

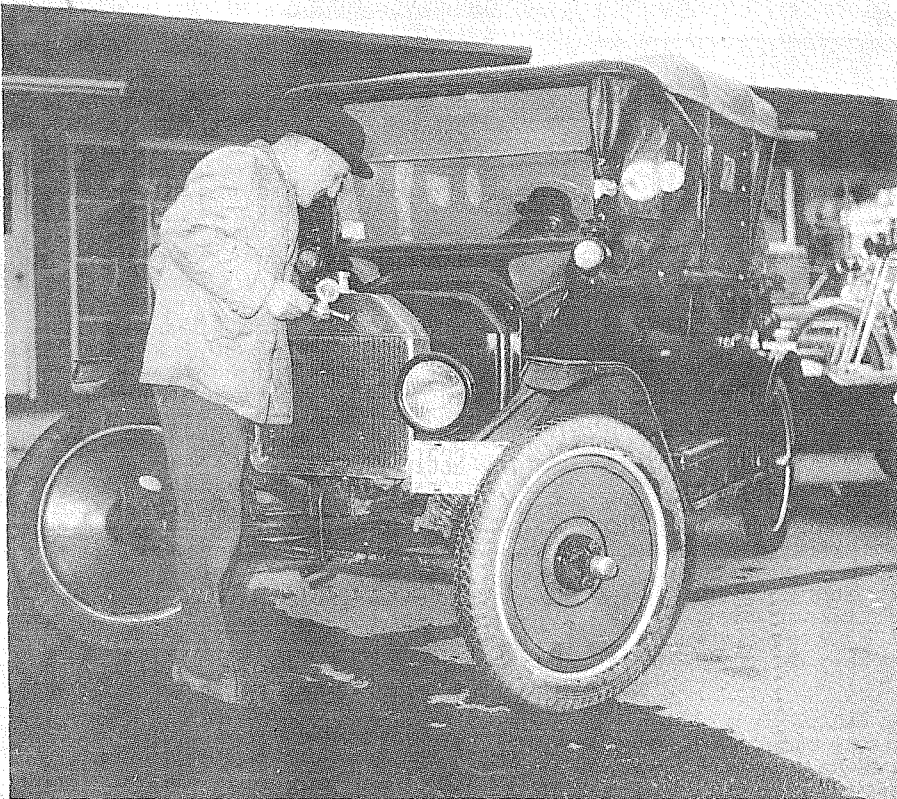
The TIMES JOURNAL

Vol. 26 No. 3534

Serving 20,000 Active Families In Central Pierce County

September 10, 1970

54 Years Ain't Old



Ed Marak and his 1916 Model T Ford which has won many prizes at antique car shows.

54 Years Old

But it is — if you're asked to walk 7,200 miles.

Parkland business man Ed Marak recently returned from a 7 week trip touring coast to coast and even B.C. with his 1916 Model T and trailing his 1911 Harley Davidson motorcycle.

One reason for his trip was the car show in Akron, Ohio, the Model T Club of America's National Tour where his car won an award for the furthest distance driven. In Lethbridge, B.C., he received the award for the furthest trailed motorcycle.

He tried to stay off the freeway but sometimes it was necessary. He did receive a warning on the Tri-City Tollway for traveling 40 in a 45 minimum mile per hour zone. (He was fighting a strong headwind.) The best

traveling speed for his Ford is 43 mph.

The car is stock for 1916, but not necessarily for Ford. He did put on a special set of wheels, a mechanical foot starter, and a few accessories to make things comfortable. It has a four cylinder, twenty horsepower motor and a two speed rear end. During the trip he averaged 20 miles to the gallon drag-

ging trailer and bike. (Total weight driven by his engine was 3,100 pounds.)

While visiting friends in Lansing, Michigan, he went for a ride on his bike around town. He was picked up by the El Cameno's, Lansing's motorcycle gang, and given an honorary membership. Members include the sheriff, several policemen, and some of the town's businessmen.



Teenage Employment Program

Today with the economic situation the way it is the jobs are very limited for

Spaghetti Dinner

September 13

The Thrift Community Club is having a Spaghetti Dinner at the Graham Grange Hall Meridian and 224th St., Sunday, September 13 from 12 noon to 5:00 p.m. The prices are \$1.75 for adults and \$1.00 for children under 12, preschoolers may eat without charge.

Mrs. Arthur Doucette is the chairman of the dinner, and the public is most cordially invited to attend. Funds will be used for the new Thrift Community Club Building.

teenagers. Therefore, it is necessary for the youngsters to become imaginative and innovative in creating jobs for themselves.

As part of the anti-poverty program we are attempting to find jobs for youngsters after school and on weekends.

We are asking of the businessmen in the area will remember us if they have job openings. (We also have adult applications and there is no fee to anyone for our service.) We are attempting to find jobs for people in their own area. We need your support.

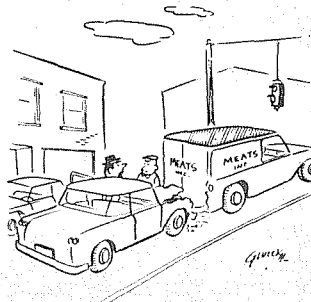
Do you want your car washed? Your pets fed while you're away? Someone to come in to cook dinner? Box boys? Errand boys? Typist-clerks? Etc.

Let us know, help us find

youngsters work after school and weekends so they may stay in school.

Any teenagers interested in this program, please contact Fred Doehring, Youth Coordinator at LE 7-4848 or LE 7-4861.

My Neighbors



"Couldn't I put this on my Diner's Club card?"

Bethel Asks, Sumner Replies

by Glenn Ryder

With school started, and many of the problems of school arising (like paying money here and there for various things that pop-up at the wrong time) there always, in the long run, is an answer.

One of the problems facing many high schools at the beginning of the school year is Associated Student Body card sales. ASB cards are nifty little pieces of paper, some with pictures, that entitle the bearer admittance into various games and school sponsored activities. It seems that no one wants or can afford this small card.

Bethel has come up with one possible solution to the sales, that is, challenging their rival school, namely Sumner, to an ASB card sales competition. Sumner returned a letter accepting the challenge with a very winning attitude.

Steve Bruner, Bethel's ASB president, expressed his feelings to the students at a recent student body meeting, "I hope we can all pull together and defeat Sumner's cocky attitude towards the ASB card competition."

Competition ends October 15. The winner will receive a trophy chosen by the losing school.

"Our major cities have become so congested with cars and trucks that there are only two kinds of parking left—illegal and "no parking."—Dick Higgin — The Cosmos (Minn.) News.

Tax Payers Act

The recent reassessment of real property in parts of Pierce and in most Counties in the State have alarmed Mr. Average Citizen into action.

The Action is the formation of the Equitable Tax Association, who president is C. Melvin McKenney of Parkland.

The Equitable Tax Association is a democratic, non-political organization for the purpose of securing equitable and just taxes—primarily property taxes, and is concerned with any thing which might affect property taxes. It is a delegate body with delegates from over forty organizations, civic clubs and just plain tax protest groups. The Association is attempting to base all action on established and factual information.

There are 14 committees working in the association each seeking assistance in gathering information. This information is relayed to the legislators to assist them in taking proper action in the right direction. It is planned to develop a comprehensive legislative program which will correct many tax inequities.

The ultimate goal of the organization is to promote equal and fair taxation for all. More information is available at Equitable Tax Association, 403 Garfield, Parkland, Washington, 98444. Telephone: LE-7-8022.

Campus Crusade

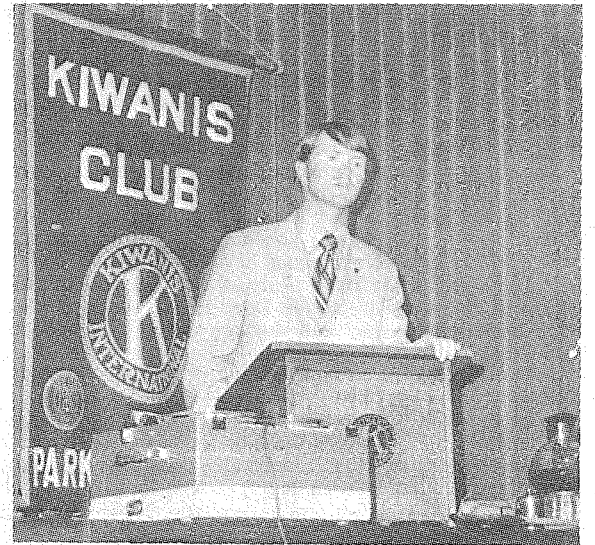
Burn, Baby, Burn!
Tear It Down!
Where Is Jesus Christ?

Statements like these are on the lips of many of our youth in college today. Young men like Tom Lumsden, a local product, are actively working with the "Campus Crusaders" in an attempt to help answer these questions, threats and exclamations.

Tom is district director of the Western Michigan group of Campus Crusade. He graduated from Franklin Pierce in 1961 and from the University of Washington in 1965 and is presently one of 2,300 youths working for the support of the church and spiritual aims by college students.

Tom is the son of Mr. & Mrs. Tom Lumsden of Parkland, and a member of Trinity Lutheran Church.

His talents are not limited to church work — he recently won top prize in the second division of the Washington Golf association Amateur's Tournament in Bellingham.



Tom Lumsden

Clean Air Progress

Relief may finally be on the way for the world's breathers. In early June the House of Representatives approved amendments to the Clean Air Act which could accelerate progress toward cleaning up the air. And the Senate Subcommittee on Air and Water Pollution is currently beating out legislation that would go a long way to protecting and restoring American lung power.

The amendments passed by the House give the Secretary of Health, Education and Welfare authority to set national "ambient air standards" for dangerous pollutants within 30 days of passage of the act. That cuts down considerably the dawdling period allowed by earlier legislation and also knocks out industry arguments that local standards hamper competition. The amendments do give States authority to set higher standards, if they like, for stationary polluters, but — significantly — not for automobiles.

The House Clean Air Act makes each state automatically an "air quality region" thereby cutting out the lengthy process of regional designation called for the 1967 Clean Air Amendments which have produced little breathable improvement in air quality. Existing regions and interstate regions already established would remain.

The new amendments also provide some enforcement teeth, giving the Secretary of HEW authority to inspect polluters' premises and records. Courts would receive authority to levy fines of up

to \$10,000 for each day a polluter fails to take action to abate pollution after being ordered to do so. But no provision is made for closing down a recalcitrant polluter who prefers to "pay and pollute."

To curb the poisons contributed by the Nation's autos, the legislation would allow the inspection, not only of manufacturers prototype autos, but of assembly line cars and their exhaust control devices. In addition, states may require inspection of motor vehicles in actual use if it is determined that such action is necessary to clean up the air and it is "technologically and economically feasible."

A principle drawback of the House legislation is its failure to require the "ambient air standards" to mean anything. To remedy that failure, the legislation currently under consideration in the Senate Subcommittee would require the standards be set "to protect public health."

Another flaw is the legislation's acceptance of the technological limitations of the internal combustion engine. Amendments defeated on the floor of the House would have set auto emission standards at a level necessary for public health and safety, regardless of the capability of the internal combustion engine to meet those standards, and would have allowed states to set higher standards if they wished. Similar provisions are under consideration by the Senate Subcommittee working on Clean Air Act amendments.

EDITORIALS



Don't Fear the Future

The nihilistic activities of a small minority have spread the illusion what young people today are somehow different from young people of the past. However, every day we see evidence that those intangible natural endowments we call character that breed greatness in individuals and in nations run just as strongly in contemporary youth as they ever have. No organization has brought this truth to light with greater clarity than the Boys' Clubs of America. There are 825 local Boys' Clubs around the country. The 800,000 members of these clubs, with the guidance of thousands of volunteer adult counselors and administrators, have become a bulwark of juvenile decency.

Recently in the Parkland-Spanaway area, a Boys' Club has been formed. The group is presently very busy making arrangements for activity facilities. In the near future a news release will announce the entire program which will be available to young boys in the area.

The spirit of the Boys' Clubs is well expressed in the words of National Director A. Boyd Hinds. He says, "We emphasize what a boy can do, can achieve, should do, rather than what he should not do or cannot achieve."

The importance of the work of Boys' Clubs is exemplified in the awards given each year to its members for service to home, school, church, community, and the club itself. The achievements in these areas by this year's winners are nothing less than remarkable. The boys receiving special recognition are all highly active in a variety of community undertakings and have often combined the job of family breadwinner with that of going to school. As long as the U.S. is fortunate enough to have young people like this and organizations like the Boys' Clubs of America, the nation need have no fear of the future.

Reinstate the Old Meaning

With the passing of Labor Day, the days of fall are close behind, and millions of youngsters have greeted that near legendary "back-to-school" day. Parents, for a fleeting moment, recall their own back-to-school days, which, in retrospect, have a far greater appeal than they did in reality. As the back-to-school trek wears out, many will be struck with wonder at the wide gap that exists between the innocence of a first grader and the ugliness that back to school has come to mean at higher educational levels.

This year, there will be more questions than ever before concerning the quality and validity of the educational system. In addition to questions, chances are good that there will be far less permissiveness in the treatment of the minority of destroyers and disrupters on campuses. Higher education may be called upon to fulfill its role as a responsible citizen of the community. Typical of the trend is the action by the cities of Portland and Eugene, Oregon, to recover the costs of restoring order on campuses located in these communities. Together, Portland and Eugene, are asking some \$84,000 from the State Board of Higher Education as reimbursement for extraordinary police costs.

The words "back to school" previously denoted a resumption of learning — a reopening of the doors of knowledge. Perhaps if more communities such as those in Oregon drew attention to the costs of campus disorder by placing the bill directly at the door of the educational system, a reopening of school would, once again, resume its traditional meaning.

WISH I'D SAID THAT



"A typical new car coming off the assembly line today produces about a third of the carbon monoxide and hydrocarbon pollution produced by a car back in 1962, before the first pollution control devices were put on all new automobiles across the nation. This advance, though recent, is already beginning to have an effect. In Los Angeles, for example, where pollution controls were introduced somewhat earlier, the number of smog days per year is declining, and levels of hydrocarbons and carbon monoxide are on the down-grade. Over the next several years, over-all reductions in levels of these two pollutants will be substantial in the congested urban areas where problems now exist, because many of our older cars, without controls, will be phased off the roads and replaced with newer, low-pollution vehicles."

—Frank N. Ikard, President American Petroleum Institute

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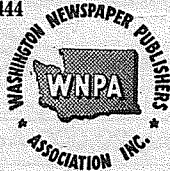
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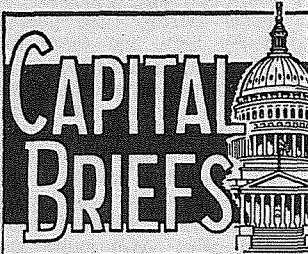
NATIONAL NEWSPAPER

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CAPITAL BRIEFS

UNDER THE CAPITOL DOME

By Robert C. Cummings

OLYMPIA — The truck-minded State Highway Commission appears to have landed in hot water over its "emergency" regulation permitting the hauling of 14-foot-wide homes on state highways.

The Washington Automobile Association, normally one of the Highway Commission's staunchest supporters, is opposing efforts to make the 90-day regulation permanent.

The AAA was instrumental in defeating an effort to permit triple-trailer motor freights on the highways.

Nobody, however, was able to block the commission's action in raising speed limits for trucks and buses.

Though Gov. Dan Evans wisely has refused to tamper with the commission's independence, its actions could work in his favor.

Hot Water Boils

Public indignation is boiling in some unexpected places. It could help the governor in his efforts to persuade in the 1971 Legislature to pass his long-sought Department of Transportation bill.

By giving the governor appointive and firing authority over all the top brass, it would place the commissioners and highway chieftains where the voters could "get at them" in every gubernatorial election.

The AAA consistently has opposed the governor's Department of Transportation bill.

It currently is polling its membership on the issue, but there isn't any indication it plans to change its position.

To the contrary, all indications are that the leadership wants to continue its opposition to the measure, but wants to be sure it has the members' support.

Pros Go To Work

Sponsors of Initiative 40 to the Legislature, known as the litter-control bill, should be able to achieve their goal of 200,000 signatures by December 31.

It is being handled by the same advertising agency which successfully put over Initiative 233, repealing the full-train-crew law, four years ago.

Anybody able to sell anything with as little public appeal as that shouldn't have any difficulty with a litter-control bill.

Considered by many as "business' answer to the litter problem," it would finance strict enforcement of litter-control laws through a small tax on all businesses which make or sell products which contribute to litter.

Sponsors say it doesn't conflict in any way with Initiative 256, the bottle-refund measure which goes to the voters in the November 3 general election.

Who's Neutral?

Governor Evans had reaffirmed his neutrality in all Republican primary races just a few hours before Atty. Gen. Slade Gorton announced his support of State Sen. Joel Pritchard's campaign against Congressman Tom Pelly for the Republican nomination in the First District.

Because Gorton is so close to Evans, a lot of people are going to believe the governor is in Pritchard's corner.

Gorton was Evans' floor leader in the House in 1965 and 1967, and was chosen for the four-man "team" Evans picked from among eight state-wide Republican candidates in 1968.

Pritchard and the governor also are close. He was his liaison man with the Senate in 1969 and 1970 sessions, and a key man in both of his successful campaigns for governor.

Nothing Lost

Gov. Evans hadn't expected an endorsement of his tax proposal from the AFL-CIO Washington State Labor Council, so wasn't disappointed when he didn't get it.

The Evans administration in general was more than pleased that the labor organization refrained from taking any action on the issue.

Numerous members of the palace guard had feared labor would come out in opposition to the tax plan.

That is what labor's Committee for Political Education (COPE) had recommended. But thanks to the fast parliamentary maneuvering of Norm Schut of the Washington Federation of State Employees, the delegates never got a chance to vote on it.

He offered a substitute motion which had precedence, that the convention endorse the governor's tax program. When that was voted down, he had another, that the council refrain from taking a position. That move was successful, and the issue was sidetracked.

Paul Harvey This Week



Armies Are Going Out of Style

by Paul Harvey

Historically, tribal leaders perpetuated their own leadership by promising protection from outsiders.

Each nation's leaders have pointed to real or imagined threats from other nations in order to keep the home-folks bunched.

We don't need an artificial catalyst any more.

The enemy is within the gates now. We have enough real threats so that we don't have to create any.

The menace of pollution, malignant inflation, infernal crime and internal combustion will unite us behind leadership — if it is strong leadership.

Armies of marching men are going out of style.

But as we bring out sons home and concentrate on resolving acute homefront problems, how do we keep the Red Bear at arms' length until we are sure he is housebroken?

Here's how: from launch pads under the sea — launch pads which we keep moving so no enemy can know where they are or where they will be — we aim nuclear missiles at our enemies' gizzard.

Last month off the coast of Florida a long-distance Poseidon missile was fired from a submerged submarine — flawlessly.

That 34-foot missile equipped with multiple warheads has a reach of 6,400 miles. By early next year our Navy will have 16 such rockets deployed somewhere under the seven seas.

Within reach of any place on this earth.

Since this gives our Navy a larger share of our nation's fist-in-the-face responsibility — and since there is much intramural jealousy among the branches of our armed forces — you can expect the Army and Air Force to be less than enthusiastic about this new emphasis.

But the Nixon Administration is committed to a numerical reduction in our combined uniformed armed forces from 3.5 million to 2.5 million men.

We will offset a reduction in manpower with increased firepower.

And the hundreds of thousands of American troops and aircraft which we have maintained on rented bases around the perimeters of Russia and Red China can be phased down and out within a year.

This practice of maintaining American troops on foreign soil is costly in more than one way. The dollars spent supporting those troops enjoy no two-way circulation. They go overseas to stay.

And frequently we have to bribe our allies in other ways for access to those bases.

Soon, with 16 — eventually with 31 — Polaris submarines converted to carry the new super-Poseidon missile, there should be no need for far-flung land bases.

In the days when the Strategic Air Command was our nation's major defender, it was argued that we should not put all our eggs in one basket. But, for the most part, we did.

It was SAC alone which kept anybody from starting anything.

In the next generation of weaponry, it will be the more effective and less costly submarine fleet.

I mention this because Russia is showing much interest in reducing and eventually eliminating all arsenals of strategic missiles.

As outnumbered as we would inevitably be in foot soldiers, let's not.

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Consistent Position

Schut supports the program because he realizes he can't get pay increases for his members unless the state is provided with more tax revenue.

His counterpart in the rival independent Washington State Employees Association, Robert Gagnier, takes a similar position, but his people wouldn't go along.

When the association's convention declined to endorse the governor's program, Gagnier resigned.

Few Surprises

Labor's opposition to Initiative 256, the bottle-refund measure, was expected.

It was consistent with its position in 1965, when a similar measure was in the Legislature. Opposition also is expected from the independent but powerful Teamsters' Union.

