**Utility seats up for election**

Five local utility boards of commissioners seats will be up for election this fall, two of which will be open to voters for the first time in several years.

Three seats are being contested by four candidates in the rival Citizens for the Environment and Community Development.

In addition, there will be a special election for the seat currently occupied by Sen. Peter von Reichbauer, D-Seattle.

The election will be held on Nov. 5.

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**Loyd Sutherland's seat filled**

The seat currently occupied by Sen. Peter von Reichbauer, D-Seattle, will be open for the first time in several years, with four candidates vying to fill the position.

The election will be held on Nov. 5.

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**Kennewick man shoots self in armpit**

A man named Kennewick man, who is the son of Kennewick police officer Paul Rogers, was shot in the armpit on Friday night.

The suspect, who is described as a white male, is being held at Kennewick police headquarters.

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**Federal Way festival**

A festival in Federal Way is set to begin on Saturday, with a variety of events and activities planned.

The festival is expected to attract thousands of visitors.

---

**Weather forecast**

**Wednesday, Washington**

25 cents

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**Inside**

The Puget Sound Business Journal has selected the following articles for this week's edition:

- **Real Estate/Classified**
- **Sports**
- **Classification**
- **Real Estate/Classified**

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**Festival group sets thank-you reception**

The Federal Way Festival has invited the Puget Sound Business Journal to attend their thank-you reception on Wednesday, June 26.

The reception will be held from 6 to 8 p.m. at the Federal Way Convention Center.

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**Joining a new dollar: It's confusing to many**

The new $1 coin, known as the "Lincoln Memorial Penny," was introduced last year and has been confusing to many people.

Some are not sure whether it is a coin or not, while others are not sure what it is for.

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**The Federal Way Festival**

The Federal Way Festival has been in operation for several years, and has become a popular event in the Federal Way area.

The festival is held on the first weekend of June each year.

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**Utility seats up for election**

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The election will be held on Nov. 5.
We’ll do our part, can Carter do his?

School Board: reconsider busing decision

Port: a monster or a blessing?

Homeworkers north and south of Sea-Tac Airport are probably scratching their heads this week, wondering what the Port is doing to them.

If you haven’t heard, the Port announced last week it is stopping its home acquisition program. Within the next two years, the remaining 239 homes in the acquisition zone will be purchased by the Port and 231 families will have to find a new place to live.

The step is being made possible through the sale of $19.1 million in revenue bonds.

But what about the homes which lie just outside of these boundaries? Homes that are noise-impacted but not quite as much, other homes underneath the flight path?

For the next two years at least, nothing will be done with these homes. Plans are for them to remain as they are at best tentative.

One plan is to extend the noise zone, which would allow the Port to buy more homes.

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But what about the homes which lie just outside of these boundaries? Homes that are noise-impacted but not quite as much, other homes underneath the flight path?
A 43-year-old Federal Way man who stopped to pick up a hitchhiker on Friday morning was robbed and beaten, the victim's wife said.

The man told police that the woman, about 25, asked him to drive her to Seattle and then said she wanted to take another ride. He said he declined the second request and got out to drive the woman with Seattle.

Puget Power dividends announced

The Board of Directors of Puget Power and Light Company recently announced a quarterly dividend of $0.10 per share on the common stock of the company, an increase of two cents over the first quarter dividend.

All dividends are payable on Aug. 15 to stockholders of record on Aug. 1.

300 Kids' play cancelled

The Super Summer program at Des Moines Elementary School has been cancelled due to a lack of funds.

A similar program is still being offered at Woodside School from 1 to 3 p.m. Monday through Friday.

Class teaches self-growth

An intensive two-day "The Psychorama" course in personal and skill development was held at the King County Park Recreation Center Saturday and Sunday.

The course, which costs $50 per person, is for students of all ages.

For information, call Dean Schwartz at 221-7376.

The SEKO QUARTZ DIAMONDS' WATCH, FOR MEN WHO CHALLENGE THE SEAS AND THEMSELVES.

This special SEKO Quartz Collection features models water-resistant to 300 feet in 2000 different patterns. The collection offers instant date display, digital chronographs, and all advertised items are available in stainless steel, stainless steel and gold, stainless steel and diamond.

For more information, call Jan Meyer at 246-5420.

Four-car pileup leaves six hurt

Six persons were injured in a four-vehicle accident Saturday night on Pacific Highway South, the King County Sheriff's Office reported.

The accident occurred about 11:30 p.m. near South 216th Street when a car driven by Peggy L. Timm, 25, of Renton hit another vehicle, police said.

The collision forced the Adams car onto the northbound lanes of Pacific, where it was struck by a car driven by Virginia L. Larson, 18, of Federal Way. Larson's car was then hit by another driven by Brenna J. Johnson, 16, of Federal Way, the Sheriff's Office reported.

Hospitalized for treatment of injuries suffered in the mishap were Adams and newlyweds Ray A. Adams, 18, and L. Larson, 18, both of Federal Way.

The collision involved the Adams vehicle along with two other vehicles also reported during the weekend.

One of those occurred at a 32nd Avenue Southwest residence, where the window of a parked car was shattered early Saturday morning. The other also happened on Saturday, at a 24th Place South address.

**Note:** The accidents occurred at a 32nd Avenue Southwest residence, where the window of a parked car was shattered on Saturday morning. The other accident happened on Saturday, at a 24th Place South address.

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Angling for solitude

READY FOR A MORNING of fishing, the couple edged their boat toward their favorite spot on Lake Fenwick.

— photo by Roy Musitelli

Fly away

IF THIS HORSE COULD wish for anything it would probably be for a longer tail to swish away the flies. The flies sought the moisture of the palomino as temperatures soared in the 80's recently.

— photo by Roy Musitelli

Injured in wreck

SEVERELY INJURED in a two-car collision on Pacific Highway South at South 316th Street Friday, William V. Goodwin grimaces with pain as he awaits transportation to Auburn General Hospital. State troopers said that Goodwin, 71, suffered massive internal injuries, and hospital authorities listed him in critical condition as of Monday morning. A resident of 2102 S. 324th St., he was a passenger in a car that collided with an infinadee driven by his son, Victor J. Goodwin, 31, of North Bend. The driver of the other car was Mary E. Black, 29, of 607 S.W. 307th St. Mrs. Black and her son, Daniel, 12, suffered minor injuries and were treated and released. Troopers said the accident occurred at 11:30 a.m., as Goodwin was attempting to turn left.

— photo by Leland Hillborn
Area students earn degrees at Washington State University

A total of 2,977 students are candidates for bachelor’s, professional and advanced degrees at Washington State University with the Class of 1979. The Registrar, C. James Mitchell, announced recent additions. Many are graduates of high schools or are returning students. Local students are:

Kevin J. Allison, M. Rainier, B.A. in Business Administration, Cum Laude.

Michael R. Bevers, M. Rainier, B.A. in Business Administration.

Margaret A. Caldwell, M. Rainier, B.A. in Business Administration.

Janice R. Creeder, M. Rainier, B.A. in Nursing.

Kent W. Dunstan, M. Rainier, B.A. in Mechanical Engineering.

Cynthia Le Gravens, M. Rainier, B.A. in Hotel and Restaurant Administration.

Kristin L. Jacobsen, M. Rainier, B.A. in Hotel and Restaurant Administration, Cum Laude.

Mark C. Meyer, M. Rainier, B.A. in Business Administration, Cum Laude.

Hearing tests offered

Parents with children who are hearing impaired are encouraged to attend a free hearing screening from 1-3 p.m. July 24 and 31 at Chinook Junior High School, 4800 46th Ave. S. The service is provided by Shirley Mikal, district coordinator for programs for sensory impaired children.

To further in formation, call Ms. Mikal at 824-6441 or Ms. Montgomery at 824-4456.

Fine Arts, Cum Laude.

Gerald B. Allen, Evergreen, B.A. in Mechanical Engineering, Cum Laude.

Barbara S. Berg, Evergreen, B.A. in Home Economics.

David E. Doig, Evergreen, B.A. in Business Administration.

Foster, B.A. in Physical Education, Cum Laude.

The Peoples Store

A Bridal Fashion Show Sat. July 21st at 2 P.M. Peoples Bridal Gallery, SeaTAC Mall

SCHEDULE OF EVENTS:

11 a.m.-3 p.m. Products Demonstrations, Cosmetic Clinic

2 p.m. Fashion Show 25¢ Reception Tea, Door Prizes

Be our guest for a memorable afternoon viewing an outstanding collection of wedding attire, heavily featured in Modern Bride magazine. Ideas! Ideas! Peoples’ Bridal Consultant will help you with your selection.

Gown $322

Headpiece $80

Sponsors: Husbands Try N’Tails, Holiday Music, Century Travel, Martine Flowers, Cake Box and Bruno Photography.

Peoples Bridal Gift Registry

Visit our bridal gift Registry, our wedding consultant will help you coordinate the perfect gifts, crystal, silver and linens to fit your lifestyle. We’ll help eliminate duplicates, making it easier for friends to make their gift selection.
Community Calendar

what's happening

PUBLIC MEETINGS

Des Moines Kiwanis Club (second and fourth Thursdays, each month at 7:30 p.m.; meeting at Des Moines City Hall. 23rd Ave. S. and Pacific Highway.)

Federal Way City Council (second Wednesdays, 7 p.m.; meeting at Federal Way City Hall. 31211 Pacific Highway S.)

Federal Way Planning Commission (third Thursdays, 7 p.m.; meeting held at Federal Way City Hall. 31211 Pacific Highway S.)

Federal Way School Board (second and fourth Mondays, each month at 7 p.m.; meeting regular meets at Federal Way City Hall. 31211 Pacific Highway S.)

Federal Way Recreational Commission (first Wednesdays, 3:30 p.m.; meeting held at Federal Way City Hall. 31211 Pacific Highway S.)

Water District at third Monday each month at 7 p.m.; meeting held at Federal Way City Hall. 31211 Pacific Highway S.)

COMMUNITY EVENTS

Foster's Workshop (first and third Saturdays, each month, 9 a.m.-3 p.m.; meeting held at Foster's Workshop. 30819 14th Ave. S. and 219th St. Burien.)

Cortes Island Community Club (3rd Thursday, each month, 7 p.m.; meeting held at Cortes Island Community Club. 4016 Lakeview Way, Federal Way.)

