Bill seeks halt to apartment building

By VALERIE DROGUS

As an elected official, the Federal Way City Council's view of the world is not entirely unbiased.

"It's a tough decision. We have to balance the needs of the community with the rights of the developer," said Councilmember Paul Barnes, who sponsored the measure.

The entire Federal Way Community Foundation Board of Directors was unanimously in favor of the proposal, according to Barnes.

"This will be a tremendous help," said Debbie Stelz, former mayor of Federal Way and current chair of the Federal Way Chamber of Commerce. "With this change, we can attract new businesses and residents to our community."
**Power, not money tempts politicians**

O ur delegation to Congress seems determined to take the 16 percent pay hike proposed by Reagen's salary commission, despite a wave of national resentment over the idea.

"Though Congress may have rejected the raise in vote yesterday, perhaps they can answer a few more nuce questions before they start earning $151,000 a year," a senior member of Congress said.

Some of them argued that the hike would make them independent, and free them from having to listen to dissidents or to make well-paid appearances on the ruby chicken circuit. Is that so? In other words, voters do not have your loyalty in the past? Your claims that you could not be bought were false.

Some of them argue that they can't live on the $9,000 they now get — not to mention the mailing privileges, free Americans living on far less — the national median salary re-elected perpetually?

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Federal Way mail-in election is state's largest

Continued from A-1

The 1991-92 sale of Federals, with a goal of $163 million, included a $100 Beginners Night Skiing ticket for Monday, Feb. 19, at Crystal Mountain.

The Federal Way mail-in election is state's largest

The Pierce County line on the

are less expensive and usually

complicated in many ways than

election officials said. The

the opponents of a proposition,

low voter turnout, consisting

1991 Federal Way incorporation pro­

minority of opponents, would

American Cancer Society.

Federal Way First! members

announced any such phone-

traditional exams.

Stage 1 cancer, with no

dramatic, Rudolph said. In a

percent of women whose cancer

breast cancer, 80 percent had

mammograms to its coverage via the

Kiana/Dagner spokesman.

Tribal fisheries officials also

Temporary measures to con­

store site.

they'll continue to monitor the

Chief Jimmie Dager/Lagerquist spokesman.

& 9 a.m. to 1 p.m. Sat.

PAMPHLETS

the pamphlet will be a

The signature is a protection

at Crystal Mountain.

It's a lot easier to do than it

Women are asked to fill out a

precautions, Glickstein said.

and if they meet certain criteria,

government. He said that

the program, aimed at identify­

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“Takes five to 10 minutes,”

Federals to the trill’s aren’t giving up yet. They plan a final election day as

the elections in the county was at­

An 18-day pre-registration work­

Thursday is the last day

at 10 a.m. to 2 p.m. Thurs.

Dear Sen. Ringer,

Glickstein said.

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polling campaign.

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Dear Sen. Ringer,
Firefighters sop up after big chill

By MELISSA STERNBERG  
Staff writer for the Federal Way newspaper

In the aftermath of last week's arctic weather, the fire department is cleaning up water from the mobile home park in Federal Way. Firefighters have been busy cleaning up after the big chill, which has brought record temperatures this week. The fire department has responded to water problems that are life-threatening or create a potential hazard, explained Boyd Johnson, public education coordinator for Fire District 39 (Federal Way). Water will expand, causing potential damage to water pipes when the temperature drops below freezing. Pipes burst here and there across the city, including sports and restaurants. The Baltzell Manor Nursing Home in West Campus evacuees came to the fire station. Other buildings have reported water problems, Johnson said.

Mr. & Mrs. James Churchon, west Federal Way residents, have had standing water in their home for the past two days. The water came from their backyard, which is located near the West Campus area. The water was doused by water that soiled the area, according to Churchon.

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O’Neill gets maximum murder sentence

By DANNY BLACK

Darren O’Neill told a Pierce County Superior Court judge he was sorry he took the life of Robin Smith and wished he could trade places with her.

"If that was the case, he should have asked the judge for the death penalty," said Smith’s mother, Edna Smith.

O’Neill was sentenced to the maximum sentence allowed under standard state sentencing guidelines. Two years earlier, for the murder of Robin Smith, a 21-year-old Des Moines woman.

But the maximum sentence wasn’t the hurt of Smith’s mother, Edna, a Federal Way woman.

"He took her life," Smith said. "He should pay with his life." Smith said. "He should pay with his life."

O’Neill pleaded guilty in January to first-degree murder for the death of Robin Smith, who disappeared after a party in Edgewood March 28, 1987. Her body was found on Memorial Day, 1987, in a wooded area near Greenwater in eastern Pierce County.

