



WHIDBEY TODAY

Distributed Free To All Whidbey Island Homes by the Whidbey News-Times and South Whidbey Record

November 26, 1989
Year 10, Number 48
Oak Harbor, WA 98277
& Langley, WA 98260

Early planning pays off at Christmas time

Beginning the Christmas season before Halloween is a good idea. Good cheer lasts longer! Planning ahead for holiday entertaining is a good idea, especially when Christmas cards must be readied, the house decorated, and guests expected.

We had a friend who never seemed to get her Christmas cards out on time, if at all. She said each year she bought them early, then stashed them away on a closet shelf. When it came time to write them and send them, she found she even did some ironing she had been overlooking for the past six months, ironing that had to be done before the cards. Closets got cleaned in the same way. One year she painted her bathroom. The cards just sat there on the closet shelf. There was always something more important to do.

Holiday entertaining may fall into the same category, but if not, who knows? Maybe the Christmas cards will come down off the closet shelf and get signed and addressed, stamped and sent.

SAVORY MINIATURE PUFFS

1/2 cup butter, cut into pieces
1 tsp. salt
1 cup water
1 cup flour
4 eggs

Filling

Combine butter and salt with water in a heavy saucepan and bring to a boil. When butter is melted, add flour all at once, beating vigorously over medium heat until dough leaves side of pan. Remove from heat and beat in eggs, one at a time, waiting until each egg is absorbed before adding next.

Place dough in 3/4-inch mounds onto a greased baking sheet. Bake in preheated oven at 425 for 15 minutes; reduce heat to 350 and bake 10-15 minutes longer or until browned and dry. Cook puffs on cake racks. Cut off top third of each puff, fill as desired and replace tops.

SHRIMP FILLING

1 med. cucumber, peeled, seeded and chopped fine
1/2 tsp. salt
1 can tiny or broken shrimp, drained
1/4 cup mayonnaise
2 Tbs. unflavored yogurt
1/2 tsp. dillweed

Sprinkle cucumbers with salt, let stand 30 minutes, drain and dry. Mix with other ingredients.

PLEASE TURN TO PAGE 2

OVER THE BACK FENCE



By Dorothy Nell

Older fillings may need replacing

If your dental fillings are old enough to vote, they might also be old enough to bite the dust. That's the gist of the message millions of dentists are giving their middle-aged clients, warning them that those 15- to 20-year-old fillings could be due for replacement.

"To many, the idea of a filling 'wearing out' and needing replacement might come as a surprise," says Dr. Glen Johnson, associate professor of restorative dentistry at the University of Washington (UW) School of Dentistry. "But in reality, nothing lasts forever — including fillings, no matter how well they were placed. Probably most will have to be replaced eventually due to a fracture of the filling, recurrent decay, breakdown of the margins around the filling, or breakdown of the tooth structure itself."

In fact, lots of dentists used to believe fillings would last forever — or something close to it. Along with this, they also believed that "restorations" (the dentist's term for fillings) generally were the only way to treat caries (cavities).

Not so any more, says Johnson, pointing to the just-published summary of an international symposium at the University of Florida on criteria for the replacement of dental restorations.

"It was believed that dental caries could be treated away with restorations," the sum-

HEALTH BEAT

This column is written by the Health Sciences News and Information Services department of the University of Washington



mary reads. "This is clearly not the case. Direct restorative materials are not as durable as perceived by dental patients and dentists."

The summary continues that such restorations can lead patients to "repetitive restorative cycles with larger and larger restorations, weaker and weaker teeth, and a higher risk for more complex restorative therapy."

Thanks to research at the UW and elsewhere, dentists today have a much better understanding of how to prevent and treat caries before fillings are necessary, Johnson explains. While fillings remain the treatment of choice for deeper caries, composite resin sealants, topical fluoride applications, and other methods often can be used in lieu of fillings for superficial caries.

Something else has changed, too, Johnson says: the silver amalgam material dentists commonly use for fillings. Until the mid 1960s, dentists used a so-called "low-copper" amalgam alloy consisting primarily of silver and tin with a small amount of copper. "While low-copper amalgam represented a tremendous improvement over existing restorative materials, it contained an inherent flaw, metallurgically speaking," Johnson explains. In essence, it was weaker than today's filling material and more prone to corrosion — making it more vulnerable to leakage of decay-causing substances through cracks in the filling and breakdown of the margins around the top edge of the filling where it meets the tooth.

"The silver amalgam typically used today contains a much higher amount of copper and is much stronger and more corrosion resistant," Johnson explains.

And how long do such fillings last? Johnson says studies demonstrate that 45 percent of fillings are still in service at nearly 20 years. "That's not bad," Johnson comments, "especially when you consider that even chewing an ordinary biscuit can exert tremendous force on a filling — up to 2,500 pounds per square inch."

Other types of restorative materials last longer than silver amalgam, Johnson notes, but are more expensive. "Cast gold restora-

tions are more durable than silver amalgam, for example, but take two appointments to place," he explains. "Alternatively, ceramic restorations, which have long been used for front teeth, are an esthetic alternative to gold and are now beginning to be used to restore chewing surfaces of back teeth."

"Although the fit of ceramic restorations might not be as good as cast gold, they are an acceptable alternative to gold or silver amalgam if the patients want tooth-colored restorations," Johnson adds.

Plastic fillings can be placed in one appointment and are esthetically pleasing, Johnson continues. "They are most successfully used in non-stress-bearing areas such as between front teeth," he notes. "For restoring chewing surfaces, however, their use is more limited since they do not resist the large stresses as well as metallic or ceramic restorations."

Pure gold is also an alternative for restoring chewing surfaces. In use since ancient Egyptian times, the procedure uses small increments of pure gold that are compacted directly into the cavity. "This technique is ideal for small restorations and provides an excellent finish and seal," Johnson says, "but it costs two to three times as much as silver amalgam — not because of the material, but because the procedure takes dentists much more time."

Western Washington is winter home for grebes

The grebes are highly specialized aquatic birds. They are not related to any other known birds, so they form their own order of Podicipediformes.

Adapted for underwater swimming and diving, their strong legs are situated at the rear of a virtually tailless body. The feet are not webbed. Instead, the toes are specially lobed and are used like oars to propel the submerged bird with great speed.

Although most grebes fly well, they do so infrequently once they settle down in a particular area. Their wings are small and fold away under the body plumage for diving.

They feed on small fish, crustaceans, tadpoles and aquatic insects. They are also reported to eat their own feathers, although the reason remains unknown.

CLOSE ENCOUNTERS

From the Whidbey
Audubon Society



The color of grebes during nonbreeding times is typically dark on the back and pale or pure white below. During breeding times, both sexes develop special plumes or colors.

The Pied-billed Grebe, or "helldiver," develops a dark band on the whitish chicken-like bill. The Horned Grebe produces golden

ear tufts and the neck turns red. As the name implies, the neck of the Red-necked Grebe becomes bright red. Unlike many birds, the sexes look similar.

The Western Grebe is often photographed during its spectacular courtship display. The two birds seem to stand on the water and then race across the surface. Diving, they surface again to swim sedately side by side. They have long, slender white necks and are often mistaken for swans.

The Horned Grebe also has an engaging nuptial display. Birds face each other, touch bills and shake their plumage. They dive and one gives a gift of waterweed to the other.

The Horned and Western Grebes nest in the marshes along lake shores in Eastern Washington. They construct nests supported

by reeds which float on the water. They come to our coastal area in the fall to spend the winter.

The Pied-billed Grebe breeds and winters in our area. When swimming, the white undertail coverts often show, giving the appearance of a "high-riding" stern. They skitter across the water when trying to take flight.

Grebes spend most of their time in the water so that is where you will most often see them. Like loons, their legs are placed so far back on the body that they cannot walk well. They can be distinguished from ducks by the way they go under water. Instead of pitching forward in the usual way of surface diving, grebes often sink slowly until only the head projects above the water.

Home for some pioneers

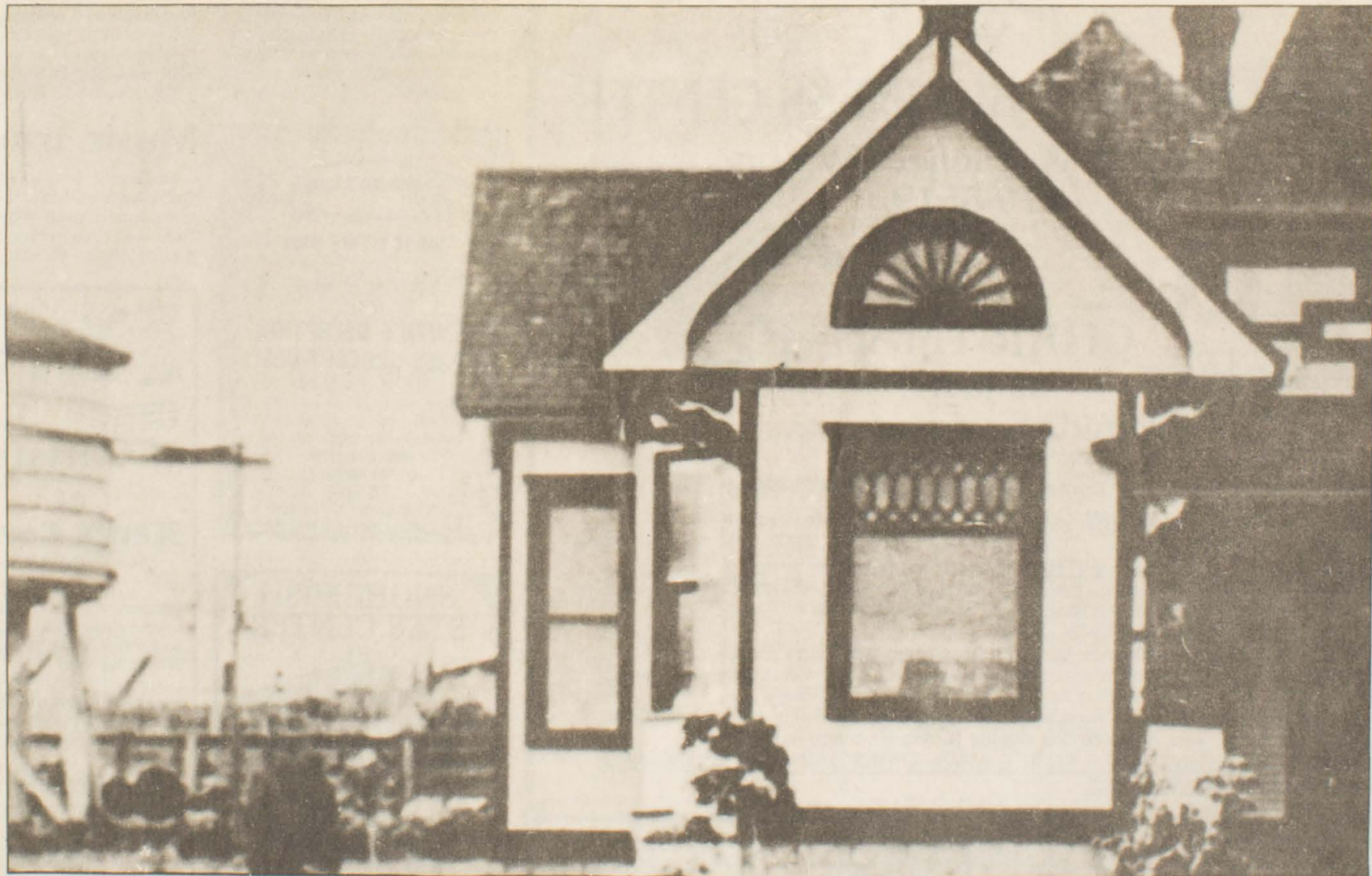


Photo courtesy of Dorothy Nell

This photo shows the home of the Joseph Maylor family, one of the first families to settle in the Oak Harbor area. The house, built around 1890, was located where the Victorian gift shop now stands.

