



WHIDBEY TODAY

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

April 15, 1990
Year 13, Number 15
Oak Harbor, WA 98277
& Langley, WA 98260

Second hand Rose knows value of time

Back in 1921 the Msrs. Clarke and Hanley wrote a song that began "I'm wearing second hand hats, second hand clothes, that's why they call me second hand Rose."

Now in 1990 smart buyers are into second hand items, but they've been renamed "pre-owned," "recycled" and "garage sales."

Locally, hundreds of people visit Island Thrift each week looking for usable and needed items.

We Depression veterans remember how rare a brand new item was. It was eat it up, wear it out or do without. That stuck with us.

This is leading up to the fact that the Thrift Shop could use more volunteers. They have a core of dependables, one of whom has given at least 15 hours per week for more than 11 years and another has worked about 25 a week for eight years. Others have chalked up four years. Quite a record. One man repairs clocks in his home.

True, the former garage building is not a glamorous setting. It is arduous to bend over the bins and carry loads of clothes. But it does whittle the waistline. It is frustrating to get the place in apple-pie order only to find it messed up again in no time. But it is satisfying to see people filling their baskets with things they can't find or afford elsewhere. Or maybe a part they need to fix something or items to start housekeeping after a move.

My hours there are spent in sorting clothes into men, women, children and military categories. Decisions every minute. Then they are priced and put out on the racks.

Volunteers wear bright blue aprons. One person does housekeeping jobs — washing dishes and glassware and making signs. Another is a librarian. A retired minister monitors the men's department. A grandmother manages the children's items. Some prefer just to straighten up the racks or work in the housewares. If you had time to daydream, you could imagine the former owners. Who bought the items with the I. Magnin, F&N and Nordstrom labels and then tossed them, seemingly unworn? Who was the gal who wore the Fredericks of Hollywood satin and lace numbers? Who was the hunk who wore that big jacket?

Volunteer sorters are decision makers. Does this go on the good pile, the rag bin, the sox box, pack for another season, underwear pile or the trash barrel?

The volume varies. Some weeks the bins are always empty at closing time. Other days the piles are too high to see over. But the need for help is forever. As a perk, you get to pet "Bud," the big orange cat. Provided he's in the mood.

Anyone can volunteer. You can ask that your hours be credited to a certain fund, such as the Senior Center or to the general community fund.

One Sunday morning in church the minister talked about the one great hour of sharing coming up. He suggested that we share within the family instead of buying duplicates, that we cut down on unnecessary spending and even buy used instead of new. Then share our savings.

I had a sudden fit of coughing. My shoes, purse, suit and blouse were all "used." That particular week I had shared my savings with my doctor, grocer, power company and my government. I did have some left for the collection plate.

SOMETHING ELSE AGAIN



By Alice Elles



Last year's donkey basketball players struggle to control the game.

Donkey Basketball?



Photo by Judy Van Deen

Tom Wisausky, director of the American Red Cross on Whidbey Island, stands before a new van donated to the organization and painted by a naval air station squadron. Wisausky said such generosity helps the Red Cross to provide disaster relief. He expects the donkey basketball game will help raise funds for the same effort as well.

That's right. Donkey basketball. Grown men ride donkeys while trying to make the basket for their team. The fund raiser, billed as a comical event, is for the American Red Cross, the sponsoring organization. Tickets are available by calling 257-2879.

Fund raiser to help Red Cross provide disaster relief

By JUDY VAN DEEN
Today writer

"This service is available to anyone, civilian or military, regardless of their financial situation," he explained. "In the aftermath of a loss of your home and belongings, it takes a little while to sort things out and start to rebuild. We are there."

The Red Cross is routinely called by fire departments on the island when there is a fire. The firefighters judge how long it will take to fight a fire and alert the Red Cross volunteers when they need to take equipment to the site and set up a field kitchen.

"We budgeted for 7 to 12 fires during the fiscal year ending June 30. So far there have been 10 fires," he said.

The Red Cross office at Ault Field relays emergency messages to all the carriers that have men deployed from the base.

"We are heavily involved in relaying emergency messages to these men. Between 250 and 300 messages go through this office every month. They are sent all over the world," explained Wisausky. "Unfortunately only about 5 percent bring happy news like the birth of a baby. The other 95 percent usually bring news of illness, death, an accident or financial difficulty."

If a sailor needs money to get home because of an emergency and he is short of cash, an interest-free loan is arranged.

"Recently we had a case of a woman and her grandchild living in a car. The mother had died. The father was stationed in Korea and for some reason there was trouble contacting him," recalled Wisausky. "Because I am in touch with all the social services on the island, I know just who to call. I picked up the phone and quickly arranged for funds, housing and food for her and the child."

All of this work is done by volunteers. There are only two paid staff. Currently there are more than 150 volunteers operating from this office. These include case

workers, receptionist, disaster teams and more than 100 workers at the Oak Harbor Naval Hospital.

"Our volunteers range in age from teens to senior citizens. We log in excess of 3,000 volunteer hours a month."

Emergency teams are on call 24 hours a day, responding to whatever may happen. They have checked on a suspected suicide, lost kids and other human emergencies. They were there with food and drink when the ferry at Keystone went aground.

"Probably the most difficult emergencies to respond to are air crashes. We do massive feeding on the base and have even gone to crashes in Oregon, and one near Chehalis."

'I was called out by the local fire department to go to the aid of people who were burned out of their house at Admiral's Cove. Within an hour we were there with hot coffee and drinks. . . and located the family in a motel.'

— Thomas Wisausky

Donkey basketball may sound like a lot of horsing around, but it is a very serious fund raiser for the local Red Cross chapter.

For the second year teams from the two squadrons based at Whidbey Island Naval Air Station, the "Jammers" of VAQ-129 and the "Bombers" of VA-128, will meet in the Oak Harbor gymnasium, mounted on donkeys to fight it out for the glory of their group. The event will take place at 7 p.m. Saturday, April 21.

Tom Wisausky, branch manager of the Red Cross, based at the naval air station on Ault Field Road, explained that a player must be on his donkey before he can shoot a basket.

"If he loses the ball, he must get off his mount, retrieve the ball and climb back on. It can get pretty hilarious. Wearing specially designed shoes to protect the gym

floor, there are 10 donkeys on the floor at one time. Each team has 10-12 men."

Donkey Basketball Game is one of the two major fund raisers sponsored by the Red Cross. The other is the annual air show. Last year the games raised over \$2,500.

"The beauty of local fund raisers is that all the money stays here in the community and is not shared with other Red Cross units," explained Wisausky.

The promoter receives half the admission fees, and the sponsoring group the other half. All the money raised at the concession stays with the Red Cross. The concession was very popular last year, offering hot dogs (regular, chili and sauerkraut), soda pop, candy and popcorn.

The funds raised are used for disaster relief and the training of volunteers to serve the two primary missions of the Red Cross: emergency communications and financial assistance to the armed forces, and disaster relief.

"Just this morning I was called out by the local fire department to go to the aid of people who were burned out of their home at Admiral's Cove. Within an hour we were there with hot coffee and drinks. If food had been needed, we would have brought it in for the firefighters. Shortly, we had the family located in a motel, gave them vouchers to purchase clothing and food.

All vehicles used by the Red Cross are donated through the military surplus salvage program and are kept in repair by a volunteer mechanic. An old Navy recruit-

ing van is the latest acquisition. It is used for communications and can go directly to a disaster area.

"It was painted by squadron VA-155 and for that reason their logo appears on the van," explained Wisausky. "All vehicles are driven by volunteers."

Recently there was a disaster drill on Camano Island of a simulated earthquake. The Red Cross supplied food from their mobile field kitchen. If it had been night, they would have used their two diesel 10K generators to light up the area.

The Red Cross doesn't receive any federal, state or local tax money. All the money is donated through United Way and private donations. They receive the use of the facility on the base free, which allows them to use their funds where they do the most good. The Red Cross is required by congressional charter to provide relief to those suffering from a disaster.

Wisausky said he hopes the coming basketball game will help provide money for that purpose.

"How did we get the idea of a Donkey Basketball Game? It was simple: The promoter called me and told me he worked with groups to help them raise funds. He owns the donkeys and he has done Donkey Baseball with the Anacortes Red Cross and Basketball for the Eagles," explained Wisausky.

It is played like regular basketball, with four quarters and a half time. During half time the children have a chance to see the donkeys up close and to pet them. Wisausky, who has been with the Red Cross for 10 years, expects this year's games to be a bigger success than last year's.

"They may not be the Goodwill Games, but they can go a long way to help our community," he said.

For ticket information call 257-2879.

Judy Van Deen is a regular contributor to Whidbey Today. Please contact her with story ideas at 678-5958.

IN THIS WEEK'S WHIDBEY TODAY . . .

Seniors.....Page 6 Food.....Page 6
Calendars for Bayview and Oak Harbor Salmon the fare of Northwest

Crossword.....Page 6 Loons.....Page 7
Answers on Page 7 Train don't strain for exercise

CUT IT OUT!

and subscribe to the Record



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

<input type="checkbox"/> New	<input type="checkbox"/> Renewal	<input type="checkbox"/> Bill	<input type="checkbox"/> Payment enclosed
ANNUAL SUBSCRIPTION RATES			
<input type="checkbox"/> Island County		\$14 carrier/\$16 mail	
<input type="checkbox"/> Washington State		\$20	
<input type="checkbox"/> Out-of-State		\$24	
Subscriber Name _____			
Address _____			
City _____		State _____	Zip _____



Casey's

BAYVIEW CENTER



Bare Root Seedlings

6"-12" high 4/1. 6 varieties: Douglas Fir, Shore Pine, Yellow Pine, Ponderosa Pine, Noble Fir, Red Cedar

Your Choice

STORE HOURS: MON.-SAT. 8 a.m. to Midnight SUN. 8 a.m. to 10 p.m.

Pork Butt Roast

Boneless,
Fletcher's



\$129
lb.

