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Federal Way News

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Excellence in Community Journalism

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TWIN LAKES MARINE HILLS REDONDO MIDWAY KENT WEST HILL WOODMONT NORTH LAKE WEST CAMPUS

New city council would tackle transition

By KURT HERZOG
If Federal Way incorporates, voters, and the city officials they elect, will have a staggering amount of work to do before Federal Way legally becomes a city.
The first, and perhaps most important step would be to elect a city council.
City council have several options

available for organizing themselves. The option proposed for Federal Way is technically known as a council-manager, non-charter code city organized under Title 35A of the Revised Code of Washington.
What that means is that Federal Way would be run by a city council that would hire a city manager to manage the city's

day-to-day operations.
Des Moines is a nearby city with this type of government.
The decision to organize under this particular form was made by incorporation supporters who organized the petition drive for incorporation. State law requires that petitioners list the type of government a city would have on petitions.

MEMBERS of Federal Way First!, the pro-cityhood group that organized the petition drive, said they chose this form of government because it appears to work best.
"It is the most modern form of government," said Jim Handmacher, Federal Way First! legal counsel.
Federal Way's city council

would have seven non-partisan members elected at large, not by districts. The elected council could later choose to have members elected by districts.
Terms would be staggered. In the first election, three council positions would have two-year terms and four positions would have four-year terms. After that, all positions would have

four-year terms.
One of those seven councilmembers would then be elected mayor by the council itself — if it so chooses. Under the council-manager form of government, a mayor's duties are generally ceremonial and procedural. The mayor has no
Continued on A-3



Making the grade

Architect aims for diversity in design

By MELODIE STEIGER
Rick McGovern once worked in a grocery store. Every Wednesday, like clockwork, he mopped the floors. Every Thursday he stocked the shelves.
He didn't like it much.
Now McGovern, as lead architect for Federal Way's first new school in 19 years, says he never has the same schedule twice. And although he oversees the construction or remodeling of school after school for Erickson-McGovern Architects of Tacoma, he says he never designs the same building twice.
"People are all different. And you build buildings for people, so all the buildings are different, too," he said.
Take the first of Federal Way's two new elementary schools, this one to be built in West Campus by fall 1990. Besides classrooms, hallways, offices and storage space, a school district team wanted something more. Not part of the gymnasium, exactly, but a small, separate space for sports. And for meetings. And for art projects and music practice and science projects and plays...
Just make it cozier than the gym, the school team said.
So the Erickson-McGovern team of nine licensed architects, three graduate architects, two construction experts and one draftsman came up with the mini-purpose room, a feature they've not designed for any school before. The room will be separated from the gymnasium next door by a folding wall, which will be opened for large events and closed when smaller spaces are needed.
McGovern is pleased with the design. It
Continued on A-4

MANY FEDERAL WAY SCHOOL DISTRICT patrons and administrators have seen the four large, colorful drawings of the new school being designed by Rick McGovern of Erickson-McGovern Architects. Hundreds more drawings will follow, however, before the unnamed West Campus school is complete in fall 1990.

Metro Council appears destined for reduction

By LYNN KEEBAUGH
Everyone agrees The Metro Council needs fixing.
But how to fix the sprawling transportation and sewage-treatment agency is another matter. Roughly seven other matters. That's how many reorganization plans were laid out last week at a House Local Government Committee hearing in Renton.
Metro is too big. It doesn't fairly represent unincorporated areas of King County. The council doesn't have accountability because none of its members are directly elected to those particular posts. Its part-time

status and lack of council staff members prevents council members from spending enough time on Metro duties and being well-informed. Many members don't even attend meetings.
Those were recurring complaints brought out in public testimony by citizens, Metro members and people who deal with the council, as well as the authors of the reorganization proposals.
AS IT EXISTS, Metro has 40 members in its federated body. That means none of those representatives is elected directly to the posts. The council consists of:

Public wants accountability, equal council representation

- The county executive.
- Each county council member whose district has 15,000 or more people. This, in effect, puts all nine members on the Metro Council.
- One person from each county council district, appointed by his or her county council representative.
- The mayor (or council member) from each city with a population of 15,000 or more.
- Once city council member from each city for every block of 50,000 residents over the first 15,000. That puts all nine Seattle City Council members on the Metro Council.
- One city council member selected by mayors of cities having fewer than 15,000 residents.
- Two sewer district commissioners.
- One additional member who acts as chair of the council and

is appointed by the council.
SUGGESTIONS for reorganizing Metro range from reducing it to anywhere from nine to 29 members. Some versions are a complicated mix similar to the current formula and others, like that of Rep. Dick Schoon (R-30th Federal Way) are simple: Give each county council district two elected representatives to the Metro Council and appoint a chair.
The most popular proposal at last week's hearing appeared to be one presented by Rep. Dick Nelson (D-32nd North Seattle).
Nelson wants to reduce the Metro Council to 18 members
Continued on A-3

N.E. Tacomans ponder future status

By ANN SEIDNER
Residents of Browns Point and Dash Point who have not yet expressed their opinions about several local issues will soon find the chance to do so in their mailboxes.
Northeast Tacoma residents and those who live in the Northshore area near North Shore Golf Course should already have received that chance in the form of a survey designed to gauge opinions on the quality of life in their neighborhoods.
The survey, endorsed and compiled by all community

groups in the area, asks residents to rate services provided by the city of Tacoma and the county. It also requests residents to rate their satisfaction with local government, and asks if perhaps a change in local government is desirable.
Would residents like to see the two points merge with Northeast Tacoma to form an independent town?
WOULD THEY prefer to annex into Tacoma? Or would residents support a move to annex into Federal Way, if that area incorporates into a city?

Or, should everything stay the same?
The survey goes on to request opinions about two issues community leaders see as the most pressing — the construction of a garbage, wood and coal burning plant on the tideflats and a proposal to demolish the Blair Bridge on East 11th Street and reroute traffic onto a new arterial around the tideflats.
The page-long series of questions has already been distributed in Northeast Tacoma by three community groups. The Northshore Com-

munity Association distributed about 250 surveys two weeks ago to homes around the golf course. The Northeast Tacoma Community Club filled about 2,500 mailboxes last weekend to homes from the golf course to the edge of King County, and the Norpoint Boosters delivered about 1,500 more to residents from the golf course to the edge of Browns Point.
THE DASH Point Social and Improvement Club and the Browns Point Improvement
Continued on A-4

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McGovern finds school design elementary

Continued from A-1

solves a problem neatly, he says.

"Architecture really means answering people's needs," he said. "The district needs to house X number of students and X number of teachers so they can teach X hours a day. Now how do I build a building that will allow them to accomplish that?"

HOW HE DOES IT is with hundreds of drawings — about 100 will survive the cut — showing minute details of the school, such as the location of electricity plugs and the composition of the walls that surround them. The drawings will go to the contractor and sub-contractors, who will then give shape to the ideas and instructions.

McGovern will oversee it all, from drawing to sawing.

"It's like watching a child grow. The element of success is whether the final product is what you wanted it to be, if it works the way you wanted it to work," he said.

McGovern's company was first hired by the Federal Way School District in 1985, then to modernize Lakeland, Adelaide, Nautilus and Sacajawea schools.

Erickson-McGovern subsequently was hired to design both the West Campus school and a second new school here, to be built at an undesignated site in south Federal Way by 1992. McGovern was named lead architect for both projects.

THE RELATIONSHIP with Federal Way has been good, ac-

ording to both McGovern and school administrators, but the work hasn't been easy. When the state suddenly announced last year that matching money, previously unavailable for modernization, could be supplied for projects far along in the planning stages, many a late night was spent on preliminary modernization plans to secure the money.

It was time well-spent. The funds were secured before the state, strapped for cash, placed a moratorium on matching funds for school projects.

Funding for Federal Way's two new schools is assured as well. A district bond for new schools will supply enough money to pay the entire price of both schools, in case state money is not immediately

available.

But the new schools present a new time crunch. McGovern ticks off the months on his fingers. The first school will have to be done by July 1990 so any bugs can be worked out before classes start. Construction will take a full year. It will take at least five months to get all the necessary building permits from King County...

"Hey, I've just run out of time," McGovern quipped.

THE 40-YEAR-OLD architect chose his career early. His great-grandfather was an architect, and had continued planning buildings until his death.

"I started asking questions about architecture then. I mean, here was a man just about to call it quits and he was still working. There had to be something important about it," McGovern

said.

He joined the eight-year-old Erickson team in 1980 and eventually became a full partner. The mid-size company now splits about 20 jobs, with McGovern as lead architect for about half and Erickson for the other half. All are school projects — McGovern figures 95 percent of the company's work is on schools, although the architects have planned hotels and post offices, too.

WITH EACH SCHOOL, McGovern tries to please everyone, from the school district (Do we want open-concept classrooms? A rug on the gym floor?) to the state (You need how much for a new school?) to King County inspectors (What? No fire hydrant?).

McGovern sells the district his ideas for handling those demands. It isn't often that he is forced to scrap a district's request — you'd be surprised, he says, just how a school can make an idea work, if administrators are committed to it.

The open concept, characterized by wide-open classroom spaces with no walls, didn't work in Federal Way

when it was implemented in the late '60s. But some school districts choose to open classrooms their own way.

The Yelm School District, for instance, refuses to put doors on its classrooms. Take away the doors in another district, McGovern says, and the reaction would be entirely different.

"This is a strange business we're in," McGovern said.

The Federal Way School Board and administration have agreed to a fairly safe design for the first new school. It will be entirely enclosed under one roof, making it energy efficient. The roof slopes to shed rainwater, unlike the flat roofs of many local schools. Walls and doors will separate the classrooms. No open concept this time.

McGovern hopes the only worries will be little worries.

"You never know if the plug is in the right place until someone tries to use it and it's not there," he said. "Invariably, there will be some small things that won't work the way people want them to, because there's always another way to do just about anything."

"You just can't outguess people," he added.

Mini-purpose room part of school plans

The early designs of Federal Way's first new school in 19 years include several details of the classrooms and playgrounds its students will soon inhabit.

According to the Erickson-McGovern design, the 49,440-square-foot school at about 13th Street Southwest and Southwest 325th Place will be V-shaped. The school entrance, at the point of the V, will be placed at Southwest 325th Place, at the southwest corner of the site.

A bus loop will run the length

of the building along Southwest 325th Place. Parking for 50 autos will run up the west side of the V.

The main entrance will be flanked by offices and storage rooms. Directly inside the main doors will be the school library and a computer center, which will have 30 computers for scheduled use by students.

The east leg of the V will have classrooms for special education, kindergarten and first, second and third grades.

The second leg of the V, to the west, will include

classrooms for fourth through sixth grades.

The classrooms will hold 600 students.

A gymnasium and mini-purpose room, which can be turned into one large facility, are also on that side of the school.

The playground includes a covered playshed, an asphalt play area and a grass-covered playfield, complete with irrigation. Retention tanks will hold rainwater from the site and slowly seep it back into the soil.

The building's exterior will be brick, and preliminary design shows its color to be, appropriately, some shade of red brick. Karen Jordan, a color expert hired by the school district, will choose interior colors for the classrooms and building as the school nears completion.

To date, cost estimates for building and some supplies is \$3.7 million. Architect Rick McGovern says that total will be whittled down to \$3.5 million.

Survey asks N.E. Tacomans to rate city

Continued from A-1

Club will distribute 1,500 surveys to residents of the two points along with the latter club's monthly newsletter, to be mailed March 1.

All together, everyone from Meeker Middle School on Northeast 51st Street to Fife Heights will receive a survey, said Marion Weed, president of the Northeast Tacoma Community Club.

This apparently unified effort to reach all citizens of the area did not originate that way. A first draft of the survey displeas-

ed Dash Point and Browns Point community club leaders because of questions that appeared to be leading respondents in one way or another.

"I'm happy with the way it reads," said Jim Davidson, president of the Norpoint Boosters. "But the proof of the pudding is in the tasting. I hope we get a reasonable response," he said.

ABOUT 200 returned surveys would constitute a reasonable response in Davidson's estimation, but community leaders are hoping for more than that.

Although none could say exactly to what end the survey results might lead, all agree that they need the community's consensus to effectively deal with the incinerator and Blair Bridge issues, as well as any future community issues that may arise.

"We've been struggling in the dark with some of the issues raised around here lately," said Jim Zuluaga, president of the Dash Point group. "We all need this input."

Survey results may help them to present a unified front to the city of Tacoma, which has not been gracious about consulting area residents about projects that will affect them.

Residents are asked to return the survey by March 10 to the BPIC clubhouse, where the results will be collated.

Clarification:

Wrong headline on Pastor's Corner

A production error resulted in the wrong headline running on last Friday's Pastor's Corner column, written by the Rev. Thomas Coates of Federal Way Unity Church of Christianity.

The incorrect headline should have run over a column by the Rev. Randal Gardner of the Church of the Good Shepherd. That column will run on a future Religion page.

TJ grads sought for 10th reunion

The Thomas Jefferson High School Class of 1979 reunion committee is looking for classmates for its upcoming 10-year reunion.

If you have not been contacted by the committee, know the whereabouts of any classmates, or wish to help with the August event, write to P.O. Box 7073, Federal Way, 98003.

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City joins port to launch EIS on tideflats road plans

The city of Tacoma followed the lead of the port and agreed to consider alternatives to removing the Blair Bridge as solutions to development and traffic problems on the tideflats.

The city council approved a resolution last week, approved the week before by port commissioners, that authorizes the start

of an environmental impact statement (EIS) for the proposal to remove the Blair Bridge on East 11th Street and build a \$150 million arterial around the tideflats.

The EIS will include a study of alternatives, namely, replacing the bridge with a longer and wider span to allow for increas-

ed development of the Blair Waterway.

The city and port originally attempted to pass a resolution that would have declared only their intent to demolish the bridge and proceed with construction plans for the arterial. Citizen opposition to the resolution, however, blocked passage twice

and forced the city and port to rethink the plan.

Although the most vocal opponents to the plan — Northeast Tacoma residents and property owners on East 11th Street — consider the authorization of the EIS as the most significant change in the new resolution, the city has said it had intended to

do the EIS anyway.

The most important concession gained, it seems, is the city and port's agreement to thoroughly study the alternative proposals before authorizing one plan or another.

Fred Thompson, the city's director of public works, said all the details of the EIS should be worked out in about a month. The study, which will cost anywhere from \$100,000 to \$300,000, will be funded jointly by the port, the city and the state Department of Transportation.

An independent manager will be hired to coordinate the study,

which should take about one year to complete, Thompson said.

A tentative schedule for the study includes a public meeting in March, two public hearings on the first draft of the study in September and October, a final public hearing in February of 1990 and formal acceptance of the study by the city council and port commissioners by March 1990.

The city council and port commissioners also will have to approve contracts necessary to begin the EIS, Thompson said.

O'Neall faces Bellingham car-theft charge

By RANDY BLACK

Darren O'Neall, already convicted of murdering a Des Moines woman, will stand trial for stealing the car of a woman who may have been his next murder victim.

O'Neall, 29, pleaded guilty in January to first-degree murder for killing Robin Smith, 21, after a party in O'Neall's Edgewood home.

He is suspected in the disap-

pearance of Wendy Aughe, a 29-year-old Bellingham woman who disappeared about a month after Smith's 1987 murder.

Aughe's car was found shortly afterward in Eugene, Ore. O'Neall will go on trial in Bellingham March 20 for stealing the car.

Whatcom County deputy prosecutor Mac Setter said O'Neall is still a suspect in Aughe's murder. He said Bellingham

police are still investigating whether he's involved in her disappearance.

Bail was set at \$100,000. But because O'Neall was sentenced last month to 27 years, 9 months in prison for Smith's murder, Setter called the bail "redundant."

O'Neall admitted killing Smith after a party March 28, 1987. Her body was found on Memorial Day, 1987 in a wooded

area near Greenwater in eastern Pierce County.

Aughe was last seen drinking in a bar with O'Neall about a month later. Her car was found abandoned outside a Eugene tavern May 1, 1987.

O'Neall was one of the most wanted criminals in the country from the time of Smith's murder until he was found in a Louisiana jail under an assumed name a year ago.

Do you know any local heroes?

Have you been promoted? Did your neighbor win a contest? Did your son or daughter graduate from college?

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Lobster gets tail saved — for now

By **BILLS SHEETS**

Suzanne Brown had a great idea for a Valentine's Day present for her husband, Dave.

She had visions of a big hunk of lobster tail hanging from Dave's fork, dripping with butter.

So she went to Johnny's Seafood Company at 17640 First Ave. S., bought a live lobster and took it home.

There was only one small problem. She couldn't kill it.

Now its name is Oscar.

"Have you ever looked a lobster in the eye?" she asks.

She began calling around and discovered that lobsters need a refrigerated, saltwater tank — a \$1,200 investment.

"I don't have \$1,200," Brown says.

She called the Seattle Aquarium to ask if they would take Oscar, but they no longer exhibit lobsters, she was told. She called the University of



Oscar

Washington. No luck. "I even called Greenpeace," she says. **MEANWHILE, TO** keep the crustacean cool, she followed

the advice of Johnny's manager Ric Martin and kept Oscar in a cake pan in the refrigerator with a wet towel over him. Then she moved him to a tubful of ice water.

"I'd get him out and he'd just look at me," Brown says.

Though all Oscar eats are grubs and minerals, she couldn't put him in the aquarium with her fish because they like it warmer than he does.

At least she's assuming it's a he. Neither she nor Martin can tell the difference.

Finally, out of options, she took Oscar back to Johnny's.

Martin says people have shied away from buying live lobsters and crab because they have to kill them. But never has anyone brought one back.

The way to kill lobsters is to drop them into boiling water. "You're such a good boy," Brown said to Oscar in a

return trip to Johnny's. "I just couldn't do that to you."

OSCAR SEEMED to respond to Brown's adoring strokes. The tendrils that flailed and the claws that pinched when Martin took Oscar out of the water instantly calmed as Brown petted his spiny head.

"I think they can sense when they're loved, just like anyone else," she said.

They had the water boiling Valentine's Day in their River-ton Heights home when Dave "made a comment to me about how sad it was," Brown recalls. "I have a great love of animals and started to think about it."

They ate scallops and prawns instead.

Martin has agreed to keep Oscar toward the back of the tank in case Brown can cook up a scheme to rescue him.

"I'm still trying to find a way," she said.

Drainage meeting on tap

The King County Surface Water Management Division will host a meeting of a local citizens advisory committee at 7 p.m., Feb. 23, at the Federal Way Library, 848 S. 320th St.

Newly appointed members of the Hylebos/Lower Puget Sound Citizen Advisory Committee will give autobiographies and will

summarize their surface water concerns about the local area.

County officials of the program will explain the program and will preview surface water management plans.

The meeting is open to the public and comments will be heard from the audience.

Miller earns honor

Federal Way Water and Sewer District Commissioner Don Miller was recently elected secretary of the Washington State Association of Water/Wastewater Districts.

Miller works full-time as an agent for Prudential Insurance Company and has been a Federal Way district commissioner since 1979.

The State Association of Water/Wastewater Districts represents water and sewer districts by lobbying for related laws in the Legislature.

Miller and his wife Patty and seven children recently were recognized as the Federal Way Family of the Year in 1988.



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Rail may fail to unlock gridlock

By ALICE FISHER

Eliminating the headaches, traffic snarls and exhaust fumes that now loom between commuters' homes and their jobs won't be as easy as laying a railroad track, according to four panelists who discussed the issue at a recent forum called "Gridlock Seattle Style."

"Right now we are ringed in suburban gridlock, from Edmonds to Federal Way," said panelist Aubrey Davis, a past regional administrator for the federal Urban Mass Transportation Administration.

Commuter rail service is one solution proposed to solve the gridlock, but Davis said it won't solve all the transportation problems. He explained that many people now commute suburb-to-suburb rather than suburb-to-city. "Rail doesn't deal with this at all," he said. "It requires a variety of solutions."

The forum, sponsored by the CityClub, a downtown Seattle organization, explored the future of commuting in the region, from the proposed rail system to the less glamorous alternatives of car pools and riding the Metro bus.

The forum featured four panelists with a variety of perspectives on the issue of mass transit. Mike Layton, a columnist for the Seattle-Post-Intelligencer, acted as moderator.

The panel also included Davis, John Keegan, chairman of the legislative committee of King County Citizens for Improved Transportation, and Bruce Laing, King County Councilman and chairman of the Washington State Rail Development Commission.

REGIONAL government has been pondering the traffic dilemma for years. A Puget Sound Council of Governments (PSCOG) study concluded that the region will need a rail system by 2020.