The effect of this opposition, however, is difficult to gauge at this point. Labor also opposed the "implied consent" initiative, but failed to make much of a dent.

It also had been anticipated well in advance that the council would shy away from taking any stand on the controversial abortion referendum, or on referenda to remove the 6 per cent interest ceilings on bond issues previously approved by the voters.

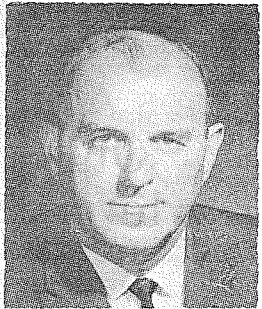
Some Switches

In endorsing 72 Democratic candidates for House seats, including 35 incumbents, labor gave its blessing to several of the more conservative Democrats whom it previously had refused to endorse.

It still turned its back on three Democratic incumbents, as well as Democrats running against Republicans in 19 other contests for House seats.

It endorsed all nine Democratic senators up for election this time, along with seven others, but passed over Democrats in six other Senate races.

Most Republicans get elected without labor's help, but an endorsement usually makes it easier. Labor endorsements went to two Republican senators and three House members, but one House endorsement was a mixed blessing. The Democratic candidate for the same seat also has labor's support.



COUNTY NEWS

By George Sheridan

After the deluge of rain over the Labor Day weekend, it seemed appropriate to inspect the drainage systems designed to keep the standing water off Pacific Avenue between 130th and 134th Streets. County road crews inspected the area on Tuesday morning and were happy to inform our office that the system is doing the job. Another progress report for the growing area of Parkland.

The contract was awarded today for the logging, clearing, grubbing and cleaning up of specific portions of the Pierce County Fairgrounds in Graham. The value of the timber removed for sale will equal the cost of the work done so taxpayers will benefit — there will be no expenditure.

The county current expense preliminary budget is presently out of balance about \$600,000. County department heads have requested budgets totaling nearly \$15.5 million and the anticipated revenue will be only \$14.9 million. Some work will have to be done to pair the requests to the balancing figure. County anticipated revenue for current expense will be allocated at a reduced rate from previous years. Historically, the near 6 mills figure has been accepted. But now, with the property appraisals doubly increased, the appropriation for the county current expense will be reduced to 2.99 mills.

The county will not gain appreciably by the new property tax rates. This is contrary to the feelings of some taxpayers.

Sheriff's Calls

SEPT. 2
A burglary yesterday at the Norman Alfes residence, 11525 Aqueduct Drive through an unlocked window resulted in the loss of a color TV set valued at \$440.

Eldon Browning of 3808 21st Street N.E. had his 1966 Corvette stripped of the motor and transmission. It was parked in front of his residence.

Sheriff's deputies and Federal Bureau of Narcotics agents yesterday were seeking to determine the origin and destination of \$50,000 worth of marijuana seized early yesterday in two mail bags which were on an airplane parked at Spanaway Airport. A man who was sleeping in the plane was arrested and is being held in lieu of \$10,000 bail. Sheriff Carl Peterson said the man, Brian Fitzpatrick of

Vancouver, B.C. isn't saying much so it's difficult to say where the plane was going or where it came from.

Charging that a "gambling ship" is operating from a Tacoma dock and that "let set" gambling is being conducted in Tacoma via the Seattle-Tacoma International Airport, a council member last night demanded an investigation of this city's "Tolerance Policy."

The Sheriff's Department reported the Yerbich Construction Co.'s loss of 60' x 8' sheets of 4" plywood from their construction site at 103 179th St. East, Spanaway. The loss was estimated at \$225.

Fern Cunningham of 9049 South Yakima Avenue reported someone broke into her car by prying open a window and took two six-man tents, and 16 shelter halves valued at \$200.

A robbery of the Dairy Queen store in Lakewood ended abruptly early this morning when the would-be robber had a change of heart and left hurriedly before its conclusion. A young man met the three women employees as they were locking up to go home at about 12:20 A.M. He displayed a revolver and told them to open up and get him the money. When the women started to unlock the door, the robber ran away, climbed on a motorcycle and fled.

Mrs. Grace Herring of No. 2 Ponce De Leon Terrace in Lakewood reported someone entered her apartment by forcing the door and took some expensive jewelry and a small amount of cash valued at \$1250.

FIRE CALLS

SEPT. 2
Parkland Fire Department reported a grass fire at 2023 East 125th at noon yesterday, burned about 1/2 acre — no other damage. At 4:42 they answered a call at 135th J Street, north of the rodeo grounds — no damage.

Spanaway Fire Department had a grass fire yesterday at 2:03 P.M. at 156th and 34th Ave. East, a grass fire by the roadside, probably started by a passing motorist. At 9:18 P.M. they answered a resuscitator call at the Gilbert Roland residence, Route 1, Box 1070. Spanaway had three fire calls already this morning: at 2:53 A.M., 1003 East Military Road and at the same time a call from 1130 East 160th and 4:22 A.M. a call at South 176th and the area of 9th Avenue South. All grass fires; the last one they used 3100 gallons of water so far and were still working on it at 9 o'clock this morning when the "Mini" went to press.

The Spanaway Fire Department aided in a call from the state patrol at 2:30 A.M. today to assist a Mr. Herbert D. Battell who was thrown from his Volkswagen near 22nd Ave. E. and 208th. The car bounced on him once and then rested on his leg. He was taken by ambulance to Lakewood General Hospital with possible back and head injuries.

The only fire call locally was one made by Spanaway firemen to the home of James Collins at 870 South 136th where the furnace blower motor had burned out and was smoking.

Friday morning Parkland firemen responded to a call to the Leo F. Kimm residence at 903 So. 101st Street. Mrs. Kimm woke up at approximately 9:30 A.M., opened her bedroom door and found the living room was fully involved in fire. She ran to Mr. Kimm's room, woke him and told him to go out the window, then she left through the kitchen. Damage to the home was estimated at \$8000. Mrs. Kimm received only singed hair from the heat in the home, while Mr. Kimm received cuts on his arm and leg climbing through the broken window.

Grass fires aren't over yet in spite of the rain. Yesterday between 11 A.M. and 12 noon, there were four fires involving several fire departments, University Place, Lakewood, Spanaway with Fort Lewis and Roy and Graham — Kapowsin — Benston with Roy aid, busy putting out grass fires.

The call to 260th and 34th Ave. E. for Fire Dist. 21, was one of the largest grass fires this year. It burned over 10 acres in a short time. Firemen from Roy came to aid when it appeared more firemen were needed to rim the fire. Also called to help was Fort Lewis firemen and they sent 2 engines, but when they crossed east on 260th, they saw smoke north and ended up helping Spanaway with a near 10 acre fire at Rt. 1, Box 1074. Spanaway firemen worked nearly 3 1/2 hours on the nearly 10 acre fire and pumped over 55,000 gallons of water on the fire started by two little kids playing with matches. The only damage was to two old shacks that were vacant. At 9:10 P.M. Spanaway firemen responded to No. 8 Rock Haven Trailer Court where the furnace was over-heating and caused smoke in a mobil home.

Parkland Fire Department was called for a wash-down on a car accident at 130th & J Street, one car involved, no injuries.

Spanaway Fire Department was called at 2:52 P.M. yesterday to a grass fire that turned out to be a burn barrel overheated and smoking quite a bit, at Route 2, Box 2898, no damage was done. At 3:27 P.M. they had a resuscitator call to Lakeview Trailer Court Space 28, they were able to help the gentleman and he was all right.

Graham Fire Department put out a fire in a camper on Kapowsin and Meridian Highways at 1:30 P.M. yesterday. It had burned a hole in the floor of the camper. Firemen were able to put it out without much damage sustained.

Stock up!

AT WOODY'S MARKET

PORK STEAK REAL FLAVORFUL FRESH WELL TRIMMED 53¢ LB.	BANANAS JUST RIGHT RIPE & READY 10¢ LB.
PORK ROAST ROUND BONE REAL VALUE 49¢ LB.	ONIONS MED. YELLOW SWEET & TASTY 5¢ LB.
PORK SAUSAGE COUNTRY STYLE WOODY'S BEST 49¢ LB.	POTATOES NO. 2 WASHINGTON 50 LB. BAG \$1.69

COOKIES ABC Party Asst. —	16 Oz. 59¢ Pkg.
SOUP Campbell's Tomato No. 103	4 Oz. 8¢ For \$1.00
CORN & PEAS Birds Eye Frozen —	10 Oz. 6¢ For \$1.00
SHORTENING Mrs. Tucker's	3 Lb. Tin 69¢
PAPER TOWELS Chiffon Giant Roll	3 For 89¢
MEN'S SOCKS Sport Asst. Colors —	Reg. \$1.00 79¢ Pr.

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 Sweaters
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 MAP OF THE U.S.A.
 Hawaii is not the 50th State?
 For Proof See Next Week's Ad
 With this issue we are starting a series of interesting and educational features that are sure to interest young and old alike. Follow them from week to week and see what the facts really are. Also remember that whatever you need in the complete home building field, with homes built to 28 basic units, and homes also custom built on your lot, come in or call us and get the facts without obligation, of course.

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Duchess DRINKS Orange, Cherry, Grape 46 Oz. 4 For 89¢	Duchess PEANUT BUTTER Creamy, Chunk Style 36 Oz. 88¢
Jordan's FRENCH BREAD Fresh Sliced 29¢	26 Varieties CANDY BARS 6 For 39¢

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WOODY'S MARKET

LOCKER BEEF CUT TO ORDER
 2 MILES SOUTH OF ROY "Y" ON MT. HIWAY
 SPANAWAY, WASH. VI 7-7884



Campus Communique

by Jim Peterson PLU News Bureau

PLU Enjoys Record Enrollment

CLASSES UNDERWAY TODAY

A record number of students were on hand at Pacific Lutheran University this week for the opening of the Parkland school's 77th year.

2,256 students were registered as of Tuesday morning, with predictions indicating a final full-time enrollment of slightly over 2,400 for the fall semester. Along with more than 600 students registered for late afternoon and evening classes, total enrollment is expected to exceed 3,000 for the first time in the history of the school.

Last year the full-time enrollment was 2,219 with a total enrollment of 2,831. Freshman enrollment is up from 640 to 676, and returning students or transfers bring new student enrollment to 1,034.

The school year officially begins today, with the opening convocation at 9:50 a.m. in Olson Auditorium. Initial class sessions get underway today as well.

Today's convocation will be highlighted by an address by President Eugene Wiegman, a full academic procession and announcement of honors and faculty promotions. A theme for the coming school year will be the focus of Dr. Wiegman's address.

More than 100 community leaders have been invited to attend the convocation along with students, administration, staff and friends of the university.

Students began arriving on campus Sunday and have been taking part in a full schedule of Orientation Week events. Along with the more than 1,000 new students, 10 new administrators and staff members and 33 new members of the faculty assumed their new duties this week.

DAY CAR WORKSHOP SCHEDULED

"Discipline and Freedom in the Care of the Young Child" will be the theme of an intensive weekend workshop conducted for 40 area day care personnel Oct. 9-10.

Prof. Robert Menzel, 805 Tule Lake Rd. S., director of PLU's Center for Human Organization in Changing Environments (CHOICE), will head the training project, according to Dr. Wiegman.

Dr. Wiegman noted, "This program reflects one more aspect of the school's thrust into the community arena of social and civic concern."

The Pierce County Child Care Coordinating Services Committee (4C's), one of three such umbrella community agencies in the state, has initiated the program requests. Frank Owens of the financial advisory office, Pacific National Bank of Washington, is chairman.

The training workshop, which is funded by a grant from the Children's Bureau of the Office of Health, Education and Welfare, is the second in a year's time awarded PLU for day care in-service training.

Participants in the workshop will include day care teachers, aides and parents as well as instructors in early childhood education from the community colleges and vocational schools. Workshop coordinator is Mrs. J.L. "Pat" Woodard, Tacoma.

Keynote speaker and workshop stimulator will be Prof. Gary Cooke of the school of education at the University of Oregon, who is a specialist in early childhood education. He will address the group and participate in discussions on "Trust Between Child and Adult."

Participants will follow up the weekend workshop with an evening meeting in which they will individually evaluate results of their discipline techniques in the day care situation.

COMING EVENTS AT PLU

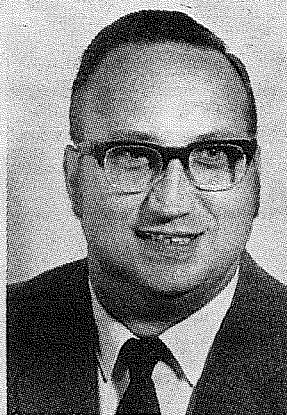
Sept. 12 — Entertainment Series Concert: The Bandanna, Olson Auditorium, 8:15 p.m.

Sept. 18 — Artist Series Program: Bayanihan Dancers from the Philippines, Olson Auditorium, 8:15 p.m.

Sept. 19 — Football: PLU vs. Whitworth, Franklin-Pierce Stadium, 8 p.m.

"It is the responsibility of Congress to decide what funds shall be appropriated. No doubt there will be some further rearranging of priorities. But I believe we must make an all-out effort to proceed with restraint and caution and hold authorizations and appropriations as low as reasonable possible." — Cong. George H. Mahon (D.-Tex.)

Lee Weaver



Democratic Candidate
(State Representative
29th District-Position 2)

I am a lifetime resident of Pierce County (twenty years in the community of Roy and eighteen years in Parkland where I now reside with my wife, two daughters and three sons). I graduated from Roy High School and hold a Bachelors Degree from Pacific Lutheran University, a Master of Science Degree in Chemistry from Seattle University and have done graduate study and research in metallurgy and materials science at the University of Washington. I have been teaching mathematics and chemistry at the high school and community college level over the last ten years and prior to that was a chemist in industry. I have been active in political, civic and professional organizations for many years often serving in an official capacity.

If elected I will work to eliminate confiscatory property taxation. To achieve an equitable system, special considerations should be given those on limited fixed and low income. Property tax on residences should not be levied on the same basis as property used for investment or other money making enterprises. I will work to remove the sales tax from food and medicine and to adjust the business deterring B & O and personnel property taxes. If the people choose to pass an income tax in November, I will recommend that the rate be set as low as possible and yet maintain a high standard (but not padded) state government. As a chemist I can give leadership in solving the problems of pollution. I believe that those involved in polluting should be responsible for cleaning up the environment. Priorities need to be shifted so that adequate funds for maintenance and operation of schools are available while local control over what and how students are being taught is preserved. I solicit your support and ask you to remember that you can initiate a change in the present state of affairs by giving me your vote on September 15th.



THE FRILLED LIZARD OF AUSTRALIA RUNS ON ITS HIND LEGS LIKE A MAN!

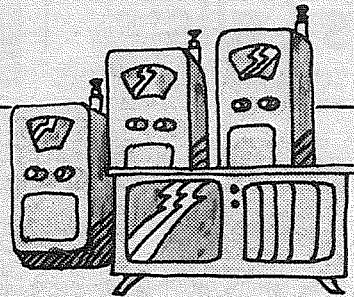
Elect **JERRY WOODS**
29th District Representative - Position 1
FAIR & JUST TAXATION

Paid Adv. by Committee to elect Jerry Woods, Les Hall, Chairman.

Get all your printing done at **The Times Journal**

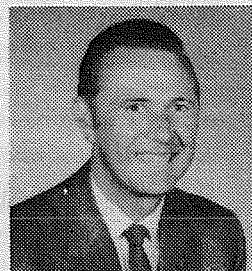
Sept. 12, 1970.

Remember the day. It may be your only chance to go to a Bankwarming, and win a color TV set besides.



Pacific National Bank of Washington is giving a Bankwarming, and we'd like you to join in the fun. Just gather up the family on Saturday, September 12th and head for the grand opening of our new Spanaway Banking Center, anytime between 10 AM and 3 PM.

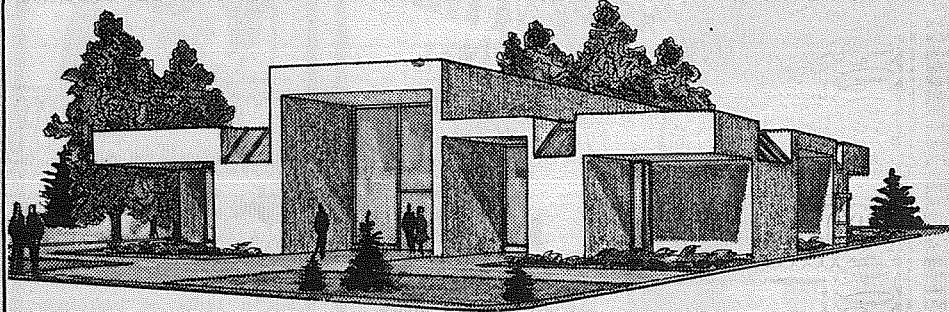
We'll be rolling out a red carpet loaded with prizes and refreshments and you'll have a sporting chance to win a handsome Color TV set or one of several transistor radios.



Lee J. Dolman
Executive Officer
Spanaway Banking Center

While you're waiting to become a lucky winner, you'll get a first hand look at our modern facilities and equipment—designed to cut the red tape out of banking to make things easier and better for you.

September 12th is Bankwarming. Come join the fun.

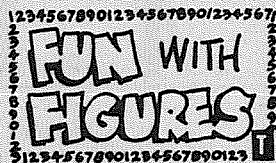


Spanaway Banking Center

150th and Pacific, Spanaway
Banking hours: Lobby and Drive-up
Monday-Thursday—10 to 3 Friday—10 to 5:30

Pacific National Bank of Washington

At your service: Banking Centers Throughout the State
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If you are average, your brain weighs 3 1/4 to 4 pounds. If you are more than 20 years old, your brain is gradually losing weight. (So never let anyone call you a fat head.)

The largest number of volumes at any college or university library, according to the U.S. Office of Education, is 8,999,511 at the University of California. Following in second and third place respectively are Harvard University, with 7,600,357 books, and Yale with 4,995,398.

About 70 percent of all Americans have had chicken pox by the time they are 15 years old.

Your stomach contains more than 5,000,000 glands.



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SEPT. 10
QUANTITIES
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SALE

"TO" SHOP-MART

13322 PACIFIC AVE. (Next to Luckys)

KING SIZE SAVINGS
GIANT VALUES

VALUABLE COUPON



LADIES' PANTY HOSE
Newest Fall Shades
One Size Fits All
LIMIT — 2 PAIR
with this coupon

Reg. 98¢ Value

56¢ Pair

WITH COUPON

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IRONING PAD 'N COVER SET
Reg. Size Pad


Reg. 98¢ Value

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MOOCHING LEADS
Sizes 2-2 1/2 - 3 - 3 1/2 - 4 Oz.
LIMIT 3 WITH COUPON

Reg. 29¢

9¢ Each

WITH COUPON

CASH VALUE 1-20 OF 1 CENT — EXPIRES SEPT. 14, 1970

VALUABLE COUPON

9-Inch PAINT - ROLLER
And
TRAY
WITH COUPON

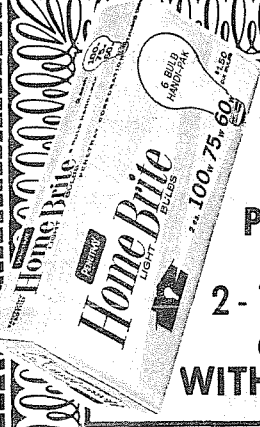
Reg. 98¢ Value

68¢

WITH COUPON

CASH VALUE 1-20 OF 1 CENT — EXPIRES SEPT. 14, 1970

VALUABLE COUPON



HOME-BRITE LIGHT GLOBES
Pkg. of 6 Globes
Inside Frost
2 - 100 Watt • 2 - 75 Watt
• 2 - 60 Watt
WITH COUPON

Reg. 1.15

78¢ Package

WITH COUPON

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VALUABLE COUPON

LADIES' HEAD SCARF
100% NYLON - 27" Sq.
Ass'd. Colors

Reg. 39¢ Value

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7-Pc. COOK-WARE SET
1 Qt. Cov. Sauce Pan
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Teflon - Scratch Resistant

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\$14⁹⁹ Set

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11 1/2 In. Long. 99 Matches
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Reg. 98¢ Value

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Two Parkland Youth Musicians Perform With International Orchestra



Parkland members of the Tacoma Youth Symphony, Becky Soukup (pictured above) and Sand Dalton were selected to join the International Orchestra at St. Moritz, Switzerland.

ST. MORITZ, SWITZERLAND — A young violinist and an oboist from the Parkland area have been selected to perform in the 120-piece international orchestra at the International Festival of Youth Orchestras now being held at St. Moritz, Switzerland.

Along with 14 other members of the Tacoma Youth Symphony which is taking part in the festival, selected for the international orchestra were Becky Soukup, first violinist and daughter of Mr. and Mrs. Richard Soukup, of 12901 S. A St., and Sand Dalton, oboist, son of the Rev. and Mrs. Morris V. Dalton, of 864 S. 130th St.

