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Wednesday
March 1, 1989
Excellence
in Community
Journalism

Federal Way News

Vol. 37 No. 26
Federal Way,
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TWIN LAKES MARINE HILLS REDONDO MIDWAY KENT WEST HILL WOODMONT NORTH LAKE WEST CAMPUS

New Costco store opens next week

By KURT HERZOG

Costco Wholesale will open its 51st store nationwide when the new store in Federal Way opens its doors at 10 a.m. on March 9.

The new 155,000-square-foot store is at the southeast corner of South 348th Street and 16th Avenue South.

The store is one of the Seattle-based wholesaler's largest stores in the country. This will be the ninth Costco store in Washington.

The Federal Way store will have all the services other Costco stores have including the sale of fresh produce, meats and other foods, hardware, housewares, electronics, office equipment and garden equip-

ment among other items.

THE STORE is open to both businesses who buy wholesale and to individual members who belong to businesses and groups that are affiliated with Costco. The store will emphasize bulk merchandising like other Costco stores do.

The store's hours will be 10 a.m. to noon for business members and noon to 8:30 p.m. daily for group members.

Work on paving the store's parking lot was expected to be completed Monday by the store's developer Armada/Lagerquist of Seattle.

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Three merchants hit by weekend robbers

Armed robbers hit three Federal Way businesses this weekend, and one may have been a repeat performance.

The Chevron Food Mart at Pacific Highway South and South 312th Street was robbed for the second time in two weeks by a man matching the description of the first robber.

King County police report a man entered the store at about 2:30 p.m. Saturday as the cashier was just coming on duty

and putting money into the till. The robber walked directly to the cashier and demanded the money.

The cashier told police he thought the man was joking and did not respond. He did respond, however, when the man put his hand in his coat pocket, indicated he had a gun there and said, "Hurry up, I've done this before."

THE CASHIER handed over the cash and the robber left, warning the clerk, "Stay in the store, I've someone waiting outside."

The robber matches a description of a man who robbed the store at 2 p.m. Feb. 14. At that time, however, the robber had a woman accomplice waiting for him in a car parked in the parking lot. This time he walked away toward a bank next door to the station and no accomplice was seen.

The robber in both incidents is described as black, 28-35 years old, standing 6 feet 2 inches tall and weighing 180 to 200 pounds. He wore a blue jacket with a red stripe during both robberies. In

Continued on A-4

Stand price goes up

The newsstand price of the newspaper is going up to 50 cents starting today. The old price was 25 cents.

Subscription prices are not affected by this change. Readers who subscribe can save significantly off the newsstand price.

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Resident takes cityhood study into own hands

By KURT HERZOG

If Federal Way incorporated and maintained existing tax levels, it would have less money to spend per person than many other cities in King County.

However, it still would have more to spend on services for its citizens than what King County now does.

Credit for that conclusion can't be taken by any enterprising newspaper reporters. Those per capita expense figures were accumulated, checked, doublechecked, derived and assimilated by a Federal Way resident who spent a lot of his own time putting together his own mini-incorporation study.

Frank Marshall is a 20-year resident of Twin Lakes who is an engineering manager for Boeing Aerospace. To say Marshall

Section eyes cityhood

With 26,241 cityhood ballots either on their way or already in the hands of local voters, the day of decision is drawing near.

To help Federal Way voters decide whether to remain part of unincorporated King County or form the state's newest city, today's Federal Way News contains a special section, "Sizing Up Cityhood."

knows his math is an understatement. He has a doctorate in applied mathematics.

In his spare time, Marshall contacted the finance depart-

The section restates many of the basic arguments for and against cityhood and describes the ramifications of incorporation on various aspects of the community.

Cityhood ballots were sent out Monday and returned ballots must be postmarked by midnight, March 14, in order to count.

ments of seven Puget Sound cities: Auburn, Bellevue, Everett, Kent, Kirkland, Redmond and Renton.

After some hard work and

Incinerator 'chats' meld issues, emotions

By ANN SEIDNER

Facts and feelings about the incinerator under construction on the tideflats can't be separated, at least in Northeast Tacoma.

Steve Klein, power manager for Tacoma City Light, found that out last Thursday night at a meeting he initiated in Northeast Tacoma, from where

much of the opposition to the city's trash burner has come.

"The idea is to take away the emotions and get to the issues," Klein told about 50 people who gathered in the Olympic View Friends Church. They came to ask questions about the incinerator of a consultant hired by the city and public utilities to study the environmental effects

of the plant.

The meeting was the second in a series Klein scheduled throughout the city and billed as "fireside chats." Although the Northeast Tacoma residents did come with questions, the atmosphere was not a cozy one and residents did not check their emotions at the door.

DIRECTING their questions

some relatively easy mathematics, Marshall calculated the amount each city spends per resident each year on services, excluding capital expenditures.

On the surface, those figures give one cause for thought.

For instance, the city of Kent spent \$771 per resident in 1988. Renton spent \$708 per resident.

USING A proposed \$16 million budget (\$17 million if \$1 million in reserves were included) contained in the independent study prepared by The Georgetown Group on Federal Way incorporation, it can be deduced that a new city of Federal Way would be able to spend only \$277 per resident each year without raising taxes. That's the lowest figure on Marshall's list of cities.

to Klein and to Bob Fishman, consultant from the engineering firm Parsons, Brinckerhoff, Quade and Douglas, residents questioned the adequacy of the \$30,000 study.

"Is the city paying the bill for this (study)? What if there's not enough money to answer all our

Continued on A-3

KING COUNTY is where Los Angeles County was eight years ago in regard to gang activity. Maj. Ollie Moore, Precinct 5 commander, wants to take an immediate pro-

active approach to keep gangs out of the suburbs and places such as Federal Way.

Moore views gang wars up close

By LYNN KEEBAUGH

A local police official learned recently that King County is at the same place Los Angeles County was eight years ago in regard to gangs and gang-related crime.

And eight years can pass quickly if a community is not prepared, said Maj. Ollie Moore, Precinct 5 (Federal Way) commander, who spent last week in Los Angeles learning how that county wages an ongoing war with gangs and administers its contracts for police services with incorporated cities.

Moore's trip coincides with a recent spate of community concern about the potential spread of gangs from Seattle and Tacoma into the suburbs. Gangs were the topic of a recent Federal Way Community Council meeting, and the council plans to sponsor a town meeting on gangs this spring.

Moore said no real gang activities have been documented here, but suspected gang members and "wannabes" have been kicked off school campuses in recent

months.

THAT'S SMALL potatoes compared to the drive-by shootings, open drug sales and even open warfare being experienced in Southern California and now, to some extent, in Seattle. In Los Angeles, the prognosis isn't good, Moore said.

Police efforts to combat gangs achieve only temporary results and cost the taxpayers money, Moore said. Special gang sweeps put some gang members behind bars temporarily, but the all-inclusive nature of the sweeps nets some innocent people, too, which doesn't make many friends for the sheriff's department, Moore said.

Moore rode last Friday night with a regular weekend gang suppression patrol in South Central Los Angeles, near Compton. Its mission was to find and arrest a gang member who had shot and critically wounded a 12-year-old girl. They didn't catch him that night, Moore said, but police did arrest two associates of the gang member on weapons charges.

The random and unpredictable nature of gang crime makes it difficult to combat, Moore said. The suppression patrol prevented one possible drive-by shooting that night, "But only because they were lucky," he said.

Police spotted a car cruising past a group of youths standing on a street corner, and on the third trip past, pulled the car over. A search turned up rival gang members and guns, he said.

LOS ANGELES is seeing a second generation of gang members now, who are not far from creating a third generation that will grow up knowing no other life. Gang life is so firmly entrenched in Los Angeles neighborhoods that it has become as much a social phenomenon as a criminal one, Moore said.

But King County can be different, he said. Los Angeles waited and acted too late. If he learned anything during his

Continued on A-3

Federal Way would have as much money to spend — without raising taxes — as other cities. According to the incorporation study, the county spends \$164 per resident each year on the

Continued on A-4

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Comment

Voters could end decade of debate

Let's hope the pending vote on cityhood in Federal Way is the last.

It will be the third vote in less than a decade on this issue. If practice makes perfect, local voters have had ample practice. Persistent exposure to the debate is likely to have a cumulative effect on them, even among those who have not voted before.

Three scenarios are likely. First, after hearing the arguments for 10 years, some doubters may now be convinced that the proposal is real, like a toothache that won't go away.

Second, some voters will notice that predictions made during earlier campaigns have come true: traffic is worse; the demand for services has created logjams for utilities, fire and school districts, while county leadership has continued to turn toward Seattle first.

Third, communities all around Federal Way have begun to flex their own muscles. SeaTac, east of Highline, is voting on a simultaneous cityhood measure. Des Moines is likely to annex neighborhoods north and south of the city within the year.

If approved, those effects would carve the community into isolated islands. If cityhood fails here, this community could become the unincorporated dumping ground for county growth, while nearby cities protect themselves through zoning laws.

The debate on the issue has been repetitious, echoing earlier arguments about the possibility of higher taxes versus the opportunity for local control. Consultants say it is affordable, that law enforcement could be contracted with King County and improved without putting the city in debt. City offices would be located in leased facilities here.

Revenues currently collected by the county would stay here, and would be added to other (state and federal) revenues not available to counties.

Those have been consistent reasons to support past incorporation efforts. If anything, they seem prophetic now, have lost none of their force, even if they seem a little tiresome after so many refrains.

As in the past, to care about this community, to protect its residents, its resources and its potential, cityhood seems the wise course. We do not believe it would require tax hikes.

With respect for those who disagree, we hope old friends of cityhood will support it once more, and that newcomers who have only begun to find their way in the community will consider it important enough to trust their neighbors in giving home rule a try.

Yes vote will heal some old wounds

Last May the Fife School District bond issue received a 59 percent "yes" endorsement from voters. It failed because state law requires 60 percent for school district bond issues. This was the fourth loss for the bond.

The May election attracted an open opposition. Opponents put up "no" vote signs next to the campaign's "yes" signs. This was the first time I had seen this happen in my 12 years as a school superintendent. The opponents also publicly stated their reasons for being against the issue, but made it clear that they were for kids and for schools.



Guest Opinion
By Larry Crouch

In the wake of the loss, the school board decided to go back to square one, and established a citizen's study group to completely review the district's building needs. A healing process was set up that brought representatives from all communities in our district together, including individuals who supported and opposed the previous bond issues. The group met 13 times over 4 months and hammered out a new bond issue recommendation for the board. The meetings at times involved confrontations due to honest differences of opinion about the district's needs and the taxpayer's ability to pay.

