**Think warm in the cold**

The King County Health Department advises that if temperatures drop below freezing, residents take precautions to avoid hypothermia and frostbite.

- **Hypothermia** occurs when the body's core temperature drops below 95 degrees. The symptoms are nonspecific, but include extreme fatigue, confusion, disorientation, and weakness.

- **Frostbite** begins with numbness. The affected areas appear white and brittle. Frostbite is treated by slowly warming the affected area.

If you plan to play in the snow, it's important to try to stay dry, wear warm, weatherproof, non-wickable clothing outside, and drink also can protect you from exposure to the cold. It's much easier to stay warm if you keep your head covered, Nicola said.

The health department says it's important to try to stay dry, wear warm, weatherproof, non-wickable clothing outside, and drink also can protect you from exposure to the cold. It's much easier to stay warm if you keep your head covered, Nicola said.

**Roadways pose a risk to sledders**

**By LYNNE KEEGAN**

In the wake of four fatalities in the Seattle-Tacoma area Thursday, police are warning sledders to stay off public streets, no matter how strongly the conditions may beckon.

Three young people, ages 6 to 16, were killed Thursday in separate fatty accidents, such as one in Federal Way, another on South 320th Street and Pacific Roadways, and one in South King County. An 8-year-old Auburn-area boy was killed Thursday as his sled slid back outside his parked car.

Police said the Auburn fatality was the result of an inner tube pulling on an inner tube. Another dangerous practice of those who suffer from hypothermia is to change their clothing, and the process is more complicated and requires extra time. Proper health department says it's important to try to stay dry, wear warm, weatherproof, non-wickable clothing outside, and drink also can protect you from exposure to the cold. It's much easier to stay warm if you keep your head covered, Nicola said.

**Watershed deal remains elusive goal**

By KURT HEDGES

Federal Way Water and Sewer Director Thomas Detter will decide Tuesday what will happen to the Marine Hills watershed.

The city council will decide whether to sell the watershed to King County for $40,000 or use it as a park or other public benefit on the property.

"I've had a decision," Detter said. "I'm going to make a decision Tuesday on whether or not to go forward with the sale. And I've made my decision. I've understood that for a long time."

The long-range forecast for today and tomorrow calls for partly cloudy skies and temperatures that will warm up before sending them to the back outside.

The health department says it's important to try to stay dry, wear warm, weatherproof, non-wickable clothing outside, and drink also can protect you from exposure to the cold. It's much easier to stay warm if you keep your head covered, Nicola said.

**The federal government hopes to**

...
Street Talk: Do you consider yourself a snow wimp? Why or why not?

Tonia Higley (Mother)

"A snow wimp? Not really, but it depends on the weather. If it's windy, I don't like it much."

Mike Robinson

All of the products you consume each week, such as rice, are measured by inches or pounds. It is more relevant to consumers to know that the rice costs $2.57 a pound. It is more relevant to consumers to know that the rice costs $2.57 a pound, not that the rice costs 75¢ a pound, not that the rice costs 75¢ a pound, not that the rice costs 75¢ a pound, not that the rice costs 75¢ a pound, not that the rice costs 75¢ a pound.

At $384 a pound, my lips are sealed.

Letter:

Elaine (Advisor)

I agree that the rice costs $2.57 a pound. It is more relevant to consumers to know that the rice costs 75¢ a pound, not that the rice costs 75¢ a pound, not that the rice costs 75¢ a pound, not that the rice costs 75¢ a pound, not that the rice costs 75¢ a pound, not that the rice costs 75¢ a pound.

Lettets welcome.

At $384 a pound, my lips are sealed.

Karen Lebbern

At $384 a pound, my lips are sealed.

Bevery Daisy

Please send letters to: The News, P.O. Box 7, Federal Way, WA 98097.
Snowy roads keep students at home

Icy roads and cold winds convinced Federal Way School Board members to call off school for the third day in a row.

Of the five school districts that will be headed to court today, the Federal Way District is the only one that has not yet made a final decision on whether or not to close Thursday.

The board had wanted to make a decision by Monday, but a lack of information about Thursday's weather caused them to keep their options open.

