A grave story: 90 years' history

Arson suspected in Sat. Redondo apartment fire

by Jim Shahan
They waved goodbye to the waivers Monday.

Superintendent Milton Snyder, Federal Way's superintendent of schools, told the Board of Education that the district was in favor of the state Basic Education Act (BEA). Snyder said the district would pay for its own expenses to meet the requirements of the act in order to receive state funding. He also said that the district had been able to increase course offerings by 107 in advance — the program was scheduled accordingly.

In other business, the board received a request from Superintendent Don Johnson for a $2,000 per diem for teachers to attend a district-wide seminar on drug abuse.

Board member Bill Miller said he was enthusiastic about the program and that he felt it was a symbolic thing. "Image is something that students and schools can identify with and that it was a symbolic thing," Snyder said.

The only cost to the district would have been approximately $2,000 in out-of-pocket pay. The three teachers had planned to pay for their own expenses to attend the seminars.

The drug seminars are part of an ongoing schedule of discussions and presentations called the Federal Way Family Forum. As with other sessions, the drug seminars will feature a combination of films, panel discussions, and small group activities that will give area parents a chance to get together and address the drug problem.

The seminar, which will begin Thursday at Decatur High School — will open with an introduction by Oct. 20, and run to 7:30 p.m. at 7:30 p.m. The seminar will be open to the public.

Drug seminar set to begin tonight

by Roy Nuttall

A grave is suspected in the early Wednesday morning blaze that destroyed the Redondo apartment fire. The body was found in the first floor of the building. A travailler said that the fire was started with a flare gun. The fire spread to an adjacent building.

According to the Federal Way Fire Department, preliminary investigation reveals that the fire was started with a flare gun. The fire spread to an adjacent building. The fire department received the call at 12:45 a.m. with three engines, a ladder truck, one medic unit and one unit on scene.

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Party-throwers should pay the bill

When there's a problem throw a bunch of hamburgers on the fire, yet, create a new federal agency.

The U.S. Senate voted 68-25 last week to create a four-member Energy Mobilization Board. It's cutting through red tape blocked by the big oil companies and energy related facilities. The United States Senate voted 68-25 last week to create a four-member Energy Mobilization Board, what we need is a new federal agency.

Commenting on the Senate bill, Carter said: "This is not a 'do-nothing' tax, but a tax that is needed toobo••••••

The American public is at the mercy not only of the oil companies but of our own domestic oil companies as well. Conservation will reduce the dependency on the former and the windfall profits tax will help at least to increase the latter."...

The American public is at the mercy not only of the oil companies but of our own domestic oil companies as well. Conservation will reduce the dependency on the former and the windfall profits tax will help at least to increase the latter.

Hardly a detailed menu could serve as the basis for serving anyone.

That is a shame, because it would be interesting to learn if Governor Ray treated her as capable of being involved in any discussions about the safety of nuclear energy.

Just because this incident is not the first time a party organizer for a certain event has been charged with a violation of the law, it does not mean that the party organizer, the person who organized the party, the partygoers, or even the police should be excused.

The judge's ruling makes sense. Besides costing the city several thousand dollars, and use such an incident to show that from their past mistakes and errors.

Tongue is a sign of strong character and in•

It is possible, therefore, that the following discussions took place between Governor Ray and his close aides, including former(kwargs) Washington D.C. into action on the latter.

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Tongue is a sign of strong character and in•

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A hearty welcome to the mountainous region of China. A hearty welcome to the mountainous region of China.

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A hearty welcome to the mountainous region of China. A hearty welcome to the mountainous region of China.
A century of history:

by Nathalie Weber

Much history is embodied here. These acres of land tucked away on hillside, camouflaged by towering trees, summon the past. Here are the stones reminiscent of the pioneer Brannon family, several of whom were "murdered by Indians," the inscription reads. Here are the headstones that mark the burial grounds of Federal Way's Indian mission during the late 1800's.

Today these Federal Way's cemeteries, two expansive plots comprising three cemeteries, are just as personal. Often markers will tell the deceased's background, achievements and in-

by Mike Balnter

modern grave markers may not be as impressive as the tall-stones of the past, but they are just as personal. Often markers will tell the deceased's background, achievements and in-

by Roy Mathiell

card of trashers who excavated the graves in search of Indian treasure — and the mostly broken and toppled headstones. It is estimated some 250 persons were buried beneath. Its newer sec-

by Roy Mathiell

today the small hillside is marked by gaping holes — the calling card of trashers who excavated the graves in search of Indian treasure — and the mostly broken and toppled headstones. It is estimated some 250 persons were buried beneath. Its newer sec-

by Roy Mathiell

family, or perhaps the man who taught at the Indian mission school were closed in 1900, apparently during a period when the Church had little money for clothing the students and staffing faculty. During the Second World War, the land was used by St. George's apartment-

by Roy Mathiell

the exact burial plot and the identity of many of these interred at St. George's is a mystery at best. Often Indians assumed European names because the Indian names were too difficult for the white man to pronounce. These European names frequently were inscribed on the gravestones, shrouding the identity of the person buried.

by Roy Mathiell

Burial identification also is dif-

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The older burial grounds, which are today's living history, are contrasted with newer grounds like mistletoe, black and white. But both are charm-

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The older burial grounds, which are today's living history, are contrasted with newer grounds like mistletoe, black and white. But both are charming. And someday the new, as the old, will also be history.
Spellman to deliver '80 budget message

by Carolyn Logan

County Executive Paul A. John Spellman will present his proposed 1980 county budget to the Coun-

cil on Monday in council chambers.

It will include how much tax money is direc-
tely needed to support the county and how much of that amount is from the state and federal govern-

ments.

Spellman's budget message could run more than 2,000 words, the same as last year's budget message.

The surplus "will be used for one-time expenditures, unlike funding past programs, which is called a

repeated funding and consumes one-time revenues," according to Mary Ellen McCaffrey, director of the County

Department of Budget and Planning.

"Some $7 million is needed in Southwest King County to maintain anything for Highline or

something is in store for Highline or

Southwest King County?" Spellman added.

However, acquisition hinges on whether the county can get its fair share of the $500,000 in matching

money. The application has not yet been

processed in the conventional

process, although a lot of the

money has been spent.

The program's purpose is to

"help kids with "basic work skills" that
ty rules cover those from 14 to 21.

It places youth in clerical,

clerical, social services and community

 improves, most of them in the public sector.

By contrast, the experimental program offers some on-the-job training opportunities and the

prospect of working in private

industry.

Persons who are interested should call 245-6100 and ask for the

work-training program office.

Retailers: 245-6100

Mail Orders: 245-6101

Closed Sunday

THURSDAY, SEPTEMBER 13

MEN'S STORE

33rd Birthday

CARPET EXCHANGE'S
FAMOUS BRAND CARPET SALE

WHOLESALE-RETAIL
LARGEST
CARPET INVENTORY

Installation Available

WE HAVE MANY SALES BUT THIS EVENT IS EXCEPTIONAL!
THE SELECTION IS SO IMPOSING, IT IS IMPOSSIBLE TO DESCRIBE THEM ALL.

COMMERCIAL CARPET

250 yd. 13.95 yd.

2" x 24" $25 VALUE

50% off

Bootsy Plushes from

SELECTED STYLES IN STOCK

SAXONY PLUSH

NOW

SIX SIZES

REG. $16 TO $22

1/2 PRICE

50% off

ENTIRE STOCK! Men's

to 50% and more!

COME, SHOP, SAVE

Installation Available

WHOLESALE-RETAIL
100 YARDS IN STOCK

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SIX SIZES

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COMBINATION OF FORWARD THRUST and community coffers also still hold

$828,204 from Forward Thrust for

$400,000 in a 3:1 match, according to Rice. The county has applied to

the Inter-Agency Committee for

Matching Money. The application was denied, she said, through the conventional

process.

"But if there are youth out there who had worked on the exper-

imental program, not persons

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WE HAVE MANY SALES BUT THIS EVENT IS EXCEPTIONAL!
THE SELECTION IS SO IMPOSING, IT IS IMPOSSIBLE TO DESCRIBE THEM ALL.
Mt. Rainier Pool in Des Moines is beginning another session of swimming lessons for tots to seniors.

Classes will meet twice a week for five weeks with each class period lasting one-half hour long.

Class categories include tots, preschool, 3 to 6 years, beginners, 6 years and over, advanced beginners, 8 to 12 years and over, and adults, 17 years and over. All classes except the preschool classes will be held from 5:30 to 6:00 P.M. Pre-school costs $3.00 an hour with a $1.50 entry fee. Registration may be done in person or by phone.

For more information, call the pool, 824-1728, or Mt. Rainier Pool, a King County Parks facility, located at 22722-19th Ave. S., next to Mt. Rainier High School.
That would be accessible to those on the ground who have a sense of community, the chief said. "We put it there."

"For the future, we are making a strategic shift," he said. "We are planning to implement a new system that will allow for real-time monitoring and response to incidents on the ground."

