-

chandise found in your bag; about the policeman taking a report; about the phone call to your parents.

Tell your friends how humiliating it is, she says. If kids know what faces them if they're caught, maybe they'll keep their hands to themselves.

Verzani is a local attorney who also acts as a spokeswoman for the King County Courts' Diversion program in Federal Way. Diversion is a countywide project to divert first-time juvenile offenders from criminal prosecution on minor charges such as shoplifting or

trespassing.

If a youth admits guilt, he or she will be referred to Diversion, where volunteers set out a formal plan for restitution and punishment after talking to both the youth and his or her parents. The goal of Diversion is to prevent kids from reoffending, and today, the success rate is 85.2 percent.

Verzani will describe Diversion in an upcoming discussion series, "Building Successful Families." The series will be held from 7 to 8:30 p.m., Monday nights, Feb. 6 to March 27, at the Federal Way Boys' and Girls' Club, 30815 Eighth Ave. S.

The Diversion discussion will be Feb. 20. (See related story for a complete list of the topics and dates.)

Continued on A-4

Newsstand rate going up to 50 cents

The newsstand price of the Federal Way News is going up.

Starting March 1 the per copy price will go to 50 cents. The last time the per-copy price was raised was in 1979 when the current rate of 25 cents was established. The previous per-copy price was 20

cents.

Readers can save significantly by subscribing to the Federal Way News instead of buying it off the newsstand. At \$2.50 per month, you can save \$3.50 per month by subscribing.

An even greater savings is

available by signing up for an annual pre-paid subscription. At \$26 per year, readers can save \$2 off the newsstand price.

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Comment

Games will test community's limits

The good news about the Goodwill Games gets better every week, as fund-raising reports come in. In Federal Way, however, the news is scarce.

Lately the Boeing Company has joined the corporate sponsors with a sizable donation. Most of Boeing's \$2 million will cover the cost of an exhibit of Russian art. But \$500,000 goes to the games' aquatics facility right here in Federal Way.

Boeing deserves thanks for its corporate generosity. We hope the community of Federal Way has been paying attention.

The pool, just a year away from its completion date, will bring thousands of visitors. Paul Barden, addressing participants of the recent economic summit held here, said Federal Way had better be ready for the onslaught.

A major event of this sort, he said, will put Federal Way under an international spotlight as the site of all the swimming and diving events of the games. It will draw tourist dollars here, and fill our restaurants and lodging halls, loading our streets with visiting vehicles.

Volunteer labor from our community will be welcome in dozens of ways. So will contributions from area businesses likely to profit from the games.

But we have yet to hear from any prominent community group about plans for the event. No service club has called to say it will staff information booths. No local stores have announced special promotions or donations.

We can understand the sluggish response. In our community's brief history, the most spectacular special event has been a salmon bake at Steel Lake, or a soccer tournament at the local playfields. We've hosted nothing more notable than a slo-pitch play-off.

When the games arrive for real, our visitors will want minimal comforts, and will ask about other places to go, things to do. Let's welcome them, and make our own lives less troublesome, too, by having a community action plan during the games.

This could include plans for housing for athletes and coaches; emergency medical care; special parking and shuttle bus services; services to the handicapped; and special signs posted for visitors to help them move through our community with a minimum of frustration.

To learn more about how you can help, we urge you to call the local chamber of commerce, or the Goodwill Games Seattle Operating Committee.

Decay prevention takes a lot of teeth

The differences between our community and any other in America diminish daily. While that has an ominous ring to it, we also hope — however warily — that we can hang on to some important distinctions.

For instance, this is still a relatively peaceful community. While we get our share of small violence — local police say we have a normal number of family fights — it is possible to walk these streets in relative safety. That is not so in certain American neighborhoods.

While drug abuse is a concern, we are doing something about it, not just waiting fearfully for police to bust the dealers. More and more parents in our community are facing the fact that it's time to talk about drugs when the kids are old enough to go to school. In too many American homes, hopelessness has fostered an environment where drugs are welcome.

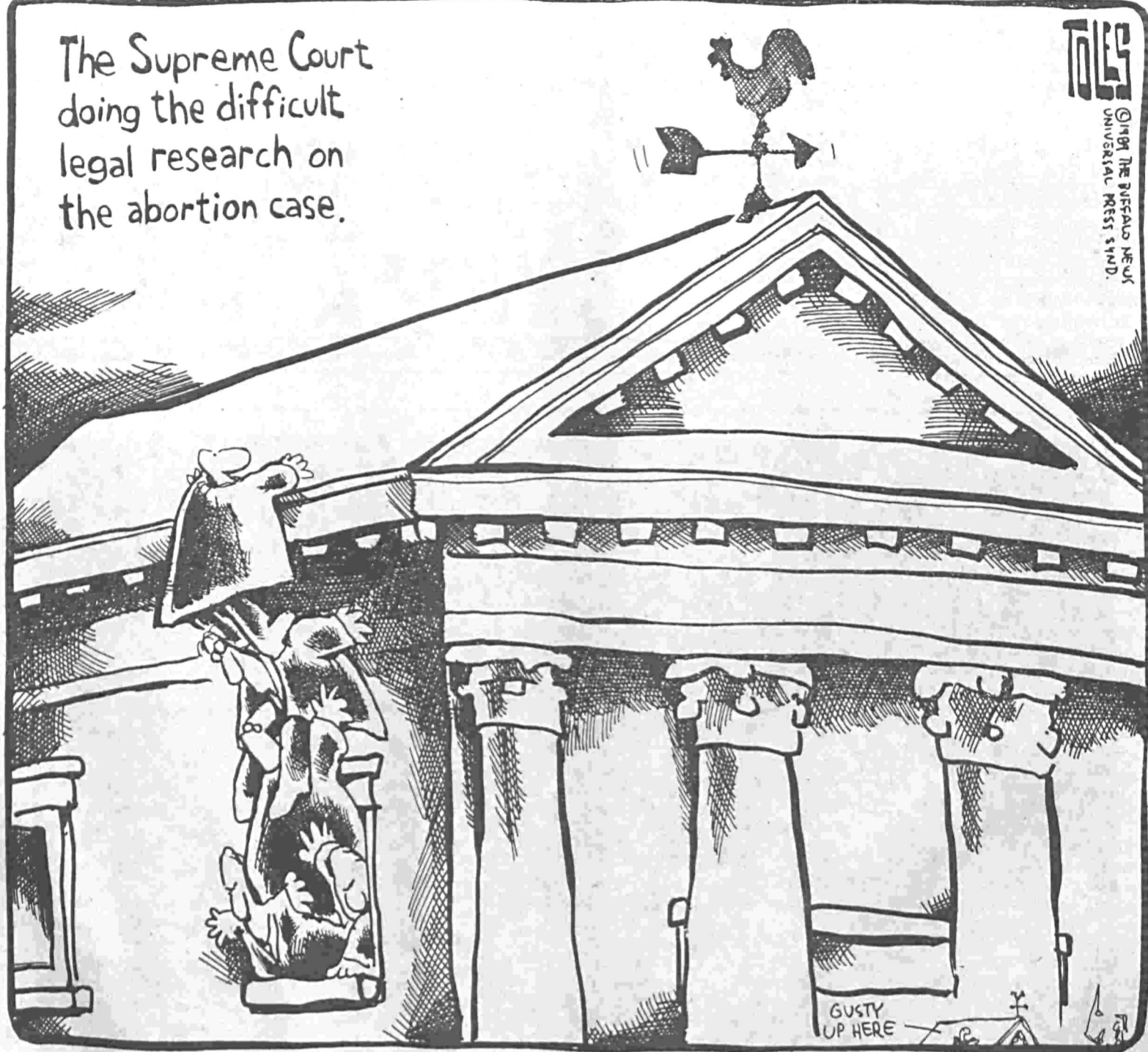
Even in the face of serious problems created by rapid growth, we are proud to see our friends and neighbors addressing these issues before they reach the crisis point. We have learned, watching the cities of the east and the implosion of California, that community planning is vital.

So we applaud the residents of SeaTac who are working on cityhood there; we celebrate the activists in Des Moines who are exploring annexation of adjacent neighborhoods. We admire the determination of incorporation advocates in Federal Way.

In Northeast Tacoma, the fever of self-determination is also strong, whether it involves the effort to block the closure of Blair Bridge or the protest over the city's failure to require an EIS for the proposed incinerator in the tide flats.

In communities as young as these, it is remarkable to find so many citizens willing to take part, and without them, we would be vulnerable to the decay of the soul that is both the cause and effect of problems elsewhere in America.

We aren't bragging. We hope the local example is infectious, in fact. If we can salvage what is best about our own community, we may even be inspired to believe it can happen elsewhere in America.



Sorry, dear, kids moved out years ago

You know the theory of the Black Holes in space? As you approach one, your mass is compressed and accelerated, and then you pop out the other side, the size of a flea's fanny, and hotter than a ticket to a Michael Jackson concert.

A comparable experience may be had on Pacific Highway South at rush hour.

When you travel through a Black Hole, say astronomers, time stands still. I've been through it, just traveling from South 288th to South 324th at 5 p.m. I don't claim I was going backward in time, but when I got home, I was talking baby talk.



Mike Robinson

Another aspect of the Black Hole theory is that it involves anti-matter. I guess this refers to things that don't matter, things smaller than Andre the Giant's vocabulary.

But I haven't studied this theory long. It may be things

Japanese car poking out into traffic, you feel like someone who almost doesn't exist, or who may cease existing any moment.

There are saner ways to achieve this, such as putting your whole head into a blender, or maybe signing up for one of those condominium sales pitches, at which a trained goon reads prepared questions for you from a titanium notebook.

The common complaint about Federal Way lately is that traffic is "bad." If you analyze that claim, factor out the observer bias, mere laziness and irritation at inconvenience, and such petty matters as the fear of being maimed by an RV, you realize the gripes fall into three groups.

They are gripes about time, gripes about space and gripes about who has the ugliest face north of the Pecos, podnuh!

The gripes about time are

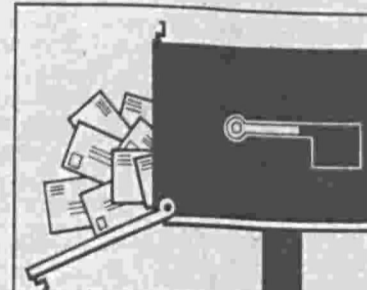
trivial. You go to the mall, right, and by the time you get home your clothes are out of style and the kids are through college. Quit whining. A hundred years ago, a shopping trip took all day, and all you had to show for it was a sick mule and a barrel of beans.

The gripes about space are more serious. They involve the territorial imperative. When some dude who looks like a Libyan terrorist starts edging into your lane with his Bronco, the best policy is to pull into the nearest mini-mall and buy more insurance.

As for gripes about physical beauty, there will only be one winner and even if you win, what will you have to show for it? When you are confronted by some half-wit who threatens your manhood, walk away from it. (Then follow him home and do doughnuts in his flower bed.)

Get ready for host of ugly headlines

Editor:
Thank you for the unbiased, balanced and penetrating reports on the cityhood issue (sarcasm intended). For the last several months your systematic, well-placed and tendentious articles about the importance of Federal Way (finally) becoming a city will cause many a vacillating voter to acquiesce in a Yes vote.