"We have to make a decision by Thursday," said Adam Perham, a board member. "But if we don't have the information we need, we're not going to make a decision."
I and Bible Study Fellowship for 5 A-4 Sunday, February 5, 1989

The News

"By Kini THERZOG

"They are fed up with King DIRE action group monitors developments

Disappearing mobile home lots push county to action

MADE up of about a DIRE 'ed blessing.

The group also wants to make

the community aware of the

green signs the county puts at

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development and to let people

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appealing county decisions.

The group has started its

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Cold snap saps emergency services

By LYNN KEEBAUGH

A cold snap has descended upon Federal Way, and the local hospitals and emergency services are feeling the chill. The Puget Sound Blood Center is asking for donations of blood, as the available supply is currently at a critically low level.

The Puget Sound Blood Center, which serves King and Snohomish counties, is urging all eligible donors to give blood now. The center needs at least 500 pints of blood each day just to keep up with demand. The current supply is only enough to cover about 3-4 days of need.

"We are facing a critical shortage of blood," said spokesman Doug Smith. "We need your help to ensure that we have enough blood to meet the needs of our local hospitals and patients." The center is located at 1104 S. 356th St., and is open Monday through Friday, 8 a.m. to 5 p.m.

The Puget Sound Blood Center is urging all eligible donors to give blood, even if it's been a while since your last donation. "It's easy and quick, and it can make a big difference," Smith added.

To schedule an appointment, call 1-800-257-BLOOD, or visit the center's website at www.pbs-blood.org. The center is open Monday through Friday, 8 a.m. to 5 p.m., and Saturday, 9 a.m. to 1 p.m.

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School board tackles TJ contract again

The Federal Way School District board will continue to review the contract for the TJ project. The board agreed to move forward with negotiations, but has set several conditions for the revised contract.

The TJ project would have cost the district $8.2 million, but could have cost even less, according to school district officials. "We believe we can meet the needs of the students and stay within our budget," said Superintendent Richard Martin.

The revised contract would include the following conditions:

1. The project must be completed by August 1989.
2. The project must be paid for in full by the State of Washington.
3. The project must be reviewed by an independent auditor at the end of the project.

"We are committed to completing this project in a responsible manner," said Martin. "We believe we can meet the needs of the students and stay within our budget." The district is currently negotiating with the state for additional funding.

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Springfield

No event scheduled.

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Ft. Washington

No event scheduled.

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Bryant

No event scheduled.

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Snowmass Village

No event scheduled.

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Minden

No event scheduled.
Keeping with the tradition of old-time fish markets, Safeway brings you the freshest fish available this side of the fishermen's net. Our buyers get up early to meet the fishing boats as they come into the damp and chilly docks so you won't have to. We inspect the fish, then bargain in earnest, haggling over the halibut and cutting the price on clams. The result is fresh fish at even fresher prices. And with the fast approaching season of Lent, we have stocked our fresh fish department with an even greater variety of fresh caught seafood. Like such favorites as Florida Bay scallops, cooked Dungeness crab, halibut steaks and Dover sole fillets. Now, delicious, fresh fish are as close as the nearest Safeway. And that's no fish story.

Fresh Scallops, Florida Bay, 80-100 per pound $3.99

Halibut Roast, Frozen-thawed $3.49

Dungeness Crab, Fresh, ocean caught, cooked whole $2.49

Dover Sole Fillets, Excellent taste, fresh from icy waters $3.99

Shell-on Shrimp, China White, 26-30 per pound $7.99

Fresh Trout, Clear Springs, 5-10 oz. average $2.59

Fresh Coho Salmon, Farm-raised, 2-4 lb. average, whole only $3.89

Prices are effective February 5-February 14 at your neighborhood Safeway.
Mother Keller does it again. First Gourmet Cookies, then Pies, now Cakes! Six new 8” 3-layer cakes available only at Safeway. Mocha, German Chocolate, Lemon Snow, Rocky Road, Chocolate Fudge and Chocolate Mint. Made with the finest ingredients and iced with our own secret formula Buttercream icing using Real Butter.

**GERMAN CHOCOLATE**
3-layer German Chocolate Cake, iced & filled with rich chocolate buttercream, then topped with German Chocolate Topping, and sliced almonds around the sides.