JUDGE E. ALBERT Morrison said he couldn’t find a legal reason to go beyond the standard maximum sentence.

But he didn’t consider giving a lesser sentence. He interrupted deputy prosecutor Tom Fopoluse’s argument to say that he intended to impose the maximum.

Edna Smith’s emotional statements in O’Neill’s sentencing brought several outbursts from the court room.

Smith said she told O’Neill he was "a liar and a sleaze." Smith said she told the boy that he killed Smith during an argument about going to the movies.

"He should pay with his life," Smith said.

Darren O’Neill told a Pierce County Superior Court judge he was sorry" she said.

O’Neill is the leading suspect in two other murders.

He’s already been arraigned on car-theft charges involving the disappearance of Wendy Angha, a 19-year-old woman last seen downtown with O’Neill in a bar in Bellingham.

Oregon authorities also want to question him about the death of Lisa Elizabeth Szubert, a Boise woman whose body was found in La Grande, Oregon in June, 1987.

Correction:

Bloodmobile date was scrambled


The Bloodmobile was in Federal Way on Monday, Feb. 6.

Teachers will not play donkey game

The donkey basketball game scheduled between the faculties of Panther Lake Elementary School and Illahee Junior High School for the day was canceled.

No new date has been set.

The News Wednesday, February 8, 1989

Jewels extraordinary: shown above, only a small sampling of a unique collection of hand-picked, exquisitely crafted diamonds from the past. Diamond brooches, bracelets, necklaces, rings and more splendors from Victorian times, the turn-of-the-century, the Art Deco era, contemporary treasures too. Each precious one, at a fraction of what it would cost were it created today. Come see the sparkle. For exceptional value, shop The Bon Estates Jewel Collection, $100-$17,500.

ONE DAY ONLY SEATAC MALL/THURSDAY, FEB. 9

THE BON MARCHE

SEEATC MALL
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carton cigarettes

$12.99

major brands

give the good things™

toys

FREE HEALTH FORUMS
AT ST. FRANCIS COMMUNITY HOSPITAL

YOU'RE INVITED TO THESE FREE FORUMS TO HELP EXPAND YOUR HEALTH LIFESTYLE.

FEBRUARY 18, 1989
"The Aging Eye" with Ophthalmologist Peter Shelley, M.D.

MARCH 9th
"Allergies and Asthma"

APRIL 13th
"Hypertension"

TIME
7 P.M. - 9 P.M.

LOCATION
ST. FRANCIS COMMUNITY HOSPITAL

FREE HEALTH FORUM P.P.M.

REGISTER FOR ONE OR MORE NOW!

For more information call (206) 829-7091 or (206) 829-7093.

比BE OUR GUEST
On The Greens
Restaurant

On The Greens cordially invites you to have a dinner on us!

PURCHASE ONE ENTREE AND RECEIVE THE SECOND OF EQUAL OR LESSER VALUE FREE

Must present this coupon when ordering.

DINNER SERVED FRIDAY AND SATURDAY
9:00 P.M. - 1:00 A.M.

Make reservations now! 927-7439

Make your Valentine's Dinner reservations early.

Couple's contributions rate rewards

Continued from A-1

speaks often Saturday night.

"I just hope we're the last peo-
ple to receive this award in un-
corrupted Federal Way," Mary
Flaherty told the chamber as-
semble.\n
It is the reward for uncorrupt-
ning past weeks in a secret affair, said Erin Stan-
ley to the chamber.\n
It ended with the White Center
News in 1951 and has since ac-
tually committee, bring the HCC
board of trustees.

They had met and dated back to Illow high school. She joined the
Army. She continued her education and eventually
earned a master's degree.

Although her major was in-
ternational, her group con-
cluded, he was the one who
wanted a job every day, as Mary Gates would.

They married in 1957, and
she is an executive recruiter and
c Disearat was the only one
major's degree. Together, they moved to Camas, where he worked for
Family YMCA and she for the
Healthcare District. In 1981
when he became executive direc-
tor at Lynch and she began
teaching communications at
colleges, including Green River and Highline.

Margery Guthrie. Their appoint-
\n
ment was made by the state's Higher Educa-
tion Commissioner, bring the HCC
board president Betty Metz.

It was a secret affair, said Erin Stan-
ley, who joined the Army. She continued
work as a university speech
instructor and debate coach
in their community service into
their service. But this award may on-
the fact that, but nothing like this," Bill
said explaining the award, engraved
While HCC.

AWARDS are often bestow-

ed to mark the end of a distin-

guished career or period of

service. But this award may offer

something more than

knowledge, it would be a

dinner on us!

beauty of Washington.\n

in the store! This is the largest clearance sale of the season. Don't miss it! Sale going on right now!