In order to perform in the select orchestra, the two young musicians are taking part in a rigid rehearsal

schedule in preparation for the orchestra's gala performance which concludes the festival. They will be performing with students from youth orchestras in Washington, D.C., Montreal, Canada, Bulgaria, Germany, Hungary, South Africa, Switzerland and Great Britain.

Prior to the selection of the festival orchestra, the 104-piece Tacoma Youth Symphony was featured in a concert at the festival hall in this lush winter ski resort center. The TYS concert was well received by the audience and an unexpected highlight of the concert was the presentation of a native Bulgarian doll to the Tacoma orchestra by the Bulgarian symphony.

The Tacoma and Bulgarian orchestras will combine

for a gala performance in the capital city of Zurich following the close of the festival. The two orchestras will play the exciting Polovetsian Dances from Borodin's "Prince Igor." The Tacoma orchestra also will play Alan Hovhaness' "Mysterious Mountain" Symphony No. 2. The noted American composer who lives in Switzerland has accompanied the Tacoma orchestra on its Swiss tour and was present at the TYS concert in St. Moritz.

Also invited to appear on the prestigious Zurich program are the youth orchestras from Switzerland and South Africa.

Although the young Tacoma musicians have been keeping busy, it hasn't been all work and no play. There have been lots of activities for the musicians participating in the international youth festival. These have included swimming, tennis, golf, horseback riding, ice skating, sailing and skiing on the high slopes.

St. Moritz, at 6,000 feet, is called the "roof of the world" because the high Alpine peaks surrounding the town with its picturesque lake spawn drainage systems that flow into three separate oceans. In short, it is an ideal site for the two-week youth festival, even if the weather has been rather rainy and cool.

Also at the festival from Parkland are Bill and Elizabeth Breon, Lark Dalton, Kristine Dorris, Randi Hansen, John Hilberg and Turi Thompson.

Bethel Area Civil Defense to Meet

There will be a meeting of the Bethel Area Civil Defense Wednesday, September 16th at 10:30 a.m. at the Spanaway Fire Hall. Pot luck will be served at 12 noon. Everyone is welcome.

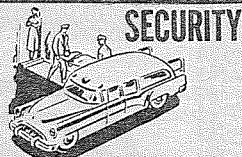
The Bethel Civil Defense Organization wishes to thank everyone who helped make their rummage sale successful. And also to thank the Spanaway Fire men for the use of their fire station for the event.

Eatonville PTA Board Meeting

Eatonville P.T.A. Board met August 19, and September 2, to plan the teachers reception.

It was decided that there would be a planned buffet for the evening of Tuesday, September 22, in the grade school cafeteria, starting at 6:30. Teachers, school board members and parents are invited to attend. Columbia Crest and Weyerhaeuser parents, teachers and officers have been invited to participate also.

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Airman Schrawyer Completes Basic Training



Airman Hope S. Schrawyer

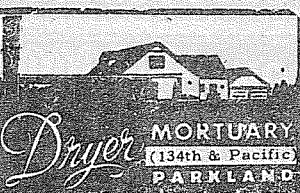
Airman Hope S. Schrawyer, daughter of Mr. and Mrs. Lindell H. Schrawyer of Rt. 2, Spanaway, Wash., has completed basic training at Lackland AFB, Tex. She has been assigned to Sheppard AFB, Tex., for training in accounting and finance. Airman Schrawyer is a 1969 graduate of Bethel High School and attended Tacoma Community College.

Bake Sale for Firemen

There will be a back sale at the Spanaway Fire Hall on 163rd Street and Park Avenue, Spanaway, on September 15th beginning at 9:00 a.m.

The Spanaway Firemen's Auxiliary will sponsor it, and the proceeds will go to the volunteer firemen to help in their worthwhile work.

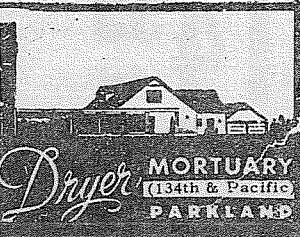
Normal ecology can be maintained and the environment kept at its best when fires are kept out of the forests and off the range lands of our state.



The Country Parson



"Polluted thinking could wipe out mankind before air and water get that bad."
Copyright by Frank A. Clark



HEALTH & SAFETY

Mainly for Mothers

by Carl Hart

Power lawn mowers—no toys where children are concerned

Cutting the grass on the family lawn, once a laborious chore for the man of the house, has been made faster, easier and more efficient by the introduction of the power mower. Unfortunately, the power lawn mower can also be a dangerous weapon and last year injured 140,000 people, an increase of 40 percent over 1968.

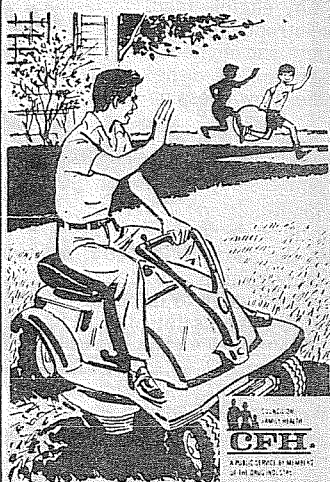
The power mower may well be the greatest thing to come along since grass, but it is also one of the most dangerous since it often is in the hands of amateurs, women and children. Children, in particular, are too often the victims of lawn mower accidents. The Council On Family Health, sponsored by the manufacturers of medicines as a public service, cautions parents to be watchful of young children when using power mowers during the summer months of fertile lawns.

A study of pediatricians at the Ohio State University College of Medicine reported that most lawn mower injuries to young children occurred under three circumstances: when the children, ranging in age from two to twelve years, were bystanders, when they were operating the machines, or when they were passengers on the mowers.

All three types of accidents could have been prevented if children under 13 had not been allowed to use these machines, if parents had not held children on their laps and if bystanders had been kept a safe distance away.

Some additional advice to parents using power mowers is:

- Never adjust or repair the machine while the motor is running.
- Try to thoroughly rake the lawn



clear of stones, twigs or toys before cutting.

—When using rotary mower in tall grass or weeds, slow the engine speed to prevent damage to cutter blades.

—Periodically, clean and inspect mower parts to make sure nuts and bolts are tight.

Age is a very definite factor in lawn mower injuries, as the Ohio State study indicated. The Council On Family Health reminds all parents to remember that children are simply not mature enough to be given the responsibility of operating power mowers.

ARE YOU . . .



Happy?



Searching?



Frustrated?



Discontented?

. . . In your role as a woman?

Fascinating Womanhood

is a course of study for women based on the book - Fascinating Womanhood, sponsored by the Fascinating Womanhood Foundation and taught by certified teachers of the Foundation. The foundation is an organization established for the welfare and happiness of women everywhere, married or single. Instruction is pointed to helping you be happier and more effective in your role as women, wife, and mother.

THE EIGHT WEEK COURSE OF STUDY IS OFFERED EVERY Tuesday from 10-12 a.m. Beginning September 15

at The Bon Marche

Second Floor Lounge

For more information regarding the Fascinating Womanhood Class, please contact the Book Department, Bon Marche, Tacoma Mall.

DINE OUT THURSDAY
RIB EYE SPECIAL STEAK DINNER
5:00 P.M. to 10:00 P.M.
\$1.25
DAILY LUNCH SPECIAL
\$1.25
NEW HOURS
OPEN EVERY DAY
5 A.M. to 10 P.M.
JEAN'S ELK PLAIN CAFE
ON MOUNTAIN HIWAY AT 222nd ST.

OPEN 24 HOURS "NEVER CLOSED"
The Lively Market
TOMBOY - 45th & PACIFIC AVENUE
— ALSO —
STORE AT 72nd AND OAKES
OPEN 9 A.M. to 10 P.M.

the Second Forty

by Margaret Brookfield

A FORUM ABOUT MATURE WOMEN

Helpful Friends

Dear Miss Brookfield:

I have been widowed for over two years. Now that my children are married, I would like to meet someone and remarry. Old friends seem to be of no help. Either the women invite me over when their husbands are away or they don't ask me to social gatherings because they "don't know any eligible men." One friend has tried to help, but every introduction she arranged has been disastrous. The last time she invited me over to meet "a nice man from Bill's office," he turned out to be more than a foot shorter than me. How does one meet men?

R.S., Chicago, Ill.

Dear R.S.:

That's a good question. But probably one of the best and safest ways is through friends. Just keep accepting your helpful friend's invitations. You may hit the jackpot one of these days.

At the same time, you can start a do-it-yourself plan by joining church and community organizations and other groups that cater to mature "singles." Some women travel, and are successful; others return with misgivings. One woman summed up the eligible man she met on a trip in these words: "He looked a lot better in Paris than he did back home."

Women have devised various stratagems to meet men, according to Isabella Taves, author of the book, "Women Alone." She found that some women follow the obituaries, writing letters of condolence to bereaved widowers. (One lady investor married the chairman of the board with this tactic.) She also reports that a woman with a master's degree in English took a job as a waitress in a restaurant catering to successful businessmen. But this could be hard on your feet.

Child's Gossip

Dear Miss Brookfield:

For the last few years I have been earning extra money babysitting. Lately I have been taking care of a girl who tells me all the gossip — when "mummy and daddy" had a "fight" and what the "spat" was all about. Having been raised by old-fashioned parents who never discussed finances or family problems in our hearing, I am embarrassed by these confidences. I change the subject when the child starts but I am tempted to tell the mother to be more careful. Should I?

K.B., Corpus Christi, Tex.

Dear K.B.:

That depends on how well you know her, but generally, it doesn't strike us as a good idea. She may be embarrassed by the disclosure or, worse, she may assume her daughter has revealed more than she actually has. Your best course is to help the child understand that arguments between parents can, and do, occur in many families. The child may be reporting this "gossip" because she is upset, perhaps even somewhat frightened, by these spats. Your comforting assurances to the child at a propitious time can be beneficial.

Have you a problem as a mature woman, or with one? For advice and help, write to Margaret Brookfield, Information Center on the Mature Woman, 3 West 57th Street, New York, N.Y. 10019.

Flower Show

The 60th Annual Washington State Dahlia Society Show will be held Saturday and Sunday September 12th and 13th at the South Park Community Center, located at 4851 South Tacoma Way, Tacoma, Wash. The show will be open to the public from 2 PM to 8 PM Saturday and on Sunday from 10 AM to 7 PM.

There is no admission charge for the show and it affords the home gardener an excellent opportunity to look over hundreds of named varieties dahlias and choose those he would like to add to his home garden.

Anyone now growing dahlias who would like information on entering dahlias in the show, please call LE 1-0292 or LE 1-1388.

BIRTHS

- GOOD SAMARITAN**
- AUGUST 26, 1970
Mr. and Mrs. Douglas Clark, Rt. 1, Box 127, Sumner, boy.
- AUGUST 27, 1970
Mr. and Mrs. Stephen Ericson, 718 16th S.E., Puyallup, boy.
Mr. and Mrs. Wendell Bragg, 10006 192nd St. E., Sumner, boy.
Mr. and Mrs. Terry Brennehan, Rt. 2 Box 183, Spanaway, boy.
- AUGUST 28, 1970
Mr. and Mrs. Stanley Sexton, 12701 106th Ave. Cr. E., Puyallup, girl.
- AUGUST 29, 1970
Mr. and Mrs. James Eichorn, 207 12th St. N.W., Puyallup, girl.
Mr. and Mrs. Guy West, Rt. 1 Box 107, Orting, boy.
Mr. and Mrs. Jimmie Roberts, 402 21st St. S.E., Auburn, boy.
Mr. and Mrs. Larry Dacca, 3018 54th Ave. E., Tacoma, girl.
Mr. and Mrs. Kenneth Stevens, 1623 12th Ave. S.E., Puyallup, girl.
- AUGUST 30, 1970
Mr. and Mrs. Ted Rarey, 728 Cherry Ave., Sumner, boy.
Mr. and Mrs. Gordon Lange, 9706 E. Monroe St., Tacoma, boy.
- AUGUST 31, 1970
Mr. and Mrs. Arthur Allen, 521 Boyd Ave., Sumner, girl.
Mr. and Mrs. Joseph Peterson, 5809 N. Levy Rd., Tacoma, girl.
Mr. and Mrs. William Calligan, 508 12th St. S.E., Puyallup, boy.
Mr. and Mrs. Gene Maas, General Delivery, Orting, boy.
Mr. and Mrs. Patrick Blackwell, 4717 E. 72nd, Tacoma, boy.
- SEPTEMBER 1, 1970
Mr. and Mrs. Cleveland Pinnix, Carbon River Ranger St., Carbonado, boy.
- SEPTEMBER 2, 1970
Mr. and Mrs. David Hubbard, 8406 9th Ave. E., Tacoma, girl.
Mr. and Mrs. Maurice Lawton, 3824 21st N.E., Puyallup, boy.

- LAKEWOOD GENERAL**
- AUGUST 28, 1970
Mr. and Mrs. Elijah Granberry, 1902 South Yakima, Tacoma, boy.
- AUGUST 29, 1970
Mr. and Mrs. Wendell L. Baker, 2521 50th Ave. E., Graham, girl.
- AUGUST 30, 1970
Mr. and Mrs. Jerry E. Anderson, 9702 72nd Ave. Court E., Tacoma, girl.
Mr. and Mrs. Angelo M. Manzo, 2709 E. 80th, Tacoma, girl.
Mr. and Mrs. Glenn T. Rivers, 815 S. 110th, Tacoma, girl.
Mr. and Mrs. Billy G. Williamson, 2618 Military Rd., Tacoma, boy.
- AUGUST 31, 1970
Mr. and Mrs. Lawrence J. Hughes, 5721 108th St. SW, Tacoma, boy.
Mr. and Mrs. Lynn J. Tallmadge, 10404 S. Tacoma Way, Tacoma, boy.
- SEPTEMBER 1, 1970
Mr. and Mrs. Nelson W. Watts, Box 348, Yelm, boy.
Mr. and Mrs. Ronald D. Merritt, Rt. 1, Box 1226-B, Spanaway, girl.
Mr. and Mrs. Larry L. Strege, 9237 South Cedar, Tacoma, girl.
- SEPTEMBER 2, 1970
Mr. and Mrs. Floyd M. Holden, 3302 S. 74th, Tacoma, girl.
- SEPTEMBER 3, 1970
Mr. and Mrs. Floyd M. Holden, 3302 S. 74th, Tacoma, girl.
Mr. and Mrs. Steven C. Robards, 7924 Steilacoom Blvd. SW, Tacoma, girl.
Mr. and Mrs. Jack E. Lewis, 1425 118th St. S., Tacoma, boy.

Lip Reading Classes Begin

A course in lip reading is presently being formed in the Speech and Hearing Clinic at Mary Bridge Children's Hospital in Tacoma.

The course will consist of 15 one-hour sessions beginning Monday, Sept. 21, at 7:30 p.m. at the hospital. Course enrollment is limited to 10 persons.

Interested persons are urged to contact the clinic no later than Sept. 14. Phone BR 2-1281, Tacoma, or write to Speech and Hearing Clinic, Mary Bridge Children's Hospital, 311 So. L St., Tacoma, Wash. 98405.

Dress Design

A television series stressing the design and creativity aspects of feminine wardrobes will be offered local viewers by WSU Cooperative Extension Service and KTNT-TV.

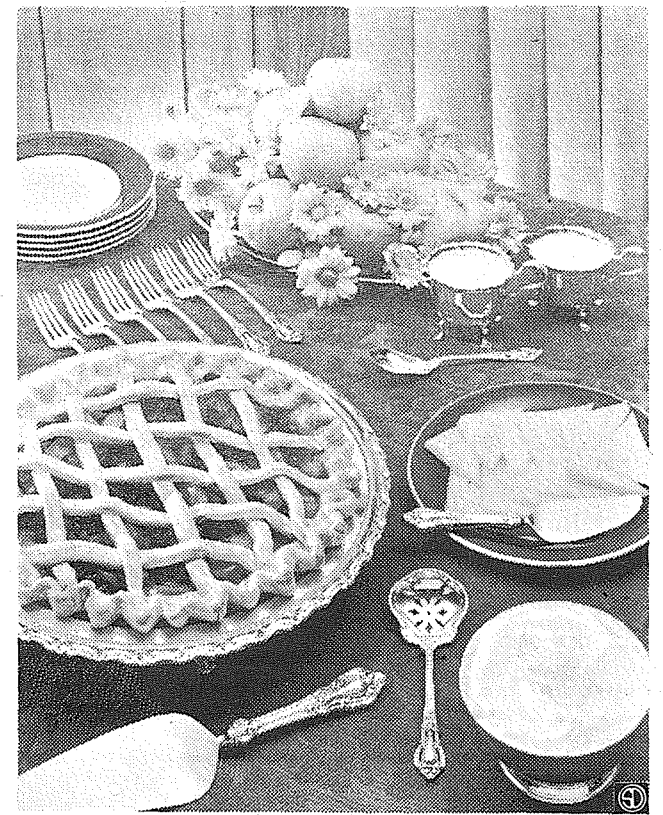
"Dressing by Design," a five part TV program begins Saturday, September 19 on Channel 11, at 2 p.m.

In announcing the schedule, Connie Lydon, Pierce County Extension Agent said the series is designed to teach women how to create wardrobes "which project their individuality." "Selection of clothing for design lines, textures, fabrics and color will be discussed," she added.

A study kit is available to assist viewers in getting the most out of the course. It contains printed reference materials and instructions on how to chart your figure, understand the use of color and prepare shopping aids for selection of clothing or material. The cost is \$3.50 and make checks out to Washington State University and mail to Conference Coordinator, 208 Wilson Hall, WSU, Pullman, Wa. 99163.

"Dressing by Design" will be of interest to all women, regardless of age, physical type or coloring — whether they buy or make their own clothes," Mrs. Lydon said. "We urge ladies interested in learning more about clothing to watch the series, obtain a study guide and complete the assignments." More information is available from the County Extension office.

This Pie Deserves The Best



That humble favorite, apple pie, can be raised to unexpected heights of artistry with a little imagination in both serving and preparation.

First, give it flair with the addition of chopped pecans, mincemeat, and orange. Don't stop there! Serve this delectable

dessert in the manner it deserves. Use a silver pieholder as the "frame" for the pie — dish and all. Then add sterling dessert forks, and use sterling serving pieces with a complement such as cheese and whipped cream topping.

ELEGANT APPLE-MINCE PIE (Makes 1 10-inch pie)

- | | |
|--|---|
| 2 packages pie crust mix | 1 package (9 ounces) concentrated mincemeat, crumbled |
| 4-6 medium size green apples (4 cups), peeled, cored and thinly sliced | Grated rind and juice of 1 small orange |
| 1/4 cup sugar | |
| 1/4 cup chopped pecans | |

Prepare pie crust according to package directions. Roll out 1/2 of pastry large enough to line bottom and sides of ungreased 10-inch pan. Allow about 1 inch of pastry overhang at edge of pie for fluting. Combine remaining ingredients and spoon into pie pan. Roll out remaining pastry and cut into 1/2-inch wide strips. Arrange in a lattice over filling. Flute edge. Bake in hot oven (400°F.) 35 to 40 minutes, or until crust is richly browned and apples are easily pierced.

Legion Rummage Sale

The American Legion Auxiliary No. 228 of Parkland is having a rummage sale on September 18th and 19th. The sale will be from 9 a.m. to 5 p.m.

Come to the Legion Hall,

11102 South Yakima Avenue and do yourself a favor in purchasing some very reasonable items. You will also be doing a favor for the Legion and their very worthwhile projects. All the proceeds go to veteran's families in need.

Pierce County Library Board to Meet

The monthly meeting of the Pierce County Library Board of Trustees will be held September 16 at 2:30 p.m. in the library headquarters. Mr. Carl T. Lindgren, chairman, will conduct the meeting which is open to the public.

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29TH LEGISLATIVE DISTRICT
REPRESENTATIVE — POSITION NO. 2

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A Special Diet for The Family Athlete???

The new school term with its wide array of athletic activities will be accompanied by food facts and fallacies in training programs according to Dr. Robert P. Parker, President, Washington State Medical Association. Quoting from material prepared by the National Federation of State High School Athletic Associations and the American Medical Association's Committee on the Medical Aspects of Sports, Dr. Parker said that athletics are surrounded by superstitions and fallacies about foods and diet. Some probably reflect the practices of athletes who became champions in spite of, rather than because of peculiar dietary habits. Others may go back to primitive beliefs that the meat of certain animals would endow the consumer with the courage, strength, and endurance of the prey. What are the facts as we know them today?

First, we know that caloric intake and physical activity output are interdependent in maintaining desirable weight. An active football player, for example, might consume 5,000 calories a day without putting on excess pounds. An inactive student with otherwise similar characteristics would soon become obese were he to eat at the same daily rate.