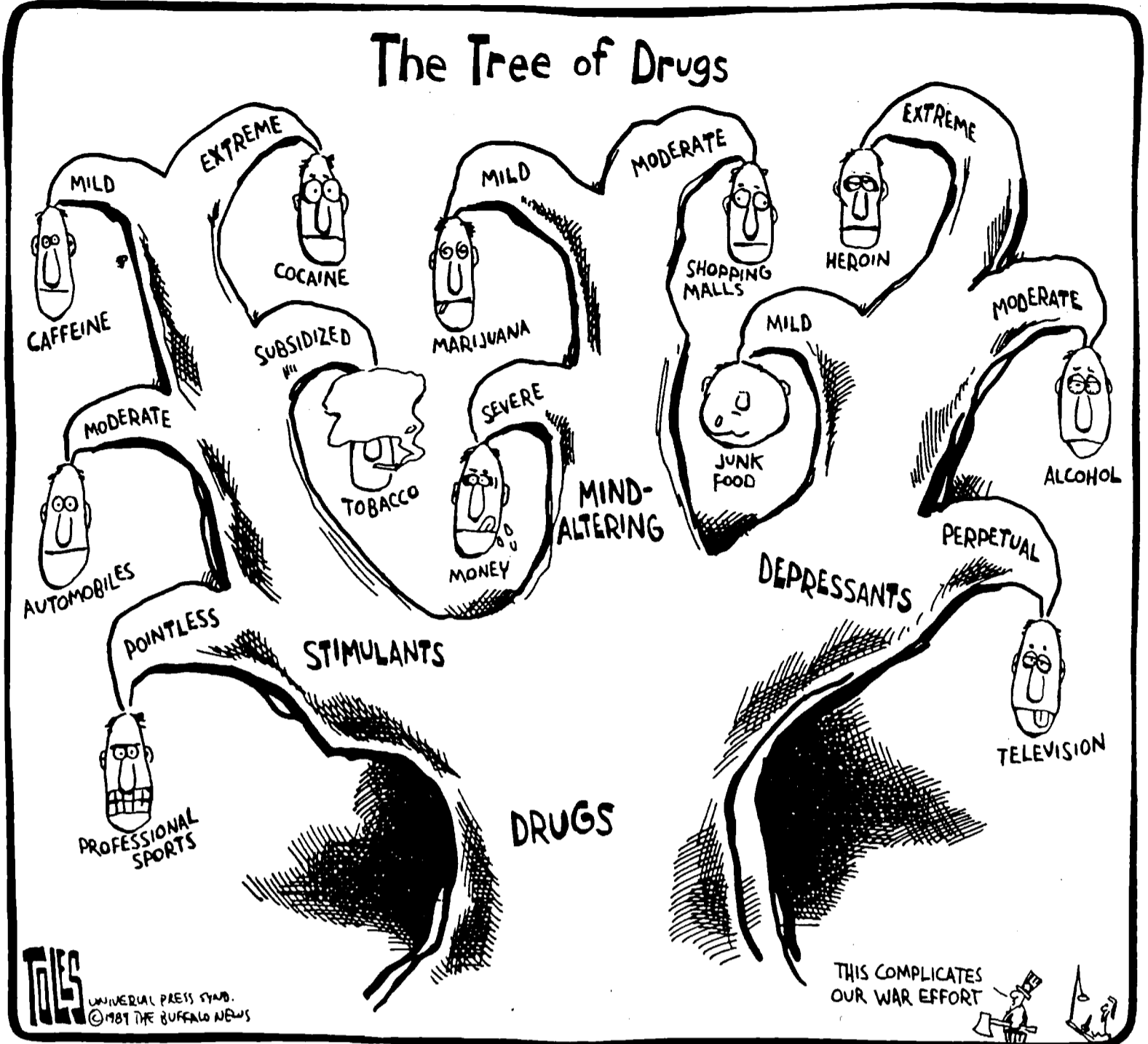
What emerged from the citizen panel was a unanimous recommendation to cut the bond issue request nearly in half, and to focus on the elementary schools first. This would be followed by bond issues in later years to solve our middle and high school problems. The group also asked that unspent funds from the elementary bond issue, (due to favorable bids, good management of the project, etc.) be returned to the taxpayer in the form of reduced assessments.

Last month, the school board unanimously adopted the recommendations and placed a bond issue for \$10.8 million on the ballot for Tuesday, March 14.

The communities that make up the Fife School District need this bond issue. We are growing and our present elementary schools are inadequate. The new facilities resulting from passage of the bond will reflect our commitment to children. It will reflect a commitment to the future. And, it will show that we can put our differences aside and reach a compromise acceptable to the majority. This will be democracy working for kids.

Please exercise your democratic right and responsibility by voting on Tuesday, March 14.

Larry Crouch is the superintendent of the Fife School District.



The Ballad of Superstitious Dave

If you're not in favor of cityhood, consider the story of Superstitious Dave.

Nobody messed with Superstitious Dave.

He was tight with a dollar and country shrewd.

He lived in the suburbs in a split-level cave.

There was nothin' he loved like a family feud.

When they came to sell him on cityhood,

Dave killed a snake and did a little dance.

He crawled in the cave (as far as he could)

Started a fire and burned his pants.

"I smell taxes!" Dave exclaimed

"Just a buncha politicians!"

They offered statistics.

Dave remained

Deep in the cave, watchin' television.

"We can afford it!" they sang together.

"We'll be careful when we plan it!"

"I heard this before," said Dave, "from Metro."

"Then they bought some South African granite."

"We need parks!" cried the city slickers

"Climb a tree," said Dave with derision.

Meanwhile, across the street in the stickers,

The county planted a subdivision.

"Don't you want better police response?"

The cityhood advocates asked politely.

"A Doberman's all I'd ever want,"

He said, "patrolling the compound nightly."

"What about schools, and what about streets?"

They whimpered. "Don't you give a hoot?"

"I quit school when I was eight,"

"And all you'll get from me's a boot."

No more was heard from Superstitious Dave.

He growled goodbye and doused the light.

A county planner condemned his cave.

A mini-mall went in overnight.

Ignore, if you like, my feeble fable.

Here's my simple-minded moral.

Deep in your caves, safe at your tables

Cityhood sounds like a petty quarrel.

That's what the Flat-Earth philosophers found

When Columbus argued the world was round.



Mike Robinson

television.

"We can afford it!" they sang together.

"We'll be careful when we

County was deaf to pleas for trees

Editor:

When we moved here ten years ago I found myself where I didn't much wish to be. I knew no one, the job I'd held for years was 400 miles away, I had no idea how to make fresh human contacts in this new place.

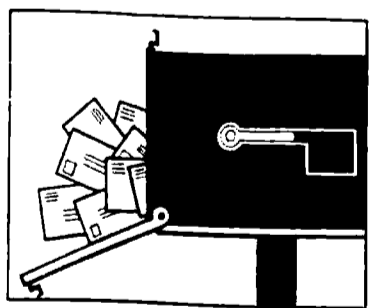
I walked for hours each day in the lush woods around Campus Wood, Section 1 where we lived. Here birds sang, squirrels and chipmunks chattered. True, I could hear the traffic of a growing community in the distance. But the woods were peaceful. Those walks amid the forest went far toward healing my frazzled spirit.

Then the trees began to fall. Development spread like ripples on a pond. There were fewer forest trails. One day I wondered why they weren't putting in any parks.

No playgrounds for swarms of children whose parents had thought this was going to be a wonderful place to rear them.

Each new section of the development was begun I would mount a personal search. There were strips of greenbelt — greenbelts our realtor had assured us were covenanted to us in perpetuity. Those greenbelts are now a part of King County's Parks Department, and what King County possesses, King County can cede to some developer for even more buildable lots.

I have a friend who was assured (by her realtor) that the greenbelt behind her house was there forever. She woke one morning to find their patch of



Letters

green being bulldozed. They fought it, but King County was not interested. The trees came down and houses went up.

A few years ago, our neighborhood fought to prevent the zoning variance that would permit the building of multi-family housing directly on our single-family development. We petitioned, we traveled to Seattle to testify. The entire community was involved. King County was not interested. The apartment complex now looms where a strip of trees once buffered us from First Avenue.

Does anyone seriously believe — if Federal Way had been a city ten years before — that a city planning department would not have insisted on parks and playgrounds to be sited among the houses?

Is there anyone who thinks a city planning department would have permitted so many apartment complexes where they would inevitably devalue the neighborhoods. Not with the neighbors down their throats for

every decision, they wouldn't.

There is time to give a local government the opportunity to make more humane decisions here. There are still a few places where parks might be built here. But not much time, and not

many places. This year may be our last chance to grasp local control, before it is too late. Vote YES for cityhood. Our future depends on it.

Phyllis Dirks
West Campus

Cityhood is key to preserving our history

Editor:

Everyone seems hungry for Federal Way history.

The library has long been pressured for classrooms. Centennial Federal Way historical calendars are bought up as fast as they can be printed.

A Seattle publisher with a yen for a fast buck wants to cash in on this hunger by publishing a quick, once-over lightly mini-history of Federal Way.

Where are we with our historic sites? About 32 local sites were identified in the late 1970s. To date, only one formal nomination application has been completed and presented to the King County Landmarks Commission for review and action.

Many of these buildings have been structurally changed or demolished by new development. There has been little regard in Federal Way for the historical value of buildings. The community has not been aware of their destruction.

Recently, the King County Executive and Council adopted a revised budget, eliminating funds for historic grants in unincorporated King County. They would have covered the cost of historical markers, written histories and assistance for

other projects.

If Federal Way were a city, it would control its own share of these grants from the state and federal government. Federal Way could hire a part-time historian.

Go to the wonderful museum of the White River Historical Society in Auburn, and museums in other Puget Sound cities. (Some Federal Way treasures are in the White River museum because we have no place to put them.)

Not all artifacts and mementoes were so fortunate. Some were lost or destroyed. It will go on and on if we do not have city status to claim the funds that are rightfully ours.

Many other unincorporated areas of King County have somehow gotten a head start in getting their sites saved and museums started. Could it be we are too far away, out of touch with the county?

With more control locally, we could preserve and share this historical perspective and narrative. Developers couldn't care less as historic buildings are bulldozed, the pioneers die off, and our treasures and memories are lost.

Ilene Marckx
Hylebos

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Community News

Published every Wednesday

Study compares cities' per capita expenses

Continued from A-1

same categories of services a Federal Way city would provide.

However, study consultant Richard Dickens cautions that the \$164 figure is "very soft" and is only a very rough approximation of what the county spends.

County officials also caution that it's very difficult, if not impossible, to figure just exactly what King County spends per capita for residents of unincorporated areas. The county simply doesn't keep track of expenditures in that way, according to Dave Lawson, budget supervisor for the county.

However, Lawson agreed that the \$164 per capita figure is "in the ballpark" for what the county spent just on municipal services for residents in unincorporated areas.

THE BOTTOM line is that Federal Way would still spend more money per resident on municipal services than King County currently does, according to Federal Way First!, Marshall, and county officials. Marshall wants to make it



Frank Marshall

clear that, despite the dollar differences between Federal Way and other cities, he does not necessarily oppose cityhood. "I'm not an opponent of

cityhood," Marshall said. "I want Federal Way to be a city. There's no question it's a worthwhile objective."

However, Marshall is not sure how he'll vote in the March 14 incorporation election.

"There's some real risk here," he said. "I'm scared that Federal Way's tax base may be too poor."

Still, cityhood supporters, and officials with other cities with low overall property values, say it's definitely possible to run a healthy city with low assessed property values and low per capita expenses.

In fact, some officials say it's just not valid to compare per capita expenses between cities.

"The first thing that's important to know is that these comparisons are not good comparisons," said Annette Wine, personnel and employee relations manager in Kirkland. Kirkland had the second lowest per capita expense in Marshall's study.

The city of Kirkland gets less than most cities in taxes, but it also spends less, she said. The

Kirkland City Council is conservative in spending money, but it still runs a well-managed city with competitive salaries and adequate city staffing levels, Wine said.

"Each city council must make decisions on what level of services they will provide," Wine said.

According to the incorporation study, a Federal Way city would be able to provide the same level of services, and in some cases more services, than what King County currently provides without raising taxes.

In fact, the city would generate a \$1 million surplus despite being limited to a lower property tax than King County in its first year.

Cityhood supporters were originally contacted by Marshall, but at first decided not to review his figures. Supporters say it just isn't valid to compare cities because it's like comparing apples to oranges.

Federal Way would get less, but it would also need to spend less. For instance, Kent must spend more because of a large

daytime working population which is almost triple what its residential population is, said Federal Way First! member Jim Handmacher. That working population creates problems with traffic and roads.

MARSHALL ALSO thinks Federal Way can run a city for less than other cities by using service contracts. Awarding contracts to competitively bid private service providers is bound to decrease costs, he said.

This isn't politically viable in established cities because it would cause mass layoffs, he said. However, a new city could start from scratch without firing anyone.