IN THIS WEEK'S WHIDBEY TODAY ...

December

A month of overabundance

Page 2

Diets

Infant requirements

Page 6

Crossword

Solution on page 6

Page 2

Seniors

Calendars for Oak Harbor, Bayview

Page 6



CUT IT OUT!

and subscribe to the Record



Mail to: The Record
P.O. Box 387
Langley, WA 98260

☐ New ☐ Renewal ☐ Bill ☐ Payment enclosed

ANNUAL SUBSCRIPTION RATES
☐ Island County \$14 carrier/\$16 mail
☐ Washington State \$20
☐ Out-of-State \$24

Subscriber Name _____

Address _____

City _____ State _____ Zip _____

December: an overabundance of happenings, goodies and rain

I blew it. I should have had a Thanksgiving column in here somewhere. I was too busy griping instead of being grateful for the invention of the phone. Carrier pigeons are flighty, smoke signals pollute and we have to recycle tin cans. Besides, where do we find string nowadays. I once had a thought — "He was so organized he not only saved string, he inventoried the knots."

So it is onward, brave people, onward to the month of December, with its overabundance of happenings, goodies and probably rain. To begin, if you are of a mature age, you need to sign up for the sumptuous annual dinner cooked and served by the men of the Lions and the Knights of Columbus. Mark the date of December 3 and St. Augustine's Church.

Last year the senior band was asked to play while the guests were arriving and being seated. They want us back again. Dean Davis joined us last year and somehow we think he'll be with us

SOMETHING ELSE AGAIN

By Alice Elles



again in spirit.

Our group will also play favorite songs at Whidbey Manor and for a local dinner dance. A concert and sing-along at the Center on the 21st will wind it up. The usual end-of-the-month dance has been canceled because it is too close to New Year's Eve.

Oh, yes, watch for a new happening at the Oak Harbor Senior Center when George Grow gets his plans into production about the first of the year. George is a multi-talented guy who does card tricks, sleight of hand antics, can top any story you can tell and who

wrote the Family Service newsletter for four years. His cartoon ideas are seen in the Sunday paper several times a year. He can also dance, ladies, and has a tremendous sense of humor. Interesting fella, look for his debut.

Now and then someone from Oak Harbor makes the news outside the local area. This month it is Cathy Beasley, who sent a picture of her dog "Buckwheat" to Family magazine and won herself a check. This periodical is distributed world-wide to military bases. No doubt there will be some "Hey, look, from Oak Harbor" squeals of recognition in some far-off places.

Happy shopping but remember you do have to pay for all that stuff eventually. Don't forget the lonely or those without transportation who would appreciate a ride just to see the lights and sights but who might be shy to ask. There's a lot of truth in the saying "What goes round, comes round." Just be sure you send out what you'd like to get back.

Fillings galore for the holidays

CONTINUED FROM PAGE 1

HOT HAM-MUSHROOM FILLING

- 2 Tbs. butter
- 1/2 lb. mushrooms, chopped
- 1 small onion, minced
- 1/2 green pepper, chopped
- 1/4 lb. cooked ham, diced
- Salt, pepper and oregano to taste

over medium heat. Add mushrooms, onion and green pepper, cook stirring occasionally until most of liquid has evaporated. Add ham with seasonings and cook to heat through.

CLAM FILLING

- 2 cans minced clams, drained

1/2 cup minced celery
1/3 cup mayonnaise
2 Tbs. grated onion
Dash hot pepper sauce
Stir all ingredients together until well mixed. Fill puffs and arrange on baking sheet, but do not replace tops. Bake in preheated 375 oven for 15 minutes until hot and bubbly. Replace tops and serve at once.

New sales rules require employer to register

OLYMPIA — Under new rules adopted by the Department of Labor and Industries, minors will be prohibited from engaging in house-to-house sales unless their employer is

registered with the department. The rules resulted from legislation passed this year. They took effect Nov. 20, replacing rules adopted earlier this year on an emergency

basis. Employers also are prohibited from hiring anyone under age 16 for house-to-house sales unless Labor and Industries grants a variance.

Registrations to be accepted for workshop

Registrations will soon be accepted for NEEDLEWORKS, a workshop series to be held March 12-18 featuring nationally recognized instructors. Spinning and knitting will be taught by Priscilla Gibson-Roberts; knitting by Meg Swansen, Carol Thrallkill and Kate Martinson;

quilting by Elly Sienkiewicz, Margaret Miller, Lassie Wittman and Marilyn Doheny; and needlepoint by Betty Chen Louis. Students can learn the techniques of rug hooking, couching, embellishments, needlelace, Temari Balls, machine knitting and beading from Gloria

Crouse, Virginia Harvey, Anita Mayer, Jill Nordfors, Mary Black, Arlene Vraney and Virginia Blakelock. For more information, contact Coupeville Arts Center, P.O. Box 171, Coupeville, WA 98239, (206) 678-3396.



CROSSWORD PUZZLE

- 1 Reading light
- 5 Composer Johann Sebastian
- 9 Boyfriend
- 13 code (phone prefix)
- 14 Reverberate
- 15 Files like an eagle
- 16 Manner's evening guide
- 18 Borden cow of old ads

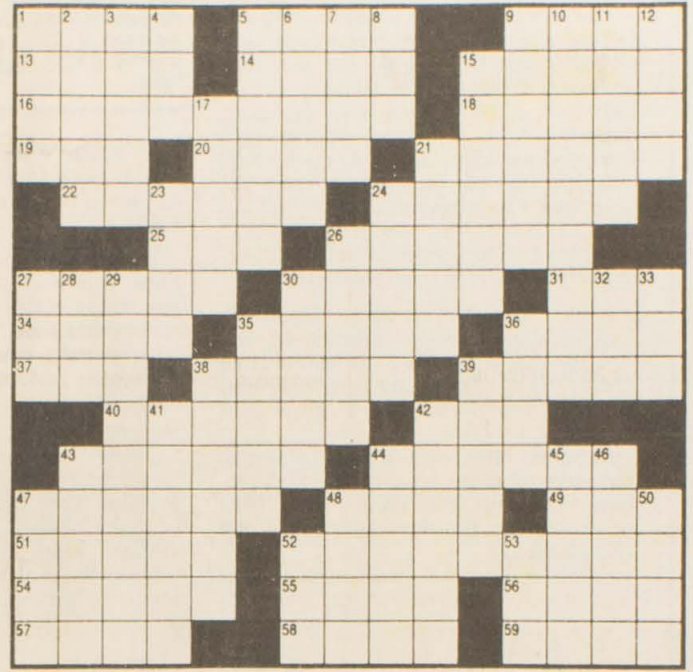
- 19 Holiday (Wyatt Earp pal)
- 20 On
- 21 Faced the pitcher
- 22 Author Dostoevsky
- 24 Three-masted ships
- 25 What's Pussycat? (65 film)
- 26 Holy city of Ohio

- 27 Singer Lou
- 30 Uncle Miltie of TV comedy
- 31 Supply with weapons
- 34 Follow orders
- 35 Choreographer Berkeley
- 36 Peter the Great or Ivan the Terrible

- 37 Moines, Iowa
- 38 Spaghetti, linguini, etc.
- 39 Cigarette ends
- 40 XXX, in old Rom
- 42 Computer monitor
- 43 Some plant seeds

- 44 However
- 47 churchmouse
- 48 Ferry or yacht
- 49 Old car make
- 51 Of the pelvis
- 52 Notre Dame's city

- 54 Mrs. Reagan or Miss Sinatra
- 55 Treaty
- 56 Peul- (maybe) Fr
- 57 20s art deco leader
- 58 Like a used fireplace
- 59 Speaker's platform



Solution on page 6

DOWN

- 1 "One if by
- 2 Have over one's head (be sheltered)
- 3 Clemency
- 4 Senator Moynihan
- 5 Give
- 6 Cast member
- 7 Jolly good fellow
- 8 Opposite of "Vert." on TV controls
- 9 Took off—and fast!
- 10 Maine to Florida
- 11 Ram, in the zodiac
- 12 Secondhand
- 15 U.S. Navy engineer
- 17 Heil
- 21 Stomach
- 23 Broadway hit
- 24 Anthony Quinn
- 26 Spoiling for a fight

- 27 Serling of The Twilight Zone
- 28 "Honest" president
- 29 U.S. Military Academy site
- 30 Sculptor's works
- 32 Squeal (on)
- 33 O'Leary's cow
- 35 Strips naked
- 36 Ballerina's skirt
- 38 Captain Kidd's activity
- 39 Clear soup
- 41 1800s political leader Greeley
- 42 Talkative
- 43 Energy from the sun
- 44 One of the five senses
- 45 ("I want to be alone") Garbo
- 46 Artist Matisse
- 47 "Lonesome" tree
- 48 Feather scarves
- 50 Old-style poems
- 52 Hot springs resort
- 53 Mattress site

Finnerty named Olympic superintendent

Maureen Finnerty, a 15-year careerist with the National Park Service, has been appointed Superintendent of Olympic National Park, making her the highest-ranking female field manager in the history of the NPS.

In making the appointment, NPS Director James M. Ridenour said "it is a pleasure to select such a highly qualified and dedicated professional to head this crown jewel park and, at the same time, demonstrate our commitment to placing women and minorities in top jobs in the Service."

Finnerty, is currently Associate Director for Management and Operations of the Service's Mid-Atlantic Region in Philadelphia, PA. She is responsible for ensuring that the region's 27 parks formulate and execute adequate resource management, interpretation, visitor services and protection, law enforcement,

concessions, safety, maintenance, and land acquisition programs. She has held this position for three years.

Olympic National Park is a one-million acre mountain wilderness that contains the finest remnant of Pacific Northwest rain forest, active glaciers, rare Roosevelt elk, and 50 miles of wild, scenic ocean shore. One of the most popular units of the National Park System, Olympic attracts three million visitors annually.

Finnerty began her career in 1974 in Washington, D.C., as a program analyst in the Division of Federal and State Liaison, moving up to program coordinator in the Office of Management Policy in 1978.

In 1980, she became a park ranger, responsible for a wide range of functions directly related to field management and operations, in the Office of Visitor Services.

Three years later, she was named

assistant superintendent at Everglades National Park in Florida, and nearby Fort Jefferson National Monument, directly supervising maintenance, visitor protection, resource management, and interpretation. In 1986, she assumed her current position in the Philadelphia office.

Finnerty's non-NPS work experience includes three years of teaching history and government at the high school and college levels. From 1972 to 1974, she worked as a staff assistant to U.S. Senator Paul Fannin of Arizona, and to the Senate Interior and Insular Affairs Committee.

Born in Montclair, N.J., she has a B.A. degree in government from Marymount College in Tarrytown, N.Y., and a Master's degree in history and education from Fairleigh Dickinson University in Teaneck, N.J.