Letters

I'm sure the added revenue cityhood will generate for the Federal Way News will cause it to expand its reporting staff to cover the myriad of issues that will face our new city. Possible headlines of interest you should be prepared to address include:

Political infighting erupts as local activists vie for council seats!! (All candidates promise self-interest, petty and ego-oriented squabbling will not take up new council's managing time.)

New layer of bureaucracy justified to keep people out so crime, pollution and traffic can be eliminated!! (Insiders report possible closure of all retail businesses after 4:30 p.m. weekdays, to ease local commutes and stop cruising.)

Capital start-up costs for new city hall under review!! (Insiders report no truth to the rumor that a joint partnership of a prominent county official and local editor are scheming to sell its land for the new city hall.)

Twin Lakes residents up in

citizenry votes for unincorporation. My point: Federal Way residents are an independent bunch, not easily bamboozled! (As witnessed by past votes on this seemingly annual machination.)

Continued direct citizen involvement will solve our frustrations of growth (problems?) — not creating another level of taxing authority.

Joe Henry
Twin Lakes

Consulting spirit guides sounds spooky

Editor:
To "purge" is a strong word. It allows for a holocaust. Remembering that not everyone who followed Hitler understood the intent of his language, and remembering that the plan he implemented reflected his words, it is proper to ask some questions about the article ("New Age," Jan. 10, Federal Way News).

What is involved when the New Age comes and the earth "purges itself of its pollution..."? What is the nature of the purge?

Wendy Culverwell's excellent

article contains the quotation above. Will a subsequent article treat the questions I raise?

Consulting the spirit guides Ramtha, Mafu, and Zanzooma appears to fall in the same category as necromancy or consulting "familiar spirits." The practice is forbidden in the Bible (Deuteronomy, 18: 9-14). Thank you for alerting your readers to another group that likes to use "Christianity" or "Christian" or "Jesus Christ" in its name while discarding the basic beliefs traditionally associated with those words.

T.H. Auburn

Rapid growth here is killing trees

Editor:
We have many miles of tree-lined streets in Federal Way which in spring, summer and fall add beauty and color for all to enjoy. There is, however, an increasing number of empty and ragged spaces along the same streets. Many, if not most, of these trees have been lost to

cars, never to be replaced. This is a loss to us as well as to coming generations. Why can't these trees be replaced by those who have caused their loss? If a pole is knocked down, it is replaced; why not a tree?

Dale Crawford
Dash Point

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Robinson Newspapers

Community News Published every Wednesday

Youth offenders get second chance

Continued from A-1

VERZANI HOLDS only faint hopes that the kids she sees actually will follow her advice and confess their crimes to their peers.

When she speaks about the program at local schools (junior highs are her beat), she asks how many students know someone who has shoplifted. Nearly everyone raises a hand.

But when she asks how many know someone who has been caught, few hands stay aloft. Even, Verzani notes, the hands of kids she knows have been arrested.

There are, nevertheless, 35 to 40 new cases of juvenile crime in Federal Way every month.

Fifteen is the "hot" age for shoplifting, and the split is 50-50 between boys and girls. Shoplifting is the most common juvenile crime, followed by criminal trespass, mischief and simple assault. More serious cases, such as car theft, drug/alcohol abuse, or violent assault, are not diverted.

ONCE A CASE is referred to Diversion, the juvenile meets with someone such as Verzani to discuss the circumstances of the offense. The juvenile may opt to prove his or her innocence in court, or the conference committee may decide he or she is not a good candidate for Diversion. If either happens, the case goes back to the prosecutor.

But if the juvenile seems likely to succeed in Diversion and is willing to admit guilt, then the case goes to the full committee, where a formal plan is worked out.

A Diversion volunteer will also meet with the juvenile's parents to work out a fair and comprehensive punishment plan. It gives volunteers a chance to observe family problems, and to try to solve them.

In one case, Verzani remembers a girl who shoplifted at the store her father managed. It turned out she was unhappy with her parents' divorce and her father's remarriage. Being arrested called attention to her



photo by Ralph Radford

FIRST-TIME YOUTH offenders can get a second chance through the countywide Diversion program. If an offender admits guilt, he or she is diverted from the courts and sentenced to community service, counseling and education. Ruth Garrett (left) is a social worker and runs the South King County program. Edna Verzani is a local attorney who volunteers as chair of a conference committee. Verzani will speak on Diversion at an upcoming family discussion series.

feelings.

Whatever the motive, the first-time offender faces two hours of counseling, up to 10 hours of education in anger or goal management, and up to eight hours of community service. Offenders may end up working in the local library or doing chores around a nursing home, or picking up litter in state parks.

PARENTS MAY be billed for \$200 plus the value of the shoplifted item by the store where the offense occurred.

"To me, (the sentencing guidelines) are incredibly low," Verzani commented. She explained that the 1977 Juvenile Justice Act requiring that youth

be diverted weakened the program with its low limits on community service.

"To me, it seems it should hurt a little," she said. About 95 percent of the juveniles in the system before 1977 did not reoffend. That figure is now 85.2 percent.

Diversion both expedites justice in juvenile cases and saves taxpayers hundreds of dollars in each case. The cost to divert is \$62 per case, but if it goes to court, the starting cost is over \$500, according to Ruth Garrett, a social worker and Diversion's area manager.

IF A CASE does go to the prosecutor and the juvenile is found guilty, he or she can't be punish-

ed in excess of what would have happened in Diversion. The only additional penalties are court fines and having the offense go on public record. Keeping their record clean is the reason most kids opt for Diversion.

Federal Way had 301 cases diverted in 1987, 146 of which were for theft.

Those 301 performed 1,991 hours of community service and paid \$1,288 back to their victims.

Verzani said victims usually get full restitution because the diverted cases are not extreme.

"Kids have money," she said.

For more information about the family discussion series at the Boys' and Girls' Club, call Terri Tomatch at Planned Parenthood, 839-2740 or 854-2343.

Discussion series to tackle family issues

"Building Successful Families" is the theme for an eight-week discussion series to be held at the Federal Way Boys' and Girls' Club. All sessions will be held from 7 to 8:30 p.m., Feb. 6 to March 27.

The club is at 30815 Eighth Ave. S. The topics will be:

- Communication and Self-Esteem, Feb. 6.
- Alcohol and Other Substance Abuse, Feb. 13.
- Diversion: Keeping Kids Out of Trouble, Feb. 20.
- Suicide: A Preventable Crisis, Feb. 27.
- Divorce and Separation,

- March 6.
- Step Parenting: Blending Families Together, March 13.
- AIDS: What We All Need to Know, March 20.
- Sexuality and Dating, March 27.

For more information about the series, contact Terri

Tomatch at Planned Parenthood, 839-2740 or 854-2343.

"Building Successful Families" is sponsored by a number of south end community service agencies, including the Boys' and Girls' Club and Planned Parenthood.

Bids awarded for work at three schools

Continued from A-1

that the state will be \$500,000 to \$1 million short of the \$4.5 million it agreed to pay for TJ updates. However, the district could wind up forward funding the entire \$4.5 million if state funds stop far short of TJ on its list.

Either way, the district would probably use money from a \$14.7 million bond for new schools and modernization, approved in September, to forward fund the state's share. When the state is able to reimburse the district, the money would go back into that bond fund, say administrators. That plan has not yet been approved by the school board.

THE SCHOOL BOARD'S decision to accept the \$8 million construction bid from Wick Construction of Seattle clears the way for work at Thomas Jefferson. Modernization there will begin in four to six weeks and will continue to August 1990, said Jake Walker, director of facilities planning. Students will stay at the school during construction.

TJ modernization will include covered walkways, added locker space, a photography lab, storage space, improved outdoor lighting and an improved heating system.

Most of TJ's modernization is expected to be paid for by a combination of \$3 million in state matching money (when it becomes available) and \$4.6 million from a \$30 million local bond approved by voters in 1984.

Asbestos removal will be paid for by part of the \$14.7 million bond, as will a \$385,000 auxiliary gymnasium.

BESIDES GIVING the green light to TJ's modernization, the school board has also awarded asbestos removal and construction bids for modernization at Twin Lakes and Nautilus elementary schools.

Construction contracts at both schools were awarded to Cope Construction Co. of Bellevue, the same company that recently completed modernization at Star Lake Elementary School.

Judy Wall, school district spokeswoman, said the district was satisfied with Cope Construction's performance on the Star Lake project.

Cope is scheduled to begin both Nautilus' \$1.4 million modernization job (\$1.16 million for construction) and Twin Lakes' \$1.4 million job (\$1.2 million for construction) this winter. Both projects are to be done by the end of August.

Monday, Nautilus students moved from their Marine Hills school to Mark Twain Elementary School, at 2450 Star Lake Road, for the duration of construction. Mark Twain is a previously unused elementary school that now houses students during the modernization project.

Adelaide Elementary School students vacated Mark Twain on Friday, and returned to their newly modernized school Monday.

TWIN LAKES will eventually move to North Lake Elementary School, another previously unused site, when students and staff

of Camelot Elementary School return to their modernized school.

Camelot is scheduled to move March 6.

Modernization at Nautilus will include new walls in the previously open-concept school, improved heating and lighting, new bathrooms and a new intercom system.

Twin Lakes modernization is to include added storage and classroom space, improved heating and lighting and added restrooms.

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Aging process of eye is topic of health forum

"The Aging Eye" will be the next topic at a continuing series of health forums at St. Francis Community Hospital.

Dr. Peter Shelley, a Federal Way ophthalmologist, will lead the presentation in the hospital cafeteria from 7-9 p.m. on Feb. 9.

The program will include a slide presentation addressing such eye-aging concerns as glaucoma, cataracts, macular

degeneration and the up-to-date treatments of those aging processes.

Space is limited for the forum. Reservations can be made by calling 952-7910 or 838-9700, ext. 7910.

The health forums are organized by the St. Francis Community Hospital Auxiliary and sponsored by the Federal Way News.

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FREE SUNGLASSES WITH ALL CONTACTS (Piano)

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We Gladly Make Arrangements For Your Eye Exam.

For Your Convenience We're Open Mon.-Fri. 9-6; Sat. 9-5

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LAKESIDE 8415 Steelacorn Blvd. 1 blk. from Oakbrook Plaza 544-8556

FEDERAL WAY 32700 Pacific Hwy. So. Next to Keg Restaurant 838-8250

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Sushi Bar and Tatami Room ready for your dining enjoyment.

Happy Hour!! Fri. and Sat. 10 pm-1:30 am

"Karaoke" sing to American, Korean and Japanese music on the Big Screen T.V.

\$2.00 OFF ANY DINNER

reg. 6.95-11.95

includes entree, soup, rice garnish and tea c.v. 1/20" exp. 2/12

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JAPANESE RESTAURANT

1320 S. 324th Century Square Shopping Center Federal Way, WA

OPEN Mon.-Sat. 11-10 Sun.: 11-4

Make your reservations now!