Federar Way News

Pnc«8 rff«<.tjve

FREE HEALTH FORUMS
to help expand your
health lifestyle.

TO HELP EXPAND
YOUR HEALTH LIFESTYLE.

Dinner on us!

"Whatever it's been the right
thing for things to have happened in
this family, it's happened," said Mary Gates. "We've been
blessed that way."
Sandwich Generation

Adults trapped by old, young

By KDeIBERLY FISHER

A second daughter, Amanda, was born five years ago, when she was 30. "I was born," said Henry Vogel, now 85 and a resident of Hallmark Manor, a high dependency facility in Federal Way. Vogel has been placed at Hallmark, she said, "because he is so disturbed by the bizarre behavior of the Alzheimer's victims there. Even the toddler is affected by the atmosphere of the Manor. His constant need is for constant supervision and is almost forklift-like," she said. Vogel's case is part of what Nancy Hooyman, professor and dean of the University of Washington School of Social Work, calls the "sandwich generation." She describes them as middle-age people caught between the demands of their aging parents and the demands of their own children. The term describes their situation perfectly, Zimmerman said.

The "sandwich phenomenon," Hooyman explained in her presentation, "is a highly stressful situation that occurs when the generation is faced with the demands of their own children, who may live independently but still are quasi-dependent, financially. Or, as in the Zimmerman's case, they can be young enough to require full-time attention." The second generation was caught between the demands of her young daughters and the increased demands of her aging parents, including her father who has Alzheimer's disease.

ADULTS TRAPPED

By KDeIBERLY FISHER

American adults are trapped by old, young and, for some, by middle age. Henry Vogel is in the advanced stages of Alzheimer's disease, a progressive deterioration of mental functions. Her father no longer recognizes her, Zimmerman said.

Mary Zimmerman and her husband, Richard, are getting along in years, and for some ($200/month) Social Security, in reality, paints a bigger picture. "I'm at capacity!" she said. "I'm overburdened!" After 10 years at Hallmark Manor, the Alzheimer's first appeared soon after his retirement. To date, the list should be added delayed parenthood, as in the Vogels and the Zimmerman's cases. People are living longer, and middle-age children are having to support their aging parents, and for some (30/month) financial support.

The TAB at Hallmark Manor is $2,200 per month. It is too steep because of Henry's need for constant supervision and is paid for by Social Security, Medicare and his family. Zimmerman visits her father three mornings a week, usually Megan is in pre-school at Steel Lake Presbyterian Nursery School in Federal Way. Vogel's fierce independence and strength used to work for 20 years in the advanced stages of Alzheimer's. She was a nurse in the nursing home, and was the first of her two daughters, Megan, was born when she was 20. A second daughter, Amanda, is 17 months.

Just as Zimmerman and her husband, Richard, are getting their own family started, they are facing a growing problem among middle-age adults — older parents. "The oldest daughter to the home is still largely independent, but has had health problems stemming from the stress of caring for her husband," she said. "We had to be high priority on her treatment, but her parents were also getting placed at Hallmark, she said, "so when that didn't work, she lives here with us, and we live here with her daughter for emotional support, and for some (50/month) social support."

MELINDA ZIMMERMAN fits into the category of middle-age people called the "sandwich generation." She's squeezed between the demands of her young daughters and the demands of her aging parents, including her father who has Alzheimer's. According to Hooyman, "This is a generation in which middle-age children are caught between their own family and the needs of their aging parents. And the demands of their own children. The term describes their situation perfectly, Zimmerman said.

"I'm a sandwich phenomenon," Hooyman explained in her presentation, "is a highly stressful situation that occurs when the generation is faced with the demands of their own children, who may live independently but still are quasi-dependent, financially. Or, as in the Zimmerman's case, they can be young enough to require full-time attention." According to Hooyman, "It is the care for aging parents that increases stress, and is a physical, emotional and financial drain. Zimmerman agrees, saying that all the demands on her time prevent her from returning to her teaching career. "That's frustrating," she said. "It's a hassle, a burden, a responsibility, guilt — they all come into play."

Zimmerman said that when she's with her father, she feels guilty about being away from her children. When she's with her children, her mother is on her mind. The cycle is endless, she said. "I'm at capacity!" To deal with the stress, Zimmerman joined the Federal Way Senior Center's Family Support Group for relatives of Alzheimer's victims. "We talk about everything," Nancy Woods, professor and chair for the UW Department of Parent and Child Nursing, admits that each group is crucial to the mental health of the caregivers. She also encourages middle-age children to talk about the stress and to realize that they are not alone.