Top Round Steak

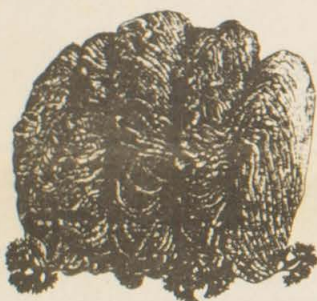
Boneless
USDA Choice



\$259
lb.

Lean Ground Beef

Any Size Pkg.
Make Hawaiian
Meatballs!



\$159
lb.

Pork Spareribs

4-6 lb.
Medium
Size

\$149
lb.

Hormel Black Label Sliced Bacon

16-oz. ea.

\$189

Mahi Mahi

From Hawaii lb.

\$429



Olympia Beer

12/12-oz.
Cans

\$399



Slim Fast

Chocolate
Shake
15-oz.

\$499



Dexatrim

Caplets,
Assorted
20-Ct.

\$489



Hawaiian Style Potato Chips

Nalley
6.5-oz.

89¢



Capri Sun Fruit Drinks

Assorted
10/6.75-oz.

\$229



Marina Tissue

White
2-Ply
9 Rolls,
300-Ct.

\$199



Seneca Applesauce

24 or
25-oz.
Asstd.

69¢

Star-Kist Chunk Light Tuna

in Oil or Water, 6.5-oz.

69¢

Peter Paul Candy

Mounds, York Mint, Almnd. Joy, 1.5-1.6 oz.

3/89¢

Martha White Muffin Mix

Assorted, 7-oz.

2/\$1

Dash Powdered Laundry Detergent

65-oz.

\$229

Noodle Roni Side Dishes

Assorted, 4.6-4.8 oz.

99¢

Atta Boy Dry Dog Food

20-lbs.

\$699

Darigold Ice Milk

Lite, Assorted, 1/2-gallon



\$149

Bananas

No. 1
Fancy



39¢
lb.

Mangoes

T.A. Variety
Sweet, Juicy



99¢
ea.

Pineapples

Hawaiian Grown ea.

\$179

Papayas

Hawaiian Grown ea.

\$179

Cascade Fresh Yogurt

Assorted Varieties, 8-oz.

2/\$1

Hershey Chocolate Pudding Packs

Assorted, 6/4-oz.

\$199

Gold 'n Soft Light Spread

3-lb.

\$179

Cache Valley Cheese

Mozz., Mont. Jack, Med. Ched., 2-lb.

\$419

Western Family Meat Pies



Beef, Chicken,
Turkey, Macaroni
& Cheese, 7-oz.

39¢

Tree Top Apple Juice

12-oz.

99¢

Budget Gourmet Light Entrees

Assorted, 8.5-10-oz.

\$179

Oregon Farms Carrot Cake

17.5-oz.

\$199

Prices Effective Apr. 16 thru Apr. 22, 1990

We Reserve the Right
to Limit Quantities

9. For Sale, Livestock, Pets & Supplies

BABY CHICKS

Araucanas (Blue Egglayers), Silkies, Mille, Fleurs and more. Also taking orders for baby pheasants, ducks and geese. 221-3194.

BEAUTIFUL ARABIAN mare, excellent bloodlines, good trail, etc. \$1,200. Yearling Arabian colt. Excellent, showy, sweet. \$900. Fadjur line. 221-7157.

HAND TAMED BIRDS. Three conures, each with cage. Also baby cockatiels. Phone 679-2492.

K-9 OBEDIENCE. Get the best. Talk is cheap. See a demonstration before enrolling in any class. 678-5202. Oak Harbor and Freeland.

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

10. Firewood

FIREWOOD: U-cut, U-haul. Alder, \$35 a cord. Silver Lake area. 675-1253.

FIREWOOD

5% OFF OUR LOW PRICE... 1ST TIME CUSTOMERS.

Cut, split and delivered free to north end area. Outside Oak Harbor delivery charge. Mixed green, 14" or 16" cut. \$71.25 plus tax. Call 675-4669 or order.

GOOD WOOD — Think ahead. Green alder, guaranteed full cord, prompt delivery. \$75 cord. 221-7144 or 221-2194.

MIXED FIREWOOD: Alder, fir, hemlock and maple. \$65 cord — you haul; \$80 cord delivered. ½ cords okay. 221-7326.



C. Transportation/ For Sale

11. For Sale, Autos

1973 CUTLASS SALON, runs well, \$300 OBO. 221-8427 evenings.



Looking for straight talk on a car or truck — see Jay Meyer at Oak Harbor Motors, your Dodge-Chrysler-Plymouth Headquarters. Value, courteous treatment and conscientious dealing making you, the customer No. 1. 675-5901 or 1-800-446-3224.

5 ftc-REC/WT-200

11. For Sale, Autos

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

1987 CAMARO. V-8, 305, T-tops, custom aluminum wheels and tires. Low miles, very clean. Call 675-2950 after 5 p.m.

1985 DODGE Colt DL, 4-door sedan. AT, AC, excellent condition, reliable. \$3,200. 221-3534.

FOR SALE or trade: 1975 Pinto Country station wagon, \$750 OBO. Terms available. 321-6063 or 321-6585.

FIAT SPORT 850 convertible. New top, tires and seats. Excellent condition, 30 mpg, 69K miles. \$2,000 OBO. 675-4193.

1979 HONDA CIVIC wagon. Runs, good tires, battery, starter, motor and driveable. Good parts car. \$200 OBO. 221-7099.

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

LADIES 1980 Buick Century Limited. 56,440 original miles, 4-door, loaded. Drives and looks like new. \$3,000. 221-3590.

1986 MUSTANG LX. PS, PB, cruise, V-6 automatic. Black, very clean. \$4,995 OBO. 221-2850.

VW REPAIRS — engines, clutches, brakes, front ends. Restoration work, hard to find parts. Walt, 678-3897.

12. For Sale, Trucks

1971 CHEV window van. Rebuilt engine, heavy ½ ton, four captain's chairs, straight body. Must sell. \$2,250. 321-0955.

1984 FORD RANGER. 5-speed, canopy, snow tires, Truckmate CB. \$3,000 OBO. 321-4975.

13. For Sale, Cycles

CLEAN MACHINE: 1980 Yamaha XT250-Enduro. Runs good on/off road. \$450. 321-1427.

1984 SUZUKI DR100. Excellent condition, new tires, 2 helmets. \$450 OBO. 221-7396 after 4:30 p.m.

1981 YAMAHA IT175. \$600 or trade for ATV or bike trailer. 321-4991.

14. For Sale, Rec. Vehicles

25' CHAMPION. 1979 motor home. Self-contained, has 46,000 miles. \$12,000 OBO. 221-3103.

LOOKING FOR A USED CAR ?

We have over 100 used cars & trucks in stock now! \$695 and up. Come by or give us a call at 424-7111 or 1-800-326-8898.

GREG HINTON
OLDS • CAD • GMC TRUCK
2400 Riverside Drive, Mount Vernon
1-800-326-8898
15 ftc-NT-CW-WT-200

14. For Sale, Rec. Vehicles

1972 CABOVER CAMPER. 10½' Aristocrat. Self-contained, shower, pressure water system, hot water heater. Good condition, everything works. \$1,195. 221-3730.

CUSTOM MADE camper for El Camino pickup or small pickup. Range, ice box, sink. Sleeps two adults and small child. Priced to sell quickly — \$300. 678-3447.

1982 28' CROSS COUNTRY Class A. Extras. 19K miles, top condition. \$28,000. 221-8852 or 483-8000.

1978 CLASS "A" Coachmen motor home. 26', roof air, PS, PB, T/W, microwave. Excellent condition. \$13,500. 675-6644. If no answer, leave message.

1981 DOLPHIN. 31,000 miles, Toyota chassis, 20', totally self-contained. 17 miles per gallon. \$12,000 OBO. 221-3721.

1984 FOUR SEASON'S Pop-up Camper, sleeps 4, refrigerator, stove with oven, double bowl sink, \$1,100 OBO. Call 221-2501.

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

11' SECURITY camper S.C. with electric flush toilet, four corner hydraulic jacks. \$1,050. 321-4991.

975 19' TIOGA. 3-way refrigerator, bath with shower, trailer hitch both ends. Nice, only 49,000 miles. \$9,500. 221-7892.

15. For Sale, Boats/Marine

12' ALUMINUM BOAT. 4 hp Evinrude, fresh water only, low hours. \$900 package. 221-3721.

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

BOAT TRAILER, 16'x18', painted, no rust. New axle and bearings, spare, \$400. 8' Livingston with 5 hp motor, \$400. 321-6089.

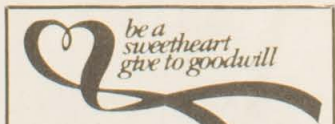
FOR SALE: 22' 1974 Reinell cabin cruiser and 1986 Hodge boat trailer. 678-6558.

16' GRANDY. 35 hp Johnson rebuilt, low hours on rebuilt, 16' Holsclaw trailer, CB, gas tanks, lots of extras. \$2,000 OBO. 221-3721.

1989 8 HP HONDA outboard. 36 hours (30 hour service), tank, flush kit. \$1,189. Langley, 321-4238.

10' HILAKER boat trailer and 7½ hp motor. New spare tire for trailer. \$1,200 or offer. 321-4991.

WE HAVE REBUILT outboard motors. We do outboard motor repair and now do fiberglass boat repair. Have some trade-in boat motors and trailers. We consider trade-ins. **Mike's Outboard,** 221-3759.



D. Services

17. Instruction

PORCELAIN DOLLMaking CLASSES

New studio now open. Learn to make your own reproduction of those beautiful antique French and German dolls. Class size limited. Call Mary at 678-5308 for information.

18. Services/General

ALTERATIONS AND MENDING. Blue jeans hems, \$5; dress pants, \$4; skirts, \$4-\$8; squadron patch, \$1.50; rating badge, \$2. 675-9246.