Call Your Order In & It Will Be Ready When You Arrive

ORDERS TO GO 941-7113

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STARTS TOMORROW!
**SHOP 9 AM TO 9 PM,
 THURSDAY, FEB. 2**

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 5 DAYS ONLY

Shop and compare. We will not be undersold on Super Sale items. Some quantities are limited, so hurry in for best selection. Some percentage savings taken at the point of purchase; other savings are reflected in the ticketed price. Sorry, we cannot accept phone or mail orders on this sale.

**SAMPLES OF SAVINGS
 YOU'LL FIND STOREWIDE**

**SAVE 30%
 MISSES CAREER
 COORDINATES**

By Koret, Alfred Dunner and Tan Jay. Sizes 8-18. Reg. 24.00-90.00, sale **15.99-63.00**. Misses Coordinates.

**SAVE AN
 ADDITIONAL
 40%
 OFF ALL MISSES,
 PETITES AND
 WOMENS CLEARANCE
 DRESSES.**

Take an additional 40% off the last marked prices on all Misses clearance priced dresses. Misses Dresses.

**SAVE 30%
 ENTIRE STOCK
 STERLING SILVER
 JEWELRY**

Earrings, pins, chains and bracelets in a large selection of styles. Where normally sold. Reg. 7.00-40.00, sale **4.90-28.00**. Fashion Jewelry.

**SAVE 25%
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 REG. PRICE
 FINE & CASUAL
 DINNERWARE**

Choose from such famous makers as Noritake®, Mikasa®, Dansk, Lenox® and more. Also save on special order pieces. China.

*Does not include Oscar de la Renta and Christian Dior.

**SAVE 30%
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 SAMSONITE® &
 AMERICAN
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 LUGGAGE**

Reg. 55.00-240.00, now **38.50-168.00**. Includes hardside, softside, totes, carry-ons, pullmans, garment bags and business cases. Imported and made in USA. Luggage.

**49.99
 NEW PRINT
 DRESSES BY
 STUART ALAN**

Faille print dresses, new for spring by Stuart Alan. Misses sizes. Reg. 68.00. Misses Dresses.

**SAVE 25%
 JUNIOR 15-BUTTON
 CARDIGANS**

Reg. 28.00. Heavy 100% cotton deep v-neck cardigans in spring's newest bright colors. Sizes s-m-l. The Cube.

**SAVE 25%
 OLGA® SCOOP
 PANTIES**

Briefs, bikinis and hipsters in sizes 5-6-7. White, bare and more. Reg. 8.00-10.00. Panties.

**SAVE 25%
 RUSSELL FLEECE
 SEPARATES**

Reg. 16.00. Polyester/cotton fleece crew neck pullovers with matching elastic waist drawstring pants. Selection of colors. Men's Activewear.

**32.99 STANDARD
 GOOSEDOWN
 PILLOWS**

Reg. 72.00. Our luxurious, best-selling goose-down-filled pillow in a 100% cotton ticking. Queen size, reg. 96.00, **44.99**. Pillows.

**SAVE 25%
 FAMOUS MAKER
 PETITE
 COORDINATES**

Jackets, pants, sweaters and blouses by such favorite names as Russ, Tan Jay and more. Selection varies by store. Petite sizes 4-14. Petite Place.

**SAVE 25%
 JR. NOVELTY
 SCREEN T-SHIRTS**

Reg. 14.00-18.00. One size fits all extra large artistic and theme print t-shirts, the newest fashion craze. The Cube.

**SAVE 25%
 ENTIRE STOCK
 DEARFOAM®
 SLIPPERS**

All our terry scuff, ballerina and sling-back style slippers by Dearfoam® are on sale. Assorted colors. Sizes s-m-l-xl. Reg. 8.00-16.00. Hosiery.

**SAVE
 20-25%
 ENTIRE STOCK
 MEN'S ROBES &
 CARL MICHAELS
 PAJAMAS**

Reg. 15.00-85.00. Great selection of colors and styles. Men's Sleepwear and Robes.

**3.99 BATH SIZE
 ROYAL CLASSIC®
 TOWELS FROM
 CANNON'S®
 ROYAL FAMILY**

If perfect 1400. Slightly irregular cotton loop terry towels in absorbent 100% cotton. Choice of fashion colors. Hand towel, if perfect, 10.00, **2.99**. Washcloth, if perfect, 500, **1.99**. Towels.

**SAVE 25%
 WOMEN'S DRILL
 TROUSERS**

Our best-selling 100% laundered cotton belted drill trousers in basic and spring colors by PC, Cleaver. Women's sizes 16-26. Women's World.

**SAVE 25%
 JUNIOR DENIMS**

Reg. 44.00-49.00. Various new spring finishes for junior sizes. The Cube.

**19.99
 ARROW & FAMOUS
 MAKER FANCY
 DRESS SHIRTS**

Choose: Reg. 27.00, famous maker long sleeve fancy fitted dress shirts in new spring patterns; or reg. 27.00, full fit fancy long sleeve Arrow® dress shirts in spring patterns. Men's Dress Shirts.

**99.99
 REVERE 16-PC.
 COOKWARE SET**

If purchased separately 179.91, everyday low price 134.99. Set includes ¾ qt. covered saucepan, 1 qt. covered saucepan, 1½ qt. covered saucepan, 3 qt. covered saucepan, 4½ qt. covered stockpot, 9" open skillet, steamer insert, double boiler insert and 3-pc. bowl set. Cookware.

**SAVE \$50
 399.00
 FISHER 4-HEAD
 STEREO VHS VCR**

Was 449.00. Double Azimuth 4 head video system with remote on-screen programming, 21-day 16-event timer, 122-channel synthesizer, auto-channel programming and MTS multi-channel sound. Imported. Model #FVH6500. Electronics.

**SAVE 25%
 ENTIRE STOCK
 MISSES & PETITES
 REG. PRICE
 SPRING JACKETS &
 RAINWEAR**

The newest styles of the season are on sale now. Selection varies by store. Misses and Petite sizes. Reg. 30.00-185.00, sale **22.50-138.75**.

**SAVE 50%
 ENTIRE STOCK
 WOMENS SLEEPWEAR
 AND ROBES**

Reg. 19.99-80.00. Choose from our entire stock of cotton/flannel sleepwear, brushed sleepwear and warm robes and save 50% for 5 days only. Assortment may vary by store. Sizes: S-M-L; some sizes available 1X, 2X, 3X. Sleepwear and Robes.

**10.99 & 11.99
 CARL MICHAELS
 SOLID & STRIPED
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Reg. 14.99 and 16.00. Short sleeve knit shirts with one chest pocket in an assortment of fashion colors. Both styles in easy care polyester/cotton blend fabric. Men's Knit Shirts.

**SAVE
 20-33%
 ENTIRE STOCK
 ONEIDA® STAINLESS
 FLATWARE**

5-pc. place settings of Profile, Deluxe, Community, Heirloom, LTD and Golden Accents stainless. Reg. 30.00-75.00, sale **19.99-49.99**. Silver.

**SAVE 33%
 STUDIO NOVA
 HOLLOWARE**

Save on the timeless Winter Rose design in your choice of oblong platter, large salad bowl, set of 4 individual bowls, cake plate and heart tray, reg. 25.00, now **18.99**. Divided relish dish and covered heart box, your choice reg. 15.00, now **9.99**. Housewares Tabletop.

THE BON MARCHÉ

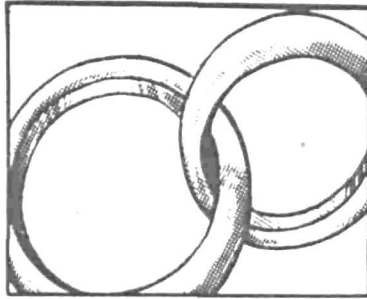
SEATAC MALL

Meyer-Venesky engaged to marry

Sherrye Dix of London and Charles Meyer of Federal Way have announced the engagement of their daughter, Taleen Meyer, to Luke Venesky.

The bride-to-be is a Thomas Jefferson High School graduate and attended Eton Technical Institute.

Her fiancé is the son of Audrey and Joseph Venesky of Loretto, Penn. He is in the U.S. Army.



Couples

The wedding will take place in May.

December nuptials join Chea-Miller

Tammy Cheha and Jeff Miller were married Dec. 17 at Little Lake Ranch in Enumclaw. The Rev. Fred R. Owen officiated.

The bride is the daughter of Linda and Bill Cheha of Northeast Tacoma. She attended Il-lahee Junior High and graduated from Continuation High School. She is employed by the Boeing Co.

Kim Wenger was her maid of honor.

The groom is the son of Sharon and Richard Miller of Federal Way. He graduated from Decatur High School in 1985. He works for Lloyd's Sand and Gravel.

His brother, Doug Miller, was his best man.

The couple will take a honeymoon this summer and are making their home in Federal Way.



Tammy and Jeff Miller

Ball-Marez plan August wedding

Marilyn and Fredrick Ball have announced that their daughter, Teresa Ball, will marry Santos Marez.

The bride-to-be is a Federal Way High School graduate. She works as a teller for First Interstate Bank.

Her fiancé is also a Federal Way High School graduate. He works for Ball Brass Co. in Tacoma and also attends Clover Park Vocational Technical School.

The wedding will take place in August in Tacoma's Central Lutheran Church.

BLACK HISTORY MONTH — The Federal Way Library invites school-age children to share African folktales and to create an African mask at 10:30 a.m., Feb. 11, at 848 S. 320th St. Call 839-0257 to register or stop by the library.

SEAFOOD IS HEART FOOD — Valley Medical Center will hold a class on preparing heart-conscious seafood dishes from 7 to 9:30 p.m., Feb. 9. The cost is \$15, and preregistration is required. Call 251-5128 for more information.

WOMEN MAKING A DIFFERENCE — The Kent Soroptimists will hold the day-long program on women and excellence beginning at 9:15 a.m., at the Kent Senior Center, 600 E. Smith. Advance tickets are \$4, or \$5 the day of the seminar. Connie Thompson of KOMO TV News will deliver the keynote speech. Call Dee at 852-7081 for more information.

PRESERVING PHOTOGRAPHS — Museum photography curator Howard Giske will teach the basics of producing, copying, preserving and storing family photographs for generations to come. His session will be part of the Family History series at the Museum of History and Industry, 2700 24th Ave. E., Seattle. It will be held from 9:30 to 11:30 a.m., Feb. 4. Call 324-1125 for more information.

MURIEL SIEBERT — The first woman to operate a member firm on the New York Stock Exchange will be the featured guest speaker at the Women's Professional and Managerial Network's Celebrity Series dinner, which begins at 5 p.m., Feb. 6, at the Westin Hotel, Seattle. The cost is \$35 for network members, \$40 for non-members. For information or reservations, call the network's office at 623-8632.

KIDS AND MICROWAVES — Kent Parks has a class for kids over 7 and their parents to learn how to cook nutritious snacks in the microwave. The class will be held from 9:30 to 11:30 a.m., Feb. 4, at Kent Commons, 525 N. Fourth Ave., Kent. Call 859-3599 for information. Preregistration is required.