THE TAB AT HALLMARK MANOR IS $2,200 PER MONTH. IT IS TOO STEEP BECAUSE OF HENRY'S NEED FOR CONSTANT SUPERVISION AND IS PAID FOR BY SOCIAL SECURITY, MEDICARE AND HIS FAMILY. ZIMMERMAN VISITS HER FATHER THREE MORNINGS A WEEK, USUALLY MEGAN IS IN PRE-SCHOOL AT STEEL LAKE PRESBYTERIAN NURSERY SCHOOL IN FEDERAL WAY.
Domestic Abuse Women's Network: Volunteer needed to man the 24-hour Hotline at the DAWN Office. Call the office at 852-5529.

Kiwanis of Federal Way: Advisory meeting for new members. Call 946-1849 or 941-3674 for more information.

The King County authorized board works toward ending the group of women and children. Meetings are held on the 2nd and 4th Mondays of the month. Information: call 345-6065.

Earl L. Morefield: Second and fourth Wednesdays, 7 p.m. Call 940-3630 or 426-2208 for more information.

New Members of Survivors of Suicide (Second Tuesday): 7 p.m. Current and former survivors of suicide and their families meet to share support and opportunities. No membership fee. Information: call 839-6555.

Events of Federal Way Senior Center (Federal Way): Open to women over 50. Call 345-6121 or 839-6555 for more information.

Cooking classes at Century Square Shopping Center (Federal Way): Weekly classes on new and imaginative ideas. Contact the Public Information Office at 625-4400.

The Federal Way Senior Center (Federal Way): Forms the group for opportunities to learn and share new experiences, recipes and talents. For information, call 345-6065, ext. 533.

The Marine Hiils Garden Club is meeting on the first and third Wednesday of the month at 9 a.m. For more information, call 841-4805.

The Washington State Department of Social and Health Services for an appointment, 878-1642 between 8 a.m. and 4:30 p.m. You can also make an appointment by calling 878-9582.

2:23 p.m. Live music is provided. Call 625-1056 or 839-6555.

Kathyrn W. Anderson, RD, LD: Thursday, 7:00 p.m. Meet at the Federal Way Library, 315 S. 332nd St. For information, call 839-9041 or 941-3647.

The Federal Way Chapter of Leeds Club (Federal Way): Dinner and program runs from 7:30 to 9:30 p.m., and a general meeting held at 8:15 p.m., at the Federal Way Library, 848 S. 320th St.

The singles group dances over to the Red Robin Restaurant of Auburn. For information, call 839-9041 for more information.

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Community Calendar

Continued from A-8

FREE LOCAL NEWSPAPER

Jackman's

The Celebration of the Century!

Obituary

Betty M. Clement

Betty M. Clement, 80, died Feb. 4, at Highline Community Hospital, following a long illness. She was born Sept. 2, 1898, in Monticello, Iowa, the daughter of John and Amanda (Demit) Brink. She married Bert Clement, Aug. 18, 1919.

The couple moved to the Star Lake area in 1909. Clement was a dance instructor in the Aurora, Des Moines and Federal Way areas until her retirement in 1980. She is survived by her hus­band, Bert, Kent; and numerous nieces and nephews.

Services will be held at 1 p.m., today, at the Washington Memorial Funeral Home. Inter­ment will follow at Washington Memorial Park.

Reverend Grace is with the American Cancer Society.

The Community Coalition regularly scheduled meetings of nonprofit groups whose membership draws upon the Federal Way and South King County area.

-- The Council for Human Services and Alcoholism Prevention (see June 1, 1988, issue) will hold its annual meeting at 10 a.m., Feb. 15, at the First Presbyterian Church, 3300 N.E. 65th St., Seattle. Call 524-6020 to register.

-- South King County Alcoholics Anonymous (see June 1, 1988, issue) holds meetings six times a week. Call 524-6020 for information.

-- LifeChoices and the United Way of South King County (see June 1, 1988, issue) will hold its annual meeting at 10 a.m., Feb. 15, in the First Presbyterian Church, 3300 N.E. 65th St., Seattle. Call 524-6020 to register.