BACKHOE AND TRACTOR WORK. Small jobs are our specialty, including brush cutting, rotovating, trenches, etc. Phone 321-5745.

BULLDOZING

Driveways
Lot Clearing
Foundations
Wood Excavation
678-5352
JAMESPW202LC

WINDOW WASHING & CARPET CLEANING

20 years experience. Clean windows give you a bright outlook. 221-3721.

The Carpet Specialists
Because you've got better things to do!
\$49.95 Living, Dining, Hall
(325 sq. ft.)
We're Truck Mounted Not portable
Here's Why
1. Dries faster
2. Cleans deeper
3. Lifts matted pile
Whidbey Island
679-4681
8-ftc-WT-NT-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 ftc-Rec. NT — 400

18. Services/General

CHIMNEY CLEANING & REPAIR

Specializing in Osburne, Sweet Home and Earthstove woodstoves. Virtually all makes available. Installations available. 321-5844.

CREATIONS FOR YOU by Patty Lou. Sewing, mending and repair. Alterations, zippers, most anything you need. 221-8873.

CUSTOM ADDITIONS, remodeling and new construction. Quality work. Insured, bonded and licensed. **G.W. CONSTRUCTION.** GWCON**1210N. 679-3324.

DESK TOP PUBLISHING

April Special: Letterhead, \$45 per thousand. Other printings at reasonable rates. Call 221-2501.

DRIVEWAY PROBLEMS? We bulldoze, haul crushed rock, install drainage ditches, culverts. Call today. Paris bros. 321-1820.

DRESSMAKING AND alterations. Former Singer sewing teacher. Work guaranteed. 321-5895.

EASTER SPECIAL FOR SENIORS: Perm, cut and style, \$38-\$42. Tues., Wed., Fri. by appointment thru end of April. Call Dianne at Paul's in Clinton, 221-7070.

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, topsoil, firewood. 321-5637.

HOUSEKEEPER AVAILABLE Monday through Friday. References. 678-3339 or 678-4007.

J & J WALLPAPERING — Experienced, reasonable rates. Call for free estimate. 221-2370.

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

MOSS REMOVAL AND PAINT PREPS. GARY'S PRESSURE WASHING, 221-7229.

NORTH ISLAND WOODWORKS. Attention remodelers: cabinets covered with real wood veneers and laminates, door and drawer fronts replaced. Yes, we have many styles and colors. Yes, we can add cabinets, pantries, islands, etc. Free demonstration, 678-3747.

NORTHWEST TILE

Residential, commercial, remodeling our specialty. Free estimates. Ceramic tile, marble, masonry. We lay the best for less. NORTH110PD. 675-5536.

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

PRESSURE WASHING

Rooftop cleaning, moss removal, paint and concrete stripping, mobile home wash and wax. 221-3721.

SOUTH WHIDBEY BUSINESS SERVICES

See us for your business needs: Taxes, Secretarial, Services, Business Cards/Stationery, Copies, FAX. "Let our office be your office." Ken's Korner Shopping Plaza, Clinton. 221-7747.

SOUTH WHIDBEY BUSINESS SERVICES is now offering quality business cards, stationery, envelopes and announcements at affordable prices. Come in and see our beautiful embossed samples! "Let our office be your office." Ken's Korner Shopping Plaza, Clinton. 221-7747.

THE CAN-DO MAN

Free estimates — low rates. My helping hands can do general repairs, odd jobs, unfinished jobs, painting, drywall, faucet/pipe repairs, lighting, power washing and much more. You name it, I'll do it. 221-3243.

THE MERRY MOPPERS & CO. can help you with your spring cleaning. Give your home that "MM sparkle." Call 221-8730.

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

THINKING ABOUT a new look for your home? **FURNITURE 'N STUFF,** Clinton, can help you put it all together at an affordable price. Stop by for a chat and some decorating ideas. Open Monday through Saturday. 321-4044.

EXPERT PAINTING WALLPAPERING RICHARD PAYNE

Interior/Exterior work guaranteed. Licensed/Bonded. 678-3158 or 221-7935. Loc. No. PAYNERN110KB. 6-NT-REC-WT-400

19. Child Care

CHILD CARE, my home, no weekends. Call Linda at 221-7655.

LOOKING FOR a loving, energetic individual to care for my 9- and 24-month-olds in my home (Clinton), part-time of full-time, Monday-Friday. Experience and references required. Begin May 1. Call 221-3295.

PUBLIC NOTICE

For the protection and safety of your children, Washington State law requires that day care operators be state approved and licensed. For more information, 675-5928.



E. Employment

20. Work Wanted

CHRISTIAN MOTHER seeks house cleaning. Reliable and honest. 221-3584.

HANDY ANDY: Journeyman in carpentry, electrical and plumbing, or will clear brush, trees, etc. Also light hauling. Needs work. 221-2147.

21. Help Wanted

ACCEPTING APPLICATIONS for Nursing Assistants. Call 293-6622. EOE.

COUPEVILLE HARBOR STORE seeks organized, mature and dependable assistant. Some duties include: Deli prep, cashiering and table waiting. Rotating schedule will require some weekend and evening shift. Better than minimum. If interested, please send background information to: P.O. Box 869, Coupeville, WA 98239. ABSOLUTELY NO PHONE CALLS.

CONCRETE WORKER wanted, good pay, must be dependable. 321-1395.

CABINETMAKERS' HELPER wanted. Excellent opportunity to learn quality cabinetmaking. Must be hard working and quick learner. Some carpentry experience required. Call 221-7818.

COOKS — PART-TIME and full-time. Experienced and dependable. Coupeville, 678-6350.

DISAPPOINTED BY the resume mills? Yes, there is more to the job hunt than a generic resume, a handshake and a roll of dimes for the copier.

Let's do it right.

We will talk about your goals and ambitions and devise a specific plan for you to attain them.

The Winning Edge
Employment Strategies
Letters Resumes

Five years experience quietly helping people find satisfying employment.

675-6446 by appointment

EXPERIENCED FULL-TIME manager/bartender position, South Whidbey area. Send resume to P.O. Box 334, Clinton, WA 98236. Deadline: April 18.

EXCELLENT WAGES for spare time assembly. Easy work at home, no experience needed. Call 1-504-641-7778 ext. 6080. Open 24 hours, including Sunday. \$32.95 refundable fee.

EXPERIENCED SALESPERSON for hardware, paint, plumbing, lumber, electrical. Part-time (retired people preferred). See Jack or Bob at **Lumber Jacks,** 321-4866.

EVENING & WEEKEND dishwasher needed. Apply at **Clover Patch Cafe,** Bayview.

EXPERIENCED REAL estate agent. 90-10 commission split available at **Realty World** for negotiated fee. Excellently located, bus office. Call Bill at 321-5551.

FLY AWAY

Spend a weekend with the Naval Reserve. We have openings at Naval Air Stations and Naval Air Reserve Units for former aviation and support personnel. Call 1-800-247-7777 to find out if you qualify for the openings available.

GREENBANK FAMILY looking for babysitter for summer. Must drive. Good hourly wage. For kids-loving person! Call evenings 678-3594 or 221-7818.

LANDSCAPE FIRM, maintenance and installation, needs reliable people. WSDL, experienced or will train. Wage DOE, full or part-time. 321-0982.

LOOKING FOR the right person to clean The Garden Path B&B, Langley. Will pay \$8 per hour. Call 321-5121, ask for Linda.

1984 Ford Ranger 4x4

Long Box, 4 speed
Tutone XL

\$ 6,999

1FTCR11A0EJC07780

1986 Toyota X-Cab L/B Pick-up

Lo Lo Miles
Fiberglass Canopy
Loaded, Nice

\$ 7,999

JT4RN70DXG005303

1977 GMC Van Box Truck

Roll-up Door
Great Utility Rig

\$ 4,999

TGL3374506958

1987 Nissan 4x4 Pick-up

Sharp Truck
Hurry Won't Last

\$ 9,999

1N6N011Y2HC379580

1972 Ford F-250 P.U.

"Boat Hauler
Big Block V-8"

\$ SOLD

... 198432

1984 Ford XLT Bronco

Full Size 4x4
Sharp Rig!!

\$10,999

1FMU15H9EL94833

1966 Ford F250 P.U.

"Great Old
Work Truck"

\$999

F25Y16886999

1988 Mazda Cab Plus 4x4

Lo Miles, One
Owner — Nice

\$9,999

JM1GC2212G1830765

1987 Ford Aerostar Van

21. Help Wanted

NURSES AIDES
HOUSEKEEPERS
YARD WORKERS

Let us find a job for you and schedule you at your convenience. We're looking for reliable, experienced people to work immediately. South Whidbey applicants especially needed NOW. Call **Island Home Nursing at 221-7232 or 678-4090.**

NEED DRIVER for P-I route, with automatic economy car. Must have own insurance and be able to work nights, 2-3 nights a week, plus weekends. Prefer retired man or woman. 675-6482.

NURSERY ATTENDANT needed: Trinity Lutheran Church, Freeland, is looking for a mature person to work Sunday, 7:45 a.m. to 11:45 a.m. Competitive pay. Call Pastor Lindas, 321-5191.

REAL ESTATE TRAINEE: Local office of national company (Realty World) seeking 3 or 4 people willing to be trained. First year earnings of \$25,000 possible. All company training paid — earn while you learn. Call Bill at 321-5551.

RETIRED? Supplement income, Saturdays and two afternoons operating truck scales. Will train. 321-6669.

21. Help Wanted

THE CAPTAIN WHIDBEY INN is known for its wonderful hospitality. Join us in giving our guests great service. A **NIGHT CLERK** position (11 p.m. to 7 a.m.) and a **HOUSEKEEPING** position are available immediately. We are also now accepting applications for all departments for summer. Please apply **IN PERSON** at the Captain Whidbey Inn.

THE SHORT STOP Deli and Gas now has entry level positions available for enthusiastic, hard working people at competitive wages. Please apply at The Short Stop, 1504 Hwy 525, Freeland.