Handmacher agrees that service contracts may be an alternative, but points out that the incorporation study budget assumes the city will provide its own services at the same costs as other established cities.

Cityhood opponents, who were also contacted by Marshall, continue to dispute the budget figures in the Georgette Group study, although they agree with Marshall's figures.

Specifically, the costs for police in the study are wrong, said Jack Ringler, leader of Citizens Against Incorporation.

Ringler quotes from a King County Council staff study that disputes the cost in The Georgette Group's incorporation study. The incorporation study says it currently costs King County \$2.6 million a year

to provide police service to Federal Way. The county says it costs \$4.3 million.

Foes also point out that the study's budget, and Marshall's analysis, includes no capital expenditures, such as road construction.

Although opponents say that capital needs would force the new city to raise taxes, proponents say the city could finance such projects with the \$1 million surplus and would be eligible to receive grants and contributions from developers.

Also, by restoring property tax rates to the level King County currently levies, the city could generate another \$660,000 a year not included in the Georgette study budget.

Clarification: Story lacked some numbers

Some missing information may have led to some confusion for readers of a story on incorporation in Sunday's Federal Way News ("City foes attack proponents' claims").

The story correctly reported that an incorporation study concluded King County collected \$11.7 million in taxes from Federal Way in 1988 and spent \$9.2 million delivering municipal services.

The story also correctly reported that the county spent an additional \$8.2 million for road construction, \$404,509 on surface-water management projects and \$652,570 on parks projects,

as described in the study.

Although those figures add up to \$18.4 million, the story reported a total expenditure figure of \$16.2 million. The lower figure subtracted \$1.9 million in outside funding for roads and \$360,000 toward the Goodwill Games Pool, a regional facility.

Later, the story correctly reported the study's seven-year average (1988-94) for road expenditures in Federal Way of \$3.2 million, of which an estimated 80 percent would come from outside sources,

leaving King County contributing \$600,000 of its own money.

In a subsequent paragraph, an effort was made to explain how much money King County would spend in an average year in Federal Way, using the average figure for roads (\$600,000) plus actual 1988 expenditures for municipal services (\$9.2 million), surface-water management (\$404,509) and parks (\$291,570, which excludes the Goodwill Games Pool). The correct total figure using that analysis is \$10.5 million.

If \$10.5 million is representative of an average year in Federal Way, it would be \$1.2 million less than the county collected in taxes here in 1988.

Another way to make that point — not included in the story — would be to use average figures for not only roads, but for parks and surface-water management.

Adding the five-year (1988-92) average for surface water (\$249,192) and two-year (1988-89) average for parks (\$828,173) described in the incorporation study to the \$600,000 average for roads and \$9.2 million figure for 1988 municipal services (an average was not available) produces a total of \$10.9 million, still \$800,000 less than the county collected in taxes here in 1988.

One robber may have hit same store twice

Continued from A-1

both robberies, a gun was indicated, but never seen.

A man armed with a handgun forced an employee at the Pizza Hut at Military Road South and South 288th Street to hand over the contents of the till during a robbery close to 11 p.m. Saturday.

A restaurant employee said a man entered the building and told her he had an order to go. When she looked up he was displaying a black, semi-automatic handgun. He told her to open the register, but the employee pretended she was unable to do so.

About that time a second

employee came along, and the gunman ordered him to open the till. He did as he was told and handed over the cash in a brown paper bag to the man.

THE GUNMAN told both employees they would not be hurt if they stayed in the restaurant, and he fled southbound toward a grocery store parking lot across the street. A police search turned up no trace of the man.

The gunman is described as white, 30-35 years old, standing 5 feet 9 inches tall and weighing 150 pounds. He has brown hair and a dark complexion.

A bold robber entered the J and W Texaco at South 348th

Street and 15th Avenue South early Saturday morning and held up the cashier while other customers were present. No one else in the store noticed it was being robbed, however, police reports state.

The clerk told police the man walked in at 2:25 a.m. and said, "This is an armed robbery, give me all the money." He had his hand inside his jacket, and displayed a revolver.

After the clerk gave the man cash, he left the store walking eastbound. A police K-9 unit had a hot track, but the scent ended in the middle of a muddy field near South 344th Street and 18th Avenue South, reports state. Of-

ficers surmised the robber must have had a four-wheel drive vehicle waiting for him, judging by the sloppy condition of the field.

A video from the store's security camera was entered into evidence, and police noted the gunman matched a description of a pickpocket suspect who stole a woman's wallet at Sak's Restaurant earlier in the evening.

The gunman is described as white, 28-32 years old, standing 5 feet 6 inches tall and weighing 145 pounds. He has dark brown hair and a dark mustache and wore sunglasses, a dark, billed hat with a white logo, a blue Levi jacket and jeans.

Community council plans spring cleanup

The Federal Way Community Council will discuss plans tomorrow for a cleanup of Federal Way this spring.

Last year, the council helped coordinate a communitywide

project to pick up litter in Federal Way. The council plans to do the same this year.

Present at the meeting will be Jan Klipper and Helen Stanislaw of King County Public Works

who are also helping coordinate the cleanup countywide.

The council also will discuss tentative plans to organize a town hall meeting on teen-age gangs.

Other business includes a discussion of the need for housing spectators during the 1990 Goodwill Games and the formation of a committee to coordinate with the Goodwill Games.

Tomorrow's council meeting will begin at 7:30 p.m. in the school district headquarters building, 31405 18th Ave. S. (The location was incorrectly reported in the Public Meetings calendar in Sunday's edition of the Federal Way News.)

For more information call John Hale, council president, at 859-2665.

Correction: Headline was wrong

A headline for a correction in Friday's Federal Way News ("Only six are appointed") was wrong.

The headline should have stated that eight citizens are appointed by members of the King County Council to the Metro Council.

Thank you for helping to build a better world for women and girls.

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Hospital seminar covers stress and hypertension

Hypertension and stress will be the focus of a free health forum in March co-sponsored by St. Francis Community Hospital Auxiliary and the Federal Way News.

Dr. Bruce Cooley, internal medicine specialist, will address the topics in the cafeteria of St. Francis Community Hospital, 34515 Ninth Ave. S., on March 9 from 7 to 9 p.m. Cooley will discuss the

causes of hypertension and its treatment. Participants will be taught to check their own blood pressure.

Cooley, an Auburn resident, has had his own practice in Federal Way for four years.

Seats are limited at the free forum, so reservations are required. For more information, call 952-7910 or 838-9700, ext. 7910.

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BURIEN: 248-2654	SILVERDALE: 698-3555
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Local couple wed at Seattle church

Monica Tripp and Michael Andrew Barret were married Jan. 6 in the Seattle Temple of the Church of Jesus Christ of Latter-day Saints. A reception was held in the Federal Way First Ward of the church.

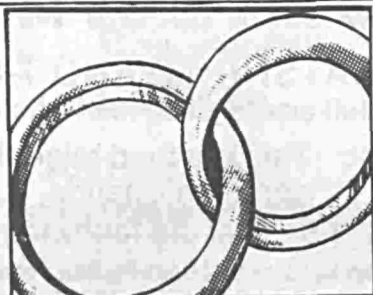
The bride is the daughter of Celia and Leonard Tripp of Federal Way. She graduated from Federal Way High School in 1985 and from Brigham Young University in December 1988.

She is employed by Lamont's in Idaho Falls.

Valerie Eskelsen, Allyson and Mary Esther Tripp, Karla Jones and Susan Barrett were her bridesmaids.

The groom is the son of Tukwila residents Linda and Larry Knox. He is a Decatur High School graduate.

The couple is making their first home in Rexburg, Idaho.



Couples



Monica and Michael Barret

Jensens celebrate 65th anniversary

Albert and Irene Jensen celebrated their 65th wedding anniversary Feb. 2.

The couple were married Feb. 2, 1924, in Chehalis, and reexchanged wedding vows in November, 1958, when they joined the Church of Jesus Christ of Latter-day Saints. They have two children, Raymond Jensen, Bellevue, and Constance Chabot; 11 grandchildren and 13 great-grandchildren.

Albert Jensen worked for the Boeing Co. for 29 years and served in the Marines during World War II and the Korean Conflict. He also worked in China as a flight engineer for Generalissimo Chiang Kai Chek.

Irene Jensen kept the family home and raised the children. They continue to be members of the Mormon church.



Albert and Irene Jensen

Huntington-Dawson wed in Puyallup

Robyn Huntington and Scott Dawson were married Feb. 10 at the Puyallup First Assembly of God Church. The groom's brother, the Rev. Steven Dawson, performed the ceremony.

The bride, daughter of Milton residents Carol and Roy Huntington, was attended by her sister, Randi Croom. Her other bridesmaids were: Sandy Huntington, Susan Grubert, Renee LeTourneau, Kendi Miller and Veronica Dawson.

She is a 1987 graduate of Fife High School.

The groom, son of Shirley and Curt Dawson of Lynnwood, was attended by Garret Powers. His other groomsmen were: Rick Huntington, Scott Grubert, Jamie Croom, Jay Divine and



Robyn and Scott Dawson

Brian Benson. He is employed by an electrical company in Seattle.

The couple honeymooned in Hawaii and live in Edmonds.

Chronic Fatigue Syndrome

Cause of disabling ailment unknown

By WENDY CULVERWELL

Joanne Scherer used to get so tired at her part-time job in a medical office that when the doctor was away, she'd collapse on the lab floor.

"I don't think if there was a fire I could have gotten up," she recalled.

Scherer's lack of energy became so pronounced that she ultimately had to quit her job. She got to the point where even simple activities left her exhausted for days. The Twin Lakes resident, who describes herself as "active", couldn't figure out what was wrong.

Along with the endless fatigue, she suffered depression, and aches in her head, chest and neck.

Once she had such terrible chest pains that she went to an emergency room thinking she was having a heart attack.

Scherer wasn't having a heart attack. Nor was she mentally ill or chronically lazy. In November 1987, she found a doctor who had heard of Chronic Fatigue Syndrome (CFS) and diagnosed her as having it.

SINCE THEN, she's followed a regimen that includes a stress management class at Highline Community College, a restricted diet and moderate exercise. She believes she's on an upswing and that her illness may have run its course.

"If you don't have it, you don't understand it," she said. "My husband just couldn't understand why I didn't want to do anything."

Scherer is working to start a Chronic Fatigue Syndrome support group in Federal Way. The first meeting, held last Thursday at the Federal Way Library, drew six people despite the lack of widespread publicity.

Doctors don't yet understand what causes CFS. In fact, the definition of CFS changes with nearly every new research paper published on the subject.

Dr. Philip Mease, a Seattle physician who treats CFS patients, describes its effects as "disabling." Loosely defined, Chronic Fatigue Syndrome is a group of symptoms — disabling fatigue, depression, muscle aches and mental clouding — which cannot be traced to a specific cause.

Its presence can be detected



Joanne Scherer

by elevated levels of antibodies normally produced to fight viral infections such as Epstein-Barr (commonly known as mononucleosis). The presence of the antibodies, however, is unexplainable in CFS cases. (If there is another illness present, CFS is ruled out.)

WHILE ANYBODY can get CFS, Mease said most sufferers

are young or middle-age women. Research papers note that a significant proportion of the sufferers — 50 percent — are medical personnel. It is not known why. Scherer, having worked in a doctor's office, fits that description.

The CFS sufferer may, at any given time, experience memory loss, confusion or depression. Physical symptoms can include headaches, muscle pain, chest pain and frequent urination, and of course, fatigue.

The symptom list reflects a point Mease emphasizes about CFS.

Chronic Fatigue Syndrome, he said, is not a psychological disorder.

"It's a complex mixture of psychological and physical processes at work," he said.

SCHERER TRACES her illness to the stress she was under several years ago when her mother died. That was compounded by a burglary that left her with none of her mother's heirlooms.