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**SUPER SAVINGS**

**Helpful Hint: Paint & Fix-Up Values**

- **Solid brass fittings**
- **Available in white or matching shade**
- **Tough, absorbent, disposable**

**Design Edge**

- Pre-Pasted Wallpaper Borders
- **BUY 1, GET 1 FREE**

**MARBLE & BRASS**

- **17-INCH DESK LAMP**
  - REG. $1.69
  - **$0.49**

- **TRAY SET**
  - REG. $44.99
  - **$13.99**

- **Deluxe Solid Brass Bankers Lamp**
  - REG. $19.99
  - **$9.99**

- **Wood Stain**
  - REG. $1.99
  - **$0.99**

- **Flatten Wall Paint**
  - REG. $16.99
  - **$8.99**

- **Premium Quality Paint Remover**
  - REG. $12.99
  - **$6.99**

- **Kleen Strip Sprayable**
  - REG. $12.99
  - **$6.99**

- **1 H.P. Heavy-Duty Compressor**
  - Ingersoll-Rand
  - REG. $269.99
  - **$149.99**

- **Table Lamps**
  - TWO MATCHING 24" ALMOND TABLE LAMPS
    - REG. $79.99 EA.
    - **$29.99**

- **Stanley 1/2" X 33' LEVERLOCK TAPE MEASURE**
  - REG. $4.99
  - **$2.99**

- **24" ALMOND DEK DESK LAMP**
  - REG. $24.99
  - **$9.99**

- **25" INCH DELUXE SOLID BRASS BANKERS LAMP**
  - REG. $44.99
  - **$29.99**

- **25" INCH DEK DESK LAMP**
  - REG. $34.99
  - **$24.99**

- **24V22I1 23"x42" MIN BLINDS**
  - REG. $599.99
  - **$199.99**

- **AIR COMPRESSORS**
  - Ingersoll-Rand 5 H.P. 30-GAL. AIR COMPRESSOR
    - REG. $1399.99
    - **$799.99**

**COUPON SAVINGS**

- **WD-20 Lubricant**
  - REG. $11.99
  - **$9.99**

- **OAK SWITCH BASEPLATE PLATES**
  - REG. $1.99
  - **$0.99**

**SALE PRICES EFFECTIVE THROUGH FEB. 18, 1989**

**Pay 'N Pak Home Centers**

**NEW CONVENIENT STORE HOURS**

- MON-THU. 9 A.M. TO 8 P.M.
- SAT. 9 A.M. TO 5 P.M.
Snowboarders head to the hills for thrills

BY CHUCK MONGODIN

Kerrin Leonard had skied for about five years before he jumped on his first snowboard in 1987 at the Puyallup High School ski team's annual "Learn to Snowboard" event.

"I wasn't a real good skier," he admitted. "So, I just went."

The 18-year-old Puyallup resident said he didn't like falling down.

"On the first day, I accepted you're going to fall down. You're going to fall down. You're not going to try hard enough," he said.

But after taking lessons for two weeks and after a friend of his got a board, Liburdy started.

"I couldn't get the board off the ground," Leonid explained he wasn't making much progress on his skis and "I just decided, 'I'm not going to fall down. You're going to fall down. You've got to accept that or you're going to fall down."

"I started," said Liburdy. "I was learning about snowboarding."

"I like carving up fresh, untracked powder. It's just a blast. It's exciting," said Liburdy. "We go all over the mountain. It's a lot better, I think. It's a lot cheaper powder. It's just a lot of fun."

Oster and Liburdy say snowboarding seems to be the new generation.

"You don't see too many older people there," said Liburdy. "Most are teens, and younger kids are starting to get into it."

Oster said that the sport has taken some hard knocks from people who look down on it. "They go up there and say, 'I've been snowboarding for 11 years, said it took one big ski."

"But the only place that doesn't is the Special Olympics State event for the past 11 years."

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Warmer day temperatures helping clear river ice

Steelheaders faced enormous chunks of ice last week that made steelheading in freezing water impossible. However, slightly warmer temperatures expected over the weekend made it possible to fish in a few places.

Even though it was physically possible to fish, the cold temperatures did make it uncomfortable. Even the warmest clothing could do its job only for so long. So why go out? Because fish were caught over the weekend.

Your Boy Scout fishing years sign taught you to keep your feet warm and dry and to dress appropriately. Over the years I have developed confidence in a chrome corkie with cerise yarn on bright days. A piece of shrimp tail added entice ment. Although I've never fished a plug behind a planer, I feel that this would be a killer. By giving the fish plenty of time to react to the plug, your chances are better than with a fast-moving lure or bait.

Rather than get up at first light and fish until the last streams of dusk, why not plan some midday fishing? You'll feel warmer and the few degrees extra warmth from the sun will help speed up the installations of the fish.
Trojans turn back Tides

The Fife girls' basketball team turned back the Tides of Gig Harbor Tuesday to remain in second place in the Narrows League standings. The Trojans' home game with the Tides, as the 5-6 Tides fell to 6-10 overall.

The Fife girls' basketball team went into overtime last Tuesday, only to lose to the Gig Harbor Tide by a 49-43 score.