Alcoholic Anonymous (Tuesday meetings, 7:30 p.m.; meeting held at Bayview Community Club. 25 Avon Manor, 31211 Pacific Highway S.)

A-6 A-6 Sunday, Aug. 19, 1979

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Dragnet put out for new police chief

by Pat Jymison

If all goes well, Norm-

andy Park will have a new chief of police

this September.

With at least 40 peo-

ple still in the running

for the position and possibly a few more waiting to join them, City Manager Doug Schmitz said Monday that the city's second lengthy selec-

tion process this year in search of a chief is expected to put a new leader in the police department by mid-

September.

The list of original applicants reached 55 Monday, and as many as 100 were in use currently. The application deadline of July 15 may also arrive at ci-

ty hall this week, Schmitz said.

Of the initial can-

didates, at least 6 of

which will reach the final stage of the selection process. The five applicants who did not meet minimum job re-

quirements were removed from con-

sideration last week by Schmitz and civil service commissioner Herm Meto upon

review of their app-

lications.

Eight applicants have come through the first round, di-

recting the only two re-

ceived from women. Among the non-Neveralians are some from as far as New York and Florida.

Eight candidates already attended selection panel interviews.

Candidates in contention will be ranked in order of qualifications by Mercer Island Police Chief Jon Devery, Norman.

ity Police Chief Doug Drosdick, member of the city's civil service commission, and Mayor Mike Parness, mayor's recommendation will be made by Schmitz.

The final choice will be made by Schmitz.

If all goes well, Nor-

mandy Park will have its third chief of police since the departure of Normandy Park's first chief, who headed the department.

William McKeever

retired as the city's

head law enforcement

officer. The first search was abandoned by the department when he was forced to

resign following a 

Lovesoy. Last

month, he became assistant chief of police.

Around the time McKeever

abandoned the quest for the top position, the chief's office "by mid-

September."
Holman honored

SID HOLMAN, marketing director for SeaTAC Mall, was honored recently as the Federal Way Chamber of Commerce Citizen of the Month. Holman has been active in the Chamber, serving on the board of directors and as chairman of the Ambassadors Committee. He has been in charge of advertising and public relations for the mall for nearly four years.

Planning to wed

The following have announced their intentions to wed:

- Michael Hooton, 38, 2315 South 24th Street, and Penny Hendrix, 39, 2315 South 24th Street, have announced their intentions to wed.
- John Miller, 28, 6301 10th Avenue South, and Susan Doan, 28, 20th Place Southwest, have announced their intentions to wed.
- William W. Price, 30, 120th Avenue Southwest, and Dale Bellender, 31, 6335 102nd Street Southwest, have announced their intentions to wed.
- Daniel F. Martin, 21, Federal Way, and Cynthia L. Schlosser, 23, 45th Avenue South, have announced their intentions to wed.
- Donald N. Smith, 28, Federal Way, and Cynthia L. Schlosser, 31, Federal Way, have announced their intentions to wed.
- Donald W. Smith, 28, Federal Way, and Marilyn D. Martin, 23, Federal Way, have announced their intentions to wed.
- William O. Clinton, 28, 30323 130th Street South, and Helen M. Wrench, 21, 20th Place South, have announced their intentions to wed.
- Richard A. Mullen, 30, Seattle, and Diane J. Bailey, 30, Seattle, have announced their intentions to wed.
- Bryan Young, 23, Federal Way, and Catherine A. McOwen, 21, Federal Way, have announced their intentions to wed.
- Scott A. Miedema, 28, Federal Way, and Thomas E. Bales, 28, Federal Way, have announced their intentions to wed.
- George A. Holmes, 28, Federal Way, and Maryle M. Wrench, 21, Federal Way, have announced their intentions to wed.

Ugly dog deadline Fri.

Is your dog ugly? If so, he or she might have the chance to win the Second Annual Ugly Dog Contest sponsored by Robinson Newspapers. The deadline to enter the contest is Friday, July 27.

To enter the contest, send or bring a picture of your dog. Color prints are preferred, but black and white will also be accepted. If you don't have a good picture of your pooch, call us and set up an appointment for one of our photographers to take the picture.

The winner of this year's contest will be awarded 5 pounds of dog food and a $25 gift certificate. All entries will receive an official 1979 Ugly Dog Contest certificate.

Several other contests for ugly dogs are going on right now. If you don't have a dog or if you have a friend who does, send us a picture of your dog and we'll enter him or her in the contest. We'll also enter any dogs we get a picture of during the contest.

Ugly dog deadline Fri.

We want to see the ugliest dogs in the world. Send us a picture of your dog and we'll enter him or her in the contest. We'll also enter any dogs we get a picture of during the contest.

New surfaces for Highline roads

Resurfacing of county roads in the southern portion of King County will begin this month, according to the Department of Public Works. The work will include leveling the road surface and repaving it with one-inch of asphalt.

In the Highline - White Center area, the following roads will be affected: 17th Avenue Southwest from 147th Place (.54 mile); Southwest 147th Place from Dead End to 31st Avenue Southwest (.55 mile); 31st Avenue Southwest from Southwest 169th Street (.25 mile); 17th Street South from Southwest 169th Street to Southwest 178th Street (.58 mile); 22nd Avenue Southwest from Southwest 169th Street to Southwest 178th Street (.59 mile); Southwest 168th Street from 22nd Avenue Southwest to Southwest 178th Street (.58 mile); and nine other roads.

Contest sponsored by Robinson Newspapers.

The winner of this year's contest will be awarded 5 pounds of dog food and a $25 gift certificate. All entries will receive an official 1979 Ugly Dog Contest certificate.

Send or bring the entries to any Robinson Newspaper office. The contest deadline is Friday, July 27.
Des Moines crime shows increases
Crime in the Des Moines area is on the increase according to figures recently released by the Des Moines Police Department. An increase was reported for all crimes in the first six months of 1979 with the greatest increase in the commission of general theft.

Boat show names local to committee
Jean Stoffel of Des Moines Boats was recently named to the Seattle Boat Show Committee as president of Northwest Marine Trades Association, the organization that sponsors and produces the ten-day event. The Seattle Boat Show is one of the nation's largest recreational boating events in the nation.

Volleyball marathon earns cash for camp
Forty hours of volleyball earned about $2,500 for athletic equipment for this summer at Cove­nant Beach.

Looking ahead to camp
Belena Bilyeu, a student at Adelaide Elementary School, is participating in the fall camp of Sassyjaws Junior High School. The fall camp program, planned for special education children in the area, will be held Monday, July 30, through Friday, Aug. 10. Costs are $2 per day and a $2 registration fee. Children who attend should bring their own lunch and their swim suits. Registration will take place Fridays from 4 to 5 p.m. at Chinook Junior High School, 18650 42nd Avenue South.

Garage sale for Kevin Berg
A garage sale to benefit Kevin Berg, a 13-year-old youngster undergoing a heart transplant operation to overcome the effects of critical heart failure, will be held at the Berg home at 1800 35th Ave. S., Saturday, July 28.
THE HOT SUMMER IS HERE——
TIME TO GET INTO THE SUMMER LIGHTS
AND BRIGHTS TO STAY COOL!

MISSY & JR.
SPORTSWEAR
30%-50% OFF
REG. 15.00-48.00
Famous brand separates in broken sizes and colors. Save now.

LIBERTY BELL
TANKS & TEES
3.90
REG. 10.00-17.00
Super summer shorts tops in misses sizes S-M-L.

HIMALAYA
SPORTSHIRTS
6.90
REG. 20.00
Poly/cotton blend polo and t-shirts. Sizes S-M-L-XL.

SEMI ANNUAL
SUMMER SHOE SALE
SAVE UP TO 1/2 OFF
Save now...wear now! Woman's summer Magnum dress heels and super summer sandals by Famolare®, Connie®, and some by Clover® are now at 1/2 price! Fashion summer sandals regular 15.00-23.00 now 11.90-14.90.

PACIFIC TRAIL
MENS, WOMENS, JUNIORS & CHILDRENS
SUMMER JACKET CLEARANCE
65% OFF
REGULAR 15.00-48.00
NOW 9.14-16.46
Unbelievable savings on our entire stock of summer weights. Pacific Trail® jackets for the entire family. Hurry! These poplin and nylon jackets will go fast.

BRITTANIA®
LINEN SLACK
14.90
REG. 24.50
Your choice of cinch-back pleated front or basic front styles. Sizes 28-38.

CASABLANCA
DRESS SLACKS
20% OFF
REG. 30.00
Young mens fashion dress pants with flare bottoms. Poly/gabardine.

BRITTANIA®
KNIT SHIRTS
7.90
REG. 12.00
Bright and dark color poly/cotton shirts in S-M-L-XL.

KENNINGTON
SUMMER JACKETS
1/2 OFF
REG. 22.50-32.50
Nice linen with terry or nylon front. S-M-L-XL.

ELVINS
Keep aside Horatio Alger and meet two more entreprenurial businessmen — Jerrod Hainline and Mike Reed, co-proprietors of H & R Mighty Mowers, an up and coming business in the Twin Lakes area.

The two 12 year olds have put their heads and muscles together to provide a lawn care service in their neighborhood. They will mow, edge and bag the clippings. The client only has to dispose of the bag.

"We both came up with the idea while we were skiing one day," Jerrod said. "I told Mike that I had a good idea for making money this summer, likewise, he said he did too."

The two friends discovered it was the same idea, so they formed a partnership. Each boy is paid for his share of the work. If they work together, they split the fee but if one does the job he gets to keep the money.

"One small yard may be only $2.50 while a another, larger yard, maybe $7."

Since April they have earned between $250 and $300. Out of the money comes the expense of their own equipment and garbage bags. Their fathers loan them the power lawn mowers.

They enjoy the money, but working at a business has its pitfalls and disappointment.

"Competition is rough," the boys said. "We've lost some customers to younger kids who are less expensive. Then there are other guys who want to share in our business."

Mike and Jerrod try to limit their workload and schedule their jobs around summer activities.

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Mike and Jerrod try to limit their workload and schedule their jobs around summer activities.

Although the boys have six customers, they hope to find a couple more.

"We don't want to overextend ourselves," Jerrod said. "With too many customers and our other activities, we couldn't do a good job."

There are pluses and minuses to any job, as Mike discovered.

"Sometimes it's hard to work while all of your friends are down at the swimming pool, but I also like the money."