"I really think stress is the biggest part of it," she said.

Mease said his patients have traced the onset of CFS to stressful periods and also to viral infections such as the flu, and to hay fever and exposure to toxic substances.

Treatment involves having those around the patient understand and acknowledge that the illness is real. By the time most patients are diagnosed, Mease said, they've had their symptoms underrated and their illness dismissed. They're understandably resentful.

Education is necessary to fix misperceptions that the CFS sufferer is mentally ill or lazy, he said.

Mease has found that treating the symptoms can alleviate the condition. For example, anti-depressants can be taken in lower-than-usual doses, eliminating both side effects and some of CFS's symptoms.

Mease said he's been surprised at the effectiveness of such drugs.

SCHERER SAID she tried anti-depressants for a while, but they didn't work.

"But I don't like taking medications anyway," she added.

Even the length of CFS is the subject of medical debate. Some studies cited by Mease say six to eight months, others say three to four years. And the extent to which a victim may suffer varies as well.

For more information about the CFS support group, call Scherer at 874-2317.

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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.

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Can it be treated? Yes. Treatment is aimed at removing the abnormal friction or at restoring the toe to a better position.

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Time, luck runs out for Oscar the Star Lobster

By BILL SHEETS
 Oscar the Lobster, turned Oscar the Media Star, has died. Oscar attained fame after Suzanne Brown of Riverton Heights bought the lobster for a Valentine's Day dinner for her husband, then became so attached to the animal she couldn't kill it.
 She had hoped to keep her (yes, Oscar was a her), but the kind of tank a lobster needs costs about \$1,200. So she turned to the media for help, hoping someone would donate a tank.
 "The only thing I was after was to save him," she says.
 But things got out of hand, she says. Television reporters took Brown to Johnny's Seafood at First Avenue South and South 176th Street, where she first bought Oscar, for a session with the cameras. A pen was even put into one of Oscar's claws so she could sign autographs.
 Then, when the owner of

Johnny's arranged to have Oscar shipped back to her native waters off the coast of Massachusetts, the crustacean was whisked to Johnny's Tacoma tank for more adulation.
NEWSPAPERS DID stories. National radio commentator Paul Harvey included a spot about Oscar in his show. Brown spoke over the phone to an East Coast radio talk-show host.
 But Brown began to notice that all the activity was wearing on Oscar.
 "Too much in and out of the water," she said.
 Then, Brown began to sour on the idea of having Oscar flown all the way to Massachusetts and dropped into the water to take her chances.
 "I just kept getting more and more attached," she said.
 Finally, a restaurant owner acquainted with a former televi-

sion station employee agreed to donate a tank. But it was too late.
SOMEONE FROM Johnny's called and told Brown that Oscar had weakened to the point where she wasn't going to make it.
 So Brown took the female lobster ("I still call him Oscar") to a place near Gig Harbor to bury her.
 "They (reporters) even wanted to follow me down for the burial," Brown said. She said no.
 Brown was told that lobsters are difficult to keep in captivity but that it can be done if the conditions are right. At any rate, she feels she did her best.
 When reminded there are more lobsters that could be saved, she said, "Someday there might not be."
 Regardless, "He was special — to me, anyway."

MOORE
 Gwen and Robert Moore, Kent, welcomed their second child Jan. 25 at Valley Medical Center. Monica Amber weighed 8 pounds and 3 ounces at birth. She has a sister Natalie, 3.
LILLEGARD
 Kim and Harvey Lillegard, Federal Way, welcomed their second child Jan. 31 at St. Joseph Community Hospital. Births
FRERICHS
 Brittany Machelle, first child of Wendy and Allen Creek, Federal Way, was born Feb. 6 at St. Francis Community Hospital. Brittany weighed 6 pounds and 14 ounces at birth. Her grandparents are Carole and Waeland Ostafin, Seattle, Gloria and Dennis Creek, Great Falls, Mont. Her great-grandparents are Clara and Louis Bures, Flasher, N.D., Selma Ostafin, Mandan, N.D., Adelgunda Somerseld, Power, Mont.
SLOAN
 A daughter was born to Linda and Bart Sloan, Federal Way, Feb. 9 at Valley Medical Center. Melissa Nicole weighed 7 pounds and 6 ounces at birth. She joins Joshua and Jacob, 6½, twin brothers. Her grandparents are Jean and John Scott, Normandy Park, Doris and Ronald Heins, Federal Way. Her great-grandmother is Jesse Parker, Woodland, Calif.
MAGAT
 Kristy and Christopher Magat, Auburn, welcomed their first child Feb. 11 at Group Health Hospital. Shaina Lynne weighed 7 pounds and 13 ounces at birth.
EADES
 A son was born to Michaela and Mike Eades, Federal Way, Feb. 3 at St. Francis Community Hospital. Michael Edward weighed 8 pounds and 11 ounces at birth. His grandparents are Jessie and Warren Mann, Sequim, Leah and Deward Eades, Renton.
FRERICHS
 Karen M. and Dr. Robert L.



Births
 Frerichs, Auburn, welcomed their third child Feb. 10 at Auburn General Hospital. Lauren Jean weighed 8 pounds and 9 ounces at birth. She joins Noah, 7, Bethany, 4. Her grandparents are Charlotte Jackson, Ralston, Neb., Genevieve Frerichs, Bloomfield, Neb.
CREEK
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Community Hospital. Brittany weighed 6 pounds and 14 ounces at birth. Her grandparents are Carole and Waeland Ostafin, Seattle, Gloria and Dennis Creek, Great Falls, Mont. Her great-grandparents are Clara and Louis Bures, Flasher, N.D., Selma Ostafin, Mandan, N.D., Adelgunda Somerseld, Power, Mont.
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FRERICHS
 Karen M. and Dr. Robert L.

Author to speak at St. Theresa's
 Joe Schlehofer, author of "Joy In Parenting," will speak from 10 a.m. to noon, March 4, at St. Theresa's Catholic Church.
 Her topic will be discipline and positive approaches to behavior control. The cost is \$5 per person/\$8 per couple and babysitting is available.
 Call Kim Favors at 874-2225 to register.
 The church is at 3939 S.W. 331st., near Twin Lakes.

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WEEK END MARCH 1, 1989

Continued from A-8

Eighth Ave. S. For information, Jayne Wuerch, 841-1758, or Bob Hook, 536-1775.

"Sears regrets to inform you of an error on page 10 of our circular inserted in today's newspaper.

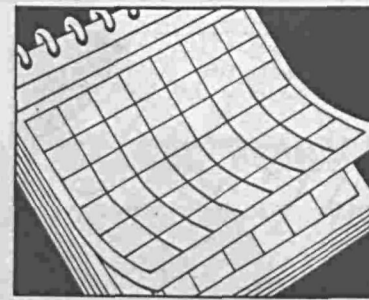
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Community Calendar

Breast Cancer Support Group (First and Third Thursday, 7 p.m.) Meets semi-weekly at the Good Neighbor Center, 305 S. 43rd in Renton, to discuss topics generated by participants.

Evergreen Stroke Association (Second Tuesday, 2 p.m.) The Federal Way Chapter meets in the Physicians' Lounge of Group Health Clinic, 301 S. 320th St. to either hear a speech therapist or to have a discussion group.

Greater Federal Way Kiwanis Club (Tuesdays, 7:30 a.m.) Meeting held at Secoma Lanes, 34500 Pacific Highway S. For information, call 839-6234 or 927-3118.

Take Off Pounds Sensibly, No. 1048 (Tuesdays, 8 p.m.) Meetings are held in the recreation hall at

Homewood Terrace, 30030 38th Ave. S. Call 946-1849 or 941-3647 for more information.

Federal Way Women's AGLW (Second Monday, 6:15 p.m.) Dinner meetings are held at the Campus Cafe, 1500 S. 336th St., # 16. Call Kathlee Kampa at 874-6819 for more information.

The South King County Alliance for the Mentally III (Third Monday) A support group meets from 6:30 to 7:30 p.m., and a general meeting and program runs from 7:30 to 9:30 p.m., at United Good Neighbor, 305 S. 43rd St. in Renton.

Take Off Pounds Sensibly, No. 642 (Thursdays, 7 p.m.) Meeting held in the Calvary Lutheran Church basement, 2415 S. 320th St. For information, call 839-3314 or 839-6576.

Take Off Pounds Sensibly, No. 281 (Thursdays, 9:30 a.m.) Meetings held at the Camelot Square Mobile Park, community building, 3001 S. 288th. For information, call 927-3826 or 829-1097.

Sea-Tac Harmony Kings, Society for the Preservation and Encouragement of Barbershop Quartet Singing in America (Tuesday, 7 to 10 p.m.) Meet at Trinity Reformed Church, 3807 Reith Road. Male singers welcome. For more information, call 839-8719.

South King County Parent Support (Thursdays, 7:30 p.m.) Meeting of the parent group using the Toughlove philosophy is held at the Long House, St. Philomena's Church, 1790 S. 222nd St in Des Moines. For information, call 824-4637 or 927-2495.

Stephen Mills Composite Squadron of the Civil Air Patrol (Tuesdays, 7 to 9:30 p.m.) Meeting at the Federal Way Church of the Nazarene, 1525 S.W. Dash Point Road. Call 630-1080 for information.

South Star Guild for the Retarded (Third Tuesdays) Meeting at members homes. The guild raises funds to help developmentally disabled individuals and their families. For information, call Judy Morefield at 838-8390.

South King County Chapter, Northwest Steelhead and Salmon Council of Trout Unlimited (First Tuesday, 7 p.m.) Meetings are at Sportsworld Lanes, 27403 Pacific Highway S. and are open to the public. For information, call 939-3834.

Soroptimist of Federal Way (Wednesdays, 7:15 a.m.) Meetings at Executive, except fifth Wednesday of month, no meeting. For information, call 839-1755.

Solo Squares (a square and round dance club for singles) (First and third Sunday, 7:30 to 10 p.m.) For information, call 859-2223 or 939-0836.

Pyramid Court of Amaranth (Third Tuesday, 8 p.m.) Meetings are held at the Masonic Lodge, 1700 S. 340th St. For information, call 838-2553.

Thornton F. McElroy Lodge (First Wednesday, 8 p.m.) Meetings are held at the Masonic Lodge, 1700 S. 340th St. For information, call 878-8175.

Continued on A-10

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON, KING COUNTY
In the Matter of the Estate of:
MARTIND. BAUER,
Deceased.

NO. 89-4-00537-6 NOTICE 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/Is/
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.

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON, KING COUNTY
In the Matter of the Estate of:
JEAN ELIZABETH MARSHALL,
Deceased.

NO. 89-4-00703-4 NOTICE 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.

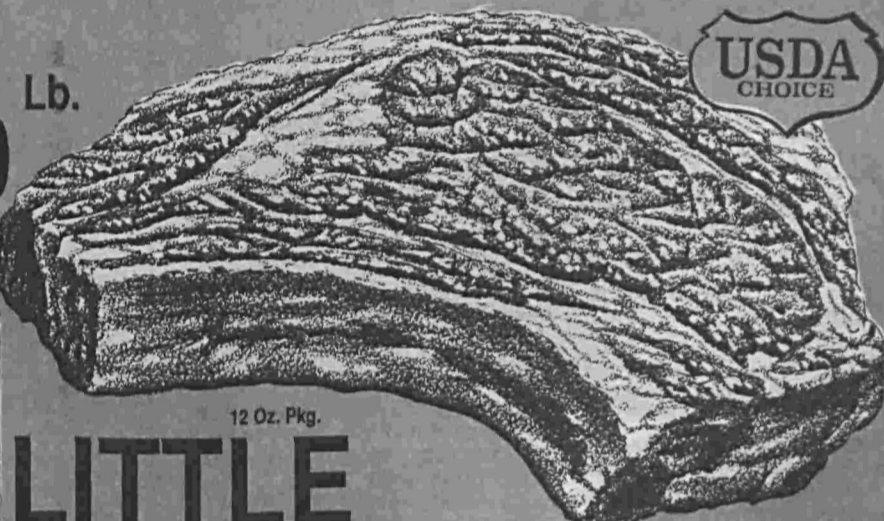
Date of filing copy of notice to creditors: 2/23/89.
Date of first publication: 3/1/89.