**LEMON SNOW**
3-layer, rich yellow sponge cake filled with Lemon Filling, then iced with a fluffy lemon buttercream, topped off with a generous helping of coconut, then dusted lightly with powdered sugar.

**CHOCOLATE FUDGE**
3 rich dark chocolate layers, iced and filled with a creamy chocolate buttercream icing. The top is then coated with a generous layer of chocolate fudge, topped with a maraschino cherry.

**MOCHA**
3-layer, rich yellow sponge cake iced and filled with rich mocha buttercream and chocolate fudge drizzled on top.

**ROCKY ROAD**
1 layer chocolate, 1 layer white and 1 layer chocolate iced and filled with chocolate buttercream. The top is covered with miniature marshmallows and chopped walnuts with chocolate fudge drizzled over the top.

**CHOCOLATE MINT**
3 chocolate layers iced and filled with a pastel green buttercream with a hint of mint. Sides are sprinkled with chocolate cake crumbs, and cake is topped with a “Creme de Menthe” candy.

Prices are effective February 5-February 14 at your neighborhood Safeway.
**Sports**

**Wrestlers face busy schedule**

By CHUCK MIN

With three South Puget Sound League regionals behind them, Federal Way High School's wrestling team is ready for the district meets.

"The season is over," said coach Chuck Czubin. "Our programs are geared toward the average or recreational opportunities to compete and train with the best teams in the county. This is the time our programs shine." Czubin and assistant coaches Marvin Middlebrooks (122), Gerald Patterson (138) and Steve Cook (190)...

---

**Eagles ready to start stretch run**

By BOB ROSS

The Decatur boys basketball team has been through a lot this season.

They're young and scrappy." said the Gator coach Thomas Jefferson Thursday night.

Jefferson has three seniors on his team, and cold has been his constant theme in these early games.

Regardless of when it is fast, he expects his team to still control their own destiny. Jefferson's goal is to get the Eagles to the state tournament, and that's where he plans to stop high-scorers, Viking forwards Proctor, and Infoson.

So far, he hopes to limit the damage.

Jefferson's team will try to..."I expect them to come out and play defense," said the Gator coach. "Our ability to get up under pressure will be a big key to our defense..."

---

**Olympic dance scheduled**

Hundreds of participants will dance at Rogers High Saturday night, March 4 at 7:30 pm, as the school hosts its first annual Lip Sync AllStar event.

The dancers will be chosen from Rogers students, Rogers students, and Rogers students, and Rogers students, to perform Natürlich Productions' Lip Sync AllStar production, "The Snow Blizzard That Came to Rogers." The dance will be held at Rogers High School, and tickets (at the door) will be $5.00.

During the dance-a-thon, Rogers High School will have a table set up for information about the program.

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**Softball meeting planned**

King County News and Parks Division will have an organizational meeting for the King County Softball League on Tuesday, March 3 at 7:30 pm at the King County Center, 425 S.W. 14th, Bellevue.
Federal Way runners take journey overseas

By CHUCK MINOZUKI

Bill Sherman, Jon Brown and Trent Erickson experienced Olympic culture and lifestyle first-hand when they traveled recently as part of a cultural exchange program. The three men, who now reside in Federal Way, traveled to China, the three countries they would visit: China, Japan and Korea. As part of the trip, they also were athletes from Illinois, Missouri and Washington and Oregon joining the Chinese runners on the trip.

The group arrived in Tokyo first, for a brief change of flights, then the group took off again for three days of sightseeing and shopping in bustling Hong Kong. "It was a lot more fast-paced in Hong Kong," said Brown, explaining the difference between China, Japan and Korea. "It was totally different than what I'm used to," said Sherman. "There aren't many people over there. It's a lot more fast-paced, everything going very fast and not too people in the streets."

The trip cost participants $1,180, I explained the difference between China, Japan and Korea, and Brown also explained that his trip was funded by family and friends. Erickson had to pay $500 of the money on his own, while the rest is being paid as a graduation present from his parents. All three were glad they made the trip.

"It was a real eye-opening experience," said Erickson.

Soccer players needed

The Centennial relay registration on...
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