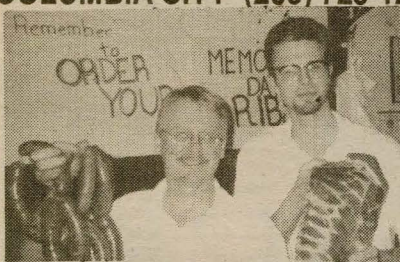


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MEAT BUNDLES FOR BAR-B-Q, BANQUETS, OR FAMILY FEASTING

BUNDLES # 11 \$149.99

6lbs T-BONES STEAK
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4lbs BONELESS FRYER BREAST
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4lbs CHUCK ROAST
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ALL POULTRY BUNDLES # 4 \$69.99

12LBS (2) ROASTING HEN
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QUALITY MEAT SINCE 1905

The Madrona BBQ Festival

is on Saturday, August 12. 11-5 at the Madrona Playfield. Come hear live music including brass bands, drumming and even belly dancing! Play in an all-ages basketball tournament! Play the Treasure hunt where you can win big prizes just for meeting your neighbors, and win a cake in the famous cakewalk!

There are big prizes for winners of the BBQ Competition and a trophy too Anyone from the neighborhood can enter: just cook at the park (any meat OK) and be ready for the judging at 1pm so come set up early if you have to.

Please spread the word: kid's parade starts at 10:45 -- kids should come to 34th and Pike (Al Larkins park) at 10:30 to get ready (bring your bike!)

Are you a good baker? Please contact Sherri Pewitt (860-3601 shepew@aol.com) if you can donate a cake for the cakewalk.

Call 328-7825 for more info or to volunteer

Let's get the whole neighborhood together!

Paul C. Sims Request

Philippians 4:6-7



"Be careful for nothing; but in everything by prayer and supplication with Thanksgiving let your request be made known to God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." When we ask God for things we ask big, just remember when you ask through prayer always be thankful for what God has already done. In other Bible versions this may be defined as not being anxious for nothing, but through prayer let your request be known to God. When you're focused on what God's going to do in your life just by the proof of what he has already done, his peace will guard your heart. Like Luke 11:5 explains when you seek him you will find him, when you ask him he will deliver. May God bless you mightily through Jesus Christ. Word of Life Church (425) 776-LIFE simspc@msn.com.

Garfield High School Class of '75 Reunion

Garfield High School Class of 1975, will celebrate it's 25th Reunion, Friday September 8, 2000, 6:30pm until 10:00pm. Aboard Argosy Cruise Ships. Cost: \$25.00 per person. All Garfield Alumni welcome.

For more information call, Ms. Bertha Sanders at 253 639-1146 or Diane Davis-Mitchell at 206 725-8361.

What does the World's Greatest Athlete know about his body that you should know about yours?

Olympic Decathlon Gold Medalist

Dan O'Brien knows the condition of his spine and nervous system.

He knows that even everyday stress can cause misalignments, called subluxations, that can disturb the nervous system. That's why Dan regularly visits his chiropractor.

Using advanced technologies and proven techniques, chiropractors find and correct subluxations, helping the body to heal itself and allowing the mind to be at its best.

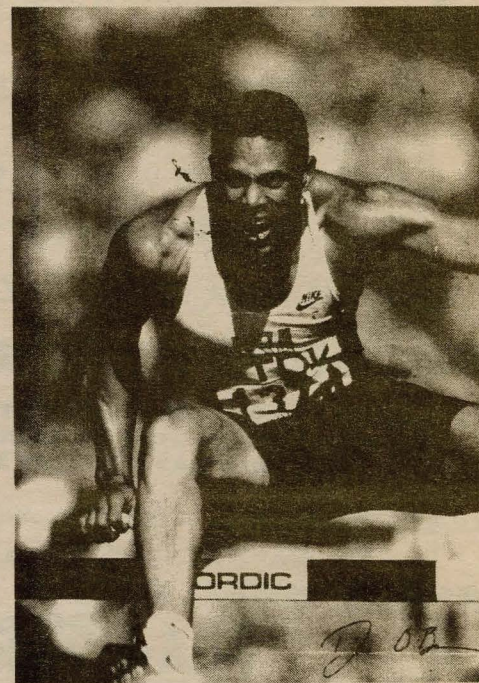
Want to be your best? Want to help your children grow to their full potential?

Call today and learn how chiropractic can help you become the World's Greatest You.