SENIORS VIEW SNOW GEESSE — The Seattle Aquarium will take the over 55 crowd on a river rafting trip

Just for You

into the Skagit Delta to observe the winter visitors. The trip will be repeated Feb. 4, 5 and 18 and costs \$50 per person. No paddling is required. Call the Aquarium at 386-4329 for information.

INFANT CPR — Valley Medical

Center has an infant CPR and childhood safety class scheduled for 1 to 4 p.m., Feb. 4. The cost is \$10 per person and preregistration is required. Call 575-2229 for details.

FRUGAL GOURMET VISITS AUBURN — Tacoma native Jeff Smith, better known as PBS's Frugal Gourmet, will speak at Green River Community College at 7:30 p.m., Feb. 9. For ticket information, call 833-9111 or 924-0181,

ext. 337.

FEAR OF FLYING CLINIC — If the recent rash of airline incidents only firms up your suspicion that airplanes were meant to crash, consider participating in a Fear of Flying Clinic, offered only twice a year. The next clinic will begin in mid-February. Call 772-1122 to leave a message. The clinic is offered by the International Organization of Women Pilots.

It's Our Annual

50% OFF PERM SALE

December 26th thru March 15

Perms and Relaxers Regularly \$40-\$70

NOW \$20-\$35

Must Present This Ad

Hurry Offer Ends 3/15/89

1710 So. SeaTac Mall

hair performers

We Don't Promise A Great Perm, We Guarantee It.

SEATAC MALL 941-8200

Race over to the Red Robin® for our Half Yearly Sale

FREE . . . BURGER OR ENTREE

WITH PURCHASE OF BURGER OR ENTREE OF EQUAL OR GREATER VALUE

NOT VALID WITH ANY OTHER COUPON OR OFFER. VALUE 1/20C. PLEASE PRESENT COUPON. OFFER EXPIRES MARCH 6, 1989.

We're Fighting For Your Life.

American Heart Association

SERVING YOU IN FEDERAL WAY!

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- Memorial
- Cremation

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Gary Wright Gary Klontz

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IMPROVE YOUR ZIP. GET A TUNE-UP TODAY.

Save 15% on Original Tune Up with any other service

Original Tune-Up. Includes: • Plugs, points*, condenser* • Replace if defective: wires, rotor, PCV valve, PCV filter. • Adjust: dwell*, timing*, idle speed*, fuel-air mixture*. • Plus: emissions analysis, engine analysis. • Six month/6,000 mile warranty. (Standard Ignitions \$8 extra.)

4 cyl. electronic	\$42 ⁴²	Reg. \$49.90
6 cyl. electronic	\$50 ⁹²	Reg. \$59.90
8 cyl. electronic	\$59 ⁴²	Reg. \$69.90

*When applicable. **Most cars, 6-cyl. and 8-cyl. vehicles slightly higher.

COOLING SYSTEM SERVICE. Includes: • Flush radiator, refill with up to 1 gal. of antifreeze. • Pressure test cooling system. • Temperature reading check. • Check belts, hoses, radiator cap and thermostat operation.

\$39⁹⁰

Super Tune-Up. Replace all parts. • Plugs, points*, condenser*, rotor, wires, distributor cap*, carburetor fuel filter*, PCV valve, PCV filter. • Adjust dwell*, timing*, idle speed*, fuel-air mixture*. • Plus: emissions analysis, engine analysis. • Twelve month/12,000 mile warranty.

\$89⁹⁰ (4 cyl. electronic)

OIL CHANGE, FILTER, LUBE.

- Up to 5 qts. of oil.
- Oil filter.
- Lubricate chassis. — Top off fluids.

\$19⁹⁰

SPARKS TUNE-UP CENTERS

ASE CERTIFIED

32627 Pacific Highway South Federal Way, Washington (3 blocks south of SeaTac Mall)

- Fuel injection
- Cooling system
- Belts and hoses
- Air conditioning system
- Batteries
- Lube, oil filter & fluids
- Transmission service
- Valve adjustments
- Emission testing
- EGR valve
- Water pumps
- Starters & alternators
- Carburetor service
- Radiator service

874-1070 or 927-8311

Expires 3/9/89. Appointments Available. Hours: M-F 8-6, Sat. 8-4. VISA/MasterCard Accepted.

COUPON

Buy Where the Contractors Buy!

Al Meier's BUILDING CENTERS

INTERIOR HOME IMPROVEMENT SALE!

HOME IMPROVEMENT STARTS HERE . . .

Deluxe 100% wood firelogs • Easy starting • Packaged for cleanliness • Money saving value • Year round use • Convenient, safe

\$1.99 8 PACK

TrailBlazer MODEL #1600

SOLID FUEL STOVES

- Fire brick lined
- Easy to install
- Exceeds all environment codes
- 3 yr. warranty
- Approved for mobile homes & fire inserts

Pedestal not included

\$529⁹⁵

Easy-Does-It With CertainTeed. Insulate now and you can get a FREE Skill Super Twist* Cordless Screwdriver.

Buy 10 or more packages of CertainTeed Fiberglass Insulation and you can get a free Skill Super Twist* Cordless Screwdriver for all your do-it-yourself projects. See our display for details. Offer good through March 5, 1989.

R11X15 50 sq. ft. roll \$6⁹⁵

NOW . . . DURA PLUS INSULATED CHIMNEY STATE-OF-THE-ART CHIMNEY TECHNOLOGY YOU CAN INSTALL IN JUST A FEW HOURS!

Easy to install kits include instructions. Only simple tools required. Dura Plus Chimney offers a break-through metal chimney design. Insulated with a special ceramic refractory blanket. The unique Dura Plus "Internal Balancing System" resists corrosion. Combustion white maintains a cool exterior in the event of a chimney fire. When it comes to comfort and safety of your family, why not have the best? Dura Plus!

25-YR. WARRANTY

\$149⁹⁵ (Reg. \$177.18)

VINYL RAINGUTTERS

- Easy maintenance free
- Never needs painting
- Manufactured with 10 ft. lengths

\$2⁹⁹ (K-Snap)

Plasmo YOUR CHOICE

FRAMING STUDS 2"x4"x8 Ft. • Code approved • Stud grade • Partially air dried • Exceptional quality

\$1.29 each

INTERIOR E-Z KARE LATEX Flat Finish

- Top of the line
- For walls and ceilings
- Ideal for bedroom and more
- EZF

\$9⁹⁸ gal. (Reg. 14.98)

ECONOMY STUDS 2"x4"x8 Ft. • Full 96" length • Exceptional quality

79¢ each

CLEAR OAK 1"x2" .83' L.F. 1"x4" 1.39' L.F. 1"x6" 2.49' L.F. 1"x8" 3.39' L.F.

CLEAR HEM LOCK 1"x2" .24' L.F. 1"x4" .52' L.F. 1"x6" .89' L.F. 1"x8" 1.29' L.F.

Visit us at THE TACOMA HOME & GARDEN SHOW in the TACOMA DOME Feb. 8th thru Feb. 12th

Help Us Celebrate Al Meier's Night with the Tacoma Stars

SATURDAY NIGHT, FEBRUARY 4TH TACOMA vs. SAN DIEGO purchase your tickets NOW at Tacoma Soccer Centre or Tacoma Dome Day of Game

TACOMA (AT FIFE) Exit 137 Off I-5 TAC. 922-8779 SEA. 838-9455	PUYALLUP (SOUTH HILL) Behind Willows Shopping Center 845-7589	GIG HARBOR By Dick Boyles Chevrolet G.H. 858-9958 TAC. 272-3858	FEDERAL WAY 342nd & Pac. Hwy. So. TAC. 927-8304 SEA. 838-4700	GRAHAM 208th & Meridian 847-2900	BONNEY LAKE-BUCKLEY 22816 Hwy. 410 862-0800
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Local pageant seeking entrants

Applications for Miss Federal Way Scholarship Pageant entrants are now available. They must be returned by Feb. 10. Entrants in this Miss American Pageant preliminary must be female, unmarried, and between the ages of 17 and 26 as of Labor Day, 1990. They must also have graduated from high school by that date.

Contestants are judged on talent, evening gown, swimsuit and interview. The winner of the local pageant goes on to compete in the 1990 Miss Washington pageant. For more information, contact Dan Beckwith at 824-7232 or 824-4795, or write to: Miss Federal Way Pageant, 122 S.W. 207th St., Seattle, Wash., 98166.

Foreign students need local hosts

Foreign students participating in the American Institute for Foreign Study program will be coming to the Federal Way area and need host families.

The students will stay for either an academic semester or a full school year. They have studied English. For more information about hosting a student, contact Jan Brouer at 839-6262.

Sorority project helps food bank

The local chapter of the international philanthropic sorority, Epsilon Sigma Alpha, is sponsoring a fundraiser on behalf of the Federal Way Food Bank. Tickets to the Feb. 7 drawing may be purchased at Glenn's

Auto Repair (27606 16th Ave. S., Kent), The Hair After (Federal Way Shopping Center) or at The Golden Wok Restaurant (1624 S.W. Dash Point Road). Winners will be notified by phone or mail.

Training to start for Big Sisters

Puget Sound Big Sisters needs women in the South King County area to volunteer as role models for young girls.

The students will stay for either an academic semester or a full school year. They have studied English. For more information about hosting a student, contact Jan Brouer at 839-6262.

To be a Big Sister, a woman must be at least 21, and must be willing to take a few hours per week to spend with a girl. An in-

formation and training session for interested women will be held from 9:30 a.m. to 2 p.m., Feb. 4, at the West Seattle YM-CA.

For information or to register, call 461-3636.

Black children in need of families

Medina Children's Service of Seattle is looking for black families interested in adopting a child.

Requirements are flexible. Contact Medina at 461-4520 for more information.

RICK MALSED

Redondo resident Rick Malsed, assistant manager of the Fishing Vessel Owners' Association, has been appointed to a two-year term on the Groundfish Advisory Panel and the Halibut Advisory Panel.

The panels offer advice on the assessments and specifications contained under the 1976 Magnuson Fishery Conservation and Management Act. The groups fall under the Pacific Fishery Management Council, which manages fisheries off the West Coast.

VIEW MAGAZINE

VIEW Magazine, a consumer publication put out by Group Health Cooperative, has added a new advertising sales representative to its growing staff.

Jacqueline Hickey, a Federal Way resident, will sell advertising space in the 160,000-circulation publication. She is a Smith College graduate and has worked for newspapers in the past.

AZTECA MANAGER

Federal Way resident Debbie Scholz will manage the newly opened Azteca restaurant in downtown Tacoma. She previously managed the Federal Way restaurant.

The new location is the 15th restaurant in the Azteca chain. Azteca is based in Burien and has family-style Mexican restaurants from Seattle to Tacoma.

SORORITY INITIATION

Sandra Oono, a 1988 Federal Way High School graduate, was recently initiated into the Iota Chapter of Alpha Gamma Delta sorority at the University of Washington.

MARY KAY COSMETICS

Alice Murphy of Federal Way has been appointed to the position of sales director for the Dallas-based company. She will provide leadership, training and management for her unit of beauty products salespeople.

KIMBERLY PETERS


The Federal Way High School graduate has been named to the Dean's List at Whitworth College for the fall 1988 semester.