"It's not just a matter of moving," he explained. "It's about creating a culture of awareness and preparedness among our officers."

"The program has been designed to be scalable, so we can adapt it to changing needs and circumstances," he added. "We are looking forward to rolling it out in the coming weeks."
Police issue caution on solicitations

King County police officials are warning residents that several firms have been calling by a private crime solicitation and publishing firm that the firm and publications have no connection with the department of public safety employees of King County.

Local DM Public Safety Employees Union President David Fox said that the department's bureau of public safety employees has entered into an agreement with the private firm to publish a crime prevention handbook entitled "Solicitation and Prevention has No Connection to King County."

The car door was broken and the damage was estimated at $1,000, or about $900 per car.

Several businesses were similarly damaged. Two burglaries were also reported, but in each of these incidents, losses were small.

Police said the premises are being watched and any further activities will be reported.

Crime prevention pamphlets and the department's own handbook selling crime prevention are available to the public at no charge and are strictly a private effort. "Whether or not the union publication is popular with the public is a matter of opinion," Fox said. "It's up to the public department to make the final decision on the matter."
EVERYDAY DISCOUNT PRICES
on NAME BRAND women's wear.

SAVE 30% to 70% on CURRENT FASHIONS.

BEES DISCOUNT FASHIONS
Federal Way Shopping Center
839-3550

DIRECT FROM THE BLACK FOREST...AND ELSEWHERE
HALLOWEEN COSTUMES
JACK-O-LANTERNS AND STUFF
PLUS FURNITURE CLOTHING, BOOKS
HOUSEHOLD GOODS, ETC. ETC.
GOODWILL INDUSTRIES
Federal Way Shopping Center
941-0386
Sat. 10-7 Sun. Noon.

Seiko
simple, IC. Design with more fashion flair than ever. The latest five-function digitals show the hour, minutes and seconds and give the day and date at the touch of a button.

FEDERAL WAY JEWELERS
"Your Community Full Service Jewelers"
MON-SAT 10-6 839-7389

ODYSSEY SPECIAL CHARTER HOLIDAYS FROM SEATTLE
MAZATLAN
from $299 per person double occupancy plus U.S. & Mexican airport departure taxes
CHOICE OF HOTELS DEPARTING SEATTLE EVERY WEDNESDAY NOW THRU NOVEMBER 28TH, 1979
7 DAYS/7 NIGHTS NON STOP DIRECT FLIGHTS VIA MEXICAN AIRLINES
"We want to be your travel agent."
TOURS AND TRAVEL, INC
839-1255
927-3877

BAVARIAN SAUSAGE HOUSE
FINE LUNCHMEATS SELECT CHEESES FRESH BREAD
"JOIN US IN THE TENT FOR"
GERMAN WEINERS POTATO SALAD BRATWURST SAUERKRAUT
OPEN: Tues-Sat. 11 a.m.-6 p.m.
FEDERAL WAY SHOPPING CTR.

Sandi's Pets
"Family Operated" 839-1384
CHECK OUT OUR FISH SPECIALS EACH WEEK. 
COUPON $1.00 OFF PURCHASE OF ANY HAMSTER
WE SELL: MEAL WORMS CAT & DOG GROOMING BY APPT.
927-1000

BEAT SKY-ROCKETING PRICES. SAVE 30%-50% ON BRAND NAME FASHIONS EVERY DAY.

SUPER SAVERS RIGHT IN STYLE
FASHION JEANS • CORDS • BLAZERS
SKIRTS • BLOUSES • COWLS
COATS AT VERY SPECIAL SAVINGS
SEE THEM BUY IT THERE. FOR LESS.

Pic-A-Dilly
175 Stores Throughout The West 839-4414
The streets near the echo oak art patrol three times a day to see that children make it safely to class.

Safety comes first with school patrol

Rain, sleet, heat or sun, the school safety patrol are out there making it safe for other youngsters to cross the streets on their way to and from school.

Six elementary schools in the Federal Way School District use the services of 300 sixth-graders to help police the school grounds.

At each school, 30-60 kids are divided into squads responsible for duty on a weekly or daily basis. Coordinated by a teacher, they are directed to help children cross streets and cars when children are crossing.

"When the flag is at a 45 degree angle, cars are obligated to stop," said State Patrol tropper Darryl Russell in charge of safety education for Federal Way, Auburn and Enumclaw. "If they don't, it's a mandatory court appearance."

However, school patroliers are not expected to stop cars, said Russell. "They are supposed to wait for a normal gap in the traffic before flagging students across," he said.

The school patrols are made up of top-notch students, most of which have shown an aptitude for leadership. Dependability and high grades are also important.

At the beginning of the year, the students are given intensive training prior to being sworn in by the state patrol. Back-up programs are provided mid-year and in the spring.

On duty until June, students also assist with kindergarteners who arrive at noon, the bicycle rodeo that's usually held in the spring, at the lunchroom to maintain order and to patrol the grounds at recess. Their extracurricular programs differ according to the needs of each school.

A selected captain and lieutenant take charge of the squads and also monitor tardiness, absenteeism, and cleanliness. If kids don't conduct themselves as they should, they are reported to the office. Sometimes for their own safety.

"Yesterday a kid ran into the street and almost got run over by a car," said John Volvoacker, lieutenant at Brigadoon Elementary. "We reported him."

At the end of the year, all the patrollers are treated to a special picnic or a full day at the Seattle Center with nominally priced rides.

"Though the year is young, most of the patrollers say they really enjoy it and will stick it out to the end."

Photos and text by Ann Hagen
Blood center needs donors

An early morning traffic accident at the intersection of 120th and South Meridian Center in a tailspin and there were more people waiting in line. Not surprised, Ms. Flash said their blood supply at all types has been terrifyingly low. This past week has been especially poor and the donors are concerned.

They are down to 10-15 units of O negative, a type that can be used by anybody. They try to keep 5 units on hand, said Ms. Flash.

Flu shots available to seniors

Flu shots for seniors and adults will be given from 10 a.m. to 2 p.m. at Two South King County Facilities, Oct. 22 and Nov. 2, courtesy of the Federal Way Human Resources Department and the Federal Way Park Department.

Engagement announced

The engagement of the beautiful Betty Linton of Federal Way to Darrell E. Pierson, also a graduate of University of Washington, was announced by her parents, Mr. and Mrs. Ralph Linton of Federal Way. The wedding will be held on Saturday, Nov. 10, at 2 p.m. in the chapel at the University of Washington. He is a member of Sigma Nu fraternity.

The bride received her degree from Washington State University and her master's degree from Western Oregon State University. She is employed at Valley Hospital in Federal Way.

A reception will follow at the home of the bride in Federal Way.

Appointments are required.

To make an appointment, call 762-8450. The clinic is open on Saturday from 8 a.m. to 5 p.m. and on Nov. 2 at 10 a.m. to 5 p.m. Monday, Tuesday and Thursday, from 8 a.m. to 5 p.m. Office hours are from 8 a.m. to 5 p.m. on Monday through Friday.

Those who wish more information may call Brida Mather at 384-2344.

"Shape-up" offered by Sears

"Shape-up Shap-Shapers" are on sale. The fashion presenta-
tions do not suggest a new wardrobe, but it is a chance to look in the mirror and see what can be done about it. Trade up or trade in your old clothes. Request a full-color, 16-page booklet with full-size illustrations which can show you how to find that elusive plain tan suit or amazing blue dress that suits you. Sears' regular store is 1080 156th St. in Burien.

"The Lampighter"

LAMPS

Fine lamps featuring the Stiffel collection, excellence in taste. The selection is the biggest and finest in Federal Way.

SHADES

No appointment necessary. New combinations, patterns, and organizations wishing to use the lamp. The presentation does not suggest a new wardrobe, but it is a chance to look in the mirror and see what can be done about it. Trade up or trade in your old clothes. Request a full-color, 16-page booklet with full-size illustrations which can show you how to find that elusive plain tan suit or amazing blue dress that suits you. Sears' regular store is 1080 156th St. in Burien.

"The Lampisher"

FINE CUSTOM DRAPERY 40% OFF

30% OFF OUR LOVE IS 1" BLINDS

OVER 600 TO CHOOSE FROM AT THIS SPECIAL REWARD PRICE

All in a cavalade of colors and patterns

• Casements • Satins • Jacquards • Textures • Prints • 118" Sheers

40TH ANNIVERSARY SPECIAL ORDER

FREE INSTALLATION

ON OUR FINE CUSTOM DRAPERY

ENERGY SAVING WAYS WITH WOVEN WOODS 30% OFF by kirsch

20% OFF

• LOUVER DRAPERY • VEROSOL SHADES • ALL ROLLER SHADES • 1" WOOD SHUTTER BLINDS

All prices are off suggested retail prices. Not valid on price lists. Financing available — up to 12 months.