"There is a kind of pride that goes with the job," Jerrod added. "It's nice to walk by a yard and say 'I did that.' I guess the job teaches us responsibility and how to do the job well."
Bride's grandfather performs ceremony

With her grandfather, Rev. Roy Lee Garland, Kris Schull, daughter of Mr. and Mrs. Les Stuart of Church in Puyallup. See Cascadia, 810 E. Reese St., Monday, July 16, at 7:30 p.m. Steel Lake Christian Adult Howard Road, Zoom, Villa Beach. Free admission. For more information, contact the Good Samaritan Dev. Center and the Federal Way Home. The SeaTac Mall Bon. 784-1313.

Hydro Jet Steam Clean
Any Size Upholstery and Dining Room and Hall
983-2038
All Work Guaranteed
Shampoo and Steam Clean
Raineri Quality Carpet Service
474-1358
SUNRISE SENIOR CITIZEN DISCOUNT

We're blowin' out some HOT BUYS!!!

Choose one on any color in our present inventory

RCA Vision Select 400 4-Hour Video Cassette Recorder with built-in electronic video recording system

PRICE IS TOO LOW TO ADVERTISE

Regular $94.90 COMBINATION ONLY

$69.95

FREE BONUS ITEMS

FREE! 10 DAYS ONLY

Regular $94.90 COMBINATION ONLY

$69.95

FREE BONUS ITEMS

FREE! 10 DAYS ONLY

BEAUTY CLINICS SCHEDULED AT BON

The SeaTac Mall Bon store has scheduled several beauty clinics to provide free services on July 28 and Aug 1. The clinic is open to the public and is free to all who attend. Each clinic will feature a different professional who will provide services such as hair styling, makeup applications, and nail care. In addition to the beauty clinics, the SeaTac Mall Bon store will also be offering a special promotion that month. For more information, please visit our website at www.seatacmallbon.com or call (253) 891-9999.

Hydro Jet Steam Clean
Any Size Upholstery and Dining Room and Hall
983-2038
All Work Guaranteed
Shampoo and Steam Clean
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FREE BONUS ITEMS

FREE! 10 DAYS ONLY
The University of Puget Sound alumni picnic scheduled

The event has been held annually for nearly 40 years. This summer, it features a buffet luncheon on the lawn adjacent to the home of President and Mrs. Philip White. Also on the agenda is a variety show and a special slide presentation on history by Professor Eileen Saldaña, the event's creator.

A volunteer workshop leader is needed at the Federal Way, Youth Service Bureau to teach job finding skills to youths aged 14 and 15. Interested persons who wish to attend may call 296-4551 for further information.

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Friends of Rag workshop in Kent

Friends of the Rag from Seattle will conduct a free and unique costume design workshop from 1 to 5 p.m. Thursday, July 30 at the Parks Senior Center, 310 East Meridian St. These costumes are inspired by historical figures and will include a variety of materials to help participants to mutaually design and construct a totally original costume. No previous sewing experience is necessary, but individual skills are welcomed. All materials are provided.

For more details, call Kent Parks and Recreation at 822-7330.

Sears

New portable fire and burglar alarm helps protect you and your possessions away from home

Adjusts to fit most size doors

Ask about Sears credit plans for 

For protection on business trips or vacation, take along the new Sears portable combination smoke and burglar alarm. It contains two separate alarms with two distinct sounds to help you wake from a sound sleep and give you vital time to react. You can fit it into your carry-on luggage. Reliable solid state batteries assure long life and when battery needs to be replaced, includes vinyl carrying case and 9-volt alkaline battery. A great value.

Ask about Sears credit plans for

Where America shops for Value

 Satisfaction Guaranteed or Your Money Back

Pacific Iron's Fabric World

SEW NOW FOR BACK TO SCHOOL AND WIN!

SEWING CONTEST AT ALL PACIFIC IRON'S FABRIC WORLD STORES

1st PRIZE $25 gift certificate
2nd PRIZE $15 gift certificate
3rd PRIZE $10 gift certificate

Prizes will be awarded at each store on winning garments will be shown in our fall fashion show. ASK AT YOUR NEAREST STORE FOR DETAILS!

PIN WALE CORDUROY

New roll colors: blue, red, brown, camel, blue, navy, dark blue, 85% cotton, 15% polyester. 4.45¢ with full bolt, 2.99¢ YARD REG. 3.49

Ask Your

Pharmacist

GAFFNEY R. PH.

9001

Why is this coupon useful to have a prescription refilled?

ANSWER

The answer is found on pages 6 and 13 of this issue and the following regulations. It may be necessary to consult several pages of the regulations before answering the question.

FAMILY PHARMACY

389-3100

Convenient Corner

FREE DELIVERY

COUPON - CALLS TOLL FREE

SALE PRICES GOOD THRU SAT. JULY 21

PATTERNS

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**VASONA SHADE CO.**

Wooden Woven Specialists

35% off Custom Woven Woods

- Over 100 patterns to choose from
- Made locally in our plant
- Customized to fit your window, size, shape, not quality

25% off

- 1" Riviera Leavor Blinds
- Custom Draperies
- Louver Draperies
- Mylar (20% Shade)

VASONA SHADE CO.

1815 S. 34th Pl., Federal Way

Hours: Mon. to Fri., 9 a.m. to 5 p.m.; Sat. 9 a.m. to 2 p.m.

FREE IN-HOME ESTIMATES - CALL 836-3371

**SALE** 59% off Sears gal. gasoline can

Can comes with pour spout and vent.

Reduced from our "89 - 93" Supplement

From our "88 - 90" Supplement

**SALE** $59.12

10 3 ft. x 10'1" Gambrel roof storage building

Reduced from our "88 - 90" Supplement

From our "88 - 90" Supplement

**SALE** 44% off Sears 2 gal. gasoline can

Reduced from our "88 - 90" Supplement

From our "89 - 93" Supplement

**SALE** $21.55

Craftsmen® 5/8 cu. ft. capacity contractor-type wheelbarrow

Reduced from our "78 - 82" Supplement

From our "89 - 93" Supplement

**SALE** 0.72

Women's sweater vest of super-slash lamb's wool for easy care

Reduced from our "74 - 77"

From our "88 - 90" Supplement

**SALE** 0.72

Fall and Winter Catalog

**SALE** 7.33

Woven Jean skirt in two styles

Reduced from our "78 - 82"

From our "85 - 87" Supplement

**SALE** (0.88)

Teen's Polyester and Cotton short-sleeve knit shirts

Reduced from our "78 - 82"

From our "78 - 82" Supplement

**SALE** $15.62

Misses Pre-washed denim jeans in regular sizes

Reduced from our "78 - 82"

From our "78 - 82" Supplement

**SALE** 1/3

Boy's short-sleeve Crew neck knit shirts with minnows, Teen sizes

Reduced from our "78 - 82"

From our "78 - 82" Supplement

**SALE** 1/2!

Women's sweater vest of super-slash lamb's wool for easy care

Reduced from our "74 - 77"

From our "88 - 90" Supplement

**SALE** 1/2!

Summer's 1/3

Teen's Polyester and Cotton short-sleeve knit shirts 399

Reduced from our "78 - 82" Supplement

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**SALE** 1/2!
Mr. and Mrs. Ted Grammoulos

Married in Orthodox rites

St. Nicholas Greek Orthodox Church in Enumclaw was the scene of the recent marriage of Mrs. Leonard Randall, daughter of Mr. and Mrs. Frank Hansen, daughter of Mr. and Mrs. Patsy Grammoulos of Enumclaw, Thessaloniki, Greece.

The bridegroom's father, Mr. Hansen, was behalf the ceremony.

The bride, a graduate of Highline College, was held by lace veil that had been worn by her mother at her wedding.

The bridegroom's father, Mr. Hansen, was held by lace veil that had been worn by her mother at her wedding.

The couple visited Disneyland on their honeymoon, enjoying the rides, shows, and attractions that made the park famous.

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It's Like Finding Gold at

**Coke OR Sprite**
Your choice of Coke, Sprite or Tab in new lightweight, plastic 2 liter bottle.

**Marina BATH TISSUE**
Marina bathroom tissue at a fantastic savings. Twin-ply tissues are extra soft & absorbent.

**PAPER TOWELS**
Spillmate paper towels work like a sponge. Strong enough to handle most any cleaning job.

**DOWNY FABRIC SOFTENER**
Downy freshens & softens clothes while reducing static cling. Use just a little - it's concentrated, 64 oz.

**FREEZE-FETT**
One gallon plastic Freezette pitcher with FREE package of Kool-Aid.

**TRASH BAGS**
Choose from Daisy 40 trash bags or 30 lawn & leaf bags.

**LIGHT BULBS**
Stylish soft white light bulbs with Blue Dot quality. 2 bulbs.

**RAID LIGHTER**
Electric charcoal lighter is effective & safe to use. 2 wire cord 8774.

**KINGSFORD CHARCOAL**
Kingsford charcoal briquets light easily and quickly. America's No. 1 brand. 10 lbs.

**FEDERAL WAY**
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**TWIN LAKES**
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**JANUARY**
9290 S.E. 120th at 100th Ave. N.E.

**MERCER ISLAND**
3923-70th Ave. S.E. at 32nd St.

**KENTON**
1308 N.E. Sunset Blvd. at 35th St.

**AUBURN**
1589 Auburn Way S.east at "M" St.

**ISSAQUAH**
1159 Pacific Ave., S. at 33rd Ave.

**MERIDIAN**
1101 SW. 25th Ave at 21st Ave, S.W.
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**WEB LAWN CHAIR**
Sun Terrace folding web lawn chair in green & white or multicolors. #774.

**MURRAY LAWN MOWER**
Murray 22" self-propelled lawn mower with 3.5 H.P. Briggs & Stratton engine. Powerful & durable. #774.

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**LITTLE CHIEF SMOKER**
Ljhr Jensen electric "Little Chief" smoker. Smokes up to 20 lbs. #774.

**WHAM-O FRISBEE**
Wham-O frisbee is great outdoor exercise. Fun for the whole family. #774.

**BEACH-COMBERS**
Lightweight & comfortable sandals for men & women. Assorted sizes. #774.

**COLEMAN COOLER**
Coleman polyethylene cooler with plastic molded handles. Holds 8½ gals. #7208.

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Cast iron 10"x17" double hibachi is perfect for backyard barbecues. #774.