Music trio to attend Centrum

Legendary Irish fiddler Kevin Burke leads a talented trio of traditional musicians at a special Centrum concert on Friday, Dec. 1 at 8 p.m. at the Fort Worden Theater in

Port Townsend.

Burke makes a rare Northwest tour with two fellow masters of folk music, Mark Graham and Paul Kotapish. Burke's sparkling, lyrical fiddle and his great sense of the spirit in Irish music has earned him a reputation as one of the finest players in the country. He has been an integral member of both the Bothy Band and Patrick Street. Burke will be accompanied by singer, songwriter and harmonica virtuoso Mark Graham, who charms audiences with his inventive and witty songs. Completing the trio is Paul Kotapish, who gives a dynamo performance on the guitar, mandolin and cittern. Graham and Kotapish are members of the Hurricane Ridgerunners, and Kotapish is a founding member of the Hillbillies from Mars.

On their limited tour, the trio will perform at Centrum in Port Townsend, Bainbridge Island, Seattle and Salem, Oregon. Tickets for the Port Townsend concert are \$7 in advance and \$9 the day of the show. Call Centrum at (206) 385-3102 for more information.

Pictures with Santa

Santa's Hours
Saturday, Dec. 2, 9, 16, 23
11 a.m.-2 p.m. & 3 p.m.-5 p.m.
Sunday, Dec. 3, 10, 17, 24
11 a.m.-2 p.m.

Ken's Corner Shopping Plaza
Clinton

Quit smoking.

AMERICAN HEART ASSOCIATION
WE'RE FIGHTING FOR YOUR LIFE

PONY MAILING AND BUSINESS CENTER

1254 W. Pioneer Way
679-5519

CHRISTMAS is just around the corner . . .

Here are some shipping recommendations to help you get your packages there in one piece.

- Use strong corrugated boxes **WITHOUT** paper overwrapping or string
- TAPE securely with **PLASTIC PACKAGING TAPE** or **STRAPPING TAPE** (avoid cellophane, gummed paper, masking, or any other types of tape)
- Write **address on one clean side** of box
- WEIGHT LIMIT: **70** pounds per box by U.P.S.; **Unlimited** Federal Express
- SIZE LIMIT: **130"** per box (measure all the way around at the widest point, then measure the length. Add the two together for size). **Unlimited** Federal Express
- BREAKABLES must have at **least two inches** of packing material around each item (styrofoam pellets or bubble wrap recommended; **double boxing** is strongly recommended)
- PONY has **SHIPPING BOXES, BUBBLE WRAP, STYROFOAM AND PACKING TAPE AVAILABLE FOR PURCHASE**

SUGGESTED U.P.S. CHRISTMAS DEADLINES

| Where | Ground Service | 2nd Day Air Blue Label | Next Day |
|----------|----------------|------------------------|----------|
| E. COAST | 12/14 | 12/20 | 12/21 |
| MIDWEST | 12/15 | 12/20 | 12/21 |
| PLAINS | 12/18 | 12/20 | 12/21 |
| ROCKIES | 12/19 | 12/20 | 12/21 |
| W. COAST | 12/19 | 12/20 | 12/21 |
| HAWAII | N/A | 12/20 | 12/21 |
| ALASKA | N/A | 12/20* | 12/21* |

*Some areas of Alaska are not guaranteed for 2nd/next day delivery

SUGGESTED FEDERAL EXPRESS DEADLINES

| | |
|------------------------------------|-------|
| STANDARD SERVICE | |
| ALL U.S. CITIES | 12/20 |
| PRIORITY SERVICE, MOST U.S. CITIES | 12/21 |

SHIPPING MATERIALS

Box sizes & materials

| | |
|---------------------------|----------------------------|
| No. 1 6x6x6 . . . \$1.25 | No. 12 36x20x9 . . . 3.50 |
| No. 2 10x8x6 . . . 1.25 | No. 13 20x20x18 . . . 3.75 |
| No. 3 12x12x12 . . . 1.75 | No. 14 16x8x8 . . . 1.50 |
| No. 4 16x16x16 . . . 2.75 | No. 15 20x20x4 . . . 2.75 |
| No. 5 12x10x6 . . . 1.25 | No. 16 20x20x10 . . . 3.00 |
| No. 6 24x16x13 . . . 3.00 | No. 17 24x24x7 . . . 4.00 |
| No. 7 18x12x6 . . . 1.75 | No. 18 36x12x10 . . . 3.25 |
| No. 8 19x12x3 . . . 1.75 | No. 19 30x24x10 . . . 4.75 |
| No. 9 30x18x16 . . . 3.75 | No. 20 3x3x37 . . . 1.75 |
| No. 10 16x16x8 . . . 2.25 | No. 22 46x20x12 . . . 5.00 |
| No. 11 24x16x6 . . . 2.50 | |

Styrofoam (approx. 1 cubic foot bag) . . . 1.50
Bubblewrap (2 square feet)50
Packing Tape (2 in. wide x 55 yards) . . . 3.50
Decorated Christmas Tape (2" x 55 yd.) . . . 3.50

GIFT BOXES

| | |
|-----------------------------|--------------------------|
| No. A 4x4x4 . . . \$.35 | Small 4x22.00 |
| No. B 8x8x480 | Medium 4x52.50 |
| No. C 9x9x91.60 | Large 6x73.50 |
| No. D 10x10x265 | Pop-Tops25 |
| No. E 17x11x275 | (Sm. and Med. only) |
| No. F 24x14x41.50 | Plastic Lids25 |
| | (Sm., Med., Lg.) |

SMOKED SALMON

At It's Very Best
A Tasty Treat
For The Holidays
from
SMITH'S DECEPTION PASS GROCERY-DELI

Located next to
Putt, Putt Golf on Hwy. 20.
Shipping cartons FREE.
We Ship • We Ship • We Ship
4946 N. Hwy. 20
Oak Harbor
675-6272
Credit Cards Welcome

SNOHOMISH STAR CENTER

ANTIQUE MALL
150 UNIQUE SHOPS
Furniture • Glass • China
Clocks • Toys • Prints • Pottery
Dolls • Advertising • Oriental
Mirrors • Silver • Jewelry
NO REPRODUCTIONS
OPEN: 7 DAYS 10-5; SAT. 10-6
829 2nd St. • 568-2132

WHIDBEY'S GREENBANK LOGANBERRY FARM
HOLIDAY TRADITION

3RD ANNUAL GRAPEVINE WREATHMAKING CLASSES

Thursday, Dec. 7 10AM - 12NOON, 7PM - 9PM
Friday, Dec. 8 10AM - 12 NOON
Saturday, Dec. 9 11AM - 1PM, 2PM - 4PM
(Reservations required, call 678-7700)
Registration FREE with a non-perishable food donation, to benefit Harbor House (Oak Harbor) and Good Cheer (Langley).

A Wide Selection of Unique Holiday Gift Items are Available in The Whidbey's Greenbank Loganberry Farm Gift Shop

Visitor's Center and Gift Shop Open Year Round for Tours and Tasting 10am-5pm Daily
Whidbey's Greenbank Loganberry Farm
Greenbank, WA 98253 • (206) 678-7700

CLASSIFIEDS

TO PLACE YOUR AD:

To place, cancel or correct your ad, call:
675-6611 or 321-5300

In Oak Harbor, 8 a.m. to 6 p.m. at
Whidbey Press, 3098 300 Ave. W.
Or mail to: P.O. Box 10, Oak Harbor, WA 98277
In Langley, 8:30 a.m. to 5 p.m., Mon. to Fri. at
South Whidbey Record, 2nd & Anthes
Or mail to: P.O. Box 387, Langley, WA 98260

CLASSIFIED INDEX

A. ANNOUNCEMENTS

1. Cards of Thanks
2. Personals
3. Lost & Found
4. Give-Away/Free
5. Wanted

B. MERCHANDISE FOR SALE

6. Garage Sales
7. For Sale, Miscellaneous
8. Appliances & Furniture
9. Livestock/Pets & Supplies
10. Firewood

C. TRANSPORTATION/TO SELL

11. Automobiles
12. Trucks
13. Motorcycles
14. Recreational Vehicles
15. Boats/Marine

D. SERVICES

16. Music
17. Instruction
18. Services/General
19. Child Care

E. EMPLOYMENT

20. Work Wanted
21. Help Wanted

F. FOR RENT

22. For Rent, Homes
23. For Rent, Apts./Duplexes
24. For Rent, Miscellaneous

G. PROPERTY FOR SALE

25. Real Estate, Homes
26. Real Estate, Lots/Acreage
27. Real Estate, Mobile Homes
28. Real Estate, Miscellaneous
29. Business Opportunities

H. Public Notices

DEADLINES:

CLASSIFIED WORD ADS:

Langley: Wednesday, noon
Oak Harbor: Thursday, 11:00 a.m.

HAPPY & CLASSIFIED DISPLAY:

Wednesday, noon

WRITING AN EFFECTIVE CLASSIFIED AD:

- **CAPTURE READER'S ATTENTION** with larger headlines
- **MAKE IT EASY** for readers to locate your ad by telling them at the start the merchandise or service you are selling.
- **MENTION WHAT'S UNIQUE** about your item and note any improvements you have made. Add details such as color and condition and be accurate.
- **ALWAYS INCLUDE THE PRICE** of the item you are selling. This increases the number of people who will respond.
- **ALSO:** -Urge the reader to take action. -Try to avoid abbreviations. They make your ad harder to read and less effective. -Don't forget a phone number and the hours you are available. -Run your ad for an ample length of time. Remember you can cancel your ad as soon as you get the desired results.
- **CALL OUR SALES REPS** for information about headlines, large and bold type and other graphic devices at 675-6611.

GREAT ISLAND VIEW
Study/office overlooks the San Juan Islands from this West Beach 3 bedroom, 2 bath contemporary North Whidbey home. Kitchen features views of the Strait and new appliances. Dining room, spacious utility room, two-car garage, detached shed. School nearby. Only \$95,000. Won't last long. Call 000-0000 after 6 p.m. weekdays or 10 a.m. to 10 p.m. weekends.

RATES:

BASIC RATES:

For personal, paid-in-advance classifieds:

FIRST WEEK, up to 20 words minimum \$5.00
Additional words over 20 15 cents each
THREE-FOR-TWO

Buy two weeks and receive the third week FREE.

RESULTS GUARANTEED:

We guarantee results. If, after three weeks, you have not sold or rented your item, we will extend your ad for three more weeks free. LIMITATIONS: Personal items only; one free extension only; price must appear in ad. Guarantee considered met if any one advertised item has sold at least one piece. TO QUALIFY: You must call by noon Wednesday following the third issue your ad appeared for your free extension.

HALF PRICE OFFER:

Run identical Whidbey Today ad in any other Whidbey Press publication (Whidbey News-Times, South Whidbey Record or Crosswind) at half price of the Whidbey Today cost.

CARD OF THANKS:

Up to 40 words \$5.00
Each additional word 10 cents per word

SPECIAL RATES:

LOST, FOUND, FREE: Found and Free items run free one week, Lost run at half price.
HEADLINES: \$1.00 per insertion for centered headline.
THRIFTIES: Personal items for sale valued to \$250 run at half price. Limited to one item per ad. Price must appear.
BOX REPLIES: For \$5 additional per ad, advertisers may have replies sent to Whidbey Press. A number is assigned to each ad. Replies are given out on presentation of ID.

HAPPY ADS:

Available in three sizes. Priced at \$10, \$15 and \$20 prepaid. Includes photograph. Send a greeting today to a loved one.