Local Heroes

Peters is the daughter of Evelyn Mulvey of Federal Way. To qualify

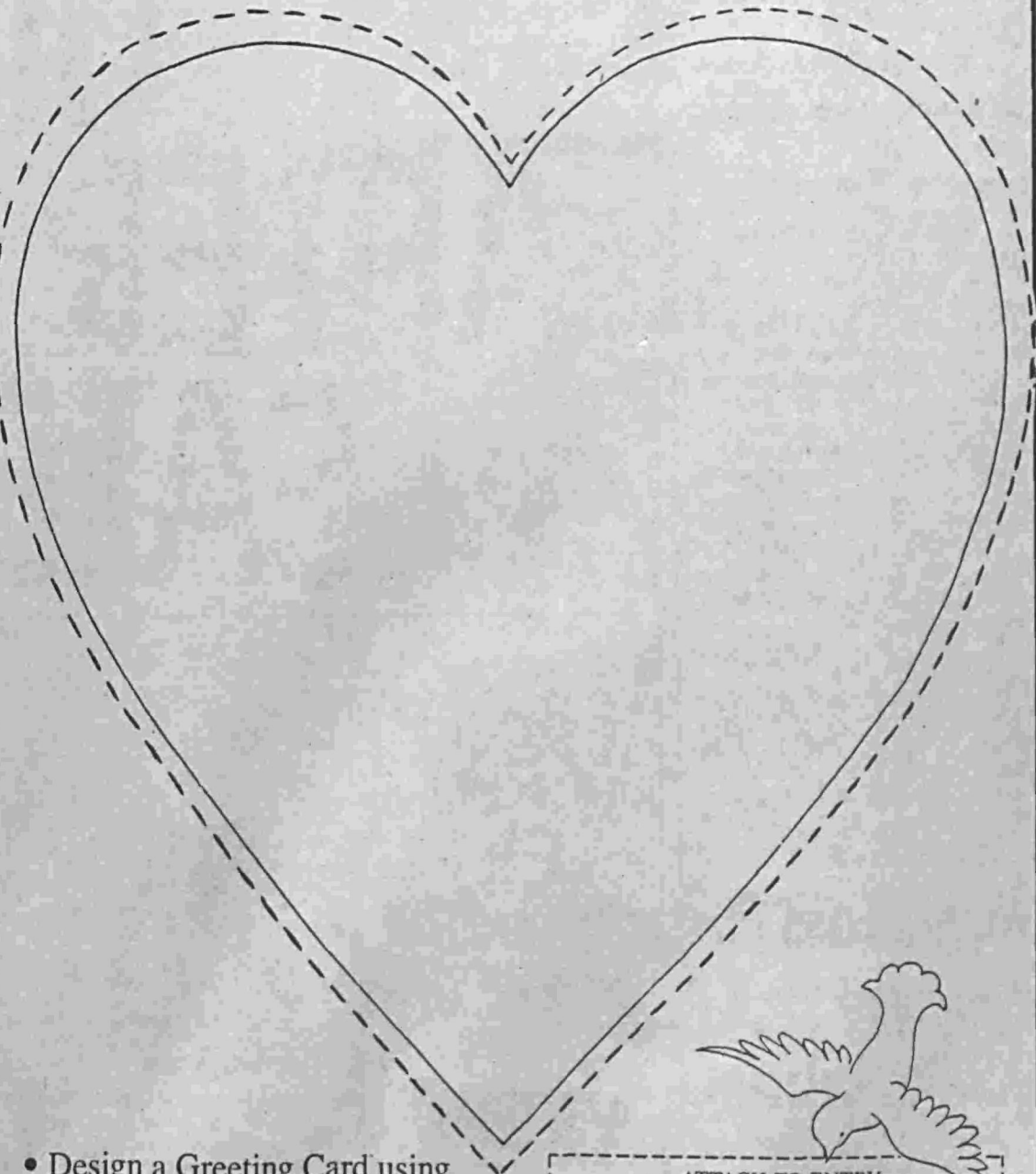
for the honor, a student must earn a grade point average of at least 3.75. Peters is a sophomore at the private college in Spokane. ERIC J. RICKERT Eric Rickert, a Federal Way native, has been awarded a college


assistance scholarship from the Gibrán Kahlil Gibrán Educational Fund. He is one of 30 recipients. The Fund is a Massachusetts charitable corporation established to provide educational assistance to young men of Lebanese descent.



Look For Our New sign on 320th

DESIGN A CARD CONTEST





ATTACH TO ENTRY

Name _____
Phone _____

Age Group: 6 & under
 7-12
 13-18
 Adult

1 prize in each age group

- Design a Greeting Card using the above heart and return to any SeaTac Village Merchant.
- Contest closes Feb. 12, 1989 - 5:00 p.m.

Make Valentine's Day Special

All cards will be donated to local nursing homes



EXPRESSIONS

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10% off Perms

with Julie - our featured stylist of the month.

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The complete sewing experience... *discover the difference!*

14-DAY Sale

ALL FABRICS*
30% OFF
the marked price

*Does not include interfacing or marked down fabrics

Entire Stock
VELOUR
(Solids & Stripes)

- "Lucern" velour
- "Terry" velour
- "Crownation" & "Very" robe velour

50% OFF
the marked price
Reg. up to \$11.99 yd...

Entire Stock
DENIM

- 45" & 60" wide.
- Asst. colors like Black, White, Indigo, Pink, Aqua & more.

50% OFF
the marked price
Reg. up to \$7.99 yd...



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(PRESIDENT'S DAY SALE-FEB. 20, 1989)

Sewing and Stitchery Expo
March 3 & 4, 1989

Western Washington Fairgrounds
Pavilion & Expo Hall
Puyallup, Washington

CENTURY SQUARE
32065 Pac. Hwy. S.
Federal Way
927-7110
839-3995

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Burien
241-7170

STORE HOURS:
Mon.-Fri. 9:30am-9pm
Saturday 9:30am-6pm
Sunday 11:00am-6pm
Mall hours where applicable

CLEARANCE!

WATERBED

SAVE 40% TO 70%

Heaters \$19.99

Waveless Mattress \$39.99

Complete Beds Starting at \$79.99

BALANCE of \$250,000 PRIME WATERBEDS

WALL TO WALL SPECIAL
COMPLETE BED
As low as **\$79.99**

SOLID PINE
4 POSTER BED
Starting at **\$199**

everything in stock must be liquidated

Waveless Sleep \$39.99
Heaters \$19.99
Waterbed Conditioner... FREE w/purchase

Sheets 70% off
Comforters 70% off

SUPER VALUES

SOLID PINE
CANOPY BED
4 beds to choose from
\$599

SOFT SIDE
TUBE BED
Starting at **\$299.99** Full Size

FRIDAY, JAN. 27
to
MONDAY, FEB. 6
First Come First Serve.

ALL MUST GO!!
Must See
Solid Oak Wall Unit
was \$3000
NOW **\$1699.99**

Hurry 100's of items to liquidate
Dealers Welcome!

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32080 - 23rd Ave. So. (next to Benton Realty on 320th)
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TUKWILA
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575-8261

SO. TACOMA
Corner Steilacoom & So. Tacoma Way
584-6728

Waterbed Saving

EASY FINANCING O.A.C.

FACTORY DIRECT

Fabricland

Calendar to run in a later paper

The Community Calendar, which normally runs the first Wednesday of each month, will run next week because of this week's tight paper.

The Community Calendar lists all regularly scheduled meetings of groups that draw upon the Federal Way area for membership. For information about listing a group, call 839-0700 or 927-4353.

Obituary

Irene E. Slayter

Irene E. Slayter died Jan. 28 at the Federal Way Convalescent Center. Born Oct. 15, 1906, in Dublin, Mich., she was 82. She had lived in the Midway area for 12 years before entering the convalescent center five years ago.

Survivors include two sons, Duane Searles, Puyallup, and Wesley Searles, Auburn; three daughters, Virginia Slayter, Springfield, Ore., Dolly Kelley, Pasco, and Beatrice Presley, Lynnwood; and one sister, Grace Searles, Sumner.

Services will be held at 1:30 p.m., Feb. 2, at the Powers Funeral Home in Puyallup. Burial will be in the Woodbine Cemetery, Puyallup.

Weight Loss Pill Approved for U.S. Gov't. Patent

'Lazy Way' to Lose Weight Already Sweeping U.S.
BEVERLY HILLS, CA (Special)—An amazing new weight loss pill called "fat-magnet" has recently been developed and perfected by two prominent doctors at a world famous hospital in Los Angeles that reportedly "guarantees" you steady fat loss and calorie reduction by simply taking their tested and proven new pill.

The U.S. government has just approved the doctors claims for a hard-to-get patent that confirms "there has never been anything like their fat-bonding pill process before." It is a totally new major scientific breakthrough and is revolutionizing the weight loss industry.

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The new pill is appropriately called the "fat-magnet" pill because it breaks into thousands of particles, each acting like a tiny magnet, "attracting" and trapping many times its size in undigested fat particles. Then, all the trapped fat and calories are naturally "flushed" right out of your body because they cannot be absorbed.

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According to one of the inventors, Dr. William Shell, heart specialist and associate professor of medicine at UCLA medical school, "the new fat-bonding process is a "lazy way" to lose weight because the pills alone "automatically" reduce calories by eliminating dietary fat. It is 100% safe and not a drug."

The fat-magnet pills are already sweeping the country with glowing reports of weight loss from formerly overweight people in all walks of life who are now slimmer, trimmer and more attractive again.

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If you are trying to lose 20, 50, 100 pounds or more, you can order your supply of these "no-risk" highly successful fat-magnet pills directly from the doctors' exclusive manufacturer only (includes optional calorie-reduction plan for even better results). Send \$20 for a 90 pill supply (+\$3 handling), or \$35 for a 180 pill supply (+\$3 handling), to: Fat-Magnet, 9016 Wilshire Blvd., Dept. WX70 Beverly Hills, CA 90211. (Unconditional money-back guarantee if not 100% satisfied.) Visa, MasterCard and American Express OK. (Send card number, expire date, and signature.) For fastest service for credit card orders ONLY call anytime 24 hours, toll free 1(800) 527-9700, ext. WX70