The Tide lost to the Trojans by a five-point margin in the overtime period, and the five-point halftime margin could only lead to the Tide's loss.

The Tide could not stop the Trojans, who had a 36-17 advantage over the Tides at the half, and ended up with 77 hours of clinics including talks of sports topics at the clinic. The Tide was topped by the podium are Steve Pelluer, national champion UCLA, and he walked away with the Tide's loss.

Bob Larsen, track coach of the University of Pacific and Mark Giese had six, Danny Imhof seven and Adam Waterward finished with 28 points for the Tide.

For more information call 296-4400.

Holtz at operating Sea-Tac Red Lion

John Holtz, coach of the No. 1-ranked Red Lion, led the team to a victory in the senior softball league. The Trojans turn back Tides for the win.

The Trojans' home game with Washington Friday was postponed because of snow, and Fife scheduled to play White River last night (after press time), and come home to play Lashon April 27 at 7:30 p.m. Friday. Tuesday the Tide men against Yelm at 5:45 p.m. this week, permitting), and are home against Yelm at 6:30 p.m., this Friday. Tuesday the Tide men have lost 11-5 overall. The Tide men at halftime.

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JFK wreasters reaches regionals

By ADAM WORCESTER

Handicap can't hinder hoopster

Kennedy qualified two wrestlers, however, to earn the right to

...the floor. She can read lips, but the best of a game, that skill can't be utilized...
Lancer makes championship match

North Puget Sound League championships last weekend.

High School battles Kentwood's Ken Grindel during the FEDERAL WAY resident Joe Bowman (right) of Kennedy

Continued from B-4
ment. Stark said, because “the
survives the regional tourna­
state's best wrestlers. In fact,
NPSL.”

Stark said the top teams at the
Kentwood and Auburn, could
NPSL meet, Kent-Meridian,
Dome.

repeat that finish at the Tacoma
finish. The Pirates' total of 115
points was one shy of fourth-
Auburn scored 239%, 238 and 223
place Lindbergh's 114. Kent-
to 7th, with 23.

Bowman placed fifth in the meet. Another Federal Way
resident. Rod Reddaway, placed second in the 135-lb. class
Bowman placed firm in the 115. Another Federal Way
resident. Rod Reddaway, placed second in the 135-lb. class

Highline's fifth-place team
other results featuring
Highline grapplers included
Highline decisioned Ron
Buchanan (Kentwood), 15-9.
bergh) decisioned Jeff Hayes of
Highline, 12-5.

Heavyweight — Mitch Fowler
of Kennedy at 2:19.

pounds — Adam Catt
of Kennedy at 59 seconds.

pounds — Jim Koch (Lind­
178
pounds — Carl Nielsen of
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Continue from B-4

Lancer makes championship match

Kent-Meridian. Championship
begins at 10 a.m. Saturday at
NPSL and Narrows League,
these matches for fifth and sixth
Highline grapplers included
Highline decisioned Ron
Buchanan (Kentwood), 15-9.
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Highline, 12-5.
A woman who chose not to answer a knock at her front door later found a strange man inside her home preparing to steal electronic equipment from her.

The Mirror Lake area woman told King County police she had stayed home from work Friday because she was ill. At 3 a.m. she heard a knock at the front door and looked out but did not recognize the man. Because she later found a strange man inside, she

Police

The woman's VCR and television, valued at $2,500, were stolen.

Approximately five minutes later, she left the bedroom and found the man lying in bed, asleep in her bedroom. She screamed and fled the house.

The woman's 6-year-old retired Federal Way High School man had taken a nap in a chair in his living room and woke at 2 a.m. to find the man in his chair from behind. An accomplice was setting up the apartment and finally settled for a stereo system found in the bedroom.

A King County police K-9 unit tracked the two through the apartment complex but the dog lost the scent where the men went over a fence.

In his living room and woke at 2 a.m. to find the man in his chair from behind. An accomplice was setting up the apartment and finally settled for a stereo system found in the bedroom.

As he left, the driver was confronted by a man who came out from behind a parked car and fronted by a man who came out and brandished a bottle as he approached the driver, only to receive another punch in the face. This time, however, the driver decided to hand over the pizzas.

As he left, the driver was confronted by a man who came out from behind a parked car and fronted by a man who came out and brandished a bottle as he approached the driver, only to receive another punch in the face. This time, however, the driver decided to hand over the pizzas.

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ATTENTION GIRLS!!
Ages 6-18 years of age. It's sign-up time!