Second, the evidence indicates that, in general, the athlete needs substantially the same balance and variety of foods as his peers. Each day he should have liberal amounts of (1) enriched or whole grain bread and cereals, (2) meat or meat alternates, (3) milk and milk products, and (4) fruits and vegetables. Foods not included in these groups, such as butter or margarine and sugar, when used with these foods or in cooking supply additional nutrients.

Third, we know that no specific foods or vitamin products can in themselves upgrade athletic performance. Claims to the contrary are not supported by clear-cut evidence. Conflicting results of some studies suggest that supposed benefits are psychological in nature. An athlete whose diet lacked essential nutrients would perform better, of course, if the shortages were remedied, but such shortages are rare today and must be determined medically.

Growing athletes engaged in strenuous sports need liberal quantities of protein, but excessive amounts serve no purpose. If an athlete has a good all-round diet, no supplementary vitamins are needed unless a medically determined deficiency exists.

VITAMINS . . . The healthy athlete on a proper diet does not need supplementary vitamins. When taken in excess, water-soluble vitamins are excreted from the body; extra amounts of other vitamins are stored and an oversupply can be harmful. The only time that special diets or vitamins are needed is when the individual athlete evidences a shortage of nutrients as determined by his family physician or team physician.

Many of the vitamin products sold directly to the public contain large quantities of vitamins. A daily intake of amounts of vitamins A and D in excess of the limits suggested in the Recommended Dietary Allowances is unwarranted and potentially dangerous. The absence of excretory pathways for vitamins A and D and for carotene makes it necessary to limit their intake in order to avoid the problems of excess.

Chronic vitamin A intoxication occurs more frequently in children than in adults. Depending upon the severity of the intoxication, children may develop loss of appetite, weight loss, irritability, fissuring at the corners of the mouth, and cracking and bleeding of the lips. Later signs include liver enlargement, loss of hair, and severe bone and joint pains.

There is great variation in individual tolerance to large amounts of vitamin D. Several factors influence response to continued ingestion of excessive quantities of this vitamin. These factors include age, exposure to ultraviolet light, dietary calcium, and hormone excretion. With excessive intakes of vitamin D nausea, polyuria, and diarrhea are early symptoms of toxicity. Later symptoms include weakness, the deposition of calcium in soft tissues and depression.

PROTEIN . . . Jean Mayer, Ph.D., Miss Beverly Bullen, and Herbert Pollack, M.D., in a paper called "Nutrition For The Athlete" state that the concept that meat in large quantities will build the substance of an athlete stems from the Greek civilization in the fifth century B.C. when two athletes deviated from the chiefly vegetarian diet of the day to a regimen of high meat intake leading to increased body bulk.

The question of protein level is one still debated among coaches who persist in the idea that a liberal intake is desirable during training periods. Various investigators have tried low levels of 50 to 60 grams per day and high levels up to 160 grams per day. Carried out

with adequate controls, no advantage could be ascribed to one level over another within this wide range. It has been shown and reconfirmed numerous times that heavy muscular work does not significantly increase the nitrogen excretion after work. When feeding large quantities of steak and other protein sources to athletes, it would be well to check the increase of fat that is being ingested at the same time.

C. Frank Consolarizo, Chief, Bioenergetic Division, U.S. Army Medical Research and Nutrition Laboratory, Fitzsimons, General Hospital, Denver, Colorado in a paper published a few years ago stated that the ingestion of large quantities of protein has its drawbacks since it greatly increases the daily water requirements of athletes who may be already dehydrated. This is not an ideal situation since the general philosophy of some coaches is to limit the fluid intake. In some instances it is the new fad for athletes to consume high protein supplements as a means of improving muscular exercise. A considerable amount of work has been done on high protein supplements and, in one study, no changes in physical fitness and work performance were observed or attributable to the dietary protein level which ranged from 75 to 150 gm/day. In fact, the metabolic rate (oxygen uptake) was actually increased to perform the same work in the high protein group by 4 per cent, indicating a greater energy requirement to utilize the excess protein. Another researcher studied three levels of protein intakes in men performing fairly hard labor in a forestry camp. Maximal work performance, measured by the Harvard pack test were not significantly different between groups, during an eight week test period. No conclusive evidence is available that muscular activity results in an increased destruction of cellular protein in individuals receiving adequate food intakes and it is the general feeling that protein requirements are not increased with increased physical activity.

(Prepared by the Washington State Medical Association)

"You're an old-timer if you can remember when rock was something you did in a chair."

"Anybody who thinks money won't buy happiness has never tried spending it on somebody else."

Children With Heart Disease Now Have Future

"Children with heart disease" is a phrase which evokes deep emotional responses, clouded for many years by such terms as "cripples," "bed-ridden," and "early death."

But the fact is that today these terms are rarely true, thanks to highly sophisticated methods of detection and treatment resulting from heart research.

Heart disease in children is primarily limited to two forms: congenital (birth) defects and rheumatic heart disease. Congenital heart defects are structural defects in the formation of the heart occurring during the first three months of the mother's pregnancy. The cause in the majority of cases is unknown, though German measles is one known cause. The possibility that other viruses may be involved is under investigation. The role of heredity is being studied, and though we do on occasion see more than one child in the family with a congenital heart defect, there is as yet no definitive evidence that congenital heart disease is hereditary.

During the past ten years our medical knowledge has grown to the point that the cardiologist can diagnose with essentially 100 per cent accuracy most of these defects — primarily through the physical examination with the aid of the electrocardiogram and X rays.

One of the most sophisticated methods of diagnosis used by the pediatric cardiologist is cardiac catheterization. This procedure, used when other methods cannot provide a detailed diagnosis, can measure pressures and oxygen content within each heart chamber and vessel. It also enables the physician to record rapid X-ray pictures (either stills or movies) of the inside of the heart.

For those children who do require surgical correction, advances have been astounding. When once only one or two forms of congenital heart defects could be corrected, today virtually all children in need of heart surgery can undergo either total or partial correction.

Rheumatic heart disease, the other major cause of heart disease in children, is

the result of inflammation and scarring of the heart muscle and valves caused by rheumatic fever. The immediate cause of rheumatic fever is unknown, but it usually follows a streptococcal infection; however, not all "strep" infections are followed by rheumatic fever and rheumatic fever does not always damage the heart. If the heart is involved, its damage may be so minimal that the child can grow and develop and have a normal life span.

For information on inborn heart defects or rheumatic fever, write Washington State Heart Association, Arcade Building, Seattle, Washington 98101.

"Certainly everyone is entitled to their own ideas and this, generally is a healthy condition. However, when these ideas break into society to create the ruination of property, then it is time to put on the brakes"—C. Dale Noah, The Brookline (Penna.) Journal.

George W. Harper



Republican - 29th District Senate

"A veteran of WWII and Korea, I am married and have 2 children. Academic background includes history, philosophy and science. Currently teach astronomy at TCC. Ten years a volunteer with the Parkland Fire Department. Active in many youth oriented community projects including work with handicapped children.

"My candidacy is based on two main ideas. First is the belief that a legislator must work actively for the greatest good for all. He cannot stand idly by as confiscatory taxes drive people from their homes, nor can he turn aside and deny responsibility for legislation which permits the destruction of family security and unity. The man who represents the 29th District in the next Senate session must have the will and courage to correct these abuses.

"Secondly, the good legislator must represent all the people fairly and without regard to party. He cannot cater to narrow self-interest nor to meanness of mind and spirit. Neither can he give way to irrational hatred and fear. The man who represents the district must strive to make the district and the state the sort of place it set out to be, to revitalize our institutions and to rethink our goals so they will be nearer the heart's desire.

"Let us rather look forward eagerly to the 21st Century than backward with regret to the 19th. The latter is forever beyond our reach. If elected, these two beliefs shall govern me and I will do everything possible to merit the confidence the people have shown in me."

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- Commissioner of Finance,
City of Tacoma — 1946-52
- County Assessor — 1954-70

FOR
• TRUTH in Government
• EXPERIENCE in Government
• PROVEN ABILITY in Government

Re-Elect
L. W.
"ROY"

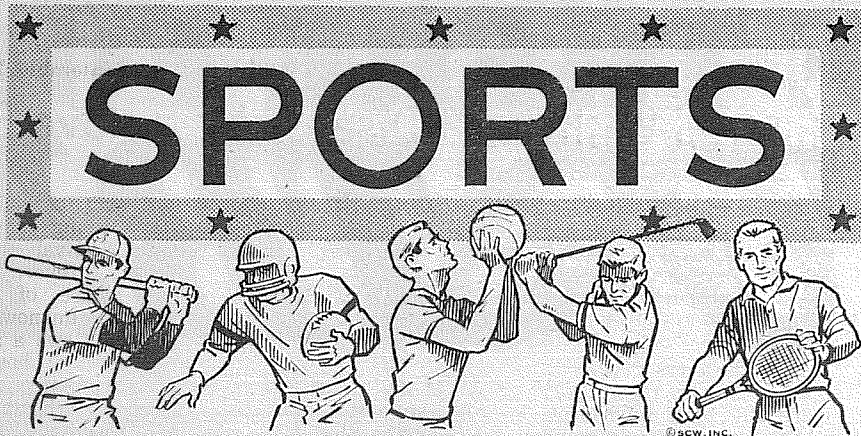
CRAIG

ASSESSOR

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DEMOCRAT



Mike Conrad of the Franklin Pierce Reds (Number 20) heading for the goal line in one of his scoring efforts in last Saturday's Red vs. White scrimmage.

Washington's Running/Cross-Country Before Season Scrimmage

by Joe Russell

RUN.

The Washington High School Patriots worked out some of the rough edges of their football machine as the "blues" beat the "whites" 27-0 in an intra-squad game held Saturday.

Dominating the action from the first minute of play was the first-string "blue" team. Quarterback Hans Woldseth completed four of his first five pass attempts, including a TD toss to Jim Sharp. With excellent pass protection he went on to go 13-20 in the passing department including four touchdowns, three to Sharp, and one to Jay Page.

Another big plus for the "blue" Patriots was an overpowering defense. Led by guard Tom Harmon the team held their "white" opposition to only five plays past the line of scrimmage, for a total of -11 yards and no first downs.

The leading ground gainer for the game was Hans Woldseth with 68 yards. All in all the "blue" Patriots picked up 14 first downs and 259 offensive yards.

Even the word is as uninspiring as the idea to most people. But to a handful of men at Franklin Pierce, it is their way of participating in a competitive sport and of showing their own athletic supremacy. They turn out for cross-country.

Unrecognized as it is, the individual competition in cross-country is as great as any in the class of team sports to which it belongs. Literally one man can make the difference.

This year's team spirit and over-all strength is what Coach Tom Buckner boasts.

Coach Tom Gilmer was generally pleased with his team's performance in their last full scrimmage before the season starts. He was enthusiastic about the pass protection, defense and general passing game, but was leary about the ground game.

The Washington Patriots open their 1970 season on Friday against the Lakes Lancers at Franklin Pierce District Stadium. The contest is scheduled to start at 8:00 p.m.

Four esteemed returning Lettermen, Jim Cail, John Hansen, Bill Ide, and Rich Poethig lead the team.

The runners themselves feel they're in for a championship season. Still, the uneasy feeling of challenge runs with them in their thoughts of Clover Park and Rogers.

In complete contrast to last year's long distance program of nearly 13 miles a night, this year the emphasis is on running twice a day, working on speed and the team's own mental attitude toward running.

The first official meet against Lakes and Clover Park will be held on September 25 at the Lakes course which claims a half-mile hill. It will prove a stiff test against a hard working squad and the philosophy of one dedicated coach.

Eatonville Is Ready

Go get 'em guys! Eatonville's first team lineup is composed of right end Jerry Brashears, left end Tim Jones, right tackle Dan Dawkins, left tackle Brian Heersink, right guard, Louie Michaelson, left guard Dennis Luck (back from an ankle sprain of last year, he's looking strong), center Danny Blue or Dave Rasmussen, quarterback John Nordstrom, fullback Jim Johnson, right halfback Denny Gollehon, and left halfback Mike Knelleken. Mike is a sophomore but the fastest guy on the team. He's the one to watch for this season.

According to Coach Gallo-way, "The team has got a high look for the coming season. It's going to be a good year." They are a little restless over the upcoming game with John Rogers Hi. Although their record isn't great, Rogers does have a lot of experience playing in the AAA League.

Eatonville is very optimistic this year though, and the games promise to be really great.

F.P. Vs. F.P. Football Scrimmage

Franklin Pierce's annual Red and White scrimmage was held September 5, at the F.P. stadium to decide who the starting varsity players would be.

The Reds overpowered the Whites 27 to 7 in a game which was highlighted by quarterback Dennis Novotney's 40 yard pass to halfback Mark Conrad for a touchdown.

The Cardinals have the

nucleus of a strong defensive line anchored by 220 pound tackle, Dean Moore, and their offense was highlighted by 210 pound fullback, Jim McAllister. McAllister rambled through the White defense to gain numerous yards.

The starting offensive lineup for this Friday's game with Clover Park will include:

- Quarterback - Dennis Novotney
- Halfback - Mark Conrad
- Fullback - Jim McAllister
- Wingback - Kerry Connell
- T. End - Jim Penning
- S. End - Dave Peters
- Tackle - Dean Moore
- Tackle - Dave Doyle
- Guard - Roger Turnbull
- Guard - Mike Sheppard
- Center - Mark Stoltenburg

VA Advises GI Bill Classes

Veterans who attended classes during the spring and summer sessions under the GI Bill should make sure their Certification of Attendance cards are returned to the Veterans Administration immediately.

The VA explained that unless the cards are returned, veterans cannot be paid the educational money for their last month of training. Neither can they be paid for their first month of training when they return to school this fall.

A veteran attending college should fill out and sign the card he received with his next to final check, and mail it to his regional VA office, VA explained.

A veteran training below college level should fill out and sign the card he receives with his monthly check, and return it each month to his regional VA office. The card also must be signed by a school official.

The veteran who has lost his attendance certification card should request another from his nearest VA office. He should then return the completed card to his regional VA office, the VA advised.

C. P. Voc. School Offers Commercial Fishing Classes

Men who are interested in a career in Commercial Fishing may still enroll for this training at the Clover Park Vocational Technical Institute, according to school officials. The course began September 1, but new enrollments will still be accepted during September.

The course is 9 months in length, with training available on a 4 hour a day basis, either mornings or afternoons. Part of the training takes place on licensed commercial fishing boats of various types.

Included in the instruction are units on navigation, electronic equipment used for depth sounding, communications and radar, map reading, and techniques of trolling, purse seining, gillnetting and dragging.

Inquiries about the course or appointments for instructor interview may be arranged by calling JU 4-7611.

NEW LOCATION
TOM'S BARBER SHOP

9618 Pac. Ave.

Tom Jackson, Owner

Before Going to the Game
HAVE DINNER WITH THE COLONEL

Decided in Primary Election
VOTE SEPTEMBER 15
RETAIN Justice Charles F. Stafford (INCUMBENT)

STATE SUPREME COURT
POSITION 3 (NON-PARTISAN)

SUPPORTED BY 88% OF ATTORNEYS VOTING
IN STATE BAR ASSOCIATION POLL (2,048 TO 275)

- Appointed to Supreme Court Jan. 1, 1970
- Only man in state's history with experience on Superior Court, Washington Court of Appeals, and Supreme Court
- Commended by legal authorities, including former U.S. Supreme Court Justice Tom Clark for his dedication to improving the administration of Justice
- BA Degree, Whitman College. Law Degree, Yale
- Native Washingtonian, active in civic, youth, and religious organizations

Judicial Experience is of Vital Importance for Supreme Court Service. Justice Stafford has 17½ Years Distinguished Service as a Judge on Washington Courts. His Opponent has None.

Arthur Paulsen, Quimby Bingham, Pierce County Chairmen

RETAIN JUSTICE CHARLES F. STAFFORD COMMITTEE
Matthew W. Hill, State Chairman
1220 IBM Building Seattle, Washington 98101

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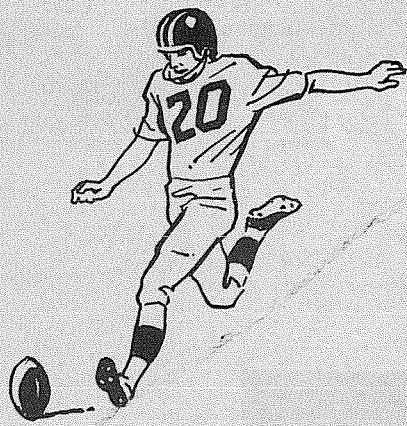
Concerned About Property Taxes?
Read Ted Bottiger's Ten Point Plan

1. Stop, if possible, the reappraisal program until a more realistic program can be adopted.
2. Increase the tax exemption for the retired and disabled to provide the first \$5000 in assessed value of the home of a retired and disabled person who earns less than \$5000 per year be tax exempt.
3. Amend the Open Space Law to permit the benefits of the statute to be available to the small acreage owners as well as the large.
4. Prohibit the assessor from using the single speculative sale of property as a comparable in setting surrounding land values.
4. Prohibit the assessor from using the single speculative sale of property as a comparable in setting surrounding land values.
5. Provide that those persons who successfully appeal erroneous assessments be compensated for their expenses.
6. Prohibit employment of out-of-state assessors unless such assessors successfully pass an examination based on local land restrictions and drainage conditions.
7. A total re-examination of special tax treatment of forest lands.
8. Grant county government the same authority to diversify their tax sources as is given cities so as to relieve real property as the almost single source of revenue for county services.
9. Provide that in those cases where property taxes increase by more than 25% due solely to increased land values, the tax increase would take effect in stages spread over at least four years so as to permit family budget adjustments.
10. Increase state support to local school districts to make excess levies on real property unnecessary.

Ted has never made promises he could not keep. His seniority and stature among his fellow Legislators places him in position to make your voice heard on taxes.

Pd. Committee to Re-Elect Bottiger, Wayne Ehlers, Chairman.

Re-Elect R. TED BOTTIGER
State Representative
29th District Demo



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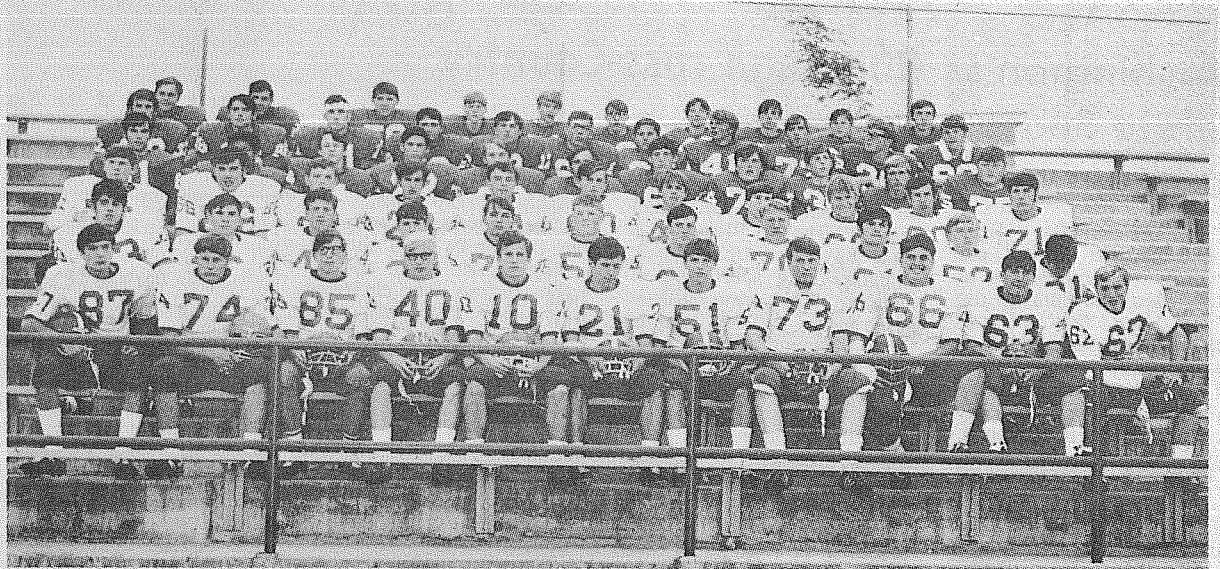
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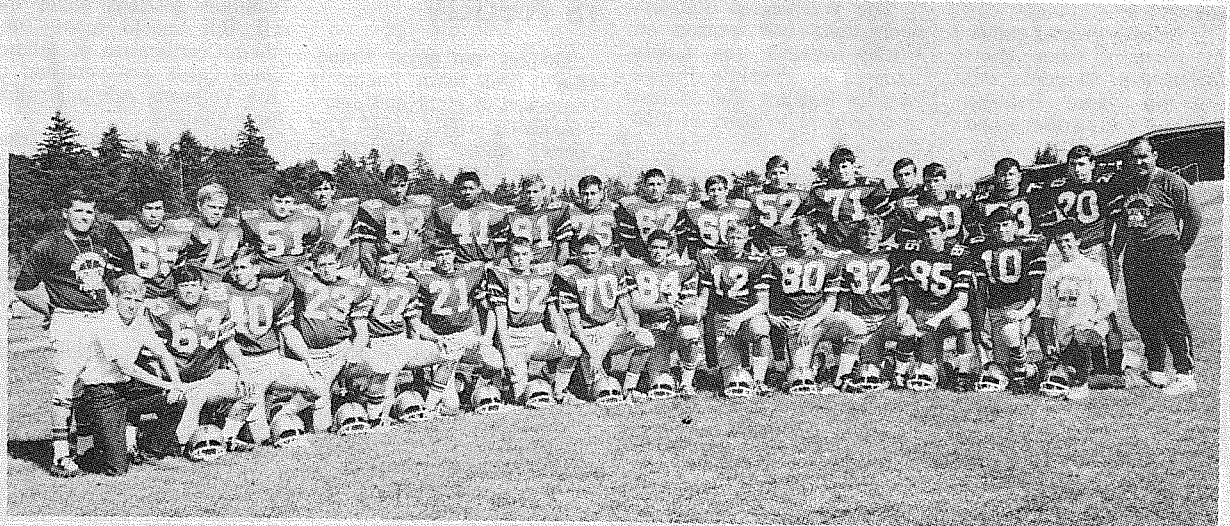
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VI 7-7444

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Franklin Pierce Football Schedule

Sept. 11	Clover Park	away	Oct. 9	Federal Way	away
Sept. 18	Washington	home	Oct. 16	Lakes	home
Sept. 25	Puyallup	away	Oct. 30	Rogers	away
Oct. 2	Auburn	home	Nov. 6	Jefferson	home



Washington Football Schedule

September 11	Lakes	Home	October 16	Bellarmine*	Away
September 18	Franklin Pierce	Away	October 23	Puyallup	Away
September 25	Rogers	Home	October 30	Auburn	Home
October 2	Jefferson	Away	November 6	Federal Way	Away
October 9	Clover Park	Home	November 13	Lincoln*	Home

*Indicates non-league contests. All home games will be played on the Franklin Pierce football field.

