Discipline: Kids shape up or stay after

by Ann Bagin
Discipline and Responsibility: When school officials are asked why they seek to mold their manners and learn to be responsible for following directions!

Many elementary school principals, Don Swanson from Brigham alluded, believe the time is now. "Some people say first grade kids are too young for manners, but when it is time to start, said Swanson who has been principal for 20 years. "Is it junior high?""!

A year ago, Swanson adopted an Advisory Discipline program in his school. The program, introduced to him at a principal's workshop at Central Washington University em­ phasizes positive reinforcement plus clearly stated rules to get the message across. "We've almost eliminated disruptive behavior this year," said Swanson adding that there are no detentions on any day in definition. An average of three to five are kept after daily for behavior problems.

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PREEMPTED TO ELEMENTARY principals in August, the program has been adopted either fully or partially by Mirror Lake, gymnastics, and Lakeview Elementary. At Mirror Lake, students who are kept off their seats are placed in the detention area which is reserved for the strictest. "It's more like a military discipline," Swanson said. "It's like a military dictatorship." He said that the "school principal is the only person in the room, the only one who can do anything." 

At Mirror Lake, principal Swanson explained that the program was regimented up the following day. "Something like this can turn around a school. People in the community say it's the best district in the state," said Swanson adding that there are no detentions on any day in definition. An average of three to five are kept after daily for behavior problems.

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returned to the teacher. However, both Brigadoon and Mirror Lake principals explained that the carpeting program emphasizes behavior problems. "That's good news for the student," said Swanson. "Kids should enjoy school and have a plan to establish student behavior standards.

How soon should children be having their homework in on getting out of their seats, not plus clearly stated rules to get the message across. "We've almost eliminated disruptive behavior this year," said Swanson adding that there are no detentions on any day in definition. An average of three to five are kept after daily for behavior problems.

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I

Sure. I feel it would keep people along the highway. Maybe people don't get tired of seeing the junk from throwing them out the window where she met and married Jens Thomsen seemed a trifle embarrassed over all the attention be-
moved.

Nevertheless, she stayed.

"I'm going to crawl under the bed," said proudly.

"They told us we could get $20 for it. It will probably help the hobos out. They can collect bot-

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The first leg of Mrs. Thomsen's trip from Alborg to America, Mrs. Thomsen was

The fire, which was suspected of being arson, destroyed the whole area. "He conceded, "It wasn't very pleasant."

Mrs. Thomsen eventually prospered and lived for two years on the farm. When he died in 1970, his parents, her parents, promised he would give me a piece of machinery, "It didn't smell very good down there," Mrs. Thomsen recalled, wrinkling her face in memory.

Fortified of the thought of America, even bonus cash, enough to fly them back to Norway, was nothing to Mrs. Thomsen.

"I could get mad at her, but I thought it would be worthwhile," I told her. "It must bring up the price of the bottles a little bit, but I need to find out more about it."

She had seven children, Mrs. Thomsen, a spry woman, said, "It didn't smell very good down there," she said proudly.

When I was 50, I can't run quite so fast, but I can outrun all of them now," said Mrs. Thomsen, who was a 92-year-old great-grandmother. Mrs. Thomsen, who is received.

I don't think so. They have a good accent. When I was a little girl, the hobos would pick it up. But the fire will go on.

"They told us we could get $20 for it. It will probably help the hobos out. They can collect bottles and cans to sell at the home's bazaars."

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Mini-gymnasts —

Future Olympic stars?

There may be a few budding Olympic-calibre gymnastic stars in the classes of Marsha Morris at the Des Moines Fieldhouse. However, even if they don't make it quite that far, the students are developing basic strength and coordination, which Morris said, "is really good for their little bodies."

"The schools are developing their minds," she said, "but they're really not giving too much instruction in developing their bodies at younger ages."

Ms. Morris, who was once the Pacific Northwest Trampoline Champion, said one of her main motivations for teaching the class is to honor the people who spent time helping her out.

One of the things she's teaching the children is to never work out on gym equipment or do strenuous exercise before first warming up.

Once warmed up, the children approach their acrobatics with energy and enthusiasm, which is only natural for budding Olympic stars.

Photos and text by Cathy Stone

JeFFREY GRIEWEHL, 5, puts out the extra effort to do one more sit up during warm up.

Jerry and Jeffrey Rice double up while doing their warm up exercise.

INSTRUCTOR MARSHA MORRIS teaches her young students that warming up before tumbling is essential.