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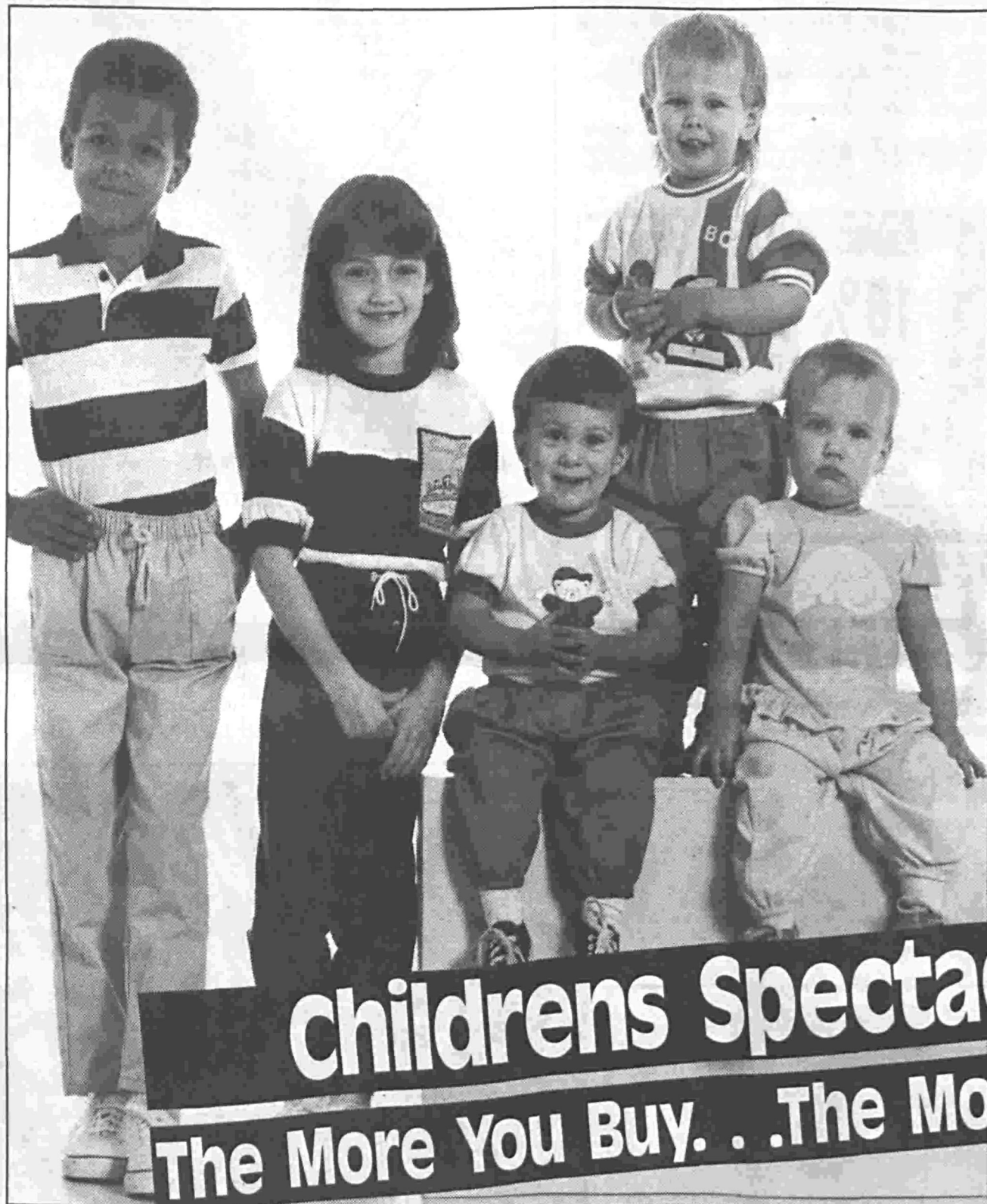
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photo by Paul T. Erickson

JASON LARIMORE, a junior at Federal Way High School, recently participated in an elite cycling camp at the U.S. Olympic Training Center in Colorado Springs, Colo. He will be returning to the camp for more training in April with hopes of making Team USA.

Larimore training for spot on U.S. cycle team

By CHUCK MINGORI

Jason Larimore has set some lofty goals for a 17-year-old. At the rate he's going, he just might reach them.

Larimore, a junior at Federal Way High School, recently participated in an elite cycling camp at the U.S. Olympic Training Center in Colorado Springs, Colo.

He went through a grueling schedule of training that included swimming, running, ice skating, cross country skiing, soccer, rugby, multiple gym activities, aerobics, mountain bike riding and hiking.

"It's pretty much a death camp," said Chris Torgerson, team director of Serac/Olympic Sports, the club Larimore competes for in the cycling season. "They're just trying to see who can last the longest, who has the most potential to do hard amounts of work, who's body can recover from destruction."

Larimore was invited back to the training center in April for a second chance of making Team USA, a national cycling team, and being selected to compete in races in Austria, Moscow and the Junior Pan American Games. Organizers of the cycling camp at the Olympic Training Center are also looking for top riders for the 1992 Olympic team.

"He's by far one of the best hill climbers around in this area," said Torgerson. "Even though he is a junior, he rides as good as the best seniors around here."

LARIMORE IS the only junior on the Serac/Olympic Sports team, while the rest of the eight team members are in the 19 to 27 age category.

"Even though he's a junior, we pretty much consider him a senior, just because of his strength," said Torgerson.

Larimore rides 30 to 40 miles per day during the winter and anywhere from 50 to 80 miles per day in the summer. In addition to riding bikes in the winter to stay fit, he also swims, lifts weights, runs and rides a stationary bicycle indoors.

He started riding BMX bikes with his parents early on as a youngster before moving up to a 10-speed.

"I'm pretty much fully committed to it right now," he explained.

The 6-foot-1, 148-pound cyclist competes in some races in the Seattle area as well as a few in Kent and Auburn, but most of his racing time in this state takes place up in the Bellevue-Redmond area. For other races, Larimore heads to California, Oregon, Idaho or Canada.

THE NATIONAL-LEVEL competitor competes in road racing, with distances varying from 40 to 80 miles a race, or in

criteriums, which usually are on city blocks and cover about 20 to 25 miles.

"It's more of a thing for spectators," he said of criteriums. "It seems to attract more sponsorship."

While riding for the Serac/Olympic Sports team, Larimore is supplied with clothing, equipment and his 14-speed bicycle for racing. His team is "by far the best in the Northwest," said Torgerson, and it includes other national level riders as well.

Larimore was one of about 40 junior cyclists from around the country to participate in the U.S. Olympic Training Center camp in January. He was selected from his impressive cycling resume and from racing results from last season.

HIS STRINGENT training schedule, which now totals about 200 to 225 miles per week and which will increase this summer, eliminates any free time.

"There are days I wish I could be doing something else, but I try to think of my goals and what I like to do with my life," he said.

Jason is shooting to make Team USA in April, make the U.S. Junior worlds team that will travel to Europe and follow that up with a spot on the U.S. Olympic team in 1992 before turning pro and racing in Europe.

He's got a good start on his racing career, as the average cyclist is about 24 years old.

Larimore explained that the Olympic Training Center "definitely showed who could endure the longest and who could keep it mentally also."

In addition to the training that took place, Larimore also went through a VO-2 Max test, which tested how efficient the body and lungs are when undergoing heavy training.

Jason may not have much say in how far he ultimately goes in the sport of cycling.

"Your genetic limitations come into play," Torgerson said. "I guess it's something that you don't find out until you get there. So far he's shown pretty good ability to withstand punishment."

THE CYCLISTS that will be selected for Team USA will compete strictly in time trials against the clock. The person who rides the fastest on the flat course has an edge in this style of racing. But because Jason is a hill climber, he may not be suited for this type of racing any way.

"I'm fairly tall, but not built that much, so I'm not sure I want to head in that direction or stay with the team I'm on," he said. "I guess I'll cross that bridge when I come to it. I'll wait until after the April Camp."

Jason said that if he is offered a chance to turn pro before the Olympics, he probably would do so. Cyclists can make hundreds of thousands of dollars racing professionally in Europe.

Lady T-Birds bomb two division foes

The Highline Community College women's basketball team had its way with two opponents last week, as the Lady Thunderbirds ran away from Olympic on Wednesday, 109-41, and also drubbed Everett on Saturday, 73-47.

The wins boosted Highline's record to 6-1 in league play and 14-8 overall. The T-Birds are now in second place in their division with five games to go. The top four teams make the playoffs.

Sherri Johnson scored 28 points to lead the romp over Olympic, as Highline built up a 53-27 lead by halftime en route to the big win.

Angie Pellecchia added 18, Nancy Geisler and Kelly Anderson each scored 16, Kris Foster tallied 12, Marylynn Walbaum had 11 and Marcy McKay and Debbie Rhodes each finished with four.

Johnson also led the team on Saturday with 19 points, followed by Anderson with 16, Walbaum 10, Missy Reimer nine, Pellecchia seven, Geisler

six, Foster four and McKay two. The T-Birds led 34-18 at intermission.

"Both of those teams (Olympic and Everett) got new coaches and are struggling to put it together," said Highline coach Dale Bolinger. "Our people up front are playing really well and they dominated the boards both games."

HIGHLINE HELD a 43-29 rebounding edge over Everett and "also outrebounded Olympic pretty good," said Bolinger.

Highline will play host to Edmonds at 6 tonight. Edmonds not only is battling for a fourth-place playoff spot in Highline's division, the Lady Tritons also possess one of the best shooters in the league.

"Stephanie Harper is one of the best three-point shooters in the league so we'll have to work hard to stop her," said Bolinger.

Highline has a bye on Saturday, but will resume league play Feb. 8 at Shoreline against another team fighting for a playoff spot.

Thunderbirds take league split

The Highline men's basketball team took a split this past week to put its league record at 5-2.

The Thunderbirds were 74-69 winners at Olympic Wednesday, before coming home to take an 80-74 loss to Everett Saturday.

Kentridge graduate Jeff Colston led Highline to Wednesday's win with 25 points, and Tom Turcotte of Washougal was

next with 19.

Federal Way's Jerry Bush scored 14 points, and Kennedy's Paul Clark scored eight points while hauling down 10 rebounds. Bethel's Trent Menees also scored eight, and Mark Schelbert, another former Brave, scored none but had six assists.

Clark was Highline's leading

scorer in Saturday's loss with 19 points, and Bush checked in with 17 points and 12 rebounds.

Turcotte scored 16, and Colston had eight points with a team-leading 16 boards. Menees scored seven, Schelbert six and Stadium graduate Eric Christiansen one.

Highline is home against Edmonds at 8 p.m. today.

SportsWatch

Around Town

Sonics

The Seattle SuperSonics will be going on the road to the East Coast this week.

Seattle is in Miami for a 4:30 p.m. game tomorrow, and visits Charlotte at the same time Saturday.

Sunday the Sonics are at Boston, with KIRO-TV Channel 7 carrying the action live at 4:30 p.m. Tuesday Seattle visits New Jersey, also at 4:30 p.m.

Sonics games can be heard on KJR-Radio 950.

Stars

The Tacoma Stars are playing two Major Indoor Soccer League games in the Tacoma Dome this weekend.

Saturday the Stars entertain San Diego at 7:35 p.m., and Sunday they host Baltimore at 3 p.m.

Tacoma games are broadcast on KTAC-Radio 850.

Pac-10 hoop

Washington State and Washington will play each other tomorrow at the Huskies' Hec Edmundson Pavilion, with the action starting at 7:30 p.m.

WSU has the rest of the week off, but the Huskies will play again Sunday — entertaining Arizona at 1 p.m.

UW games can be heard on KIRO-Radio 710.

Community colleges

Highline will be playing at home today against Edmonds, with the women's game starting at 6 p.m. followed by the men's at 8 p.m. The Thunderbirds are off this weekend.

Green River is also in town today, taking on Tacoma's Pierce College.

The women's game will start at 6 p.m. and the men's at 8 p.m. Saturday the Gators are on the road playing Grays Harbor in Aberdeen at the same starting times.