WEEKEND SALESPERSON. Friendly, energetic, fast learner. Attention to detail a must. Retail experience preferred. Send resume to Whidbey Island Dive Center, 8636 80th NW, Oak Harbor, Attn: Valerie Stafford.

WEEKEND WORK: Need experienced, friendly help in retail store. Apply in person, **Body Cover**, 109 1st Street, Langley.

TWO POSITIONS for milkers — one night shift, one day shift. 678-4878.

SOUTH WHIDBEY shellfish farm seeks production worker full-time. Leadership ability preferred. Respond to P.O. Box 1032, Freeland, WA 98249.

21. Help Wanted

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

MED. TECH. (ASCP) or MLT (ASCP) — Casual position. Busy hospital lab requires Med Tech or MLT to perform a variety of lab procedures. Ability to rotate through all departments such as hematology, clinical chemistry, serology, blood banking, urinalysis and bacteriology. Must be responsible for work and decisions with a minimum of supervision.

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

WANTED — Experienced bartender for new waterfront restaurant in Coupeville. Salary DOE, excellent working hours. Send resume to Ryan's Landing, P.O. Box 1467, Coupeville, WA 98239.

EXPERIENCED RETAIL
SALES CLERK

Local farm & garden supply store is searching to fill positions on North & South Whidbey Island. Please apply if you are experienced in retail selling. Familiarity with electronic cash register a plus. Knowledge of hardware, lawn, garden, & pet supplies helpful.

- Opportunity for advancement to purchasing & receiving
- Excellent benefits package for full time position
- Part time position open
- Equal opportunity employer

Send resume to Ad No. 54, P.O. Box 10, Oak Harbor, WA 98277.

15-WT-R-NW-CW 550
16-WT-R-NW-CW 550

F.
FOR RENT

22. For Rent, Homes

3 BEDROOM HOUSE, fenced yard. \$590 per month plus deposit. 778-2989.

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 *

ISLAND PROPERTY
MANAGEMENT

Houses, Apartments and Mobile Homes in Oak Harbor area. \$280 — \$560. Six month leases. No pets. Call 679-1571 *

LUXURY WATERFRONT HOME, Columbia Beach. Short walking distance to ferry, easy commute to Seattle or Everett areas. 2½ baths, 2 bedrooms, long term renter preferred. \$1,500 monthly, negotiable. 252-9878 or 259-3111.

WEST SIDE medium bank waterfront, stairs to beach, spectacular view. Small two bedroom house, all appliances, woodstove. No pets. \$600. First, last, deposit. 321-4566.

24. For Rent,
Miscellaneous

DO YOU NEED to rent a hall? Historic Freeland Hall available, right next to Freeland Park. For reservations, call 321-6751.

OFFICE SPACE for rent, Ken's Korner. Occupancy beginning summer 1990. FAX, secretarial services, copies, notary, phone answering available. 221-7747.

PRIME NEW RETAIL & COMMERCIAL SPACE FOR LEASE. Occupancy beginning summer 1990. Ken's Korner, Clinton. 221-7747.

COMMERCIAL

Retail, office, warehouse, light industrial. Excellent City and County locations. Planning new buildings now.

679-1571/2 50 TFC WT-200

G. PROPERTY
FOR SALE25. Real Estate,
Homes

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

MUST SELL!

Available April 17 — Lovely 4 bedrooms, 2½ baths, large deck, hot tub, excellent location. 5815-525th Ave. West. Asking \$135,000. Call 675-3331. Hurry, won't last long!

NEW 2 BEDROOM, 2 bath modular, near Langley. Adult park. \$41,000, by owner. 221-8825.

NEWER 2 STORY log home with 2 bedrooms plus possible den, 1½ baths, free-standing woodstove, built-in island range, view of Olympics & ships from covered deck. Only \$95,500. 678-3447.

SPECTACULAR N.W. contemporary, 1½ miles south of the ferry, 180-degree water, mountain view. 3,400 square feet, 3 bedrooms, 2 baths, in-law suite with kitchen, beach rights. By owner, 2 weeks only, \$399,000. Cash, no contingencies. 221-3640.

SUNNY TWO BEDROOM COTTAGE, Puget Power energy package, W/D, new oak kitchen, on two lots (Scatchet Head), \$74,900. A Great Deal! 221-8849.

THREE BEDROOMS, 2½ baths, 2,200-plus square feet. Has beautiful west view of San Juan Island from front deck. House length rear deck overlooking a Jacuzzi hot tub. Full fenced back yard, ¾ acre. Energy efficient home located in prestigious Seaview 8 addition. \$135,000. By owner. Call 679-4835.

American Heart Association
WE'RE FIGHTING FOR YOUR LIFE

ADOPTION

ADOPTION: Loving, financially secure white couple seek newborn to make our lives complete. Call our attorney, collect 24 hours a day at (408)288-7100. (A244)

Included in this week's
WHIDBEY TODAY

are the following advertising supplements:

Oak Harbor and Coupeville:

Pay-Less

Effective Sun., Apr. 15 through Sat., Apr. 21

Emporium

Effective Mon., Apr. 16 through Sun., Apr. 22

Food Pavillion

Effective Mon., Apr. 16 through Sun., Apr. 29

Full Run:

Ernst

Pay n Save

Effective Sun., Apr. 15 through Sat., Apr. 21

Pay n Pak

Effective Sun., Apr. 15 through Sat., Apr. 28

K mart

Effective Mon., Apr. 16 through Sat., Apr. 21

Greenbank South:

Langley Drug

Effective Mon., Apr. 16 through Sun., Apr. 29

DESIGNATE THE
AMERICAN RED CROSS
THROUGH YOUR CFC

RED CROSS PEOPLE ARE YOUR

NEIGHBORS

AND ARE THERE TO HELP

WHEREVER YOU ARE

IN THE WORLD

✚ American Red Cross

25. Real Estate,
Homes

WHIDBEY RESIDENT would like to buy waterfront home at Bell's Beach for cash. 221-3144 evenings.

4 BEDROOM, 2½ bath, 2,527 square foot home with many extras and upgrades. Open floor plan features spacious kitchen that overlooks family room and 10 foot brick fireplace; large master suite with soaking tub and custom walk-in closet; cathedral ceilings in living and dining rooms; skylights; 3-car garage. Fenced yard with hot tub and dog run. 5 years old. 3586 300 Ave. West. By owner — \$165,000. Shown by appointment. 679-4830.

3 BEDROOM HOUSE, 2 full baths, garage, new paint, floors, landscaping, new carpeting. Great location, across from Lone Lake, very private corner lot. \$87,000. Jane, 221-2432.

COZY ISLAND COTTAGE on country lane, near Mutiny Bay. Boat launch, one bedroom, one bath, living room, kitchen and laundry. \$60,000, possible owner terms. Call 321-4155 evenings.

FOR SALE BY JOHN D. FAIRCHILD
675-2010 or 293-2036
Condo, 2 bedroom, \$48,995
3 bedroom house, \$49,995
3 bedroom house, \$65,995
Townhouse/duplex, \$159,995
Call anytime, 675-2010 or 293-2036

HIGHLANDS WEST

By Owner: Excellent location, walk to Hillcrest, Broad View Elementary or high school. 4 bedrooms, 2½ baths. 1,944 square feet, large deck, spacious kitchen, quiet neighborhood. Leased until August. \$135,000. For appointment, call 675-3331.



HOME
OF • THE • WEEK
COUNTRY STYLE

All the quiet of a wooded retreat but sunny and warm.
3 bedrooms, two baths, vaulted ceilings, loft, stained glass, oak floors.
2.5 acres at end of road.

RA4341 **\$169,900**

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.

Statewide Classifieds

Reaching more than 1,000,000 Washington State homes. To place your ad, phone 675-6611 (North and Central Whidbey) and 321-5300 (South Whidbey). Only \$129 for 25 words, \$4 for each additional word.

EMPLOYMENT INFORMATION

HELP! Need 16 full-time, 25-part-time people as reps. New diet disc program, seen on television. Earn and lose 10-29 lbs, possibly win \$25,000. 1(800)875-3722.

HELP WANTED

MECHANIC WANTED: Experienced Cat and John Deere wheel tractor. Excellent benefits. Wages DOQ. Must have knowledge of hydraulics, power train, electrical and engines. Resume: Tumac Machinery, Box 1137, Walla Walla, WA 99362.

LOTS AND ACREAGE

20 ACRE HOMESTEAD \$12,500. Wooded with spring-fed well near 2 large operating gold mines at Republic, WA. Excellent hunting, fishing. Easiest terms. Call Floyd, Westway Realty, (509)775-3930, home (509)775-2481.

FOR SALE: Approx. 57 acres. 30 acres open land, 10 acres apricots and peaches with refrigerated warehouse. Balance pasture, nice 3 bedroom mobile home, large shop, \$170,000. Brindle's, Royal City, WA. Phone: (509)346-2660.

20 VIEW ACRES. Excellent recreation area, \$13,950, \$199 down, \$116.25 per month. Eight miles to downtown Chelan. Rocked roads, and surveyed. 1(800)634-3876 for information or showing.

LEAVENWORTH: 2.1 acre parcels. Meadows, trees, near river, county paved dead-end road, power, irrigation water. \$19,995. Terms. Lake Chelan-Stehakin, 1,500 feet of pristine waterfront, \$336 per front foot, cabin, 3,000 feet down lake from Stehakin. Moses Lake: 84 lots total, 61 waterfront, preliminary plat approval, \$500,000. Terms. The John's Real Estate Corporation. 1(800)753-JOHN.

MOUNTAIN BEAUTY. Retreat to 35 acres of trees, nice stream, some meadows. Between Tonasket & Republic in Okanogan County. \$19,900 w/terms. Frontier Lands, (509)923-2231, anytime.

MISCELLANEOUS

UNSECURED LOANS to \$50,000. No collateral, no co-signers. Bad credit and bankruptcy okay. For free information write to: Loans, Suite 6-B, 7027 W. Broward Blvd., Plantation, FL 33317.