PR/Is/
John Rodney Anderson
10837 Evergreen Terrace SW
Tacoma, WA 98498
/s/Gaylen E. Payne
of PAYNE & VERZANI
Attorneys for Estate
30640 Pacific Highway South
Federal Way, WA 98390
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Published in the Federal Way News on March 1, 8, & 15, 1989.

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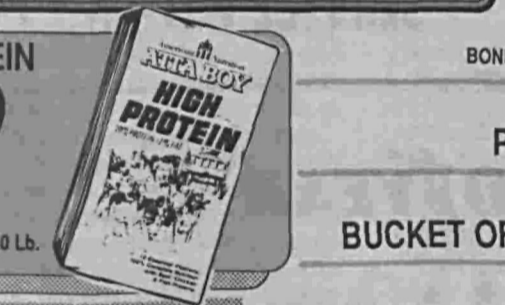
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Lender's Bagels 4 Var. 12 Oz. 89¢
CLASSIC VEGETABLES 8-10 Oz. 1.19

Continued from A-9

Mothers of Twins The South Seattle See 'N Double Mothers of Multiples meets the second Wednesday of the month at 7 p.m. in different homes in the south end. Call 941-3539 or 859-2204 for more information.

Senior Adult Dance (Fridays, 12:30 to 2:23 p.m.) Live music is provided. Dances are preceded by potlucks, cards and parties and held at the Highting Community Center, 425 S.W. 144th St. The cost is \$1.50 per person. Call 344-6956 for more information.

Word Weavers (Thursdays, 6:45 p.m.) The group, Toastmasters Club #2029, meets at Edgewood Community Church, 1720 N. Meridian. Call 824-4432 for more information.

Washington Association for Children and Adults with Learning Disabilities (Third Thursday, 7 p.m.) The South Region Chapter holds its monthly support group meetings at Group Help Clinic, 301 S. 320th St. Call 941-0422 for details.

Veterans of Foreign Wars, Post 2886 (Second and fourth Tuesday, 7:30 p.m.) The Charles C. Ralls group meets at the Brooklake Community Center, 726 S. 356th St. Call 874-1933 or 839-9041 for more information.

Professional Secretaries, Int'l., Evergreen Chapter (Second Thursday, 5:45 p.m.) Meets for dinner at the Marriott Hotel, 3201 S. 176th St. For further information, call Shirley Cutler at 655-8786.

South End Singles (Every Friday, 8:30 p.m.) The singles group dances every Friday to live music at the Burien Elks Lodge, 14006 First Ave. S. For information, call 285-1719 (Seattle) or 564-5056 (Tacoma).

Capable Amputee Support Group (First Wednesday, 2 p.m.) The group meets at 11316 Bridgeport Way S.W., Tacoma. For more information, call 584-8422.

Aero Mechanics Dest. 751 (Wednesdays, 10 a.m. to noon) The retirement club meets in the Auburn Aero Mechanics Hall, 202 B St. For information, call 833-5590.

AI-Anon (Wednesdays, 10:30 a.m.) The group for friends, relatives and spouses of alcoholics meets at St. Luke's Lutheran Church, 515 S. 312th St. Call 941-6301 for details.

American Association of Retired Persons (AARP) (Second Tuesday, 1:30 p.m.) Meeting held at Steel Lake Presbyterian Church, in the social room, 1829 S. 308th St.

American Cancer Society (volunteer group) (Third Thursday, 10 a.m.) Meeting. For information, call 941-2052.

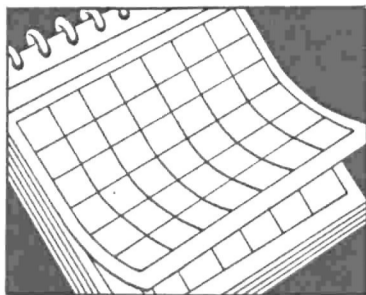
Amnesty International (Third Thursday, 7:30 p.m.) The group meets at 418 N. Hazel St. in Kent. Those interested in joining may call 874-5450. Call to confirm meeting time and location.

Ayn Rand Discussion Group (Every other Friday, 7 p.m.) Meeting for students and admirers of Ayn Rand, in Des Moines. For information, call 878-3330, days.

Auburn Valley Art League (First Thursday, 7 p.m.) Meeting held at the Auburn Library. For information, call 941-1488.

Civil Air Patrol (Tuesdays, 7 to 9:30 p.m.) Meeting at 1525 Dash Point Road, across from Johnny's Food Store. For information, call Pat Barrett at 838-7623, or Ed Knipp, at 630-1080.

Des Moines-Zenith Garden Club (First Monday, 10 a.m.) Meeting at the Des Moines Methodist Church, 22225 S. Ninth Ave.



Community Calendar

Diabetes Support Group (First Wednesday, 7 p.m.) Meeting at Highline Hospital, 16251 Sylvester Rd. S.W., in Burien. For details, call 431-5324.

Evergreen Bridge Club (Mondays, 10 a.m., Tuesdays, 10 a.m. and 7:30 p.m., Thursdays, 10 a.m., and Saturdays, 7:30 p.m.) Partnerships arranged in required. Call 927-0244 for details.

Federal Way Civitan Club (First and third Mondays, 6:30 to 7:30 p.m.) Has recently been meeting for single men and women committed to community involvement, Vince's Italian restaurant, 32411 Pacific Highway S. For information, call 839-5156 or 878-5040, or write: P.O. Box 7455, Federal Way, Wash., 98003.

Federal Way Elks Lodge No. 2431 (Tuesdays) Dinner at 6 p.m., meeting at 8 p.m., 1220 S. 336th St. Call 838-9200 for information.

Federal Way Jaycees (Second and fourth Tuesdays, 8 p.m.) Meeting at Jaycee Clubhouse in the Federal Way Shopping Center.

Federal Way Knights Lions Club (First and third Wednesdays, 7 p.m.) The group meets at Three Pigs BBQ at the corner of South 312th and Pacific Highway S. For details, call 839-0320.

Federal Way Noon Lions Club (First and third Tuesday) Meeting held at the Round Table Pizza restaurant. Call Jim Olson, 927-0948, for more information.

Federal Way Rotary (Thursdays, noon) Meeting at Dynasties Restaurant, 32069 Pacific Highway S.

Goose and Gridiron (Every Monday, 11:30 a.m.) A branch of the Masons, the group meets at H.D. Hotspurs, 315 S. Washington Ave., Kent, to discuss business. For details, call 630-0471.

Desktop Publishing (Last Thursday) The user group discusses topics of interest to IBM and Mac users. The meeting is held at the Federal Way Computerland. Call Bob at 838-9150 or Barb at 939-2319 for more information.

WEIGHT WATCHERS (Every Monday) The weight loss program holds meetings each week at 5:30 and 7:30 p.m., at the Federal Way Elks Lodge, 1200 S. 336th St. Call 1-800-562-6962 for information.

DISCOVERY SOUTH (Every Friday, 7:30 p.m.) The activity group for singles meets at Kent Commons, 525 N. Fourth Ave., Kent. Call Calvin King at 839-5445 for information.

Take Off Pounds Sensibly (Thursdays, 7 p.m.) Meetings held at Federal Way United Methodist Church, 29645 51st Ave. S. Call 941-5228, 941-0224 or 952-6715 for more information.

Vietnam Veterans of America (Second Tuesday, 7 p.m.) The forming South King County chapter meets at Verrazano's Italian

Restaurant, 28835 Pacific Highway S. Call Ramos at 824-4800 for more information.

Midwives Associated (Mondays, 7 to 9 p.m.) The St. Joseph Hospital group offers a free orientation meeting each week in Tacoma. Pre-registration is required. Call Brenda at 591-6825 or Carol at 839-2944 for more information.

Key Ring - Latch Key (Thursdays, 6:30 p.m., Tuesdays, 7 p.m.) The support groups for recovering alcoholics and their co-dependents meet at the Angle Lake Fire Station, 2929 S. 200th St. (Thursdays), and at the Federal Way Group Health Medical Center, 301 S. 320th St. Call 246-5346 or 432-7111 for more information.

Domestic Abuse Women's Network Volunteers needed to man the 24-hour hotline. For information, call the DAWN office at 852-5529.

King County Women's Advisory Board (Second Thursday, 7 p.m.) The King County-authorized board works toward ending the abuse of women and children. Meetings are held in 404 of the King County Courthouse. For information, call 344-5240.

Eating Disorders Support Group (Second and fourth Mondays, 7-9 p.m.) Anorexics, bulimics, and their friends and family meet at St. Joseph's Hospital in Lagerquist Center, Room 2B, Tacoma. For information, call 591-6671.

Gardening and flower arranging The Marine Hills Garden Club is open to new members. Call Judy McDonald at 839-4413.

Survivors of Suicide (Second Tuesday, 7 p.m.) The support group for family members of suicide victims meets at Auburn's Bible Baptist Church, 1320 Auburn Way S. For information, call Jan Lumsden at 863-0213, or Carol Brown at 952-7026.

Golden Key Club The Kiwanis Club of Federal Way is forming the group for men and women age 50 and over. The group will meet at 9:30 a.m., every Wednesday, at Secoma Bowling Lanes in Federal Way. For information or a ride, call John Hoskinson at 838-2252, or Bill Martin at 839-4736.

Metanoia Ministries (Mondays) The Christian ministry for those seeking to leave homosexuality holds office hours each week at the Tacoma Alliance Church, 2207 Sixth Ave. For information, call 783-3500.

Senior Services (First Friday, 9:30 to 11:30 a.m.) Senior citizens needing health assistance can get it on a monthly basis from a trained volunteer at the Federal Way Senior Center. To make an appointment, call 838-3604. There is no charge for services.

Health Clinic (Second and fourth Tuesday) The Des Moines Senior holds a health clinic bi-monthly. Call for an appointment, 878-1642 between 9:30 a.m. and 2:30 p.m. Payment is on a donation basis.

The Community Calendar lists regularly scheduled meetings of non-profit groups whose membership

draws upon the Federal Way community. The deadline for submitting an item is the last Wednesday

of the month. For further information, call 839-0700, or 927-4353 (Tacoma).

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Feb. 25 thru Mar. 5 in the Kingdome



Courtesy of The Kitchen Showplace

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SUN. FEB. 26 - 4 PM to 6 PM	THU. MAR. 2 - NOON to 8 PM
MON. FEB. 27 - NOON to 8 PM	FRI. MAR. 3 - NOON to 8:30 PM
TUES. FEB. 28 - NOON to 8 PM	SUN. MAR. 5 - 4 PM to 6 PM

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WEDNESDAY, MARCH 15th	6:00-7:00
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THURSDAY, APRIL 13th	5:30-6:30

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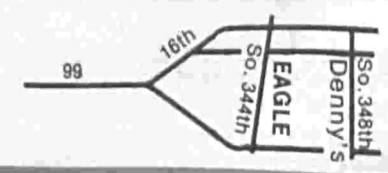
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JFK presents a big challenge for Eagle girls

By CHUCK MINGORI

On paper, it appears as though Kennedy will have the edge over Federal Way when the two teams meet tonight at 8:30 at Clover Park in West Central District girls' basketball semifinal action.

Kennedy (19-3) was ranked ninth in the latest girls' Class AAA state poll and the Lancers are coming off an impressive 57-43 victory over Narrows League champion Foss. Federal Way (21-2) just edged Kent-Meridian, 41-38.