CLASSIFIED DISPLAY:

\$7.20 per inch open rate for commercial and boxed advertisements. Volume and consistency rates available.

STATEWIDE CLASSIFIEDS:

Reach more than 1,000,000 homes in 114 state community newspapers. One week, up to 25 words, \$129.00 prepaid. (Extra words, \$4 each). Deadline: 12 days before publication.

ADDITIONAL INFORMATION:

PAYMENT TERMS:

Individual classifieds require payment in advance by deadline. MasterCard and Visa gladly accepted. \$1.00 billing charge on ads requiring a bill to be mailed. For information, phone 675-6611 or 321-5300.

ERRORS & CANCELLATIONS:

Please read your ad on the first day. If you see an error, Whidbey Press will gladly re-run your ad correctly. We accept responsibility for the first incorrect insertion, and then only to the extent of a corrected insertion or refund of the price paid. To correct an ad, call 675-6611 or 321-5300.

EDITING:

All ads are subject to the approval of the Whidbey Press, which reserves the right to edit, reject or properly classify any ad.



A. Announcements

2. Personals

AMWAY PRODUCTS — We deliver to you in your home. To order call Julie at 675-0161, Kathy at 678-3185 or Carolyn at 321-4450.

CHRISTMAS HOUSE

Handcrafted gifts from
COUNTRY COTTAGE
2174 South Inverness
in Teronda West
December 2 & 3 and 9 & 10
10-5

LIGHT FORCE PRODUCTS for exuberant health, energy, PMS, stress-reduction, immune system protection, weight loss. Spirulina. 678-6040.

MARY KAY COSMETICS makes skin care simple. To learn about our easy-to-follow, proven effective system and receive a complimentary facial, call for appointment. Independent Beauty Consultant, Helen Harvard. 675-5442.

OVEREATERS ANONYMOUS — 675-8539.

TOPPFAST — Lose weight quickly and safely. Now available on SOUTH END. 221-3690.

THE HUMAN BODY has 70 trillion cells and each cell does 200,000 chemical reactions per hour and not only chemistry. The Creator knows more than doctors. The human is a master doctor.

ALCOHOLICS ANONYMOUS INFORMATION
321-9995, 321-5816, 221-2631
CALL COLLECT: 252-2525
41 tlc-020 48 tlc-020

RNWK
Community Alcohol
Drug Services
Call us... We Can Help
679-4525
221-2522 35 tlc-WT-020

PREGNANCY AID
Emotional and practical support to any pregnant woman. Pregnancy testing. Maternity and infant clothing, car seat loaner program.
321-4767
NO FEES • 24 hrs. 42 tlc-020

3. Lost & Found

LOST: 6-month size baby sweater, accidentally sold at garage sale sometime in last six months. Gold w/attached hood with blue 'F' on front. Blue '01' on one sleeve. Lots of sentimental value. 678-3196, Marie.

— \$25 REWARD —

For return of lost black and white neutered male cat. Mostly black, with white feet and white mustache containing small black mark. Medium size, somewhat stocky, 9-10 pounds. Tail is all black. Tip of tail has crook in last inch. May have reflective type collar with tags. Call 679-4993.

5. Wanted

LOOKING FOR A GARDEN TRACTOR and/or 20-40 hp farm tractor. Will pay cash. 678-3350.

WANTED — Gold jewelry, dental gold, class rings, wedding rings, chains, coins, etc. Any condition! **C.C. Coins**, 935 W. Ault Field Road, 675-1444.

WANTED

Oriental furniture, swords, antiques, collectibles, small items, oak and walnut pre-'50s furniture. Call us first — we pay cash. **SALMAGUNDI ANTIQUES**, Front Street, Coupeville. 678-5888.

WANTED: 1955, '56 or '57 Chevrolet convertible. Engine and transmission not important. Somebody must have one, or know where one is. Call Jim at 321-6493.

7. For Sale Miscellaneous

BLACK MINK COAT. Exquisite, full length. Six years old, hardly worn. Asking \$1,500 OBO. 221-7606.

BETTER THAN COMPARABLE PRICING! Bring us a verifiable quote and give us the opportunity to meet or beat it! **FURNITURE 'N STUFF** (formerly NICK'S), South Whidbey's most complete home furnishings center. Clinton. 321-4044. Open Monday through Saturday.



B. Merchandise For Sale

CLIP & SAVE GARAGE SALES

Place your garage sale ads in the Whidbey Today and receive one FREE Garage Sale sign.

6. Garage Sales

CHRISTMAS BAZAAR. Northgate Terrace clubhouse, December 2 & 3, 9-5. Beautiful gifts and useful items too numerous to itemize.

HOLIDAY BOUTIQUE

Friday, December 1, 9 a.m.-7 p.m.
Saturday, December 2, 9 a.m.-3 p.m.
Handmade crafts, ceramics, Stained glass, crochet, Cross stitch, stuffed toys, Tree ornaments & lots more.
Free Coffee!

I.O.O.F HALL
300 West, Oak Harbor

SANTA'S SHOWPLACE
WHERE: 4-H Building, Island County Fairgrounds
WHEN: November 24, 25 & 26 and December 1, 2 & 3
TIMES: Fridays from 2-8 p.m., Saturdays and Sunday from 10-5 p.m.

Featuring Whidbey Island Artisans. Includes handcrafted jewelry, pottery, baskets, dolls, wooden toys, woven rugs, wovenwood items, raggedy dolls, stuffed animals, some outdoor pots and children's wear. And Not Forgetting: Foods (organic, ready to eat or take home); Plants (indoor & outdoor); table top Christmas trees; Wreaths (grapevine, evergreen, decorative); and Christmas arrangements and others. And last but not least: ANTIQUES, ANTIQUES, ANTIQUES!

7. For Sale Miscellaneous

BURN BARREL, \$10; Maytag washer, \$125; snow shoes, \$50; tire chains, \$10; snow tires, 13", 14", 15", \$15 up. 675-8388.

HOLIDAY JAM PACKS. 40 ozs. of mouth-watering Northwest fruits, including blueberry preserves, wild blackberry, marionberry, loganberry and red raspberry jams. Gift boxed and ready to ship. \$19.95. 221-2928.

HENRY'S FROSTY MEADOWS U-CUT CHRISTMAS TREES

Opening November 25
7 days a week, 9-Dark
Just south of Oak Harbor
1694 N. Boon Road
675-5021

IRRIGATION PIPE: 3", 1,000 feet with couplings. \$1,500. Call after 6 p.m. 675-8778.

KING APPLES, \$5 per box. Fresh cider. Warren Burrier, 321-4796.

ANNUAL ARTS & CRAFTS BAZAAR
St. Peter's Lutheran Church
Clinton
(Behind Warm Wind Books)
Sat., Dec. 2, 9 a.m.-4 p.m.

FURNITURE FOR SALE
ALL ITEMS IN NICE CONDITION
Four Drexel dining chairs, \$200. Drexel buffet, \$125. Single bed, \$75. Small dining table with leaf, \$90. Bassett deco triple dresser and two night stands, \$250. 137 Fourth Street, No. 2, Langley. Call for appointment, 321-6762.

"IT'S OUR ANNIVERSARY AT TWO LADIES CLOTHES"

Come in and see our new line of South American sweaters, colorful socks, custom made earrings and hair bobs.

We also have a great line of wreaths that are all occasion and everlasting for your walls. Please come in and mention this ad for a 10% DISCOUNT on various clothes.

TUESDAY-SATURDAY 11:00 TO 5:00
SUNDAY 11:00 TO 4:00

117 Anthes Court, Langley • 221-2484

7. For Sale Miscellaneous

CHRISTMAS HOUSE — Cozy NEW LOCATION, same fine workmanship! Inside Maxwellton General Store, 4.7 miles from Highway 525, 7495 S. Maxwellton Road, South Whidbey. Treasures for all occasions. Apparel, gifts, decorations, collectibles, toys, originals and more! Daily, 8 a.m. to 7:30 p.m.; weekends, 9 a.m. to 7 p.m. (Consignments by appointment, 221-7462, Jan Smith).

Colored paper and multiple fonts leave employers cold.

Let's warm them up with a powerful resume that speaks through both words and appearances.

The Winning Edge
Employment Strategies
Letters • Resumes

Five years experience providing personal service at competitive rates.

675-6446 by appointment

COUNTRY AIRTIGHT INSERT with fan, \$400. 21" dry wood, \$80 cord. 321-6551.

CHRISTMAS HOUSE

Handcrafted gifts from Country Cottage, 2174 S. Inverness, in Teronda West. 678-4453. December 2 & 3, 10 a.m.-5 p.m. December 9 & 10, 10 a.m.-5 p.m.

Christmas is coming,
The Goose is getting fat.
Check out the Senior Thrift Shop.
For some of this and that.

Open Monday-Saturday, 10-4.

FLOOR POLISHER. Commercial 14" Clark w/auto was application. \$300. 321-5934.

FREE DRAWING

For handcrafted windmill at **WOOD-MASTERS' Holiday Craft Show & Demonstration**, November 24 through December 23. Come see a most delightful display of locally crafted furniture, gifts and collectibles. Craft demonstrations every weekend! Open 7 days a week through December 23. 4809 Hwy. 525, Clinton. For more information, call 321-1910.

FORTIER'S FLOOR COVERING SERVICE

Are Your Floors Cold?

We have many carpet remnants in stock — check us out. Good quality at low prices. Free binding.

1075 W. Pioneer Way
675-6560

GOD'S CREATIONS CHRISTMAS OPEN HOUSE will be Saturday, December 2, from 10 a.m. to 7 p.m. Plan to enter drawings, have refreshments and get 20% discount on all merchandise in stock — hats, hearts, wreaths and more! Have a great Holiday Season! Sleeper/Taylor (follow signs).

GERI'S ART AND ANTIQUE in Greenbank. Reopen Wednesday through Saturday, 11 to 4:30. Many beautiful new items ready for holiday shoppers. 678-6104.

HUTCH, \$125; dishwasher, works, \$40; Commodore 64 disk drive, etc., \$125. Call 221-8302.

ROSE PARIS can now be found in Clinton! Paul's Coast Barbary, 221-7070, and her little dog, too!

INSTALLED VINYL SIDING
Best prices, highest quality.
Buy direct
1-800-544-0515
42 TFC NT, WT-120

POPPY SEEDS PLANT NOW FOR SPRING FLOWERS.
8 colors or mixed
BELL'S FARM
WEST BEACH ROAD
678-4803 41-48 NT-WT-120

7. For Sale Miscellaneous

MARCY VERTEX weight machine; all attachments, DP weight bench. Includes 2 sets of weights. Both for \$500. John Deere chainsaw, 16", good condition, case included, \$125. 14 cubic foot refrigerator, \$100 OBO. Mobile standing woodstove, chimney kit included, \$700. 675-1736 after 4:30 or 679-2150 after 8 p.m.

MENTION THIS AD for a 10% discount throughout the store — month of November only. **GOODFELLOW & POOR JEAN'S**, Langley, 321-1838.

MEN'S FLANNEL and long sleeved shirts have finally arrived at **GOODFELLOW MEN'S WEAR**, Langley, 321-1838. (Sharp looking, too!)

MALE COCKATIELS with cage, one hand-tamed, \$75. GE refrigerator, \$75. Sears table saw, \$50. Antique banjo, \$75. 221-2764 after p.m. or weekends.