NEED CREDIT? Guaranteed \$2500 line of credit. Regardless of credit history or bankruptcy. You can't be turned down. Details 1(800)827-2821. FEE.

WOLFF tanning beds. Commercial, home units from \$199. Lamps, lotions, accessories. Monthly payments low as \$18. Call today, free color catalog. 1(800)367-6836.

A WONDERFUL family experience. Australian, European, Scandinavian, Japanese high school exchange students arriving in August. Become a host family. American Inter-cultural Student Exchange. Call 1(800)SIBLING.

CAMCORDERS-VCRs- WHOLE-SALE. 42 brands. No tax, free UPS delivery. Free Camcorder buyers guide (none for VCRs). Call with model wanted for our price. 1(800)344-7123.

PLANNING A CLASS/GROUP REUNION? We can help. For free brochure, call (206)531-7070 or write: Spanaway Travel, PO Box 761, Spanaway, WA 98387.

BRING THE WORLD to your students! Learn to use newspapers in your classroom at the NIE (Newspaper in Education) Seminar. Three graduate credits for K-12 teachers. August 13-16, Evergreen State College, Olympia, WA. \$300 includes room, board, tuition. Possible newspaper co-sponsorship. Contact: Washington Newspaper Publishers Association, 3838 Stone Way North, Seattle, WA 98103, (206)634-3838.

POLE BUILDINGS: Two doors, vapor barrier, screw fasteners. 24x36x12, \$3183; 24x48x12, \$3850; 30x48x12, \$4452. Other sizes, 100% financing. Free color brochure. Call (Oregon) 1(800)825-2276.

GOVERNMENT SEIZED/surplus vehicles at unbelievable prices. BMW's, Cadillacs, Chevy, Mercedes, Porsches, Fords, plus trucks and vans. Amazing recorded message reveals details. (206)759-9368, ext.305.

BUYING GALLE, Daum Nancy, Tiffany, Muller, any french cameo, iridescent glass. Send photo, price, size, condition to George Price, Box 14144, Kansas City, MO 64152.

BECOME A PARALEGAL. Nationally accredited, attorney instructed, home study, established 1976. Financial aid, free catalog. 1(800)669-2555, Southern Career Institute, Drawer 2158, Boca Raton, Florida 33437.

STORAGE CONTAINERS for sale. 20' & 40' available. Dry, safe, secure, portable, roll up doors and other modifications available. (206)767-4344.

WANTED: Young boar. Must be disease free, lean, have good hams and be under 300 lbs. Write: Mark Weisbach, Box 592, Tonasket, WA 98855.

FREE PAGEANT INFORMATION: Girls 7-12. Everyone gets trophy, tiara. Winner receives Orlando, Florida trip, \$500 award. Call toll-free, 1(800)321-4FUN, write: Pageant, Slate Hill, NY 10973.

GREENHOUSE and hydroponic gardeners. We have thousands of products plus hundreds of books. Call toll free for free catalog. Western Water Farms, Bellingham, WA 1(800)US-GROWS.

PERSONALS

SINGLES: Meet single people throughout rural America. Confidential, reputable, established plan. Free details. Country Connections Newsletter, PO Box 406, Superior, Nebraska 68978.

NEED CASH NOW? \$1,500 to \$17,000 signature loans. Free guaranteed, application rushed. Call now 1(800)955-5453, ext. 32. VISTA Financial Services, Inc.

WANTED: 85 people. We'll pay to lose 10-29 lbs. in the next 30 days. Dr. recommended. 100% guaranteed. 1(800)783-0938. New diet disc program.

Future of fine Northwest fare dubious

Eat to live, not live to eat, A bit of good advice, A simple rule of palate, That should for all suffice!

Eating to live was for many of our forebears a necessity. Even in the mid-1800s when the first white settlers came to Whidbey Island, food was a priority. Salmon was plentiful, and many a housewife complained after weeks of salmon even at the paltry price of 50 cents for a big one.

Today, salmon is still the favored food of the Northwest. Visitors to our area come expecting to be fed fish and clams and crab, something foreign to the Midwest.

Today's news from Washington informs us that vastly reduced salmon runs on the Columbia and Snake rivers could become the next big environmental dilemma in the Northwest. Oregon Sen. Mark Hatfield says that he sees the salmon problem as potentially bigger than the spotted owl controversy.

An Oregon conservation group declares that coho and spring, summer and fall chinook salmon have become endangered. So we are again faced with a long battle to declare these fish endangered, just as the spotted owl wasn't sure whether he was endangered or not through a long period of time, awaiting decision.

★★★

SALMON PATTIES
1 16-ounce can pink salmon

Arthritis common, but there is help for victims

New statistics released by the Centers for Disease Control show that more than half a million people in Washington are affected by arthritis, reports the Arthritis Foundation's Seattle Chapter.

The recently completed analysis shows that fully 12 percent of the state's population report they have some form of arthritis. The foundation notes that the high prevalence of arthritis among older persons combined with the aging of the population will mean that arthritis con-

GEMWISE
JEWELRY FASHION, FACTS, FICTION

Gerald Fikse
Registered Jeweler
Member
American Gem Society

The Cut's the Thing
What is the cut of your favorite diamond? Careful, this is a trick question. If you thought, "Oh, I love pears," or "That's easy — the classic round," then I fooled you. The question was about apophyses, but those answers are oranges.

Pears and rounds are shapes of diamonds, not cuts of. Cutting is the term that indicates how each facet on a diamond is placed relative to the other facets. In diamond cutting, proportion is very significant. Think of hair styles for an example. When punk hair styles were introduced, one side might be shaved close to the head, while the other had long locks. Punkers wanted that outrageous asymmetry. But on a diamond, asymmetry is punk.

If your favorite shape is pear, one way to evaluate whether the shape has been well cut is to imagine a dotted line that equally divides one side of the pear shape from the other, starting at the pointed end. A well cut pear shape would fold on that imaginary line so that each side matches the other.

For the classic round, there are even more precise measurements. You are aware of how light reflects off a mirror. Imagine that the facets of the diamond work like mirrors, reflecting light back to your eye. When the facets are placed with scientific precision, light return is maximized, making a truly brilliant round. In fact, the American Gem Society, of which our firm is a member, recognizes the American Ideal cut as its standard against which other diamond cuts are graded.

Yes, I did ask a trick question to start this article. But we'd like to help you shape your opinion about well cut diamonds.

Gerald's jewelry
1501 Midway Blvd.
Oak Harbor
475-1466

OVER THE BACK FENCE

By Dorothy Nell



1/2 cup chopped onion
2 Tbs. butter
2/3 cup dry fine bread crumbs
2 eggs, beaten
1/4 cup snipped parsley
1 tsp. dry mustard
3 Tbs. shortening

Drain salmon, saving liquid. In large bowl with electric mixer, beat flour, 1/2 cup sugar, margarine and salt until mixture resembles coarse crumbs, press firmly into pan and bake at 350 degrees for 20 minutes.

For filling, in large saucepan stir syrup and chocolate over low heat until melted; remove from heat. Stir in remaining sugar, eggs, and vanilla until blended. Stir in pecans. Pour filling over hot crust and spread evenly. Bake at 350 degrees for 30 minutes or until filling is firm around edges and slightly soft in center. Cook in pan on wire rack. Cut into 48 bars.

Flake fish and debone. Cook onion in butter until tender, then add to liquid 1/3 cup onions, eggs, parsley, mustard and salmon. Mix well. Shape into patties, roll in remaining crumbs and fry-cook over medium heat.

TUNA FISH NOODLE CASSEROLE

1 pkg. noodles
1 clove garlic
1 cup med. white sauce
1 can tuna
1/2 tsp. salt
1 green pepper, cut fine
2 Tbs. butter
1 small can mushrooms
1/8 tsp. pepper
3/4 cup grated cheese
1/4 cup bread crumbs

Cook noodles as directed on package, adding garlic. Drain, rinse and drain again. Add other ingredients, reserving 1/4 cup of cheese and the crumbs, in order given. Mix well. Turn into buttered casserole, sprinkle with remaining cheese and crumbs. Bake at 350 degrees for 45 minutes. Serve garnished with parsley.

★★★

And for those who do not care for fish, here is a delectable chocolate "pecan pie" bar that is a cross between a cookie and a pecan pie. Happy eating!

CHOCOLATE PECAN BARS
3 cups unsifted flour
2 cups sugar, divided
1 cup margarine
1/2 tsp. salt
1-1/2 cups corn syrup, light or dark
6 squares either semi-sweet or German sweet chocolate
4 eggs, slightly beaten
1-1/2 tsp. vanilla
2-1/2 cups chopped pecans

For crust, grease bottom and sides of 15x10-inch baking pan.

taking place — joint damage that might have been prevented or delayed with proper care," Fitzpatrick said.

According to the Arthritis Foundation, the warning signs of arthritis include:

- swelling in one or more joints
- early morning stiffness
- recurring pain or tenderness in any joint
- inability to move a joint normally
- obvious redness and warmth in a joint

"There are things people can do to help their arthritis. The Arthritis Foundation has a variety of programs and services available and can provide a list of local arthritis specialists.

IRS wants your new address

Seattle — Thousands of American taxpayers are on the move, but unfortunately they are leaving behind their tax refunds because the Internal Revenue Service doesn't have their new addresses.

If you move or otherwise change your address after filing your tax return, you should write to the IRS service center for your old address and provide them with your new address. The service center addresses are listed in the instructions to the tax forms. To process a change of address, the IRS needs your full name, signature, old and new addresses and your Social Security number. Filers of joint returns should provide this information for both spouses.

See It All At Our Place.

Everything you need to see is at Physicians Eye Clinic and Surgery Center in Everett.


Technology, outstanding eye surgeons and a full service optical lab combine to form the region's most complete and convenient eye care facility.

Equipped with ultrasound, YAG and argon lasers, Dr. Minor, Dr. Niva and Dr. Jones perform sophisticated eye surgery daily on an outpatient basis.