Current plans include improvements to the existing bus and freeway system: the I-90 bridge, car-pool lanes on the freeways, more park-and-ride lots, and the downtown bus tunnel. King County encourages businesses to subsidize Metro passes for employees and offer free parking for car pools.

Even after those changes, rush hour will be five hours long by 2010. A recent study, cited by Keegan, showed that between 1977 and 1988 King County experienced a population increase of 34 percent. In the same time period, the number of miles traveled over the county's roads increased by 123 percent.

While the need for solutions has escalated, funding has dropped. According to Keegan, the region's \$600 million 1988 transportation budget was 25 percent less than the 1970 budget when compared in 1985 dollars.

Davis believes federal funds will make the difference. "This region should have should have a shot at \$50 million or so per year of federal money for a rail system," he remarked. "It's a high probability."

KEEGAN outlined a funding proposal recently presented to the Legislature by King County Citizens for Improved Transportation. The proposal would raise \$100 million per year through gasoline taxes, motor vehicle excise taxes and a commuter tax on businesses.

The plan allows county voters to decide whether to tax themselves more for rail transit. The proposal would provide money immediately for rail feasibility studies.

Last November, 68 percent of the region's voters approved an advisory ballot to begin building a rail system 20 years ahead of schedule, by the year 2000. But Laing pointed out that voters may not have approved the proposal if it had included a price tag.

Funding is not the only barrier stopping rail plans. According to Davis, Seattle cannot support a rail system since an effective rail service must carry passengers from heavily populated suburbs to the city.

A rail system will solve con-

gestion in the "commute corridors," heavily traveled roads between the suburbs and downtown, he said. At present, "Only the corridor from downtown to south Snohomish County is high-density enough. You can't put park-and-ride lots the length of I-5."

Such communities will grow at the expense of the semi-rural areas of today.

"The issue is land use," he noted. "Before we can build rail, we've got to have multi-family development in places where it is not allowed now."

That is what Davis terms "the land use-transportation planning dichotomy." Regional government must be able to coordinate land use, population

growth and transportation.

For now, though, Davis describes the problem this way: "We have an appetite for a rail system, we have the topography to support a rail system, but we don't have the attitude it takes to change our lifestyle for a rail system."

Alice Fisher is a student in the University of Washington School of Communications' News Laboratory.

New Years Resolution
Not Working?



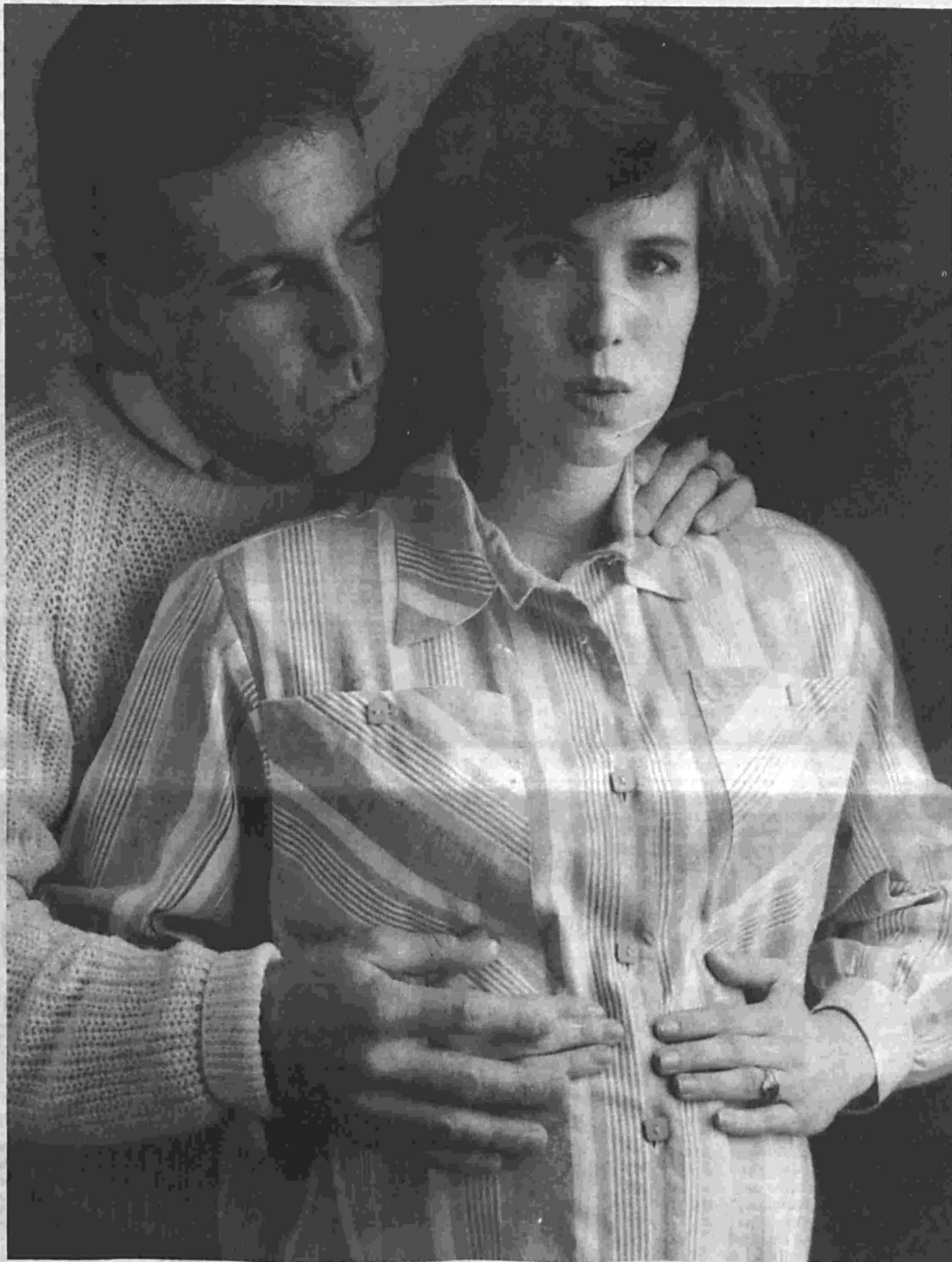
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Correction: Sewer rate hike not expected in '90

An article in the Sunday Federal Way News ("District approves budget with smaller rate hikes than planned") incorrectly stated the amount that Federal Way Water and Sewer District sewer rates will go up in 1990.

Sewer rates are expected to go up from \$9.50 a month that the average residential sewer customer currently pays to \$13 in April. That \$13 rate is expected to stay in effect through 1990 as well.

Murder writer makes a killing: two books, \$3.2 million

By RANDY BLACK
Ann Rule said she won't go Hollywood just because she has signed a \$3.2 million contract to write two true-crime books.

"I may go as far as Burien," Rule laughed.
Rule, a Des Moines resident who has written best-sellers about murderers Ted Bundy and Diane Downs, signed a contract with publisher Simon & Schuster to write a book about the Green River killer. The \$3.2 million advance will also cover one more book about a crime of her choice.

"I've been going around saying I've signed a contract for a \$3,200 advance," Rule said, wonder in her voice. "My friend said, 'No, Ann, it's much more than that.'"

The first of the two books should be in bookstores by March, 1991.

Rule, a former policewoman who started writing for true-crime magazines, had her first best-seller with "The Stranger Beside Me," an account of her friendship with a young crisis-clinic worker named Ted Bundy.

She had agreed to write a book about the so-called "Ted" murders of the mid-1970s before her friend Bundy became the leading suspect in the crimes. Bundy was suspected of murdering at least eight women in the Northwest and a minimum of 40 nationwide.

He was executed in Florida last month for the murder of a

12-year-old Florida schoolgirl. Before he died, he admitted guilt in many of the cases in which he was the prime suspect.

RULE'S OTHER major book was "Small Sacrifices," the story of Diane Downs, convicted of killing her daughter and crippling her two other children near Eugene, Ore.

Rule said she's been working on the Green River murder case for some time. She can write the book whether or not the person responsible for the deaths and disappearances of more than 40 young women is caught.

"It's at least as interesting as Jack the Ripper, who was never caught," she said.

"The detective work and the sheer number of victims make this a very special case," she said.

BUT SHE SAID it would be better if the killer is caught before she starts writing. If she decides to wait, she has five cases "on the backburner" which she may write first. She said she'll decide in the next 15 days.

None of the other cases involves local crimes, she said.

Rule said she likes to look at three angles of the crimes she writes about. First, she likes to give the readers a picture of the victim, to "give the victim a voice."

Secondly, she wants to delve into a killer's background to see if she can explain to the reader

what makes the person tick.

Finally, she likes to explain the forensic science and detective work that leads to a killer's apprehension and conviction.

"So far I have two," she said.

"But I don't have the killer."

Rule said the money won't take her away from Des Moines. She plans to buy a house on Puget Sound and rent her current house to family members.

The first book is due in June, 1990. Rule said it would probably be March, 1991 before it hits the bookstores.

"I wrote Stranger Beside Me in three months," she said.

"Small Sacrifices took three years.

"But I'm so anxious to get back to writing I might just write it in three months," she said.

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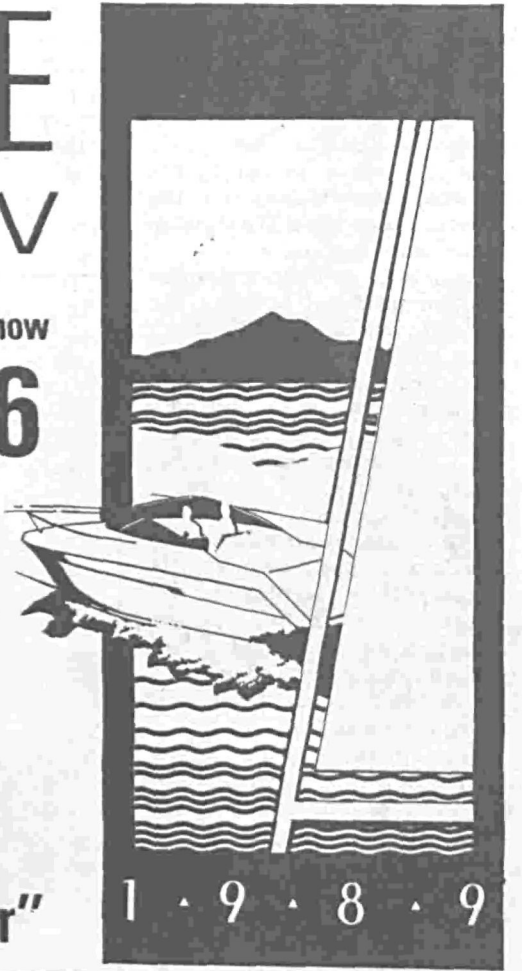
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N.E. Tacoma family takes a wild ride

A Northeast Tacoma family of three had a harrowing car ride early last Wednesday morning as employees of a Seattle towing company seemed determined to repossess its car.

Shortly before 5 a.m. Feb. 15, members of a Northeast Tacoma family awakened to find two men trying to take the family Cadillac. The husband told King County police he knew the finance company was considering repossessing the car, but thought he had until 9 a.m. that day to settle his account. The man called Tacoma police, who looked at the towing company employees' repossession paperwork and then asked them to leave the property — without the Cadillac.

Since they were up, family members said, they decided to go out to breakfast, and at approximately 5 a.m. were headed northbound on 21st Avenue Southwest near Southwest 344th Street in Federal Way when they were forced to stop by the original tow truck and a second tow truck from the same com-



Police

pany.

While all three family members were still in the car, they told police, the tow-truck operators hooked the Cadillac up to the tow truck and began lifting it into the air. Frightened, the family got out of the car and watched the tow truck drive away with the Cadillac.

King County police contacted the towing company and continue to investigate the incident. The Northeast Tacoma family is still without its car.

Too much partying hospitalizes youth

A 19-year-old party-goer was taken to St. Francis Community Hospital early Sunday morning suffering from alcohol poisoning.

King County police, responding to reports of a loud party, discovered the Boise, Idaho, youth unconscious at a home near 12th Avenue South and South 293rd Place.

Officers also found 40-60 teenagers and young adults at what the home's residents called a housewarming party. They ordered some six cases of beer and 12-18 bottles of wine poured out and dispersed the crowd —

although some partiers did not leave willingly.

Police reports state that when one resident became uncooperative and was handcuffed, a remaining group of about 20 young people became agitated and hostile. They finally left without further incident after a third King County patrol car and a Washington State Patrol car arrived.

The three young men who hosted the party, one 19 and two 18, were cited for being minors in possession of alcohol and released at the scene.

Five people injured in weird accident

Five people were injured early Saturday morning in a bizarre car accident.

The Washington State Patrol reports that at 1:50 a.m. a 1975 Datsun pickup driven by Herbert Tietel, 34, Auburn, was entering Pacific Highway South from a parking lot at South 333rd Street when it collided with a car traveling northbound on the highway.

The impact from the collision with the 1976 Chrysler Cordoba spun the pickup around and sent it back into the parking lot where it struck two unoccupied vehicles and a pedestrian.

Tietel received head lacerations, and leg, neck and back injuries. The driver of the Chrysler, Dennis Smith, 19, Federal Way, received leg injuries, and a passenger in his car, Tina Starr, 15, received lower back injuries. Another passenger in the Smith car, Michael Crane, 18, received a cut lip. No home towns were listed for Crane and Starr.

The pedestrian, Della Debraie, 29, received neck and back injuries. The patrol did not list her home town, either. All five were taken to St. Francis Hospital for treatment.

Bold burglar takes intimate apparel

A risqué burglar smashed the front window at Love Pantry and stole an armload of women's underwear.

A store employee told King County police she noticed the shop was unusually breezy Saturday morning when she came in to work. Upon investigation she

noticed that someone had broken out the front window and stolen items on display there.

Among the items taken from the window were three G-strings, several pairs of women's underwear and a teddy. Police were unable to lift any fingerprints from the scene.

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Cancer questions answered

Washington residents can now get fast and accurate information about cancer by calling the American Cancer Society's toll-free information line at 1-800-ACS-2345.

Parents retreat to strategy planning sessions

By WENDY CULVERWELL
Skeptics didn't think Judy and John Vanderwerf's plan to mix parents of all economic backgrounds at parenting retreats would work.

The skeptics were wrong, John Vanderwerf explained, because money issues are kept out of their education program.

The parenting retreats, held over weekends at Seattle area hotels, have been going on through the Children's Home Society (CHS) for three years now, and class issues have never been a problem.

The Vanderwerfs developed the curriculum for the retreats at CHS's behest because, John explained, American culture provides little in the way of training for parents.

"It's assumed that if you can have a child, then you are biologically equipped to be a parent, too, and that's not necessarily true," he said.

The retreats are held according to parenting style: traditional, single parent, dual career and stepparent. Up to 20 parents and four leaders participate in the retreats. The leaders are all raising their families in the style of their particular retreat. Retreats for single parents have been the most popular so far, according to Vanderwerf.

THE SKEPTICS were wrong about blending individuals of varying economic backgrounds because money is not an issue for the retreats. Thanks to Kaiser Family Foundation support, parents can participate regardless of their financial positions.

Donations to cover the cost of

Future retreats planned

The Children's Home Society is a private, non-profit organization which provides services supporting children and their families. Services include family therapy programs, adoption support services, respite care and parenting retreats.

Upcoming parenting retreats include:

Single parents, March 31 to April 2; Two-career/traditional parents, April 14 to 16; single parents, April 28 to 30; stepparents, May 5 to 7; and single parents, May 26 to 28.

Retreats open to all parents and are held in hotels around the greater Seattle area. Donations are welcome but not required. No one will be turned away for financial reasons, but registration is limited to 20 parents. Call the Parent Development Program of the Children's Home Society at 524-6020 or 1-800-456-3339.

the hotel room for two nights, meals and supplies are welcome, of course, but not required.

That gives the leaders and participants a chance to get down to the business at hand — presentations on parenting issues, which range from communication with teens to stress to discipline to trust building.

Who attends parenting retreats? Vanderwerf said just about anybody. They are not, however, for people with serious family problems.

"The weekend is not going to solve crisis situations," Vanderwerf said.

SUSAN WRIGHT, a divorced mother and Auburn resident, participated in a single parent retreat in May. Leaders from that weekend noted her enthusiasm and asked her to train to become a leader herself, which she did last summer.

She led her first retreat earlier this month. "I absolutely loved it," she said of her experience.

Wright cited lack of communication with her 10-year-old son, Nickolas, as her main reason for participating.

She was divorced when Nickolas was only a year old and works full-time at Auburn Valley Bank, so communication was a real issue for her.

When Sue and Bruce Dill were married in January of 1988, they already had four children — Sue's young daughter, and Bruce's slightly older children. Feeling they needed more education in the area of stepparenting, they attended a retreat last fall.

"I can't praise it highly enough," Sue Dill said. Her daughter, Rebecca, 4, lives with them, as does Bruce's oldest son, Matt, 12. His other two, Corey, 10, and Lisa, 7, live nearby with their mother and are in almost daily contact with their dad.

BOTH SUE and Bruce feel that the most valuable segment of the retreat was that on discipline, something stepparents often feel uncomfortable with.

Sue said she feels more comfortable disciplining Matt these days, though he said he hasn't really noticed a difference.

Like Wright, the Dills were asked to go through leadership training, which they have begun. They anticipate leading their first retreat sometime this fall. Before then, they would like to get a support group for parents started here, noting that they can't be the only people who want to approach parenthood from an intellectual point of view rather than emotional one.

All the weekends, whatever the parenting style they are focusing on, are presented in the same manner.

They are individualized by the fact that all the participants and



SUE AND BRUCE DILL had a ready-made family with four children when they were married a year ago — he brought his three children and she brought her daughter. In their efforts to make the transition smooth, the Dills participated in

a parenting retreat through the Children's Home Society last fall. Next fall, they will be leading such a weekend program themselves. Bruce's three children are: Matt, 12, (left), Lisa, 7, (center) and Corey, 10.

leaders share the same parenting style.

"The program will never be static," Vanderwerf said.

Because the retreats are only a weekend long, they don't afford time to learn specific step-by-step parenting methods found in courses such as PET (Parent Effectiveness Training).

"We look at principles," Vanderwerf explained.

For example, parents tend to confuse discipline with punishment, but discipline is teaching

and guiding, he said. Punishment, on the other hand, is a consequence for a misbehavior.

"**DISCIPLINE CAN** be a positive thing," he said.

The whole purpose of attending a retreat, he said, is to take time to breathe, to formulate plans and goals.

"It's not so much giving parents pat answers as giving them the skills they need to set and achieve goals," Vanderwerf said.

The Children's Home Society motto is: "Parenting is an op-

portunity, not just a responsibility," and was echoed by both Wright and the Dills in separate interviews.

"I think 90 percent of the parents who attend arrive thinking parenting is a burden and leave feeling recharged,"

Wright said. "If this is the only shake of the dice I get, I want to make sure I do it right," Bruce Dill said.

For further information about parenting retreats and the Children's Home Society, see related story on this page.



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Heart attack is the leading cause of death in the U.S.. Recognizing the most common symptoms of heart attack and seeking immediate medical attention can save your life.

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Break out of your winter stupor, spring is on the way

A few rays of sunshine may break through the cloudy winter skies, so take this as a sign from heaven to get outside and start your outdoor gardening chores. Most gardens can be tilled up, hoed and raked this week.

Continue to plant peas, pansies and primroses into the ground, but it's still too early to seed beans, corn and tomatoes into the cold earth.

Now take a hard look at the winter-weary lawn of yours. If the grass is always greener on your neighbor's side of the fence it may be because you neglected to fertilize in the fall. Green up now with a spring lawn food with moss control.

Moss is a problem in most Northwest lawns in early spring, but it usually dries up by summer time. If you have a major moss invasion, then treat the cause, not just the moss. You need to improve drainage, increase sunlight and improve fertility of the soil to effectively battle the green slime.

For better drainage, aerate the lawn and then add a thin layer of sand on top that can be raked into the holes left by the aerating machine. You can hire a lawn care company to aerate your grass or rent a machine and do it yourself.

To improve on the sunlight, you could thin some overhead branches or remove any



Marianne Binetti

overgrown shrubbery that's blocking the light. A soil low in nutrients but high in acid will encourage moss, so lime your acid soil every fall and remember to fertilize.

If all these suggestions sound like a lot of work, give in to Mother Nature and pull out the grass and enjoy an emerald green sea of moss. Add a few large rocks and a stone pagoda and you'll have a no-maintenance Japanese-style moss garden.