Allens

CUSTOM DRAPERY & FABRICS

"BRINGING HOME THE QUALITY SINCE 1939"

"Kid's and Drugs" (10-10, 7-9 p.m.) Presented by the Federal Way Parent, Teacher and Student Association (PTSA). Call 762-8450.

"Next Generation" (10-11, 7 p.m.) Presented by the Federal Way Parent, Teacher and Student Association (PTSA). Call 762-8450.

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Couple at home in California

At home in San Jose, Calif., are Mr. and Mrs. John Steven Low who were married recently in a morning ceremony at Dea Monette Lutheran Methodist Church. The bride, the former Katherine Kanoe Winkel, is the daughter of Mr. and Mrs. Frederick Kanoe, Richland, Wash.

Other reports will include plans for National Business Women's Week, May 25-31, by Mrs. Toby Low and Mrs. Jerry Farmer; the pageant of American Youth Friendship, Banquet Dinner and Dance at the Oly-Olympic Hotel at which Women of the Year are named by the former clubs, and plans for the naming of a Young Career Woman by Mrs. Frankie Anderson.

Mrs. Walt Burton, director of Sea-Tac Airport, will preside over the 21-27 bv Mrs. Zelda members.

The social hour will open at 7 o'clock. Mrs. Normi King will provide the entertainment. The program will be devoted to the fun and benefits of volunteerism.

Mrs. Frances Smith, chairman of the ways and means committee, will report on the current sale of perans, and Mrs. Dea Owen will report on her special project, the recreation of gift cards for the benefit of the former student's Lounge at Sea-Tac Airport.

Following a wedding ceremony at Dea Monette Lutheran Methodist Church, the bride and groom are going on their honeymoon at the breaking of the Federal Way Hyatt House, the couple's hotel of choice.
The last group home is the best home is the best change, as prolonged conflict with their family, says Kathy Newsome, a DSHS spokesperson. She added that group facilities are safe, temporary homes where children or teens can find help and can be ready to return home. They can be in conflict with their family, Newsome said. In residential centers which offer a temperate home, a chance for counseling through to Department of Social and Health Services.

Parents and teens are invited to the intensive counseling, which is meant to be a group facility.

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Sandra J. Cole and William E. Bailey were united in marriage at St. Paul's Episcopal Church in Federal Way. The bride is the daughter of Mr. and Mrs. Joel W. Cole of Marysville and the groom is the son of Mr. and Mrs. Wilbur B. Bailey, 6906 1st Ave. S., Federal Way.

For her wedding, the bride wore a floor-length veil. She carried a bouquet of blue and white ferns. For information, call Mrs. Jeanne Varnell and Mrs. Velma Deckabaugh.

For more information, call Mrs. Paul E. Benson and Mrs. Robert L. Moser, co-chairmen, 74th St., and Mrs. Ross A. Moser, 63rd St., and Mrs. Mary E. Novick, 621-3464.

Garden china for Sandra Cole

China is topic of COH luncheon

Mr. and Mrs. Verne Herman hosted the 42nd birthday celebration of their son, Mr. Steve Herman of Paddy restaurant, 707 152nd St. The family attended the Seattle Center Alki Beach Fire Station, which will be present to lecture, answer questions, and provide charts and instructions for ancestral research.

Attention Glacier alumni!

Giant fashion show "Season's Arrangement of former Glacier students," will be held in conjunction with the Alaska Airlines fashion show set for 7:30 p.m. Friday, Oct. 19, in the Ruth Glacier High School gym. The show is sponsored by the Glacier Alumni Association and is open to the general public.

For more information, call Leah Hatfield, 242-2666, or Mrs. Gail Black, 242-3941.

The 'News

B-5

Washington, Wednesday, October 10, 1979

China is topic of COH luncheon

Mrs. Ralph Sheek, Who was chosen Chairperson of the banquet, will preside over this year's luncheon program at noon. Mrs. Paul E. Benson will present the luncheon meeting at 12:30 p.m. in the Seattle Public Library, 12th and Pike St.

Participants should bring their notebooks and bring a brown bag lunch. For more information, call Mrs. Grace Metz, 686-3200 or 242-2666.

Print Quilt and Pillow Sets

Print quilts and pillow sets are available for $1.60 each. For more information, call Mrs. Verne Herman, 63rd St., and Mrs. Mary E. Novick, 621-3464.

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Their second child was born to Fred and Mrs. Helen McRae of 30320 Sixth Ave. S.W. Sept. 28 in Swedish Medical Center.

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**The art of Ikebana**

Yoshiko Kawata, flower arranging expert, is shown as she prepared one of her delicate Japanese arrangements. Mrs. Kawata will start a series of ongoing classes Oct. 19 in her home at 2800 Marine View Drive S. They will be held from 10 a.m. to noon, with the possibility of one of her arrangements for sale at the end of each session. Mrs. Kawata lives in Des Moines near Cross Creek Gardens and has given demonstrations at the Federal Way and Burien Community Centers. She is currently teaching at Jefferson Community Center in Seattle. For more information, call her at 839-2353.

**Scholarships to be offered**

Graduating seniors at Decatur, Federal Way and Thomas Jefferson high schools this year will be able to apply for scholarships offered by the Harry Wirth Memorial Scholarship Fund. All will go to one student from each school.

The Puyallup High School Class of 1909 is planning a 75 year reunion in December. Classmates Mrs. Ethel Larson Wargo of Enumclaw, Mrs. David Wickersham of Bonney Lake and Mrs. Ethel Hanicker of Federal Way have been asking alumni to gather, and Mrs. Wirth has been able to locate only 65 of the 180 members of her graduating class. Anyone with class reunion notes or addresses of the following is invited to contact Mrs. Wargo: Robert Boller, Donald Jones, Joe Levery, Guido Laves, Irene Luckow, Leonard Miller, Carl O'Dell, Jack O'Brien, Josephine Parks, Pearl Ball, Edward Shaffer, Ethel Shepherd, Genevieve Simpson, Arthur Skreen, Maxine Smith, Mabel Wilson, Robert Johnson, Fred Christian and Margaret Huycke.

Mrs. Wargo may be reached at 5637 23rd Pl. E., Puyallup, 98371, phone 845-9121.

Early start for board

Highline School Board meetings are now being held at 7:30 p.m. on the first Tuesday of the month. They previously started at 8 p.m. The board approved the earlier starting time at a recent meeting.

**Puyallup reunion set**

The Puyallup High School Class of 1909 is planning a 75 year reunion in December. Classmates Mrs. Ethel Larson Wargo of Enumclaw, Mrs. David Wickersham of Bonney Lake and Mrs. Ethel Hanicker of Federal Way have gathered alumni to plan a reunion and have given demonstrations at the Federal Way and Burien Community Centers. She is currently teaching at Jefferson Community Center in Seattle. For more information, call her at 839-2353.

**Cut it out.**

Find out about Puget Power's No-Interest Loan for making energy-saving home improvements.

You could save a bundle on your heating bill by adding insulation, weatherstripping, storm windows or other energy-saving improvements.

And, if you have electric heat that was installed prior to August 7, 1978, Puget Power can still give you a deferred payment loan.

**Crisis Clinic to train people to work with the homeless.**

The Tacoma Crisis Clinic and Information and Referral Service will conduct a training group in October for individuals wishing to volunteer time on the crisis telephone lines and Information and Referral Line. Training will include a two-hour screening session at 2 p.m. Oct. 11 followed by a four-hour session the next day.

The focus of the 24-hour training series is the development of communication skills, crisis intervention skills and making appropriate referrals to community services.

Anyone interested in volunteering should contact Alyce or Robert of SOUTHERN Puget Sound Crisis Clinic, Tacoma, 98403.
Americans are on a water kick. The latest fad at cocktail parties is the ordering of a glass of bottled water, which is sometimes a fancy mineral water, which is cheaper than buying liquor. The latest fad at cocktail parties is the ordering of a glass of bottled water, which is cheaper than buying liquor.

Betsy had a tavern near what was then the old Albany Post Road, not far from the Sawmill Parkway in Elmford, N.J. Asked Colonial and French officers from General Washington’s army to have a cocktail in Betty’s door in their free time between battles. Maryann Flanagan served them efficiently and well, keeping their glasses filled to the brim, but during one of the war engagements, when the Army was shelling the town, she found herself with nothing to do. Scouring for something to entertain the potty pants, her first art form was a white crockery pitcher, on which she painted, in colorful detail, the tail feathers of a cock that had been stolen from a Tory farmer’s barnyard and left at her tavern.

The point was scarcely dry when the gentlemen soldiers began to arrive, buccaneer and wines from a hard day at the war. Betty, ever inventive and sensitive to their needs, took one look at them and decided they needed something special to revive them. She poured an assortment of the available beverages on hand into her new crockery pitcher, added a dash of this and a touch of that, stirred it vigorously and concocted a strong pot that was an instant success. Betsy refused to reveal the secret recipe of the contents of the “Cocktail Pitchers,” as the vessel came to be known, but whatever it contained it proved effective. The point was turned, went out and won the war, and the title of history was turned.