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Ljhr Jensen electric "Little Chief" smoker. Smokes up to 20 lbs. #774.

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**STE. MICHELLE CHENIN BLANC**
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**PETRI WINES**
Petri wines in Chablis Blanc, Vin Rose, Pink Chablis or Burgundy, 3 liters.

**PRICES EFFECTIVE WED. JULY 18th THRU SAT. JULY 21st**
Rock-and-roll group getting back to roots

by Barbara Butts

Plain old rock-and-roll is making a major come back, or so it seems. The numbers and the amount of area rock band that have been enthusiastic in their music during the late sixties are eating their lunch, and the critics are eating their words. The rock musicians are finding that their child, a band that is still alive and kicking, is now being taken seriously by the music industry. Jack Taylor, who has attended the same music school in Seattle and is still in existence. They have broken up, some of the band members, left behind the fun and games, while others are still around. The musicians do not plan to hang in for national fame. They say they just want to be able to play their music for a living. And their hopes may be stoked by the energy crunch and conservation. With many of the\n
The Mick Flynn Group pictured from the left are Lynn Clark, Mick Flynn, John Hunsaker and John O'Connor. The Mick Flynn Group, starring Sheila Heller, who has been director of the line, and with Jack Taylor, are playing huge hits along with some of their own hits. The three musicians were playing essentially the same music as their other music. But they did not stop their music during the sixties when the fever hit. They wanted to die with all that technology, but it great in the first place.

"There's a revived interest in plain rock and roll," Flynn said. "We've decided on our direction and let others who are still with us keep going."

The Mick Flynn Group in which the band is one of the attractions. The members of the band do not plan to hang around the rock concert in Cheney Stadium in which the band is one of the attractions. The band leader and he believes that in the past 10 years they have gone through by their own good and left behind the fundamentals that made it great and in the past place.

"The gimmicks, like smoke bombs and all that technology, are still being used by some bands, having nothing to do with music," he said.

"The Mick Flynn Group," recently. And local sales of the album, which can be purchased at Fane Lane Records and Old Home, even according to Flynn. All of them still live, but only a few of them. Flynn has been in touch with his wife, Robin, O'Connor lives in Federal Way, and Hunsaker was just an occasional one-nighter and freebie attraction. They independently recorded an album, entitled "The Mick Flynn Group," recently. And local sales of the album, which can be purchased at Fane Lane Records and Old Home, even according to Flynn. Many of the groups still haul around tons of equipment in large trucks that are expensive to run, "he said. "We got rid of all our equipment and ourselves into a motor home and Hunsaker went out to the kids in music and lifestyle, they hope, will keep them rocking through the next decade."

"We had to burn our tickets and have the house to keep from freezing to death," he said. Next Flynn and Clark live entirely of their incomes from music, Hunsaker, who writes some of the group's songs and plays guitar, and Flynn also make money, and left their pocketbooks.

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 ningún ingreso de 15 años o más.

El festival tendrá lugar en los días de las festividades en el vestíbulo del edificio del Teatro de la Universidad. Para más información, llame a Lorraine Mine en el 252-0355.

Los estudiantes de la Escuela de Arte de la Universidad de Washington, celebrarán el mes de septiembre con un festival de artes visuales en el edificio del Teatro de la Universidad. El festival estará acompañado por un perrito y un buey que están presentando una obra titulada "C.H.O.M.P.S." (Central High School of Modern Performing Arts). El perrito y el buey mostrarán sus habilidades durante el festival.

Festival set
A free children's festival will be held at Friday, July 22, the Des Moines Activity Center and Park. Hours for the event will be from 3 to 8 p.m. in the West Campus.

The festival has been designed to give children from 5 to 15 years of age an opportunity to work in the visual and performing arts.

"C.H.O.M.P.S." (Central High School of Modern Performing Arts) will be one of the many groups performing at the festival. The group will be showcasing their talent and skills in various arts, including dance, theater, and visual arts. The festival will be held at the Des Moines Activity Center and Park.

Festival date: Friday, July 22
Festival hours: 3 to 8 p.m.
Festival location: Des Moines Activity Center and Park

For more information, call C.J. Farr at 878-3567.
Burien Legionnaires take double-header with Auburn

The Burien American Legion team stayed in strong contention for a playoff spot in the local league, with a 3-1, 8-3 doubleheader over Auburn at Moshier Field.

With seven games left in the Division 11 schedule, Burien sports a 7-4 record, and just percentage points out of second place behind Federal Way's 9-5. The top two Southern Division teams advance into double-elimination playoffs, play off, and the third-place team faces a one-game play-off with the third team in the North.

Daily Twin's fourth-baseman, righthanderyper provided the margin of victory in the opener, and honey sphere's effective fly knock and in the bottom of the seventh inning.

"These are our best games of the year," Burien coach Lou Heinlein said.

Burt Pitt's clutch drive closed his first full-time action since a base injury limited him to part-time duty previously. Kelly Sutton drew a walk and Dale followed with a double, scoring two runs in the first inning. Mike Weaver drove Pitt in with a bases-clearing triple to complete a six-run frame.

Burien batted around in the third inning, scoring three runs. Jim Bigelow was driven in by a double, followed by Dale Brank and Mike Weaver scoring on a sacrifice fly by Bob Bolam.

"I thought we played excellent ball this weekend," he said after the split.

Church fastpitchers begin tourney action

NorthPole soccer signup

The NorthPole Soccer Field, Brown Point, Friday has registration for must be both under 110 pounds. No age limit, for boys and girls.

The four-week fall program continues through late October. Adults, supervised by a certified coach,רשת the Friday night league begins at 7 p.m.

Burien Legionnaire Burt Pitts looks ahead. Next action for the team is tonight against Mount Tahoma's "B." Photo by Gary Kissel.
The Department of Fisheries is taking necessary steps to sustain all salmon populations and to reduce the threat to the Fraser River sockeye salmon. This strategy is designed to provide exclusive salmon fishing opportunities for treaty Indians. The Department will also be working with the U.S. Supreme Court to ensure that salmon fishing rights are protected.

The fisheries director for the Department of Fisheries has indicated that the U.S. Supreme Court has affirmed the concerned parties' right to manage the Washington salmon fisheries, we have held discussions with the Department of State, National Marine Fisheries Service, and the Department of Interior to clarify the situation, Sandison said.

The U.S. Supreme Court ruled last week that specifically treaty tribes in Washington are entitled to a maximum 39 percent of the harvestable salmon in the Strait of Juan de Fuca. The fisheries director also said the Department of State and the National Marine Fisheries Service have agreed to manage the fishery in the Strait of Juan de Fuca.

This resolution of the treaty translation of fishing rights will then be put on hold, he said. "Until then, we must still rely on federal participation.""The director says he expects his department's role will have the authority to manage and enforce commercial salmon fishing fully by the end of the summer.

The Department of Fisheries will be telecast live from the Grand Ballroom of the Olympic Hotel in Seattle from 10 p.m.

Lenny Wilkins gets roasted on KIRO

"The Department of Fisheries is taking necessary steps to ensure salmon populations and to reduce the threat to the Fraser River sockeye salmon. This strategy is designed to provide exclusive salmon fishing opportunities for treaty Indians. The Department will also be working with the U.S. Supreme Court to ensure that salmon fishing rights are protected.

Said Lenny Wilkins: "This is the third annual event that stinks together and plays as a team. And what is reassuring is that this team has an exciting attitude.

Since the Department of Fisheries was the first player in the Bliss Cut season and the Arctic the second half, a gay game picks up.

And according to Angel coach Bill Gettis, "It will be a little more
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Hawk tickets on sale

Approximately 10,000 single-game tickets for the 11 Seahawk home games will be sold at the team's ticket outlets beginning Monday, July 6.

TICKETS ARE

available at the following locations, and at the Seahawks ticket window at the Westside Federal Savings & Loan Association.

1. Seattle Center - Seahawks ticket office, next to Safeco Field.
2. West Seattle - Westside Federal branch, 7200 S.W. Alaska Ave.
3. Burien - Westside Federal branch, 1572 S.W. 204th St.
6. Renton - Westside Federal branch, 856 E. Dearborn St.
7. Auburn - Westside Federal branch, 1155 E. Wishkah St.
8. Puyallup - Westside Federal branch, 100 W. 2nd Ave.
9. Tukwila - Westside Federal branch, 15144 S. 4th St.

Hawks vs. Seahawks: A game for the 25th anniversary.

The Hawks will take on the Seahawks in a special game for the 25th anniversary season.

This game will be played at 2:00 p.m. on Sunday, July 28, at the University of Washington's Husky Stadium.

Tickets for this game are available at the Westside Federal Savings & Loan Association.

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**American-Evergreen takes '13 Little League title**

By Kevin Snider

The Federal Way boys baseball team completed its first all-star title sweep at the District 10 Little League state championship by defeating Federal Way National Saturday, July 4.

Champions for the third time, Federal Way National swept 14-12 over Federal Way American-Evergreen to claim the championship. The district tournament has been held each year for 40 years and gives four all-star teams a shot at the state title.

**Youth golfers qualify**

Local youth golfers continued to turn in good scores as they completed qualifying for the final sub-district event last weekend at Lake Alder.

Several local golfers proved their merit early against the Federal Way National team. 

**By Rick Mobley**

Mobley's shutout paces WIl victory

Federal Way's Rick Mobley pitched nine strong innings as the FW WIL baseball team beat Hohokum West 1-0 on Wednesday, June 27. Mobley struck out 12 but allowed only eight hits. West Seattle's Jimmy Gunther allowed only four Federal Way hits, but each in the fourth and sixth innings for scores.

Richardson scored the first run by hitting a solo home run and second score and second run and the Federal Way team added a run with a sacrifice fly by Doug McCracken's groundsout. Richie Mobley pitched a no-hit game, striking out 12 batters in the second game against Federal Way's American-Evergreen.

Federal Way won the game 10-2 to set up Saturday's game against Federal Way American-Evergreen.

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There They Go!

By Ben Mitchell

Registering horses is an intricate process

Now that you've bought your horse through a carefully selected process and have him insured, you want to do more than just look at him in the breeder's pasture. You want to be able to say in the other guy, "That's my horse." There are two types of identification: a tattoo on his nose and a registration number.