Q. I received a beautiful azalea plant during a recent hospital stay and would like to know if I can plant it in my yard. The flowers are larger than any

I've seen growing outside and they are a lovely pink and white color combination.

B.S., Seattle

A. Don't be too quick to move your azalea outdoors. It sounds like you own a tender hothouse azalea grown for florists. These plants have lovely flowers but a spoiled rotten personality. Unlike the hardy azaleas in your yard, the tender azaleas hate cold weather and will shrivel and die if you let their soil dry out.

If you have a window seat or greenhouse that provides a spot with plenty of light but cool temperatures, your azalea may turn into a charming houseplant. Don't repot and don't prune back your plant if it stops blooming. Just keep the soil moist and your fancy azalea may surprise you with a second round of blooms.

Q. What do I do with the fuchsias and geraniums that survived the winter stored in my basement? I notice little green sprouts so I know that all the plants are still alive, but the new leaves look pale on the fuchsias and the stems are long and weak on the geraniums.

R.W., Seattle

A. Time to take some aggressive action if you want to turn last year's flowering plants into this year's flowering plants.

Get them close to a sunny window immediately and water the soil thoroughly. The sun baths will wake up the dormant plants.

The next step is to transplant the survivors into fresh soil. You can use the same pots they're in now. Just remove as much of the old soil as you can without ripping up roots. Then replace with packaged potting soil. Now that you've shaken up the sleeping beauties, you have to feed them.

A liquid fertilizer will get to the roots fastest, but start out slowly at a rate of about half of what the package recommends. Keep the soil moist but not wet and pick off any flower buds that form before summer. Your

geraniums and fuchsias won't be blooming by May like the ones for sale at the garden center, but you can still set them outdoors in May and enjoy lots of flowers by the middle of summer.

Q. Can I spray my fruit trees when the blossoms are just beginning to open? I used a dormant spray early in the winter and am wondering if I should spray again.

D.W. Buckley

A. Don't risk it. If even the tiniest bit of petal is showing from a bud, the bud seal has been broken and there's a good chance the oil from your spray will leak in and damage the

fruit. If you were lucky enough to get one coat of spray on your trees early in the season, then stop worrying and enjoy the flowers to come.

This winter was mild, so we may be in for a buggy summer. If you feel like you have to do something more to help your trees, hang up a bird feeder and build a birdhouse. Getting the bug-eating birds to hang out in your orchard is the lazy gardener's method of pest control.

Address questions on home or garden to: **The Compleat Home Gardener, Marianne Binetti, P.O. Box 872, Enumclaw, Wash., 98022.**

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It's Our Annual **50% OFF PERM SALE**

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NOW \$20-\$35

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UNIVERSITY OF PORTLAND

Federal Way residents Amy Hamlin and Shannon Ransom are listed on the fall semester honor roll at the University of Portland.

Hamlin is a freshman and Ransom is a sophomore in the College of Arts and Sciences.

UNIVERSITY OF IDAHO

A number of Federal Way area residents have been listed on the 1988 fall semester dean's list in recognition of outstanding academic achievement. They are:

Jerry Deal, a student in the College of Forestry. Tracy Thomas Wright, a student in the College of Education. Also honored was Michelle S. Witherpoon, a student in the College of Letters and Science.

STUDENT ACTRESS

Nellinda Lewis, a junior at Central Washington University, recently played the role "Echo" in a student written play performed at the Ellensburg school. The play was titled "The Thin Line" and explored the effects of mental instability on a shaky marriage.

Lewis is a Federal Way native.

SPU HONORS

Six students from Federal Way made the Dean's List at Seattle Pacific University for fall quarter 1988.

The students are: Carolyn Fysh, a senior, Laura Gear, a junior, Vonni Montgomery, a junior, Brian Oaks, a sophomore, Jung Shin, a senior, and Catherine Staker, a sophomore.

OUTSTANDING HCC FACULTY

The Faculty Senate of Highline Community College recognized two instructors for outstanding efforts in their program, was cited for her activities promoting libraries and the college.

Chris Layton, a part-time nursing instructor, was also recognized for her promotion of the profession outside the college. In addition to teaching, Layton is a critical care staff nurse at Virginia Mason Hospital.

HITCH-HOG OFFICERS

The club for retired couples living in the Auburn area recently elected officers for the new year. They are:

Buzz Thomson, president; Maxine Graff, vice president; Phebe Thrush, secretary. Mary Lou Wright, treasurer; Bill Wright, wagonmaster; and Milly Mead, board member.

The club meets at 1 p.m., every fourth Tuesday. Call 772-5814 for more information.

JAMES SWEENEY

James Sweeney has been promoted to vice president of operations at the Seattle Fur Exchange, where he has been employed since last year.



Local Heroes

He was previously employed by Associated Grocers. He and his wife, Diane, live in Federal Way with their three children. They are members of St. Theresa's Catholic Church.

RON SANDWITH

Ron Sandwith, a board member of the Federal Way Boys' and Girls' Club, is this year's board member of the year for the local club.

Each of the nine Boys' and Girls' Clubs in King County selects a member of the year, based on his or her participation in the club and the local community.

Dick Nord, a board member for the Kirkland/Redmond Club, was selected the overall King County Board Member of the Year.

TRIDELT

Erin McCarthy, daughter of Linda and Larry McCarthy of Federal Way, has been initiated into the Theta Delta chapter of Delta Delta Delta sorority at the University of Oregon.

HEART FUND VOLUNTEERS

A number of volunteers from Federal Way recently participated in the American Heart Association's Heart Fund Drive, held Feb. 11 to 20.

Ann Blevens was the local chairperson in the effort to educate the public about heart health. They also solicited donations to the research organization.

To make a contribution or to get involved in future Heart Association efforts, call its Seattle office at 632-6881.

RAFFLE WINNERS

A raffle to support programs of Federal Way Youth Services was held recently at Meras Men's Shop in SeaTac Mall.

The winners were: Paul Krasnowsky, a weekend for two at Salish Lodge; Phyllis Davis, a night at the Seattle Sheraton and a \$100 dinner at Fuller's Restaurant; Paula Crooks, a night at the Four Seasons Olympic; and Fred Martin, four tickets to Seattle Supersonics games.

In addition to the above-mentioned businesses, the raffle was supported by KIRO Inc., The Bon, at SeaTac

Mall and the Federal Way News.

CHRIS SKIDMORE

Chris Skidmore, a Federal Way resident and driver for North American Van Lines, has won a trip for two to Maui, Hawaii, for outstanding performance on the job.

Criteria for the award are skill and reliability in handling customers' possessions and meeting customer service requirements. Drivers are also rated on driving skills, safety and paperwork and procedural accuracy.

Skidmore has been driving for North American for four years.

WSU SCHOLARSHIPS

Three past graduates of Federal Way high schools have been awarded scholarships in the College of Engineering and Architecture at Washington State University. They are:

Teresa Bingo, a freshman majoring in electrical engineering, received a \$200 Pare' Scholarship. She is a Thomas Jefferson High School graduate.

Alvin Leung, a junior mechanical engineering major, received a \$1,500 Boeing Company Scholarship. Anthony Nalbene, a senior majoring in chemical engineering, was awarded a \$500 O.H. Reaugh Scholarship. Leung and Nalbene are Decatur High School graduates.

UNIVERSITY OF IOWA

Federal Way native Michael Patrick Madden was among the winter graduates of the University of Iowa following the fall semester.

Madden received a PhD in communication studies.

CWU GRADUATES

Eleven Federal Way natives were among the 298 fall graduates of Central Washington University. They are:

Susan Emerson, Sandra Koch, Brenda Trent and Matt Weaver, all accounting majors.

Luray Stoker Plaisted, Jerold Salmons, Rebecca Greene, and Kelly Johnston earned degrees in business administration.

Claris Lovegrove received a special education degree.

David Beyer majoring in individual studies, and Patrick Mill earned a degree in arts education.

KRISTIN MASSEY

Kristin Massey, the daughter of the Rev. and Mrs. Richard Massey of Federal Way, has been named to the fall 1988 Dean's List at Bethel College in St. Paul, Minn.

Massey is a senior majoring in elementary education.

Know any heroes?

Have you been promoted? Did your neighbor win a contest? Did your son or daughter graduate from college?

If so, the Federal Way News/Community News wants to know about it. We print such items periodically in our Local Heroes column.

For more information call 839-0700 or 927-4353.

SAIL THE CARIBBEAN

from \$795 ppdo + tax (subject to space available) must sail by June 10 or Sept 3-Dec. 16, 1989

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Business Notes

umbus, Miss., and Neenah, Wisc.

Beloit Manhattan has new manager

Robert H. McNally has been appointed general manager for Beloit Manhattan's Federal Way plant. He replaces Al Foucher, who recently retired.

McNally has been with the roll covering manufacturer since 1979, and was most recently general manager of the company's service center in Clarks Summit, Penn.

He and his wife, Linda, and their family will be relocating to Federal Way.

Beloit Manhattan also has service centers in Aiken, S.C., Col-

Super 8 garners excellence award

The Super 8 Motel at 1688 S. 348th St. has received a Certificate of Excellence for passing its quarterly inspection with

an "Excellent" rating.

The motel is managed by Melody Biggs.

QUALITY CHILDCARE

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CHILD CARE CENTER

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- ◆ Developmentally Appropriate Approach to Early Childhood Education
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5005 S.W. 318th Street
Federal Way, WA
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1. Low Back Pain	5. Dizziness	9. Numb Hands	13. Numb Fingers
2. Headaches	6. Sore Elbows	10. Bursitis	14. Hip Pain
3. Shoulder Pain	7. Neck Pain	11. Pain Down Legs	15. Tight Muscles
4. Arthritis	8. Indigestion	12. Muscle Spasms	16. Aching Feet

FIND OUT NOW whether careful professional chiropractic care can relieve your aches and pains.

This examination normally costs \$36.00 or more. It will include an orthopedic test, a neurological test, a blood pressure test, a spinal alignment check, an examination for restricted or excess motion in the spine, a muscle strengthness test, a private consultation with the doctor to discuss the results

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Salutes Federal Way....

FEDERAL WAY CENTENNIAL DISPLAY FEB. 20-28

Sponsored by:
The Historical Society of Federal Way & The Puget Sound Engineering Council

The Celebration of the Century!

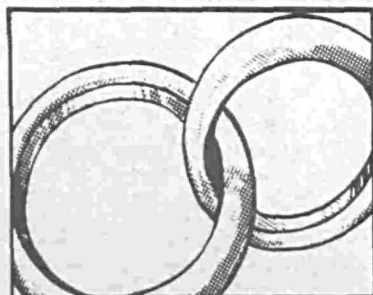
Featuring:

- Historical site survey photos and maps
- Newspaper clips over the past 100 years
- Photos on family and area histories
- Histories of community, education, churches, youth groups and other organizations
- Transportation, vehicle and road history
- Industry, logging, business and utility
- Washington Native Indian exhibits

A special display on the Washington State history of technology and engineering will be provided by the Puget Sound Engineering Council in the east end of the Mall.

Johnson-Bowman will marry in July

Kelly Johnson and Ralph Bowman have announced that they will be married in July. The bride-to-be is the daughter of Ron Johnson of West Seattle and Judy Johnson of Gig Harbor. She is a 1987 graduate of John F. Kennedy High School and is attending Pacific Lutheran University in Tacoma. Her fiancé is the son of Federal Way residents Nora and James Bowman. He too is a John F. Kennedy High School graduate in the class of 1986. He attended Highline Community



Couples

College, graduating in 1988, and is employed by J & G Decor Center. They will be married at St. Theresa's Catholic Church.



Jeannie Ann Jump and Michael Calton

Jump-Calton to marry in March

Jeannie Ann Jump and Michael R. Calton will be married in March at West Hill Community Church. The bride-to-be is the daughter of Carol and Delbert Jump of Auburn. She graduated from Thomas Jefferson High School in 1987 and works at Jump's Union 76 Station.

Her fiancé is the son of Sandy and Don Calton of Seattle. He graduated from Hartville High School in Missouri and also works for Jump's Union 76 Station.

Millar brings bride for hometown visit

Mr. and Mrs. Douglas Millar of Federal Way recently held a reception for their son, Lt. Mark Millar, and his wife, Kimberly. The couple was visiting Federal Way for the first time since being married June 20, 1987, in Lake Isabella, Calif. Millar, a 1982 graduate of Federal Way High School, attended Point Loma College in San Diego. He was recently designated a Naval Aviator and is attached to a carrier squadron in San Diego. Kimberly Millar, the daughter of Mr. and Mrs. Gary Carr of Lake Isabella, is a graduate of Point Loma Nazarene College and is employed by the Coronado Meridian Hotel.



Lt. and Mrs. Mark D. Millar. The couple now reside in Coronado, Calif.

Wedding bells to toll for local man

Penni Joanne Studeman and Monte Dean Swanson will be married, the groom-to-be recently announced. His fiancée is the daughter of Luella and Jerry Studeman of Chehalis. She graduated from W.F. West High School in Chehalis in 1982 and earned her teaching degree from Washington State University in 1986. She is employed as a sixth-grade teacher by the Federal Way School District.



Monte Swanson and Penni Studeman. The wedding will take place in Chehalis in April.



Business Notes

Fair to illuminate government buying

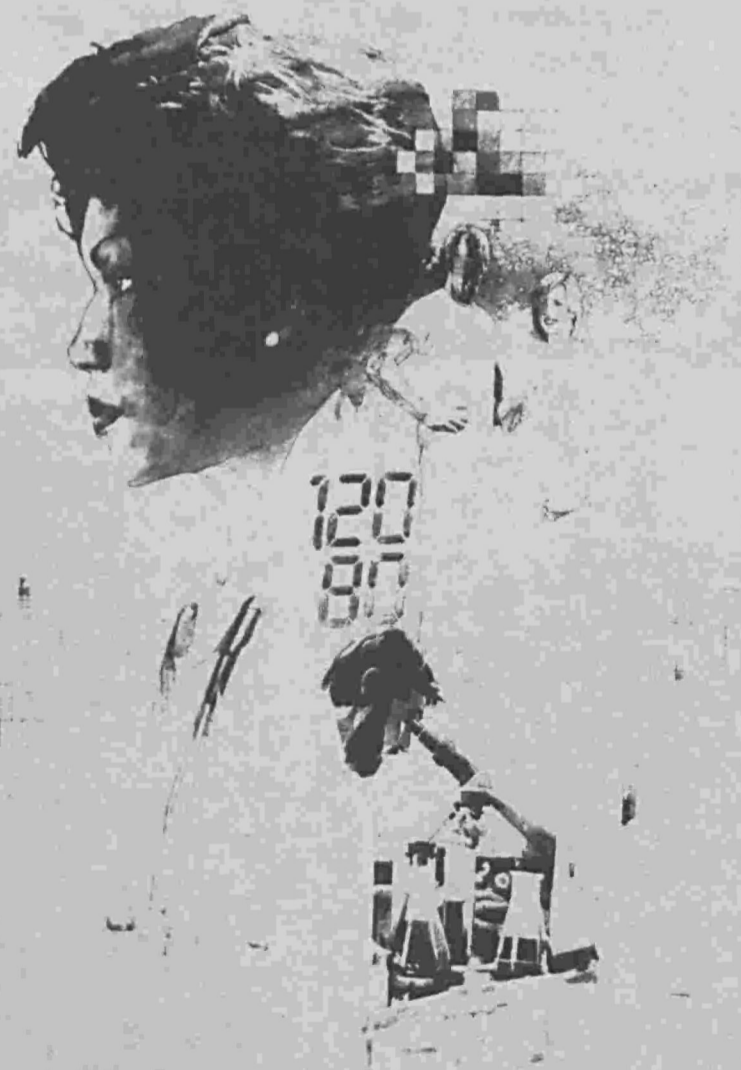
The U.S. Army Corps of Engineers will hold a procurement fair for businesspeople interested in dealing with government agencies. The Procurement Fair is set for 9 a.m. to 4 p.m., March 3, at the Doubletree Suites in Tukwila. The fair will feature a variety of workshops to teach small business owners the intricacies of the government contract process. Workshops will also explain the complex government bidding process and how to become a subcontractor to a successful bidder. The fee for the fair is \$45 for the first person attending from a business. Additional representatives of the same firm may attend for \$30. Registration forms are available from Cathy Doerr or Judy Putnam at (509) 838-8755.

Couples can share good news

The Federal Way News/Community News publishes announcements of engagements, weddings and significant anniversaries involving local residents. Announcement forms are available at the Federal Way News, 1634 S. 312th St., or by calling 839-0700 or 927-4353. All information must be submitted within a month of the event. There is a \$5.40 fee for running photographs.

Health Awareness

Overall health and fitness is the topic of this special advertising section. Reach those people who are concerned about getting into shape or just staying in shape. In case of emergency what can you do to help? An ad in this healthful informative tabloid will keep you in step with the current fitness awareness.



Published March 8th

Deadline's With Proof - Mon., February 27th Without Proof - Tues., February 28th

Federal Way News 839-0700/927-4353 Highline Times/Des Moines News 242-0100 West Seattle Herald/White Center News 932-0300

Warren Chinn's



Dynasties



Warren Chinn

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Sale Price Ea. Cover Girl mascara in wide selection of colors and formulas to suit your individual needs. Shop today.

2.17

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2.57

Sale Price Ea. Sea Breeze in choice of original or sensitive-skin formula. 10 fl. oz.



3.58 Sale Price Pkg.

Miss Clairol or Nice 'N Easy hair color in choice of shampoo-in colors. 1 application



2.78

Sale Price Pkg. Miss Clairol hair color creme in natural-looking colors. 1 application



6.47

Sale Price Pkg. Clairol Quiet Touch hairpainting kit for beautiful highlights. 1 application



7.77

Sale Price Kit. Frost & Tip hair kit includes cap, hook/wand applicator and more. 1 application



3.27

Sale Price Pkg. Loving Care hair lotion in choice of colors. 1 application.



3.96

Sale Price Pkg. Loving Care color mousse in choice of shades. Save. 1 application



1.88

Sale Price Ea. Final Net hair spray in scented or unscented formulas. 8 oz.* *1/2 fl. oz.



1.37 Sale Price Ea.

Condition hair care. Gel, spray, mousse, spritz, shampoo, conditioner. Formulas in varied sizes and weights

AT YOUR LOCAL K MART

BUILDING SUCCESSFUL FAMILIES — "Suicide: A Preventable Crisis" will be the subject of this week's family discussion in the Building Successful Family series. It will be from 7 to 8:30 p.m., Feb. 27, at the Federal Way Boys' and Girls' Club, 30815 Eighth Ave. S. Call 941-2722 for information.

DECIDING TO SEARCH — The workshop sponsored by the Adoption Resource Center of the Children's Home Society will explore issues involved in the process of searching for biological parents. It will be from 9 a.m. to 2 p.m., Feb. 25, at 3300 N.E. 65th St., Seattle. The cost is \$30 per person. Call 524-6020 for ation.

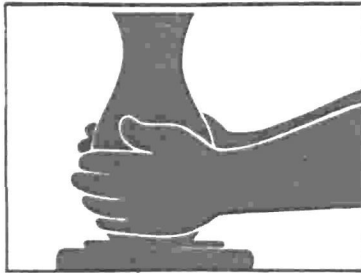
TEEN-AGE LEADERSHIP SKILLS — Camp Fire will hold a leadership training class for junior high students from 7:30 to 9 p.m., Tuesdays, Feb. 28, March 7 and 14, in the library at Sacajawea Junior High School, 1101 S. Dash Point Road. The fee is \$13. Call 461-8550 for information.

WOMEN'S EMPLOYMENT — Washington Women's Employment and Education has places in its job training program for low-income women. Call 447-9786 for more information.

CHRONIC FATIGUE SYNDROME — A support group for those affected by Chronic Fatigue Syndrome will meet at 7 p.m., Feb. 23, at the Federal Way Library, 848 S. 320th St. Call 874-2317 for information.

MINIATURE HORSES — The Federal Way Library will host a program on miniature horses at 2:30 p.m., Feb. 25. Adults and children are invited to attend the free program. Children under 6 must be with an adult. The library is at 848 S. 320th St.