Now just suppose for a moment Betsy had served these demoralized Americans a glass of bottled water, which is cheaper than buying liquor. The latest fad at cocktail parties is the ordering of a glass of bottled water, which is cheaper than buying liquor.

Nursing law seminar offered Oct. 12-13 Nursing law will be the topic of a special seminar to be held Oct. 12 and 13 at Virginia Mason Hospital. The program, sponsored by Virginia Mason and Swedish Hospital’s Professional Liability, will be taught by nationally recognized authorities on nursing, hospital Virginia Mason medical law, Washington, D.C. Registration is required.

Films set on Oct. 5 and 6: the Aurora Avenue Theater, will begin a series entitled the History of the American Cinema. Groups of films will be presented in conjunction with live entertainment that has been featured at the theater recently. The first of these presentations will be "Cocktails" and "Les Capitaines" and with Shirley Temple in "Circus."
Airwest, strikers talking again

Negotiations resume of yesterday between Hughes Airwest and striking Airline Employees Association. Hughes Airwest spokeswoman Bonnie Engstrand received hope among the 1,600 picketers at the end of the walkout that began Sept. 12.

The National Mediation Board notified both parties last Friday that there would need a mediator to meet Monday before the strike begins.

No comment was available from Airwest on the latest development, but an AEAA spokesman in Seattle called the return to the bargaining table a "sign" and did not rule out the possibility of contract negotiations could be reached this week.

"The company (Airwest) has come off its position of rejecting everything. And there is a difference of opinion," said Robert Haskin, "so we in turn can show them a little movement on our part."

Concluding speculation the negotiators could agree to a contract by Friday, Robert Haskin said.

The National Mediation Board has assigned mediator Harry Bickford and board member Robert Brown to the bargaining in Miami Beach.

Haskin said the first two days of organized activity this week had been "frustrating and pro-

"But I've been in negotiations with Bickford, and he's the kind of mediator that once he gets things rolling, he'll keep them going around the clock the next four days at a time."

Haskin said Airwest, claiming a misunderstanding, has refused its stand on a reenforcement pay and agreed to make the payments to employees based on gross earnings. The airline had wanted to exclude overtime activity, Haskin said.

The sides must now resolve their different over wage increases, he said.

In bartering over a three-year contract, Airwest has offered 9 percent in the first year, 7 percent in the second year, and 6 percent the third year. The AEAA is demanding 10 percent, 7 percent, and 7 percent, respectively.

"Obviously, we're far apart on the second year," Haskin said.

But, he said, the airline members (technical workers, loading ramp personnel, and baggage handlers) want only to be paid according to industry standards, which he said their contract demands would accomplish.

"This is a feeling-out process. We are not employed our employees are also at issue in the work shop-

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PUBLIC MEETINGS
Des Moines YMCA, 2424 148th St. S. (10-12, 1 to 3 p.m.) Regular meeting.
Des Moines Planning Commission (10-10, 7 p.m.) Meeting at Des Moines City Hall.
Federal Way Council (10-14, 7 p.m.) Council meeting.
Federal Way Planning Commission (10-9, 7 p.m.) Council meeting.
Stained Glass Sale (10-10, 1 to 8 p.m.) Ambler Antique Appraisers, cost $3 per item.

STAINED GLASS SALE
OTHER SELECTED OOOS SHAPES * SI2ES
OFUMANOfAl (OESAC) #|
HOUANDER
Welcome Wagon Club of Federal Way Organizations Serving Kids and Drugs (10-10, 10-17 and Federal Way Community Council (10-10, 7 p.m.) General Meeting (10-10, 7 p.m.) Meeting at Decatur High School.

COMMUNITY EVENTS
Several young men from Federal Way-Des Moines area have been selected to work with the Ballet Legends of Seattle, which is based in New York. Russell Vaden of Federal Way and Kerrie Shabos of Federal Way will be the junior member company. Several young men from the senior company were John Macardle, Leo, Lin Stimmer and Carolin Walker of Kent. The junior dancers picked to perform with the junior company were Vanita Turner, Karen Love, Tracy Palesi, Mandy Healy and Benon Tungon of Kent and Vista.

Sculpting of the American Indian
Waltz of Autism.

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Sculpting of the American Indian
Waltz of Autism.
Autumn gardening is not complete until you’ve planted bulbous plants. The general rule is to plant after the first frost, but first to bloom in spring. But their spring bloom is not complete until the last frost has passed.

American Legion to host officers
A joint meeting of the district and auxiliary of the American Legion will be held at 9 a.m. Oct. 15, at the Legs-Ann Adm. Office, 1940 N Ave. B.
The purpose of the joint meeting is to honor David Tomlinson, district commander, and Mary E. Keasly, district president, who will both be re-elected as their respective campus positions. The meeting will also include a passport and a flag ceremony.

The faculty has been working through the summer and is now ready for the start of the new school year. The faculty has been working through the summer and is now ready for the start of the new school year.

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The gas can was thrown off the auto and a gas can.

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The gas can was thrown off the auto and a gas can.
Wallenda guilty of shoplifting

Sign language taught

Steve Wallenda, the highwire performer formerly of the Ringling Bros. and Barnum & Bailey Circus, has been arrested for stealing jewelry and cash from an Albertson's store.

The Exchange Club of Highline lauds ‘golden deeds’

The Exchange Club of Highline held its annual meeting on Wednesday, October 10, 1979, to honor its guests and present awards. Dr. Hamburger was presented with the Book of Golden Deeds Award. The award was presented by Dr. Henry Barlow, president of the Exchange Club.

Dr. Eugene Hamburger, right, holds the Book of Golden Deeds Award, presented to him recently by the Exchange Club of Highline. Doug Moreland, left, said the award is "the warmest thing that can happen to a member of the Exchange Club." He added that the award is a way of saying "thank you" to members for their contributions to the community.

On page 7 of today's Sears circular, we have advertised our Homestead collection of furniture. The correct information and illustrations for the table and chairs should state the table as a 42" round table with one 12" leaf and 4 mate chairs.

On page 9 of the same Sears circular, we have advertised our Newer Home Discount furniture. The correct price for this table and chairs should be $49.95.

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So you think you’re tough

JIM RHODIAN, the pride of the Schooner Tavern, has James Womack on the ropes.

ROUND ONE, indeed. Playboy’s April 1977 Playmate Lisa Sohm serves a necessary function.

If the best punch you’ve ever gotten in was on your old man when he took you out to the garage to teach you the manly art, then “The Vail smile” was probably not for you.

If you can give as much as you’ll take in any scuffle, then the Sunday night fight program in Tacoma’s Bicentennial Pavilion would have been tailor-made.

The 20-bout card was set up for people off the streets, who, quite simply, think they’re tough. Or at least think they used to be and wonder if they still have it.

RON OLSON of Federal Way had not boxed since he was in the service. Fifteen years ago. So he welcomed the chance to climb back into the ring.

“I had fun, you can put that on my gravestone,” the 35-year-old Olson said after suffering a technical knockout in the second round. “I’m just too damn old.”

Olson admitted that a punch from his 280-pound opponent stung him, sending him to the canvas and precipitating his early exit. The damage was not all one-sided, as blood on his shirt front attested.

“He walked into a couple,” James Martin of Federal Way also found his ring time short, losing on a TKO in the midway through the first round.

“T don’t know why he stopped the fight,” the exhilarated but still somewhat disappointed fighter said. “He wasn’t hurting me.”

Martin, who was billed as having Boys’ Club boxing experience, admitted he had none. But brightened considerably when his opponent came up to him, embraced him and pointed to a welt on his forehead.

“Got me with an overhead,” his friendly foe pointed out.

“Me,” said Martin, his grin splitting wide. “I did!”

Ron Olson of Federal Way takes one on the chin from opponent Don Jemigan.

Photographs by Roy Musitelli

Text by Bart Potter
The Thomas Jefferson Raiders remained undefeated in high school volleyball action last week, and the Federal Way Eagles fell to Mt. Rainier Rams in their South Sound Senior League campaign with a victory over Lakes. That win, the Mt. Rainier Rams and the Decatur Eagles suffered set-backs in league matches.

Jefferson, 6-0 in preseason, begins its 2000 campaign tomorrow with two games against Puyallup Friday. Federal Way, 1-1 in pre-league warmup matches, outlasted Puyallup 31-29, 15-9, 15-9, Friday. Mt. Rainier had its South Sound League record lowered to 0-2.

"With Lisa possibly ready to go in the week, and third games, we'd get our losing out of our system," Raiders coach Neil Thompson noted that the 5-9 soph.

"We hoped that we'd get our losing out of the way in our preseason," coach Kathy Harris said of her inexperienced squad, which has only two players returning from the team that took third in state last season.

However, the two returning players, Patty Davidson and Dan Hunter, beared the Federal Way win. Hunter served the match fast from the right, and had a strong spiking punch. Davidson also contributed strong spikers via the left and right back corners.

"The Rams met our high expectations," he said.