TIMES: Feb. 11th & Feb. 12th
SATURDAYS FROM 10-6 p.m.
PLACE: SEATAC MALL

Drugs assessment offer lifeline

By MELINDA STEERING
Drug abuse is a growing problem in our community, and it's important for us to be aware of the signs and symptoms. The following are some common signs of drug use:

- Changes in academic performance
- Changes in behavior
- Changes in appearance
- Changes in mood

If you or someone you know is struggling with drug use, it's important to seek help. There are many resources available, such as counseling, support groups, and treatment programs.

RICHARDSON WAFFLE CONES
320th Street Exit off I-5 in Federal Way.
For more information, call MARY JO at 939-4066

Federal Way Girls Softball Assoc.

Get involved in child abuse prevention.
Call 1-800-562-5024

(Description of image content: Image contains various product descriptions, prices, and locations, along with text about drug assessment and prevention.)
Albertson's opens first at new plaza

The new Millet Plaza has its grand opening in the 12th Albertson's grocery store.

The full-service store will soon be joined by a number of new businesses, including Burger King and La Petitie Academy.

Federal Way Senior Center

Meridian Avenue near Surprise Lake Shopping Center.

Business Notes

Series to tackle asthma questions

A three-series of classes for adults with asthma will begin at 7 p.m., Feb. 27, at Porth Medical Center, Conference Room A-3, West, 5007 15th, Seattle.

Topics to be addressed include: "Asthma: what it is and how it is medically treated," "Asthma Medications," and "How to cope".

Tickets are available at the center, register for or more information, call 568-5203.

Heart Risk Assessment

Including:

- Cardiac Exam
- Blood Pressure
- EKG
- Blood Sugar
- Cholesterol Testing (LDL and HDL)

For $50.00

DENNIS B. ROCHE, M.D.
General Internist Medical Specialist
WEST CAMPUS TERRACE BLVD
3214 1ST AVENUE SOUTH, FEDERAL WAY
874-2227

Appointments available Wednesday, Thursday and Saturday mornings. This offer is good thru February 28, 1989

Business Notes

Nutech awarded Arkansas contract

Nutech Inc. has been awarded a $700,000 contract to provide engineering services to Arkansas.

Nutech is subsidiary of the nuclear industry.

Nutech lauded Arkansas contract

Nutech Inc. was honored in connection with engineering services to Arkansas.

Nutech is subsidiary of the nuclear industry.

Speakers to share marketing secrets

The new Milton Plaza has its first tenant in the Just opened Nutech Inc. has been awarded a $700,000 contract to provide engineering services to Arkansas.

Nutech is subsidiary of the nuclear industry.

Speakers to share marketing secrets

Three speakers will share their secrets of sales and marketing success at the noon meeting of the Pacific Northwest Pharmacists Association.

King and La Petite Academy

There will be open this month.

Jennie's hair salon and Papa Aldo's pizza

The full-service store will soon be joined by a number of new businesses, including Burger King and La Petitie Academy.

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Bills may control airport growth

By RANDY BLACK

If three state legislators get their way, it won't be long for the Port of Seattle to just hold its own in the battle to add a new runway.

The port will have to add a new runway, but any future runways will be under the scrutiny of state and local governments.

"Airport expansion is a matter of state," said Hines, "I would have to go through the [appropriate] process." The bills that will be considered Thursday are:

H I I 376, sponsored by Ap- pliwick, would make any expansion subject to the zoning control of the county where the airport is located.

Hill 384, sponsored by Fisher, would require an agency that wants to build or expand an airport to hold public hearings in the county where the airport's home.

The bills will be heard during a public hearing of the Local Government Committee Thursday morning.

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## Our Anniversary is Coming!

Let's start the fun now - here's how it goes.

Jackman's company is giving away over the next few weeks.

**$3000 in gift certificates**

Here's how it works - if you find your car license or your check cashing card number posted in the store, you get to catch a certificate for free groceries or an amount from $5.00 to $100.00 out of our fish bowl. New numbers will be posted 3 times a week. Nothing to buy - just come in and see if your number is posted.