FOREIGN EXCHANGE NIGHT — AFS Student Exchange will hold an information program on how



Just for You

students and families can get involved in foreign study. Soup and desserts will be served at 6 p.m., Feb. 26, at Marine View Presbyterian Church, 8469 East Side Drive N.E., Tacoma. Call 838-5951,

838-0126, or 952-3086 for information. **WALKING AT MALL** — SeaTac Mall is open to early morning walkers from 7 to 8, Tuesdays and Thursdays. The program is sponsored by St. Francis Community Hospital and the mall. Call 952-7970 for details. **KANGAROO KAPERS** — The free program helps young children adjust to the idea of a new brother or sister. It is held at 10:30 a.m. the third Monday of each month at St. Francis Community Hospital in the education room. Call 952-7910 or 838-9700, ext. 7910 for more information. **THINKING ABOUT BABIES** — Auburn General Hospital will hold a day-long workshop on preparing for parenthood on Feb. 25. The free program will start with registration at 9:30 a.m., and continue until 3 p.m.

Topics to be covered range from preparing for pregnancy to infertility. Call 833-7711. Information booths will be distributing information, and tours of the hospital's family center will be conducted throughout the day. **ADVANCED CAKE DECORATING** — King County Parks will hold a class on figure piping from 7 to 9 p.m., Thursdays, March 2 to 23, in room 219 of Lakota Junior High School, 2645 S. 312th St. The fee is \$41.25, and pre-registration is required. Call 941-0655 for details. **LOU GUZZO** — KIRO television commentator Lou Guzzo will speak at a combined breakfast meeting of the Federal Way Soroptomist Club and other local service organizations at 7:15 a.m., Feb. 22, at the Federal Way Executiel. Call 838-3484

for more information. **SPACE SHUTTLE SPECTACULAR** — Dr. John Johnson, a Boeing mathematician and designer of the IUS satellite booster, will lead a craft program for children in third through eighth grades at 7 p.m., March 1, at the Federal Way Library, 848 S. 320th St. At 7:30 p.m., he will talk about the space shuttle orbits, astronaut training and mission ground support for the shuttle. Registration is required. Call 839-0257 for more information. **SPRING STORYTIME SERIES** — The Federal Way Library program for children and their parents will begin the week of Feb. 27 and continue through March 27. Family storytime, for children ages 2 to 10, will be at 6:30 p.m., Thursdays. Storytime for toddlers ages 24 to 36

months will be at 10:15 a.m., Tuesdays. Preschoolers ages 3 to 6 years can attend sessions at 1:30 p.m., Mondays, 11 a.m., Tuesdays, or 10:30 a.m., Wednesdays. Registration is now being accepted. Call 839-0257 for details. **CAMP KILWORTH** — Scouters from all districts and clubs are invited to share their thoughts on the uses of the Camp Kilworth facilities at a 7 p.m. meeting, Feb. 22. The meeting will be in the Rotary Lodge on the campgrounds.

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And the red tag clearance price is: 12.99
You'll pay half of 12.99: 6.49
You pay only 6.49 on an item that originally cost 20.00



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Senior Center Calendar
Federal Way Senior Center

FEB. 22 — Jam session, 10-11:30 a.m.; AARP tax counseling, 10 a.m.-3 p.m.; senior rummage, 10:30 a.m.-4 p.m.; history talk, 11:15 a.m.; luncheon, noon; needle arts, 1-3 p.m.; watercolors, 1-3 p.m.; oil painting, 1:30-3:30 p.m.
FEB. 23 — Mall walking, 7-8 a.m.; beginning bridge, 10 a.m.-noon; soup lunch, 11 a.m.-1 p.m.; wood-carving, noon-2 p.m.; social bridge, 1-4 p.m.
FEB. 24 — Senior swim, 9 a.m.; bowling, 9:30-11:30 a.m.; cards, 9:30 a.m.-noon; music, 11:30 a.m.; luncheon, noon; foot care and health screening, 1-4 p.m.
FEB. 27 — Hair care, 9 a.m.-noon; arts and crafts, 9:30-11:30 a.m.; crochet and knit, 9:30-11:30 a.m.; counseling, 10:30-11:30 a.m.; blood pressure check, 11 a.m.-noon; bingo, 11:30 a.m.-noon; luncheon, noon; Trichem, 1-3:30 p.m.; Scottish country dance, 7 p.m.
FEB. 28 — Walk at mall, 7-8 a.m.; walking group, 9-11 a.m.; calligraphy, 9-11 a.m.; shuttle bus, 10 a.m.-4 p.m.; soup lunch, 11 a.m.-1 p.m.; pinocle, 11:30 a.m.-2:30 p.m.; writing group, 1-2:30 p.m.

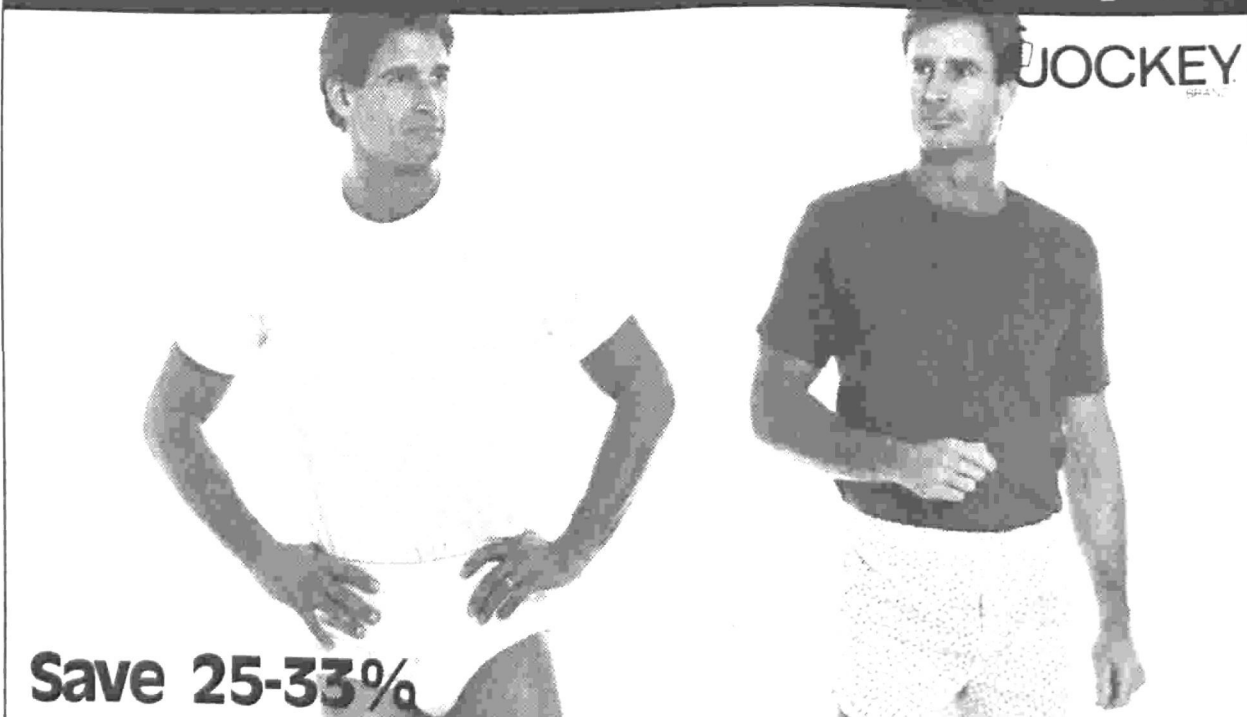
Cookie drive is now underway

It's time for Girl Scout Cookies! Local scouts are now taking orders for cookies and will be delivering them between March 17 and April 2. For lollygaggers, cookies can be purchased during that time. This year's cookie selection includes shortbread, thin mints, lemon pastry creams, peanut butter patties, peanut butter sandwiches, and a new chocolate creme sandwich. The price remains the same as last year — \$2.50 per box. Scouts will be soliciting sales from home to home and at local businesses.

Obituary

Mary Mascarenas

Mary Mascarenas, 79, died Feb. 8 at the Wesley Care Center in Des Moines. She was born Sept. 26, 1909, in Colorado, and was a homemaker. She belonged to St. Vincent de Paul Catholic Church and lived in Auburn at the time of her death. She is survived by her husband, John, Auburn; one son, Joe Mascarenas, Seattle; one daughter, Mary Harrison, Auburn; a sister, Amanda Martinez, Des Moines; 13 grandchildren and 12 great-grandchildren. Rosary was said Feb. 12 and burial in Gethsemane Catholic Cemetery was Feb. 13. Yahn and Son Funeral Home handled the arrangements.



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White Briefs	3 / 13.50	
White V-Neck T-Shirts	3 / 16.50	
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3 / 12.38	3 / 11.55	3 / 11.06
3 / 10.13	3 / 9.45	3 / 9.05
3 / 12.38	3 / 11.55	3 / 11.06

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Other Convenient Locations: Burien, Lake Forest Park, Capital Mall, University Village, Westwood Village

Eagle girls capture first SPSL crown

By GERARDO BOLONG

The Federal Way girls' basketball team used a first quarter scoring explosion coupled with clutch free throw shooting down the stretch to claim its first ever South Puget Sound League title.

Federal Way gained the coveted SPSL No. 1 seed going into the West Central District tournament with a 58-51 victory over the Lakes Lancers Saturday night at Rogers High School in Puyallup.

The Eagles (20-2) will open district play Friday night at 8:30 p.m. at Clover Park against the Kent-Meridian-Bellarmine winner.

Southern Division champion Lakes meets Kentridge in a first round district game tonight at Foss High School, while Federal Way gains a first round bye.

"The girls came out ready to play," said Federal Way head coach Chuck Czubin. "After we built a big lead, we got tentative and played not to lose. On offense, Lakes brought (Kesha) Dawson out to take away our first pass. We prefer to run more, but were forced to play a half-court offense most of the way."

"We tried to get shots from the corner. Moving Jenny Mahlstedt to the corner was strategy that worked early. Lakes simply didn't want to lose. In the second half, we stopped running and made some mental errors."

"We're really excited about this championship."

"Jenny (Mahlstedt) and the rest of the girls played well, especially the first half. They really wanted this one and worked hard to get it," commented Eagles' assistant coach Ingrid Lyden.

"Our team started slowly and Federal Way converted their free throws down the stretch," was the view of Lakes coach Dexter Clark. "They played tough defense and stole the ball several times off the inbounds pass."

FEDERAL WAY'S girls began the game with fire in their eyes. South Puget Sound League MVP Jenny Mahlstedt grabbed the opening tip and quickly raced around the left corner for a layin and a 2-0 Eagles lead. Consecutive baskets by Janelle Oakeley and Cyndi Shahan more than offset a Lakes free throw for a 6-1 Federal Way lead at the 6:14 mark.

Mahlstedt's driving layin and free throw conversion lengthened Federal Way's lead to 13-4. The teams then matched points until 2:33 remained in the quarter.

With the score 17-8, junior Kelly Czubin scored a close-in goal on a nice feed from Oakeley. It was Mahlstedt again with two free throws and a hoop for a 23-8 Eagles advantage. Shahan matched a field goal with Lakes' Joanna Chesarek for a 15-point Federal Way lead at the quarter.

The Eagles gradually extended their margin until a

Mahlstedt foul line jumper gave Federal Way a 34-14 lead with 4:16 left in the quarter.

Lakes' inside game was plugged up and the offense was continually being intimidated by the Federal Way defense. Meanwhile, Federal Way was scoring almost at will from numerous offensive sets and controlling the boards.

AFTER FEDERAL WAY began substituting, the intensity level seemed to drop and the Eagles stopped running. Forward Joanna Chesarek scored the last six points of the quarter for Lakes to single-handedly keep the Lancers in the game.

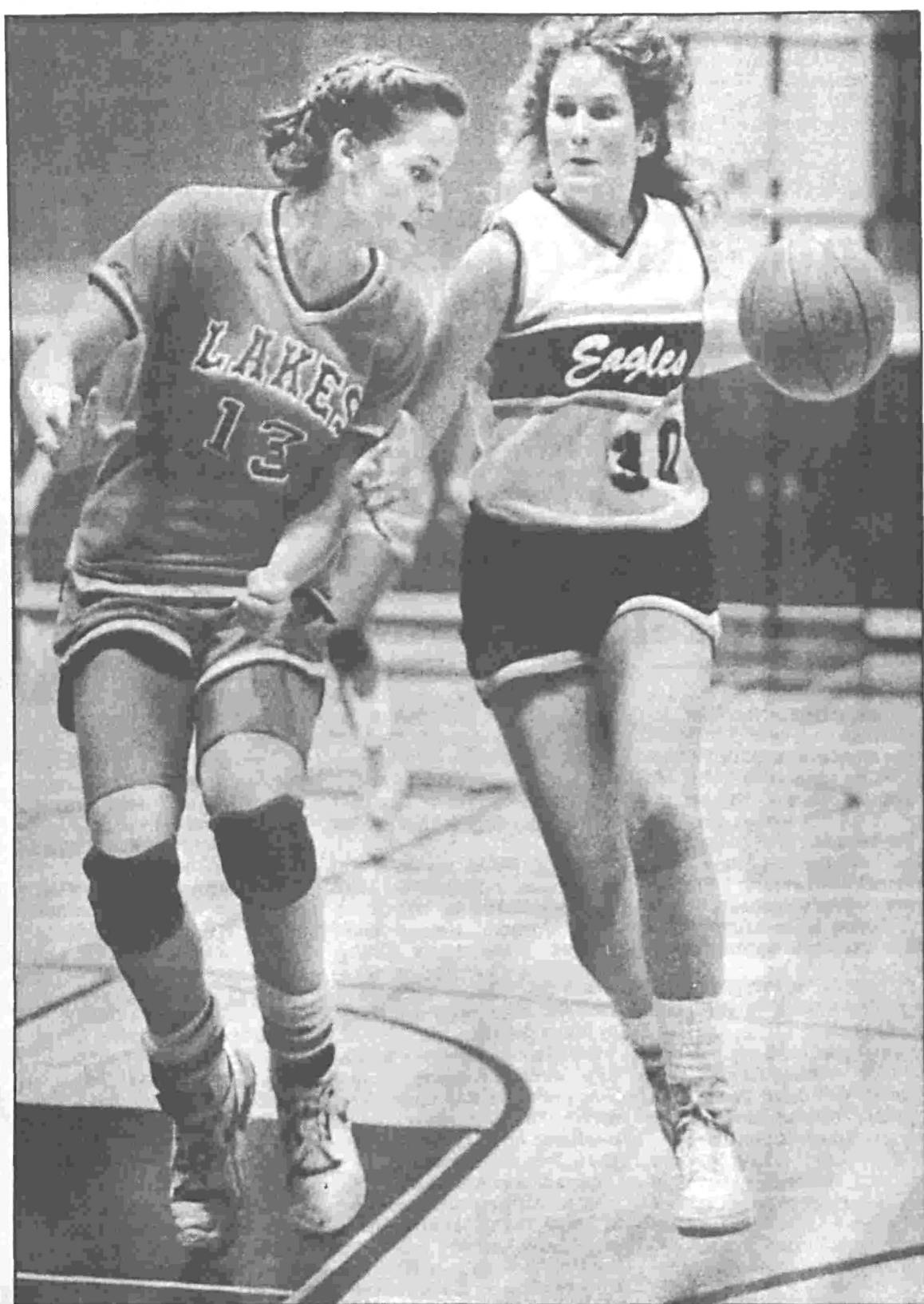
By halftime, Mahlstedt was 8 of 10 from the field and 5 of 5 from the charity line for 21 points. Chesarek, who scored 11 of Lakes' 15 second quarter points, had 17.

In the third quarter, Lakes mounted an uprising. With the Federal Way passing game in the doldrums, Joanna Chesarek's outside jumper pulled Lakes within 38-33 with 5:05 remaining in the quarter.

Mahlstedt's driving layin after an Oakeley steal short-circuited the Lancer flow. Lakes netted a free throw before Oakeley made another key steal and converted two free tosses. Moments later, Oakeley had to sit down with her fourth personal foul.

Lakes' Dawson banked a three-point goal from out in

Continued on B-2



JANELLE OAKELEY (right) of the Federal Way's girls' basketball team drives on Lakes' Jessica Chesarek Saturday night at Rogers as the Eagles claimed their first league title with a 58-51 victory.

photo by Duncan Livingston

Gator girls rout Sentinels; face showdown with JFK

By TIM CLINTON

The Decatur girls' basketball team played its best game of the year in a 62-30 South Puget Sound League tournament rout of Spanaway Lake Saturday, and Gator head coach Gary Baker would like to put in an order for more of the same for today.

His team is risking its season against ninth-ranked Kennedy at 7 p.m. on the Clover Park court, a team that stands at 17-3 overall and was just edged by No. 1 Auburn for the North Puget Sound League title Saturday, 55-50.

Today's winner advances to the double-elimination portion of the West Central District tournament at the same time and place Friday against Narrows League champion Foss.

"We have to play a very, very good game to beat Kennedy," said Baker, whose Gators are 14-7 overall and enter the tournament as the SPSL's No. 4 entry following Saturday's win. "But we're capable of that. We have to find a way to bring it out like we did against Spanaway Lake."

DECATUR got Spanaway Lake coming and going Satur-

day in what was the Gators' second loser-out game in a row. Decatur opened the SPSL tournament with a 68-50 win over Bethel the night before.

The Gators jumped out to a 7-0 lead, then scored 25 of the game's last 29 points.

"That was as good of a game as we've played all year," said Baker. "We were under control, and didn't give the ball away. We were patient passing to the girls that were open. It was one of those times where we put it all together. We did well defensively and rebounded well, but most of all it was good, patient passing."

Spanaway Lake was not a bad opponent, either, coming off only a 45-38 loss to Puyallup the night before. The Sentinels were edged by the Gators the first time the two teams met, 47-46.

Decatur has not played Kennedy this year, but the Lancers were the team that kept the Gators one game shy of the state tournament last year, holding on for a 51-49 West Central District win.

Kennedy is relying mostly on three big weapons this year in 5-6 guard Jodi McCann, 5-11 post Marissa Bernasek and 5-10 post

Christi Plummer.

"Those three will provide a real challenge for us to control them and keep limiting their shots," said Baker.

McCANN is an All-NPSL guard as a senior, and the left-hander was third in the league in scoring with her 16.9 average.

"She is an excellent, excellent guard," said Baker of McCann. "She is quick on defense, can handle the ball with either hand and can shoot from the outside. We'll try to keep her from dribbling right up the middle."

Having the task of trying to keep Bernasek, the NPSL's eighth-leading scorer, under control will be Decatur's 6-0 center, senior Shelley Richter.

"She has shown a tendency to step forward in pressure type games," said Baker of Richter. "Bernasek has a good turnaround jump shot, she can drive to the basket and is an active rebounder."

Joining Bernasek up front in the Lancers' double-post offense is Plummer.

"She is a strong rebounder with the ability to shoot the out-

Continued on B-2

Jefferson's Fossett takes sixth in state wrestling tournament

Thomas Jefferson's Waid Fossett placed sixth in the 168-pound weight class at the Class AAA state wrestling tournament in the Tacoma Dome to lead local performances.

Fossett took home a medal for his showing at Mat Class I, which featured wrestlers at the Class AAA, AA and A/B levels competing for state titles at one location.

"He did well," said Jefferson

head wrestling coach Terry Botnen of his 168-pound senior. "He placed at state, no complaints on that. He competed well."

Fossett, who finished second at his regional tournament the week before, opened up the mat tourney with an 18-11 victory over T.R. Hazelrigg of Mercer Island.

Fossett, champion of the South Puget Sound League sub-

regional tournament, lost 11-5 to Kamiakin's Maurice Handcox in his next outing to fall into the loser's bracket. Handcox went on to place second in the 16-man tournament.

Fossett came back to beat Inglemoor's Francis Bloxtin, 16-2, in his next match and then pinned Mead's Shawn Dunchow.

Fossett then lost to North

Continued on B-2

SportsWatch

Around Town

Sonics

The Seattle SuperSonics' next action is Saturday, when they host Sacramento for a 7 p.m. game in the Seattle Center Coliseum. Seattle goes to Sacramento for a 7:30 p.m. game Monday, and comes home again to play Indiana at 7 p.m. Tuesday. All Sonics games are broadcast on KJR-Radio 950.

Stars

The Tacoma Stars will be spending this weekend in Baltimore. The Stars visit the Blast for 4:35 p.m. Major Indoor Soccer League action Saturday, then play the same team at the same place at 10:35 a.m. Sunday. All Tacoma games can be heard on KTAC-Radio 850.