The Lancers enjoyed a 51-38 win over Kent-Meridian during regular North Puget Sound League play and JFK also humbled Decatur in the opening round of the WCD tournament last Wednesday, 53-34. Federal Way's last loss was against those same Gators, 49-35, on Jan. 26, although the Eagles beat Decatur 59-54 way back on Dec. 12 and will carry a seven-game winning streak into tonight's showdown with JFK.

Still, Federal Way coach Chuck Czubin knows his club will be in tough, although win or lose they are going to state.

"We're going to have to have our best game of the season to be competitive, I think," he said.

The Lancers are a team loaded with talent. Two of their three losses this season have come against No. 1-ranked Auburn. JFK's last loss was to the mighty Trojans in the North Puget Sound League championship game by just a 55-51 margin.

THE WINNER of tonight's Federal Way-Kennedy game will play either Auburn or Port Angeles Friday at 8:30 p.m. at Foss High School for the WCD championship. The losing teams will square off at 7 p.m. in the first half of a doubleheader to determine either the third or fifth-place seeds to the state tournament.

"They're a lot like the last team we played except they're a better team," explained Czubin of the Lancers. "They are very quick. Their guards are comparable to, or perhaps better, than Kent-Meridian's guards."

Kennedy is led at the point guard by 5-4 senior Jodi McCann, who possesses excellent speed and the ability to shoot the ball from the outside.

"She likes to shoot three-pointers," said Czubin of McCann, who scored 14 points and hit two three-pointers against Foss.

At the off guard, is 5-5 junior Marne Hazelgrove, who Czubin said is equally as quick as Mc-

Cann and likes to penetrate.

ONE AREA of play where the Lancers will be tougher than K-M is inside.

"They have a couple girls who can go to the basket and can pound the boards," said Czubin.

Most notably is 6-0 junior center Marisa Bernasek, who JFK coach Paul Muckerheide said is "as good as any post in the state."

"I don't know if we're going to be able to keep her off the boards," said Czubin of Bernasek, who scored 12 against the Falcons.

Kennedy, which uses a double low-post offense, starts 5-8 senior Julie Holmes at a forward position. Holmes scored 15 points to lead the Lancers against Foss and is a "pure shooter," said Czubin.

Kennedy has two other players that Czubin is concerned about. They are 6-0 senior Christi Plummer and 5-10 senior Susan Utschinski.

"Christi Plummer has really been coming on," said Muckerheide. "If K keeps coming on, we become more and more dangerous."

"They just wear you down," said Czubin. "They just have too many assets to really go to sleep."

MUCKERHEIDE SAID that because his team already has clinched a state berth along with Federal Way and that pairings for state are drawn out of a hat, the Lancers plan to use their next two district games as "high-intensity workouts. Practices are boring for the girls. This is like practicing against new bodies."

Tonight's game will mark the first meeting between Kennedy and Federal Way's girls' basket-

Continued on A-12



photo by Rhonda Davis

FEDERAL WAY Starburst player Kelly Blucher (left) races a University Place Stomper player for the ball Sunday at Renton Stadium in American Cup girls' state soccer cham-

pionship action. Blucher, named the most valuable player, helped lead her team to a 1-0 victory in the under-12 age group.

Starburst claim U-12 state title

By GERARDO BOLONG

A rugged defense dominated the action as the Federal Way Starburst shut out the University Place Stompers 1-0 to capture the American Cup girls' state soccer championship for non-premier teams in the Under-12 category Sunday at Renton Stadium.

The victory avenged a 3-1 loss to the Stompers that took place

earlier in the state playoffs.

Federal Way Starburst coach John Wright attributed that loss to a slow start and the Stompers' ability to pass well.

"This time we came out aggressively," a happy Wright said. "The defense controlled the game."

"We really stopped their passing game," added assistant coach Ken Blucher.

Early in the game it looked like Federal Way was off to another slow start. The first four minutes were played mainly on the Starburst side of midfield. Defensively, the Starburst team was holding the Stompers off.

With 21:22 remaining in the first half, the Stompers mounted a scoring threat. Four shots on goal from close-in failed to produce a score. Having survived the initial Stomper threat, Federal Way gradually took command and continually pinned University Place in their own territory.

KELLY BLUCHER was all over the field helping the Federal Way girls bottle up the Stompers.

The Starburst's offensive pressure finally culminated with Dawn Hicks' short goal from out in front on an assist from Laurie Neff with 4:08 in the half.

Jann Van Stralen blocked a Stomper shot just before halftime to preserve the Starburst lead.

University Place attacked quickly to open the second half,

but was just as quickly repulsed by the stifling Starburst defense. The Starburst offense missed several good chances to pad the lead.

A final threat by the Stompers occurred on an out of bounds kick deep in Federal Way territory with 2:09 remaining. Federal Way's Rita Betterman ended that threat with an interception of a Stomper pass with 1:30 remaining. She then made a solo rush and drive deep into University Place territory.

The final 48 seconds ended with the Stompers fruitlessly trying to tie the score against an inspired Federal Way defense.

For winning the state title, the Starburst received the game ball and a shiny trophy. Each team member also received a medal.

Kelly Blucher received the Most Valuable Player trophy for which she was quick to share the credit.

"I want to thank the coaches and my brother for practicing with me," beamed the youngster.

Corey takes sixth at state meet

Federal Way's David Corey came through with a sixth and 11th place finish at this past weekend's state swim meet at the University of Washington.

Corey's sixth place finish was recorded in the 100 breaststroke, where he had been seeded only 10th going into the meet, while he was 11th in the 200 individual medley after getting the 14th seed.

Corey tied for sixth place in the preliminaries of the 100

breaststroke with a school record 1:01.43.

Since only six swimmers go on to the finals he had to have a swim-off to break the tie, and even though it was only one half hour later Corey splashed to yet another school record at 1:01.38 to win it.

That put him in the finals, where he finished sixth at 1:01.69.

Corey made the 200 individual medley consolation

race with an 11th place preliminary time of 2:01.95, which was a personal best.

He maintained his 11th place standing in the consolation action with a 2:02.28 time.

WHILE COREY was scoring all 11 of the Eagles' team points for the state meet, Ted Axtell was taking part in the diving competition.

Axtell captured 14th place in the one-meter diving for Federal Way.

Around Town

Sonics

The Seattle SuperSonics are off until Friday, when they host the Houston Rockets for a 7 p.m. game at the Seattle Center Coliseum.

Seattle is back home again Saturday at the same time and place, taking on the Philadelphia '76ers.

The Sonics go on the road Tuesday, playing at Indiana with a 4:30 p.m. start.

All Seattle games are broadcast on KJR-Radio 950.

Stars

The Tacoma Stars are playing on the road this weekend. They will visit Wichita for 5:35 p.m. Major Indoor Soccer League action Friday, before going to Los Angeles for a 6:05 p.m. match Sunday.

Stars games can be heard on KTAC-Radio 850.

Pac-10 hoop

Washington closes its Pac-10 men's basketball season tomorrow, when it hosts Arizona State for a 7:30 p.m. game at Hec Edmundson Pavilion.

Washington State entertains Arizona at the same time, and finishes against Arizona State at home with a 3 p.m. start Saturday.

Mariners

Ready or not, the Seattle Mariners will open their spring training Cactus League baseball schedule Friday, hosting the defending American League champion Oakland Athletics in Tempe Arizona.

The Mariners entertain the Milwaukee Brewers Saturday, and play Oakland at Phoenix Sunday.

Monday Seattle comes back to its spring home of Tempe Diablo Stadium to play the Cleveland Indians, and Tuesday the Mariners will be at home again facing the San Francisco Giants. All of the above action will start at 1:05 p.m.

SportsWatch



photo by Ralph Radford

JENNY MAHLSTEDT (right) and the Federal Way Eagles will be playing in the West Central District semifinals at 8:30 p.m. today against Kennedy, the team that ended the season for Jana Medges (left) and Decatur only one week ago.

Home Teams

Girls' hoop

The Federal Way girls' basketball team is already assured of a trip to next week's state tournament at the Seattle Center Arena, but the Eagles will play two more West Central District games for seeding purposes.

Federal Way faces ninth-ranked Kennedy at 8:30 p.m. today at Clover Park High School, with the winner playing for the WCD title at the same time Friday at Foss. The loser plays for the districts third seed to state at 7 p.m. Friday, also at Foss.

No. 1 Auburn plays Olympic League champion Port Angeles in the WCD's other semifinal game at 8:30 p.m. today on the Foss court.

Two loser's bracket games will take place today at 7 p.m., as Puyallup plays Lakes at Foss and Kent-Meridian meets Foss at Clover Park.

The winners of those games play for fourth place at 7 p.m. Saturday at Rogers, and the losers are out.

Around Town

Boys' hoop

The West Central District Boys' Basketball Tournament will continue tomorrow and Saturday at both the Auburn and Rogers gyms.

In a WCD semifinal at 8:30 p.m. tomorrow, crosstown rivals Puyallup and Rogers will do battle at Auburn.

The winner plays for the district title at 8:30 p.m. Saturday, also at Auburn, while the loser plays for third place at 7 p.m. that day.

Tomorrow's other semifinal is at Rogers, as South Puget Sound League champion Curtis does battle with Narrows League champion Mount Tahoma at 8:30 p.m.

In tomorrow's first game at Auburn, Kentridge plays Hazen at 7 p.m. in loser-out-action; with the Rogers gym hosting a clash between Clover Park and Wilson at the same time. Winners of those games play at 8:30 p.m. Saturday at Rogers for fourth place and both will be assured of a trip to state, as will all participants in the semifinals.

Eagles face stiff challenge against highly-touted JFK

Continued from A-11

ball teams.

Czubin said that Federal Way already has reached one goal by qualifying to state, but now the Eagles are shooting for another.

"To get up there as high we possibly can is our (next) goal," he commented.

"Now there's a great deal of pride involved as opposed to pressure. You want to do the best you can in district," he said. "We're not only representing ourselves and the Federal Way people, but the whole South Puget Sound League."

Muckerheide said his team is concerned most about trying to contain 5-9 Eagle guard Jenny Mahlstedt, who scored 18 points against K-M and had a remarkable floor game.

"Our biggest key is can we hold their point guard to a reasonable amount of points," he said.

MUCKERHEIDE SAID the post play will have to be even for his team to be successful.

Federal Way has a strong front line that should be able to pose some difficulty for the

Lancers as well.

The Eagles boast some strength of their own inside with 6-0 senior Cyndi Shahan at center and 5-11 junior Kelly Czubin at a post position. Also, Brooke Edwards, who started in place of an ailing Kelly Czubin Friday night, came on strong to score 10 points against the Royals.

Also providing some spark off the bench inside is 5-9 junior Jennifer Evans, who gives the team quality playing time when she is called on to spell the starters.

STARTING AT the wing positions for Federal Way are 5-8 junior Shannon Sehlin and 5-8 junior Janelle Oakeley.

Rounding out the Eagle roster are 5-2 guard Heidi Saheli, 5-9 wing Molly McGraw, 5-6 Wing Tara Boe, 6-0 center Jana Woodworth and 5-8 wing Fatima Chany.

"We're excited, we're looking forward to it," said Czubin of tonight's semifinal game with Kennedy. "Kelly (Czubin) is a lot better, Shannon (Sehlin) is a

West Central District Playoffs Class AAA girls

Wednesday, March 1:
Puyallup v. Lakes, 7 p.m., Foss High School (loser out)
Auburn v. Port Angeles, 8:30 p.m., Foss High School
Foss v. Kent-Meridian, 7 p.m., Clover Park High School (loser out)
Kennedy v. Federal Way, 8:30 p.m., Clover Park High School.