White blazes are on his left and right foreheads, while blazes on his left hind leg and below the knee on his right hind leg are called "butterfly blazes." The first blaze on his left hind leg that you have to do more than look at is when you have to run him at a racetrack. He has to be registered with the New York Horsemen's Benevolent and Protective Association (NYHBPA) before he can be handled. Registration numbers are carefully noted on his registration papers, even to a turn-up tattoo.

To have his upper lip tattoo made, he has to be in a picture of the lip tattoo which becomes a part of the official papers. The Thoroughbred Racing Protective Bureau (TRPB) has a special ultrasonic sterilizer that makes the tattoo. The lip tattoos will not come off and can't be removed.

Your Thoroughbred is a registered horse. After some expert training and conditioning, he is now ready for his early morning calling.

Next: a new and novel method of identification. It is practical and will work! We'll see.

SATURDAY, JULY 27:
Ball: The inaugural of the Louella G. Stakes, at one mile for fillies and mares three years old and up and $100,000. In the distaff division, there are 12 entries, including the late Joe Gottlieb's star filly, "Candle." There are 50 entries, including the late Joe Gottlieb's star filly, "Candle." He has a reputation as a terrier and is considered a favorite.

SKOREK PICKED FOR ALL-STAR

Seattle Smasher is the lone leg of the Satur Day's program. Skorek has been named to the All-Star team for the Inter-All-Star match. Skorek was the Associated All-Star match's top scorer. Skorek's name is due to appear in this magazine under the heading "The News" of the Seattle Smasher.

FEDERAL WAY EVERGREEN-AMS NIPPED FROM DISTRICT TEN, 5-4

By Harry Drums

The Federal, Way American-AMS nipped from District Ten, 5-4, but might have called the assistant to District Ten to favorite for Little League Tournament at Seattles Park. Renton's North's Pat Demarry kept the locals hitless throughout the championship, but only three runs were scored in the fourth inning. The fewest errors allowed were on the plate.

However, Renton tagged home five times at take-a-one-var- 

dition. Both teams had their problems in the field. Federal Way had four mistakes in defense. Only three errors were made by the Federal Way in the last inning. The Federal Way's fifth inning was four times at take-a-one-var-
dition. When they're playing for the district championship, you get a little more out of them.

FEDERAL WAY

Thompson credited his players for their performance, which was a tourney, which resulted in the ninth. The Federal Way little outing marked Federal Way's fifth five in four innings. When they're playing for the district championship, you get a little more out of them. Federal Way had the potential tying run on the base paths.

The Federal Way's third home run of the season in the seventh run accounted for the Federal Way's fifth run of the season in the seventh run. An errant pickoff tag to the sixth inning gave Renton the needed two runs for the victory.

The critical pickoff play carried when Federal Way's Mike Myers accidently tagged out a Federal Way's second baseman. The Federal Way's second baseman hit the ball on the base paths.

Renton retaliated in the ninth. Don Falsi got federal Way's third home run of the season in the seventh run, and another error accounted for the Federal Way's fifth run of the season in the seventh run. An errant pickoff tag to the sixth inning gave Renton the needed two runs for the victory.

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Barbara Anderson, 9, (left) and Cindy Sutton, 13, demonstrate good pickleball form at the Des Moines Boys’ Club recently. The two, along with many others at the club, competed in a pickleball tournament.

**SCOREBOARD**

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**SAMPLE ADVERTISEMENT**

**AJHUMARKetto**

MAE IN RICHES
1600 Highway 99
Federal Way, WA 98003

Have your Business Firm’s Advertisement In Color on The New —

**FEDERAL WAY**

**LOCATOR MAP**

A two page map going out soon, as part of the Federal Way News.

**Call**

LeRoy Hintz
Federal Way News
839-0700
Challenging North Shore’s new back nine

“Where’s the green?” is the most common question asked by everyone the first time out on the new back nine at North Shore Golf and Country Club.

The fresh layout is an exercise in switchback inkingman- der or deft ball-striking. In my case, and that of many others who participated in the recent ‘Grand Opening’ of the new yardage, six of the nine fairways take either a sharp left or right turn halfway to the hole.

The hilly terrain often leaves the golfer blind to the direction of the curve. Thus, a thorough scan of the map on the back of the scorecard is necessary. Sometimes, a member of the group has to be stationed absence from the tee area to monitor his compan- nion’s shot.

“Take it to go along with the lay of the land,” North Shore manager Jim Bourne said with a sneaky chuckle. “The topography’s different from the front nine, so it doesn’t play the same.”

Indeed! The opening nine features mostly straight-on tee-to-green holes. It’s harder than its backside complement — 3,219 yards to 3,025 — but what the back nine lacks in length it makes up for with its numerous hazards and sweeping turns.

“The trees are bigger on the back, too,” Bourne noted.

NUMBER-17 is a prime exam- ple of all these elements. The 389-yard hole’s fairway takes a 45-degree dogleg left at the base of a steep hill.

A 26-yard par four; no tree, you say. Wrong; there are a few obstructions that can make a player perspire in agony if they are not overcome. A line of 30- foot fir trees, picketing the fairway’s left side near the tee area, makes cutting the corner manageable. A big hitter must choose the correct club for his shot. A strong cross- wood stroke may send the ball tumbling into the hollow of the fairway’s curve or the sand trap strategically station- erged at the base of the bend.

The green is guarded by three sand traps. Two Others are nearby. The green features a confusing com- bination of rolls and bumps that make figuring the break a precarious procedure.

Drawing the unknown, a Robert’s Newspaper con- stituent of Steve Rothlin, Brad Bell, and I rattled 27 and 31 and challenged the banzai nine the day it opened. Each of us fell victim to enraptnments of holes nine through 14. Some were not purposely im- plemented.

BRAVE WHO USED to be perched behind the typewriter I use before heading off to the Highline Times, had the hole con- stantly jumping away from his gate all day. Some spots and uneven grass lengths on the new greens retained its short-range futility.

“You always open a golf course too early,” Bourne said, admitting that some fairways and greens need more time to develop solid sod.

“Put a lot of money into a new course or any addi- tion, so you have to get peo- ple playing on it as soon as possible. With age it’ll get bet- ter. By August, it ought to be in pretty good shape.”

Steve, the editor of the Highline Times, was in hot water after his drive hooked left or right timi halfway to the hole.

“Good well; thanks for helping me out,” Bourne said, when hearing of my demise.

He knows that the Titlist 6 ball, which I bought it at the basket where I bought it from the first place. A few bees and a couple bare spoons don’t detract from the interesting challenge presented by North Shore’s back nine. The grass will grow and the buzzing little stingers will be vacated...

And maybe that blasted lake on 12 will dry up.
Athletics advance to state tourney

The Jim Moore Steak House Athletics took two Burien Blazer Pony League tournament victories last week, gaining a berth in the state tournament action in Kent.

The Athletics, champions of the Burien Pony's Blazer Red division, swept through Blazer White representatives Andy's Fina Station Astros to become Burien's Pony vice.

Open are Session 3 and Session 5 (August 26 - September 5), Session 4 (July 16-27), Session 4 (July 30 - August 10), and Session 5 (August 21 - September 5).

Flyers open sales on season passes

The Burien Flyers Semi-Pro Football Team, defending Northwest International Football League Champions, have placed season tickets for the coming season on sale to the general public.

The season duration, good for all six Flyer games, is priced at $35 for adults and $10 for children, kids 12 years and under are still eligible to enter the state tournament in Kent July 31, but must fight their way past regional tournament competition starting July 21 in Kent.

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Everybody's Business

Sea-Tac Plaza opens for business

By Pat Jenkins

Sea-Tac Plaza, the newest addition to the growing number of shopping centers in the area, recently opened its doors to the public. The 1.5 million square foot shopping center, located at the comer of 23rd Avenue South and Southcenter Mall, houses John and Billy additional stories. The $1 million center was developed by the Rainier Fund of Bellevue, general contractors are Seaton-Flint Construction, Seattle.

The major tenants, JCPenney, opened April 15 receiving 75,000 square feet for office space.

Other tenants who opened in June include Lark, in which features the new style sandwich and the Pronto fast food salad. Prime may be ordered abst of time and ready when the customer arrives. Owners, the Rev. M. Loney, William Motton, and Eugene Wells, distributed free food samples and gave away a variety of retail, store, market, and food products to customers.

Sea-Tac Plaza parking is ample with a 500 space lot.

Cool and calculating

WINNING GUESS, Gordon Haffenden, Sound Bank president, (right) awards a $25 savings bond to Elizabeth McFarlane, (left) the winner of the guessing contest held during the bank's grand opening. Participants guessed the amount of money contained in a jar. Ms. McFarlane's estimate was $1,000, the actual amount was $1,031.43.

No time wasted in DC-10 return

Beginning Tuesday, the 11-hour flight crews at the north American headquarters at Chicago, Ill., will return to their old base.

Airport noise shifts

Beginning Tuesday, the 11-hour flight crews at the north American headquarters at Chicago, Ill., will return to their old base.

Lumber contracts awarded

By Tom Salzer

The federal government has awarded contracts to build new roads in Alaska.

Ralph Wood

Ralph Wood has been appointed coordinator for the Sea-Tac Neighborhood Watch program.

He will be replacing Thomas Wilson, who will coordinate security activies with the police department.

The Highline School District recently awarded three contracts for the purchase of additional equipment and supplies.

The companies and the bids were:

K.D. Macdonald, 

$1,381.92

Fred Byers, Inc., 

$1,593.26

Lumber City, Inc., 

$1,218.14

by Tom Salzer

137 S.W. 153RD
Burien 98166

246-4464

SEATTLE TIMES, WEDNESDAY, JUNE 28, 1978

Paul F. Bonnell

AW PRACTICE LIMITED TO:

CLAIMS FOR INJURY

TO THE HUMAN BODY AND

PROPERTY

916-8821

Paul F. Bonnell

ATTORNEY

AW PRACTICE LIMITED TO:

CLAIMS FOR INJURY

TO THE HUMAN BODY AND

PROPERTY

916-8821

Designers for Merchandise and Advertising

Denise Chaffin, designer, received a scholarship grant from the American Institute of Business, the first annual scholarship for an Indiana student. The $1,000 was given to sponsored by the Institute of Business

Miss. Chaffin was sponsor-
Larceny up in county

County Police seeking dogs

The Seattle Times writes about the rise in larceny and the need for additional assistance from the community.

---

Financial center fosters interest

The author discusses the importance of financial literacy and the role of financial centers in fostering interest in financial planning.