Pac-10 hoop

Both the Washington and Washington State men's basketball teams are going to the Los Angeles area this week. The Washington Huskies will be visiting the UCLA Bruins at Pauley Pavilion tomorrow, and game time is set for 7:30 p.m. Saturday the Huskies drop in on USC at the Sports Arena at 3 p.m. The Washington State Cougars go to USC for an 8 p.m. game tomorrow, then visit UCLA for 3 p.m. action Sunday.

Community colleges

Both the Highline Community College men's and women's basketball teams will be going into Northern Division playoff action this week. The Thunderbird men tied Bellevue for first place in the division but took the No. 2 seed, and will open the playoffs at 6 p.m. Friday against Shoreline at Bellevue. The women will also play at 6 p.m. Friday, only at Skagit Valley against Bellevue. The men are 20-6 overall and the women 18-9 going into post-season play.

Home Teams

Girls' hoop

Decatur will open West Central District play today, while South Puget Sound League champion Federal Way gets a bye until Friday.

The Gators face loser-out action against North Puget Sound League runner-up Kennedy at 7 p.m. today at Clover Park, with the winner advancing into a game at the same time and place Friday against Narrows League champion Foss.

Federal Way opens at 8:30 p.m. Friday, also at Clover Park. The Eagles are awaiting the winner of today's second game between Bellarmine and Kent-Meridian.

Other action is at Foss today, as Puyallup plays Lincoln at 7 p.m. and Lakes takes on Kentridge at 8:30 p.m. The Puyallup-Lincoln winner takes on NPSL champion Auburn at 7 p.m. Friday, and the Lakes-Kentridge winner plays Olympic League champion Port Angeles at 8:30 p.m.

Swimming

The University of Washington will host the state boys' swim meet today and tomorrow. The AAA preliminaries run from 7-9 p.m. today, with the finals at 7-10 p.m. tomorrow.

Around Town

Boys' hoop

West Central District boys' action takes place tomorrow and Saturday at Auburn and Rogers.

Lincoln plays Rogers at 7 p.m. tomorrow at Auburn and Central Kitsap meets Hazen in the second game, while the action at Rogers features Auburn and Clover Park at 7 p.m. and Lindbergh and Wilson at 8:30 p.m.

At Auburn Saturday Kentridge plays the Lincoln-Rogers winner at 7 p.m. and Puyallup takes on the Central Kitsap-Hazen winner at 8:30 p.m. Down at Rogers Curtis plays the Lindbergh-Wilson winner at 8:30 p.m. and Mount Tahoma the Auburn-Clover Park winner at 7 p.m.



JANA MEdGES (24) and the Decatur Gators will go up against some bigger and tougher competition than Bethel today, when they open West Central District play against ninth-ranked Kennedy.

photo by Paul T. Erickson

Eagles hold off Lancers to win title

Continued from B-1

front, but Mahlstedt countered with her own three-point effort to end the quarter with Federal Way in front, 47-37.

ONCE AGAIN, the determined Lancers challenged. Michelle McKay's two free throws cut the Eagles' margin to 47-41. Enter Mahlstedt. The Eagle guard buried an outside shot from just inside the top of the key.

Lakes converted a charity toss after Oakeley fouled out of the

game. Federal Way tried three different reserves in quick succession before settling on a specific player.

The Eagles held off Lakes the rest of the way by converting clutch free throws.

At the :33 mark of the game, Federal Way carried a precarious 53-49 lead. Kelly Czubin converted the first of two free throws and hauled down the rebound of her missed second shot.

Mahlstedt sank two foul shots for a 56-49 Federal Way lead

with 19 seconds remaining in the game. Joanna Chesarek scored a field goal for Lakes and Czubin dropped a pair of free throws to end the game with the Eagles high in flight and celebrating the SPSSL title.

Federal Way converted 9 of 12 free throws during the fourth quarter. Mahlstedt led the Eagles with 31 points. Kelly Czubin added 10 points. Oakeley played a fine floor game and contributed several key assists and steals.

For Lakes, Joanna Chesarek poured in 29 points.

LAKES (51)

Jessica Chesarek 0 5 8 5, Joanna Chesarek 11 7 7 29, Michele McKay 13 4 5, Tonya Oquendo 3 1 3 7, Ann Huizinga 0 0 0 0, Damara Stallings 0 0 0 0, Kasha Dawson 2 0 2 5, LaWanda Anderson 0 0 0 0. Totals: 17 15 24 51.

FEDERAL WAY (58)

Heidi Sahelli 0 0 0 0, Shannon Sehlin 33 5 9, Jenny Mahlstedt 11 8 10 31, Brooke Edwards 0 0 0 0, Janelle Oakeley 12 3 4, Cyn-di Shahan 2 0 0 4, Jennifer Evans 0 0 0 0, Kelly Czubin 2 4 10 10, Tara Boe 0 0 0 0. Totals: 19 19 28 58.

Lakes

10 15 12 14-51

Federal Way

25 11 11 11-58

Three-point goals—Lakes, Dawson 1. Federal Way, Mahlstedt 1. Fouled out—Lakes, Oquendo. Federal Way, Oakeley. FG—Lakes 17-48 (35.41 percent), Federal Way 19-51 (37.25 percent).

National sets tryout dates for baseball

Federal Way National Little League will conduct tryouts for its AAA and Majors divisions on Saturday, Feb. 25; Sunday, Feb. 26; Saturday, March 4; and Sunday, March 5, at the Lakota fields.

Players will tryout by age group with the 12 year olds scheduled to tryout at 10 a.m., 11 year olds at 11:30 a.m. and 10 year olds at 1 p.m. on the

Saturday dates. 12 year olds will begin at 1 p.m. with 11 year olds at 2:30 p.m. and 10 year olds at 4 p.m. on the Sunday dates. Players who will play in the "A" (tee ball) and "AA" divisions do not tryout.

Individuals who have not signed up to play this year may do so at the tryouts. For further information, call Dee Mackinnon at 874-2210.

Ninth-ranked Lancers loom ahead for Decatur girls

Continued from B-1

side jumper," said Baker. Baker is looking to 5-10 senior forward Tanya Fischer to keep Plummer under control.

"Fischer is playing well right now, and in rebounding in particular," he said. "She should offset some of the things Plummer does. We also need a good game from (5-9 junior forward Kathy) Laky and good floor leadership

from (Jana) Medges and (Kim) Houston."

Laky is the Gators' leading scorer, while Medges is a 5-4 senior point guard and Houston a 5-7 junior guard who, like McCann, shoots from the left side.

A KEY WORD for Decatur is balance, and that was displayed among the five starters in Saturday's win over Spanaway Lake.

Laky scored 15 points to lead the way and Medges 12, followed

by Fischer with 11, Richter with nine and Houston with eight.

"Each of the five starters has been in double figures this year," said Baker. "All five can go to the basket and all have confidence in their ability to score. Defensively they all have to go to the basket. We need to be under control and play good defensively."

Heidi Bertch, a 5-2 junior guard, scored six off the bench

in Saturday's game, and 5-9 junior forward Nicole Adkins two. Junior center Shannon Barrett, who stands at 5-11, sat out that game with an injury, while other juniors ready to step in tonight are 5-7 guard Tara Beckett, 5-8 forward Tisha Brier, 5-5 guard Barb Barry and 5-4 guard Jamie Werner.

Decatur took control early against Spanaway Lake, as Houston drew a foul scoring on a drive underneath and made her free throw. Medges followed

with an outside shot, then Laky struck from the right side.

The game was fairly close at 37-26 with 6:17 to play in the third quarter, but the Gators scored the next 19 before the Sentinels broke the string with 3:51 to play in the fourth quarter.

"We go from a high to really getting into it now," said Baker. "We have our work cut out for us (against Kennedy)."

DECATUR (62)

Laky 47-10 15, Houston 32-5 8, Medges 4

34 12, Fischer 43-3 11, Richter 17-10 9, Adkins 0 2-3 2, Bertch 2 2-2 6, Werner, Beckett, Berry, Brier. Totals: 18 27-39 62.

SPANAWAY LAKE (30)

Storley 11-2 3, Emineth 10-0 2, Williams 0 1-2 1, Graber 1 0-0 2, Evans 0 1-2 1, Walters 1 0-1 2, Georgia 1 0-2 3, Pate 1 0-0 2, Turner 7 0-1 14, Greer, Smith. Totals: 13 3-10 30.

Decatur

21 16 11 14-62

Spanaway Lake

11 10 5 4-30

Fouled out—Pate, Spanaway Lake. Total fouls—Decatur 18, Spanaway Lake 25. FG—Decatur 18-50 (36 percent), Spanaway Lake 13-70 (19 percent). Three-point field goals—Georgia, Spanaway Lake, 1. Technical—Spanaway Lake coach John Ainslie.

Fossett takes sixth in tourney

Continued from B-1

Thurston's Darrin Garman, 11-4. Garman went on to place third in the tournament, while Fossett wound up sixth after losing his finale to Redmond's Bill Serres, 10-4.

Marysville's Gary Witherspoon won the 168-pound title, followed by Handcox, Garman, Ferris' Jason Colguhoun, Serres and Fossett. Fossett finished his senior year with an impressive 30-7 record.

FEDERAL WAY had three wrestlers entered in the state tournament.

"Our three guys got put out, but they wrestled tough," said Federal Way head coach Phil Burnett. "Without a doubt, there was tough competition there."

Doug Lay (108) lost to Everett's James Stephens by a close 6-4 margin in his opener and then was knocked out by Kentridge's Chris Tomasello, 7-5. Stephens went on to place second in the tournament, while Tomasello wound up fifth.

Brian Sterbens "went out real aggressive" in his first match against Ty Southwick of Snohomish in the 122-pound weight class before getting pinned. Sterbens bounced back with a strong effort against Kamiakin's Cory Maheffey, but lost 7-4.

STEVE COOK was Federal Way's other entry into the state tournament and he opened up his 190-pound weight class against Wenatchee's Travis Brandt. Cook was trailing by only one point before suffering a sprained index finger and losing by injury default.

Cook rebounded with a 6-2 victory over Kentwood's Luke Youngblood to stay alive. Cook met Lake Washington's Dick Hughes in his next bout, but lost 12-9 in the last 30 seconds.

Burnett was not at all disappointed with the performances of his three individuals, especially since Lay and Sterbens are only juniors and will be returning to the program next year when the North Puget

Sound League enters four teams into the SPSSL to form a 15-team league that will be broken up into two divisions.

"Next year is going to be really interesting with the changing of the league," said Burnett. "We're going to have good competition and we're going to have to rise to the occasion."

Both Burnett and Botnen were impressed with Mat Classic I. Last year, the three different state tournaments drew some 15,000 spectators at three different locations. This year, Mat Classic I drew more than 23,000 over a two-day period.

"That's phenomenal, especially with all the other events going on in the area," said Burnett.

"The format was great," said Botnen. "There's talk of making a slight change in the way mats are set up so everybody can see the matches at the same time."

"They'll still keep 18 mats, just change the configuration so they can be seen at any place in the building."

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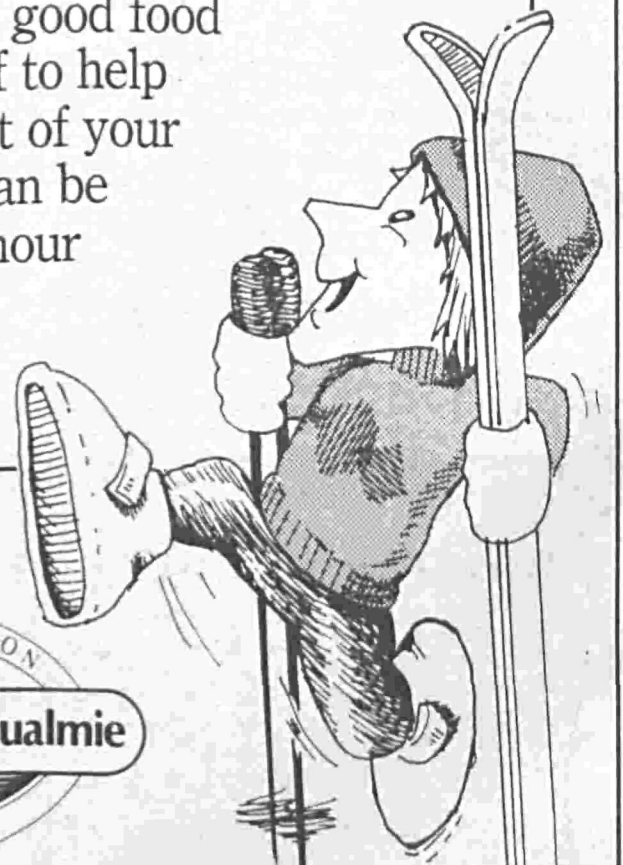
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HCC women meet Bellevue Friday in playoffs

The Highline Community College women's basketball team will face Bellevue at 6 p.m. Friday at Skagit Valley in the first game of a regional playoff doubleheader.

Skagit Valley and either Edmonds or Shoreline will meet in the second game at 8 p.m.

If Highline beats Bellevue on Friday, the T-Birds will play the winner of the Skagit Valley-Edmonds or Shoreline game the next night.

Skagit Valley already has been assured of one of the two regional berths to the conference tournament by virtue of taking first in the Northern Division regular season standings at 12-0. Highline finished second at 10-2.

Edmonds and Shoreline were scheduled to play last night for the Northern Division's No. 4 berth into the regional playoffs, while Bellevue enters as the No. 3 team.

"Right now we're looking at a one game season," said Highline coach Dale Bolinger, whose team is 18-9 overall. "We have to win Friday to have any chance to go on."

HIGHLINE CLINCHED the Northern Division's No. 2 spot last Wednesday with a 67-42 win over Bellevue. The T-Birds then ended regular season play on Saturday with a 72-53 win over Olympic.

Decatur grad Nancy Geisler

was the leading scorer for Highline in the Thunderbirds' win over Olympic Saturday with 15 points.

Kris Foster was next with 14, followed by Kelly Anderson with nine, Angie Pellecchia and Missy Reimer eight each, Sherri Johnson seven, Marci McKay four, Debbie Rhodes three and Marylynn Walbaum and Mary Force two apiece.

Olympic's leading scorer was Detra Durbin with 13 and

Stephanie Teal added 12.

Highline made 30 of 75 shots from the field against Olympic and was 11 of 16 at the line. The Rangers were 21 of 52 from the floor and 5 of 7 at the line.

Anderson led Highline in rebounding with six, as the Thunderbirds enjoyed a slight 28-26 edge.

JOHNSON'S 16 points set the pace for Highline in the victory over Bellevue. Anderson was next with 14, followed by Reimer

10, Walbaum nine, Geisler six and Rhodes, Pellecchia and Foster all scored four each.

Bellevue's leading scorer was Lisa Waltenberg with 10.

Highline was 29 of 63 from the field against Bellevue and 9 of 19 at the foul line, while the Helmsmen were 17 of 72 from the floor and 7 of 14 at the line.

Reimer led Highline in rebounding with eight, as the Thunderbirds outrebounded their opponent, 33-31.

CLIMBING PRESENTATION — Mick Holt, a member of a four-man American team to attempt the North Ridge of Ama Dablam, will present a slide show describing the team's effort to climb one of the world's most beautiful mountains at 7 p.m. Feb. 23 at the Federal Way REI store. This peak is located south of Mount Everest in Khumbu Sola Region of Nepal.

VOLLEYBALL TOURNEY — The Auburn Parks and Recreation Department is accepting registrations for the 8th annual Leaprechaun Coed Volleyball tournament. The tournament is for recreational teams only, USVBA teams and players are not allowed. The registration fee is \$75 per team and is due by 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 at 931-3043.

SOFTBALL SIGN-UPS — The Federal Way-Des Moines District Recreation Office has announced softball organizational meetings to be held soon. The men's American



Get with it

Division (C level) will meet at 6:30 p.m. on March 1. The men's National, Cascade and Olympic Divisions (D level and recreational) will all meet at 7 p.m. March 1. All meetings are open to returning teams, new teams and individual players interested in joining a team. A meeting for two women's divisions of play will be March 2 at 7. All meetings will be held at the Lakota Junior High School Library at 1415 S.W. 314th in Federal Way. For more information call the district office at 941-0655 or 296-4279.

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Highline hoop team enters playoffs against Shoreline

The Highline Community College men's basketball team will take the Northwest Athletic Association of Community Colleges Northern Division No. 2 berth into the playoffs this Friday night.

Highline (9-3, 20-6) will face Shoreline at 6 p.m. Friday night at Bellevue needing at least one win to advance to the conference tournament.

Everett and Bellevue will meet in the second game at 8 p.m.

Highline earned a Northern Division co-championship with Bellevue as both teams went 9-3 in league. But Bellevue knocked off Highline twice during the regular season to get the No. 1 berth going into the playoffs.

Highline lost to Bellevue last Wednesday, 73-68, but came back to defeat Olympic on Saturday, 80-62.

Trent Menees led Highline in scoring against Olympic with 25 points, while Jeff Colston added 14 and Federal Way grad Jerry Bush 10.

Eric Christiansen followed with nine, Tom Turcotte and Kennedy grad Paul Clark added six each, Mark Schelbert and Jason Weese finished with four apiece and Phil Feliciano added two.

Marvin Williams and Daniel Jones led Olympic's scoring attack with 16 points each.

Highline was 31 of 72 from the floor and 11 of 16 at the foul line, while Olympic made 22 of 64 field goal attempts and 18 of 33 free throws.

Olympic's Eric Smiley led all rebounders with 12, while Highline's Clark and Colston each grabbed eight. Schelbert dished out 10 assists for the T-Birds.

TURCOTTE TOSSED in 17 points to lead the way for Highline against Bellevue, while Bush and Colston added 16 each.

They were followed by Clark and Christiansen with seven each, Schelbert and Menees two apiece and Eric Weber one.

Carnelius Jones led Bellevue with 18 points, while Kelly McLaughlin added 15.

Highline was 29 of 59 from the field against Bellevue and 6 of 11 at the line, while the Helmsmen were 28 of 61 from the floor and 11 of 15 at the foul line.

Bush led all rebounders with 13, while Bellevue's Dereck Dirom grabbed eight.

1989 Seattle Mariners Schedule

SUN	MON	TUE	WED	THU	FRI	SAT
APRIL						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
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MAY						
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29	30					

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Steroids topic of discussion

Anabolic steroid abuse among student athletes is of great concern to coaches, parents, student athletes and medical personnel.

As a result of this concern, Northwest Sports Therapy and the Shoreline School District Athletic Department are co-sponsoring an evening panel discussion with three experts 7:30 p.m. to 9:30 p.m. Feb. 28 at Shorewood High School.

These three people are knowledgeable in this area for different reasons. Curt Marsh, a former NFL and University of Washington football player, will talk candidly about his own experiences with anabolic steroid use.

Jim Whitesel, head trainer for the Seattle Seahawks, will give his perspective on steroid use based on years of experience with NFL players.

The third panel member is Harry Kretzler, a local orthopaedic surgeon who has been involved in the medical aspects of high school athletes in the Seattle area for 25 years.

"Steroids: You need to know!" will take place in the Shorewood High School auditorium and is free of charge. The three guests will speak for 20-30 minutes each.

During the second half of the program, there will be a panel format to enable the panel to answer questions. All coaches, parents and students are encouraged to attend.

Shorewood High School is located at 17300 Fremont Avenue N.

Late lead fades for JFK boys

Hazen fought back from a 13-point fourth quarter deficit to eliminate Kennedy from the North Puget Sound League boys' basketball playoffs Saturday, 67-65 in overtime.

The Highlanders used a 1-3-1 full-court press to open a 16-3 run and claw back into a game they trailed, 56-43, with just 6:25 remaining.

Kennedy had two chances to tie the game after Hazen's Jeff Schram hit one of two free throws with 11 seconds left in overtime, but shots by Sterling Johnson and Jot Shew went awry.

Johnson and Shaw led the Lancers with 24 and 17 points, respectively, as Kennedy ended its season with a 10-11 record.

The Lancers gained a NPSL playoff berth by finishing third in the Cascade Division with a 7-6 league mark. They defeated Kent-Meridian Friday, 58-57, in their first loser-out battle.

"Hazen's press bothered us, and we took some shots we didn't need to take," Kennedy coach Glen Lutz said. "But our effort was excellent."

"Down the stretch, Hazen executed a little better. That was the difference in the ballgame."

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Ninth-ranked Warriors enter playoffs on a roll

By ADAM WORCESTER

What difference does a year make?

Bryan Peterson leaned back in his chair and smiled.

A year ago at this time, Peterson and his Seattle Christian School boys' basketball players were holding their end-of-season banquet.