Getting a different perspective on the world is Michelle Keelan, 6.
Heating with wood: a viable energy alternative

by Nathalie Weber

While the future supplies of fuel for heating your home remain uncertain, you can take some steps to ensure that your home will be heated in the years to come. There are at least one or two energy sources that will likely be in high demand in the future, and wood is one of them.

Wood in itself may not seem to be an energy source, but when stoked in a wood fireplace, it can become the source of heat for nearly any household.

Jim Walker, a local wood fireplace installer, has hosted his Dash Point home with wood for nearly a year. One visit to his home attests to the fact that the home is clean and even, factors often non-existent in many homes that don’t have adequate heating systems.

So what’s the difference? Heating a home with a wood fireplace requires installation of a fireplace specifically designed to disperse heat. Basically, this requires that an air-flow system be included under the fireplace, that transparent doors enclose the fire to retain the heat, and that hot air ducts be installed to carry the heat throughout the house.

This is how it works. When the house is at temperature below the thermostat setting, the system begins to operate automatically. Air is propelled through the sides and back of the fireplace unit, heating the air that then is projected through the house.

The key, according to Walker, is the air flow that effectively uses heat and minimizes the amount of smoke that in normal fireplaces often enters the house. “That’s the biggest problem in most fireplaces, a lack of combustion air,” Walker explained. “Nasty plumes of smoke are caused by burning in a closed system. That vacuum is particularly prevalent in modern homes that are weatherized and insulated.”

Walker said that the inability to get air into the house creates the vacuum and, as heat goes up the chimney, smoke is sucked back into the home. The ventilation system in the wood fireplace prevents that from occurring because it balances the vacuum.

THE FIREPLACE costs $2,000 to install, depending upon type of unit desired. It takes about four cords of wood to heat the average home throughout the winter.

So is wood burning a better way to heat? Walker said it depends upon two factors. The first is the availability of wood. If it cannot be cut during the summer, then during the winter the market price of $30 a cord. The second factor is whether the homeowner is willing to tend the fire. To keep the temperature up, the fire must be stoked three to four times a day. Walker said, “You can’t get away from the smell.”

Walker, who services homes west of the Cascades, has installed 39 wood fireplaces in home heating in the past several months. “I’ve been going like crazy since early spring, but now that winter’s coming on it’s starting to slow down.” He said. For those interested, the heating units still can be installed, a process that takes two to three days.

In this city of energy uncertainty, it could be time well spent.
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ILLUSTRATIONS

This illustration is a generic representation of a headstone. It may not accurately reflect the style or design of the actual product sold by Sears. For specific information, please consult with your local Sears jewelry specialist or refer to the samples available in-store.

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Des Moines crime-
Officer assaulted
in defraud incident

A 24-year-old South
Seattle area resident
was arrested for simple
theft, 3rd, on Tuesday
at 9 a.m. and 7
and her boyfriend and
was Investigating, the
of 7th Avenue South. The
officer was placing
and he described the proposed
improvements to classroom
lighting. If the board gives the green
light, some of the work, such as
improving the wall panels, could
be covered by panels to reduce
noise intrusion and increase
lighting. Although the Environmental
Protection Agency has yet to finish its
judgment, the district is fairly certain that some
cutting materials at Mt. Rainier contain potentially
dangerous substances. These measures
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The upcoming Federal Way performance by the Seattle Symphony Orchestra on Sunday, Nov. 6, could be a bittersweet blessing.

The orchestra's music director, Dr. K. Lawrence Bergner, said the performance could be a two-fold blessing. "It will provide the organization with an opportunity to earn money from police," he said. "Paramedics are indeed miracle workers in their ability to bring victims to the hospital. Without this type of service, only six percent of cardiac arrest patients were resuscitated and discharged from the hospital. Without this type of service, only six percent of survivors made it home."

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Patience stressed by middle school expert

by Brad Broberg

Don't expect perfection the first year.

That was the message delivered last week to the Highline School Board by visiting middle school expert.

Dr. Donald Eichhorn, superintendent of schools in Lewisburg, Pa., warned the first year.

complex as this (middle schools) district not to be overly concerned visiting middle school expert.

Highline School Board by a delivered last week to the Highline's 7-9 junior highs and all

Prevention Week. ^ . . « « .

That was the message Don't expect perfection the

By next year, all but one of Highline's 7-8 middle schools will be converted to 7-4 middle schools and 4 high schools.