---

TOT-line advises parents

The TOT-line provides advice for parents on how to handle different situations and concerns.

---

Playwrights invited to submit scripts

An invitation for playwrights to submit their work for consideration.

---

Condos near completion

Details about the completion of a new condo project.

---

Retail and Office Space Developed by The Quadrant Corporation

An advertisement for a new retail and office space.

---

The 4-Year Money Market Certificate

Details about a new money market certificate.

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The 26-week Money Market Certificate

Information about a 26-week money market certificate.

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The 36-week Money Market Certificate

Details about a 36-week money market certificate.

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New Real Estate Listings

An advertisement for new real estate listings.

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New Real Estate Listings

An advertisement for new real estate listings.
by Kevin Stauffer

Atkins & Assoc, celebrating 1st anniversary to 10 salespeople and then went back the firm which bears his name. "It grew celebrated its first anniversary on July 1. The office is situated in the Westwood Pacific Building. "It started with just myself and a secretary," said Atkins, brother of half the staff to remain the best possible stand-

"The reason we went back down to six people is we believe in the system of referrals and professionalism; we felt the way we were doing business was the pro-

fessional image is to keep only those who are 100 percent into real estate," Atkins stated.

"We're trying to establish a nucleus of people who are professionals and who believe in people," Atkins said.

While building towards a solid nucleus, Atkins and Associates had a successful first year. "We've sold over two and a-half million dollars in sales from referrals since the first of the year." Starting off in a new company as a per-

manic basis, that is excellent," Atkins comments.

Atkins looks towards establishing another office in Portland. "We feel that Burns is central to the south-

east of King County and West Seattle in the future. The West Seattle area has been the site of several new real estate offices, but Atkins feels that "profes-

sionalism" will again prove to be the key. "Those who believe in profes-

sionalism" will again prove to be the key.

No matter how you flip it...

\[839-1881\]

REAL ESTATE NORTHWEST

\[D-1\]

\[REAL ESTATE NORTHWEST\]

\[FRAY VA 547,500\]

\[FK 2 BEDROOM IN RENT \]

\[HOMESTYLE CONDOMINIUMS \]

\[OAK CREEK \]

\[776-5905\]

\[QUALITY STREET CONDOMINIUMS \]

\[907-1570 \]

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ANYONE FOR GOLF?

TWIN LAKES FHA-VA!

Have been searching for a PAIR of homes, but none have been perfectly matched in the last few years. But here's a PLOT of twin homes, each with its own elegant setting and thoughtful design. The homes are elegantly appointed, offering a variety of options and features to suit your needs. Whether you're looking for a spacious living area or a quiet retreat, these homes have it all. Call now for more information.

MARINE HILLS

Here's a great opportunity to match your lifestyle with the perfect home. These homes are located near the shoreline, offering panoramic views of Puget Sound. With a location that's both peaceful and convenient, these homes are a must-see for anyone looking for a home that combines beauty and accessibility. Call now for a tour.

HONEYMOONERS

TWIN LAKES

Now's the time to start thinking about the perfect home for your honeymoon. These charming homes are perfect for a romantic getaway, offering a cozy atmosphere and all the amenities you need. Whether you're looking for a quiet retreat or a place to take in the beauty of the surroundings, these homes have it all. Call now for more information.

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ANNOUNCEMENTS

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tric heat, large treed lot, RV parking -
living room with fireplace; dining
and some sound. St Mtn. view! To see,
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Everything like new In this 3 bdrm.
it home will have 2200 sq. ft. finished &
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New listing...3 bedrooms and 3
drawn by the present owners. This townhouse with its cathedral ceiling,
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It was a happy home....

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Ellen Marquardt, 878-3500, eves.

corner fireplace, spacious rooms,
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LAKE EASTER CONDO $67,500

w/fireplace, formal entry, bright kit­
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and this gorgeous 3 bedroom tri­
level with its cathedral ceiling,

Spacey rooms, and Formal dining.

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omc i/o 20 hours on engine, full mercury. 833-9148.
CQTivQS, 25 hours on engine, easy Bruce, 824-5144 or Dave, $35,000. Reduced for quick sale. Excellent condition. Duol 833-5050 852-6050 924-0252

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Conserve Fuel by putting your vehicle in top-notch running order. Swanson Ford’s shop equipment is the most modern available and our qualified technicians know how to use it. Your vehicle can be running at maximum efficiency after a service stop at Swanson Ford in Federal Way.

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- **Computer Diagnosis**
  - Regular $18.89
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**Goodyear Tires**

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**A Super Aluminum Wheel! Dual-Fit Bolt Pattern For Wide Vehicle Fitment. Caps Included, Lug Nuts Extra.**
Seniors who shop together, save together

While many families feel the pinch of increasing food costs, some seniors, with limited incomes find it's more of a major bite. To combat the jaws of inflation with the help of the King County Senior Food Co-op. Working out of local community centers, the coop offers basic food staples at discount prices. The Federal Way Senior Center houses the local coop.

"Each week we have about 47 people buy food from us," said Virginia Pence, local coordinator of the program. She says the shoppers line up on Thursdays with their shopping bags and carts. They save as much as 20 to 30 percent on their groceries. By shopping at the coop, the seniors can stretch their dollar power and receive special-diet foods and small portions without spending extra for the service. Foods and small portions without spending extra for the service. Foods and small portions without spending extra for the service. Foods and small portions without spending extra for the service.

The "Wreath" (left) made her selection, while Jo Garrer consulted her grocery list. — photo by Roy Mundell

TAKING ADVANTAGE: photo by Leland Hiltz

 SENIOR VOLUNTEERS, like Doris Schattenkirk, help stock and wrap coop supplies.

— photo by Roy Mundell

FEDERAL WAY STORE ONLY

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Everyday you want from a store

...and a little bit more

We Safeway folks pride ourselves on trying a little harder, doing a little extra, showing that we care about you. You must have noticed. The Safeway attitude and the Safeway style reveal themselves in hundreds of ways. The friendly greeting from a checker. The tender care with which a produce clerk arranges a display of soft fruit. The meticulous, almost reverent way a meat cutter trims a steak. The friendly helpful presence of Safeway's Customer Service Representative making your shopping easier. Hundreds of ways...

In these difficult times, as always, we're thoroughly involved with you, our friends and customers. We're committed to supplying you with powerful, inflation fighting weapons that will help you save money and get maximum mileage out of your food dollar. We're always looking for new and better ways to help you fill your shopping needs. At Safeway, you'll always find everything you want in a store... and a little bit more!

We go a little farther... we do a little extra... we care a little more... Safeway!
Glorious strawberry pie

With the local strawberry crop at its peak now, pies are the time to bring out the best in strawberries. This is a pie that can be made just before serving. Select the sweetest of whole strawberries to place in a baked pie shell. Then, blend the berries with a little lemon-flavored thawed from whipped topping, and garnish with additional berries.

Take advantage of the fresh fruit supply by keeping a baked pie shell in stock, so you can whip up a fresh strawberry pie for any occasion and serve it immediately.

S T R A W B E R R Y  G L A M O U R  P I E
1 quart strawberries
1/4 teaspoon almond extract
3 cups thawed frozen whipped topping
Place whole berries in a pie shell, reserving 1/4 for garnish, if desired. Place the berries over the crust. Fold whipped topping into any remaining strawberries. Garnish with additional berries, if desired.

Refrigerated crowd pleasers

With the local strawberry crop at its peak now, pies are the time to bring out the best in strawberries. This is a pie that can be made just before serving. Select the sweetest of whole strawberries to place in a baked pie shell. Then, blend the berries with a little lemon-flavored thawed from whipped topping, and garnish with additional berries.

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Lasagna Gusto

LASAGNA GUSTO
1 package (8 ounces) lasagna noodles
1 10-ounce package marinara sauce
1 3-ounce package (8 tablespoons) grated Parmesan cheese
1 cup cottage cheese
1 cup ricotta cheese
1/2 cup chopped onion
1/4 cup chopped parsley
1 egg, slightly beaten
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon marjoram
1/4 teaspoon basil
1/4 teaspoon oregano
1/4 cup grated Parmesan cheese
1 can (16 ounces) tomato sauce
1/2 cup grated mozzarella cheese
Cook noodles according to directions; drain and cool. Blend in cottage cheese, ricotta cheese, onion, parsley, egg, salt, pepper, marjoram, basil, oregano, and Parmesan cheese in a mixing bowl. Place one-third of the mixture in the bottom of a greased 9x13x2-inch baking dish. Spread with can of tomato sauce and top with remaining cheeses. Bake in a preheated 350° oven for 30 minutes. Remove from oven and add marinara sauce. Bake 10 to 15 minutes longer. Garnish with additional cheese, if desired.

Grilled Lemon Ice Cream Pies

COOL. saucepan. Blend in one-half cup melted butter and mix with remaining ingredients. Chill about three hours. Cut into squares.

Garnish with thawed frozen whipped topping and lemon slices, if desired.
Everything you want from a store... and a little bit more

One Stop Does It All!

Nasal Spray 1/2% Synephrine $1.25
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Anacin Tablets, 50 ct. $1.05
Anacin Tablets, 100 ct. $1.49

Hair Spray Aerosol Net 10 oz. $0.99
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Excedrin Tablets, 60 ct. $1.25
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Final Net Hair Spray $1.25

Prices Effective at the following Safeway Stores:
Seafaring meals

- Heavy work, severe heat and running all day, the linesmen can quickly tire.

- While sailing along the hard work, it's against the tide for big waves.

- While sailing along the hard work, it's against the tide for big waves.

- Fresh, USDA Grade A, 10-22 lb. avg.

- 1 pound ground beef (except those restricted by law) means that nearly every item we offer carries a low discount price. That's why we've chosen to list so many items on this page... to let you compare and see for yourself. The savings may just be a penny or two on each item, but when your shopping is finished, you'll see the difference in your total food bill! More importantly, you don't have to shop on just a weekend to save at Lucky - you can shop any day you choose and enjoy everyday discount prices!

- Skin Braai Chicken.

- Fresh, USDA Grade A, 10-22 lb. avg.

- We Gladly Accept

- For better baking, use fresh, USDA Grade A, 10-22 lb. avg. per pound, but they're your best buy. Not

- As we said, large type doesn't make a bargain. At Lucky the smaller type means added variety and savings. COMPARE!