Home Teams

Girls' hoop

There are two showdowns on tap for tomorrow, and both will be played in town.

Federal Way will host Puyallup at 7:30 p.m. in a meeting of two of the top three contenders in the South Puget Sound League's North Division.

Decatur, the third contender, entertains Thomas Jefferson in a crosstown clash at the same time.

Monday TJ is home against Sumner, as the Gators go to Puyallup and Federal Way to Rogers.

Boys' hoop

Friday Thomas Jefferson will host Decatur for a crosstown boys' battle at 7:30 p.m.

Federal Way, meanwhile, will go on the road to Puyallup at the same time.

Decatur comes home to play Puyallup Tuesday and Federal Way hosts Rogers, as TJ travels to Sumner.

Gymnastics

Federal Way will be hosting the South Puget Sound League's sub-district meet Friday, with the action getting underway at 7 p.m.

Other action

The South Puget Sound League wrestling tournament will take place Friday and Saturday at Rogers High School in Puyallup.

The regular SPSL boys' swimming season comes to a close tomorrow.

Decatur is swimming at home in the Federal Way pool against Lakes at 3:30 p.m., as Thomas Jefferson travels to Rogers to take on Puyallup. Federal Way has a bye.



photo by Paul T. Erickson

KATHY LAKY and the Decatur girls' basketball team will be looking for more big wins to celebrate this week, as they host crosstown rival Thomas Jefferson tomorrow and travel to Puyallup Monday.

Eagle swimmers sink Puyallup

The Federal Way boys' swimming team cruised to a 120-52 win over Puyallup Thursday.

That put the Eagles' South Puget Sound League record at 4-3 to go with a 5-4 mark overall. Federal Way finished up its league season against SPSL-leading Clover Park last night (after press time).

The Eagles started right off with a win in the 200 medley relay, as Eddie Lo, Trent Erickson, Scott Hougham and Peter Horsley crossed the finish line with a 2:01.0 time.

Scott Gayler, Jeff Pearson, Duke Eide and Tim Pinney were third in that event at 2:42.8.

David Corey won the 200 freestyle with a 1:51.94 effort,

Scott Gallagher was second at 2:09.13 with Jim Nesley fourth (2:16.72).

Horsley came in second in the 200 individual medley at 2:33.28, followed by Justin Tripp (2:41.78) and Pinney (2:42.8).

Lo was the winner of the 50 freestyle in 25.37, and Gayler was third (26.47) with Eide fourth (28.0).

Ted Axtell scored 170.75 points to win the diving competition and Aaron Rude was second (160.2). Corey Sousa was fourth (1:18.55).

Hougham came in second in the 100 butterfly at 1:05.82 and Gayler was fourth (1:10.4) with Nesley right behind (1:21.79).

COREY WON the 100 freestyle

with a 52.11 clocking ahead of teammates Gallagher (57.39) and Pearson (1:00.76).

Tripp took the 500 freestyle in 5:31.56 and Erickson was second (6:03.0) with Horsley fourth (6:07.99).

Hougham was the winner of the 100 backstroke in 1:18.69, while Dan Bolen came in fourth (1:24.86) and Vulka Staab fifth (1:40.74).

Lo captured first in the 100 breaststroke at 1:09.76, followed by Eide (1:14.58) and Pinney (1:16.94).

Corey, Erickson, Tripp and Gallagher won the 400 freestyle in 3:45.13 and Eric Klasky, Nesler, Bill Maggiacomo and Pearson placed third (4:22).

Raiders win first league meet

The Thomas Jefferson boys' swimming team won two of three meets this week, including its first South Puget Sound League meet.

The Raiders dunked Sumner, 90-83, Thursday, after splitting a non-league meet two days earlier. In that one they defeated Evergreen, 108-57, but lost to Highline, 110-62.

TJ now stands at 1-5 in SPSL action.

"This is a meet that could have gone either way," said Raider head coach Warren Kleist. "But we battled hard and strong for our first league victory."

TJ had only two first-place finishes in the meet, but used its depth for the win.

The Raiders started off by taking second and third in the 200

medley relay.

Dimitri Platanius, Guillermo Garcia, Marcus Hayett and Erik Rominger were second with a 2:01.58 time and Bryan Dryer, Mike McCullough, Cameron Goodwin and Jim Aubrey third at 2:04.19.

Jody Wallingford placed second in the 200 freestyle at 2:02.81 and Rick Osborn was next (2:08.64).

Gary Hughes took second in the 200 individual medley at 2:21.63 and Garcia was fourth (2:42.74) followed by John Hildebrandt (2:59.00).

FARMER came in second in the 50 freestyle with a 24.05 effort, followed by teammates Aubrey (25.47) and Rominger (25.71).

Bryan Clark was second in the diving with 127.7 points and Geoff Nelson fourth (109.5).

Hughes captured second in the 100 butterfly at 1:05.87 ahead of Dryer (1:08.15) and Osborn (1:10.31).

Farmer led a TJ sweep of the 100 freestyle with a 54.21 time and Wallingford (54.25) and Rominger (59.31) came in right behind.

Second place in the 500 freestyle belonged to Hayett in 6:34.50 and Jan Rischmuller was third (6:45.20) with Erik Johnsen fourth (6:57.66).

Platanius came in third in the 100 backstroke (1:11.40) and Goodwin was fifth (1:32.41).

Garcia placed second in the 100 breaststroke at 1:13.60 and McCullough was fourth (1:18.77) with Hildebrandt fifth (1:23.36).

Wallingford, Dryer, Hughes and Farmer combined to win the 400 freestyle relay in 3:47.57 and Osborn, Johnsen, Hayett and Aubrey were second (3:58.37).

TJ ends SPSL this week with a Tuesday home meet with Decatur Tuesday and a trip to Rogers to take on Puyallup Thursday.

Ski bus will stop locally

The Webbski Seattle Community Ski School will be starting its second six-week session at Ski Acres.

Classes are offered for skiers of all ages and abilities. Night classes are offered Thursday, Friday and Saturday nights. Through special arrangements, other nights would be available as well.

Day classes are offered Thursday, Saturday and Sunday. Also available on Saturday and Sunday days is an all-day super-

vised program for children, ages 4-12.

Some special programs include the GLM method of instruction and special classes for amputee skiers.

The second session begins Feb. 16. Bus transportation is available with pickup points located in the Federal Way area. Also offered is a complete rental program at the school's chalet at ski acres.

Groups are welcome. For information call 762-5640.

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Bellarmino downs Tigers

The Bellarmine girls' basketball team posted two lopsided wins in Narrows League play last week to move into a tie for first place in the standings.

The Lions roared by Stadium, 77-31, Friday, after posting a decisive 68-25 win over Wilson Wednesday.

Bellarmino pulled into a tie with Foss for first place at 6-1, and now stands at 11-4 overall. Lincoln is right behind the Lions and Falcons at 5-2.

As for Stadium, the Tigers now stand at 0-7 in league play and 0-15 overall. The Tigers lost to Mount Tahoma Wednesday, 42-32.

Anne Davidson led Bellarmine to victory in Friday's game on the Lions' home court with 20 points, and Erin O'Melia and Shannon Fitzpatrick scored 10 apiece.

Erin Roysse was next with nine points, and Stephanie Stumpf had six along with Karin Lofing. Renee Nadeau scored five, Kris Kain four, Jannaie Mitton three and Torrey Porter and Marnie Salhus two each.

Terri Hahn set the pace for Stadium with 11 points, followed

by Erin McKinney with six.

Carol Cable hit five, Traci Barnum four and Natalie Payne and Sarah Peterson two apiece. Tara O'Melia, sister of Bellarmine's Erin and a Northeast Tacoma resident, also saw action but did not score.

NORTHEAST TACOMA'S Davidson was also the Lions' leading scorer in Wednesday's win at Wilson with 15 points, and Federal Way's Nadeau chipped in 13 with O'Melia scoring 10.

Poter had seven and Stumpf, Roysse and Salhus five apiece. Mitton had three along with Charlotte Kottman, and Fitzpatrick scored two.

The Lions jumped out to a 29-7 lead by the end of the first quarter in that one.

As for Stadium that night, the Tigers took a close 42-32 loss to Mount Tahoma at home.

Stadium led at halftime by an 18-15 score, but the Thunderbirds moved ahead, 27-26, by the end of the third quarter and took the game with a 15-6 effort in the fourth.

Hahn was the Tigers' top scorer with 10 points and Peterson had nine, followed by Cable with eight. O'Melia scored four

and Barnum one.

Bellarmino is at Mount Tahoma for a 7:30 p.m. game today, and Stadium is at South Kitsap at the same time before coming home to play Lincoln Friday.

NARROWS LEAGUE GIRLS' BASKETBALL League Season

Foss	6-1	12-3
Bellarmino	6-1	11-4
Lincoln	5-2	9-6
South Kitsap	4-3	9-4
Mount Tahoma	2-4	6-8
Wilson	1-6	1-12
Stadium	0-7	0-15



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BOATING CLASSES — The 1989 spring public boating classes presented by the United States Power Squadrons will take place at 7 p.m. Feb. 6 at Mount Rainier High School and 7 p.m. Feb. 8 at Illahee Junior High School. Registration takes place at first class session. Contact Bill Larson at 927-1472 or 838-4586 for further information on these sail and power boat classes.

VOLLEYBALL TOURNEY — The Auburn Parks and Recreation Department is accepting registrations for the 8th annual Leprechaun Coed Volleyball Tournament. The tournament is for recreational teams; USVBA teams and players are not allowed. The registration fee is \$75 per team and is due by Friday, March 3. Each team is guaranteed nine games. The tournament will be played at Auburn High School on March 18. For more information, contact the Auburn Parks and Recreation Department, 25 West Main Street, Auburn, or call 931-3043.

SKI-A-THON On Sunday, March 3, nearly 400 skiers are expected at Alpentel, Ski Acres and Snoqualmie Summit to participate in the sixth annual MS Ski-A-Thon and raise funds for the Multiple Sclerosis Society. To participate, skiers must raise a minimum of \$50 in pledges. The pledges are earned for each 100 vertical feet the skier is able to complete on the day of the event. Multiple Sclerosis is an often disabling

Get with it

disease of the central nervous system for which there is no known cure, and Washington state has the second highest incidence rate of MS in the country. The disease usually affects people between the ages of 15 and 50 and can cause problems with speech, vision and mobility. Skiers who would like to participate in the MS Ski-A-Thon should contact the Multiple Sclerosis Society at 728-1088.

MOTOCROSS — The Coors Extra Gold Super Challenge Double Header on the Camel Supercross Series will take place Feb. 4-5 in the Kingdome. Tickets are on sale now through Ticketmaster and its outlets for \$12, \$14, \$16 and \$19 for reserved seating and \$8 for children 12 and under. All prices increase \$1 the day of the show. Participating Honda and Yamaha dealers are selling discounted top quality seats along with special early entry passes. Phone orders may be made with Visa, Mastercard and Bon by calling 628-0888.

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Gators dunked by Rams, 112-60

The Decatur boys' swim team lost to Rogers this week, 112-60, but not without putting forth a strong effort.