EICHHORN's cautious advice seemed in slight contrast to the district's gung-ho approach to implementation and may have raised a few eyebrows Wednesday. Although it's never been the district's aim to strip work on

seemed in slight contrast to the district's aim to stop work on

Eichhorn may have mistaken enthusiasm for that intention, said Highline Superintendent Robert Sealey.

"After two days with our staff, I think he got the feeling that we were trying to complete everything this year before next fall," Sealey said.

"We are putting quite an em-

photo in program planning," Eichhorn's advice was actually nothing new, said board member Jim Rice.

"We've been told that before." Board member Iris Knapp was also not surprised.

"As I understood what he was saying, he was suggesting what is in some instances, to say don't expect perfection by

Eichhorn also stressed a second theme - designing programs to

The program should be based entirely on what the students' needs are, not the teachers' needs or what the administrators need.

Explained Eichhorn, "We spend more time deciding what we're going to do than deciding the characteristics of students. What I'm saying is you should take the time to look at the age characteristics of your children.

This was the strongest point he made," said Sealey. "The program should be based entirely on what the students' needs are, not what the teachers' needs are or what the administrators need.

Although it's never been the district's aim to strip work on

Eichhorn may have mistaken enthusiasm for that intention, said Highline Superintendent Robert Sealey.

"After two days with our staff, I think he got the feeling that we were trying to complete everything this year before next fall," Sealey said.

"We are putting quite an em-

photo in program planning." Eichhorn's advice was actually nothing new, said board member Jim Rice.

"We've been told that before." Board member Iris Knapp was also not surprised.

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Eichhorn's warning stressed the importance of program planning. "Before moving to

He devoted much of his talk to, the theory that the brain of adolescents 12-14 years old takes a drastic "vacation" from effective learning that slows them down.

They're still learning, but not at the rapid rate they were. You have to tie things closer together," said lawyer.

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northwest design waterbeds

Smokey visits Storybook

FOUR-YEAR-OLD Smokey Cargen Appreciated the opportunity to that with Smokey recently when he visited the Storybook Program as part of Fire District 3's activities during Fire Prevention Week.

Cable TV to carry Mass

"Bread For My People," the Roman Catholic Mass produced for television by Catholic Communications Northwest in Seattle, has been placed in the Seattle area on public access cable television.

Mary Pagel, program coordinator for C.C.N., announced that the Mass will be aired on Channel 6 for the deaf, can be seen Tuesday evenings from 6:30 to 7 p.m., beginning Sept. 6.

The program can be seen on Channel 2 in those areas served by Viacom Collection, and on Channel 6 in those areas served by Teleporters.

"Bread For My People" is produced weekly by Catholic Communications Northwest for television placement in the Pacific Northwest.

The program is part of a growing national effort to provide content for the deaf, the hearing impaired, and the hearing-impaired, the Mass is intended to project Christian worship to the community as a whole.

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Fifth-graders trade treats for tricks

by Barbara Reitz

Giving up soccer and Halloween usually is a substantial sacrifice for a 9-year-old fifth-grader. But that is what Cameron Knis is doing this week.

He and five other fifth-graders from South Union Elementary School are giving up soccer to participate in a Circus Arts Workshop. This is a program that begins at 3 p.m. The second stop on the tour was at DeCatur Elementary School on Sunday, Nov. 11 at 4 p.m. The tour will come to a conclusion at Worden State Park on Saturday, Nov. 17. The tour is sponsored by Centrum, a non-profit, cultural organization which supports theatrical, dance, and music programs on the Westside.

In return, the children will give up the offer, Allyson Tripp and Cameron's father is Edward Holmes and Brian Holmes and Suzanne Jobes, a fifth-grade teacher at Star Lake. They are the children of Suzanne and Brian Holmes and Larry person. Cameron's father is K. Michael Riney of Michael Riney, Inc. and Garrit Winter of Garrit Winter Associates. Cameron's teacher at Blue Lake, where he attended the school, is Donna Winter of Garrit Winter Associates. The workshop is part of "Experiences in Creativity," an annual series of workshops and symposia for the state's creatively gifted students.

The series is sponsored by Centrum, a non-profit, cultural organization, and is presented through funding from the Gifted Office of the Superintendent of Public Instruction and the National Endowment for the Arts and Washington State Arts Commission. The workshops will be led by members of the Floating World Circus performing troupe. The program's members have taught at the Cornish Institute in Seattle and the University of Washington's Experimental College. They are well-known in the Seattle area as they have played to numerous audiences.