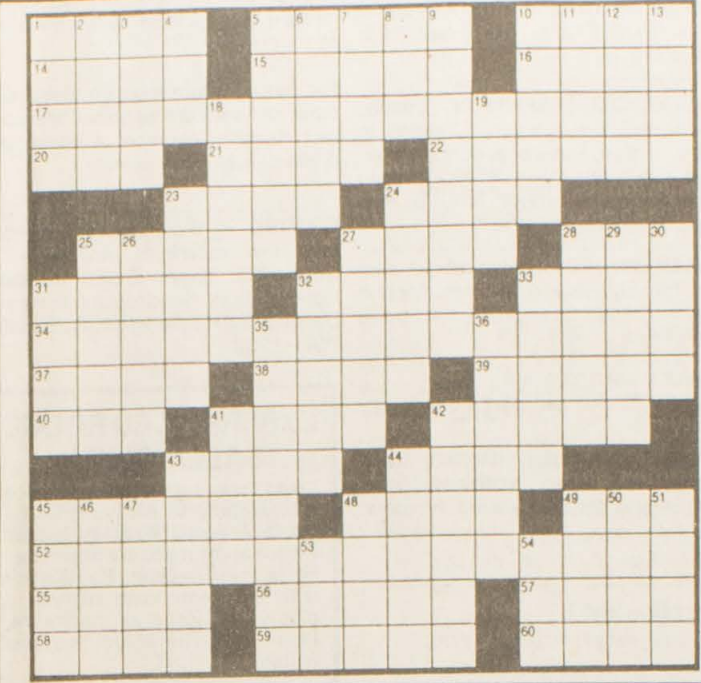
If you need a ride, free transportation is available and once you arrive our clinic is designed to make your stay pleasant and comfortable.

So whether you need a regular eye examination or cataract surgery, Physicians Eye Clinic and Surgery Center will help you see your world better.

Physicians Eye Clinic & Surgery Center
THE VISION PLACE
3930 Hoyt Ave., Everett, WA 98201
(206) 259-2020
1-800-732-2020



CROSSWORD PUZZLE



ACROSS

1 Versatile kind of radio: Abbr.
5 Plays the links
10 Trips around the track
14 Cotton pickin' bundle
15 Auto about-face
16 Largest continent
17 CHEERIOS 2 wds

20 Nile snake
21 "a Lady" (Tom Jones hit)
22 Ones who go a-courting
23 Rabbit (Uncle Remus character)
24 Radio-using trucker
25 Cut sheep's wool
27 Fibber, only worse

28 Actress Arden
31 Cognizant (of)
32 Word after "Funny" or "Calendar" in song titles
33 Dared devil knave
34 LUCKY CHARMS 2 wds
37 Pansian airport
38 Low-calorie, in product names
48 Greek war god

49 The heavens
52 LIFE 2 wds.
55 Historical periods
56 Popeye's girlfriend
57 Pour (try harder) 2 wds.
58 Disavow
59 Dressed to the (duded up)
60 Church seats

DOWN

1 Swedish pop group
2 Roman counterpart of 48-Across
3 Funnyman Wilson
4 Encountered
5 Successful oil well
6 On the hand (alternatively)
7 Big galoots
8 To and
9 Weapon in the cold war?
10 Workers' Cabinet department
11 "sow, so shall" 2 wds.
12 Wharf structure
13 Flippant backtalk
18 Tai Aviv's country
19 Man of action
23 Little fruit
24 Sorceress of Greek myth
25 Spoken under oath
26 Transports by truck

27 Elevators, to the British
28 the score (gets revenge)
29 Bit of poetry
30 "Or..." (threat)
31 Get an effort 2 wds.
32 Losses' opposite, stock-wise
33 Happening
35 Atomic particle
36 Forsyth's The File
41 Lima's country
42 Prolonged attacks
43 Another name for hopscotch
44 Very serious
45 Did impressions of
46 Kingly address
47 Scrutinize
48 Idi the notorious
49 Location
50 "Do You the Way to San Jose?"
51 Longings
53 Inventor Whitney
54 End-of-address number, for short

Answers on Page 7

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.)

Tuesday, April 17
Arts and Crafts, 10 a.m.-2 p.m.
Painting, 2-4 p.m.
Bus trip to Orcas Island, 6:45 a.m.

Wednesday, April 18
Quilters, 10 a.m.-2 p.m.
Lunch, noon
Pinochle, 2-4:30 p.m.
Community bingo, 7 p.m.

Thursday, April 19
Beginners tap class, 9-10 a.m.
Over 50 Club, 10:30 a.m.

Friday, April 20
Tap class, 9-10 a.m.
Fun Band, 10:45 p.m.
Dancing, 10:45 a.m.
Lunch, noon
Bridge, noon-2 p.m.
Dancing, 2 p.m.

Saturday, April 21
Center closed

Sunday, April 22
Center closed
Historical society dinner, 12:30 p.m.

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, April 15
Center closed

Monday, April 16
Water color, 9 a.m.-noon
Conditioning, 9:30 a.m.
Blood pressure check, 11:30 a.m.-2:30 p.m.
Lunch at noon
Exercise class, at Summer Hill, 1 p.m.
Scrabble, 1 p.m.
Memory enhancement, 3 p.m.
Beginning ballroom dancing, 3 p.m.

Tuesday, April 17
Exercise class, 9 a.m., 10:15 a.m.
Oil painting, 9 a.m.-noon

Wednesday, April 18
Veterans assistance, 9 a.m.-noon
Party bridge, 9:30 a.m.
Oriental painting, 9 a.m.-noon
Wood and soapstone carving, 9 a.m.-noon
Conditioning, 9:30 a.m.
Mixed media, noon-3 p.m.
Lunch, noon
Exercise class at Summer Hill, 1 p.m.
Knitting circle, 1:30 p.m.
Great events in American history, 3-5 p.m.
Center coordinating committee, 3:30 p.m.
Registration deadline for tulip tour

Thursday, April 19
Check-in for tulip tour, 8:30 a.m.
SHIBA, by appointment, 9 a.m.-noon

Friday, April 20
Quilting, 9 a.m.-noon
Cholesterol screening, 11 a.m.-noon
Lunch, noon
Pinochle, 1 p.m.
"Crafty Ladies," 1-4 p.m.
Ballroom dance lessons with Juke Box Matinee, 1-3 p.m.
Dance Alive spring concert, 6:30 p.m.

Saturday, April 21
Council on Aging movie and popcorn social, 1 p.m.

Sunday, April 22
Center closed

Government commodities distributed

Government surplus commodities will be given away to those in need by volunteers from South Whidbey Good Cheer Wednesday, April 18.

Commodities distributed include butter, peanut butter, pork, vegetarian beans, green beans, and egg mix.

The date of distribution has been changed from the fourth Wednesday of every month to the third Wednesday.

The food will be distributed from 2 to 5 p.m. at the Brookhaven Community Center at 3rd and Anthes streets in Langley.

People there to pick up the food will not be admitted to the center until 2 p.m. The distribution may end prior to 5 p.m. if supplies are depleted.

Applicants will be required to present identification and to sign a log testifying they are low income. Also required on the log are address and number of family members.

People are asked to furnish their containers such as paper bags.

For more information call Isabel Norby at 321-1247.

THE BEST EXCUSES FOR NOT WEARING SEATBELTS ARE ALWAYS GETTING BURIED

D. JENSEN PLUMBING

New Construction ★ Service
Commercial ★ Residential

221-8813

JENSEDC119RG • Bonded • Insured

Meet Andrea Brown

Andrea has been with us for over 4 years. A 15 year resident of Whidbey Island, she is well acquainted with our customers and their special needs. A graduate of Everett Plaza Beauty School, she is an expert in styling, cuts, perms and color weaving. For that special new look, call Andrea.

PAUL'S & COMPANY
321-4949
Langley



Getting back into shape is a gradual process — don't push it

If you're thinking of getting back into shape, your motto ought to be "train, don't strain."

At least that's the advice of Dr. Stephen Rice, lecturer in pediatrics and orthopedics, Division of Sports Medicine, at the University of Washington.

He explains that increasing an activity slowly and systematically, over a period of time, enables your body to adapt. "It's like building up calluses instead of giving yourself blisters," he says. "Rapidly increasing that activity within too short a period of time, to the point that your body breaks down, would cause you to suffer overuse injuries."

"People with overuse injuries are hurt in four ways: the pain of the injuries themselves, the time it takes to heal those injuries, the loss of some fitness capabilities they may have begun to build, and the fact that their 'starting over' point

is set back farther than when they first began."

Rice says the most effective way to put yourself on the path to physical fitness is to think of your new training regimen as a lifestyle change — as, literally, a change of physical activity habits.

"A change in attitude is probably the first step to take," he notes. "You automatically take time to do things like shower, brush your teeth, eat, or watch your favorite TV show. All these things are a priority for you. Now it's important to make time to care for your body by planning some daily physical activities — make that a priority as well."

To enhance your chance of success, Rice emphasizes an approach of moderation when starting out on a new physical fitness program. "It's important to take your time to build up gradually. Begin with an easy activity and low number of repetitions (or short distance, de-

pending on the exercise). Then you can safely increase your workout by about 10 percent each week."

"It's important to lay a solid foundation for your body to build upon," says Rice. "Having the attitude that 'this is the first day of the rest of my life' will help you understand that good physical fitness is a habit you can create to help you feel better for the rest of your life."

He cites three rules he uses for beginning a physical fitness program:

- rely on moderation and a gradual increase in activities;
 - appreciate the limits of your body, and
 - recognize and respect pain.
- "Know your body," says Rice. "And remember that today is when you are dealing with it, not 10 years ago. Don't try to make your body respond the way it did a decade ago. Be kind to it."

"If you are in touch with your

body," he adds, "you will feel the changes that are taking place, not only as you build your fitness program, but also when there might be symptoms requiring medical attention."