Friday, March 3:
At Foss High School
Auburn-Pt. Angeles loser v. Kennedy-Federal Way loser, 7 p.m. (winner No. 3 WCD seed to state tournament; loser No. 5 seed)
Auburn-Pt. Angeles winner v. Kennedy-Federal Way winner, 8:30 p.m. (Championship: Winner No. 1 WCD to state, loser No. 2)

lot better and hopefully nobody else came down with the flu over the weekend. We're ready to go. It will be nice to be 100 percent."

Warriors open state A tourney

By ADAM WORCESTER

In a way, Seattle Christian School's third trip to the state Class A boys' basketball playoffs is already better than the first two.

The Warriors open play today at 10:30 a.m. in the Tacoma Dome against White Pass. In their two previous state appearances, in 1986 and '87, they drew 10 p.m. opening games.

"They would usually start at a quarter to 11. Basically, they give you the keys and tell you to lock up when you're done," Seattle Christian coach Bryan Peterson said.

He may not have that problem to worry about this year, but White Pass presents plenty of others.

The Panthers, 19-3, are ranked No. 2 in the latest Class A state poll. They are the second seed from the Southwest Conference, behind Toledo.

White Pass boasts Washington's second most potent offense — 78 points a game — paced by six-foot seven-inch senior Brett Love (16.2) and 6-4 senior twins Shawn Dotson (18.4) and Casey Dotson (12.1). The Panthers also possess the state's seventh-best defense, yielding 51.9 a contest.

SHUTTING THEM down con-

stitutes a tall order for the Warriors, in more ways than one.

"The advice I got was to press them and make their big kids run the floor more," Peterson said. "Toledo beat them three times with pressure defense; their biggest kid is 6-2."

Without question, "good, solid defense" will be the key to surviving the state tournament, Peterson said. "And we're going to run up against some teams with good athletes, so we're gonna have to rebound better."

Seattle Christian (18-3) enters the Tacoma Dome as the West Central District's No. 2 seed after Steilacoom snapped the Warriors' 15-game win streak Saturday night, 58-56. Nate Linman and Grant Zweigle each had lay-ins rim in-and-out in the final eight seconds of that contest.

Today's winner plays the winner of the 9 a.m. Grandview-Cascade game at 1 p.m. Thursday in the Tacoma Dome. The losers of today's contests square off at 9 p.m. Thursday in an elimination game.

Grandview (21-1) is the state's No. 1 team. The Greyhounds, Yakima Valley East League champions, average 84 points a game. Cascade, from the Caribou Trail League, is unranked at 12-10.

A VICTORY either Wednesday or Thursday guarantees the Warriors a Friday game. By Saturday, the 16 tournament entrants will be pared down to the final eight.

"We've set a goal to be playing Saturday," said Peterson, who missed the final round by one point with 1987's sixth-place team.

Three current players, John Brownlee, Matt Wimmer and Zweigle, were benchwarmers on that squad. Most of the others watched in the stands.

"They know what it's like, but they haven't been on the floor or in the locker room yet," Peterson said. He has been asked repeatedly if he will do anything special to relieve the pressure.

"I don't know," he responds. "My assistant coach, Kyle Linman, was an all-league center on the last state team. I might call upon him to calm the players' nerves."

Benefit hoop game set

Members of the Seattle Seahawks' AFC West championship football team will take on members of the Federal Way Group Health Medical Staff and members of the Federal Way School District Staff March 22 at Kilo Junior High in a benefit basketball game.

All proceeds from the event,

which starts at 7 p.m., will go to the Marion Grambau Scholarship Fund, developed to benefit students with learning disabilities.

Ticket price is \$5 for adults and \$3 for students. Children under six will get in for free. Tickets are available at Federal Way area schools and at Federal Way Group Health.

IF YOU ARE ELIGIBLE FOR SOCIAL SECURITY, YOUR FEDERAL TAXES ARE GOING UP.

Shearson Lehman Hutton is sponsoring a forum to outline the new Medicare Catastrophic Surtax. If you are eligible for Social Security, and are retired and/or still working, you might have to pay this tax. In 1989 taxpayers 65 and older may pay \$22.50 per \$150.00 of Federal Tax Liability.

A panel of experts will explain this tax and discuss strategies to reduce this new tax burden.

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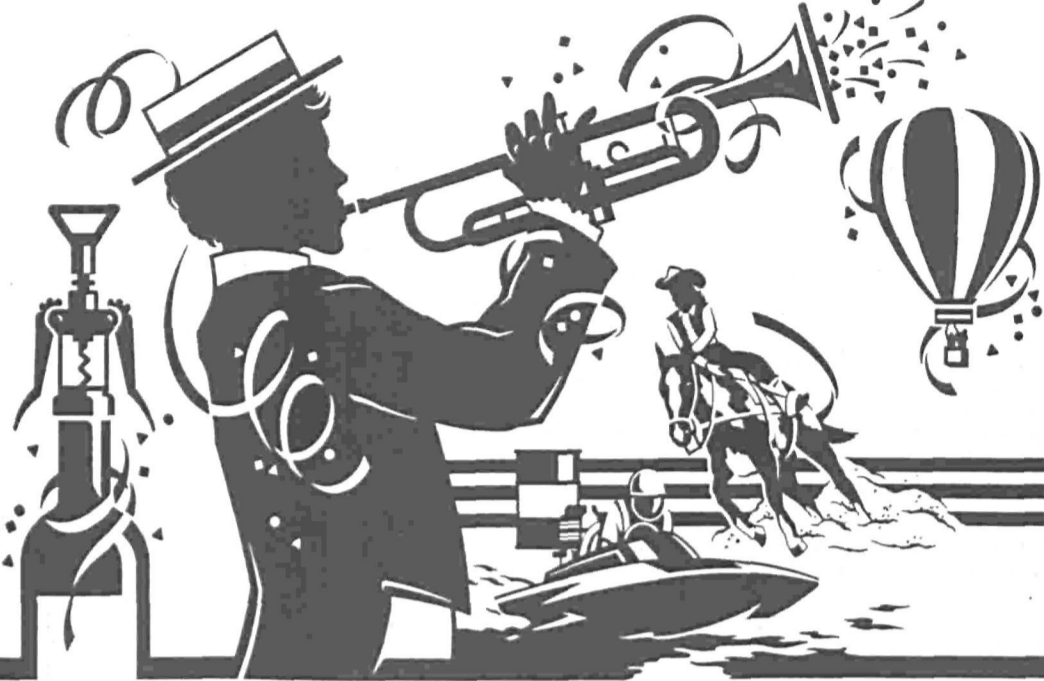
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HOURS:
Mon.-Fri. 8:30-6
Sat. 8:30-5

Clean-up efforts could restore fish runs

As our state celebrates its 100th anniversary, many displays are featuring historic photographs. Many of them depict unheard-of amounts of huge trout and salmon caught from hundreds of tiny creeks.

Somewhere over the past five decades or so the same creeks have silted up and have become little more than a channel for pollution to reach Puget Sound — that is until the older generation decided to begin to educate the younger generation to the error of our ways.

By actively cleaning up pollution and establishing new runs in area creeks, tomorrow's generations will better understand the qualities of the now-diminished fish runs our state once was famous for. Because this concept offers hope for us to return to a higher regard for our natural resources, I'm including a news release submitted by Amy Powers, a sixth-grader at Olympic View Elementary School in Federal Way:

"Mr. Winterholler's and Mrs. Finkle's sixth-grade students in conjunction with the state Fisheries Depart-



Dick Benbow

ment and Twin Lakes Country Club met at Joe's Creek to determine the success of the coho salmon egg-planting conducted earlier by the sixth-grade students.

"The investigation revealed that the eggs were just now in the process of hatching. It was determined that the eggs and the hatching alvins need to stay in the incubating tubes a few weeks longer before again investigating the progress."

April 22 will be known as Earth Day across the nation. Here in our state, Trout Unlimited will be hosting a

National Conservation Banquet at the Trade Center in Seattle. The activity raises funds from an auction and raffle of famous outdoor artists. For tickets or more information call Jerry Pavletich at 553-3122.

Those wishing to learn how to cast a fly should call Gary at the Green River Fly Shop in Auburn. Classes will include beginner, intermediate and advanced. The instruc-

tor is Tom White from the G. Loomis Fly Rod Co. There is a fee. For more information call 735-1488. Classes are scheduled to start March 4.

One somber note: Friends from southern Washington and Oregon tell me seals are prowling off steelhead streams all along the coast. It appears our dilemma at the locks may be the tip of the iceberg.

FEDERAL WAY AMERICAN LITTLE LEAGUE

MAJORS TRY-OUTS

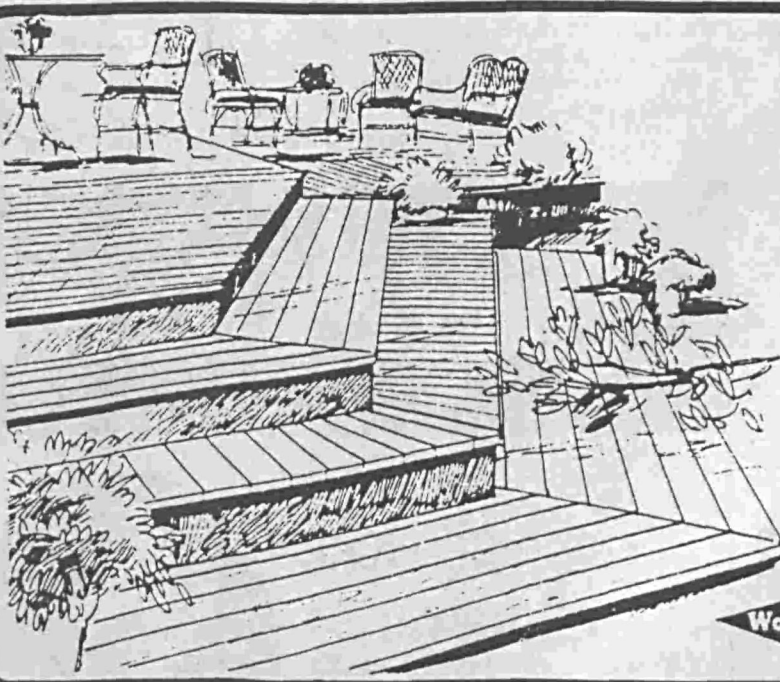
WHEN: Saturday, Mar. 4th
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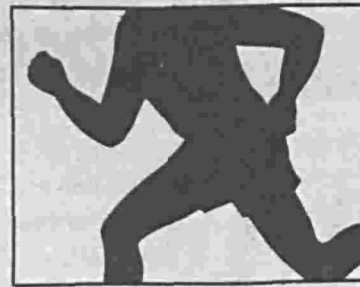


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SPORTS COLLECTORS SHOW — The 7th annual Spring Greater Seattle Sports Collectors Show will be held at the Landmark Motor Inn, 4300 200th St. S.W., Lynnwood. The date is Sunday, March 5, 9 a.m. to 4 p.m. Admission is \$1.50 for adults and \$.75 for children. Dealers and collectors from the entire Pacific Northwest will be on hand to buy, sell, trade and display their sports collectables.