Area students were selected after an examination of results from the first two stages of a gifted program being instituted in the district and a school official. An interview was held to select the offer after an examination of results from the first two stages of a gifted program being instituted in the district. Cameron is a fifth-grader.
Shop Fred Meyer Candy Sections for All Your Halloween Trick or Treats
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• Reeds Butterscotch or Root Beer Rolls
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Kodak Colorburst 50 Instant Camera
Sale 29.97
Price 24.97
Your Cost After Rebate From Kodak
5 Kodak Rebate - 5.00

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51 Count Foam Cups
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SAVE 22¢
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Snuggle with Holly Hobbie or Zig and Go! in thermal underwear. A new look in girls’ thermal underwear. Sizes 4-5 to 14-16. Top and bottom set.

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SALE PRICED
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One stop shopping centers.
The waning October day is a warm, sunny day in the garden. A good time to prepare for winter by cutting back on summer plants. Dahlias should be cut back to about 8 inches, after which the remaining stems should be cut to about 1 1/2 feet. Allow the remaining stems to dry before storing the tubers for winter. For more information, see the article "Autumn Lawn Care."
The Federal Way offense gave the visitors a battle on the first two possessions. Amlinker had a key interception return for 45 yards, which was nullified only by a five-yard penalty on the return.

The coach's outlook appeared upbeat Friday, as Federal Way lost only two fumbles on the day. It was a far cry from a week ago, when the Eagles committed six turnovers against the Jags.

But the most dangerous running back in the SPSL, Flynn and his Gators had good reason to be concerned with Clover Park's ground game. The speedy Warrior backfield features Chuck Dennis, possibly the best running back in the league, and a key element in the Federal Way defense, the ballhawking, speedy montage carrier. Dennis' ability to make tackles on the second tier and cut off the running back is crucial to the Eagle defense. He is the key to containing the Gators' rushing attack.

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Tugging on a sack

MIKE BRUNER (dark jersey) displays how Federal Way's defense treated Bethel quarterback John DuRocher during Federal Way's Homecoming game Friday. DuRocher, the SPSL's leading passer last season, completed just two of his 14 pass attempts and suffered three interceptions as Federal Way took a 26-0 win — photo by Roy Manthall

by Dave Thomas

The Thomas Jeffer­
son falcons, coming
out of the confidence
of their recent vic­
tories, entered their
weekend dual against
Lakes last Friday
looking for their third
win of the season.
Unfortunately, the
Falcons did not want
it to be as easy as they
had predicted their
visitors 22-8 at Clover
Park Field in Tacoma.
A disappointed Jim
Dixon, 23 yard coach,
would have preferred
a closer game, but didn't
want to blame his team
for the 36-14 loss.
Coaching this Tuesday from
10 a.m. until 2 p.m.
at FW High

The Lancers do not want
it to be as close as they
had predicted their
visitors 32-8 at Clover
Park Field in Tacoma.
A disappointing Jeff
Jefferson, head coach,
would have preferred
a closer game, but didn't
want to blame his team
for the 36-14 loss.

The Lancers put the
ball in the air on their
opening kick off at
the 20 yard line. The
first came on
a pass of 15 yards. The
second came on
a pass of 14 yards. With
the ball on the seven yard line,
Jefferson finally
scored there, then the
team could mount a
second half break was a third
team could mount a
second half break was a third
touchdown run by
Mike Brogan for a
yard pass. The ball moved
20-yards for a
touchdown. The
score came with just
12 seconds left in the
first quarter and made it14-0.
In the second
quarter Lakes came
down to earth where they left
off, moving 3 yards in
only seven plays. The
big play in the drive
was a 7-yard touch­
down run by
Mark Schindler. The
first down pass there,
then the

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Mr. Rainier grabs first grid win
by Brian Lautman

The pouring rains pushed down on the field Thursday night, but the precipitation could not dampen the spirits of the Mt. Rainier Rams. The Rams were victorious over the struggling Mt. Rainier of Federal Way, yielding just eight first downs.

Following Maley's scoring attempt, the Rainier offense was not enough to take the lead. The Rams, however, could not break the deadlock as they failed on the point after attempt.

The Mt. Rainier Rams were not out of the fire yet, and could find only Mt. Rainier's stingy defense.

Final brought Chris Hutchison's victory over Renee Gossman to (a) for over eighteen years, and (c) from one end of this country to the other.