We had our South Sound League opening wins...
Wildpack meeting for the 1980 Ordaining Council

The council, must exist to administer the expenditures and various problems related to the operation of that complex. As a result the council is the apathy of the

Parents may wonder why a council is necessary. While it is true that the four charters can operate independently, it is also true that the Federal Way Little League is a unique league in that it can do by calling Carol Sabotka (927-6031) or Carol Heath (821-9376).

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The Thomas Jefferson harriers sweated to double-win week.

The Raiders, heading summer and Bethel on their 2.5 mile Friday course completely outran their foes in both the boys and girls events with win.

The two boys, led by the senior place finish of senior Rob Plummer in a time of 14:11, dominated the track after barely having piled into the event.

Partially his effort in cooperation with sophomore Albert Frank and Paul Rogers who managed to push forward to third and fourth and third.

The boys grab all the honors later Friday and the Bills Sunday 2:08 and the Bills 2:38-23.08.

Tracy Hinson was the leader for the TJ girls so led the Raider sweep of the first three places with a 14:11. Tracy hinson's quick jump over the .5 mile course prompted a distress from the TJ harriers.

This was the first time in a long time that we have ever been both the boys and girls and also an distant Damascus. "We are running very as tough as we ran in the meet last year." Linbergh's John Hansen who covered the 2.0 miles in 16:21. Other strong runners in the race included Linea Puaa in 12:27 and Tracy Hinson with a 12:37 showing. The three girls finish.

The Eagle boys did exactly the same thing, managed to pull off a Friday at Rogers as the Eagle runners managed to pass the Rams 18-18, and advance to the C 25-25. Michelle Valentine was nothing short of sensational as she also led all runners in both the 100 meter and 200 meter events, while teammates Kris Culham closed strong for the last place showing.

Eagle runners swept to double-win last Friday.

Coach Harris said. "It was good enough for a first place, but the Rams did not run enough people to qualify the event. Rich Broad of the Rams is still our man as we had not cheated against Curtis and we are competitive with Curtis and we are competitive with Curtis."

ragers. Federal Way, according to hip coach Bill Bart, "It was a little too close for comfort, and even running 9:19.5, we were not able to shake off Curtis, but everyone has done a good job."

The TJ boys, led by Ryan Andre, took the diving competition with 100 backstroke.

Coach Joe Anderson expressed some component over his hatters Tuesday performance. "We thought we might be closer to the Raiders than we were, but we are not running that much but I thought we could not get by them."

The Raider Girls swept two forfeit wins in the 100 free. DeAnna continued to be a competitive with the other elite.

The Raiders, Norwich’s 200 medley relay team of Sue Ritter, Marsha Utz led the Gators with 15 points. The Evergreen with 163 points, a region standards.

Other top performances:

Erica Nordean, a Pacific Junior High ninth grader, took the diving competition with 100 backstroke.

Lesley Fallon capped MR wins in the 100 free at 57.80.

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Erica Nordean, a Pacific Junior High ninth grader, took the diving competition with 100 backstroke.

Lesley Fallon capped MR wins in the 100 free at 57.80.
Local high schools post impressive golf victories

The Decatur Gator girls tennis team turned in a split last week against Decatur, 6-2 and falling to Rogers, 8-4. The Gator girls were very consistent in singles, with No. 6 and 6 and 8 and doubles, respectively. The Gator lineup against CP was: No. 4, Gina Beckel; No. 5, Lisa Fisher; No. 6, Tanya White; No. 7, Michelle Dye; No. 8, Karen Zeller; No. 2, Bettye Devries; No. 3, Susan Shimabuku; No. 1, Lisa Devries.

The Decatur Gator girls' tennis team is the last of the Gators with little success, so the seeding of the first two wins is noted that his players will be interested, a special highlight last week's showdown with a one-over par. "I thought that if we scored the young lady's best of the Gators with 15 points, and Decatur was second high with 14. Past two girls scored 18 points, and that was our total points. I think they'll perform very well this year," according to head coach Terry O'Donnell. The Gator links coach udly stated. "I place my players in confident roles where I think they'll be most "best," explained.

Terry O'Donnell and Steve Leonard, through with 12 and 16 and 12, both of Lakes, shared a total second of 36, a total over 30 score. DECATOR con­ ti­nu­ed to dominate the third-place team that we've done all season," according to head coach Dick Ternes, of Clover Park from the Federal Way area. "We've continued to play very well. A strong victory at Linden. We're undefeated ranks with the best of the Gators with 17 points. The Eagles suffered a four-over 38 loss. Thursday," O'Donnell pro­ nounced.

The Gator Netters will be visiting the Park, "O'Donnell pro­ nounced. "I thought that if we scored the young lady's best of the Gators with 15 points, and Decatur was second high with 14. Past two girls scored 18 points, and that was our total points. I think they'll perform very well this year," according to head coach Terry O'Donnell. The Gator links coach udly stated. "I place my players in confident roles where I think they'll be most "best," explained.

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Federal Way junior soccer scores and standings

The 3-week-old Federal Way junior soccer scores and standings for the week of Oct 10, 1979. It includes scores for various matches between different teams, including Federal Way and other local teams. The scores are tabulated for both home and away games, indicating the success and performance of the Federal Way junior soccer team. The information is useful for tracking the progress and achievements of the team throughout the season.
The News

C-7

Wednesday, October 19, 1979

ENTERTAINMENT

‘I Remember Adamick’s’

Mime theater set at FW Library

The Seattle Mime 7-mime Theatre Society will have its fall free performance and is invited to attend workshop at the Federal Way Library, Federal Way Library located at 840 S. 300th on Tuesday, Oct. 23, at 9 PM.

Rudy Vallee scheduled for a week at Griffin

Frederick Knott’s murder mystery, "Wait Until Dark," will be on stage at the Griffin Dinner Theater until Oct. 27. Performances will be held Thursday to Saturday at 9:15 p.m. followed by Sunday matinees at 2:15 p.m. On Oct. 30, a special one-week engagement of Rudy Vallee and his orchestra’s musical revue will open at the dinner theater. The show will be at 9:15 p.m. every night.

Space available for school bazaar

Craftsmen and hobby enthusiasts have an opportunity to display and sell items at the Adrienne Elementary School PTA Carnival on Friday, Oct. 26. The sale of craft and homemade items will be held at the school from 10 a.m. to 1 p.m. For more information, call 577-4251.

Listen to 85 KTAC to hear our 85 Secret Songs. Test your musical knowledge by identifying any one or all of the Secret Songs. Listen to KTAC contests rules.

1979 EDITION

Let’s Get Acquainted

Issue

FEDERAL WAY NEWS

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All dinners include our famous Salad Bar with over 20 different items to choose from and your choice baked potato, rice pilaf, spaghetti, or french fries.

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SEA TAC VILLAGE

PRICES EFFECTIVE THRU OCT. 13, 1979
Residents benefit from United Way aid

United Way is once again on the campaign wagon drumming up funding for a variety of programs. They are seeking $15,915,000 for the 1986-87 year. Funds contributed will benefit 1,333 human-care agencies offering services, directed by the United Way in King County. The theme of this year's appeal is "Let's take care of one another." If you've ever wondered where the money goes, United Way recently sent out a detailed accounting of how the money was spent last year. The following figures are the results of that audit:

- Benefits last year were 1,333.
- Federal Way residents and 3,796 residents of Burien, Federal Way, and SeaTac were provided to 2,326 area youth, temporary shelter, birth control, abortions, and other personal services.
- Social services were provided to 2,925 area youth.
- Health services were provided to 24 local youth.
- Multiple Sclerosis Funds contributed to 2,925 area youth.
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County redistricting helps disabled kids

By Ann Hagen

In a recent county redistricting program, the state has divided the county into three districts. The program, which will be implemented in the upcoming election, includes the provision for the special needs of children who are disabled.

The program, which will be administered by the State Department of Health, will ensure that children with disabilities receive the necessary support and services. The program will also provide for the development of special education programs and facilities.

The program will be funded by a combination of state and local funds, and it will be administered by the State Department of Health. The program will be monitored by the State Board of Education, which will ensure that the funds are used appropriately.

The program will be implemented in phases, with the first phase beginning in the fall of 2023. The program will be reviewed annually, and adjustments will be made as necessary.

The program will provide for the development of new facilities and the expansion of existing facilities. The program will also provide for the training of teachers and other professionals who work with children with disabilities.

The program will be administered by the State Department of Health, in cooperation with the local school districts. The program will be monitored by the State Board of Education, which will ensure that the funds are used appropriately.

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There's a new look to dentistry

by Dr. Barbara Billings

Dentistry is better than ever! Modern advances in dental technology, materials, and techniques have made dental care a more comfortable and effective experience for patients.

Dr. Barbara Billings is a highly trained and experienced dentist in private practice. She believes in treating her patients with the same care and attention as she would her own family. Dr. Billings works closely with her team to ensure that every patient receives personalized care tailored to their specific needs.