"Overall, it was a good swimming meet for our team," noted coach Terry Martin. "We swam some pretty good times. We're looking pretty good for going into the last week of the season and going into districts."

"Some swimmers are really starting to drop their times. Their effort is really starting to pay off. They swam well, they were just overpowered."

Decatur fell to 2-4 with the loss heading into Tuesday's meet against Jefferson with Lakes looming on the horizon in the regular league final on Thursday.

John Roper, Stan Edwards, Ryan Berg and Ryan Vivatson started things off by finishing third in the medley relay with a time of 2:07.13, while Mike Youngman, Chris Nelson, Mark Moore and Demian Cratty swam fourth in 2:25.74.

Deke Egger captured first in the 200 freestyle with a time of 2:01.66, with Jason Russo in third (2:10.66) and Dan Wiley in sixth (2:45.60).

VINCE RIGGIO swam to a second-place finish in the 200 individual medley with a time of 2:18.91, followed by Roper in fifth (2:49.28) and Moore in sixth (3:08.74).

Berg captured fourth in the 50 freestyle with a 25.57 time, while Vivatson came in fifth (26.80) and Nelson sixth (29.30).

In diving, Todd Butler captured a second-place finish with 131.95 points, while Chris Homer took fifth with a score of 91.15.

David Kahler swam to his first of three wins in the butterfly with a time of 57.91. Riggio cap-

tured third (1:00.07) and Berg sixth (1:12.90).

Egger finished third in the 100 freestyle in 53.67, Russo swam fourth (56.58) and Cratty sixth (1:12.76).

Kahler added his second victory of the day in the 500 freestyle with a time of 5:26.73, Vivatson took fifth in 6:57.17 and Moore sixth in 7:13.75.

Roper claimed third in the 100 backstroke with a time of 1:13.89, while Youngman came in fifth (1:29.93) and Wiley sixth (1:36.77).

Cratty swam fourth in the 100 breaststroke with a 1:30.06 time, Edwards took fifth (1:32.50) and Matt Stevens sixth (1:32.77).

EGGAR, Russo, Riggio and Kahler teamed up to win the 400 freestyle with their best time of the year in 3:41.95, while Wiley, Nelson, Stevens and Butler finished in 5:00.74 for fifth place.

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Accidental Discovery May End Obesity

Blocks calorie absorption

SWEDEN—Medical researchers at the University of Kuopio, in Finland, have discovered (accidentally) a new weight-loss formula. The new discovery enables an overweight individual to lose pounds and fatty tissue without dieting or exercise.

Scientists made the discovery while searching for a formula to lower cholesterol. In a controlled study of a test group of people, cholesterol levels remained unchanged but the doctors were astounded to find that every patient who used the formula lost weight. The published report of this study stated, "A highly significant decrease in body weight was seen" in patients who received the formula.

The formula was then tested in Sweden at Sahlgren Hospital, University of Goteborg. Again, all patients lost a substantial amount of weight even though they did not change their eating habits. The report detailing this study, published in the British Journal of Nutrition, stated: "Body weight was significantly reduced even though the patients were specifically asked not to alter their dietary habits." One patient in this study lost more than 30 pounds.

According to one informed source, the active ingredient comes from a 100% natural botanical source and contains no drugs or stimulants. When taken before mealtime it bonds with the food you eat and "ties up" calories, preventing their absorption.

A substantial portion of the calories ingested therefore pass through the digestive system unabsorbed. The body has to get energy to replace the lost calories, so it starts to burn stored fat. The result is rapid body weight loss. Extensive clinical tests have verified the safety of this formula for long-term use.

The formula is marketed in tablet form in the United States under the trade name Cal-Ban 3000. A firm located in Tampa, Florida, has exclusive North American distribution rights. A review of the customer files of this company revealed the names of hundreds of people who have lost up to 10 pounds the first week and as much as 20, 40 or 60 or more pounds overall with Cal-Ban 3000. This is a golden opportunity for people who are plagued by fat and cellulite that they can't seem to lose by conventional methods.

Cal-Ban 3000 is reasonably priced at \$19.95 for a 3-week supply and \$38.95 for a 6-week supply. Postage and handling is \$3. To assure fastest service, orders are accepted by toll-free phone only. VISA, Master Card, Amex and C.O.D. orders are accepted. C.O.D.'s are \$2.20 extra. Orders may be placed by calling Anderson Pharmaceuticals TOLL-FREE 1-800-422-0842. During this special phone order promotion purchasers of a six-week supply of Cal-Ban 3000 will receive, absolutely free, a beautiful 24" double strand necklace of sparkling Chinese Faux pearls.

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Special bowlers get on a roll

For the past 11 weeks, athletes have been practicing to compete in the Special Olympics Regional Bowling Meet which was held on Sunday, Jan. 15, at Sportsworld Lanes. The athletes have been training at Secoma Lanes to fine tune their bowling skills for this event. The head coach, Sharon Boyle, as well as assistant coaches Kathy Kenyon, Mark Lehner, Tabitha Murphy and Tedi Surles, with the help of volunteers from Decatur, Federal Way and Thomas Jefferson have worked enthusiastically to assist, encourage and to help develop each athlete's individual talents. Athletes will be looking forward to the upcoming State Meet which will be held on Sunday, Jan. 29, at Sportsworld Lanes.

Athletes finishing in first place were Kimberly Bench, Jamie Galbraith, Amy Hall, Amy Hooper, Andrew Jolley, April Kick, Craig Rowley, Timothy Sorenson, Brian Tessier and Brett White. Athletes finishing in second place were Jesse Ballew, Abbie Barnes, Allyson Boyer, Julie Carpenter, Andrea Dirkes, Scott Forest, Stacy Hart, Michelle Martin, Scott Mills, Amy Novak and Abraham Ray. Athletes taking third were Wendi Ellingson, Kori Fitzpatrick, Emily Hoffman, Jimmy Johnston, Jon Leckband, Tralaine McDaniels, John Mitchell, Russel Riley, Jenny Salyards, Tony Salzetti, Hyung So and Rodney Tuma. Athletes finishing in fourth were John Bacon, Tommy Heins, Bobby Simpson and Cheryl Tossey, while fifth-place finishers were Palo Bautista, John Desimone and Todd Newcombe. Finishing in sixth place was Melissa Bacon.



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C.F.S. Sharpshooters	0-2
Marvista	0-2
Lk. Dolloff Shooters	0-3

SOUTH DIVISION

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Lakeland Lady Roadrunners	2-0
Twin Lakes	1-0
Panther Lake	1-1
St. Vincent Rowdies	1-1
Brigadoon	0-2
Lake Grove	0-2

CO-ED VOLLEYBALL Division I

Scoreboard 3	W-L-Pts. 25-2-34
Awesome 5	23-7-31
Blue Moons	19-8-26
Backcourt Blues	17-10-23
Swat Team	17-10-23
Puget Sound Bank	12-15-16
Harrah's Club	13-14-16
Industrial Transfer	11-16-16
Ball Hogs	8-19-11
Porta Party	8-19-10
Scoreboard 2	6-21-8
Hornets	3-24-3

Division II

Scoreboard 4	W-L-Pts. 22-5-30
Contenders	21-6-28
The Skids	20-7-27
Misfits	20-7-26
Divine Diggers	18-9-24
Pay To Play	15-12-21
Serv Us Kamikazi	13-14-18
Brew Crew	11-16-14
1st Interstate	9-18-11
8 At 8:00	7-20-9
Delta Plumbing	6-21-8

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North Division	League	Overall
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Rogers	9-2	12-4
Summer	5-6	6-10
Federal Way	4-7	5-11
Decatur	2-9	3-13
Thomas Jefferson	1-10	2-14
South Division	League	Overall
Curtis	9-2	12-3
Clover Park	7-4	13-5
Bethel	7-4	9-8
Lakes	5-5	6-9
Spanaway Lake	0-11	1-16

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It's time to tie your flies

I leaned back from my fly bench and rubbed the back of my neck. Stooping over a fly-tying vise can be a real pain. As I savored the last of my cold coffee, I recalled a special day last spring on the water. It was the first time I had fished for trout in a lake filled with freshwater shrimp. Now, months later, I was slaving over a reasonable imitation of that scud.

I had mixed a green material with some gray and achieved a matching color. The fly itself is then covered with clear plastic wrap to mimic the shrimp's protective shell. About 1/2-inch long, the fly is cast out along the weed beds and twitched and hopped back in small tugs.

The trouble with tying flies is that it gets me excited about fly fishing. February is a good month to spend some serious time on the bench cranking out dozens of the same pattern. By the end of the month I'm primed and ready to go.

But March has yet to come roaring in like a lion. So I end up going east to some of the early-opening lakes. Each year I pile on all the thermal underwear and socks I can fit under my waders and then walk penguin-like down to the lake in my float tube. Within minutes I realize I'm in serious trouble, but I battle the cold long enough to make a few casts.

Once out of my system, I can then hold off the urge to go again until the regular opener at the end of April.



Dick Benbow

Each year I go through this procedure and there doesn't seem to be a cure.

If you've never fly fished, that should give you some inkling of how enjoyable it is — enjoyable enough to cause a grown man to do some pretty foolish things. In May when conditions are mild and big trout are taking bugs like crazy, fly fishing will leave its mark on you.

Learning to tie flies is enjoyable. Gary at the Green River Fly Shop in Auburn offers classes. The Reel Thing in Federal Way is adding a Fly-fishing department. The Fishing Corner in Burien has operated a nice fly-tying department for years.

Part of the reason I get fly-fishing fever so early in the year are the Sunday visits of my brother, who hypes the topic every chance he gets.

We make plans to visit far away waters and share stories of past triumphs. Now my regular fishing partner

has a new outfit and belly boat. So does my 8-year-old son. Gee, that reminds me. I need to clear a vacation with my boss for the fourth week in May.

In fishing for those big rainbow trout that go to sea, otherwise known as steelhead, last weekend produced mixed results. While fish are being taken on both the Green and Puyallup, none of my sources indicate great numbers on either river.

Enough are around, however, to offer a fair chance of hitting one. The present cold snap should cause waters to drop and clear and make fish less active and their strikes harder to detect.

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TOP SIRLOIN STEAK
 WITH OTHER \$10.00 PURCHASE
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 LB.

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GRAPEFRUIT
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15¢
 EACH

FRESH LEAN
GROUND BEEF
 LIMIT 3 LB'S. WITH \$10.00 PURCHASE
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 LB.


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FOOD MARCHE VALUABLE COUPON
 CHUNK LIGHT/WATER #8252
STARKIST TUNA
 6.5 OZ. CAN

 LIMIT ONE WITH COUPON AND \$10.00 PURCHASE ADDITIONAL AT \$1.19 EA. ONE COUPON PER FAMILY GOOD AT FOOD MARCHE ONLY
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 CASH VALUE 1/20¢ COUPON EFFECTIVE FEB. 1 THRU FEB. 7, 1989

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GATORADE
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 CASH VALUE 1/20¢ COUPON EFFECTIVE FEB. 1 THRU FEB. 7, 1989

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 CASH VALUE 1/20¢ COUPON EFFECTIVE FEB. 1 THRU FEB. 7, 1989

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