NEED CASH? We loan or buy, TV's, stereos, cameras, VCR's, jewelry, diamonds, radios, etc. **C.C. Coins**, 935 W. Ault Field Road, 675-1444.

NEED A PROFESSIONAL haircut and aren't sure where to go? Take advantage of **DIANE'S STYLES UNLIMITED'S** Tuesday and Sunday \$5 haircut. Walk-ins only. Wednesday: Perm Sale, \$35. Open Tuesday & Wednesday until 8 p.m. 675-8081.

OLD STYLE adjustable hairdryer, perfect condition, \$35. 5-gallon old stone crock, \$45. Green swivel chair, new, \$35. Electric fireplace, like new (or use as insert), trimming and screen, \$35. 678-5204.

PHOTOGRAPH SANTA with your children and enjoy shopping at Mrs. Claus' Fabulous Christmas Bazaar, Saturday, December 2, 9 a.m. to 5 p.m., Coupeville Rec Hall. Spread the spirit of Christmas through your donations to needy families.

STATEWIDE CLASSIFIEDS: Place your ad in Washington's community newspapers with a combined circulation of over 1,000,000! Only \$129 for a 25-word ad. Call for details, 675-6611 or 321-5300.

SOMETHING BUGGING YOU? Spiders, Fleas, Carpenter Ants, and Cockroaches. Have spray tank, will travel. **C & E Pest & Odor Control**, Coupeville. 678-6077.

SEQUIN, ROCAILLE, bugle bead, Glitz Kit for your holiday crafts projects. \$6.50 includes tax. whidBEAD Store, 221-8412.

SKI BUS

Ski bus from Oak Harbor to Mt. Baker. For information call John, 679-4741.

SALES EXTRAVAGANZA!!

Amazing, limited time offer from Bindy the Clown. Buy just 437 children's birthday party shows and get the 438th show for free!

Bindy the Clown

a magical clown

Most Occasions
675-6446

SCIENCE DIET

Available At
Island Pet Jungle
Freeland • 221-7202
24 TFC WT-120

GREAT GIFT IDEA



"By Canoe and Sailing Ship They Came"

A history of Whidbey Island by Dorothy Neil and Lee Brainard. The book is available at these locations:

Wind & Tide Book Shop
Whidbey Stationers
(Oak Harbor & Freeland)
Watermark Book Co.
(Anacortes)
Old Town Shop
(Coupeville)
Warm Wind Books
(Clinton)
Moonraker Books
(Langley)
His Place
J & D Book Swap
The Record Office
(Langley)
The Book Rack
Navy Exchange

7. For Sale Miscellaneous

TRY US!! You'll like it! New and used jewelry, TV's, VCR's, stereos, cameras. Save big bucks! **C.C. Coins, 935 W. Ault Field Road, 675-1444.**

THE BLUE BARN

Antiques, fine used furniture, loads of Christmas gifts and decorations. Six miles south of Oak Harbor, turn north on Power Road at Old San de Fuca Store, then left on Second, top of the hill. 678-4226/678-3009.

Whidbey Today **3 FOR THE PRICE OF 2:** Pay in advance for your classified in the Whidbey Today and get 3 weeks for the price of 2!

WOLF POTTERY Showroom open daily for holiday shopping. Featuring hand-crafted gifts in porcelain with colorful, lead-free glazes. Call 321-4931 for hours.

WANTED: Fire house garage doors, 12x20. I almost bought them — still want them! Please call 675-7894.

ZERO CLEARANCE fire box, unfinished, glass doors, \$400 OBO. 10-speed man's bike, \$50. 678-5662 or 321-6626.

8. For Sale Appl. & Furn.

AMANA APPLIANCES now available at **FURNITURE 'N STUFF** (formerly NICK'S), Clinton. Extended warranties available on all GIBSON, AMANA and GE appliances. Free local delivery to South Whidbey Island. Open Monday through Saturday. **321-4044.**

BREAKFRONT BOOKCASE, solid wood, 72"x48", \$100. Williamsburg chandelier, 9 arms, \$100. 221-2833.

LOVESEAT AND MATCHING armchair. Exposed wood frame, blue tweed cushions, \$275; three 4'x6' rugs, Oriental pattern, \$10 each. 678-3569.

PECAN DINING SET, 6 chairs, china closet — \$1,100. Antique Edison mahogany phonograph, 50-plus records, mint condition, \$675. 221-3640.

WOOD KITCHEN CABINETS, 7' counter with sink, 2 wall cabinets. Butcherblock piece. Make offer. 321-6393.

IAMS Pet Foods

available at
Island Pet Jungle
Freeland • 221-7202

34 TFC REC-120

9. For Sale, Livestock, Pets & Supplies

BEAUTIFUL AKC Siberian Husky pups. Born September 29. Variety of colors, excellent masks, blue eyes. \$250. Call 675-6448 Monday through Friday, anytime.

CAIRN TERRIERS. Expertly bred, champion lines, great temperament. Three female puppies, available December 2, 1989. \$350 each. 221-3165.

EXOTIC BIRDS, REPTILES, TROPICAL FISH, pet supplies and accessories, plus pet foods, including **SCIENCE DIET** and **IAMS** — available at **ISLAND PET JUNGLE**, Main Street, Freeland. 221-7202. Open 9-5:30 Monday through Saturday.

GEORGEOUS PUREBRED Persian kittens for sale. Must see to appreciate! \$175 without papers/\$250 with papers. Please call 675-8159 before 9 p.m.

INSURE YOUR POSSESSIONS, guard your family. Life-long loyalty and friendship. AKC Rottweilers, born October 13, 1989. Champion bloodlines. **PERSONALITY PLUS.** 321-6782.

MASTERFEEDS HORSE FEEDS: Feed your horses top quality nutrition this winter. See the difference yourself. **North Whidbey Veterinary Hospital, 679-3772.**

OBEDIENCE CLASSES. Basic obedience starts in Oak Harbor November 21; in Freeland, November 30. Train your dog, don't restrain. Enroll now. 678-5202.

Setter Ridge Kennel



Jeff & Melissa D. Johnson
English & Irish Setters
Professional Handling
Boarding & Training
CLASSES
STARTING
SOON
206-221-2878

J BAR ARENA
Ride your horse indoors!
TUESDAY AND THURSDAY
6:00 p.m.-9:00 P.M.

ARENA:
105 FT.
X
275 FT.
J BAR ARENA
PHONE 675-7065

48-49 WT-160

9. For Sale, Livestock, Pets & Supplies

AKC MALE TOY POODLE pups. Red and apricot. 678-6226.

ROTTWEILER

Beautiful female pup, seven months. Great temperament, good looks and intelligence. Mom and dad champions, all shots. Terms. 679-1957.

STOP CALLING YOUR DOG. Start calling INVISIBLE FENCING. 856-4151.

TWO ARAB MARES for sale. One black four-year-old; one small gray nine-year-old. Call 775-8492.

10. Firewood

FIREWOOD: Full cord, \$75. Prompt delivery. 221-7144 or 221-2194.

ROUGH CUT LUMBER & slab wood. Also custom cutting. Call for prices, evenings until 9 p.m. Peter, 221-3577.

TAKING ORDERS NOW for December wood pellet deliveries and presto logs. Price will be equal or below current prices. All products are of highest quality and are guaranteed. Phone 678-4147.

WOOD — WOOD — WOOD: Log loads, 5 cords approximate. 321-4213.



C. Transportation/ For Sale

11. For Sale, Autos

BY ORIGINAL OWNER: Clean solid 1976 Ford LTD wagon, 8 passenger, \$975. Also exceptionally nice 1976 Pinto Country Squire wagon. V-6 engine, automatic transmission, air, PS, PB, AM/FM cassette, \$875. 321-4925.

CHECK ADS FOR ERRORS

The Whidbey Press will not be responsible for errors after the first week of publication. **Notice of errors in the first publication should immediately be called to the attention of the Whidbey Press Classified Department.** 675-6611/321-5300

1988 CADILLAC. Clean body, runs, black leather interior. \$500 OBO. 321-5410 or 221-2370.

KEEP UP WITH WHIDBEY: Subscribe to the News-Times or South Whidbey Record. For details call 675-6611 or 321-5300.

1987 NISSAN STANZA. 4-door, AT/OD, AC, PS, PB, wire wheel covers. Sharp. Low miles. 221-8670.

1984 TRANS AM. HOT — all pro built at 8K, 19K total miles. Over \$30,000 in car. Corvette LTI 350-plus .03 w/2.02-1.94 heads. Aries 10-1 pistons and rods, 292 cam, Crown rollers, etc. 4-speed, AT w/shift kit and TCI stall, Dana 44 axle. Rhodes susp. ALL options. Pear essence, 2-tone. \$12,500. 321-5934.

1987 TOYOTA Tercel Deluxe 3-door liftback. 5-speed, AM/FM cassette, 30K miles. Excellent condition. \$5,995. 221-8599.

FALL SPECIAL

24x36x10 3 sided storage building. Delivered and erected on your level site. **\$4149.**

Call 757-7711
Farm & Home Steel Building
13543-A Peterson Rd., Burlington
WESTAD1-121Q1 40 TFC NT, WT-200

12. For Sale, Trucks

1986 TOYOTA PICKUP. 47K, great truck! One owner, \$5,200. Leave message, 675-8508.

13. For Sale, Cycles

1979 HONDA CX500. Good shape, has new battery. \$600. Phone 221-7428 and leave message.

1983 YAMAHA VENTURE. 1200cc, new brakes, tires & battery. 17,000 miles. \$2,800 OBO. 221-3240.

14. For Sale, Rec. Vehicles

MEL MAR 19' motor home, Ford Econoline 300. Self-contained. New tires, awning, upholstery, brakes and shocks. Air conditioned. In mint shape. \$8,700. 321-6275.

RICS WESTSIDE RV TERRY * COLLINS
Made in the U.S.A.
Propane 89 cents gallon
Parts and Service
1011 W. Division
Mount Vernon
424-0760 *

15. For Sale, Boats/Marine

12' ALUMINUM LUND, trailer, brand new 25 hp Mercury, three gas tanks, crab pot. \$1,750 OBO. 679-3933, 675-8448.

27' BUCCANEER SAILBOAT: Diesel, head, shower, stove, oven, refrigerator. Sleeps 5, VHF, depth finder, dodger furling job. Good family cruising. \$10,500. 675-5786.

MUST SELL 18' Seaswirl. Rebuilt in-board/outboard. Excellent condition, kicker, trim tabs, downrigger, depth finder, CB, full canvas, galvanized E-Z trailer, electric winch. \$3,600. Dan, 675-9259.

WE AGAIN HAVE some rebuilt outboard motors. 70 hp Merc., 85 hp Evinrude, 40 hp Johnson. Three boat motors & trailers for sale. We are now doing outboard motor repair. We take trade-ins. 221-3759.



D. Services

17. Instruction

Private
DRESSAGE INSTRUCTION

LYNN VASIL 221-3931

18. Services/General

New Housekeeping Service Available

Our Housekeepers will clean your house, prepare meals, run errands and care for your children. Daily or once a year to clean up after a party. At a cost so low it will surprise you.

We will find you someone compatible, schedule them at your convenience and pay their wages and taxes. All our employees are screened, bonded and insured.

For those in need of medically trained help, we also have Nurse's Aides, LPNs and RNs available.