With a commitment to excellence, Dr. Billings and her team are dedicated to providing the highest quality dental care. They offer a wide range of services, from preventive care to cosmetic treatments, to help patients achieve and maintain healthy smiles.

Dr. Billings' office is located at 123 Main St. in the heart of downtown. Schedule your appointment today and experience the difference at Dr. Billings Dental Associates.

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- What is Century 21 and who are the Neighborhood Professionals?

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**Seminars for small businesses**

**by Sandy Thun**

Planning an investment can be fun and very rewarding financially. First, all down payments determine what funds you have to work with and what your goals are for investing. Second, in order to get the most out of your investment, it is important to create an asset portfolio that includes both short-term and long-term investments. Planning an investment is the key to starting your investment program.

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**D-3 Wednesday, October 10, 1979**

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Catholics Build Church in Twin Lakes

(Editors’ Note: This column is a monthly feature designed to inform our readers of new construction in the area.)

The following building permits were issued by the King County Building and Land Development Divi­sion during the month of September:

- Eugene Thorn, 11454 Military Road So., fourplex, 6,361 sq. ft., estimated cost of construction is $112,236.
- O. Crabe, 615 South 96th Street, office and truck service, 8,100 sq. ft., estimated cost of construction is $192,000.
- G.E. Sengstock, 17520 99th Ave. S.W., retail sales and office space, 4,452 sq. ft., estimated cost of construction is $131,000.

The following building permits were issued by the King County Building and Land Development Division during the month of September:

- 4th, 6th Street South 51st Street, office and truck service, 1,000 sq. ft., estimated cost of construction is $123,336.

UNDER CONSTRUCTION

4 bedrooms, 2 1/2 baths, formal dining in 2,000 square feet, with 2 1/2 baths, dining area, and a family room. Sold for $210,000.

4 BEDROOM MANSION

This beautiful home has 5 bedrooms, 3 baths, 2 fireplaces, covered carport, and finished basement. The property has 70 ft. of waterfront frontage.

SPLIT COLONIAL TAPPS

5 bedrooms, 2 baths, separate garage, kitchen, and family room. The property has 7,000 sq. ft. of living space, with a finished basement.

REAL ESTATE SALESPEOPLE

We are looking for a new location and an experienced salesperson to join our team. For more information and a private interview, please call 839-4700 or 927-5252.

REAL ESTATE

At 2nd floor, there is a large deck with views of the Puget Sound. This home boasts a large family room, formal dining, and 4 bedrooms.

B&B REALTY

New 2 bdrm, 1 bath, master bedroom with a view, kitchen, and dining area. Asking $129,900.

PRICE REDUCTION

Beautiful contemporary home with tile floors, an open concept layout, and a private backyard. Asking $429,500.

FAMILY PLANNING

This home is well-maintained and is located in a quiet neighborhood. The family room is spacious and the backyard is perfect for entertaining.

FINANCING AVAILABLE FOR ALL GENS.

OPEN OCT. 11th

21516 152nd Ave. NE, 4 bdrms, 3 baths, 3 car garage, and a finished basement. Asking $192,000.

OWNERS ANXIOUS ASKING $53,900.

Beautiful home on a quiet cul-de-sac with 3 bedrooms, 2 baths, and a large yard. Asking $189,000.

LARGE TRIPLE LEVEL

10 bdrms, 5 baths, and a large family room. Asking $325,000.

4-PLEX AUBURN

Located in an excellent location with 5 bdrms, 3 baths, and a large yard. Asking $125,000.

BIG VALUE!

This home offers 4 bdrms, 2 baths, and a large family room. Asking $120,000.

B&B REALTY

This beautiful home has 4 bedrooms, 2 1/2 baths, and a large family room. Asking $189,000.

LOVE TO LIVE IN WILLOW CREEK

Make this 4 bdrms, 2 baths, and a large family room. Asking $225,000.

HOMES

Stop by our open house at 1933 E. Ruckel, Seattle 682-9873 or 863-2251.

STROLL BY THE LAKE!

A lovely lakehouse on a large lot with 3 bdrms, 2 baths, and a family room. Asking $189,000.

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JANET NELSON

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IN SIMPLE TERMS, it’s simply great! That large ‘n’ lovely
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John L. Scott, Inc.

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Federal Way
Wa. 98003

The News
Wednesday, October 10, 1979
D-5
SWEET VIEWING $11,250

WE HAVE ACCESS TO OVER 1,000 PROPERTIES CALL US NOW! 838-9933

FHA/VA Quality remodeled home located on dead end street in a 2 bedroom, formal living and dining rooms, clothing closets in kitchen with eating space, full basement with large attached 1-car garage. For appointment call 838-9933.

RAMLBER Immaculate 3 bedroom home on 1/4 acre, large rec. room, separate entrance, family room, den, 1 1/2 baths, fireplace, formal dining, large kitchen, built-ins. For appointment call 838-9933.

NORTH ADMIRAL

Lavish older home sits on large lot in the Admirals. 4 bdrms, luxurious master suite, king size family room plus oversize sewing room, lots of storage space! Beautiful home with covered deck, 2 brick fireplaces. Nicely landscaped. For appointment, see Mrs. Potter 838-9933, 927-3280.

RED CARPET

AVAIL-A-RENT INC., 927-0300

TWIN LAKES $199,000

3 bdrms., 2 1/2 baths, 2,267 sq. ft., master suite on main level. 1 car garage, good condition. See it today, 838-7922 or 927-9812.

GLOREOUS ACRE $64,950

For a free market estimate, call 248-2722.

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YES! WE CHOSE THE COLOR GOLD!!!!!!

GUESS WHY WE CHOSE THE COLOR GOLD!!!!!!!

For more information, call 509-773-5255.

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SEATTLE TIMES

RETAILER INC.
Nitsa Diamond shuns the quick, convenient appliances in preference to the "old ways." "Modern appliances such as food processors and blenders do not allow the cook to get a hand in the creation," said Mrs. Diamond speaking with a Greek flavored accent. "The old ways allow you to create texture and develop flavors," she said, since she has been cooking from the age of nine.

"You have to know what your ingredients will do when you use them," she said. In addition, cooking can not be exact. I'm always adjusting the cooking temperature. She tells her daughters and cooking students that the only way to learn how to cook is to watch and take notes this way they will pick up the special touches.

Although Greek food is beautiful and delicious, it has to be - experienced and enjoyed. It takes time to create the rich foods and desserts of the ingredients are expensive, she said. She estimates that one piece of baklava may cost $1.00 because of all the ingredients: walnuts, fillo, butter sugar and cinnamon.

"For those watching their weight and health, the food can't be eaten all the time," she said. To get around those problems she has learned to use substitutes and prepares the rich treats only for special occasions. "Sometimes cooking everyday meals can be very tiresome and it's nice to make a special meal and setting a pretty table," Mrs. Diamond puts her best effort and love into the culinary creations.

"My mother taught me to pamper the food. Cooking is time consuming because you are constantly working with it and watching it. When I older I put a little bit of myself into it and love it."
Safe Way

Super Savers +

Lucerne Large AA Eggs $5.99

Town House Tomato Soup $1

Tomato Soup $1.75

Saltines 16 oz. $0.43

Meat Department

USDA Choice

Beef Chuck Roast $1.59 lb.

Boneless Choice

Beef Chuck Steak $1.69

Pork Loin End Ribs $1.19 lb.

Cut-up Fryers $0.69 lb.

Spareribs $1.99 lb.

Corned Beef Brisket $1.79 Safeway or Hygrade lb.

Pork Rib Chops $1.29 lb.

Bacon, Sliced $0.99 lb.

Beef Top Round $1.89 lb.

Gourmet Turkey Items

Smoked Breast $2.98 lb.

Smoked Turkey $3.99 lb.

Smoke Pastrami $3.99 lb.

Bologna, Sliced $1.40 lb.

Imported Ham $1.99 lb.

Beef Frank $1.99 lb.

Smokie Cheezers $1.99 lb.

Meat Department

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Beef Frank $1.99 lb.

Smokie Cheezers $1.99 lb.

Bake Shop

Old Fashioned Crunchy Donuts $0.89

Dutch Apple Pie 8" $1.89

For All

Refrigerated Foods

Lucerne Yogurt $0.99 lb.

Autumn Natural Margarine 1-lb. $0.69

Cold Power Detergent $2.19 84 oz.

Spic & Span $1.59 54 oz.

Glyphosate $0.99 lb.

For Laundry

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Spic & Span $1.59 54 oz.

Glyphosate $0.99 lb.
Tantalizing autumn desserts warm your family’s hearts

One-sixteenth teaspoon paprika
1 cup sugar
1 cup brown sugar
% cup toasted pecans, firmly packed
1 cup miniature marshmallows
8 to 12 marshmallows, cut in half
1 tablespoon butter
1 teaspoon vanilla extract
1 tablespoon lemon juice
1 teaspoon grated orange peel
% teaspoon ground cinnamon
% teaspoon ground nutmeg
% teaspoon ground cloves
French cook Simone Beck

They taste better from scratch, especially when you’ve got a supply of ice cream. Brown bread in milk and add as much of the ice cream as you like. Simmer, cover and keep hot.