Our local merchants are wishing th

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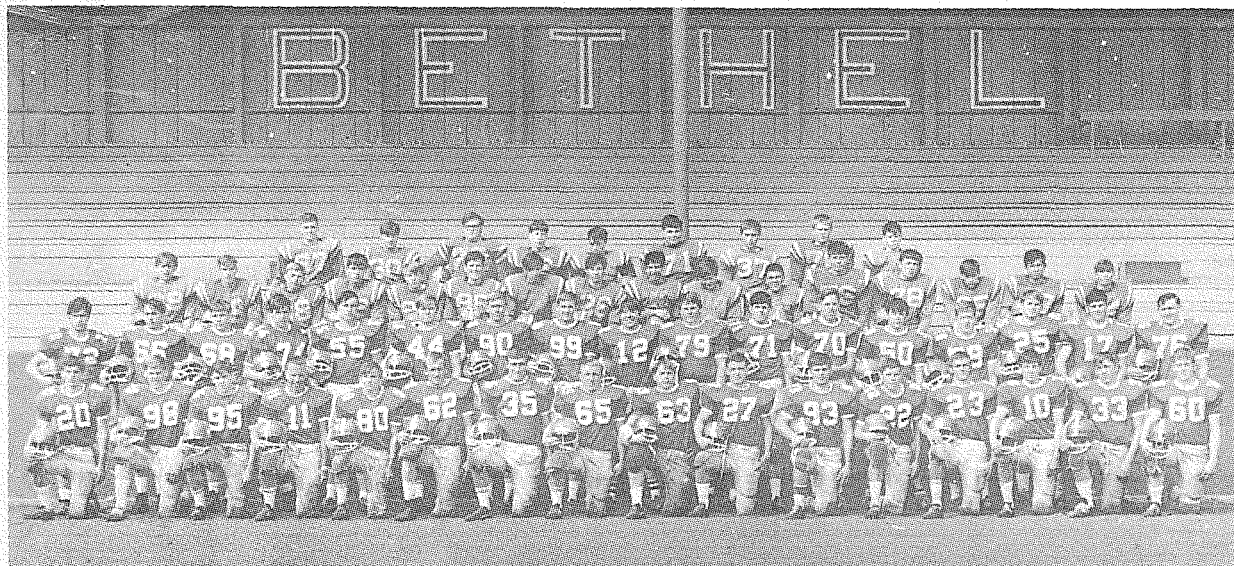
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PARKLAND
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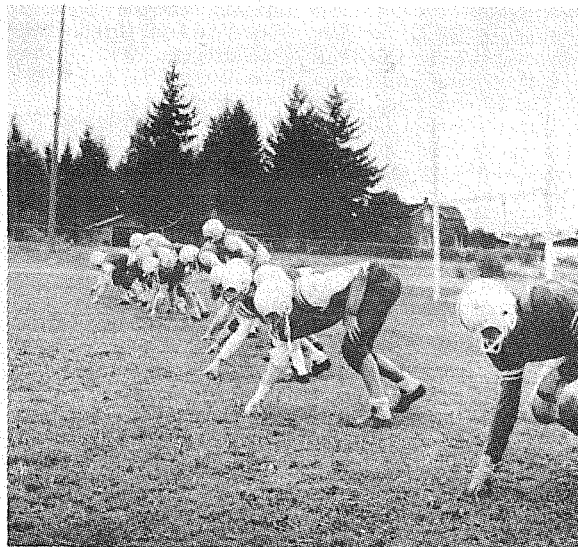
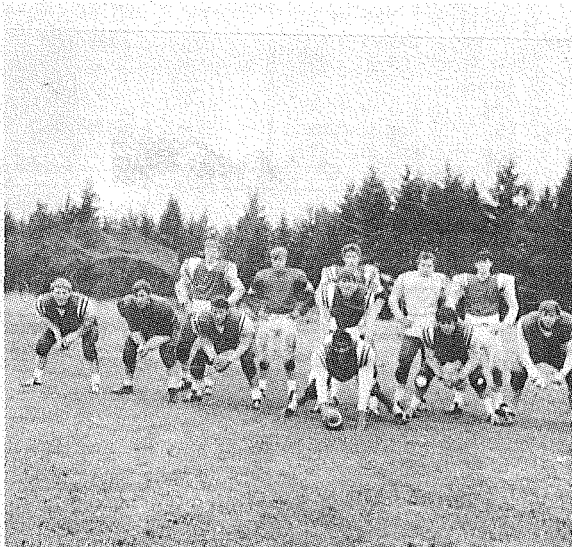
THE FIRST GAME!

OPENING



Bethel Football Schedule

Sept. 11	Tahoma	home	Oct. 9	Curtis	home
Sept. 18	Fife	away	Oct. 16	Enumclaw	away
Sept. 25	Sumner	home	Oct. 23	White River	home
Oct. 2	Foster	away	Oct. 30	Peninsula	home
	Nov. 6	Mount Si			away



Eatonville Football Schedule

Sept. 12	Rogers	away	Oct. 9	Tenino	away
Sept. 18	Morton	home	Oct. 16	Rochester	home
Sept. 25	Charles Wright	away	Oct. 23	Orting	away
Oct. 2	Laughbaugh	home	Oct. 30	Yelm	home
	Nov. 6	St. Martins			away

Wish these teams a successful season!!

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Spanaway
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E & S ELECTRIC
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PARKLAND
LE 1-0593

PARKLAND CLEANERS
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LE 1-1343

Outdoor

TIPS AND TALES

THE HIGH Cascade buck hunt, which starts Saturday, Sept. 12, is one of the best hunts of all, in my book, because of the nature of the country and the time of year the hunt takes place.

Once you get into one of these high areas you can walk a few feet off the trail and except for a possible jet contrail in the sky, be back several hundred years to the time when only Indians roamed the North American Continent. You're that much alone at times.

You can run into rain, or even snow at times, but generally, you have beautiful Indian Summer weather. Often the blueberries are ripe at the time of the hunt and in addition to a big buck, you can run across several bears, well fed and fat from feeding on the berries.

If you've ever eaten black bear which had been feasting on berries, you know it's one of the best of meats. The fat, when rendered out, far excels pork lard.

This early hunt has a high ratio of hunter success, compared to the regular hunts later on, but it generally calls for horses to get you back in.

It can be made on foot. There are places where a hike of five miles or so from the last road, can get you to the edges of the high hunt boundaries. Then if you do score, there's a good chance of seeing some other party along a trail with horses, who will carry your trophy out for a fee.

We walked in one year, staying three days. The only catch was that we missed the others with horses and had to pack a monstrous mule deer out on our backs. It was still a great trip and one of the highlights of all hunting trips I've been on.

DOVES and pigeons, which are fair game through the month of September, are migratory on a long distance basis, but also move around within a given area.

If cold weather hits, they can move out practically overnight, so that where you saw many one day, there are almost none the next.

They also move around within an area before they take off for the southlands. So an observing eye is valuable. If you see a few doves around, for instance, stop and look around. There's a good chance of more being in the area, but they aren't going to pop up and advertise their presence. Doves will often fly well until around 9:30 or so in the morning, then sit tight in the fields until the afternoon.

Feed has a lot to do with bird movement. A flock of pigeons can move into an area, work the berries over, clean them all up and move out in a short time. In forested country, a good place to hunt is either where they feed or water. Find some old snags in one of these areas, get under them and then catch the pigeons coming in.

Pigeon hunting has often been described as a guessing game, for you never can be sure what these little birds are going to do or where they're going to be from day to day.

If everyone thought alike this would be a stagnant world. — James M. Talley, The Sun-Journal, Brooksville, Fla.

COMING SOON -
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ROADRUNNER
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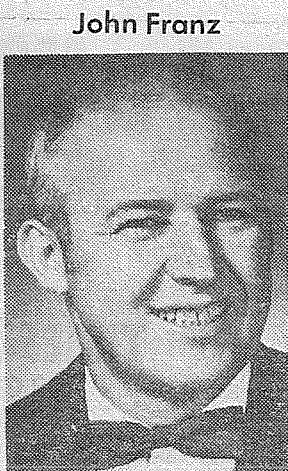
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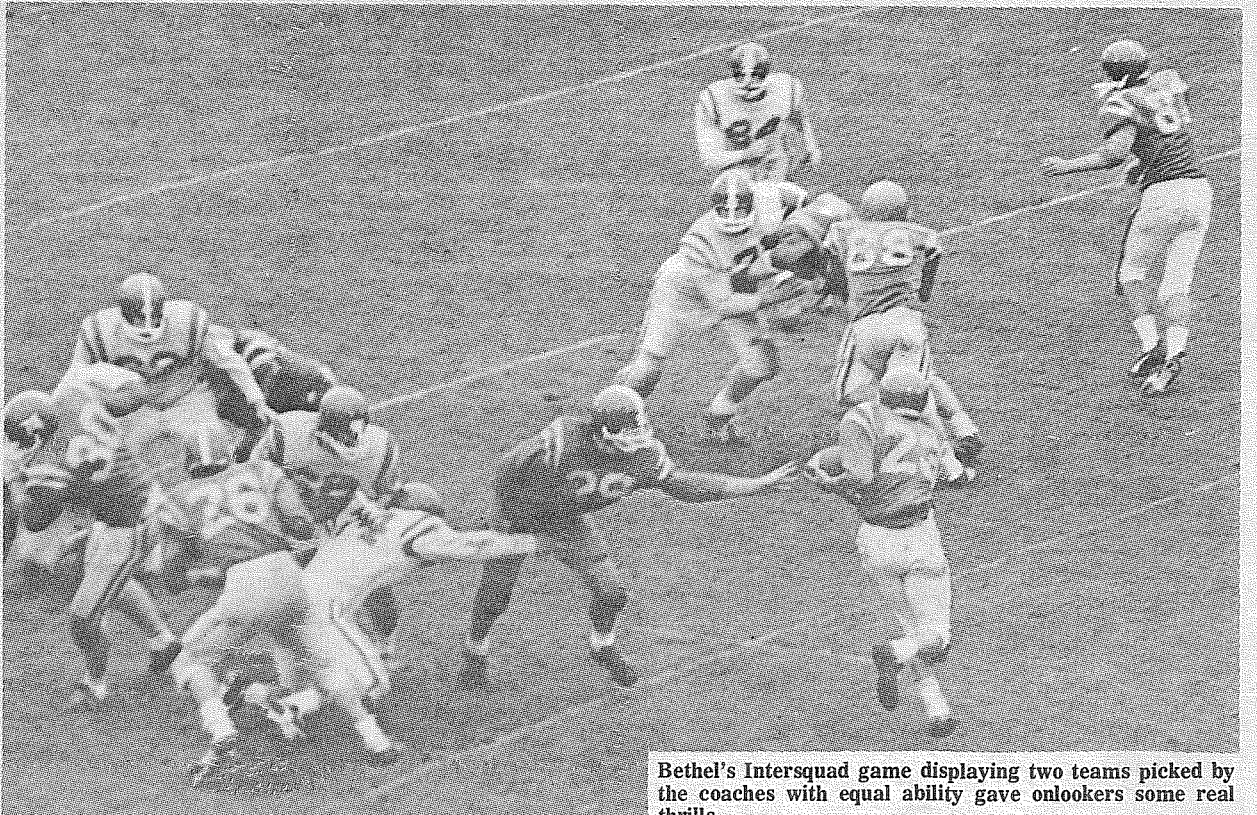
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John Franz, Republican candidate for Pierce County Assessor, has been a successful Tacoma businessman for 18 years in the furniture business and also a rancher for the past 10 years. Franz was born and attended school in South Dakota before moving to Pierce County 23 years ago. He is a veteran of World War II, having served four years in the South Pacific. He is a member of the VFW, Elks, Masonic Lodge and various other organizations.



Elroy V. Hicks



Bethel's Intersquad game displaying two teams picked by the coaches with equal ability gave onlookers some real thrills.

Chickens Of America Beware!!

By Glenn Ryder
The Bethel Braves football team held their annual

"Chicken and Beans" football game Saturday, Sept. 5 with the Red squad beating

the Gray squad 13 to 7. The neat thing about this game compared to others is the winner gets to eat chicken while the loser eats . . . Beans!

gray. Skip Thiel threw eight for fifteen in the passing department while Don Ladwig was the leading ground gainer with 69 yards on 12 attempts.

So chickens watch out for the Bethel Braves — they like you!

Bethel Starts Cross-Country

By Glenn Ryder
As the defending tri-champs in the Seamount League the Bethel Braves Cross-Country team is looking forward to this year with high hopes.

six of the seven member of last year's team are returning. They are seniors Terry Browning, Bob Nylander, Steve Brown, Norm Cox and juniors Jim Conant and Stan Adkins. Backing them are Jim Hatcher, Glenn Ryder, Bob Meyers, Mark Riehms, Dan Dirks, Vic Van Weiren and Steve Fite.

Returning from a fine season last year in which the the Braves were co-champs with Curtis and Enumclaw, winning Sub-District, placing fourth in District and fifteenth in the State, they have plenty to look forward to.

Coach Wisness had his team turning out before school with plenty of hard, rugged turnouts and long training runs. Since the team is working hard, one of the goals Coach Wisness has set is to run one thousand miles during the season, averaging about one hundred miles a week. To do this, he has the team running in the mornings before school and long workouts after school. The team has been working out very, very hard; they want to win the league title this year.

Head Coach Doug Wisness had this to say about his team, "We're ahead of last year's pace and we're also alot stronger and looking ahead to the new season. I'm very impressed with our sophomores this year. We're looking good." The coach has plenty to back him with as

For the past 13 years Franz has lived in Puyallup with his wife and three children.

"As a long time resident, businessman and rancher in Pierce County, I am alarmed and dismayed by the unjust assessments now being inflicted upon the taxpayers of the county. I have, therefore, announced my candidacy for the Office of County Assessor on the Republican ticket.

"The power of the County Assessor's office is such that he can refuse to enter the current excessive and capricious re-appraisals on the 1971 tax rolls if he so chooses, and as your elected County Assessor, I will take these excessive and capricious re-appraisals off the tax rolls until a more equitable property tax base can be created by legislation, and I would challenge anyone to deny me this right and responsibility of my office as County Assessor."

The team starts this year's competition at the Tacoma Invitational Sept. 19, at Wright's Park in Tacoma. If you want to follow them this year this is their schedule: Sept. 26 — Edmonds Invitational, Oct. 1; Fife, here; Oct. 6 — Sumner, there; Oct. 8 — Enumclaw, here; Oct. 13 — Peninsula, there; Oct. 15 — Curtis, here; Oct. 20 — Mt. Si, there; Oct. 22 — Tahoma, there; Oct. 24 — N. Thurston Invitational, Oct. 31 — Sub-District, here; Nov. 7 — District, Evergreen High, Seattle; Nov. 14 — State, Evergreen.

The Braves are looking forward to the new season. If you happen to see someone running along side the road in red sweats, you'll know he's one of the Braves training for a meet. Puff! Puff!

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CHAMPIONSHIPS!

SATURDAY & SUNDAY
BIG 75 LAP MAINS
RACING FOR DOUBLE POINTS
SEE THE RED-HOT SUPERSTOCKS
WRAP UP THEIR POINT SEASON
WITH AN OUTSTANDING
WEEK END PROGRAM!

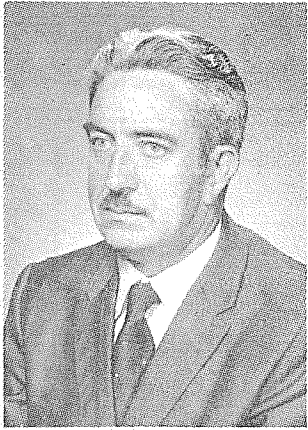
SATURDAY: TIME TRIALS 6:30 P.M. RACING 8 P.M.
SUNDAY: TIME TRIALS 1:30 P.M. RACING 3:00 P.M.

SPANAWAY SPEEDWAY
2 MILES EAST OF PACIFIC
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HICKS Democrat

Hard-working · Independent and He keeps in touch

Lee King



Community Problems You Can Solve

"Everyone hears about and is worried about the growing problems of suburban America — drugs, delinquency, divorce. But the citizen is often lost in a feeling of powerlessness," said Mrs. A. J. Heineman, Director of Volunteers at Greater Lakes Mental Health Center.

"But this need not be," she continued. "The citizen can do something by participating in the work of the mental health centers. They're doing something," she reported.

"What Does a Community Mental Health Center Do?" will be the subject of a morning seminar to be presented Thursday, September 17, by Greater Lakes Mental Health Center. Open to the public and presented for citizens of southern Pierce County who care about the problems of their community, this seminar will center on specific problems and solutions provided by a mental health center.

What is intensity of community problems? How serious must a personal concern be before help is sought? What happens in psychotherapy? and What can a volunteer do? will be topics of discussion led by professionals from the mental health center.

The seminar will be held in the auditorium of the Lakewood Unlimited building, 9511 Bridgeport Way SW, from 9:30 a.m. to 12:30 p.m. A no-host luncheon will follow for those who wish to attend. Reservations at Greater Lakes Mental Health Center will be appreciated (JU 4-8933).

"If I were 21, I would urge that room be made for my generation in the exciting and challenging world of business. If I were 21, I would have faith that business would not let me down and I would face the future with optimism. An optimism built on faith in a system which has met and solved every problem which it has confronted. I would be eager to tackle my opportunities as a problem solver in this system." — W. W. Keller, Chairman and Chief Executive Officer, Phillips Petroleum Company.

"Do we have time to take a cab, or shall we walk?"

"This is still the land of opportunity. Where else could you afford to have so many things you can't pay for?"

"Remember the time when professors educated the students on the college campus instead of vice versa?"

"Engineers are trying to build a car that will stop smoking — I'd like to find one that will stop drinking."

"The trouble with being pleasant is people think you're a hypocrite."

"Patience is something you admire in the driver behind you but not in the one ahead."

Cholesterol Helps Cause Heart Attacks

The role of cholesterol in the development of coronary heart disease has been debated for years. But one fact about this waxlike substance in the blood has been established beyond dispute: persons with high amounts of cholesterol in their blood die of coronary attacks at a strikingly higher rate than do those with lower amounts.

Cholesterol is a normal and vital constituent of the body. It is obtained from the foods we eat, and it is also manufactured by the body. Even if we took in no cholesterol or fat at all, the body would make all the cholesterol it required. Foods which help promote higher blood cholesterol values are pork products, fatty beef, eggs, and saturated dairy products such as fatty cheeses and butter.