Seattle Back Clinic

Richard Haynes
Chiropractic Physician

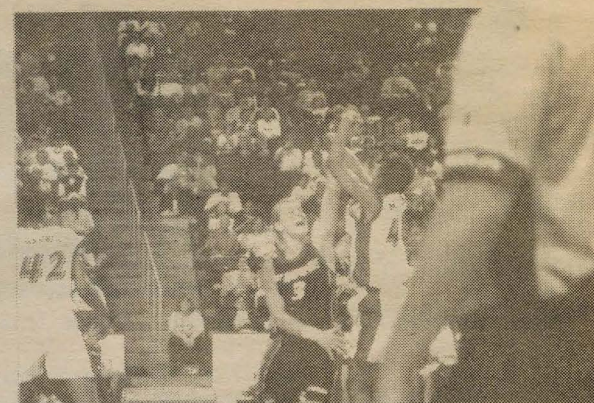
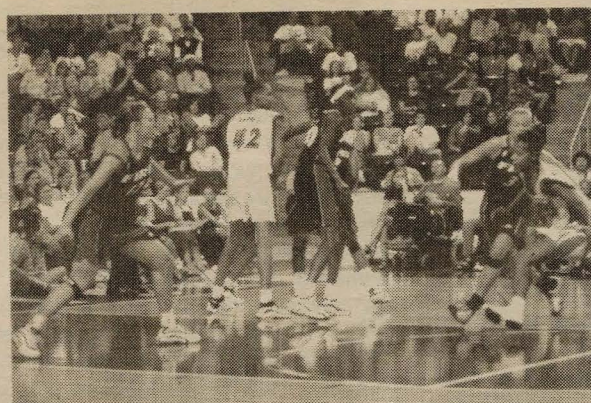
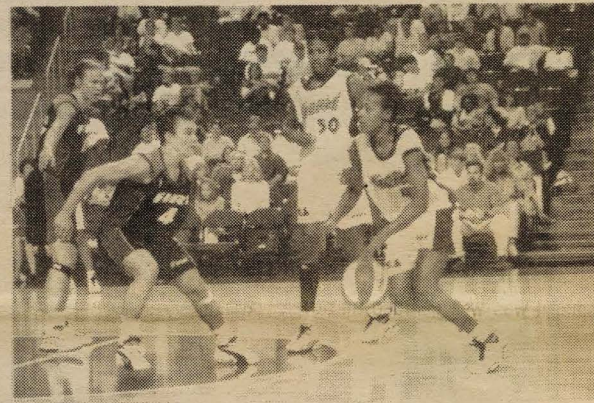
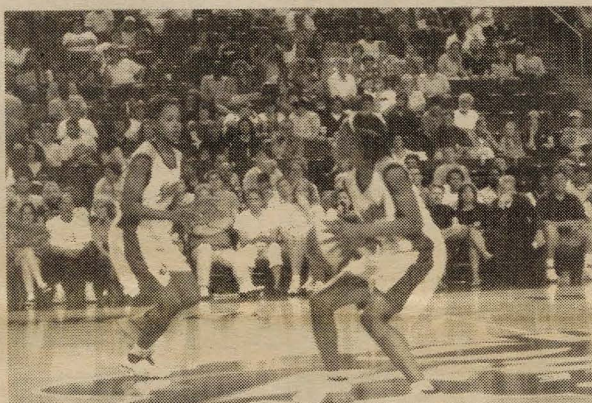
2041 E. Madison
(206) 325-1575



Olympic Decathlon Gold Medalist Dan O'Brien says, "If it were not for chiropractic, I would not have won the gold medal." See Dan in action in an exciting, high-energy video that is as entertaining as it is educational.

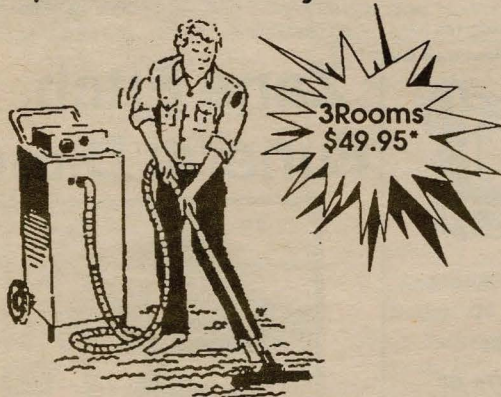
To get your free video, call now:

The Seattle Storm beat the Portland Fire By Rob Taber



The Storm played the Portland Fire on Sunday at Key Arena. Women's basketball has changed a lot in the last 10 years. In the warm-ups Stacey Crawley dunked the ball. The women playing in the WNBA are a lot stronger and taller. The Storm got off to a slow start but the bench helped out. At half time the score was 32-24 Portland. In the second half the Storm came out strong and played with a lot of heart. The game went into overtime and Seattle won. Jamie Redd played very well and finished with 14 points.

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Gorilla Graphics

Early Bird Lap Swim Available at Rainier Beach Complex

For "early birds" who like to exercise in the morning, the Rainier Beach Recreation Complex offers an early morning lap swim from 6 to 7:30 a.m. Mondays, Wednesdays and Fridays (except holidays).

Lap swimming is excellent aerobic exercise because it increases cardiovascular strength and flexibility, it helps control weight, and it feels good.

It's great for people who have trouble exercising on land because water supports the body. It's easier on the body than jogging, aerobic classes, or other aerobic exercise because you don't have to pound your feet on a hard surface. And as you use your arms and legs to propel yourself through the water, it strengthens and tones more muscle groups than other forms of exercise.

If you start the day early, this schedule is for you--you can finish your workout before you head to school or work. It's a great way to start the day!

The cost is \$20 for a swim card good for eight sessions. For more information and to sign up for the early lap swim, please call the Rainier Beach Recreation Complex at (206) 386-1925.

Creative Concept Youth Association CCYA Basketball Academy

TRY-OUTS

Sept. 10th

Grades 4th - 8th

4th & 5th - 3pm - 4pm

6th - 4pm - 5pm

Sept. 17th

7th - 3-4pm

8th - 4pm - 5pm

Sign Up NOW!
Contact Coach Ladd
(206) 772-2874
(206) 491-9055 at
Rainier Beach
Complex

2nd ANNUAL BIG SPLASH FISH FRY

Sponsored by:

SEATTLE LITTLE LEAGUE
BASEBALL

Saturday, August 19th, 2000,

12:00 pm - 10:00p.m.

CENTRAL AREA SENIOR
CENTER

500 30th Avenue South

Donation:

\$10:00 includes Dinner and Drawing

\$20:00 includes Dinner, Drawing, Old

School and R&B Dance 6:00 - 10:00

\$1.00 includes 2nd and 3rd Prize

Drawing Only

Prizes:

Grand Prize Drawing: 25" Color TV

Second Prize Drawing: Software

Third Prize Drawing:

Sports memorabilia

Contact for Tickets: (206) 721-3534

All proceeds to benefit the Seattle Little League

Baseball, Inc.