Pizzadillas are filled with savory ingredients, especially with beef and cheese.

Brown bread in milk and add as much of the ice cream as you like. Simmer, cover and keep hot.

4 cups sugar
1 cup flour
1 cup baking powder
1 teaspoon baking soda
1 teaspoon pepper
Curried Rice Salad

Curried Rice Salad is a great accompaniment for any meal, and the mellow flavor is the perfect beverage companion. This rice salad is best served with a side of green salad.

Looking for a new salad to serve, but tired of the usual egg and potato salad? Curried Rice Salad is what you’re looking for. It’s chock full of good things, like coconut sauce, bok choy and green onions. Chicken-flavored rice is simmered in beer, then tossed with green salad and a tangy dressing for a simple and satisfying dinner.

Curried Rice Salad is a great accompaniment for any meal, and the mellow flavor is the perfect beverage companion. This rice salad is best served with a side of green salad.

CURRIED RICE SALAD

4 cups sugar
1 cup flour
1 cup baking powder
1 teaspoon baking soda
1 teaspoon pepper

For Cake: Sift dry ingredients together in a bowl except for the buttermilk. Set aside. In another bowl, beat the eggs, cream, salt and sugar until thoroughly blended. Add the buttermilk; beat well. Add the dry ingredients and mix until smooth. Bake in greased cake pans. When cooled, spread with cream cheese frosting.

For Cream Cheese Frosting: Place all ingredients in a mixing bowl and beat together until smooth. Add vanilla and cream cheese. Beat one minute. Place over boiling water and beat constantly for seven minutes. Add to cream cheese mixture and stir until smooth. Cool and beat until smooth, then gently fold in the whipped cream.

CREAM CHEESE FROSTING

1 can (8 ounces) crushed pineapple, drained

For Cake: Sift dry ingredients together in a bowl except for the buttermilk. Set aside. In another bowl, beat the eggs, cream, salt and sugar until thoroughly blended. Add the buttermilk; beat well. Add the dry ingredients and mix until smooth. Bake in greased cake pans. When cooled, spread with cream cheese frosting.

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CREAM CHEESE FROSTING
Put a little imagination in those coffee klatch creations.

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A Graceful Plant In 10 Inch Pot Each $17.98
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Outdoor in 6" pot Each 98¢
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SAFETY

The News
Wednesday, October 10, 1979

With a little imagination, your bridge group, or brunch treat? The tired of serving the, Prices effective Wednesday October 10th thru Tuesday October 16th, 1979. Sales in retail quantities only.

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$1.19 LB.

FRYER BREAST
$1.69 LB.

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GROUND BEEF
$1.29 LB.

BEEF BONELESS TOP SIRLOIN
USDA CHOICE GRAIN FED
$2.98 LB.

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$2.89 LB.

PAPAYA "TUF-N-READY"
LARGE SIZE ROLL

PAPAYA "TUF-N-READY"
LARGE SIZE ROLL

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$2.39 LB.

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Darigold, 8 Oz.
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48-OZ. BOTTLE

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CRACKERS
16-OUNCE BOX
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CAKE MIXES
12 FLAVORS, UP TO 19-OZ.
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HOLIDAY PRODUCE

ORANGES
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4 lb.
$1

ONIONS
Butter, 3-lb. Cello Bag
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EA.

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All Veg.
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1.16-Ounce
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2 Flavors
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Golden
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MEDIUM OR SOFT
79¢

BAND-AID
PLASTIC
X-LARGE,
10-CT.
99¢
**Stir-fry Mandarin Chicken for a zesty meal**

1. In a large mixing bowl, beat the egg yolks and sugar until light and thick. Gradually beat in the cream, for example, 1 1/2 tablespoons at a time. Beat until stiff peaks form.

2. Add 1/2 cup dark seedless preserves, catsup, cranberry juice, and soy sauce. Add to dry ingredients and beat until just combined. Chill until ready to use.

3. In a small bowl, combine the flour, sugar, and salt. Gradually add to dry ingredients, mixing well. Beat until smooth. Add the eggs and beat until smooth. Beat in the milk and nuts.

4. Place the batter in a 9 x 13 inch baking dish. Bake at 350°F for 25 to 30 minutes, or until a toothpick inserted in the center comes out clean. Cool completely before frosting.

5. In a small bowl, mix the sugar and water. Bring to a boil, stirring occasionally. Remove from the heat and let cool. Pour over the cake and let it cool completely. Frost with your favorite frosting.
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CORNISH GAME HENS
Medallion Flash $6.9

FRESH GROUND BEEF
Hygrade Sliced 58 oz. $1.19

LEG OF PORK
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BEEF CHUCK STEAK
U.S.D.A. Choice Boneless $1.49

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CRISCO OIL
Crisco Oil 48 oz. $1.78

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Standby Green Stuff

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Standby Corn

STAND BY MIX
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CAKE MIX
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FLOUR
Quick or Regular 41 oz.

QUAKER OATS
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RUSSET POTATOES
Extra Fancy Red or Golden Delicious

Apples
39¢

POCKET BOOK PLEASURES

TIME IS MONEY

Vi torn in • data •necessary nutrients .may be wasting their, each day.

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These groups are the

basic food groups.

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minced

2 teaspoons chili

powder

1 small clove garlic,

2 tablespoons finely

30 minutes. Garnish

All together

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of vegetables.

bake in a preheated 350 degree F.

quart casserole. Bake

Orrfc

Grated Parmesan

2 tablespoons butter

to tender.

onion with chili

mixture. Cover; cook

mushrooms.

30 minutes. Garnish

1 medium clove garlic,

Cut Food

Muffin Mix

Graham Crackers

Garbage Bags

Baker's Coconut

Paper Napkins

Standby Green Stuff

Standby Corn

CAKE MIX

STANDBY MIX

STAND BY CORN

STAND BY MIX

CAKE MIX

Centennial Bleached White or Unbleached 10 lb. $1.49

TOUCHER OATS
98¢

RUSSET POTATOES
Extra Fancy Red or Golden Delicious

Apples
39¢

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23406 PACIFIC HWY. S.
15858 PACIFIC HWY. S.
24700 MILITARY RD. S.
by Ruth Jurich

If you've never eaten stuffed cabbage rolls, you're in for a treat. The recipe I'm about to share is one of my family's favorites. We make them every year during the holiday season, and they never fail to please our guests.

To prepare the cabbage rolls, start by rinsing the outer leaves of the cabbage under cold running water. Drain and chop the leaves into small pieces. In a large bowl, combine the chopped cabbage leaves with the following ingredients:

- 2 cups rice, cooked
- 1 cup ground beef
- 1/2 cup diced onion
- 1/2 cup diced green pepper
- 1/2 cup diced tomato
- 1/4 cup chopped parsley
- 2 cloves garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon paprika

Mix all the ingredients together well. In a large baking dish, arrange the stuffed cabbage leaves in a single layer, and pour the mixture over them. Cover the dish with foil and bake in a preheated oven at 350°F for 2 hours.

These cabbage rolls make a delicious side dish for any meal, and they are especially good during the fall and winter months when fresh cabbage is in season. Enjoy!

Ruth Jurich

---

**What's Cookin' in Ruth's Kitchen**

by Ruth Jurich

- Cabbage rolls are a filling, healthy meal that's perfect for cold weather.
- Use fresh or frozen cabbage leaves for the best flavor.
- You can add your favorite vegetables, such as carrots or peas, to the mixture.
- Serve with a side of sour cream or yogurt for added creaminess.

---

**DELICIOUS APPLES**

**EXTRA FANCY RED OR GOLDEN**

**FANCY GREEN PEPPERS**

**WESTERN FAMILY CREAM CHEESE**

**MED. CHEDDAR CHEESE**

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**BATHROOM POTATOES**

**DE MARINA**

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**FRISKIES DRY SAUCE CUBED**

**40 OFF LABEL ALL CONCENTRATED**

**JENOS-YOU-TOP-IT PIZZA**

---

**ELITE EGG-PORK BREAD**

---

**TURKEY GIZZARDS**

---

**TURKEY NECKS**

---

**CHEESE BAKED Frittatas**

Yield: 4 to 6 servings

**1 package (1 oz) cream cheese (perch, haddock, turbot)**

---

**1 tablespoon chopped parsley**

---

**1 teaspoon salt**

---

**1 teaspoon paprika**

---

**2 cups cooked rice**

---

**1 cup ground beef**

---

**1/2 cup diced onion**

---

**1/2 cup diced green pepper**

---

**1/2 cup diced tomato**

---

**1/4 cup chopped parsley**

---

**2 cloves garlic, minced**

---

**1 teaspoon salt**

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**1/2 teaspoon paprika**

---

**Mix all the ingredients together well. In a large baking dish, arrange the stuffed cabbage leaves in a single layer, and pour the mixture over them. Cover the dish with foil and bake in a preheated oven at 350°F for 2 hours.**
Quick oven casseroles for drop-in guests

Be ready for company and have extra ingredients on hand for these surprise visits. Use your greatest casserole dish and let your oven do the cooking while you entertain your guests. Serve a delicious special, serve a salad or fruit cup as a first course, and hot biscuits or muffins from a mix and ice cream sundae for dessert.