ISLAND HOME NURSING
678-4090 or 221-7232

41 TFC WT-4007

SOOT BUSTERS



Chimney Cleaning Service
679-0859
St. Lic. SOOTB**115N5

20% OFF ALL CLEANING SERVICES
WITH THIS AD. Expires 11/30/89

18. Services/General

DIG-A-DITCH. TRENCHING. 221-2265.

ECONOMY LANDSCAPING. Pruning, weeding, sodding, hedge trimming, barking, general clean-up for yard. Also we clean empty houses, apartments and offices. Harry, 755-9566 or Nora, 675-0336.

HELEN'S SEWING SERVICE. My stitch in time will save you nine! Mending, repairs, zippers, lightweight leathers and plastics. Alterations. 221-7196.

HAULING JOBS WANTED: Trash, brush, rubbish. Junk cars, appliances removed. Small dump truck delivery. Rock-bark-gravel-topsoil. 321-5637.

HOST CARPET CLEANING EQUIPMENT — the "dry" system perfect for the Pacific Northwest — available at **FURNITURE 'N STUFF** (formerly NICK'S), Clinton. FREE equipment use with the purchase of carpet cleaning products. **321-4044.** Open Monday through Saturday.

IF FINDING a reliable **HOUSE CLEANING** service gives you a headache, call Sally at 678-4657. I'm an honest and educated person who'll provide you with the service you deserve.

MOVING? Truck and crew available. 7'x10'x7' dry box. You pack, we load and unload. Weekends OK. Call David, 221-2908, leave message.

FALL SPECIAL

2 car garage, delivered and erected on your level site. **\$3995**
Call 757-7711
Farm & Home Steel Building
1353A Peterson Rd., Burlington
WESTAD1-121Q1 40 TFC NT, WT-400

J.A. MOORE CONSTRUCTION

General Contractor
Foundation — Framing
Finish — Remodeling
221-8303
JAM00C110NM
44 47 REC-400 45 48 WT 400

EXPERT PAINTING WALLPAPERING RICHARD PAYNE

Interior/Exterior work guaranteed. Licensed/Bonded. **678-3158 or 221-7935.** Loc. No. PAYNEM110KB.
31 TFC WT-400

The Carpet Specialists

Because you've got better things to do!

\$49.95 *

Living, Dining, Hall

We're Truck Mounted not portable



OAK HARBOR

Here's why:

1. Dries faster
2. Cleans deeper
3. Lifts matted pile

No hidden charges

679-4681

43 Hc 400 40 Hc 400

Cascade Fresh!

Great tasting purified drinking water.

Sodium Free Chlorine Free

Free Delivery to home or office

City and rural delivery routes

Wide Choice of dispensers

ISLAND SYSTEMS

675-4462
State Contractors Reg. No. ISLANH5131QH
43 Hc REC. NT — 400

18. Services/General

BACKHOE AND TRACTOR WORK. Specializing in small jobs, rotovating, brush cutting, water lines, footings, etc. 221-7428.

CHIMNEY CLEANING AND REPAIR

Specializing in Osburne, Sweet Home and Seafire. Woodstoves for sale, virtually all makes available. 321-5844.

CUSTOM CABINETRY and wood-working, marine carpentry. Call Joe at N/W Woods for free estimate. 221-7174, leave message.

OLYMPIC MAINTENANCE

10% OFF SPECIAL for the holiday season! Housecleaning and window washing services. Call John or Karen at 221-7848.

PROFESSIONAL? Whidbey Press publishes regular professional directories. For information call 675-6611 or 321-5300.

PROFESSIONAL PRUNING, 321-4209.

THE CAN-DO MAN

Free estimate — low rates. My helping hands can do general repairs, unfinished jobs, painting, drywall, windows, electrical, plumbing, power washing and more. You name it, I'll do it. 221-3243.

TOP/REMOVE TREES. Experienced tree trimmer, specialized in topping and removal of trees. Free estimates. Call 679-4965.

WALLPAPERING. Experienced, low rates. Call 321-5410 or 221-2370.

19. Child Care

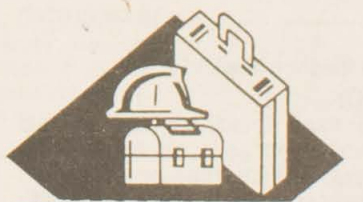
KIDS' KORNER DAYCARE. Immediate openings. Licensed, non-smoker, registered nurse. Many years experience. Huge fenced yard, some pre-school type activities. 678-6226.

LOOKING FOR loving, responsible childcare for our 10½-month-old daughter. Part-time afternoons and evenings, preferably in our home. Langley area. Call 221-7174 mornings.

TODDLER HAVEN — Licensed child care for military dependents, located in Enlisted Capehart, has one full time and afternoon part time openings for ages two and up. Meals and snacks provided, fenced yard with play equipment, separate play room and planned activities. Monday-Friday, 6:30 a.m. to 5:00 p.m. Call 675-6256.

TODDLER HAVEN licensed childcare for ages two and up, has full and part-time openings. Small groups, planned activities, meals. 675-6256.

WEE CARE: Quality home-based nursery school and daycare, full and part time openings. Loving, licensed care. 221-7096, Nancy McDonald.



E. Employment

20. Work Wanted

CARPENTER AVAILABLE on South Whidbey. Frame, finish, remodel, decks, stairs, whatever. 321-1364.

HANDY ANDY: Experienced in carpentry, electrical, plumbing, floor covering and lot clearing. Needs work. 221-2147.

HANDYMAN: Do you need work done? I can do most anything. Specialize in painting, either interior or exterior. Call Joe Dille, 221-8140.

WANTED: House cleaning jobs. 221-7432. If no answer, leave message on recorder.

21. Help Wanted

CARRIER WANTED DOWNTOWN AREA

If you can offer our customers good service, there is a Whidbey Press paper route open in downtown Oak Harbor west of Midway Boulevard and east of 60th NW along West Pioneer Way, Flintstone Freeway, 200th West and 300th West. Delivery times are Wednesday afternoon by 6 p.m. and Sunday morning by 9 a.m. Person must be dependable. Can make up to \$70 per month on this route. Please call the Whidbey Press Circulation Dept., 675-6611.

21. Help Wanted

APPLICATIONS BEING TAKEN for CNA at Freeland Care Center. Call and ask for Ann Rudd at 321-6232.

CPO CLUB. Experienced line cook wanted, broiler, saute and buffet. Experienced need only apply. \$6.31/hour to start. See Flo, Civilian Personnel Dept.

CNAs WANTED IMMEDIATELY. Also hiring Home Health Aides, with either six months experience in a nursing home, or one year in home care. Interesting and varied work w/good pay. Work with us in creating your own schedule. Call **Island Home Nursing, 221-7232 or 678-4090.**

DISHWASHING and some janitorial. Permanent, part-time work. Late evening and weekend shift. **Blueberry Hill, 221-2511.**

EARN MONEY typing at home. \$30,000/year income potential. Details, 1-805-687-6000 Ext. B-2008. Fee.

EARN MONEY watching TV! \$25,000/year income potential. Details, 1-805-687-6000 Ext. K-2008. Fee.

GET TO THE TOP IN YOUR FIELD

- *For a part-time job
- *Good pay and benefits
- *Educational assistance

If you're an aviation veteran we may be able to help you. The Naval Reserve has openings even if you've been out up to 10 years. Call 1-800-247-7777.

IMMEDIATE OPENING for nighttime driver for paper route. Must be able to work 5 hours a night, four or five days a week. Need automatic car and own insurance. 675-4681.

ISLAND TRANSIT TRANSIT OPERATOR

Do you enjoy working with the public and can you demonstrate an understanding of what it means to be a public servant? Do you have the ability to operate a large vehicle safely under stressful conditions? Can you work independently and use good judgment in a variety of circumstances? Can you work unusual hours and days? If so, Island Transit may have the job for you!

Island Transit is accepting applications for a "next to hire" list of Transit Operators. You must be 25 years of age, have previous experience in a job with public contact, a stable work history, a minimum of five years as a licensed driver and a good driving record.

SALARY RANGE: \$5.15/hour for training, with an increase to \$7.73/hour after successful completion of training.

All interested persons who have previously submitted resumes or applications must re-submit an application by the deadline stated below.

All applicable candidates will be asked to take a videotape screening test on Monday, December 11, 1989, at 9:30 a.m. in the Coupeville Room, at the Best Western, Oak Harbor.

A pre-employment physical, including drug screening is required. Position descriptions and application forms can be obtained at Oak Harbor City Hall, Island County Courthouse Annex, and Langley City Hall.

Applications will be accepted **only if mailed** to the following address:

Island Transit
P.O. Box 1097
Coupeville, WA 98239

Application Deadline: 4:30 p.m., December 2, 1989.

Island Transit is an Equal Opportunity Employer. No phone calls, please.

OUTPATIENT THERAPIST

ACSW required. Must have experience working with children as well as adults. This is a new position and is currently available on beautiful Whidbey Island. Salary DOE. Equal opportunity employer. Please send resume to Janet Burke, Island Mental Health Center, P.O. Box 160, Coupeville, WA 98239.

PLUMBER'S HELPER or someone with plumbing experience, full-time. 321-1654.

REAL ESTATE SALESPERSONS and trainees. Realty World has over 1,800 offices nationwide and Canada! We provide excellent free training and licensing programs. First year earnings of \$25,000 possible. Call Bill at 321-5551 for confidential interview.

REAL ESTATE ASSOCIATE BROKER: Realty World's Clinton office needs salesperson with broker's license or 3 year local experience to assist busy office of 20 agents. Call Bill at 321-5551 for confidential interview.

RN NEEDED for a busy pediatrics office. Some evenings and Saturdays included. Send resume to: P.O. Box 870, Coupeville, WA 98239.

21. Help Wanted

THE OPPORTUNITY COUNCIL Energy Assistance Program has openings for a Recordkeeper/Receptionist and an Energy Assistance Specialist. Job descriptions available at 2117 200 Ave. West, Suite 2. Please send resume and cover letter to Island County Coordinator, Box 922, Oak Harbor, WA 98277 by Friday, December 1, 1989. EOE.

THE OPPORTUNITY COUNCIL Energy Assistance Program has openings for a Recordkeeper/Receptionist. Job description available at 2117 200 Ave. West, Suite 2. Please send resume and cover letter to Island County Coordinator, Box 922, Oak Harbor, WA 98277 by Friday, December 8, 1989. EOE.

WA STATE LICENSED cosmetologist needed at **Diane's Styles Unlimited**. Experience preferred. Benefits offered after probationary period. For an interview, call Diane at 675-8081.

WHIDBEY GENERAL HOSPITAL
Personnel Department
P.O. Box 400
Coupeville, WA 98239
(206) 678-5151

PUBLIC RELATIONS ASSISTANT — Full-time position available in busy public/community relations office in the hospital. Requires BS/BA in journalism, communications, English or related fields. Previous experience in copy writing, layout/design, in public relations. Strong communications and interpersonal skills and the availability to work independently. Please submit resume and work samples no later than November 28, 1989.

CLINICAL DIETICIAN — Part-time (15-20 hours/week) position. Assesses nutritional status and needs and develops/implements plans. Provide education to patients, health care professionals and dietary staff. Must be registered and have a BS in food science/nutrition. Two years of staff dietitian experience in acute care setting.

RN-OR — One part-time and one full-time position for busy operating room. Provide care for surgical patients, primarily as a circulating nurse and/or scrub nurse. RN license & OR experience.