Friday night, the Warriors will roll into the West Central District Class A playoffs as one of the hottest teams in the state.

They have won 14 consecutive games. They are 17-2 on the season. They are ranked ninth in Washington. Last week, they clinched their first-ever Nisqually League championship.

IT'S QUITE A change from 1987's 8-13 club, which was odd-man out in a four-way fight for the final district playoff berth.

"Last year, we were hoping the pieces would fall into place," Peterson says. "This midseason, we said, 'We don't have to depend on anyone else. We control our own destiny.'"

Defense and unity have been the keys to the turnaround.

In 10 games of the 14-game win streak, the Warriors have held opponents to less than 50 points. Entering the final week of the season, SCS was allowing just 49.1 points a contest, fifth-best in the state A ranks.

"We were tired of losing. We came out this year and said, 'This is it,'" said senior center Grant Zweigle.

"We operate as a unit. It's like a family," says senior guard Matt Wimmer. "Last

year wasn't like that."

The seeds of success were sown in an Auburn High School summer league. The Warriors went 9-5 against the likes of AAA powers Auburn and Ken-tridge, "the only year we've had a winning record," Peterson says.

IN ADDITION, sophomore forward Nate Linman played on a summer AAU all-star squad that competed in Las Vegas and Texas, and Zweigle joined the Seattle Dunk Kings team on its tour of the East Coast.

"The kids learned how to compete. They came back more determined and worked hard. These qualities have been consistent throughout the season," says Peterson.

Linman is the Warriors' leading scorer (15.6) and rebounder (13.6). Zweigle is the second-leading rebounder (9.1) and third-best scorer (13.0).

Yet Peterson emphasizes that the attack doesn't center on any one man.

"It's been very much a team effort. If one player doesn't come through, another will," he says.

Candidates include Wimmer, who is averaging 13.3 points a game, junior small forward Joshua Blazer, who pitches in 9.6, and senior John Brownlee, who fills in at forward and center as sixth man.

BLAZER, JUNIOR guard Carlos Dominguez and junior swingman Christian Daley are the "most consistent contributors," Peterson says.

With a front line of six-foot

six-inch Zweigle and 6-5 Nate Linman, Jason Linman and Brownlee, most Warrior scoring comes from inside. But the outside marksmanship of Wimmer and Dominguez keeps defenses honest, says Peterson.

Seattle Christian's only losses came in the fourth and fifth games of the season, 63-58 at North Mason in overtime and 62-57 to King's, at home. Since then, the Warriors have been

hotter than Michael Jackson.

They swept to the Nisqually League's Eastern Division title with a 12-1 mark and bested 9-4 Western Division champs Steilacoom for the overall league crown.

They open West Central District play Friday at 8:30 p.m. at Curtis High School against the winner of Tuesday's Foster-North Mason contest. They have beaten Foster twice this

year, and two North Mason players have gone down with broken hands since it beat SCS in January.

If the Warriors win, they will play Saturday at 9 p.m. at Curtis for the district championship. If they lose, they face a 5 p.m. Saturday loser-out battle for the No. 3 West Central berth.

AND IF they reach the Tacoma Dome for the state finals,

anything could happen.

"With the effort we've put forth so far, we have the type of defensive team that could go to the state tournament," Peterson says. Then again, he claims the top four Nisqually seeds are so balanced, "anyone could beat anyone."

On Friday, he says, "I just hope we can go out and play like the champions we've been crowned."

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photo by Ken Shipley
FEDERAL WAY resident Matt Wimmer (left) and the Seattle Christian boys' basketball team will enter playoff action this week as the ninth-ranked Class A team in the state.

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Fishing for steelhead even better when it's dark

Perhaps because all anglers want to make "just one more cast," or maybe because the last cast just takes longer, many fish are caught at dusk.

Charlie White, famous salmon angler and author, devoted an entire chapter to the importance of fishing well into dark. Because most people prefer to go home in the evening, competition is slim.



Dick Benbow

Tiger girls finish on a winning note

Stadium's girls' basketball team escaped the Narrows League cellar on the last day of the season Thursday, posting a 23-20 victory at Mount Tahoma.

That put the Tigers' final record at 2-10 in league play, allowing them to finish one game ahead of Wilson (1-11) and just one behind Mount Tahoma (3-9).

Stadium finished at 2-18 overall, with the wins coming in the final three games of the season.

The Tigers led most of the game Thursday, taking a 6-5 lead by the end of the first quarter and holding that score through halftime.

Mount Tahoma wound up tying it in the closing minutes, but the Tigers' Melanie Davis put her team ahead to stay with a three-point shot.

Terri Hahn finished as Stadium's leading scorer with eight points and Davis hit six, with Carol Cable scoring five and Sarah Peterson four.

The Tigers were 62-24 losers to second-place finisher Lincoln Monday.

Peterson led Stadium with eight in that one and Cable scored five, as Tara O'Melia and Lisa Christensen hit four each. Hahn, Davis and Jill Simmons scored one apiece.

Davis, Cable, Peterson, Christensen and Simmons are graduating off this year's team along with Traci Barnum, Erin McKinney and Natalie Payne.

parked near my favorite spot, but when I returned later that evening I was the only one there. I had the pick of the slots and I didn't have to wait my turn.

Not wishing to use glowing corkies, I drew from my bass fishing experience at dusk and put on a yellow green corkie and yarn. It was highly visible, but I went down through all my secret spots with no success.

Not wanting to give up and having about 15 minutes before dark, I switched to a spoon and retraced my steps. At about the third spot, the spoon quit wobbling as I experienced about the smoothest take by a fish I've ever had. I played the fish

out in the dark, but as I got it within netting range it went crazy, turning somersaults and shaking loose.

It was at that moment that I realized another advantage to fishing in the dark — there's no one around to see you make a klutzy move and lose a fish.

The Puget Sound Flyfishers need help identifying what makes resident coho salmon stay south of the Tacoma Narrows Bridge. Keep your eye open for trout-size salmon missing their adipose fins. That's the tiny fleshy one between the tail and the main top fin. If you catch such a fish, cut off the head and call Bruce Ferguson in Gig Harbor at 851-7404. Make a note of

where you caught the fish. Bruce will make sure you are entered in the state's monthly reward drawing of \$20 to \$100.

In the 14 years of doing this column, I have never received more publicity from all sides involved in an issue than I have received over the confirmation of Curt Smitch as Gov. Booth Gardner's choice to head the state Department of Wildlife. Many local sporting clubs have gone on record with the King County Outdoor Sports Council as being against the confirmation.

By the time this column appears, however, it is possible Smitch will be confirmed. For those of you club members who get ex-

asperated with political action committee reports, you can now better understand their importance. Non-club oriented members can write the governor or representative to express their concerns.

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In the Matter of the Estate of MARTIND. BAUER, Deceased.

NO. 89-4-00537-6 NOTICES TO CREDITORS

The undersigned has been appointed and has qualified as personal representative (PR) of the estate of the above named deceased. Each person having a claim against the deceased must serve the claim on the undersigned PR or on the attorney(s) of record at the address stated below and must file an executed copy of the claim with the clerk of the court within four months after the date of first publication of this notice or within four months after the date of filing of a copy of this notice with the clerk of the court, whichever is the later, or the claim will be barred, except under those provisions included in RCW 11.40.011.

Date of filing copy of notice to creditors: 2/10/89.

Date of first publication: 2/15/89.

PR: Teri Knight 23335 S.E. 267th Place Maple Valley, WA 98038 /s/ Frank W. Payne of PAYNE & VERZANI Attorneys for Estate 30640 Pacific Highway South Federal Way, WA 98390 (206) 839-1730

Published in the Federal Way News on February 15, 22, & March 1, 1989.

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NOTICE OF PUBLIC HEARING

Pursuant to KCC 21.620.080 and KCC 21.620.090 notice is hereby given that the Zoning and Subdivision Examiner for the King County Council will hold a public hearing to consider amendments to official controls as described hereafter or if deemed appropriate a more restricted use classification may be considered under the provisions of KCC 21.06.020. Boundary adjustment to the Sewerage General Plan, if any, may also be considered.

The Public Hearing will be held at Building and Land Development Division, Suite A, Eastpoint Plaza, 3600 - 136th Place Southeast, Bellevue, WA., on Thursday, March 23, 1989 at the hour listed hereafter, as possible, and in the order listed.

HEARING ROOM 1

9:15 a.m., or as soon thereafter as possible.

206-89-R - SYLVIA PAN - North side of S. 348th St., 500 feet east of 1st Ave. S; RM-1800 to RM-900;

Details are available at Building and Land Development Division, 3600 - 136th Place Southeast, Suite A, Eastpoint Plaza, Bellevue, WA 98006-1400 296-6650.

DATED this 22th day of February, 1989.

KING COUNTY COUNCIL KING COUNTY, WASHINGTON DOROTHY M. OWENS CLERK OF THE COUNCIL

Published in the Federal Way News on February 22, 1989.

Torn Achilles tendon sidelines Federal Way gymnast

By CHUCK MINGORI

Kelly Baker's dreams of winning another state gymnastics title were shattered by the tear of her left Achilles tendon last Friday during warm-ups, but the Federal Way High School junior hopes the injury will not end her career.

"Probably over the summer I think I'll be able to start going in and getting ready again," Baker said Monday morning after undergoing surgery to repair the damage.

Baker, who captured the state gymnastics title in the floor exercise and balance beam last year as a sophomore, was considered to be one of the favorites to win the all-around title going into Friday's state high school gymnastics meet at Sammamish High School.

Baker explained that her Achilles tendon was hurting some during stretching, but she had managed to complete three tumble passes in her floor exer-



Kelly Baker

cise warm-ups before the injury. She had just finished a round-off back handspring and was about to perform a double full twist when something went

wrong. "It just kind of went when I punched it," Baker said. "It buckled underneath me and snapped... I was afraid I was going to land on my head or something."

BEV MCIRVIN, assistant gymnastics coach at Federal Way High School, said that Kelly's injury was a "big shock to everybody. Everybody felt really bad, including all the other schools and gymnasts."

McIrvin said it is not known at this time how long it will be before Baker returns to the mat.

"They really don't know," she said. "It's just going to be a matter of time. Everybody recovers differently. It's just going to come down to the time when she can test it out, but there's just no way of telling now."

"It is a very serious injury," McIrvin added. "As far as coming back athletically, it's very individual how people come back from it. They really can't

predict. "It was a pretty severe tear, but doctors don't know, we don't know. It's just a matter of when she gets it (the cast) off and when she goes through rehabilitation how it works out."

BAKER WILL remain in a hard cast that goes up to the middle of her thigh for a week to 10 days and then she must wear a fiberglass cast for a minimum of three more weeks. She also will have to wear a splint after

that. Although she is confident of recovering from her injury, Baker said she was sure of one thing. "I'm not going to be able to do anything for a long time."

Lions clinch district berth

Bellarmine claimed the third and final Narrows League berth into the West Central District Tournament with an 83-14 girls' basketball victory over Wilson Thursday.

The Lions, who knocked off eventual Narrows champion Foss by a 56-45 score Tuesday, finished with a 9-3 league record, two games ahead of South Kitsap (7-5). Foss and Lincoln tied for first at 10-2, but Foss had defeated Lincoln twice during the regular season.

Bellarmine opens district play at Clover Park High School

today, taking on Kent-Meridian, the third-place finisher from the North Puget Sound League, at 8:30 p.m. The winner of that game plays South Puget Sound League champion Federal Way at 8:30 p.m. Friday at the same site, and the loser is out.

In Thursday's finale with Wilson, the Lions led by a 40-14 margin at halftime, then blew away the Rams in the third quarter, 43-0.

Northeast Tacoma's Anne Davidson was Bellarmine's leading scorer with 15 points, and Jannaie Mitton was right

behind with 14.

Erin Roysse scored 12 and Erin O'Melia 10, as Renee Nadeau of Federal Way and Stephanie Stumpf scored nine each. Torrey Porter hit six, Marnie Salhus four and Karin Lofing and Charlotte Kottman two apiece.

Salhus had eight rebounds and Nadeau six steals.

NADEAU led the way in Tuesday's victory over Foss with 13 points, as O'Melia hit 12 and Davidson 10.

Stumpf had eight, Shannon Fitzpatrick of Federal Way five and Roysse and Salhus four each.

NARROWS LEAGUE GIRLS' BASKETBALL (Final Standings)

Team	League	Overall
Foss	10-2	16-4
Lincoln	10-2	14-6
Bellarmine	9-3	14-6
South Kitsap	7-5	12-6
Mount Tahoma	3-9	7-13
Stadium	2-10	2-18
Wilson	1-11	1-17

Boys drop showdown

The season went right down to the wire for the Bellarmine boys' basketball team Thursday, but the Lions lost to Wilson, 54-49.

Both teams had entered the game tied for third place in the Narrows League standings and only the top three teams go on to the West Central District Tournament.

Mount Tahoma (11-1) is going as the league's No. 1 seed and Lincoln (8-4) as the No. 2. Wilson (8-4) made it as the No. 3, and Bellarmine finished one game out of the running at 7-5. The Lions finished at 14-6 overall.

Bellarmine had fallen behind, 17-8, by the end of the first quarter and 32-19 at halftime, but it proved to be too big of a hole to climb out of.

Shea Fleck led the Lions with 13 points, and Kyle Bland was right behind at 12.

Mark Giese also broke into double figures with an even 10 and Mike Weber nine, as Karlis Felzenberg scored three and Danny Lazar two.

Bellarmine was a 69-56 winner over Foss Tuesday.

Fleck scored 25 in that one and Weber 15, as Giese scored eight, Lazar seven and Bland and Phil Price six apiece. Devin Huff had two.

Graduating from the Lions this year are Fleck, Weber, Price, Huff and Dennis Dougherty.

NARROWS LEAGUE BOYS' BASKETBALL (Final Standings)

Team	League	Overall
Mount Tahoma	11-1	19-1
Lincoln	8-4	16-4
Wilson	8-4	13-7
Bellarmine	7-5	14-6
Foss	5-7	10-10
South Kitsap	3-9	8-12
Stadium	0-12	4-15

Fife's Rossich takes state title

The Fife wrestling team came away from the Tacoma Dome with a first and third place state finish this past weekend.

Ed Rossich took the 115-pound AA championship, while teammate Jerry Kessler finished third at 168 pounds.

As a team coach Larry Brown's Trojans finished 11th in the state with 45 points.

Rossich went up against Peninsula's Steve Vanderleest, the defending 108-pound champion, but defeated him in overtime, 8-5. That gave Rossich a split for the year with Vanderleest at two wins each.

Rossich pinned his semifinal opponent in 7:37, after taking his quarterfinal by pin in 3:35 and his opener by a 15-12 score.

Kessler wound up third, winning his final match by a close 4-3 margin.

Kessler opened with a win by pin in 3:20, and took his quarterfinal match by the same means at 4:33.

He lost in the semifinals by an 8-5 score, but came back to win his consolation match, 10-0, before wrestling for and taking third place.

Job-searching?

Job-search assistance is available at low or no cost through Highline Community College. Call Women's Programs, 878-3710, ext. 340.

BEEF BONELESS CHUCK ROAST
Lb. 1.69

BEEF TOP SIRLOIN STEAK
Lb. 2.79

FRESH ACME TURKEY BREAST
4-6 # AVG. Lb. 1.49

CORN KING SLICED BACON
THICK SLICED 1 # Pkg. 1.09

DENNISON'S Chili w/Beans
Reg., Hot 15 oz. 75¢

CHICKEN OF THE SEA CHUNK LIGHT TUNA
6.5 Oz. 69¢

BABY'S CHOICE THICK DIAPERS
Small, Med., Lg., Maxi 28 - 66 Ct. 8.89

BREYER'S ICE CREAM
1/2 Gal. 3.29

DOLE Fruit Sorbet
Pint 1.59

DARIGOLD Apple Juice
Gal. 1.99

R. C. COLA DIET RITE DR. PEPPER SQUIRT
Reg., Diet 6/12 oz. cans 1.39

FRESH USDA INSPECTED FRYER HIND QUARTERS

USDA CHOICE BONELESS STEW MEAT
Lb. 1.98

FARMLAND PORK & BACON LINK SAUSAGE
12 oz. Pkg. 89¢

PORK LOIN BACK SPARE RIBS
Lb. 1.98

FARMLAND SLICED BACON
1 # Pkg. 1.39

BOY BLEU CORN DOGS
Lb. 1.59

FOSTER FARMS TURKEY BREAST QTR
BBQ Smoked or Oven Roasted Lb. 3.19

RESER BURRITOS
5 oz. Pkg. 29¢

FOSTER FARMS TURKEY HAMS
2-3 # Avg. Lb. 1.39

CHICKEN FRANKS Lb. 79¢

CHEESE FRANKS Lb. 1.19

CHICKEN BOLOGNA Lb. 79¢

SMOKED LINKS Lb. 1.19

CHICKEN SALAMI Lb. 99¢

RAINIER BEER 12/16 NR 5.49

STROH'S BEER Reg., Light, 15/12 5.39

MATILDA BAY WINE COOLERS 4 Pak 2.79

PAUL MASON CARAFES Assort. Var. 1 Liter 2.49

COVEY RUN WHITE TABLE WINE 750 ML. 2.39

FRANZIA CHABLES All Var. 5 Liter 7.89

THE BUDGET GOURMET THREE DISH DINNERS Assort. Var. 10 - 12 oz. 1.59

BIRDSEYE COMBINATION VEGETABLES 4 Var. 16 oz. 1.19

AUSSIE SNACKS Beef, BBQ Beef, Beef & Onion 6 oz. 1.19

GORTON'S CRUNCHY FISH STICKS/FILLETS 8 oz. 1.59

GORTON'S MICRO CRUNCHY FISH STICKS/FILLETS 8 oz. 1.89

MINUTE MAID ORANGE JUICE 16 oz. 1.69

USDA CHOICE BONELESS

49¢

CORN KING Any Size Cut

STICK BRAUNSCHWEIGER Lb. 89¢

SIGMAN SLICED HAM 12 oz. Pkg. 2.69

ARMOUR DINNER FRANKS 2# Pkg. 3.99

RESER SALSA SAUCE 14 oz. 1.19

Greenbank Farms Natural Cheese

MED. CHEDDAR CHEESE 2 Lb. 3.69

IMPERIAL ALA MODE MARGARINE 2 Lb. 1.69

YAMI YOGURT 6 Var. 32 oz. 1.29

MINUTE MAID 3 Var. 64 oz. 2.19

CHILLED ORANGE JUICE 2.19

FRIGO RICOTTA CHEESE 15 oz. 99¢

IMO DRESSING 32 oz. 1.19

MOCHA MIX 16 oz. 2/99¢

NON DAIRY CREAMER 2/99¢

SWISS MISS PUDDING 5 Var. 4/4 oz. 1.29

Bulk Food

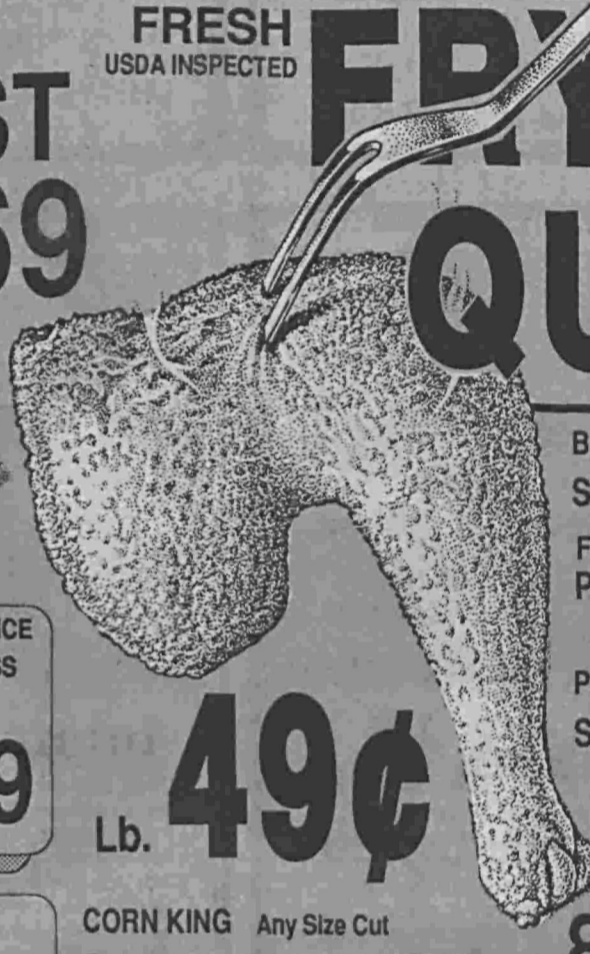
PRETZELS Stick, Mini Lb. 79¢

KRUSTEAZ HONEY NUT CEREAL Lb. 1.68

C & H POWDERED SUGAR Lb. 48¢

BRAN Lb. 22¢

Not Available at Des Moines & Federal Way



NEW BUSINESS 1988



Coffee Europa

The stores with all-round good taste.