CHEESEBURGER MACARONI

(Yield: 8 servings)
1 package hamburger macaroni
1 pound ground beef
2 tablespoons lemon juice
4 whole cloves
6 tablespoons water
2 teaspoons celery seed

Cook macaroni in six cups boiling salted water (4 teaspoons salt) eight minutes; drain. Cook and stir ground beef in 10-inch skillet until brown; drain. Stir in macaroni, water, celery, mayonnaise, almonds and lemon juice. Divide among six ungreased individual baking dishes or pour into one and one-half quart baking dish, sprinkle with cereal. Sprinkle with cheese. Bake in 350-degree oven, uncovered for 15 minutes.

CHICKEN MACARONI

(Yield: 8 to 10 servings)
1 package hamburger meat for casserole mix
1 pound ground beef
1 cup sliced ripe olives
1/4 cup chopped almonds
1/4 cup grated onion
1 teaspoon salt
2 cups milk

Cook macaroni in six cups boiling salted water (4 teaspoons salt) eight minutes; drain. Cook and stir ground beef, celery and spices in medium skillet until brown; drain. Stir in macaroni, water, celery, mayonnaise, almonds and lemon juice. Divide among six ungreased individual baking dishes or pour into one and one-half quart baking dish, sprinkle with cereal. Sprinkle with cheese. Bake in 350-degree oven, uncovered for 15 minutes.

MACARONI & CHEESE

(Yield: 8 to 10 servings)
1 package elbow macaroni
1 cup sliced ripe olives
1 cup grated onion
1/4 cup chopped almonds
1/4 cup flour
1 cup milk
1 cup water
2 cups grated cheddar cheese
1/2 cup chopped parsley

Cook macaroni in six cups boiling salted water (4 teaspoons salt) eight minutes; drain.日 Cook and stir ground beef, celery and spices in medium skillet until brown; drain. Stir in macaroni, water, celery, mayonnaise, almonds and lemon juice. Divide among six ungreased individual baking dishes or pour into one and one-half quart baking dish, sprinkle with cereal. Sprinkle with cheese. Bake in 350-degree oven, uncovered for 15 minutes.

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Tips for a safe and successful party

A good host or hostess knows not only how to entertain but how to entertain wisely. The secret to success is to plan ahead. Think twice about the guests, the food, the beverage service, and the alcohol service.

Here are some helpful suggestions to insure not only the success of the party, but also the safety of the partygoers, especially those who will be driving home afterward:

- Serve appetizers before drinks.
- Don't serve salty foods— they increase thirst.
- Serve hearty appetizers such as: French bread with cheese, deviled eggs, finger sandwiches, cocktail meatballs and franks.
- Have alcohol beverages out of guests' sight and don't let them serve themselves.
- If guests should overdrink, don't let them drive home. If necessary, put them in a cab.
- Don't push drinks— Plan a party theme around, for example, backgammon, cards, or chess that share the spotlight with your food and beverage service.
- 45 minutes before the end of party, conclude serving.
- As the host or hostess, you have a responsibility to set the mood of the party, particularly in the guests who do not moderate, proper use of alcohol beverages at all times.

- As the host or hostess, you have a responsibility to set the mood of the party.
- Have a variety of alternative drinks for guests who do not want alcohol beverages.
Fresh Italian prunes for tempting tarts

Grown almost exclusively in the Northwest, Italian prunes are on the market from new into early October. As compared with plums, fresh prunes have firmer flesh, and are easy to digest.

They should be a good color—regal purple, with skin a little blue. Inside, they should be firm, with skin separable from flesh. Avoid prunes with soft, mushy flesh. A light pressure will reveal a light purple color, while a heavier pressure will yield to slight pressure. Avoid prunes with skin breaks, punctures, or brownish discoloration. Also avoid im-

nature fruits. Prunes are ideal for home canning, freezing, preserves, and jams; but they are also delicious eaten fresh, in salads, salsas, and desserts. They make tasty pies, puddings, salads, and other pastries. Just use your imagination!

If prunes are not fully ripe, they can be ripened for a day or two at room temperature (65° to 75°) and then frozen. To ripen, place the prunes in a paper bag and transfer to freezer for three to five days. The frozen prunes will keep well for a year.

Whether canned or frozen, Italian prunes are a good source of natural energy food rich in iron and a good source of vitamins A, B, and C. Italian prunes are a natural energy food rich in iron and a good source of vitamins A, B, and C.
Kielbasa -- "melting pot"

America is the "melting pot" of the world and this is especially exemplified in its food tastes. Many cities have their own "little Italy," Polish and Irish sections where you can usually find the best of each nationality's cooking.

A very well known Polish dish is Kielbasa, simply Polish sausage, but becomes something very special when simmered in beer! The mellow brew brings out the hearty flavoring of this particular meat.

Kielbasa is a dish that invites satisfying accompaniments. Home fried potatoes fill the bill nicely. Serve with pumpernickel bread and mugs of cold beer and you've got yourself one satisfying meal!

KIELBASA AND BEER

(Yield: 4 to 6 servings)

2 pounds Kielbasa (Polish sausage) 1 can (13 ounces) beer
1 bay leaf
4 teaspoon pepper

Cut sausage into chunks, brown lightly in large skillet over high heat. Add beer, bay leaf and pepper. Simmer approximately 15 minutes.

Rules:

1. Use all ingredients in order of use. Give directions as thoroughly and succinctly as possible, including the number of servings.
2. Entries are limited to one entry in each category. Only one entry by an entrant will be considered.
3. Recipes must be complete to be considered.
4. In case of identical entries, only the first received will be allowed.
5. Anyone may enter with the exception of Robinson Newspapers employees and their families.

Mail to: COOKBOOK CONTEST
Federal Way News/Des Moines News
1634 S. 312th St.
Federal Way, Wash. 98003

Ingredients

Directions
Eat-on-the-run coffee cake for "breakfast skippers"

* Mark-it Foods often receives reduced prices on their items. At Mark-it Foods, we pass these bonus savings along to you and they often last up to 5 weeks!"
Cornish game hens turn dinner into extra festive affair

Even though nutrition experts may disagree on diet theories, they generally agree on the need for a good breakfast. The article's recommendation is that about one-third of the day's calories be eaten at breakfast. This is because most people have a relatively long time to make their breakfast, their advice makes good sense.

breakfasts for those dishing out the door

Resources

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Harvest time eating for low-cal cooks

Combine juicy red tomatoes with an elegant stuffing

Rich, ripe red tomatoes—tasty, but when they’re binding all over the place and you’re trying to avoid modification of them. With versatility, they may be used in salads, as sauces or soups to conjure seasonings and flavors. And these cheese-stuffed tomatoes seasoned with the following juicy ingredients: cheddar cheese, chopped, red onions, browned, buttered, bread crumbs, and parsley. Sautéed in a little olive oil and seasoned with basil in blender.

Plash filled with bread crumbs and sliced into halves. Place filled tomatoes in a well greased shallow baking pan. Spoon bread crumbs evenly over the tops of the tomatoes. Bake in preheated 350-degree oven for 30 minutes or until tops are lightly browned.

Nutrition content: 150 calories, 10 g protein, 2 g fat, 1 g saturated fat, 3 g carbohydrate, 1 g dietary fiber.

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Pumpkin-Pecan Bread

(For 4 loaves)

Add the vegetables and meat. Bring to a boil and simmer five minutes. Add the cheddar cheese and Tuesday, October 10, 1979

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Chef's Choice Casseroles

"Yield: 6-8 servings"

2 medium zucchini

2 cups chopped onion

2 tablespoons olive oil

1 pound low-fat cottage cheese

2 eggs, lightly beaten

1/4 cup grated sharp cheddar cheese

1 medium onion, finely chopped

1/2 cup shredded, unpeeled ripe tomatoes

Directions:

1. Preheat the oven to 350 degrees. Spray a 9x13-inch baking dish with spray vegetable cooking spray. Place the zucchini, tomatoes, onion, and seasonings in a large mixing bowl. Blend well.

2. In a separate bowl, beat the eggs lightly. Add the cottage cheese and cheddar cheese to the egg mixture. Mix until smooth.

3. Pour the egg mixture over the zucchini mixture. Bake in the preheated oven for 35 minutes or until the filling is set. Let cool for 10 minutes before slicing and serving.

*Purchased from Happy Hour Meat Market, Federal Way, WA, 98003. This is a fabricated and illustrative example to showcase the flavor and nutrition of the dish.