RELIEF SUPERVISOR/RN — Full-time, 3-11 shift, providing nursing care for med. surg. & CCU patients. RN license and med. surg. experience required. CCU & ACLS certificate preferred.

For further information on these and other patient care opportunities contact Human Resource at above address or telephone number.

WANTED: Experienced seamstress able to sew silk at an outstanding level. Call Lynn at 221-7422.

**F. FOR RENT****22. For Rent, Homes**

FOR RENT: Three bedroom house in country. Five miles to base and town. Water paid. Large yard, garden area, fruit trees and berries. Detached garage. Cable TV available. References required. Six-month lease. \$625 per month. 675-5763.



HOME OF THE WEEK

GENTLEMAN'S FARM
10 level acres fenced pasture. Beautiful northwest style 3 bedroom home. Fishing pond, outbuildings, established garden space, fruit trees, all secluded.

RA4046

\$250,000⁰⁰

DALTON ASSOCIATES, INC. (206) 321-1666
REAL ESTATE • INVESTMENT

P.O. Box 620 • 4465 East Hwy 525 • Clinton, WA • 98236

If you would like to see your home featured in this individual advertisement, call us about listing.

22. For Rent, Homes

3 BEDROOMS, 1 bath, garage. \$450. First/last/\$225 deposit. One year lease. 5072 S. Hodges Ave., Langley. Call 775-5121.

CHECK ADS FOR ERRORS

The Whidbey Press will not be responsible for errors after the first week of publication. **Notice of errors in the first publication should immediately be called to the attention of the Whidbey Press Classified Department.** 675-6611/321-5300 *

ROOM FOR RENT: Very nice location, 10 minutes to NAS. \$216 per month plus \$100 deposit. 675-8347.

WATERFRONT 2-bedroom, furnished home. \$600. Available December 1 to August 1. Adults. Write: P.O. Box 133, Freeland, WA 98249.

24. For Rent, Miscellaneous

DOWNTOWN OAK HARBOR auto repair shop hoist & compressor. Lease or for sale. Mike, 679-3414 days. Nights after 8, 675-0420.

HIGH VISIBILITY retail space or professional office. Clinton highway frontage. Toll-free Seattle line available. \$150 month. Ask for Bill, **REALTY WORLD**, 321-5551 or 221-3225.

ISLAND PROPERTY MANAGEMENT

Houses, Apartments and Mobile Homes in Oak Harbor area. \$280 — \$560. Six month leases. No pets.

Call 679-1571

VACATION RENTALS: Cabins, cottages, executive homes, waterfront, view, wooded seclusion. Jacuzzi, fireplaces. Day/week. Brochure. Northwest Vacation Homes, 321-5005 or 1-800-544-4304.

COMMERCIAL

Retail, office, warehouse, light industrial space. .25-.75 per sq. ft. Inside and outside city limits.

679-1571

18 TFC WT-700

**G. PROPERTY FOR SALE****25. Real Estate, Homes**

KEEP UP WITH WHIDBEY: Subscribe to the News-Times or South Whidbey Record. For details call 675-6611 or 321-5300.

NEAR BEACH. Useless Bay, view Olympics and ships. Celestory lit living room. 3 bedrooms, 3 baths, rec room, beauty and workshop. \$227,500.

CASCADES & HARBOR VIEW. Large landscaped lot. Jacuzzi, decks, 5 bedrooms, 3 baths. Professional offices lower level. Check for B&B or home business. \$229,500.

Call Mary Sturkey
WHIDBEY REALTY
321-5244

WANTED: Waterfront/western view. Private party looking for prime, South Whidbey property. Call Tim at 362-3617 or 367-9192 (Seattle).

26. Real Estate, Lots & Acreage

9 ACRES FOR SALE: One-acre building site cleared and in grass. Mountain view, two apple trees. Only \$6,000 down. 221-7696.

BEAUTIFUL BAHAMAS. Tax-free corner lots near beach. \$7,500 each or \$13,000. Consider trade south island home, land. Terms. 221-7599.

LAGOON POINT waterfront, 2 lots. 2 percs, 1 dock. \$68,000 each. Terms or trade. 221-3640.

PACIFIC OCEAN FRONTAGE. Highway frontage, too. Clean, sandy beach. High and low bank. John Wayne wanted it! \$180,000. Call 221-3556 before 10 a.m. and after 6 p.m.

28. Real Estate, Miscellaneous

CONSCIENTIOUS REAL ESTATE agent needs following properties for qualified buyers: (1) 10-20 acre horse ranch, up to \$225,000, possibly higher for right place; (2) Excellent view home, Clinton area, or buildable lot with good view; (3) Large no-bank, waterfront home, or smaller home on large lot that can be added on to; (4) Deer Lake waterfront lot. Call Karen Anderson at **REALTY WORLD**, 321-5551 or 321-6042.

WHIDBEY APPRAISAL
Harlan (Skip) Demuth
221-7343

Fair Market Value — FNMA
Mortgages, Seconds,
Credit Unions, etc.
43 TFC WT-800

28. Real Estate, Miscellaneous

CASH PAID for contracts and mortgages — Call Bob Hoss, 321-1536. *

NEED WEST SIDE VIEW HOME. Have buyer that will pay up to \$300,000 cash. Call Bill at **REALTY WORLD**, 321-5551 or 678-5422.

29. Business Opportunities

COUPEVILLE WATERFRONT. Elegant seaside living with large space for business of your choice. Building listed on Historical Registry. Refurbished living quarters include 2 bedrooms, 2 baths, designer kitchen, guest apartment, wine cellar and tasting room. 65' waterfront, C-1 zoning. 3,000 square feet business space. \$650,000. Short term — owner financing available. Call for brochure: Myrna Kingley, 321-6006. **COLDWELL BANKER, Martin & Martin.** Independently owned and operated.

INDUSTRIAL EMBROIDERED lettering machine. In perfect condition with accessories. Established customers. Perfect in-home business. Leave message, 679-2727.

REAL ESTATE DEVELOPER. Licensed civil engineer and land surveyor with 25 years experience needs financial partner or private lender to help with several South Whidbey developments. Ask for Bill, 221-3225 evenings, or 321-5551 days.

PROFESSIONAL? Whidbey Press publishes regular professional directories. For information call 675-6611 or 321-5300.

29. Business Opportunities**FAST FOOD ESTABLISHMENT**

for 2 to 3 people. 10 a.m. to 6 p.m., April to September. Approximately \$20,000 net or whatever. Excellent tourist area. \$20,000, good lease with terms. \$10,000 down. Call 678-3442.

29. Business Opportunities**CHECK ADS FOR ERRORS**

The Whidbey Press will not be responsible for errors after the first week of publication. **Notice of errors in the first publication should immediately be called to the attention of the Whidbey Press Classified Department.** 675-6611/321-5300 *

Included in this week's WHIDBEY TODAY

are the following advertising supplements:

All editions:

Al's

Ernst

Kmart

Effective Sun., Nov. 26 through Sat., Dec. 2

Pay n Pak

Pay n Save

Effective Sun., Nov. 26 through Sat., Dec. 2

Freeland Only:

Saucy's

Greenbank South:

Langley Drug

Oak Harbor and Coupeville:

Emporium

Golden Corral

Payless

Schuck's

Effective Sun., Nov. 26 through Sat., Dec. 2



Whidbey News-Times

We Deliver



The Local News

Save \$8.50

off the annual newsstand price by subscribing to the Whidbey News-Times and receive convenient home delivery each Wednesday by 6 p.m. to Coupeville and Oak Harbor.



Subscribe Today

PLEASE FILL IN BELOW AND RETURN WITH PAYMENT TO:
Whidbey News-Times, P.O. Box 10, Oak Harbor, WA 98277

| TERM DESIRED: | Island County | Is. County/Mailed | Washington State | Elsewhere U.S. |
|---------------|---|---|---|---|
| | <input type="checkbox"/> One Year, \$17.50 | <input type="checkbox"/> One Year, \$21.00 | <input type="checkbox"/> One Year, \$24.00 | <input type="checkbox"/> One Year, 27.00 |
| | <input type="checkbox"/> Two Years, \$32.00 | <input type="checkbox"/> Two Years, \$38.00 | <input type="checkbox"/> Two Years, \$44.00 | <input type="checkbox"/> Two Years, \$48.00 |

PLEASE CHECK: ☐ New ☐ Renewal

Name _____

Address _____ Phone _____

City _____ State _____ Zip _____

PAYMENT IN ADVANCE OR YOU MAY CHARGE TO YOUR BANK CARD.

☐ MasterCard ☐ Visa

Card # _____ Exp. _____

Signature _____

Infants have different dietary requirements than adults

This is the last of the series on Dietary Guidelines for Americans. I'd like to thank my co-worker Joanne Austin, who wrote the nine-part series. If you missed any of them, please give us a call and we'll be glad to mail the part(s) you missed. The series covered these nine topics: (1) Dietary Guidelines for Americans; (2) Eat a Variety of Foods; (3) Maintain Desirable Weight; (4) Avoid Too Much Fat, Saturated Fat and Cholesterol; (5) Eat Foods with Adequate Starch and Fiber; (6) Avoid Too Much Sugar; (7) Too Much Sodium; (8) If You Drink Alcoholic Beverages, Do So in Moderation; And today's topic on Dietary Guidelines for Infants.

Joanne Austin is the Washington State University home economist for Island and Skagit counties. She regularly consults with families about nutrition and food safety. If you or your family need help in this area, call our office to visit with Joanne. She is regularly in Island County on Tuesdays and Thursdays. Now, her final part of the series focusing on Infant Dietary Guidelines.

DIETARY GUIDELINES FOR INFANTS

Americans are more health conscious than ever. Many have changed their diets to improve their health by reducing sodium, fat, sugar, and cholesterol as prescribed in the Dietary Guidelines for Americans.

These restrictions are a welcome improvement to the adult diet, but should not be strictly applied to children less than two years of age.

Infants and toddlers are different from adults in many ways. Because children grow and develop very rapidly during the first two years they have

WSU TIMELY TOPICS

Island County Extension Agent who is a faculty member of Washington State University. The office in Coupeville has two numbers, 679-7327 and 321-5111.



By Don Meehan

a great demand for calories and nutrients.

Some parents worry their child will overeat and become an overweight adult. Most infants actually will not overeat or undereat unless they are pressured. It is important to listen to the infant's appetite. Toddlers should be fed when they are hungry, but should not be forced to finish a bottle or the last spoonfuls of food.

Calorie needs are higher during infancy than in any other periods of life. Because of their small stomach size, infants are limited in the amount of food they can eat at one time.

More babies lack iron than any other nutrient in their diet. Special efforts should be made to provide infants with iron during the first two years. Sources of iron include breast milk, iron-fortified formula and iron-fortified infant cereal. Meat, fish, poultry, dried peas and beans, eggs, tofu, and dark green leafy vegetables provide iron to the diet as the child grows older.

Fat is an important part of a varied diet because it contains many calories in a small volume. Skim milk is not recommended for children under two. The added fat in two-percent or whole milk are needed. Meat and egg yolks are a good source of protein and should be balanced with other dietary needs. Fiber is found naturally in many

foods commonly given to babies. Pureed fruits and vegetables, as well as cereals, contain moderate amounts of fiber. Infants and toddlers should not be fed a high-fiber diet structured for adults. High-fiber foods are generally low in calories and other nutrients that infants need to grow.