Experience the country atmosphere while sipping one of Coffee Europa's delicious espresso's or indulge yourself in a Chocolate Decadence or other specialty desserts as you browse through the beautiful furniture & decorative items at Homesteaders. Homesteaders offers over 300 pieces of American country furniture & eighteen finishes from Harbersham Plantation. Coffee Europa and Homesteaders has been open since this December



30406 Pacific Hwy. So.
946-1515

Homesteaders

after finishing renovation on the 1928 building on Pacific Hwy. So. Painsaking efforts have been taken to keep the building as original as possible. Come on in and meet the owners, Kit, Mary, Eugene Loher and Tom Simonet.

HOMESTEADERS INC.



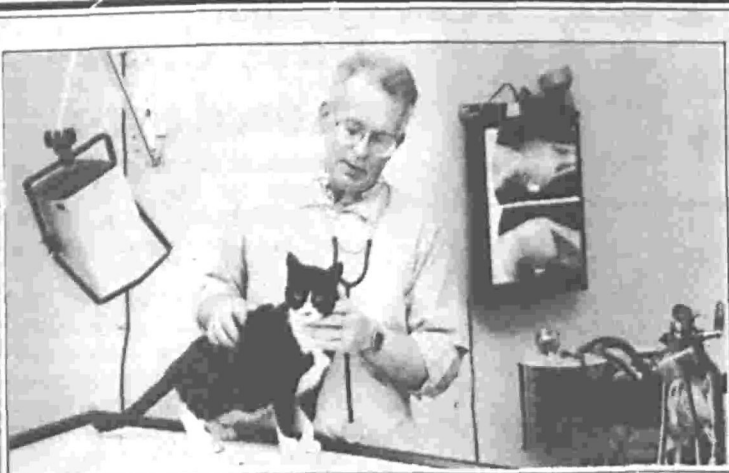
30408 Pacific Hwy. So. 941-2286



Bernina Sews Best

Jodi would love to show you why. Made with the love of precision that has made Switzerland and Bernina famous. The Berninas feature 100% automatic adjustment which makes sewing a breeze from shear to leather. Plus the Bernina is simple to operate. We offer free lessons with the purchase of a new or used machine. Classes are new at Bernina Sews Best be it morning, evening or Saturdays. Let Jodi's eighteen years of Bernina experience help you sew best.

24617 Pacific Hwy. So. (south of Midway Drive Inn) • 839-8884



Gentle Doctor Pet Clinic

After 26 years serving the Fife community, Roger Jones, DVM, would like to welcome you to their new office in the Fife Business Park. Gentle Doctor Pet Clinic specializes in complete health care/dental services for your small animals. Gentle Doctor Pet Clinic is open Monday - Friday 7:30 - 5:30 Saturday 8:00 - 11:30. (Proverbs 12:10).

5005 Pacific Hwy. E., Fife • 922-1955



GIFT WORLD

Gift World is an art gallery/gift shop that focuses on American art and fine crafts. Gift World has a wide selection of unique items including pottery by award winning artists, collectibles such as Carin studio creations, crystals, castles, dragons, woodenware, jewelry, blown glass, wind chimes, fine candies, original art & prints, potpourri, candles, cards & much more. We are proud to provide friendly, caring service to our customers. Come, discover the magic of Gift World. Gift World opened March 4, 1988; we're located in the Crossgate Shopping Center on the corner of Washington Ave. & Meeker in Kent.

132 Washington Ave. N., Kent • 854-0373



International Yarn Shop

The beauty of International Yarn Shop is you are dealing with people who are working in an area of expertise and patience. Jennifer Mc Sheridan, Aletha Robinson and Cheryl Johnson are fantastic at teaching all levels of knitting. Classes include hand and machine knitting and charting. International Yarn Shop offers yarn from the world over as well as knitting machines. Act now! Weave a memory of love. Retail hours: Thursday 10-8, Friday 10-6, Saturday 10-4. Call 941-4408

24620 Military Rd. • 941-4408
(South of Kent/Des Moines Rd.)



THE INSURANCE CENTER

George Cohee & Associates, Inc.

This 26 year old company has found a new home in Federal Way. Formerly located in Century Square, The Insurance Center Now located on 17th Avenue has expanded and modernized their facilities. "The more than 1 company agent offers all types of insurance including: auto, life, health, pensions and commercial insurance. This local independent agent invites you to come and meet their staff of twelve, who are eager to serve you.

Federal Way Auto License Agency

The Federal Way Auto Licensing Agency has moved. As of Dec. 12, you will enjoy expanded and modernized facilities with improved parking. The move was made in order to make it easier to better serve the public.

36210 17th Avenue So.
Federal Way, WA 98063-4448
838-3133 • 927-7787



Pets Are Inn

Warm and Friendly Accommodations
With Private Pet-loving Families

An innovative new service in South King County is betting that people who can't bear to leave their pets in a kennel will jump at the chance to billet them in private homes where the animals can receive undivided affection and attention. Caretakers are carefully selected by Pets Are Inn owners, Salley Lawrence & Beverly Rogers, where most caretakers are families, retired couples or senior citizens. All are devout animal lovers. For more information, call 839-PETS

RESERVATIONS • 839-PETS



Interiors Unlimited

Interior decorating by Carol Engle has been added to the products and services available at this distinguished Des Moines Business. Most of us have grown very fond of Interiors Unlimited. This classy yet low key store offers quality previously loved consignment furniture and home furnishings. New Bassett or Slyter/Magnuson sofas, chairs, hideabeds, bedroom sets and more. From your area carpet to the picture on the wall. Beauty, taste and customer service is still alive and well just like the good old days.

22300 7th Ave. S. Des Moines • 878-9182



Karin's Beauty Supplies

Announces the opening of their 14th location near Woodmont Albertsons. Karin and Tim Carson opened their first store in 1976 at a Seattle location and like the American dream, it just keeps growing. Located from Bellingham to Puyallup. Karin's professional staff is available for consultation for the professional cosmetologist as well as the general public. The store offers one of the largest selections of professional beauty and nail products in the great northwest. Manager Gail Van Orsdol, assistant Leigh McClung.

26110 Pacific Hwy. So. • 941-4009



Harold Z. Johnson MD, FAAFP

Family Practice

Harry and Connie Johnson have recently relocated from Kennewick, WA. Dr. Johnson still maintains a successful office in Kennewick Monday, Tuesday and Wednesday. He commutes Wednesday evening and works in his office in Federal Way Thursday, Friday and Saturday. His office in Federal Way is open Tuesday-through Saturday to make appts. His wife Connie attends P.L.U., manages the office, and raises their daughter Riley. The Johnson's are looking forward to the time when Dr. Johnson need no longer commute, so they can spend all their time in the beautiful Federal Way area.

30819 14th Ave. S. Federal Way
Office 941-8876 • Home 874-8708

NEW BUSINESS 1988



Weyerhaeuser Tacoma Credit Union

Weyerhaeuser Tacoma Credit Union (WTCU) has moved to the corner of 1st Ave. S. and 336th in West Campus. WTCU offers competitive savings and checking accounts, Certificates of Deposit, IRA's, Visa, loans and more. Serving anyone that lives, works or belongs to an association in West Campus, Federal Way.

33615 1st Way So.
924-7530 or 1-800-334-WTCU



Fashion Floor Etc.

Fashion Floors Etc. asks: Why Pay More?, when they can save you up to 60% off regular prices. John Keene and Margaret Bunce are proud to carry an excellent selection of carpet, vinyl, tile, formica, hardwood floors, mini blinds, woven woods, vertical blinds, and pleated shades. John Keene who's been in business in Federal Way for several years teams up with Margaret's years of knowledge and experience to bring you excellent service. Fashion Floors will match or better any written quote (excluding 2nd's and closeouts) guaranteed. So invite Margaret and John out for your FREE measurement and price quote today!

336th & Pacific Hwy. So. • Federal Way • 874-9695



Futureshape of Federal Way

A fitness and relaxation oasis celebrates one year of toning and tanning with **(FREE DEMO'S TO 1ST TIME CUSTOMERS.)** Futureshape's seven moving tables provide a gentle full-body exercise system proven effective in reducing inches, improving circulation, increasing energy, promoting relaxing and reducing stress. They also feature four Klafsun Cosmos Wolff 360° sun beds for providing 20-30 minute sunbreaks. In addition, Futureshape features a computerized full-body massage table and a Turbo 1000 recumbent bicycle. No memberships or initiation fees. They offer packages to meet the needs of each client. Open Mon.-Fri. 8 am-9 pm, Sat. 9-3 pm and Sun. 12-4 pm.

32700 Pacific Hwy. S., Suite #4
Federal Way • 874-0470



Twin Lakes Cycle

Twin Lakes Cycle is better than ever! Owners Don and Birgit King have completely remodeled the store and expanded their inventory to carry not only bicycles but accessories and clothing. Twin Lakes Cycle is a full service bicycle sales and service dealer specializing in all bicycle repairs. New managers, Bonnie Wegner brings both excitement and knowledge to the shop. Expected to begin in March, Twin Lakes Cycle will be offering free clinics on both tune-ups, repairs and instruction on touring fundamentals. Twin Lakes Cycle also carries a full line of skateboards and accessories for the skateboard enthusiast. Open Mon.-Fri.: 10-6 pm, Sat. 9-6 pm and Sun 11-5 pm.

2142 SW 336th • Twin Lakes Village
Federal Way • 838-8719



Crystal Cleaners

Formally Century Square 1 Hour Martinizing Cleaners, is offering this relocation special.

Shirts: **69¢** 2 pc. Suit: **\$4⁹⁵**

1320 S. 324th, Suite A-1, Century Square
Federal Way • 839-1700



Village Chiropractic

Dr. Tom Payne has opened a new family practice in Twin Lakes located across from Twin Lakes Safeway. Dr. Payne has been in chiropractic medicine for 6 years now. Formerly practicing in Renton Highlands, he has moved his practice to Twin Lakes Village. Located here for almost a year. Now this a real "family" practice with his wife and children helping out. Open Mon., Wed. and Fri.: 9-7, Tues. and Thurs.: 9-6 and Sat.: 9-12.

2124 SW 336th • Twin Lakes Village
Federal Way • 838-2620



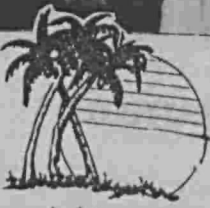
Hollywood Video

On the corner of 336th and 21st Avenue a new sign appeared last May. Along with that sign came Joe Bingham, new owner of Hollywood Video specializing in video tape rentals. Joe and manager Nancy Zanhov have over 3,000 movies to choose from. Come in and check out their large selection of family videos and Nintendo games. You may also rent camcorders and VCR's at Hollywood Video. They're open Mon.- Sat. 10-9 and Sun 11-8.

33610 21st Ave. S.W., Federal Way • 838-1525



Tropic Tan



Tropic Tan has a new owner! P.J. Conlan has taken over as of Dec. 16th. Prior to owning Tropic Tan, P.J. worked in commercial printing but now she has gone into business for herself. Tropic Tan features Suntanna beds, and P.J. is introducing new bulbs from Holland. These bulbs will allow you to get a deeper, darker tan than ever before. You can purchase single visits or packages starting with 10, 15, 20 or 30 visits and up to 6 months. Come on in and tan, Tropic Tan is open Mon.- Fri. 7am-11pm and Sat. & Sun. 8am-11pm.

1909 S.W. Campus Drive
Federal Way • 952-6001



Drake, Sanchez & Co.

Getting a tax headache? Have Bill Drake and his partner A.D. Sanchez prepare and file your 1988 tax return. These two experienced professionals and their staff offer accounting and tax services including bookkeeping, financial statement preparation, computer systems selection and training, financial advice and management consulting. For professional and efficient service at a reasonable price. (Call them at 874-0320 before 3/15/89 for a 10% discount or visit them at their newly remodeled offices.) Open Mon.- Sat. 7am-9pm.

33305 1st Way So., Suite 107
Westside Center Building • Federal Way • 874-0320



Caffé Latte

Espresso & Pastries

This bright and cheery espresso shop features flavored coffees, teas, delicious pastries and gifts. Kerry and Barbara Callison and Ron Prohaska (owners) came up with the idea because Kerry commutes to Seattle for work everyday. He wanted a place to stop for espresso in the mornings so they started Caffé Latte in Twin Lakes 6 months ago. You can also stop by for lunch and enjoy the soup of the day and some frozen yogurt and on your way out pick up some coffee beans in your favorite flavor. Georgia Siltmer, Chris Jones and Kerri Callison will all be happy to help you.

2152 SW 336th, Twin Lakes Village • Federal Way • 874-5264



Slender You Salon

Slender you has remodeled and expanded their tanning to the New SCA Wolff 224SL 360° beds. The new boutique features a complete line of HangTen Sports Wear, D'Frank, Rothchild, Peter Popovitch and Lavon Leisure Wear.

2312 S.W. 336th • 874-6709
Twin Lakes Village, Federal Way



Love and Care

Childrens clothing is in abundance at Twin Lakes Village's new consignment boutique specializing in childrens clothing, toys and furniture. Love and Care not only sells clothes, but will buy articles of clothing and also does alterations. Kim Inman, owner of Love and Care, has just opened up this month. Kim's made Federal Way her home for 12 years.

2128 SW 336th St., Twin Lakes Village
Federal Way • 874-0459

NEW BUSINESS 1988



Muffler • Brake • Radiator

Bucky's Federal Way Muffler, Brake & Radiator, the most recent of this 5-store chain, has entered the brake repair business with the same promise as with their other services: "We will beat any written estimate."

30924 Pacific Hwy. So. • 839-5918



4 Kids

4 Kids opened in September when they bought out the Teeter Totter, a children's clothing store which had been in Surprise Lake Square since the shopping center opened in 1984. 4 Kids specializes in high quality clothing most of which are American made, in sizes preemie through 14. Special services include a birthday club for children, free gift wrapping, and a baby shower registry. They also offer a 25% discount on nursery coordinates when four or more items are ordered. 4 Kids is owned and managed by David & Jill Dykeman, they are open Mon.-Fri. 10-7, Sat. 10-6 and closed Sunday.

900 Meridian E. N. Hill Puallup • 927-1119



Eagle Tire

Having your car serviced at Eagle Tire means quality work. Locally owned and operated by John Kurowsky, he is proud to say that he has been in the business since 1965. For the past 60 years, the business has been under the name of "Sam's Tires". Under the new name of Eagle Tire, they have continued their reputation of the most progressive Good Year dealer in the area. The service of a shuttle service was initiated by Eagle Tire and is convenient for customers. The unique "Nordstrom" atmosphere makes Eagle Tire an inviting place to service your automobile. They have competitive prices and quality work. Come to Eagle Tire for your next auto repairs and servicing. Hours: 7:30 AM-6 PM Mon.-Fri.; 8 AM-5 PM Saturday.

1515 S. 344th • 838-2424



We've Moved Within The Federal Way Shopping Center

The Reel Thing has moved to bigger quarters south of 312th. Now your favorite sporting goods store for the last 5 years has expanded your favorite lines and added a few new ones. Newly featured will be archery and fly fishing departments. The fishing, hunting and camping departments are greatly improved. Manager Tom Pollack (photo left) and asst. mgr. Dick Moss invite you by for tips on hunting and fishing hotspots as well as special monthly clinics to sharpen your skills. The Reel Thing is open Monday through Friday from 9 am to 9 pm, Saturday from 9 to 6 and Sunday from 12 to 5. For quality sporting goods, helpful advice and current information, visit The Reel Thing!

31211-G Pacific Highway So. • 941-0920



Outdoor Clothing Outlet

Everyday low prices best describes the Outdoor Clothing Outlet. They save the consumer 50 - 70% off the suggested retail price on name brand clothing for men, women and children. Owners John Nulty and Bob Fall have over 48 years of combined experience in outdoor apparel. The owners are dedicated to bring you the best merchandise at the best prices. By working directly with major manufacturers in the USA and abroad, they avoid the middle man mark-up. They are able to purchase name brands at cost. Gore-tex ski wear, casual outdoor wear, aerobic wear is just some of the many items to select from. Outdoor Clothing Outlet has quality name brand clothing for all seasons & lifestyles.

20125 320th St. • 941-4946



Sue-Z Q

If you're looking for frozen yogurt hot spots, make Sue-Z Q Frozen Yogurt & Pizza a stop on your list. Owner, Wayne Kelley & wife Nola have located their new business in the Hillside Plaza next to Drug Emporium & Target. Not only do the Kelley's have six flavors of yogurt daily, Sue-Z Q's also features 13 kinds of pizza that come already baked or ready to bake, hot Italian sandwiches, soup, spaghetti, garlic bread & rootbeer floats, all at moderate prices. Four booths & nine tables offer plenty of spacious seating. Sue-Z Q is open 10 am to 8 pm Mon.-Fri. and 11 am to 7 pm Saturday.

Hillside Plaza • 941-2177



Meredith's Office Furniture

Meredith's is proud to announce the opening of their 21st store in Washington state. Located right in the Federal Way Shopping Center, they are eager to serve the community. The chain has been in business for over 50 years. They pride themselves in the lowest prices in the area. Buying directly from the factory allows them to have budget prices. 30 - 50% off list price. Some of the office furniture includes chairs, desks, computer furniture, file cabinets, book cases and much more. Come by and pick up your FREE CATALOG today! Hours: 9am - 6pm week days, 10am - 5pm Saturdays.

Federal Way Shopping Center
31509-A Pac. Hwy. S. • 946-1101



Fireside Inn Restaurant

Centennial pride is alive at the Fireside. Authentic American meals served in a truly historical setting. Browse our early Washington and Seattle photo's while enjoying a full breakfast, lunch or dinner. It is with Centennial Pride we announce chef Neil Thomas has returned. Folks Neil can cook. From steaks & seafood specialties to gourmet buffets. Chef Thomas is keeping the grill hot and the customers happy.

23826 Pac. Hwy. S. • 824-9285



Michael B. Smith, M.D.

I am pleased to be able to offer medical care in Obstetrics, Gynecology and Infertility to the Federal Way Community at our new "one" doctor office. We are located in the Saint Francis Hospital Medical Office Building, Suite 208. Here, my staff and I are able to provide the community with quality personal care in a beautiful new facility partially surrounded by tall evergreens. In this natural setting, there is also the convenience of ample free parking, a spacious office and a modern community hospital a few steps away. Office hours are 9-5 Monday through Friday by appointment with "same day" appointments available for urgent care. Telephone 838-1520/927-4412.

34509 9th Avenue So., Suite 208
St. Francis Hospital Medical • Office Building, West Campus
Federal Way • 838-1520 • 927-4412



We've Moved to Gateway Center

Kids Kobbler has served active youngsters with name brand shoes a professional fitting for 13 years from their former SeaTac Mall location. Now at their new location, Kids Kobbler continues to carry the names you trust in children's shoes. They include Stride Rite, Buster Brown, Jumping Jacks, Nike, Reebok, Weebok, Keds and Van's. Their newest addition is children's apparel from toddler to age 7. Brand names carried will be Osh Kosh, Ocean Pacific, Pooch's Bo Bo, Sylvia Gill and Maggie Mackall. Kids Kobbler is open Mon. & Tues. 10-6, Wed., Thurs. and Fri. 10-9, Sat. 10-6, and Sun. 12-5.

31845 Gateway Center • 839-0970



Christian Book House

16 years ago Christian Book House opened its doors in Federal Way at the Old World Square, which has come and gone, but now this resource ministry has bloomed anew with their relocation into the new Gateway Center. This larger, more beautiful store continues to be a great success after the holidays, along with much excitement, as finishing touches are added both to Christian Book House and Gateway Center. You'll find books, bibles, music, videos, cards & gifts, church supplies, and even a children's center. Increased quality, selection, and service is certainly true of this new store, while continuing in the Lord's Peace. Come see and enjoy the new Christian Book House.