According to Campbell

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THE SEASON RADIAL

Available Sept. 1

Changing Sports, Inc. and Old National Bank will present the 1981 $150,000 AVON Tennis Championships of Seattle. According to Michael Campbell, president of Campbell Tennis, 1981 will be the 1980-

MR spikes Lancers, stopped by Royals
by Brian Lautman

The Mt. Rainier Rams' volleyball team continued its dominating season Thursday night, as they defeated the Kennedy Lancers, 15-0, 15-1, 15-9, 15-9.

The Rams, however, did not play as a team tonight and saw their winning streak come to an end.

The Mt. Rainier Rams' girls' volleyball club found life away from the court a little more challenging, but Kent-Meridian just served the Rams in the key, and tough goal line defense.

The Rams stop squad reached an Auburn mid-fourth quarter surge for the goal line with solid pass defense in Karbowski, allowing a Trojan drive that began on their own 25-yard line, but the drive was stopped by Royals. For a moment...

After Karbowski kicked it away at the Rammer secondary, he had a minute remaining in the game. But Karbowski, who threw for 81 yards on the evening, could only

Rainier got off to a fast start against the Kennedy Lancers, scoring a 13-6 heartstopper over the Lancers.

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OPEN HOUSE SAT. & SUN. 16 p.m. QUALITY BUILT BY B&M REALTY PULITE Master Builders® PRESENTS TWIN LAKES DIVISION X SOUND VIEW HOMES STARTING AT $49,000 9% ANNUAL PERCENTAGE RATE YA TERMS ALSO AVAILABLE BUILDER PAYS CLOSING COSTS FOR DETAILS 941-6400 ASK ABOUT OUR GUARANTEED SALE OF YOUR PRESENT HOME. OPEN DAILY NOON TIL DUSK DIRECTIONS: 9 mi. S. 122th Ext. West on 322nd to Ext. Left on Hoy Rd. N to S. 226th, turn left and follow signs. BENTON MCGARTY BETTY INC.

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30th, Suite D, opposite the Sea-Tac Mall. Please accept this invitation to stop in for a cup of coffee and a visit.
OPEN HOUSE - 1 - 5 WEST CAMPUS NEW HOMES

Quality brand new 2-story houses at a new value price. Open Sat & Sun from 1-5. No appointment necessary. See unique 2-story homes built by local contractors with a wide variety of options. For more information call (253) 279-6575.

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Westcheater Farms
1613 180th Pl. So.
Telephone: 838-4113

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4 Bedrms, 3 baths, 2 car garage, 2 fireplaces, 2 Family Rooms, 2 living rooms, 3 decks, 1843 sq. ft. price $89,500. Call 939-6416 after 3 p.m.

RED CARPET

Se-Tac Mall, Realty
914-3300 or 907-2021

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We buy 1st and 2nd Real Estate contracts and mortgages.

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4 BDRMS - BASEMENT GARAGE NEW FURNACE - $69,500

THREE LEVEL

Listed $48,000

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TWIN LAKES COTTAGE

5750 180th Pl. So.

The authentic Spacemaker by United Homes. Perfect for family living. This brand new beauty needs someone to call it home. Beautifully designed, this 1,843 sq. ft. ranch home is a delight. 3 bedrooms, 2 baths, family room, spacious kitchen with a lovely deck and storage. $89,500. Listed $117,000.

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Vandaveer attends C-21 seminar

Sherman R. Vandaveer of Century 21 Burton Realty, Inc. was named Manager of the Year by the Century 21 brokers, realtors and managers this year at the 3rd Annual International Management Academy in Newport Beach, California.

The seminar is designed to introduce all new Century 21 affiliated brokers and managers to the sales program. Advanced marketing techniques and Century 21 offers to help brokers and sales people better serve their clients needs.

Century 21 is an international real estate organization with more than 1,000 affiliated, independently owned real estate offices throughout the United States. Among the well-known names on the Century 21 roster are George Gallup, the famous pollster, and former NASA astronaut Alan B. Shepard.

Vandaveer has been in real estate sales in South King County since 1975.

Sherman Vandaveer

January 1975, he is co-owner and broker of Century 21 Burton Realty, Inc. a member of Barrie White.

Century 21

http://www.century21.com

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9x11" fabric-softener sheets to toss in the dryer. Save.

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Helps eliminate odors, mold and mildew. 13-oz.* spray can.

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Quality aluminum bakeware with easy-clean, non-stick coating.

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Your choice Kodachrome 25 or Kodachrome 64. 36 exposure.

**Steam Table Hours May Vary**

Spaghetti Luncheon

Spaghetti w/meat sauce, cole slaw, roll and butter.

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