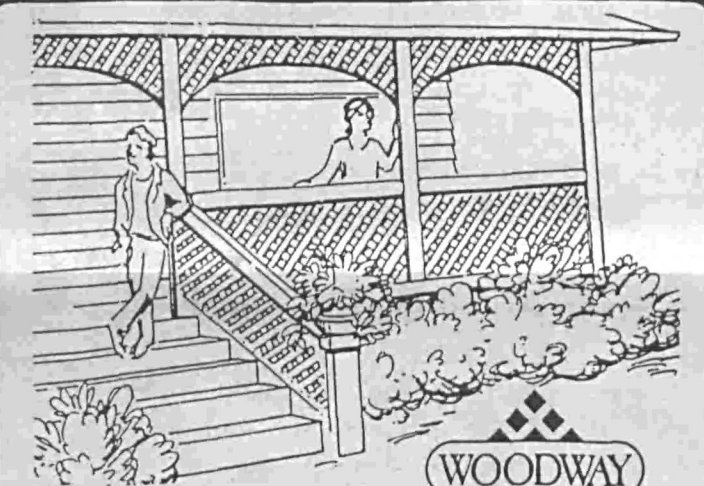
Get with it

NORTH CASCADES TOUR — REI in Federal Way will present a slide show on Touring Across the North Cascades on a bicycle featuring Tim Barz, who will share information on the route he took, how he dealt with the heat and hills, places to stay and the equipment needed to have a successful and memorable trip. The show is scheduled to take place at 7 p.m. March 2.

Children under six get in free. Tickets are available at Federal Way area schools and Federal Way Group Health. All proceeds will go to the Marion Grambau Scholarship Fund, which has been organized to benefit students with learning disabilities.

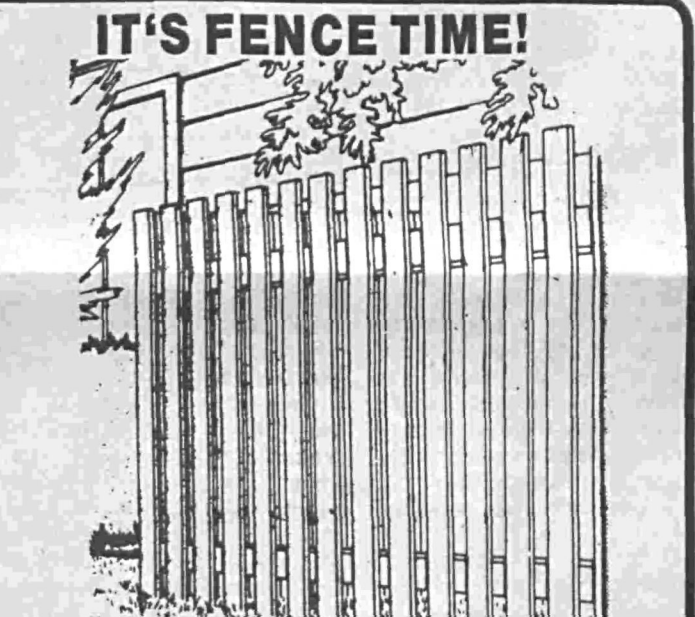
SEAHAWK GAME — Members of the AFC West champion Seattle Seahawks will take on the Federal Way Group Health Medical Staff and the Federal Way School District Staff (TJ principal Ann Gentle, Decatur principal Duane Hammil and Federal Way principal Ron Montgomery) in a benefit basketball game at 7 p.m. March 22 at Kilo Junior High School. Ticket price is \$5 for adults and \$3 for students.

SOFTBALL TOURNAMENT — Thunderball Park, Inc., home of country slo-pitch, is putting on the third annual "I like it ugly" men's open slow pitch softball tournament March 18-19 in Graham. Entry fee is \$140 per team with three games guaranteed. For information, call 847-3530.



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Little Leagues slate rules clinic

A District 7 and District 10 Little League Baseball rules clinic will be held Saturday, March 11, from 8:30 a.m. to 4 p.m. at the Angle Lake Fire Department,

2929 S. 200th, Seattle. The clinic is for umpires, coaches and parents. For further information call 824-5839 or 244-3033.

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Decatur season stood out in spite of early exit

By TIM CLINTON

Some movies are like the Decatur girls' basketball season — they're good but they end abruptly and it seems like there should be a little more to them.

Ninth-ranked Kennedy closed the curtain on the Gators' season last Wednesday in the opening round of the West Central District Tournament, 53-34, but Decatur had already accomplished a lot to get there and had come ever so close to even more.

The Gators finished only one game out of first place in the South Puget Sound League's North Division at 12-3 behind Federal Way and Puyallup's 13-2 marks, and split with both teams during the regular season.

But that left them with the division's No. 3 seed, meaning the best they could get out of the SPSL tournament was a No. 4 seed to districts and Wednesday's loser-out game with talented JFK.

Meanwhile, the SPSL's other three district entries — Federal Way, Puyallup and Lakes, are still alive in the WCD after coming out better in the tournament draws.

But, especially after an 0-5 start, Decatur head coach Gary Baker was happy with his team's 14-8 overall finish and with just being at districts.

"We don't need to look at might've beens," he said. "It was a good season as it was."

For one thing, the Gators enjoyed great success at the SPSL tournament just the weekend before to earn the right to play Kennedy, cruising past Southern Division foes Bethel and Spanaway Lake.

"Getting into the SPSL tournament was a neat experience," said Baker. "We had real good games with Bethel and Spanaway Lake. And even though we lost the game with Kennedy we take the position that we made the West Central District Tournament and played a team that is ranked in the state, and played them tough. But we had some things happen late in the game that turned the tide."

THE GATORS' 1988-89 saga

HCC, GR women clash

The Highline Community College women's basketball team downed Bellevue Friday night, 79-58, in NWAACC Northern Regional playoff action to qualify to the conference championship tournament and then lost to unbeaten Skagit Valley, 80-73, on Saturday in the Northern Division championship game.

Highline, now 21-7 on the season, will meet Green River (25-3) tomorrow at 9 p.m. at Skagit Valley in the first round of the NWAACC conference tournament.

Other first-round matchups

opened with the tide seemingly against them, as they lost all four preseason games facing Bellarmine, Garfield and Lincoln on the road and hosting No. 1-ranked Auburn.

Even though the preseason was tough and Decatur took its lumps, Baker feels the experience paid off later.

"I think in one way the preseason was a help," he said. "It put us in the fires of competition early and made us realize we had a long ways to go to be competitive. It didn't do a great deal for our confidence, but it didn't affect us in league play."

It did tune them up for a big SPSL opener with Federal Way, but the Gators were edged, 59-54, to fall to 0-5. That game still made a difference, though.

"Even the first game with Federal Way was important," said Baker. "We started to believe we were competitive. We all believed we had opportunities in that game and that we could have won."

The Gators went on to win their next six straight, including their first-ever victory over Puyallup the first game back from Christmas vacation.

"That one win put us in contention for the North title," said Baker of the 47-37 victory over the Vikings.

Decatur stayed in the hunt the rest of the way, although a 52-47 loss to Lakes set them one game back and ended their winning streak at six.

The Gators came back to win their next five, including a stunning 49-35 win over then seventh-ranked Federal Way.

The Gators followed with a win over Rogers, before dropping a showdown for first place at Puyallup, 48-40. Decatur capped off its SPSL season with a 49-35 win at Sumner, and went on to win two of its three post-season games.

"It was really a good season all the way through," said Baker. "As individuals and as a team we improved as the season went along."

FORWARD Kathy Laky was Decatur's leading scorer with a 14.4 per-game average over 22 games and she had a 3.0 average for steals, also a team high. She

was second in rebounding at 10.0.

Leading in rebounds was 6-0 Shelley Richter with an 11.0 average to go with her 11.5 points, and point guard Jana Medges had a 6.5 average with a team-high 3.5 assists and 2.5 steals.

Forward Tanya Fischer and guard Kim Houston both had 6.0 averages in the scoring department, with Fischer averaging 9.0 rebounds and Houston 2.5 assists.

For next year, the good news is that nine of the 12 varsity players were only juniors this year, including starters Laky and Houston.

The bad news is that the three players who are graduating are Medges, Richter and Fischer, all starters.

"We have some big holes to fill," said Baker. "We have personnel that's capable of filling them, but you can't tell and you just don't replace players like that overnight."

Some players have gained a lot of valuable experience in supporting roles this year, including 6-0 center Shannon Barrett, 5-9 forward Nicole Adkins and guards Heidi Berthel and Tara Beckett.

Forward Tisha Brier and guards Jamie Werner and Barb Berry saw less action but are also looking to move up.

"You want to be optimistic about the upcoming season, but every year is a different year

and you don't know how the players will develop," said Baker. "We have players coming back that have the skill, and great attitudes. How well we compete depends on what kind of work the players get in the off-season."

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FERRIS DISTEMPER	\$8.00
CAT "4 In 1" (rabies not included)(Annual)	\$8.00
DOG "7 In 1" (rabies not included)	\$8.00
CORONA VIRUS	\$5.00
LEUKOCELL	\$5.00
BORDATELLO	\$5.00

PLEASE BRING DOGS ON A LEASH, CATS IN A CARRIER OR A BOX! YOUNG ANIMALS SHOULD BE EIGHT WEEKS OF AGE.

NEXT CLINIC FRI. MAR. 3rd & SUN. MAR. 5th

IN FEDERAL WAY:
 SUN. MAR. 5th, 9 AM-10:30 AM
 SEA-TAC MALL
 320th and Pacific Hwy. So.

IN WEST SEATTLE:
 FRI., MAR. 3rd, NOON-2 PM
 THRIFTWAY
 2320 42nd SW

IN BURIED:
 SUN. MAR. 5th, 3 PM-5 PM
 BURIED SHOPPING CTR.
 157th & 1st Ave. So.

PROTECT-A-PET

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Get high yield, withdrawal flexibility with our exclusive 18-month FLEX CD.

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- \$600 million in assets.
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 - Serving Washington for over 70 years.
- Guaranteed earnings, guaranteed convenience in a no-risk investment — that's Flex CD at Great Northwest Federal Savings & Loan. Stop by and open your CD today!

Offer subject to change. Substantial penalty for non-qualifying withdrawals. Ask for complete details.



Federal Way—33601 21st Avenue SW—Phone: 952-6400

Highline HealthLine

Lower Your Risk of Heart Attack

There are several ways to help lower your chance of heart attack:

- 1. Don't Smoke** - Even a few cigarettes per day increases your risk of heart attack. The risk of heart attack lessens with time after you stop smoking.
- 2. Know your blood pressure and cholesterol levels** - Above normal levels of both of these can increase your risk of heart attack. Dietary management, weight control, routine exercise, and medication can help reduce abnormally high levels.
- 3. Exercise regularly** - Physically inactive people run a much higher risk of heart attack than those who regularly walk, run, bike, swim, etc.
- 4. Have regular medical checkups** - Risk factors such as diabetes, high blood pressure, elevated cholesterol levels, excess weight, family history of heart disease, lack of exercise and cigarette smoking call for routine medical supervision.

There is no guarantee that a heart attack can be prevented, but reducing your risks will give you the best chance of avoiding one. For more information or referral to a physician, please dial 246-8773 or call

24-NURSE

Next week's topic: Help Reduce Cholesterol Levels
 For your free refrigerator magnet call 24-NURSE

H+H

HIGHLINE COMMUNITY HOSPITAL

HOMESTEADERS INC.

GRAND OPENING

At Coffee Europa we offer:

Gourmet Coffee & Teas

Delicious desserts and pastries.

Light lunches.

Gift items for the coffee and tea connoisseur.

Something's happening all week long at Homesteaders & Coffee Europa:

FRI. MARCH 3RD

Come in and taste several gourmet coffees and our decadent desserts.

SAT. & SUN.

Samples of Canterbury Cuisine, Country Store and Farm, and Garvey's bread mixes will be available. Free coffee with dessert during our week-long celebration.

On the weekend, Sat. & Sun. the 4th & 5th, crafters will be in action, China painting, Amish doll making, woodworking & staining, stained glass, cut and pierce lampshades, Easter basket creations.

Ribbon Cutting Ceremony Thursday by Chamber of Commerce. 4:30 P.M.

Our clown will be giving free balloons to the kids.

FREE DRAWING
BEAUTIFUL
COUNTRY BASKET
(\$100 Value)

Need not be present to win.

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946-1515

All Furniture
40% Off
During the month of MARCH

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