Gateway Center, Corner of 320th & I-5 • 839-3920

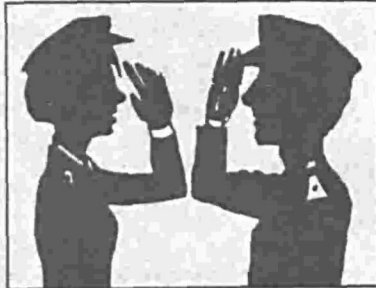


Poverty Bay Wine

Formerly located in the Federal Way Shopping Center, Poverty Bay Wine Co., offers the best selection of domestic and imported wines and beers in South King Co. We also feature a vast array of cheese and gourmet foods. Many items made in Washington. At Poverty Bay we specialize in personal service and provide informational wine tasting every Saturday from 1 to 5 pm. Hours: Mon., Tues. & Sat. 10-6, Wed. thru Fri. 10-9, Sun. 12-5.

31821 Gateway Cnt. Blvd. So. • 941-4664

DUCHNOWSKI
Pvt. David M. Duchnowski, the son of Edward Duchnowski of Federal Way, has graduated from the ammunition specialist course at the U.S. Army Missile and Munitions Center at Redstone Arsenal, Ala. The course provides instruction for students to identify, handle, receive, store and issue ammunition under battlefield conditions.



In the Service

LUKE
Pvt. Darren Luke, the son of Gordon Luke of Federal Way, has completed basic training at Fort Knox, Ky. During training, he received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy and justice, first aid and Army history and traditions.

MILLAR
Navy Ensign Mark D. Millar, the son of Anne and Doug Millar of Federal Way, has been designated a Naval Aviator. It takes 18 months of training to earn the "Wings of Gold."

REZAC
Marine Pfc. Gene D. Rezac, the son of Linda and Gene Rezac of Auburn, recently received a letter of appreciation in recognition for his performance while stationed with the second Marine Division, Camp Lejeune, N.C.

Millar's training included basic engineering and navigation, training flights in simulators, aircraft familiarization, basic and advanced instrument training, and extended flights and landings aboard an aircraft carrier.

Rezac is a 1986 Thomas Jefferson High School graduate, and he enlisted in the Marine Corps in October 1987.

He is a 1982 graduate of Federal Way High School and a 1986 graduate of Point Loma College in San Diego. He joined the Navy in October 1986.

SCHNEIDER
Navy Seaman Recruit Dean P. Schneider, the son of Dorothy Etjen of Federal Way, has completed recruit training in San Diego. During the eight-week cycle, he studies military subjects to prepare him for further on-the-job training — seamanship, close order drill, Naval history and first aid.

He is a 1988 graduate of Thomas Jefferson High School and he joined the Navy in September.

KARTES
Pvt. Dean A. Kartes, the son of Glenda Kartes of Federal Way and of Mark Kartes of Kent, has completed basic training at Fort Leonard Wood, Mo.

MOSLEY
Navy Seaman Recruit Michael Mosley, the son of Federal Way resident Roger Mosley, has completed recruit training at San Diego.

During training, he received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy and justice, first aid and Army history and traditions.

The eight-week recruit training program is designed to prepare enlistees for further academic and on-the-job training in any of the Navy's basic fields. His studies included seamanship, close order drill, Naval history and first aid. By completing training, Mosley earned three hours of college credit in physical education and hygiene.

Kartes is a 1988 Thomas Jefferson High School graduate.

O'DONNELL
Navy Airman Apprentice Shane T. O'Donnell, the son of Malinda and Micheal O'Donnell of Federal Way, has completed recruit training at San Diego.

MASSEY
Navy Fireman Recruit Shawn R. Massey, the son of Mary and Collis Massey of Federal Way, recently participated in community relations projects while deployed aboard the aircraft carrier USS Carl Vinson. The ship made a port visit to Pattaya Beach, Thailand, where Massey assisted in painting an elementary school building.

During training, he studied seamanship, close order drill, naval history and first aid. He is eligible

for college credit in physical education and hygiene.

O'Donnell graduated from Decatur High School in 1988 and enlisted in the Navy in September.

TESSANDORE
Sgt. Mark J. Tessandore has graduated from the Air Force non-commissioned officer leadership school.

Tessandore studied techniques of leadership, management and supervision. He is a heating systems specialist with the 363rd Civil Engineering Squadron at Shaw Air Force Base, S.C. He is the son of Sharon and Jim Tessandore of Federal Way and a 1981 graduate of Federal Way High School.

LEINGANY
Marine Lance Cpl. Anthony B. Leingany, the son of Karen and Ber-

nard Leingany of Federal Way, has been promoted to his present rank. He is serving with the 1st Marine Division at Camp Pendleton, Calif.

MCCANN
Paul S. McCann, the son of Catherine and Gerald McCann, has signed up to join the Navy. He will enlist following graduation from Decatur High School in June. McCann will be trained at the Navy's Cryptologic Technician School following basic training in Florida.

METZLER
Decatur High School senior William P. Metzler will be trained by the Navy as an aviation storekeeper following graduation from high school.

He will first undergo basic training in San Diego. He is the son of Mr. and Mrs. Calvin Metzler.

THE SPORTING HOUSE

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NEW BULBS SCA WOLFF SYSTEM

Behind Value Village in Federal Way
OPEN 7 Days A Week **838-5555** **LOWEST MONTHLY DUES - NO CONTRACTS**

M-F 6-10
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NEW BUSINESS 1988

Rent America

Andy Wager, manager, is ready to rent you everything. Rent America rents tools and equipment for painting, moving, remodeling, floor cleaning, automotive, plumbing and medical. You can also rent or buy lawn and garden equipment. In addition, Rent America has a special branch that features party and wedding items which you'll find displayed at Rent America in Federal Way. Bill Dreewes, owner, opened his first store in Bellevue 3 years ago, and now has just opened this fourth branch of Rent America in Twin Lakes Village. Open Mon.- Sat. 8-6 and Sun. 9-5.

2316 S.W. 336th St., Twin Lakes Village Federal Way • 874-8330

Foreign student needs new hosts

Sally Roosa, an area representative for the EF Foundation for foreign study is seeking a new home for Trine Silke Nielsen, a 16-year-old Federal Way High School student.

of health problems and a job change. Roosa would like to keep her at Federal Way High School.

Nielsen's current host family can no longer have her because

Contact Roosa at 941-8349 for more information about hosting Nielsen or any exchange student.

Heritage club to hold conference

The Children of the American Revolution, a lineage organization for children ages birth to 22 who can trace their families to the American Revolution, will hold their 42nd state conference in Fife.

Centennial and American Indians and reservations.

The conference is open to the public and will feature programs on this year's CAR themes — the Washington

It will be held from 9 a.m., March 4, at the Executive Inn, at 5700 Pacific Highway East in Fife. CAR is affiliated with the Daughters and the Sons of the American Revolution.

School will benefit from art auction

The Robert Sills Gallery will hold an art auction to benefit St. Christopher Academy of Kent. The academy is a private, non-profit school for children with learning disabilities, including dyslexia.

Art items to be auctioned include original Rockwells, Dalis, and Currys. Prices range from \$35 to \$3,000.

The auction will begin at 7:30 p.m., March 4, in St. Anthony's Parish Hall, 318 Third Ave. S., Kent. Admission is free and there will be a no-host bar and hors d'oeuvres.

Call 854-3110 for more information.

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 Body odor? Bad breath? Constipation? Low energy? Profound stomach? To demonstrate proven health benefits plus new quality equipment design that guarantees no odor, mess, pain or embarrassment, we offer a \$25 value colonic at no charge.
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Health Happenings
 February - March '89

Celebrate Healthy Heart Month with Us!
 —Attend Free Classes & Forums —Get Your Blood Pressure & Cholesterol Checked —Lose Weight —Learn CPR —And Much More!

Heart Month Events

- What's New in the Care And Treatment of Heart Disease**
 Highline Cardiologists Drs. Bert Green and Kent Kreisman speak on the most recent advances in cardiac care. *Wednesday, February 22. Screenings: 5:00-7:00 p.m. in the HCH lobby. Speakers: 7:30-9:00 p.m. in the first floor auditorium.*
- Healthy Heart Screening**
 Screenings for cholesterol levels, blood pressure, diabetes, and a health risk appraisal. *\$3.00 charge. Saturday, February 25, 10:00 a.m. to 2:00 p.m. Call 244-9970, ext. 146 for information.*
- Heartsaver CPR Class**
 Medics from Medic I will teach a CPR certification class at Highline on Saturday, February 25, 9:00 a.m. - 12:00 noon. *Free to the community. Pre-registration required. Call 431-5324 for registration and information.*

General Classes

- Living With Cancer: "I Can Cope"**
 This 6 week community education course is for persons with cancer, their families and friends. Participants can study and share problems and concerns encountered when living with cancer, and use a learning resource center containing materials related to cancer. *Wednesdays, April 12 - May 17, 6:30 - 8:30 p.m. Free to the community. For information and registration, call 431-5324.*
- Managing Stress**
 The goal of this 4 part class is to provide information on the causes, symptoms and management of stress. *Mondays, May 1, 8, 15, 22 from 7:30-9:00 p.m. For price information and pre-registration, call 431-5324.*
- First Aid and CPR for Children's Emergencies**
 Paramedics and nurses teach adults simple, effective emergency care for small children. *Two, three-hour evening sessions are held on Tuesday and Thursday, Feb 28 and March 2, or Tuesday and Thursday, April 25 and 27 from 6:00 - 10:00 p.m. Pre-registration is required and the cost is \$25 or \$40 per couple. Call 1-800-424-KIDS.*
- CPR Courses**
 CPR class for community residents is being sponsored by the Red Cross and HCH. *Saturday, March 11 from 8:30 a.m. to 5:30 p.m. Pre-registration is required. Call the Red Cross at 323-2345.*
- Babysitting**
 Red Cross-affiliated course in the basics every babysitter should know. *No cost. Wednesdays, 4:30 - 6:30 p.m. March 8, 15, 22, 29. Call 431-5324.*
- Respiratory Therapy/C.O.P.D. Class**
 Free 5-part class, co-sponsored by HCH and the American Lung Association, for people with Chronic Obstructive Pulmonary Disease. Subjects to be covered by physicians and therapists include medications, breathing techniques, diet, and stress and workload reduction. *Mondays, Mar. 27, Apr. 3, 10, 17, 24, 2:30 - 4:00 p.m., HCH first floor auditorium. For pre-registration, call 431-5324.*

Focus on Wellness

- Aerobics**
 Low impact aerobics for all levels. *Mondays, Wednesdays, Thursdays from 5:30 - 6:30 p.m. \$20 per month. 244-9970, ext. 146.*
- Beginning Exercise**
 A safe and effective exercise class for the overweight or out-of-shape beginning exerciser. *Tuesdays and Thursdays from 8:30 - 9:30 a.m. \$20 per month. Pre-registration required. 244-9970, ext. 146.*
- Be Lean**
 A hospital based weight loss program. *Free orientation sessions held March 28, and April 24 at 10:00 a.m. or 6:00 p.m. For registration and information call 244-9970, ext. 146.*
- Teen Be Lean**
 A weight loss program especially designed for youths age 12-17. Nutritional, activity, and behavioral information are emphasized for healthy weight loss. *For more information on times and cost, call 244-9970, ext. 146.*
- Smokebusters**
 A 6-week course in smoking cessation begins Tuesday, March 14, from 7:15 - 8:45 p.m., meeting once a week. *Cost is \$50. Pre-registration is required. Call 244-9970, ext. 146.*
- Fitness Evaluation and Exercise Prescription**
 Complete fitness evaluation including percent body fat, cardiovascular fitness, flexibility, and strength. A computerized report and exercise plan are developed. *By appointment. \$46. Call 244-9970, ext. 146.*
- Hearing Screenings**
 HCH Speech and Hearing Center offers free hearing screenings and hearing aid checks. Conveniently located at 14245 Ambaum Blvd. *For appointment, call 246-8677.*
- Hydrostatic Weighing**
 Underwater weighing to determine your most accurate assessment of body fat percent, lean muscle weight, body composition and ideal weight. *By appointment. \$28. Call 244-9970, ext. 146.*
- Individualized Stress Management**
 An individual comprehensive program that includes consultations and classes for a personal stress management approach. Techniques include relaxation training and lifestyle management to reduce the amount and effects of stress. *Call for information and cost, 244-9970.*
- Living With Diabetes**
 An evening series to help diabetics learn more about management of diabetes. Medicare will pay for patients referred by physicians. Some private insurances may also provide partial or full coverage for this class. *February 27, 28, March 6, 7, 13, 5:00 - 9:00 p.m. Pre-registration required. Call 431-5324, \$360.*
- Plastic Surgery Program**
 The Plastic Surgery Program at HCH offers the full range of cosmetic surgery options for women and men, including liposuction and collagen injections. *For free, confidential information and physician referral, call 24-NURSE.*
- Nutrition Counseling**
 Nutrition counseling for weight loss, diabetes, elevated cholesterol, and other medical disorders. Flexible hours, by appointment. *Please call Janice Jatezak, Registered Dietitian, at 244-9970, ext. 131.*

Senior Adult

- Cholesterol: The Good, Bad, and Ugly Facts**
 February 24, 10:00 - 11:30. *Pre-registration required. For registration and information call 431-5324.*
- Rest A' Bit**
 Intended to provide caregivers with the opportunity for a short or extended vacation with the security of knowing their loved ones are receiving quality care. Overnight and extended stay respite is provided in concert with HCH's Restorative Care Center. *For more information and a fee schedule, contact ElderMED at 431-5323.*
- 55 Alive Safe Driving Program**
 This 2-part series is an innovative classroom driver retraining program designed to help older citizens improve their driving skills. Insurance premium discounts available to those who complete the course. *For pre-registration and schedule, call 431-5323.*
- Senior Health Insurance Benefits Advisors**
 Washington State Commission on Insurance approved advisors present information and advice on Medicare, supplemental, and long term care insurance policies. *February 23, March 14 or 23, April 11 or 27. Call 431-5323 for an appointment.*
- Claims Assistance**
 AARP sponsored program available through ElderMED; assists in filing claims for doctor or hospital bills. *Call 431-5323 for an appointment.*
- ElderHEALTH**
 Comprehensive health screening, personalized health education and counseling, referrals to physicians and other health services. Clinics held in the comfort and convenience of two local senior centers. *Call 431-5323 for information.*
- Tax Assistance**
 Tax assistance for seniors will be provided at HCH on *Friday, 9:00 a.m. - 2:00 p.m., through April 14. Call 244-9970, ext. 265 M-F, 9:00 a.m. - 3:00 p.m. to schedule appointment.*
- Support Groups**
- Caregivers**
 Share your experiences with others who care for a family member or older adult. *First Thursday of every month, from 7:00 - 8:30 p.m. For more information call 431-5323.*
- Be Lean**
 Ongoing support group and consultations for Be Lean graduates. *Call for dates and times. \$28/8 weeks. 244-9970, ext. 146.*
- Alzheimers**
 For families and caregivers. *Third Tuesday of every month from 7:00 - 8:30 p.m. For more information call 431-5324.*
- Heart Disease**
 Support group for heart disease patients and their families. *Group is held last Monday of every month. 244-9970, ext. 146.*
- Cancer**
 For patients, family and friends. *Daytime: 2nd & 4th Wednesdays - 2 - 3:30 p.m. Evening: 1st & 3rd Tuesdays - 7 - 8:30 p.m. For information call 244-9970, Rose McMann.*
- Grief Support**
 Daytime: 1st & 3rd Wednesdays - 2 - 3:00 p.m. Evening: 1st & 3rd Thursdays - 7 - 8:30 p.m. *For information call 244-9970, Rose McMann.*
- Diabetes**
 1st Wednesday at 7:00 p.m. *Call 431-5324.*

HCH HIGHLINE COMMUNITY HOSPITAL
 And - Watch for Highline's Healthline column in your newspaper!

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 Seattle, WA 98166
 244-9970

24-NURSE
 246-8773
 Call 24-NURSE for answers to health questions or physician referral.

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◆ CHOICE MEATS ◆

WASH. GROWN WHOLE BODIED
FRESH FRYERS LB. **79¢**
 BLADE CUT SHOULDER
LAMB STEAK LB. **\$2⁹⁹**
 HIGH IN PROTEIN
GROUND TURKEY LB. **99¢**
 LENNON PATRICK'S
CORNED BEEF LB. **\$2⁰⁹**
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SLICED BACON PKG. **\$1⁸⁹**

◆ GROCERY SPECIALS ◆

THANK YOU CHERRY PIE
FILLING 21 OZ. CAN **99¢**
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 CHUNKY O.F. CHICKEN
CAMPBELLS SOUP 19 OZ. CAN **99¢**
 QUAKER - 9 FLAVORS
GRANOLA BARS 8 OZ. EA. **\$1⁷⁹**
 FOLGERS COFFEE
CRYSTALS 8 OZ. JAR **\$3⁵⁹**
 PURINA MAINSTAY DRY
DOG FOOD 40 LB. BAG **\$10⁹⁹**

◆ PRODUCE SPECIALS ◆

JADE GREEN
BROCCOLI LB. **49¢**
 LARGE GRANNY SMITH
APPLES LB. **39¢**
 FRESH LEAF
SPINACH BUN. EA. **49¢**
 WASH. GROWN
MUSHROOMS 8 OZ. CUP **\$1³⁹**
 DELICIOUS
KIWI FRUIT 7 FOR **\$1⁰⁰**

◆ SEAFOOD SPECIALS ◆

FRESH WHOLE 2-4 LB.
 COHO PEN-RAISED
FRESH SALMON LB. **\$3⁹⁹**
 PREVIOUSLY FROZEN FILLETS
ORANGE ROUGHY LB. **\$4⁶⁹**
 KANIMI IMITATION
CRAB FLAKES LB. **\$2⁰⁹**

◆ BAKERY SPECIALS ◆

FRESH BAKED
CHERRY PIE 29 OZ. EA. **\$2⁹⁹**
 DELICIOUS
FRENCH BREAD 2 16 OZ. LOAVES **99¢**
 TOLLHOUSE
COOKIES 3 FOR **99¢**

◆ IN STORE DELI SPECIALS ◆

CO-JACK
CHEESE LB. **\$2⁹⁹**
 FRESH COOKED
CHICKEN 8 PCS. EA. **\$3⁹⁹**
 SMOKED TURKEY
BREASTS LB. **\$4⁹⁹**

◆ WINE SPECIALS ◆

ANDRE BRUT, DRY, PINK, COLD DUCK
CHAMPAGNE 750 ML **\$3²⁹**
 4-VARIETIES
FARRON RIDGE 1.5 LITER **\$3⁹⁹**
 HIGH LIFE, LITE, GEN. DRAFT
MILLER BEER 6 PK. LONG NECK **\$3⁴⁹**

◆ FLORAL SPECIALS ◆

ASSORTED COLORS
MINI-CARNATIONS FULL BUNCH SPRING **\$1⁹⁹**
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MAXI. REG., SUPER. THIN, MINI-THIN, DEODORANT
NEW FREEDOM 30 COUNT **\$2⁶⁹**
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WILD BIRD FOOD 10 LB. BAG **\$1⁸⁸**
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LIGHTERS 2 FOR **\$1⁰⁰**

◆ SPECIALTY FOODS ◆

"THE RICE SAMPLER"
 SELECT ORIGINS - FOUR
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\$5⁹⁹
 28 OZ. PKG.

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KRUSTEAZ RICE
CEREAL LB. **\$1⁷⁹**
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 BLENDED CAT FOOD LB. **59¢**

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ARGO CORN STARCH 16 OZ. PKG.
 LIMIT ONE WITH COUPON ADDITIONAL AT 79¢ ONE COUPON PER FAMILY WITH \$10.00 PURCHASE
9¢
 GOOD AT FOOD MARCHE ONLY CASH VALUE 1/20¢ EFFECTIVE FEB. 22nd THRU FEB. 28th, 1989

FOOD MARCHE VALUABLE COUPON #8253
PACIFIC PEARL TINY SHRIMP 4.25 OZ.
 LIMIT TWO WITH COUPON ADDITIONAL AT \$1.59 EA ONE COUPON PER FAMILY WITH \$10.00 PURCHASE
79¢
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FOOD MARCHE VALUABLE COUPON #8258
WRITE YOUR OWN BULK FOODS ITEM
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FOOD MARCHE VALUABLE COUPON #8262
WRITE YOUR OWN SPECIALTY FOODS ITEM
\$1⁰⁰ OFF
 LIMIT ONE WITH COUPON ADDITIONAL AT REG. PRICE ONE COUPON PER FAMILY WITH \$10.00 PURCHASE
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