Sugar can be found in many sources from cookies to fruits and cereals. Even breast milk, the ideal food for infants, contains lactose, a form of sugar much like table sugar. Research has not shown sugar to cause hyperactivity, diabetes, obesity or heart disease. It does, however, cause tooth decay. A balanced diet for children may contain reasonable amounts of foods containing sugar. Be careful that too many sweets are not taking the place of nutritious foods that are needed. Read labels carefully, there are many "hidden" sugars. Artificial sweeteners and foods which contain them are NOT recommended for infants.

The amount of sodium in an infant's diet has not been shown to cause high blood pressure in later life. Children do, however, develop a taste for both salt and sugar. Use sodium sparingly since the amount an infant needs daily is very small.

As healthy, well-balanced diets are planned for infants and toddlers remember they have high caloric and nutrient needs. Young children may fail to thrive if fed an adult diet intended to reduce the risk of degenerative diseases.

For more information, call Island/WSU Cooperative Extension at 679-7327 and request "Dietary Guidelines for Infants." A more technical publication of research is also available. Both are free of charge on request.

Oak Harbor Senior Center calendar

(Editor's note: This is the calendar of events from the Oak Harbor Senior Center on 20th NW at 700th West. For more information, call the center at 679-6620 or 679-6621.)

Sunday, November 26
Pancake breakfast, 9 a.m.-1 p.m.
Center closed

Monday, November 27
Watercolor, 9 a.m.-noon
Conditioning, 9:30-10:30 a.m.
Lunch, noon
Oil Painting, 12:30-3:30 p.m.
Scrabble, 1 p.m.
Exercise class at Summerhill Retirement Center, 1 p.m.

Tuesday, November 28
Exercise class, 9 a.m.
Collage, 9 a.m.-noon
Wood and soap stone carving, 9 a.m.-noon
Exercise class, 10:15 a.m.

Woodshop safety, 10:30 a.m.-noon
Blood pressure check, 11:30 a.m.-2:30 p.m.
AARP meeting, noon
Creative writing, noon-3 p.m.
Foot care clinic, 1-4 p.m.
Tap dance, 2-3 p.m.
Diet and health, 3-5 p.m.
Band practice, 4 p.m.

Wednesday, November 29
Mixed media, 9 a.m.-noon
Veterans' assistance, 9 a.m.-noon
Conditioning, 9:30-10:30 a.m.
Party bridge, 9:30 a.m.
Lunch, noon
Exercise class at Summerhill Retirement Center, 1-2 p.m.
Whidbey Island History, 1-3 p.m.
Men's pool, 1-4 p.m.
Knitting circle, 1:30 p.m.

Thursday, November 30
Checkout for Bellingham

trip, 9 a.m.
Exercise class, 9 a.m.
Shiba, 9 a.m.
Hearing screening, 9 a.m.
Exercise class, 10:15 a.m.
Oriental painting, 9 a.m.-noon
Woodshop safety, 10:30-noon
Horseshoe toss, 1 p.m.
Bingo, 1-3 p.m.
Japanese Bunka, 1-3 p.m.
Band practice, 4 p.m.
Early Bird membership drawing, 5 p.m.

Friday, December 1
Quilting, 9 a.m.-noon
Deck The Halls party, 11 a.m.-1 p.m.
Lunch, noon
To-A-Tee workshop, 12:30-3:30 p.m.
Pinochle, 1 p.m.
Crafty Ladies, 1-4 p.m.

Saturday, December 2
Center closed

Sunday, December 3
Center closed

Bayview Senior Center calendar

(Editor's note: This is the calendar of events from the South Whidbey Senior Center in Bayview at 2845 State Highway 525. Reservations are requested two days in advance for lunch. For more information, call the center at 321-1600 or 678-3373.)

Sunday, November 26
Center closed
Art show, open house

Monday, November 27
Bridge, 9-2
Blood pressure check, 10-11:30 a.m.
Lunch, noon

Recovery Northwest, 5:30 p.m.

Tuesday, November 28
Walkers for fun and health, 9 a.m.
Arts and Crafts Class, 10 a.m.-2 p.m.
Drawing and Acrylics, 2-4 p.m.

Wednesday, November 29
Aglow, 9 a.m.-noon
Quilters, 10-2
Lunch, noon
Pinochle, 2-4:30 p.m.
Bingo, public welcome, 7 p.m.

Thursday, November 30
SHIBA (by appointment), 9 a.m.-noon
Over 50 Club, 10:30 a.m.
Soroptimist meeting, 11:30 a.m.-1 p.m.
Lunch, noon
Painting class, 1:30 p.m.
Vietnam veterans' rap, 7 p.m.

Friday, December 1
Tap class, 9-10 a.m.
Fun band, 10:45 a.m.
Lunch, noon
Bridge, noon-2 p.m.

Saturday, December 2
Center closed

Crime victims compensation rules adopted

OLYMPIA — Crime victims compensations applicants must provide information to determine their eligibility for other state or federal medical assistance programs before most benefits can be paid under rules recently adopted by the Department of Labor and Industries.

The rules took effect No. 11, replacing rules adopted earlier this year on an emergency basis.

The newly adopted rules implement amendments to the crime victims compensation program passed this year by the Legislature. These rules prohibit persons eligible for Department of Social and Health

Services (DSHS) services from receiving crime victims benefits.

All applicants for benefits now must complete a short form to determine potential eligibility for Medicaid or other specific benefits administered by DSHS. This is in addition to the normal crime victims compensation application.

The department will decide if the claimant is a potential candidate for Medicaid or other benefits. If so, the claimant then must apply to DSHS for those benefits.

If DSHS determines the claimant is ineligible for Medicaid or other benefits from that department, the claimant will receive benefits paid by the crime victims compensation program, up to the new \$150,000 limit on medical and mental-health services.

The new rules does not apply to claims for sexual-assault examinations or claims for services offered only by crime victims compensation and not by DSHS, such as appropriate counseling for victims of sexual assault. These applications will be considered immediately by the crime victims program.

The short form will be provided to a claimant at the same time as the application for crime victims compensation benefits.

For addition information on the new rule, contact: Department of

Labor and Industries, Crime Victims Compensation, 406 Legion Way SE, HC-720, Olympia, WA 98504. Phone (206) 753-6318.

Auditions for Island Theatre's Agnes Of God will be Dec. 4-5

Auditions for Island Theatre's February production, "AGNES OF GOD," will be held December 4 and 5 at the Clyde Theater in Langley at 7 p.m.

Dynamic and challenging roles are available for three women, ages 17 to 70. Also needed is a musician experienced with the flute, cello or bells. Interested tech persons in all production capacities are asked to come meet the director to get information about this production.

Rehearsals will start after the holidays. Scripts are available at the Langley Library to read there.

Peter Moote & Associates

Attorneys at Law

Announce the firm is welcoming referrals in Island County in the additional areas of:

Employment Related Injuries
Worker's Compensation Claims
Social Security Matters
Longshore and Maritime Claims
Other Personal Injury Claims

1502 MAIN STREET (POST OFFICE BOX 625)
FREELAND, WASHINGTON 98249

FREELAND OFFICE: (206) 321-4961
SEATTLE OFFICE: (206) 447-1615

NEWSPRINT ROLL ENDS 25¢ per lb.

Lunch • Dinner • Sunday Brunch

OPEN 7 DAYS A WEEK

EARLY BIRD DINNER SPECIALS
Available every Mon. thru Fri.
4 p.m. to 6 p.m. at reduced prices

Save this coupon and take advantage of our December Holiday Promotion

COUPON December Holidays

Purchase on regular full size meal at regular price and receive 2nd meal of equal or lesser value at 1/2 price. Beginning Dec. 1, 1989 thru Dec. 30, 1989 you may use this coupon any Monday, Tuesday, Wednesday, Thursday or Sunday.

Not Valid Friday or Saturday.
Cash value .001¢ Void after December 30, 1989

5438 Woodard Ave. • Freeland • 221-2511

Packet on furnace maintenance available

Prepare your home for the chill of winter. Learn what steps to take to tune-up your furnace and keep it running efficiently. You'll save energy, be safer, and feel more cozy. Call the Washington Energy Extension Service for a free *Furnace Tune-up Packet*. Call toll-free (1-800-962-9731), Seattle (296-5640), or Spokane (456-6150).

The packet contains steps on how to maintain your furnace for the heating season. Information on the cost of home heating fuels is also included.

The Washington Energy Extension Service is a division of the Washington State Energy Office.

PROTECT OUR ENVIRONMENT

DIAL 1-800-RECYCLE

CROSSWORD PUZZLE ANSWERS

LAMP BACH BEAU
AREA ECHO SOARS
NORTHSTAR ELSIE
DOC ATOP BATTED
FYODOR ZEBEC'S
NEW TOLEDO
RAWLS BERLE ARM
OBEY BUSBY TSAR
DES PASTA BUTTS
THIRTY CRT
SPORES THOUGH
POORAS BOAT REO
ILLIAC SOUTHBEND
NANCY PACT ETRE
ERTIE ASHY DAIS

Slacks Special

Men's & Women's
slacks cleaned &
pressed

**3 pair
for \$5.99**

(Limited time offer)

Whidbey Cleaners

9055 900th Ave. W. (next to Copeland Lumber) 675-7182

CHRISTMAS TREES

U-CUT OR PRE-CUT

★Grand Fir ★Fraser Fir ★Shasta Fir
★Noble Fir ★Douglas Fir
FLOCKED TREES AVAILABLE

WOOD-BEE CHRISTMAS TREE FARM

Just North of Oak Harbor, 1/4 mile South of
Pantec Mini-Storage . . . Auvil and Torpedo Road

U-CUT PRICE.....\$15.95

(Douglas Fir)

WREATHS.....\$8.95 & up

Come and enjoy the outing — the bonfire —
coffee or hot cider. Santa will be at the farm
on weekends . . . 10:00 'til dark. Bring
the children and camera.

OPEN 9 a.m. to 6 p.m. 675-5723

HOW MUCH RADON IS IN YOUR HOME?

Every home has some radon: a colorless, tasteless, odorless gas that causes up to 20,000 deaths a year from lung cancer. KEY TECHNOLOGY, INC., a pioneer in the field of radon testing, will

help you determine the radon level in your home with this easy to use home test kit. Inside, you'll find everything necessary to measure radon levels to determine if your family's health is threatened.

KEY • RAD • KIT™

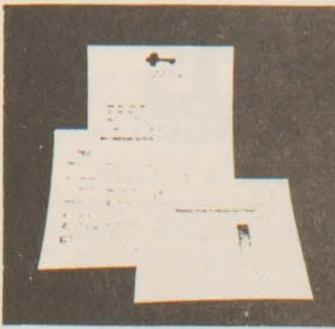


TEST KIT CONTENTS
Your KEY•RAD•KIT™ contains 1 test canister, data card for recording test dates and times, and complete, easy-to-follow instructions. Also included is a convenient mail back card.

RADON HOME TESTING KIT

Now Only

\$15.99



YOUR RADON TEST RESULTS
After your test canister has been analyzed in Key Technology's laboratory, you will receive a report telling you the measured radon level, a "Radon Risk Evaluation Chart" to determine the risks from your radon test, and a "Guide to Recommended Remedial Actions" to reduce radon levels in your home.

LUMBERJACKS

BUILDING SUPPLY INC.

Clinton
321-4866

Coupeville
678-4022