When the concentration of cholesterol builds up in the blood it causes fatty deposits to line the arteries — and the lethal process of hardening of the arteries (atherosclerosis) has begun. Eventually the flow of blood in the arteries to the heart muscle is obstructed and the heart attack results.

At this point, it is important to stress that, while cholesterol is a very important cause of heart attacks, a combination of factors are involved.

The prime coronary candidate has one or more of the following traits: sedentary living habits (lack of physical exercise); excessive smoking and eating of rich foods; flabby obesity; high blood pressure; a tendency to diabetes, and a high level of blood fats (including cholesterol). He walks about with a sense of well-being and without symptoms, yet often already he has abnormalities of the heartbeat or an enlarged heart. He may even have sustained a previous heart attack which went unrecognized. In any event, he is usually completely unaware of the impending disaster.

NORMAL CHOLESTEROL LEVELS

Cholesterol levels are considered "normal" when in the range of 150 to 250 mgms. per 100 ml. of blood. But there is evidence that even these levels are very high and not safe, as judged by the rate of coronary heart disease in this country. Men with a cholesterol level of 250 mgms. or higher develop heart attacks at a rate double that of the general male population; those with a level below 200 mgms. have only half the general rate.

HEART HEALTH GUIDELINES FROM WASHINGTON STATE HEART ASSOCIATION

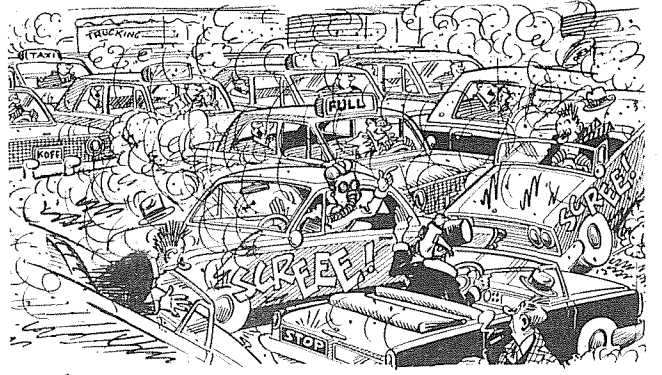
Become better informed about the nature of coronary heart disease so that you won't fear it needlessly. Avoid overweight.

Learn to walk again, but do not overdo it too soon. (Undertake more vigorous exercise such as jogging and competitive sports only on the advice and consent of your physician).

Use fruits for desserts rather than sweets.

Substitute poultry and fish for pork products and beef wherever possible.

Avoid eggs and saturated dairy products such as fatty



THE AIR WE BREATHE... MILLIONS OF TONS OF SMOKE, DUST AND DIRT... FILL OUR SKIES AND OUR LUNGS EVERY DAY...

cheeses and butter. Cut our cigarette smoking or take up a pipe or cigar without inhaling. Have frequent periodic medical checkups.

QUICK COPY SERVICE AT The Times Journal 409 Garfield - 10¢ a copy -

Elect JERRY WOODS 29th District Representative - Position 1 Property Tax Exemption for Senior Citizens



Please give a park a vote.

Never before and perhaps never again will you be asked to vote on such an important park proposition.

It calls for the development of 66 parks, the preservation of greenbelt and waterfront areas in Pierce County, Parkland and 17 other cities. It means a marine mammal facility at Point Defiance Park that would surpass California's famous Marineland of the Pacific.

It's a plan designed to take care of major park funding for a long time to come. The cost is only pennies a month. The investment is the preservation of park lands. Forever.

Vote yes proposition one. (parks and recreation)

Paid for by Design for Progress, Inc., 207 S. 9th St., Tacoma. Peter K. Wallerich, President. William E. Elder, Executive Director.



RETAIN Jack Davelaar PIERCE COUNTY Coroner DEMOCRAT

RETAIN Dick GRECO DEMOCRAT PIERCE COUNTY AUDITOR

WSU Regulation On Freedom Of Expression

SPOKANE, Wash., Sept. 3 —Washington State University's Board of Regents, meeting last Thursday in Spokane, adopted a code of conduct which will apply to all students, faculty and staff of the institution, effective immediately.

The meeting followed a hearing on August 3 in Pullman during which proposed rule changes were discussed. Another open hearing will be held on campus October 2 and final changes or additions to the rules and regulations are expected to be adopted at the regular meeting of the Board of Regents on October 16.

Included among the changes are amendments to WSU's policy on "Freedom of Expression and Accompanying Responsibilities" which was approved by the regents two years ago. That policy statement specified conditions within which faculty, students and staff could express dissent.

"Because of the very real threat of loss of the freedom to protect and to pursue educational objectives brought about by some who have abused this right, the Board of Regents believes it is important that the limits of protest be specified in more concrete terms," the new policy states.

The Freedom of Expression policy lists five points "which trespass on the rights of others and therefore cannot be permitted." The five points listed are as follows:

1. Use of means to disrupt the educational processes and functions of the university, including classroom and laboratory activities, services, meetings or ceremonies.
2. Intentional and unauthorized obstruction or restriction of free movement of persons or vehicles on the campus or other university property.
3. Detention or physical abuse of any person or conduct which is intended to threaten imminent bodily harm or endanger the health or safety of any person on any property owned or controlled by the university.

4. Intentionally damaging, defacing or abusing university facilities or equipment.

5. Inciting others to engage in any of the conduct or to perform any of the acts prohibited herein.

"Members of the university community who violate these rules on freedom of expression will be subject to arrest and/or expulsion or dismissal from the university," the regents said.

The regents say principles of due process will be observed throughout all such procedures.

In emergency situations, if the safety of one or more individuals is imperiled, property is endangered or the university's ability to function is in question, the WSU president, Dr. Glenn Terrell, or his authorized representative "may summarily suspend the faculty, staff or other employees or the enrollment of any student," the regents said.

The regents also say "the university will regard its principal responsibility for disciplinary action as residing within the university community, its housing, property and academic pursuits," and listed conduct for which employees and students are subject to university discipline.

Students, faculty, staff or other employees are subject to discipline if they use unauthorized sound equipment on campus, steal or damage university property, use, possess or purvey illegal narcotics or dangerous drugs, or engage in indecent or obscene conduct on university-owned or controlled property or at university-sponsored or supervised functions.

Disciplinary procedures may also be levied if the students, faculty, staff or other employees have on their person, in their vehicle or otherwise in possession any gun, pistol, firearm or explosives, dangerous chemicals or other dangerous weapons or instruments on the university campus or other university property.

In addition to the rules governing members of the university community, the regents are considering a new "University Rule on Firearms and Dangerous Weapons" which prohibits employees, students, faculty, campus guests or visitors from possessing firearms, dangerous chemicals, weapons, instruments or explosives on the WSU campus.

Authorized law enforcement officials are exempt from the rules regulating the carrying of firearms.

R. Ted Bottiger



Democrat R. Ted Bottiger has declared his candidacy for re-election to a fourth term as State Representative from the 29th District. In the 1969 session he served as Assistant Minority Whip and was elected Assistant Minority Floor Leader during the 1970 extraordinary session.

Bottiger is a lifetime resident of the 29th District and is a practicing attorney within the district. He is a graduate of Lincoln High School, UPS and the University of Washington Law School. Active in community affairs, he has been President of Parkland Youth Activities, Inc., Team Captain of UGN, is a member of Parkland Jaycees and helped spearhead the Reinke kidney fund drive. He and his wife, Darlene, have two daughters and a son.

Bottiger began his government service as an Assistant Attorney General and headed the Tacoma office of the Consumer Protection Division. This experience has provided special insight into the problems of law enforcement and consumer protection. As a ranking member of the Judiciary Committee, Bottiger helped to push through passage of the Civil Disturbance Act and the Public Trespass Act of 1970. He was instrumental in the passage of a bad check law and has sponsored other consumer protection legislation. His efforts in combating pornography have earned him a special citation from the Knights of Columbus.

Of special interest to the Parkland area have been Bottiger's successful efforts to: secure a fifth lane on Pacific Avenue, another section of which is due to be constructed soon; safe walkways for students; caution lights near several dangerous school crossings; and in cooperation with PLU, a Legislative Intern program and a State scholarship program.

Bottiger will continue to support legislation designed to reduce the incidence of crime and violence. Attendance at all of the major public tax meetings in the district, contact with Grangers and other tax groups, and receipt of many calls and letters have helped him to firm up plans to introduce legislation to provide a more equitable tax program, assuring property tax relief and restraints on other existing taxes.

Toastmasters

By the still blue waters of Wapato Park, the Cascade Chapter of Toastmasters, Club No. 986, began another session of public speaking. The club normally meets at Barlo's Restaurant in Parkland.

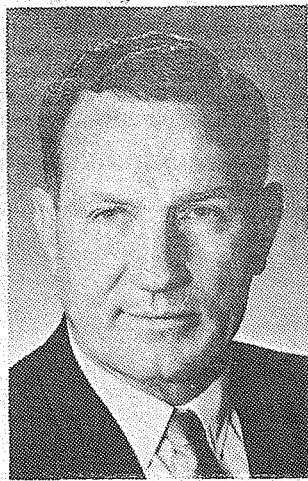
The meeting got underway with Dennis Obert and his "eye opener" for the evening. This is to get the members talking spontaneously on a selected subject. The grammarian gave the word for the week — behoove. Every week a new word is chosen and brought before the members to expand the knowledge of Toastmasters. Table Topics, a part of the educational portion of the meeting dealing with "off the cuff" comments on a pre-selected subject, was handled by president Bob Mendenhall. The meeting continued with various speakers and their interesting and informative topics. The only interruption during the meeting was an occasional quack from the waterfront.

For more information about the Cascade Chapter and Toastmasters International, you may contact the club president at SK 9-1754

Auditions To Be Held For Tacoma Junior Symphony and Tacoma Youth Symphony

Any instrumentalists interested in playing in the Tacoma Youth Symphony or the Tacoma Junior Symphony for the coming season, who are members of their own school performing groups, are eligible to audition. Auditions will be held in the downstairs rehearsal room in the Music Hall at UPS from 9:00 a.m. to 3:00 p.m. on Saturday, September 12th.

Use the Want-ads — It Pays



Law Enforcement Needs Were Never Greater

Keystone Is Loosened

Retirement has broken up a famous team of keystone cops—the term keystone referring, in this case, to the fact that they have been the strong block of granite supporting the front wall of Tacoma's defense, the Police Department.

Detective Ted Strand has retired after 25 years of distinguished police service. His partner, Tony Zatkovich, will retire next December. Together, they have matched their wits against wrongdoers in the biggest police cases of recent years. Homicides, armed robberies, kidnapings, some of them the most baffling in the Pacific Northwest, have been their beat.

The people on the safe side of Tacoma's forward defense wall appreciate their dedicated work. Only the crooks will be glad to see them go.

The above editorial, taken from the News Tribune, Monday, April 11, 1966, shows what Tony Zatkovich has done and, as sheriff, will continue to do for the residents of Pierce County.

ELECT
A.M. 'TONY' ZATKOVICH
SHERIFF
DEMOCRAT

PAID FOR BY COMMITTEE FOR ZATKOVICH FOR SHERIFF COMMITTEE, E. BARNES, CHAIRMAN



John Franz for County Assessor

John Franz, long time resident, businessman, and rancher in Pierce County announces his candidacy for County Assessor on the Republican ticket.

"FRANZ THE MAN"

"There has been much said about the responsibility of the County Assessor's office being abrogated by the State because of some contractual agreements entered into by the County Assessor and other County officials," Mr. Franz stated, "and I would brand this nothing more than intentional propaganda created for the County Assessor to hide behind."

"Our County Assessor has abrogated his responsibility to the taxpayers of Pierce County, and has refused by his actions to intercede for them in what he well knows to be inequitable re-appraisals, and has further contributed to the problem by allowing out-of-state appraisers complete license in Pierce County."

"The power of the County Assessor's office is such that he can refuse to enter the current excessive and capricious re-appraisals on the 1971 tax rolls if he so chooses, and as your elected county Assessor, I will take these excessive and capricious re-appraisals off the tax rolls until a more equitable property tax base can be created by legislation, and I would challenge anyone to deny me this right and responsibility of my office as County Assessor," Mr. Franz concluded.

Vote For John Franz

PAID POLITICAL ADVERTISEMENT

Senator Jackson wrote a new law that opens thousands


of jobs for young people in our national parks and forests. Read what a famous outdoorsman says about it:



"Senator Jackson's Youth Conservation Corps does three good things. It gets teenagers off the streets during the summer. It gives them a chance to do useful work in the woods and gain a real appreciation of their environment. And frankly, I think they'll help improve our national parks." Jim Whittaker, August, 1970

Senator Henry M. Jackson.
In times like these it's good to have his common sense.

Citizens for Senator Henry M. Jackson, Democrat
Donald Voorhees, Chairman, 1408 Fifth Avenue, Seattle, Wash. 98101



D.D.T.
By Henry Gibson
I've got D.D.T. in me
Inside me there's D.D.T.
If you could see inside of me
Then you'd see D.D.T.
(Which is all right, I guess, if you
like to swallow live bugs...)

Pesticides Regulated In Wash. State

OLYMPIA — State Director of Agriculture Donald W. Moos today announced that 13 highly toxic pesticides are put under a permit requirement under new state regulations.

Adopted following a public hearing in Yakima, August 24, the new regulations also increase from 26 to 36 the number of pesticides restricted to commercial use and tighten the controls on the packaging, handling, transportation, and use of the more hazardous materials.

The 13 pesticides put on a permit basis as of November 26, are Bidrin, Di-Syston (liquid), Endrin (2.5 per cent and above), Furandran, Lan-nate, Parathion, Phosdrin, Schradan, Systox, Temik, TEPP, Thimet (liquid) and Zinophos. They may be sold only by licensed pesticide dealers. Every purchaser of any of these materials must hold an annual permit. The dealer is required to maintain a record of all sales, showing the purchaser, product, amount, and crop use.

"Under a previous regulation, a register had been established for Parathion," Moos said. "But this is the first time in Washington that a purchase permit has been required for any pesticides. The purpose is to make cer-

tain that the more dangerous pesticides are available only to persons experienced in their use."

The regulations also adopt the current Federal Department of Transportation specifications for pesticide containers. These are designed to guard against the movement of toxic materials in unsafe packages. The regulations specifically prohibit the transportation of highly toxic pesticides in the same vehicle with clothes, food or animal feed.

Another regulation prohibits the storage or sale of highly toxic pesticides in the same department of a store where food is displayed or sold.

"The new regulations spell out the responsibilities of every person who handles, transports or uses dangerous pesticides," Moos said. "The farmer who hauls these materials in his own truck must meet the same requirements as the commercial trucker."

The regulations also cover disposal of empty pesticide containers. Moos said these restrictions apply to the farmer disposing of containers on his own land as well as to the commercial applicator.

The regulations eliminate custom pesticide mixes,

which are formulated for a specific user. All pesticide formulations now must be registered before manufacture.

All the regulations except the permit requirements go into effect September 28. The effective date for the permit regulation was delayed to allow time to establish the permit procedure.

Agriculture Regulations Hearing

OLYMPIA — Proposals for major changes in State Department of Agriculture regulations on commercial feeds will be considered at a public hearing in Seattle on Thursday, September 24. The hearing is scheduled for 10:00 A.M. in the Flycatcher Room of the Camlin Hotel.

Director of Agriculture Donald W. Moos said the principal proposed changes would bring cubed and wafered hay under regulation as commercial feeds, provide more flexibility in labeling of feeds, and tighten restrictions on distributing feeds in used sacks.

Moos said the industry has recommended that cubed and wafered hay, as distinguished from baled hay, be brought under the commercial feed regulations. These products would have to be

KIDS SHOULD'N'T WORK AT BREATHING

FIGHT CHILDREN'S LUNG DISEASE

GIVE TO YOUR CYSTIC FIBROSIS CHAPTER

Tony Zatkovich



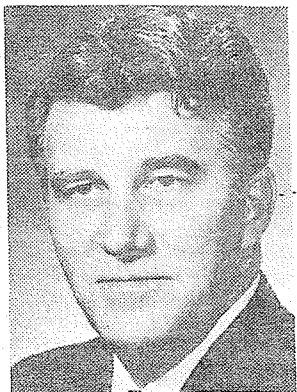
Tony Zatkovich has lived in Tacoma most of his life. He is married with two grown sons, and is a member of the Elks and Eagles. He represented the Tacoma Police Department for years as their representative of the Washington State Police Officers Association of First Class Cities. He was chairman of the Police Bargaining Committee, vice president and finally president of the Tacoma Police Union, elected by rank and file to represent them. He always fought for high standards in Law Enforcement.

Tony has worked in most all phases of law enforcement, from bottom to top, including administration, and his appointment as Chief of Tacoma Police Department. He has attended numerous training courses including the Institute of Government at the University of Washington and the Special Arson Investigation at Gonzaga University. He has handled many heavy cases which included robbery, homicide, assault, rape, arson, and burglaries.

"My added experience as a councilman with the City of Tacoma is a further asset. My record speaks for itself. I am not afraid to make decisions or stand up and be counted."

"Crime rate in Pierce County is extremely high. Included with serious crime is the high drug abuse in the area. Narcotics detail is sadly lacking. A precinct in Pierce County is a must, auxiliary and junior patrols should be reorganized. There

Nels B. Nelson



Nels Nelson can bring a new concept to the Office of Prosecuting Attorney, which requires leadership together with experience. The problems of today require, in addition to these, a new look. Yesterday's answers are not the solution. Civil unrest, abuse of drugs and the increase in criminal activity must be brought under control.

"I served the people of Pierce County in the Prosecuting Attorney's office for ten years from 1955 to 1965. Cooperation with law enforcement throughout the county brought results. Now the enforcement arm has been cut from the Attorney's Office. There is no cooperation and efficiency is gone. The courts are jammed with untried cases. Law has collapsed as was shown at the Eatonville fiasco.

"I pledge to bring cooperation and teamwork back. I know it can be done. I am a Democrat — I have served on the Democratic party executive board. I am presently vice chairman of the Civil Service Board.

"The people of Pierce County need a change. Old faces and old ideas cannot meet the challenge of these vital times. If elected, I will serve all. My office will be open to serve everyone regardless of Party, race or economic status."

should be a better communication between small communities in the area and the Sheriff's Office. People should have confidence in their Sheriff's office."

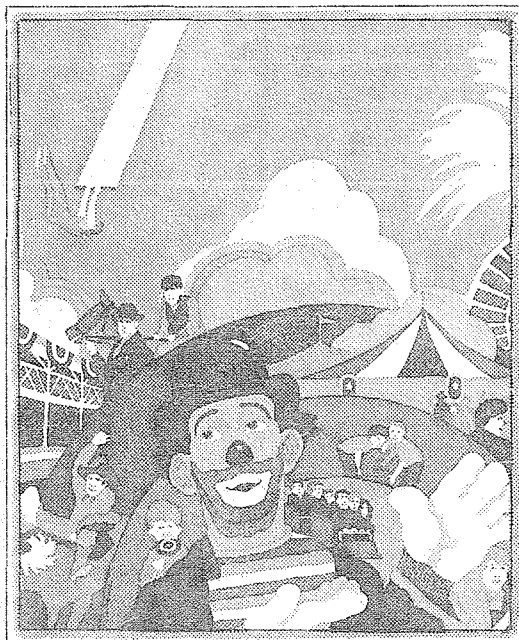
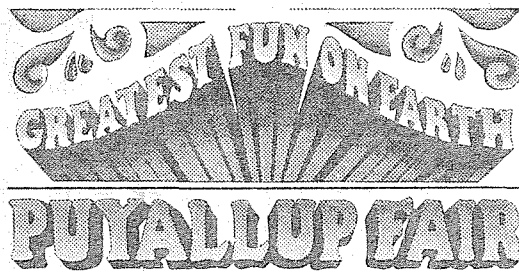
Results of Roy Rodeo Sept. 6 and 7

Main Events Winners
Bareback Riding - Steve Schnable, Redmond, Oregon
Saddle Bronc - Harry Noble, Hermiston, Oregon
Bull Riding - Bob Wagner, Puyallup
Calf Roping - Danny Torricellas, Eugene, Oregon
Steer Wrestling - Danny Torricellas
Team Roping - Billy King from Enumclaw and Darrell Waddil, Puyallup
Cow Milking - Don Flowers, Roy, Wn.

Girl's Barrel - Jan Kremlin, Enumclaw

Wild Horse Race - (3 man team) Butch Sahara, Merrit, B.C., Clarence Snyder and Gil Snyder, Keremeos, B.C.

The Rodeo gathered a good crowd on Sunday, but Monday with the rain not as many people came. The rain hit just before the show Monday which made the ground slick and difficult to perform on.