He insists that your regimen be free of pain, if it is to be most beneficial. "Fatiguing your muscles, or systematically using them until they tire out is one thing; overusing them until they hurt is quite another."

Rice stresses: "It is crucial that if you do hurt yourself or push yourself to the point of pain, you will need to go through a treatment process. Don't keep pushing yourself trying to 'work it out,' because the healing process ought to be pain-free."

The basic factors of physical fitness are flexibility, strength, endurance, aerobic capacity and for many, body composition (transforming fat to muscle in order to look a certain

way). He urges people to use a combination of exercises to emphasize each factor.

"This gives the individual variety in the workout, which keeps it interesting," he says.

Here is his basic seven-day workout formula:

- flexibility exercises (stretching) every day.
- weight training (lifting, pulling, pushing) three days a week;
- aerobic activity (swimming, walking) at least 20 minutes per session, three days a week;
- endurance activity (long bicycle ride or extended brisk walk) twice a week.

"If you join an aerobics or exercise class," advises Rice, "beware of an instructor who keeps pushing you when you first begin. Again, real fitness takes weeks and months to achieve, not just a couple of days."

He believes that once you create

your reliable physical fitness habit, the other essential elements of wellness will also become part of your lifestyle, such as good nutrition, the healthy management of stress, changing harmful personal habits like drinking and smoking, and having the safety awareness to always wear seatbelts, helmets or other appropriate protective gear.

He says he hopes to see the day that employers reward employees for good health and physical fitness habits, as well as build time for exercise into their work day. But for now, he recognizes the responsibility for finding the time to keep your body in good shape is yours.

"The physician can be a helpful partner in your quest for wellness and a more active lifestyle," says Rice, "but people must care enough for themselves to give themselves the very best treatment they possibly can. And a healthy program of physical fitness is a good start."

'Shenandoah' lead not new to the theater's stage

One of the stars of Whidbey Playhouse's production of *Shenandoah* is Dick Morgan, who plays the role of Charlie Anderson.

Morgan has spent a long time developing his talents; in fact, he has been connected with the entertainment field in one job or another for most of his life.

He got his first exposure at the age of 4 with the Hal Roach Studios in Hollywood. After being noticed in an open audition, he played supporting roles on the silver screen during most of his childhood. He had his first stage experience when he was a psychology student at the University of California at Berkeley, where he appeared in a production of Shakespeare's *As You Like It*.

His acting career was temporarily interrupted during the Korean War when he joined the Air Force and became a B-26 pilot, but it wasn't long before he was released from active duty, and found himself in San Francisco where he spent several years singing and acting with the Civic Light Opera Co.

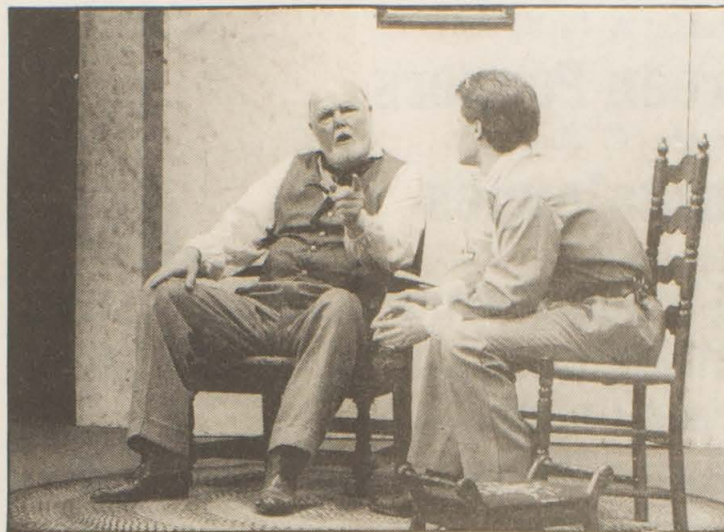
In the late '50s, Morgan tried out

the night club circuit where he sang with several bands, including the Del Cortney Orchestra and the Billy Clifford Band. Among other places, Morgan has performed at the New Frontier in Las Vegas and the Bal Tabarin in San Francisco.

The military became a way of life for him and his young family once more when he was recalled for active duty in 1959. For the next 23 years he remained in the Air Force, where he started out flying B-47s and before long was in Vietnam flying F-4s.

During this second stint with the military, Morgan and his wife Dottie produced and directed some 27 musical variety shows throughout the world, earning more than \$60,000 for Air Force charities. In 1981, he retired as a lieutenant colonel.

After spending two years teaching the history of the theater in San Francisco and then again in St. Louis, Dick and Dottie moved to Oak Harbor in 1988 to be with one of their sons who is a naval flight officer with VAQ-141. Besides act-



Charlie Anderson, played by Dick Morgan, tries to explain the mysterious ways of 'women folk' to his son, a Confederate Lieutenant, played by Robert Moore, in the Whidbey Playhouse production of *'Shenandoah'*.

ing, Morgan teaches drama at Skagit Valley College.

Shenandoah is Morgan's third stage appearance at the Whidbey Playhouse. During the 1989 theater season he played the sheriff in *A Trip to Bountiful* and Judge Lester Still in *Murder in the Fast Lane*.

Shenandoah, directed by Gaye

Litka, opened to a full house Friday night and will run for the rest of April, with closing night scheduled for April 28. Performances are Thursdays, Fridays and Saturdays, with a matinee on Sunday, April 22. Seating is still available. For more information and reservations call Whidbey Playhouse at 679-2237.

North Whidbey Action Fund to fill gaps in island's charity

It's bad enough to get the run around when things are going well for you. But when you're down on your luck, out of money, out of food and out of a job, the last thing you need is to be pushed from door to door.

Unfortunately, sometimes that's what happens when people fall between the cracks. Between the Department of Social and Health Services and the many charities in the community, there are a lot of needs fulfilled for the needy. But all too often, people and their hard luck stories just don't fit into the guidelines for eligibility created by the agencies.

Those who can find no solution to their immediate problems are the target of a new fund established by the Community Resource Network. The network, a gathering of social service providers in the community, established the North Whidbey Action Fund after a year of planning.

The fund is designed to fulfill requests that other agencies and funds cannot. To North Whidbey Help House, it will come as a great relief.

Help House organizers know the need for such a fund all too well. Many whose problems seem to go unsolved, eventually turn to Help House.

Indeed, other agencies often send them there. When DSHS says someone is eligible for food stamps but won't get them for several weeks, they send the applicant to Help House for the interim. In the last three months, the organization has given away 1,262 boxes of food designed to feed a family for a week.

It's not just food Help House distributes, though. Much of what they could spend on groceries goes to medicine, gas, baby diapers, women's needs, and household expenses.

There's really no other place to get these necessary items, according to Help House director Fran Hughes.

The organization has spent nearly \$1,000 — more than a third of its food bill — since the first of the year on aid other than groceries.

Joe Acord of Catholic Community Services acknowledges the service Help House provides, but said much

more should be done.

"CADA (Citizens Against Domestic Abuse) has a little bit of money and Help House does a great job, but they don't address all the issues," said Acord, referring to the many needs of the homeless.

Acord, Whidbey Island Naval Air Station's first Family Service Center's director, said Whidbey Island is called Sleepy Hollow by the Navy's brass. "But in reality we have exactly the same problems as San Diego, San Francisco, and Seattle. It's just smaller in numbers."

Small solutions, though, could put a dent in those big-city problems, said Acord. Many times the homeless and the poor have no money to wash their clothes to go to a job interview, he said. It becomes an issue of self-esteem.

"When some of those people talk about a change of clothes, they talk about changing into the clothes they wore yesterday, because they had a chance to air out," said Acord.

The North Whidbey Action Fund should help to "remove a little bit of hopelessness," he said.

The fund has been established with Help House as the agency responsible for distributing the money through vouchers, according to Help House worker Charlene Smith, who is also the chairman of the Community Resource Network. A board of three members from the network will

decide on requests requiring more than \$50.

In establishing the criteria for the fund, organizers worked to minimize restrictions so problems are solved instead of created. The main requirement for eligibility is that the need cannot be fulfilled elsewhere and all other possible resources have been exhausted.

"Administrative costs are really minimal," said Opportunity Council's Island County coordinator, Michael Putnam. The cost of a post office box and stationery for thank you letters is all that's required.

With the fund, said Putnam, more time and money can be spent on actually delivering help to clients than on finding the solutions.

"Getting to the quick of a person's needs in a hurry — certainly that's going to be more helpful," he said.

Nancy Wyckoff of CADA says that ability will also help the self-esteem of clients. Not sending them to several dead ends before their question is answered is one of the goals of the fund.

"This is not something you can just throw money at," said Acord. "But a little bit of money here and there can be real helpful. And that's the way I see this action fund."

To donate to the North Whidbey Action Fund, address checks to the fund and send them to P.O. Box 404, Oak Harbor, Wash. 98277.

Plant sale to help women beautify church and town

Members of the Coupeville Foursquare Church will have an indoor-and-outdoor plant sale from 9 a.m. to 5 p.m. April 28 at the church, located one block north of Main Street and State Highway 20 and Broadway.

The event is the culmination of months of work by members who gathered materials for wreaths, flowers and potted plants; hand-made macrame plant hangers; planted bedding plants; and shrubs and seeds.

Also at the sale will be floral baskets, wall hangings, shells and driftwood pieces "to make your own," and strawberry plants. In charge of

the event are Helen Schmidt, Marilyn Frey and Jean Schmidt, with many others making and donating articles.

Funds raised through the sale will go toward landscaping and beautifying the Foursquare church grounds. The church building is a recent addition to the town of Coupeville.

The church is Bible-oriented and assists with the Youth Dynamics and Gideon Society in the community. Last spring the high school baccalaureate was held in the church.

The plant sale will be both indoor and outdoor, and everyone is invited to attend.

'Days of Remembrance' this week for victims of Holocaust

Days of Remembrance week in 1990 begins April 22 and continues through April 29, announced the U.S. Holocaust Memorial Council. Holocaust Remembrance Day — Yom Hashoah — is April 22.