- Large, bold type doesn't make a bargain. True value is only measured at the checkstand when your purchases are totaled.

- Lucky's policy of offering True Discount Prices on virtually every item in the store (except those restricted by law) means that nearly every item we offer carries a low discount price. That's why we've chosen to list such a wide variety of items on this page... to let you compare and see for yourself. The savings may just be a penny or two on each item, but when your shopping is finished, you'll see the difference in your total food bill! More importantly, you don't have to shop on just a weekend to save at Lucky - you can shop any day you choose and enjoy everyday discount prices! So as we said, large type doesn't make a bargain. At Lucky the smaller type means added variety and savings. COMPARE! 

- Discount Supermarkets are not the same.

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- Garden Fresh Fruits & Vegetables at Low Prices!

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If making a homemade jam intrigues you, now is the time to discover how easy it is with a recipe for freezer Minted Peach Jam. The fruit is not cooked—just mixed with sugar, mint, lemon juice and powdered fruit pectin. It’s the pectin that assures a good “set” and helps capture fresh fruit flavor.

Put your blender to work chopping the peaches. Use plastic containers with tight-fitting lids to store and freeze the prepared jam, which stores well up to six months. Will freeze or thawed from the freezer, can be kept up to three weeks in the refrigerator.

**MINTED PEACH JAM**

- 3 cups prepared fruit (about two pounds fully ripe peaches)
- 2 tablespoons lemon juice
- 1 teaspoon ascorbic acid crystals (optional)
- 5 cups sugar
- 1 tablespoon chopped fresh mint
- % cup water
- 1 box (1-1/4 ounces) fruit pectin.

Prepare the containers: Use only containers one pint or less in size that have tight-fitting lids. Wash, scald and drain containers and lids; or use automatic dishwasher with really hot (150 degrees or higher) rinse water.

Prepare the fruit: To peel, pit and chop or grind very fine about two pounds peaches. Measure two and one-fourth cups into large bowl or pan. Add lemon juice and ascorbic acid.

Make the jam: By thoroughly mixing sugar into fruit, Add mint and let stand 10 minutes. Mix water and fruit pectin in small saucepan. Bring to a boil and boil one minute, stirring constantly. Stir into the fruit. Continue stirring about three minutes. A few sugar crystals will remain. Ladle quickly into containers. Cover at once with tight lids. Let stand at room temperature until set (may take up to 24 hours); then store in freezer. If jam will be used within two or three weeks, it may be stored in refrigerator. Blender method: Place fruit, a few pieces at a time, in electric blender container so blades are just covered. Cover and turn control from low to off several times until fruit is chopped or ground. (Do not puree.)

Note: Ascorbic acid helps maintain color and flavor of fruit; purchase at local drugstores.

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**Take this opportunity to tell the community you’re proud to be a part of it.**

**ADVISE IN PROGRESS**

appears Aug. 26 in this paper
Shopping for one

For singles and couples the supermarket can be a confusing maze. Though small quantities are found packaged in one- or two-serving portions, there are a few useful shopping tricks to learn. Every good and perishable food has a limited "freshness" life. You'll save in the long run by not throwing out food that is past its prime. Get to know your butcher. Let him know that you use meat in small quantities. For instance, seconci are very useful in preparing single servings in your market. Build the bright green vegetables into salads, smooth skinned and cubed fruit into smoothies or the dark, pebbly-skinned fruit often just enough to feed one or two without leftovers.

CRISCO

SHORTENING

2 lb. $1 88

KRAF T

Mayonnaise & Cream
9/16 oz. $1 78

ASPARAGUS

TOMATOES

5 oz. 4/5 oz.

Green Giant

Whole Kernel

Green Giant

Brand

Whole Kernel

Salad

59

59

59

Paper Towels

Baking Mix

1 lb.-12 oz.

Baking Beans

Fabric Softener

Apple Juice

5 oz. 5 oz. 12 oz.

2 oz. 12 oz.

2 oz. 12 oz.

4 oz.

8 oz.

6 oz.

16 oz.

1/2 gal.

HARCOAL

10 lb. $ 1 59

ICE CREAM

1/2 Gal. $ 88

WELCOME

Asst. Fruits

1st Add. $ 2 . 9 9

BARBECUE Sauce

Pacifix Friend

Pacific Friend

2 lb. 76

2 lb. 76

2 lb. 76

Black Tea Bags

SALAD DRESSING

Mustard

MUSTARD/Horseradish

94

Food Wrap

Noodle Roni

63

Graham Crackers

1 lb. 69

TOMATOES

Large Red Ripe

BEEF

STAKES

U.S.D.A. Choice

BEEF

RIB STEAKS

Fresh Pork Loin

Ribs

PORK LOIN END

ROASTS

Fresh Pork Spare

Ribs

PORK

Bar-S Extra Lean

BEEF

Dinner Franks

FRESH

BARBECUE

HENS

Acme Brand

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Uncomplicated meals for those carefree summer days

With carefree summer days here, the cook doesn't want complicated dishes or spend enjoying the long, lazy afternoons. So here is a sampling of quick meals for those hot, weathered days, just straight out of the kitchen and onto the table. Grilled barbecues or family picnics call for simple, easy-to-prepare recipes. Here are some that fit the bill:


crusted baked fish:

This is a perfect way to get a good weather activity. So here is a good weather activity. So here is a good weather activity.

1. Preheat the oven to 400°F.
2. Cut the fish into 1-inch slices. Arrange the slices in a single layer in a baking dish.
3. Mix together the following ingredients:
   - 1/4 cup mayonnaise
   - 2 tablespoons chopped onion
   - 1 teaspoon paprika
   - 1/2 teaspoon salt
4. Spread the mixture over the fish slices.
5. Bake for 10-15 minutes, or until the fish is cooked through.

**TUNA, RAISIN AND WHEATGERM SANDWICHES**

(Yields: 2 dozen)

1. Mix together:
   - 2 packages (3 ounces each) of cream cheese
   - 1/2 cup mayonnaise or salad dressing
   - 2 teaspoons lemon juice
   - 1 teaspoon grated onion
   - 1/4 cup chopped pecans

2. Spread the mixture on slices of white bread and stack two slices together.
3. Top with the following:
   - 1/4 cup mayonnaise or salad dressing
   - 1/4 cup grated Cheddar cheese
4. Bake in a 350°F oven until hot and golden.

**CHERRY, MINT AND YOGURT SALAD**

(Yields: 6 servings)

1. Mix together:
   - 1 cup sliced strawberries
   - 1/2 cup sliced grapes
   - 1/2 cup sliced peaches
   - 1/2 cup sliced red bell peppers
   - 1/2 cup sliced cucumbers
   - 1/3 cup sliced red onions

2. Sprinkle with:
   - 2 tablespoons mint leaves

3. Drizzle with:
   - 1/4 cup olive oil
   - 2 tablespoons white wine vinegar

4. Chill for 1 hour before serving.

**CHOCOLATE MUFFINS**

(Yields: 12-12-110-12)

1. Preheat the oven to 350°F.
2. Mix together:
   - 2 cups all-purpose flour
   - 1 cup sugar
   - 1 teaspoon baking powder
   - 1/2 teaspoon baking soda
   - 1/4 teaspoon salt
   - 1/2 cup shortening

3. Add:
   - 2 eggs, beaten
   - 3/4 cup milk

**BANANA SPLIT ICE CREAM**

1. Freeze 1 quart milk cream or half and half for 2 hours.
2. Beat in:
   - 1 cup mashed ripe bananas
   - 1 cup flaked coconut

3. Freeze again for 1 hour.
4. Blend:
   - 1 cup chocolate ice cream
   - 1 cup vanilla ice cream
5. Chill for 1 hour before serving.

**SAVORY PIZZA**

(Yields: 1 pizza)

1. Preheat the oven to 450°F.
2. Spread:
   - 1/2 cup pizza sauce
   - 1/4 cup shredded Cheddar cheese
   - 1/4 cup mozzarella cheese
   - 1/4 cup sliced olives
   - 1/4 cup chopped mushrooms
   - 1/4 cup chopped bell peppers
   - 1/4 cup chopped onions
3. Bake for 10-12 minutes.

**CHICKEN AND CRACKER SANDWICHES**

(Yields: 4 sandwiches)

1. Mix together:
   - 1 cup chicken salad
   - 1/2 cup mayonnaise

2. Spread on:
   - 4 slices of white bread
3. Top with:
   - 4 crackers

**FRUIT SALAD**

(Yields: 8 servings)

1. Mix together:
   - 6 thin honeydew melon slices
   - 6 thin cantaloupe slices
   - 1 banana, cut in half
   - 1 tablespoon finely chopped nuts
   - 1/2 cup chopped celery
   - 1/4 cup chopped apple

2. Dress with:
   - 1/4 cup vinegar
   - 1/4 cup honey

3. Chill for 2 hours before serving.

**HAMBURGER SANDWICHES**

(Yields: 8 sandwiches)

1. Preheat the grill to medium heat.
2. Mix together:
   - 1 pound ground beef
   - 1/2 cup chopped onion
   - 1/2 cup chopped green pepper
   - 1/2 cup chopped celery
   - 1/2 cup chopped mushrooms
   - 1/2 cup chopped tomato
3. Shape into 4 patties and grill for 10-12 minutes, or until done.
4. Toast the buns and spread with:
   - 1/4 cup pickles
   - 1/4 cup ketchup
   - 1/4 cup mustard

5. Top with:
   - 1/2 cup chopped tomato
   - 1/2 cup chopped cucumber

**CHICKEN AND DRESSING SANDWICHES**

(Yields: 8 servings)

1. Preheat the oven to 350°F.
2. Mix together:
   - 1/2 cup mayonnaise
   - 1/4 cup salad dressing
   - 1/4 cup chopped celery
   - 1/4 cup chopped onion
   - 1/4 cup chopped green pepper
   - 1/4 cup chopped green onion
3. Spread on:
   - 8 slices of bread

4. Bake for 10-12 minutes.

**CHICKEN AND RICE SALAD**

(Yields: 8 servings)

1. Mix together:
   - 1 can (10-1/2 ounces) cream of chicken soup
   - 1 cup chopped celery
   - 1 cup chopped green pepper
   - 1 cup chopped onion
   - 1/2 cup mayonnaise
   - 1/4 cup vinegar

2. Chill for 1 hour before serving.

**CHICKEN AND RICE SALAD**

(Yields: 4 servings)

1. Mix together:
   - 1 cup cooked chicken
   - 1 cup cooked rice
   - 1/2 cup mayonnaise
   - 1/4 cup salad dressing
2. Chill for 1 hour before serving.