### Choice Meats

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>U.S. Choice Full Cut Bone-in Beef</td>
<td>$1.59</td>
</tr>
<tr>
<td>Round Steak</td>
<td>$1.59</td>
</tr>
<tr>
<td>Pork Roast</td>
<td>$1.29</td>
</tr>
<tr>
<td>Pork Roast Any Size Package Extra Lean</td>
<td>$1.69</td>
</tr>
<tr>
<td>Ground Beef</td>
<td>$1.29</td>
</tr>
<tr>
<td>Sliced Bacon</td>
<td>$1.89</td>
</tr>
<tr>
<td>Chipped Meats</td>
<td>$49</td>
</tr>
<tr>
<td>Steamer Clams</td>
<td>$4.29</td>
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</tbody>
</table>

### Seafood Specials

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Previously Frozen Halibut Roast</td>
<td>$2.99</td>
</tr>
<tr>
<td>Large Size Shrimp</td>
<td>$3.99</td>
</tr>
<tr>
<td>Fresh Canadian Shrimp Meat</td>
<td>$4.00</td>
</tr>
<tr>
<td>Steamer Clams</td>
<td>$4.29</td>
</tr>
</tbody>
</table>

### Grocery Specials

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Assorted Flavors Top Rashes</td>
<td>$4.79</td>
</tr>
<tr>
<td>mushrooms</td>
<td></td>
</tr>
<tr>
<td>Chicken of the Sea Oil Pack</td>
<td>$6.99</td>
</tr>
<tr>
<td>Tuna</td>
<td>$2.99</td>
</tr>
<tr>
<td>Assorted Flavors Yogurt</td>
<td>$6.99</td>
</tr>
<tr>
<td>Yogurt</td>
<td>$2.99</td>
</tr>
<tr>
<td>Vegetables</td>
<td>$3.49</td>
</tr>
<tr>
<td>Pie Filling</td>
<td>$1.99</td>
</tr>
</tbody>
</table>

### Video Specials

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Video Over 1000 Tapes</td>
<td>$1.99</td>
</tr>
<tr>
<td>Video Releasens 3 Free</td>
<td></td>
</tr>
</tbody>
</table>

### Bakery Specials

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Valentine Cookies</td>
<td>$1.79</td>
</tr>
<tr>
<td>Chocolate or White Heart Cakes</td>
<td>$2.99</td>
</tr>
<tr>
<td>Great For School Cupcakes</td>
<td>$1.49</td>
</tr>
<tr>
<td>Roses</td>
<td>$10.99</td>
</tr>
<tr>
<td>Balloons</td>
<td>$3.99</td>
</tr>
<tr>
<td>Valentine Arrangement</td>
<td>$1.79</td>
</tr>
<tr>
<td>Long Stem</td>
<td></td>
</tr>
<tr>
<td>Mylar Valentine Roses</td>
<td></td>
</tr>
<tr>
<td>Balloons</td>
<td>$2.49</td>
</tr>
</tbody>
</table>

### Speciality Foods

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dick's</td>
<td>$0.99</td>
</tr>
<tr>
<td>Fresh Flowers</td>
<td>$1.99</td>
</tr>
<tr>
<td>Chocolate Macadam, Mint &amp; Hazelnut Sticks</td>
<td>$2.49</td>
</tr>
<tr>
<td>Caramel Corn</td>
<td>$1.39</td>
</tr>
<tr>
<td>Fruit Whirls</td>
<td>$1.79</td>
</tr>
</tbody>
</table>

### Produce Specials

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>U.S. No. 1 Russet Potatoes</td>
<td>$9.99</td>
</tr>
<tr>
<td>Jade Green Broccoli</td>
<td>$4.99</td>
</tr>
<tr>
<td>Large California Granny Smith Apples</td>
<td>$3.99</td>
</tr>
<tr>
<td>Fresh Panko Cheese</td>
<td>$7.99</td>
</tr>
<tr>
<td>Royal Mandarin Oranges</td>
<td>$5.99</td>
</tr>
</tbody>
</table>

### Wine Specials

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Champagne</td>
<td>$3.29</td>
</tr>
<tr>
<td>Harron Ridge</td>
<td></td>
</tr>
<tr>
<td>Pacific White &amp; Black</td>
<td></td>
</tr>
<tr>
<td>Columbia Crest</td>
<td></td>
</tr>
</tbody>
</table>

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<tr>
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</thead>
<tbody>
<tr>
<td>Andre Roit, Dry, Pink, 67.5%</td>
<td>$3.99</td>
</tr>
<tr>
<td>Whole Plum</td>
<td>$4.29</td>
</tr>
</tbody>
</table>

### Specialty Foods

**Bakery Item**

Write your own holiday arrangement.

### Video Specials

**Free Membership**

Every Day Prices

9 a.m.-11 p.m. 7 Days a Week!!

### Bulk Foods

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gil's</td>
<td>$2.99</td>
</tr>
<tr>
<td>Cherokee Fruit Whirls</td>
<td>$1.79</td>
</tr>
<tr>
<td>Almond Clusters</td>
<td>$3.99</td>
</tr>
</tbody>
</table>

### Prices Effective Feb. 8th Thru Feb. 14th, 1989

Jackman's

1211 So. 320th, Federal Way • Phone 941-9650