"These days have been set aside to remember the victims of the Holocaust and to remind Americans that nations are capable of incomprehensible evil when bigotry, hatred and indifference dominate national policy," a spokesman for the council said.

The Holocaust Council encourages community, government, religious, social and educational organizations and institutions to commemorate Days of Remembrance with appropriate ceremonies and programs. For information write to

Days of Remembrance, U.S. Holocaust Memorial Council, 2000 L St., N.W., Suite 588, Washington, D.C. 20036.

The U.S. Holocaust Memorial Council was established by Congress in 1980 to plan and build the U.S. Holocaust Memorial Museum in Washington, D.C., and to encourage and sponsor observances of an annual, national, civic commemoration of the Holocaust known as the Days of Remembrance.

The council also engages in Holocaust education and research programs. It consists of 55 members of all faiths and backgrounds appointed by the President, plus five U.S. Senators and five members of the House of Representatives.

March of Dimes shortens the WalkAmerica fund-raiser route

One of Western Washington's largest group of volunteers will take to the streets April 21 and 28 for the March of Dimes WalkAmerica for Healthier Babies.

Eleven counties in Western Washington will participate with walk sites on April 28, except for Oak Harbor, which will conduct its WalkAmerica April 21.

This year's WalkAmerica has something new to offer March of Dimes walker-volunteers — a shorter route! The walk will be 20 km (12 miles), a full third shorter than those of the last 19 years. Walkers raise money by obtaining sponsor pledges for their walk to support

the March of Dimes mission of healthier babies.

Last year's WalkAmerica surpassed all previous efforts with volunteers raising more than \$480,000. More than 6,000 walkers participated at the 11 different walk sites. This year's WalkAmerica for Healthier Babies will take place in Clallam, Grays Harbor, Island, King, Kitsap, Lewis, Pierce, Skagit, Snohomish, Thurston and Whatcom counties.

Walk volunteers stress that while each route is 20 kilometers in length, participants do have the option of stopping at any of the numerous checkpoints from which "victory buses" will transport them back to the event's starting point. Refreshments, restrooms and various forms of entertainment will be along the routes. For families with preschool age children in Seattle, Tacoma and Port Angeles, "Baby Buggy Brigades" will travel over a short, 1 to 2 kilometer route so families can participate in their own way.

March of Dimes encourages individuals from organizations, businesses and schools to walk together as teams. Sponsor sheets for all Western Washington walks can be obtained by calling 624-1373 in Seattle or 1-800-345-5188 outside of Seattle. Or call Roya Devenport or Sally Huff at InterWest Savings at 679-4181.

In Washington State Call
1-800-4-CANCER
Cancer Information Service



NOTICE OPEN To The PUBLIC

- Brand New Electrolux Vacuums
- Complete with attachments and bags
- Picks up rocks, nails, made in USA

1 DAY ONLY

Sunday April 22nd at Best Western Hotel
Oak Harbor, 5691 State Hwy. 20, 9 a.m. to 4 p.m.

Reg. \$549 Now \$299
Canister

Reg. \$799.95 Now \$499.95
(plus shipping & handling * tax)

ELECTROLUX
632-3150

WHIDBEY CHRISTIAN ACADEMY

"Where children are learning to love while loving to learn."
Registrations being taken now. Limited registration in all areas and programs. Programs offered:

- Three Year Old Preschool
- 1/2 Day for Three Days a Week
- Four Year Old Prekindergarten
- 1/2 Day or All Day for Two, Three or Five Days a Week
- Five Year Old Kindergarten
- 1/2 Day or All Day for Five Days a Week
- Elementary School
- Grades 1-6

Whidbey Christian Academy admits students of any race, color, national or ethnic origin.

Whidbey Christian Academy is a Non-Demoninational Christian School serving the Christian families in Island County.

678-6632

1291 S. Fort Casey Road, Coupeville, WA 98239

CROSSWORD PUZZLE ANSWERS

AMFM	GOLFS	LAPS
BALE	TURN	ASIA
BRITISH	GOODBYES	
ASP	SHE'S	WOOLERS
BRER	CBER	
SHEAR	LIAR	EVE
AWARE	GIRL	EVEL
FOURLEAF	CLOVERS	
ORLY	LITE	DENSE
RNS	PENS	SENSE
PICS	GIST	
ASSORT	ARES	SKY
PICTURE	MAGAZINE	
ERAS	OLLIVE	ITON
DIENY	NINES	PEWS

WILKINS TV

WILL BE OPEN DURING
MOST WORKING HOURS
BUT TO ASSURE CONTACT..

Please call first!
675-5012



SIZZLING SAVINGS

Red Apple


MARKETS



Green Cabbage

Cancer Fighter

.29 Lb.



Fresh Crisp Broccoli

Cruciferous Vegetable

.39 Lb.



Large Tomatoes

Full of Vitamin C

.49 Lb.

ENLIST IN:
THE GREAT AMERICAN FOOD FIGHT AGAINST CANCER
The American Cancer Society is waging a war against cancer starting April 19. One of the most potent weapons in the fight are foods that you can find in our produce department every day!

AMERICAN CANCER SOCIETY

FLORAL

Blooming Azaleas

Colorful, In 6-inch Pots

6.98

Blooming Kalanchoes

4-inch Pots With Mylar Cover

3.98



Beef Top Round Steak

Boneless
USDA Choice

2.39 Lb.



Fresh Pork Rib Chops

Cut from 17-20 Lb Loins

1.79 Lb.

Fresh Chicken Hindquarters

Washington Grown

.53 Lb.

Rump or Bottom Round Roast

Beef, Boneless, USDA Choice

2.29 Lb.

Fresh Pork Loin Chops

Thick or Stuffed,
Cut from 17-20 Lb. Loins

2.09 Lb.

Pederson Fresh Ground Chicken

1.5-Lb. Average Package

.99 Lb.

Hillshire Smoked Sausage

Assorted Varieties

2.39 Lb.

Turkey Store Fresh Link Sausage

Assorted Varieties

2.29 Lb.

Fresh Idaho Trout

Always a favorite

1.99 Lb.

Fresh Medium Oysters

10-Oz. Jar

2.39 Ea.

All Seafood Subject to Weather Conditions & Availability

Fresh Spinach

Vitamin "A" Rich Food

.49 Ea.

Green Peppers

Vitamin "C" Food

3 / 1. For

Cantaloupes

Large, Sweet

.69 Lb.

2-Lb. Bag Carrots

Rich in Vitamin A

.69 Ea.

Red Potatoes

Washington No. 1

.69 Lb.

Green Onions

Salad Favorite

4 / 1. For

D'Anjou Pears

Washington Grown

.69 Lb.

Cauliflower

Snow White

.59 Lb.

Granny Smith Apples

Crisp and Juicy

.89 Lb.

Red Peppers

Sweet - Colorful

1.98 Lb.

3-Piece Place Setting

Dinner Plate • Cup • Saucer

Safe in dishwasher, freezer oven and microwave

99c With *20 Purchase

Dinner Plate . . . \$2.99
Cup \$1.99
Saucer \$1.29

\$6.27



Matching Accessory Pieces Available

At Low Money Saving Prices

Check store Display for Details

This Coupon is Worth

\$1.00 OFF

Any Boxed Chantilly Completer Piece

Effective Coupon Good At Red Apple Markets Only.
Cash Value 1/20c. Good thru April 22, 1990



Atta Boy Dry Dog Food

20-Lb. Bag

6.99



Chips Ahoy Cookies

Nabisco
Reg., Striped or Chewy
15.5-18 Oz.

1.99



Capri Sun

Assorted Varieties
10-pk, 6.75-6.8 Oz.

2.29



Hunt's Tomato Sauce

15-Oz. **.49**
Hunt's Tomato Paste 12-Oz. **.79**



Bumble Bee Chunk Light Tuna

In Oil or Water, 6.5-Oz.

.69

Bumble Bee Solid White Tuna
Oil or Water, 6.5-Oz.

1.49



Golden Grain Noodle Roni

Assorted Varieties
4.5 to 5-Oz.

.89



Bounty Paper Towels

2-Ply, Asstd. Colors Des./Decor
Microwavable, 67-Sq Ft

.79

Nabisco Ritz Crackers Reg., Low Salt or Bits, 10 to 16-Oz.

2.19

Betty Crocker Potatoes Assorted Varieties, 4.5 to 6-Oz.

.99

Bernstein's Salad Dressing Assorted Flavors & Marinades, 16-Oz.

2.29

Redenbacher's Micro Popcorn Asstd. Varieties, 10.5-12 Oz.

1.79

Dow Ziploc Sandwich Bag 50-Ct.

1.49

Coors Beer Reg., Light & Extra Gold, 12/12-Oz. Cans

5.49

Saddle Mountain Wine Case. Blush, Blanc de Blanc, White, 1.5-Lt.

4.49

Western Family Cottage Cheese Large or Small Curd, or Spleek, 1-Lb.

.79

Yoplait Light Yogurt Assorted Varieties, 6-Oz.

2/1.

Cache Valley Cheese Medium Cheddar, 2-Lb.

3.99

Country Grain Bread 4-Varieties, 24-Oz.

.99

Extra Strength Tylenol Caplets, 50-Ct.

3.99

Dimetapp Elixir 4-Oz.

3.79

Ultra Slim Fast Chocolate, 14-Oz.

5.99

Darigold Lite Ice Milk Assorted Flavors, 1/2-Gallon

1.49

Western Family Pies Beef, Chicken Turkey, Mac & Cheese, 7-Oz.

3/1.

Bar Root Seedlings

6"-12" high **4/1.**

Your Choice



6 varieties: Douglas Fir, Ponderosa Pine, Shore Pine, Yellow Pine, Noble Fir, Red Cedar

4141 E. Hwy. 525
Clinton



Red Apple

MARKETS



SU	M	TU	W	TH	F	SA
	16	17	18	19	20	21
22						

Prices Effective April

We Reserve the Right to Limit Quantities