SEPT. 19-27 Been-around-for-67-years type fun. With incredible rides, blue-ribbon livestock, yumyness of scones, lop-eared balloons and the family sit-down at the grandstand spectacle. Don't miss Pattii Page (Sept. 22-24) and other great headline acts. The fair's fun.

"The Livestock Market"
Rancher's Classified Directory
— CATTLE, HORSES, FARM ANIMALS —
FEED, SUPPLIES, & ANIMAL SERVICES

WELSH MARE, Appaloosa filly, \$200, good with children. LE 1-9287.

STOCK HAULING & Bull service. VI 7-7684. VI 7-2340.

\$500 REWARD
For information resulting in the arrest, conviction, & sentencing of any persons stealing, butchering or shooting cattle on the Ft. Lewis Military Reservation.
PHONE VI 7-7511

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ON MT. HIGHWAY AT 208th 1 MILE SOUTH OF ROY "Y"
ACROSS FROM TACOMA LIVESTOCK AUCTION VI 7-7535

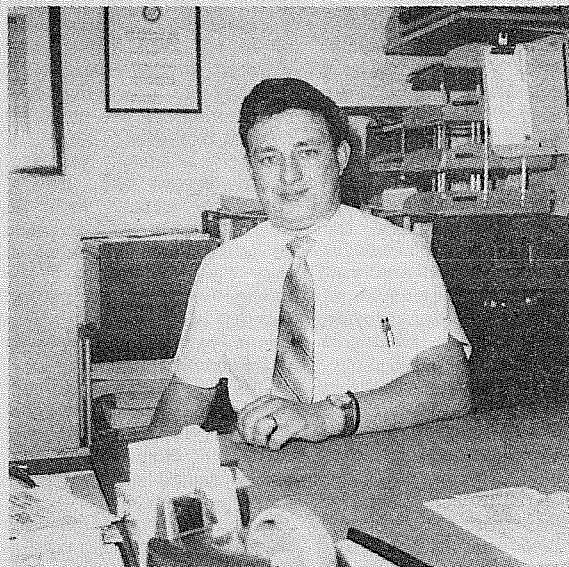
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Every Day a Special
DUTCHMAN DRIVE IN CAFE
ORDERS TO GO — VI 7-2179
3/4 Mile South of Roy 'Y' on Mountain Hiway
Closed Sundays

STARK REALITY

by Herb Stark

Local businessman Burk Williams, manager of the Pacific Avenue Pay N Save has just returned from a whirlwind trip to — of all places — the famous game filled Ngorongoro Crater in Tanzania, East Africa. Burk, who is usually very calm and business-like really comes on when he tells about his experiences in Africa. His wife, Nancy went with him as they traveled by air to Nairobi, Kenya, and there rented an adequate motor car and drove nearly 800 miles in three days touring the bush country southward into Tanzania and back to Nairobi.

Burk tells of his feelings of wild animals around constantly, and also of the Masai Tribe of African Natives who live on the blood of their cows — only a couple of his fascinating adventures.



Burk Williams

It's the LAW
PRESENTED AS A PUBLIC SERVICE BY THE

WASHINGTON STATE BAR ASSOCIATION Small Claims

How does a Washington State resident go about enforcing a small legal claim, one small enough, say, not to justify the use of a lawyer's services?

Small Claims Court is the answer, if the claim is for less than \$200.

A person wishing to sue (called the plaintiff) may go to the Small Claims Court of the district in which the person being sued (the defendant) resides. County courthouse officials can direct the plaintiff to the proper district court.

The plaintiff supplies to the Small Claims Court the name and address of the defendant. The court will draw up a notice and complaint and will set a time for hearing the case. The court charges \$1 for this service.

The plaintiff then gives the notice and complaint forms to the county sheriff's office, which will serve the forms on the defendant. For this service there is a fee of \$1, plus car mileage of 10 cents a mile; the plaintiff later can recover this expense if he asks for it in the complaint and wins the suit.

At the time set for the hearing, the plaintiff and defendant appear at the court, which hears both sides and then makes a decision in the case. If the defendant does not appear, the court's judgment will be for the plaintiff for the amount he asked. And if the plaintiff does not appear, the suit is dismissed.

(This column is written to inform not advise. Facts may change the application of the law.)

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Call for Free Estimates - LE 1-2111

TIPS & TRICKS for TEENS

It's a Corker of an idea to end the noise about noise in your house. If the hard rock or swinging sounds prove too much for the elders and others, cover the wall behind the phonograph or sound system with cork-by-the-sheet. It's inexpensive and can be painted any color. In addition to deadening sound, it makes a bulletin board that's something else again.

Squeeze a Lemon and find the newest beauty look. Lemon now flavors a luxurious range of bath products, cleansers, hair care aids, colognes.

Retain **DON PERRY** COUNTY CLERK DEMOCRAT

Paid Political Adv.

School Board

Bethel School Board

by Roger Lincoln
SCHOOL OPENS

School opened on September 1 with no major problems, only a few minor goof-ups which are to be expected from an operation of this magnitude. Even the new Spanaway Junior High is functioning near normal. Speaking of the new Junior High, it is certainly a credit to everyone who had a part in its creation.

STUDENT ENROLLMENT

On the opening day of school there were a total of 5,329 students as opposed to a May enrollment of 5,111. This represents a net summer-time increase of 218 students, which, to put it another way, equals nearly seven additional classrooms and teachers. Traditionally, we look for September to be the month of greatest increase in student population, so it would appear that the "recession" that we are now experiencing has not yet affected the population growth of the Bethel area, and possibly it will not.

INSURANCE PROBLEMS

Mr. Jack, the district insurance agent, has reported that two of the major companies underwriting our district have notified him that they are cancelling out. Mr. Jack is now in the process of trying to interest other companies in picking up the cancellations. He has had some success, but still has a long way to go. This leaves us with several alternatives — all of them bad. They are: 1. Increase the deductible, 2. Decrease coverage from replacement to depreciated value, 3. Install fire-sensitive alarm devices in all buildings, 4. Exclude all high fire risk buildings from coverage. It would appear that the ultimate solution to our insurance problems will include one or more of these alternatives.

BUILDING STATUS

SPANAWAY: Has anyone noticed "Ole Yeller" along Pacific Avenue rapidly disappearing? I suppose that its demise will bring a nostalgic tear to the eye of possibly not a few of the hundreds of people who received their basic education within its echoing halls.

KAPOWSIN: We received from the architects, Jacobson and Wall, the final plans for the Kapowsin addition, which will now go to the State for their review and approval. Hopefully, the plans will be returned and out for bid by October or November.

BETHEL HIGH: The Bethel Senior High addition and remodel plans are now out for bid. It can be assumed that all the contractors, with the exception of this one, of course, are sharpening their pencils in anticipation of the bid opening. With the crowded conditions at the high school, it would appear that this is none too soon.

The next board meeting will be Tuesday, September 15 at 8 p.m. in the administration building. See you there.

F.P. District School Board

by Jeff Hill

The Franklin Pierce School District Board of Directors considered a \$6,602,715 budget for the 1970-1971 school year at their regular meeting held Tuesday at the administration building.

The total budget is up nearly \$200,000 from the preliminary budget approved in June of last year. Approximately half of the increase came as a result of a district wide effort to reduce pupil-teacher ratio by one student per teacher. Other added expenses were the replacement of a school bus and a \$20,000 increase in the maintenance budget. This increase was due to the master roofing plan at Franklin Pierce High School which calls for the roof to be replaced this year.

In other action:

The Board approved the employment of six new teachers including Mrs. Connie Baker, Mr. Stanley Blattner, Miss Lynda Browley, Mrs. Margie McIntyre, Mrs. Marianne Roberts, and Mrs. David Svendsen.

The Board approved the employment of eight instructional assistants hired with funds allocated by the voters in Proposition III last fall. The new instructional assistants are Joan Johnson, Faye Magnusson, Marylyn Dall, Carolyn Chapman, Eleanor Burgett, Elva Nordberg, Gean Hale, and Shirley Hoffman.

The Board approved the lease of buildings and property to the Summit Youth Center for use during the coming year. The center acts on behalf of Boy Scout Troop 76, Cub Scout Pack 76, Summit Teen Club, Summit Ac-

Questions and Answers



Q. My wife, my two minor children, and I receive social security benefits because of my disability. I also have two minor children from a former marriage. Are they eligible to receive benefits?

A. Yes. They have the same rights to social security benefits as the children from your present marriage. Since your family already receives the maximum benefit based on your earnings, the payments for each dependent would be reduced. This results from the fact that the maximum would be divided among six people, instead of the four now receiving benefits.

Your former wife, or the person legally responsible for the children, should apply for the benefits on their behalf.

Have a question about social security and its retirement, survivors, disability or Medicare benefits? See your telephone directory for the telephone number and address of the nearest social security office.

activities Club, Summit Ski Club, Summit Nursery Schools, Starlight Rebeccas (Adult), and the Rainier School of Arts (Adult).

Superintendent of Schools, Dr. Edward E. Hill, reported that the Hong Kong International School, sponsored by the Lutheran Church, has indicated a desire to participate with the Franklin Pierce School District in the exchange of ten Chinese high school students for a period

Students to be Represented at Board Meetings

For the first time in its history the Washington High School student council sent permanent representatives to attend a Franklin Pierce School District board meeting.

This year the Washington High School ASB officers feel that a positive attitude should be maintained in student body affairs. To be effective this attitude should encompass knowledge of events that pertain to the school, but are not on the school campus. To this purpose President Jay Page and Vice President David Pederson attended the board meeting held last Tuesday, and will attend all others in the future.

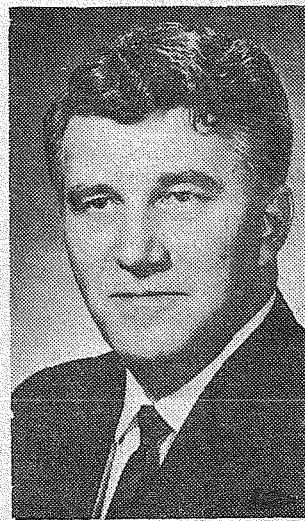
At the meetings Jay and Dave hope to express the desires of the students as well as understanding the actions of the school board. In this way a positive interchange of ideas can be accomplished. They feel that if all factions of the community — parents, teachers, taxpayers, and students — would attend the school board meetings there would be less conflict and greater understanding.

this Spring. In the summer ten Franklin Pierce School District high school students would go to Hong Kong for a month. Dr. Hill also reported that central office administrators would visit schools at regular intervals, "To facilitate communication and also to improve instruction."

The meeting was adjourned.

The next regular meeting of the Board of Education will be on Tuesday, September 29, at 8:00 p.m., in the administration office building. Main business will be the final hearing of the budget.

THE IVORY TOWER



In the past, after election, the prosecuting attorney disappeared into his office - not to be heard or seen for four more years.

I would like to sweep the dust of the years out and turn on the lights in the office of the prosecuting attorney.

My ten years of experience in this office and that of Vice-Chairman of the Civil Service Board tells me that the prosecuting attorney should climb out of his Ivory Tower and get with the people!

ELECT NELS B. NELSON PROSECUTING ATTORNEY DEMOCRAT

(Paid Political Adv.)

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JOHN F. FRANZ
For
PIERCE COUNTY ASSESSOR
A Man Of The People
And For The People
Republican

FRANZ THE MAN

Trinity Lutheran

The new year of parish education will begin at Trinity Lutheran Church on Sunday, September 13. Sessions are held on Sundays, 10 a.m., for ages 3 years through adult; on Wednesday, 4 p.m., for pre-school through grade 8. Students may register at these times at the church.

The theme of the whole program is "Growth Through Excellence." Mrs. Lewis Andersen, chairman of the board of education, and Pastor Robert Drewes have obtained a trained and experienced staff of teachers. They will be working under the direction of Russell Breining, supt., and department coordinators Mrs. Anita Christian, Mrs. Celia Carpenter, and Mrs. Ruth Klopsch. The staff totals 54 teachers, assistants, and administrators.

"Marriage and the Home" Trinity Lutheran Church Sundays, 10 a.m. Adult group, led by Pastor Erling Thompson. Seven ses-

Immanuel Lutheran Plans 50th Anniversary Year

PUYALLUP - Immanuel Lutheran Church will be celebrating its 50th anniversary year beginning on Sunday September 13, 1970 and lasting until June 20, 1971. The celebration will begin with services at the Puyallup High School Auditorium on Sept. 13th at 10:30 a.m. and will be followed with a banquet at the Allyn West Junior High School, and at 7:30 p.m., a communion service at the church.

Reverend H. Engelbrecht, a former pastor of Immanuel, will be the guest speaker at the morning service and Reverend Theodore Brackman, also a former Immanuel pastor, will officiate at the evening communion service.

The anniversary committee, chaired by Ed Starwich, has been meeting since last fall, actively planning for the historical event, which will cover 10 months of programs,

where each department of the congregation will participate in a monthly activity.

- Monthly events scheduled will be: Sept. 1970 - Opening of Festival Oct. 1970 - Sunday School. Nov. 1970 - Evangelism & Stewardship. Dec. 1970 - Lutheran Women's Mission League. Jan. 1971 - Bible Classes. Feb. 1971 - Ladies Aid.

- March 1971 - Senior Citizens. April 1971 - Music. May 1971 - Youth. June 1971 - Thanksgiving.

Immanuel held its first service in September, 1920, and was officially organized in June of 1921; that is why the celebration will last the ten months from September to June.

A highlight of the celebration will be a congregational yearbook containing the church history and a roster of names and addresses of the membership, along with pictures of each family.

For the commemorative services on Sunday, September 13, three special anthems will be sung by the church choir, which will be composed of over 30 members. The services will be open to the public and anyone wishing to attend the banquet should make a reservation by phoning the church office, TH 5-1162.

sions, including "Abortion" October 8.

"The Reformation - Then and Now"

Trinity Lutheran Church Sundays, September 20-November 1, 8 p.m. A class on the Protestant Reformation, and what it should mean for today's church. Led by Dr. Paul Vigness and Pastor Robert Drewes.

LEWIS LLEWELLYN

Is Abortion Justifiable?



The rapid growth of the world's population has been cited as a reason for liberalizing laws against abortion. Ten states have already taken action to make it easier for a woman to have an abortion if she is about to become the mother of an unwanted child.

Until just a few years ago, the laws of all 50 states prohibited abortion in all cases except to save the life of the mother.

Some churches have recently taken action to pave the way for legalizing abortion. One major denomination, in its general conference, urged removing abortion from the criminal code and placing it under medical regulations.

The American Medical Association has voted to make abortion the "decision of the patient's doctor as he determines what is best for the welfare of the patient." This action seems to disregard entirely the welfare of the child who has not yet been born.

"Never Necessary"

Doctors are not agreed on the desirability of this move, however. Said Dr. Wesley W. Hall, president-elect of the AMA, "We are victims of our own folly. . . I see no urgency in having liberalized criminal abortions."

There may be a good case for the law providing for abortion if needed to preserve the mother's life.

However, with modern medical methods and facilities, this may rarely - or never - be necessary. In fact, Dr. Joseph P. Donnelly, formerly medical director of a New Jersey hospital where 115,000 children were born between 1947 and 1961, has said, "Abortion is never neces-

sary to save the life of the mother."

Dr. Leo T. Heywood, professor of obstetrics and gynecology at Creighton University School of Medicine, says, "I am against abortion. It is not necessary in the practice of medicine, and it destroys the very thing the physician is dedicated to preserve - human life."

Dr. John L. Grady, chief of staff of Glades General Hospital, Belle Glade, Fla., says, "The right of the unborn child to life must outweigh the desires of others to destroy it."

When God said, "Thou shalt not kill," did He mean this to apply to grown people only, or to infants and also those who have not yet been born? At what point is an unborn child entitled to life?

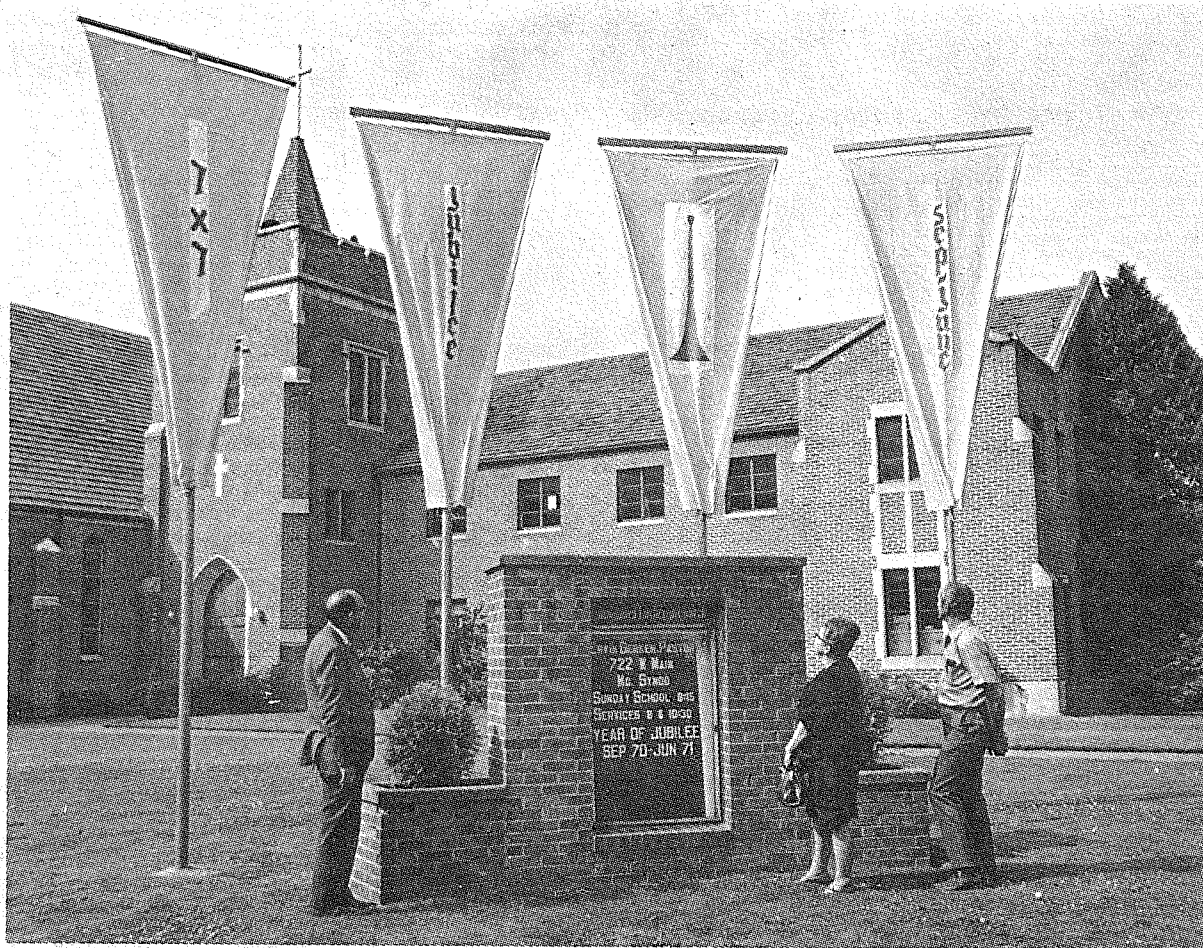
Abortion Immoral

Rabbi Tibor Stern of Miami has stated, "Centuries of traditional Jewish law clearly establishes the human nature of the unborn fetus and the immorality of abortion. Those Jews who support abortion legislation have erased every trace of Jewish law from their religion."

The Colorado Supreme Court has stated, "Child should include a human being upon conception and during pregnancy, as well as one actually born."

Dr. Richard V. Jaynes, Detroit obstetrician-gynecologist, says of abortion, "Legal or illegal, statistics show that it is definitely more dangerous than childbirth to the mother. To the child, of course, it is the ultimate danger-death."

Can we justify, on the basis of expediency, this destruction of human life - which has throughout our history been considered to be a criminal act?



BREAKING OUT THE BANNERS to celebrate the 50th Anniversary of the Immanuel Lutheran Church in Puyallup are its pastor, Erwin A. Gerken (left) and Mr. and Mrs. Ed Starwich. Starwich is the chairman of the Anniversary Committee and made and erected the poles. Mrs. Starwich made the banners which will be flown each Sunday during the ten-month celebration.

Interchurch Revival In Seattle

A Greater Seattle Interchurch Revival crusade with Reverend Duncan Campbell of Edinburgh, Scotland, will be held nightly at 7:30 p.m., September 13th through the 27th in the Glendale Evangelical Lutheran Church at 13455 Second Avenue S.W., Burien.

His ministry has been highlighted by the unusual religious awakening that commenced in 1949, and swept through the Hebrides off the west coast of Scotland. He has served in the Presbyterian ministry and in evangelism with the Faith Mission as well as being past principal of their training college.

Reverend Campbell has

been guest preacher at International Revival conventions in Southport, England; Holiness conventions at Bengor, Ireland, and English Keswick conventions.