**CHICKEN AND RICE SALAD**

(Yields: 2 servings)

1. Mix together:
   - 1 cup cooked chicken
   - 1/2 cup cooked rice
   - 1/2 cup mayonnaise
   - 1/4 cup salad dressing
2. Chill for 1 hour before serving.

**CHICKEN AND RICE SALAD**

(Yields: 1 serving)

1. Mix together:
   - 1 cup cooked chicken
   - 1/2 cup cooked rice
   - 1/2 cup mayonnaise
   - 1/4 cup salad dressing
2. Chill for 1 hour before serving.

**CHICKEN AND RICE SALAD**

(Yields: 1/2 serving)

1. Mix together:
   - 1/2 cup cooked chicken
   - 1/2 cup cooked rice
   - 1/2 cup mayonnaise
   - 1/4 cup salad dressing
2. Chill for 1 hour before serving.

**CHICKEN AND RICE SALAD**

(Yields: 1/4 serving)

1. Mix together:
   - 1/4 cup cooked chicken
   - 1/4 cup cooked rice
   - 1/4 cup mayonnaise
   - 1/8 cup salad dressing
2. Chill for 1 hour before serving.

**CHICKEN AND RICE SALAD**

(Yields: 1/8 serving)

1. Mix together:
   - 1/8 cup cooked chicken
   - 1/8 cup cooked rice
   - 1/8 cup mayonnaise
   - 1/16 cup salad dressing
2. Chill for 1 hour before serving.

**CHICKEN AND RICE SALAD**

(Yields: 1/32 serving)

1. Mix together:
   - 1/32 cup cooked chicken
   - 1/32 cup cooked rice
   - 1/32 cup mayonnaise
   - 1/64 cup salad dressing
2. Chill for 1 hour before serving.

**CHICKEN AND RICE SALAD**

(Yields: 1/64 serving)

1. Mix together:
   - 1/64 cup cooked chicken
   - 1/64 cup cooked rice
   - 1/64 cup mayonnaise
   - 1/128 cup salad dressing
2. Chill for 1 hour before serving.

**CHICKEN AND RICE SALAD**

(Yields: 1/128 serving)

1. Mix together:
   - 1/128 cup cooked chicken
   - 1/128 cup cooked rice
   - 1/128 cup mayonnaise
   - 1/256 cup salad dressing
2. Chill for 1 hour before serving.

**CHICKEN AND RICE SALAD**

(Yields: 1/256 serving)

1. Mix together:
   - 1/256 cup cooked chicken
   - 1/256 cup cooked rice
   - 1/256 cup mayonnaise
   - 1/512 cup salad dressing
2. Chill for 1 hour before serving.
Cool Salad has Spanish flair

One-third cup sliced green onions with tiny 1 cup mayonnaise lemon juice 2 tablespoons dry white wine 1 tablespoon capers 1 teaspoon salt 1 teaspoon sugar 1 teaspoon freshly ground pepper juice of 1 lemon 2 tablespoons chopped green onions 4 medium fresh tomatoes, cut in wedges

Thaw and combine mayonnaise, lemon juice, wine, capers, salt, sugar, pepper and lemon juice. Chop tomatoes into wedges and cover. Chill until ready to serve.

Note: Cook rice according to package directions in chicken broth with a pinch of salt, pepper, saffron, turmeric, or paprika.

 Asking how long the work schedule is. It is time to take a relaxing lunch and to eat lunch at the desk, if possible. Leave the office behind and enjoy the meal outside in the good weather. Eat with friends or take along a good book. Don't be afraid to have a bag in, since it can be a source of delicious variety of snacks and salads.

Paella Salad

For 4

1 package (6 ounces) ready-to-eat paella mix
1-1/2 cups diced cooked chicken
1 medium-sized carrot, scraped and thinly sliced
1-1/2 cups sliced celery
1 cup chilled pineapple chunks
1 cup tomato juice
2 tablespoons cider vinegar
1 medium-size onion, chopped
1 medium-sized carrot, chopped
3 tablespoons capers, undrained
2 tablespoons white wine
One-third cup sliced green peas, seasoned to taste

Combine all ingredients except ice cream dressing. Toss gently. Wrap in plastic wrap. Chill for several hours. Yield: 2 servings.

SALAD DRESSING

1 envelope onion
2 tablespoons mayonnaise
2 tablespoons chopped green onion
1 teaspoon each salt, pepper, saffron, turmeric, or paprika
1 tablespoon cider vinegar
1/2 cup sliced celery
1 medium-sized carrot, chopped
1 medium-size onion, chopped

Combine ingredients in a jar and shake well. Chill before using.

DIETER'S DESSERT DRINK

1 cup chilled pineapple juice
1 egg yolk
1/2 cup margarine or 110-calorie spread

Combine ingredients in an electric blender container. Cover and blend at high speed, scraping down sides often, until mixture is smooth. Cover with plastic. Chill until firm. Yield: one cup.
Cheesy Buttery sauce gives wonderful effect

With the season of garden abundance upon us, fresh vegetables will be here to be consumed in whatever style we wish. One of the simplest and tastiest ways is to steam them and serve with a well-seasoned butter sauce. And one of the simplest and tastiest sauces is made the English way, with a seasoning of Worcestershire sauce. The Worcestershire is combined with butter or margarine, lemon juice and Parmesan cheese. This has a particularly wonderful effect on green vegetables such as asparagus, broccoli, cauliflower, carrots, green beans, and mushrooms. It can be made ahead, refrigerated, lightly covered, and heated before serving.

**BUTTERY SAUCE**

(Yield: one-half cup)

- \(\frac{1}{2}\) cup butter or margarine
- 1 tablespoon grated Parmesan cheese (optional)
- 1 tablespoon original Worcestershire sauce
- 1 teaspoon lemon juice
- Salt to taste

In a saucepan melt lightly cooked green butter. Remove from heat. Add Parmesan cheese (if desired), 

FOR VEGETABLES

(Fill one-half cup of sauce with)

- 1 teaspoon lemon juice
- 1 teaspoon Worcestershire sauce
- Salt

Pour over cooked vegetables such as lightly cooked green beans, asparagus, broccoli, etc.

Oriental food for athletes

Athletes at the Olympic Training Center here will eat Oriental foods as well as the more traditional training-table fare as they prepare for the Pan American Games being held in Puerto Rico in July. Approximately 1,500 men and women from the United States are training for the Pan American Games, which are held every four years.
Vegetable Quiche made easy

An ideal dish to serve during these hot summer months is a quiche. With vegetables becoming plentiful and less expensive than during the winter, a vegetable quiche can be made easy.

**V E G E T A B L E  Q U I C H E**

(Vegetables made easy)

Yield: six servings

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<thead>
<tr>
<th>Ingredients</th>
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<td>green onions</td>
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<td>salt</td>
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<td>green onion, sliced</td>
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**Method**

1. Mix beans, vegetables and cheese in a pie crust. Pour into second crust.
2. Bake at 375 degrees for 35 minutes. Serve hot or cold.

**Vegetables required for the quiche:** hard carrots, onions, tomatoes, mushrooms, and green peppers. These can be bought and mixed ahead, or when needed. Chilled vegetables can be served at any time, and less expensive vegetables are a great way to prepare your vegetables ahead. Refrigerate for use at a later date.

**Quiches can be made easy and can be used as appetizers, too.**

**CALORIE CHILLED**

Vegetable quiches can be a low calorie chilled meal. A low calorie salad can be grown in your garden. They in-clude vegetables, tomatoes, mushrooms, and green peppers. These can be bought and mixed ahead, or when needed. Chilled vegetables can be served at any time, and less expensive vegetables are a great way to prepare your vegetables ahead. Refrigerate for use at a later date.
Marlboro Lights

The spirit of Marlboro in a low tar cigarette.

Seasonal salads add variety to summer.

A crisp salad of fresh fiber any time of year.

Try young beet seasonally available many others are iceberg or Boston let-

dow in calories and vegetable salads can

be low in calories and vegetables adds

frosting. Chill throughly. Refrigerate unused dressing up to four days.

SPICY COOKED DRESSING

4 cup egg substitute

1/2 cup ketchup

1/2 cup sour cream

1 teaspoon salt

1/2 teaspoon dry mustard

One-eighth teaspoon cayenne pepper

1 tablespoon butter or margarine

1/4 cup wine vinegar

Cook three more minutes until thickened.

Cold to be served. Pailakewarm.

Cooked in the instant pot on low heat in a blender container.

Chill throughly before serving.

For a steady stream of

Vegetable mixtures.

Any salad can be a substitute for those who want to control their dietary intake of saturated fat and cholesterol. Any salad is a winner when teamed with a fresh, healthy salad dressing.

CREAMY FRUIT SALAD DRESSING

(Via the i-cups)

One-third cup sugar

1 tablespoon cornstarch

1 small medium

Fold lukewarm

t payday into a double boiler. Cook over medium heat, stirring constantly, until thick. Pour into hot

tecture into top of a dou-

CAYENNE PEPPER

3/4 teaspoon

YIELD: 4 CUPS

For a steady stream of

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Prepare the dressing up to four days.

Chill throughly before serving.
Flower instant pudding and pie filling, a con- tinuer of from-nap whipped topping and some of these luxuriously fresh fruits kept in a spot-placed, in your local markets. ... And you have the makings for a creamy, from-scratch dessert. This creamy frozen dessert is topped with fruit slices and more whipped topping, so you like it.

FROZEN SUGAR SQUARES
(Yields: 8 to 10
molde)
2 packages (4 servings each) sugar flavor
1 container (8 ounces) from-whipped topping
1 container (8 ounces) flavored frozen whipped topping, softened

Combine pudding mix and milk in a bowl and beat slowly with rotary beater or until blended, about 2 or 3 minutes. Blend in whipped topping. Pour into 9-inch square pan. Freeze until firm, about 5 hours or overnight. Cut into squares, freeze until serving.

Cool dessert beats filling your stomach before you know it. As food prices soar higher and higher, especially new ones - damanged produce, leftovers from one night's dinner, reduced. Also, never server leftovers.

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