His visit to Seattle is in response to the personal invitation of the Bible Holiness Mission here, and has the active cooperation of many pastors and churches of the area.

Five years experience at Remann Hall JERRY WOODS Will answer youths call. Paid Adv. by Committee to elect Jerry Woods, Les Hall, Chairman.

CHURCH DIRECTORY Attend the Church Of Your Choice Regularly

Table with 3 columns: Parkway Presbyterian, Spanaway Assembly of God, Spanaway United Methodist, Trinity Lutheran, Parkland Lutheran Church & Christian Day School, Spanaway Lutheran. Each cell contains church name, services, and contact info.

Advertisement for Evan F. Kast, State Representative-Position No. 2, 29th Legislative District. Includes list of issues: Stop confiscatory taxes, Economy in government spending, Taxation put in the hands of the people, More representation in legislation, Strict narcotics law enforcement.

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Not a natural rock to be found. See this Puyallup - 3 bdrm - 2 bath BEAUTY. Its a VERY pretty house outside and in. FHA appraised \$27,500. Seller anxious to sell. May take less. Possession no problem. Please call Al Raber, LE 7-3469 or LE 7-8658. X 26156

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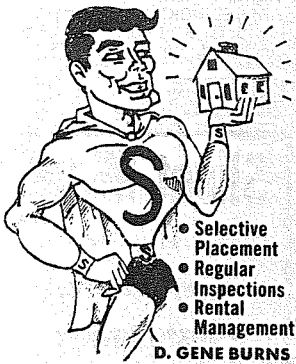
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9. EMPLOYMENT

Help Wanted

TEXAS OIL COMPANY needs man over 30 at once for Parkland. Exclusive Territory. Must have car and be able to take short trips. Sales experience helpful but not necessary. Air Mail Kevin Hastings Southwestern Petroleum Corporation, Fort Worth, Texas for an appointment for an interview on September 28th in Seattle, Wn.

LIGHT HOUSE Cleaning two half days a week. Vicinity Food King Market Parkland, LE 7-4750.

Work Wanted

BABYSITTER, dependable. Days, 138th St. LE1-8802.

Licensed Child Care

INFANTS & Pre-schoolers day care. JU 4-5020.

LOVING CARE for ages 3 to 6. Parkland LE 7-3598.

LICENSED BABY sitting ages 1 thru 12. GR 5-0282.

BABYSITTER, dependable, days, 117th and Canyon Road, LE 7-0390.

Instruction

PIANO LESSONS, beginning & Advanced. Home or studio. Southend and Northend studio. Children and adults, SK 2-7695 or SK 9-3947. 69-419tf

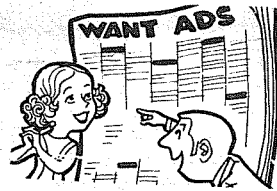
PIANO LESSONS, Parkland area LE1-3254.

10 SERVICES

IRONING — Fast — My home. Pickup, delivery. LE 1-0406.

IRONING, fast, efficient, pick-up & delivery, white shirts and all. Parkland & vicinity. LE 1-0290.

CLASSIFIED



SERVICES

Repair

AQUARIUM Repair. Roberta Paiva, GR 5-6463.

FREDRICKSON UPHOLSTERY
Sofa & Chair, \$145, labor included. Vinyl or fabric. LE 7-0186.

PIANO TUNING & repair. SK 9-3947 or SK 2-7695. 69-41ff

Sheet Metal

- Furnace Repair and Service
- Installations

PARKLAND FUEL OIL

12002 Pacific Ave.
LE 7-0256

Building

REMODELING & LEVELING block work. Reasonable. LE 7-3550, LE 7-7424.

BUILDING CONTRACTOR 30 years in Parkland. New & remodeled. Free estimates. Tom Lumsden. LE 7-4424.

ALL CONCRETE work, patios, steps, driveways, basements. Licensed - bonded. WA 2-7227.

HOT TAR, re-roof and re-coat, shingles, composition wood shakes. Work and material guaranteed. Free estimates, reasonable. GR 2-7309, GR 2-0615.

Land

LIGHT DOZING, back filling, preparation of lawn beds, LE 7-8401.

TOP SOIL, GRAVEL, excavating & light clearing. LE 1-1124.

BULLDOZING, LIGHT clearing reasonable. Bud Moss. TH 5-6063.

MIXED SOIL

- Sandy Loam • Black Humus
- Mixed Bank Run

LE 7-7455

NEWBURY'S DOZING SERVICE

Miscellaneous

DEEL'S BARBER SERVICE

PARKLAND SQUARE SHOPPING CENTER

ADULTS \$2.00
Children under 12 \$1.50
Open Mondays

Dick Moorish & Lee Deel
12209 Pacific - By Barlos

ROLLINS AUTO WRECKING

LE 7-8621

CASH for your CAR

SAVE on used PARTS

SPANAWAY AUTO WRECKING
VI 7-7111
17705 PACIFIC AVENUE

TIRES?

Dunlop - Miller
New - Retreads
See Tiny

TINY'S TIRE CENTER
108th & Pacific - LE 1-4535

Personals

MRS. ROBERTS, spiritual reader & advisor, consult her on all problems of life. Open daily & Sun. from 8 a.m. - 8 p.m. 22663 So. Pacific Hwy, Des Moines. 2 blocks North of Midway, across from Bazaar Trailer Sales. TA 4-0446.

PSYCHIC READER

HELP & ADVICE

On All Your Problems

Answer All Your Questions

Can Tell you of Changes

You Should Or Should Not Make

OPEN

DAILY AND SUNDAY
3305 PACIFIC AVENUE
OLYMPIA
CALL 491-5040

12. LEGALS

ADVERTISEMENT FOR BIDS
NOTICE TO BIDDERS:

Sealed bids will be received by Franklin Pierce School District No. 402 for Waterproofing and Repair of Roofs at the Brookdale Elementary School, 611 South 132nd. Street, Tacoma, Washington 98408.

Bids for waterproofing and repair of roofs will be invited at the District Administration Board Room, 315 South 129th. Street, Tacoma, Washington.

Bids mailed shall be addressed to the attention of Mr. Thomas L. Stephens, Administrative Assistant.

Bids delivered by hand shall be left with Mr. Stephens Secretary.

Bid opening shall be set for 3:30 P.M. Monday September 21, 1970 and will then and there be publicly opened and read aloud. Bids received after the time fixed for opening cannot be considered.

Specifications, including Contract Documents, may be examined at the office of the Administrative Assistant of the Franklin Pierce School District and may be obtained there, upon deposit of \$10.00 for each set.

The full amount of the deposit for one (1) set of documents will be refunded to actual bidders upon return of the documents, un mutilated and without marks or annotation within seven (7) days after the time set for opening of the bids, other deposits will be refunded, with deductions for actual cost of reproducing under the same conditions.

Each bid must be accompanied by a certified check, cashier's check or bid bond with State Licensed Surety Company as Surety, in an amount not less than Five Percent (5%) of the largest bid; made payable to the Franklin Pierce Schools.

No bidder may withdraw his bid after the time set for the opening thereof, unless the award of contract is delayed for a period exceeding thirty (30) days.

By order of
The Board of Directors
Franklin Pierce School District
402
Pierce County, Washington
Mr. Thomas L. Stephens,
Administrative Assistant
Published in the Times Journal
September 10, and 17,
1970.

ABANDONED VEHICLE SALE

In compliance with the revised code of Washington No. 46.52.110 Graham Garage will sell to the highest cash bidder at Rt. 1, Box 535 Graham, Wash., at the hour of 10:00 a.m. on September 15, 1970, the following vehicle:

1958 Ford APF 991 Wn.
Published in the Times Journal Sept. 10, 1970.

In the Superior Court of the State of Washington
For the County of PIERCE
IN PROBATE
No. 79972
Notice To Creditors
IN THE MATTER OF THE ESTATE OF
LLOYD W. CAREY
Deceased.

Notice is hereby given that the undersigned has been appointed and has qualified as Executrix of the estate of the above named deceased; that all persons having claims against said deceased are hereby required to serve the same, duly verified, on said Executrix or her attorney of record at the address below stated, and file the same with the Clerk of said Court, together with proof of such service within four months after the date of first publication of this notice, or the same will be barred.

Date of first publication September 10, 1970.

/s/ Ruth M. Carey
Executrix of said Estate
159 South 112th Street
Tacoma, Wash.

/s/ George F. Potter
Attorney for Estate
159 South 112th Street
Tacoma, Washington 98444
LE 1-2889
Address and phone
Published in Times Journal
Sept. 10, 17, 24, 1970.

SAVE MONEY

ON

- Business Cards
- Stationery
- Letterheads
- Announcements

ORDER NOW
AT
Times Journal
409 GARFIELD SO.

LEGALS

In the Superior Court of the State of Washington
For the County of Pierce
IN PROBATE
No 79999
Notice To Creditors
IN THE MATTER OF THE ESTATE OF
MARY BURGESS
Deceased.

Notice is hereby given that the undersigned has been appointed and has qualified as Executor of the estate of the above named deceased; that all persons having claims against said deceased are hereby required to serve the same, duly verified, on said Executor or his attorney of record at the address below stated, and file the same with the Clerk of said Court, together with proof of such service within four months after the date of first publication of this notice, or the same will be barred.

Date of first publication September 10, 1970.

/s/ Harold M. Hanson
Executor of said Estate
159 South 112th Street
Tacoma, Wash. 98444

/s/ George F. Potter
Attorney for Estate
159 South 112th Street
Tacoma, Washington 98444
LE 1-2889
Address and phone
Published in Times Journal,
Sept. 10, 17, 24, 1970.

LEGALS

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON
IN AND FOR PIERCE COUNTY
NO. 195446
SUMMONS

GERALD E. BENNETT, Plaintiff,
vs.
CAROL L. BENNETT, Defendant.

TO: CAROL L. BENNETT, Defendant,

You are hereby summoned to appear within sixty (60) days after the first publication of this Summons, to-wit: September 10, 1970, and defend this action, and serve a copy of your Answer upon the plaintiff's attorneys, and in case of your failure to do so, judgment will be rendered against you according to the demand of the Complaint, which has been filed with the Clerk of the said Court.

Plaintiff seeks divorce upon the grounds of mental cruelty.

/ Phillip S. Tracy
PETERS & TRACY
Phillip S. Tracy
Attorneys for Plaintiff
11024 Pacific Avenue
Tacoma, Washington
Published in the Times Journal
Sept. 10, 17, 24, Oct. 1, 8,
15, 1970.

PETERS and TRACY
11024 Pacific Avenue
Tacoma,
Washington 98444
LEnox 7-0264

LEGALS

IN THE SUPERIOR COURT OF WASHINGTON FOR PIERCE COUNTY
NO 189958
SUMMONS BY PUBLICATION
JUDITH C. BLALOCK, Plaintiff,
vs.
JACK R. BLALOCK, Defendant.

THE STATE OF WASHINGTON
TO: THE SAID JACK R. BLALOCK, Defendant

YOU ARE HEREBY SUMMONED to appear within 60 days after the date of the first publication of this summons upon you, and answer the complaint and serve a copy of your answer upon the undersigned at the place below specified, and defend the above-entitled action in the Court aforesaid; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint which will be filed with the Clerk of said Court, a copy of which is herewith served upon you.

This is an action in which the plaintiff seeks a divorce from the defendant on the grounds of cruel treatment and burdensome homelife.

HEMMEN, COHOE & BOTTIGER
By R. TED BOTTIGER
Of Attorneys for Plaintiff
HEMMEN, COHOE & BOTTIGER
8849 PACIFIC AVENUE
TACOMA, WASHINGTON 98444
GR 5-4800

Published in Times Journal
Aug. 6, 13, 20, 27, Sept 3, 10,
1970.

Stainless Steel School

A new secondary school in Allschwil, Switzerland, has its entire facade, including the window frames, fabricated of nickel stainless steel. This material, which is finding increasing architectural applications, offers resistance to atmospheric corrosion and damage. In addition, it requires little maintenance to retain its good appearance.

LEGALS

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON
FOR THE COUNTY OF PIERCE
IN PROBATE
No. 80014
Notice To Creditors
IN THE MATTER OF THE ESTATE OF EUGENE FRANCIS HAGGARD, Deceased.

Notice is hereby given that the undersigned has been appointed and has qualified as Administratrix of the estate of the above named deceased; that all persons having claims against said deceased are hereby required to serve the same, duly verified, on said Administratrix or his/her attorney of record at the address below stated, and file the same with the Clerk of said Court, together with proof of such service within four months after the date of first publication of this notice, or the same will be barred.

Date of first publication August 27, 1970.

/s/PADDY A. HAGGARD
Administratrix of said Estate
5720 Waller Road,
Tacoma, Wash.

HEMMEN, COHOE & BOTTIGER
By: /s/M. H. HEMMEN
Attorney for Estate
8849 Pacific Avenue,
Tacoma, Washington 98444
GR 5-4800

Published in Times Journal
Aug. 27, Sept 3 and 10, 1970.

LEGALS

STATE OF WASHINGTON
DEPARTMENT OF ECOLOGY
OLYMPIA
NOTICE OF GROUND WATER RIGHT APPLICATION NO. 11108 TAKE NOTICE:

That KENNETH W. WOOD of Roy, Washington on July 29, 1970, filed application for permit to withdraw public ground waters through a well situated within NW 1/4 of Section 29, Township 17 N., Range 3 E. W. M., in Pierce County, in the amount of 600 gallons per minute, subject to existing rights continuously, each year for the purpose of domestic supply and dairy farm operation, May 1 to October 1 for irrigation.

Any objections must be accompanied by a two dollars (\$2.00) recording fee and filed with the Department of Ecology within thirty (30) days from September 10, 1970.

Witness my hand and official seal this 20th day of August, 1970.

GLEN H. FIEDLER
Department of Ecology
Published in Times Journal
September 3, 10, 1970.

Before you Buy Anything for Your Floors See Us!

UNITED FLOORS

12148 C St. PARKLAND
LE 1-7825

LEGALS

IN THE SUPERIOR COURT OF THE STATE OF WASHINGTON
FOR THE COUNTY OF PIERCE
IN PROBATE
No. 80014
Notice To Creditors
IN THE MATTER OF THE ESTATE OF EUGENE FRANCIS HAGGARD, Deceased.

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Date of first publication August 27, 1970.

/s/PADDY A. HAGGARD
Administratrix of said Estate
5720 Waller Road,
Tacoma, Wash.

HEMMEN, COHOE & BOTTIGER
By: /s/M. H. HEMMEN
Attorney for Estate
8849 Pacific Avenue,
Tacoma, Washington 98444
GR 5-4800

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Published in Times Journal
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The TIMES JOURNAL

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WORDS	1x	2x	3x	4x	5x	6x	7x
1-10	.50	.85	1.20	1.50	1.85	2.20	2.50
11-15	.75	1.25	1.75	2.25	2.75	3.25	3.75
16-20	1.00	1.70	2.40	3.00	3.70	4.40	5.00
21-25	1.25	2.10	2.95	3.75	4.60	5.45	6.25
26-30	1.50	2.50	3.50	4.50	5.50	6.50	7.50
31-35	1.75	2.95	4.15	5.25	6.45	7.65	8.75
36-40	2.00	3.35	4.70	6.00	7.35	8.70	10.00
41-45	2.25	3.75	5.25	6.75	8.25	9.75	11.25
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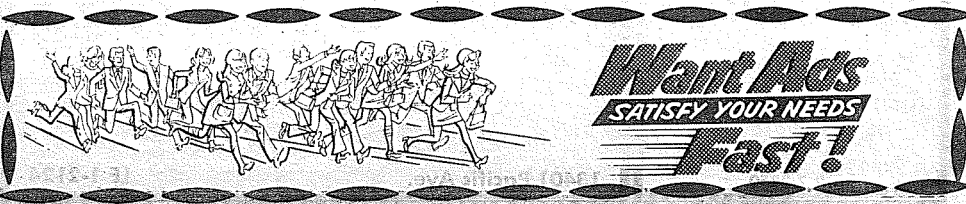
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Heart Attack It Can't Happen To Me

The average American will probably tell you he eats too much, exercises too little, smokes to excess, and rarely has a medical checkup.

He can very likely also recite the familiar Heart Association statistic that the death rate in this country from diseases of the heart and blood vessels is over a million a year — taking the lives of more people than all other causes combined.

He might even be able to explain that an individual's chance of a heart attack increases if he eats too much, exercises too little, smokes to excess, and rarely has a medical checkup.

So the Heart Association, it would seem, is doing its job of keeping the public informed on the ways to lower the risk of heart attack.

But there is a "catch." The average American doesn't think he's the average American. He prefers to believe that the warnings and pointers are for the other fellow — the it-can't-happen-to-me syndrome at work once again.

This means that the messages on heart disease must be more frequent and forceful, so that the well-intentioned, but ostrich-like average American will be persuaded that heart disease can hit him.

The guidelines to reducing the risk of a heart attack

remain proper diet, moderate exercise, non-smoking, and regular medical checkups. Surprisingly, none of the guidelines are particularly difficult to follow.

Proper diet, for instance, calls for only a slight modification of menu for most Americans and it involves no great sacrifice of interesting or attractive meals.

The goals in maintaining proper diet are:

- 1) Replace saturated fats, found in meat, butter, cheese, cream, and whole milk, with polyunsaturated fats, found in liquid vegetable oils, fish, and poultry.

Skimmed milk and skimmed milk cheeses are highly recommended.

- 2) Eat less food that is high in cholesterol, that is egg yolks, shell fish and organ meats, such as liver and kidney.

An excess of cholesterol and other fatty materials may become embedded in the inner walls of the coronary arteries, interfering with the circulation of blood. An interruption of the blood supply to the heart can bring on a heart attack.

The best over-all rule for proper diet is to control weight or, in a phrase, eat

less. A good rule of thumb is to gain no weight after the age of 22.

For specifics on menu planning which combine wisdom in eating with interesting ideas in preparing meals, write the Washington State Heart Association, Arcade Building, Seattle, 98101.

Moderate exercise means, for a good start, simply walking instead of riding whenever possible. If you live too far from work to walk, park your car a half-hour away from the office and walk the rest of the way. Also, avoid elevators and use stairs. Dr. Paul Dudley White, dean of cardiologists, advises, in a pamphlet written for the Massachusetts Heart Association, that an

hour a day of walking is a required minimum.


"Vigorous leg muscle exercise," says Dr. White, "is probably one of the best methods known to prevent the formation of blood clots

and gives the heart muscle a rest from having to pump the blood through the rest of the body."

Another way to exercise is to emulate Dr. White himself and ride a bicycle.

Re-Elect Rasmussen Senator


29th-Democrat
for
Fair Taxes
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ARE YOU SATISFIED


WITH YOUR PROPERTY TAXES?



**KEN
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PRESENT
ASSESSOR

70

<p>YES</p>	<p>LABOR (COPE) ENDORSED</p>	<p>NO</p>
<p>Ken Johnston is a Puyallup Businessman and Credit Union Executive. A former Bank President; state senior Bank examiner; Chamber of Commerce Manager and employee of Federal Reserve Bank.</p>	<p>Background</p>	<p>Pierce County Assessor for 16 years elective positions of County Clerk, Tacoma City Controller, and Tacoma Commissioner of Public Finances.</p>
<p>Attended U. of Wash. and Metropolitan Business College majoring in Accounting and Banking. Attended American Institute of Banking and Pacific Coast Banking School at U. of Wash.</p>	<p>Education</p>	<p>?</p>
<p>Selected as the Outstanding Young Man of the State of Washington in 1964 and his name appears in the 1965 edition of Outstanding Young Men of America. Well known in county and state Democratic political party circles. Past president of State Jaycees and a past National Vice President of U.S. Jaycees. Member of Eagles, Elks, TAC, Chamber of Commerce, Pacific Northwest Personnel Management Association, Washington and National Employment Agencies Association Life member Washington State Jaycees, Member organized labor - Public Service Employees Local 1239.</p>	<p>Activities</p>	<p>Elks, Eagles, Veterans of Foreign Wars, Order of Eastern Star, Masonic bodies, Affili Shrine and Washington Assessors Association.</p>
<p>YES</p>	<p>Veteran</p>	<p>YES</p>

MR. CRAIG STANDS ON HIS RECORD....

IT'S TIME FOR A CHANGE!!

KEN JOHNSTON, ASSESSOR DEMOCRAT

**THIS WEEK'S
SPECIALS
from
LARRY
and
MARGIE**

**ON FINE
meats**

FAMILY SIZE SAVINGS

POT ROAST 49c/lb.

CHUCK STEAK 65c/lb.

ROUND BONE ROAST 75c/lb.

BEEF STEW 79c/lb.

GROUND CHUCK 79c/lb.

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SIDE - 63c/lb.

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