



WHIDBEY TODAY

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

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Oak Harbor, WA 98277
& Langley, WA 98260

Resorting to radio is not so bad

Okay, I apologize for the mug shot. It was not my idea. I suggested alternatives and even threatened to ask for more pay. Nothing worked, not even being late for the shooting hoping Potter had gone home. You can hold your thumb over it if it bothers you too much.

SOMETHING ELSE AGAIN



By Alice Elles

Since my TV blew the night of the storm (it was really kaput) I have resorted to the radio. It's not too bad.

For instance, an announcer read an item that listed statistics about hospital stays. For example, about two percent of the people entering will pick up an infection they didn't have in the first place. (That's the miscellaneous item on your bill). He had several figures of other happenings. The next record he played just happened to be "Where Is Your Heart?"

Imagine this:
Patient on table: "Hey doc, where is my heart?"

Doc: "Well, it was here just a minute ago. Are you lying on it?"

Patient: "No, but something is sure ticking me off."

Doc: "Oops, where is my new watch? Maybe we should zip you open again and take a look and see?"

Patient: "Zip? you mean you didn't use velcro?"

Doc: "We ran out. Don't worry, be happy. The zipper is rust proof."

Patient: "Well, Doc, what are you finding in there?"

Doc: "Part of a salami sandwich, a carrot stick and a Twinkie wrapper. Now, what was I looking for?"

Patient: "My heart, doc, my heart. Where is my heart?"

Doc: "Just be patient, patient. I know I saw it somewhere. Oh yes, here is the doggie bag I had for my lunch. And ha, there is my watch — yuck, it's all gooey. Now don't be alarmed, we'll just switch. Just a second. Give me a hand while I put on the minute waltz. I make better time if I have music and I charge by the hour. 'Let's wind this up. Now we're ready for the big question. Does your heart beat for me? Let's synchronize your heart and my watch. Tick, tick, tick, tick. Okay, you're on your own. Will the last one to leave the surgery please turn out the lights?"

So much for an open and shut case. I also noted a health article that said the medical industry contemplates transplanting reproductive organs in older women, citing an example of a 68-year-old female giving birth. Medicine is wonderful and science is unlimited but let's face it, the old bod wears out. Imagine the care and feeding of an infant while you're sweating out arthritis, osteoporosis, failing sight and hearing and possible stroke in that age bracket. What idiot dreamed that one up?

Yet another item says that robots will beget smarter robots until humans are replaced entirely. So transplants will become obsolete before they are performed. Still another piece said that women who have a high caffeine intake have more difficulty getting pregnant. Think about it, those of you who are susceptible to the nine-month bloater.

The funniest song I've heard recently is a parody on "Jingle Bells." Some of the words are "Rust and smoke, the heater's broke, the door just blew away. I light a match to see the dash and then I start to pray."

Come to think of it, that may describe my old car and that ain't funny.

Someone called on our snowy Tuesday and suggested we read "Snowbound." I came up with John Greenleaf Whittier as author and "the sun that bleak December day rose cheerless over hills of grey and darkly circled gave at noon a sadder light than waning moon." Do kids have to learn poems like that anymore?

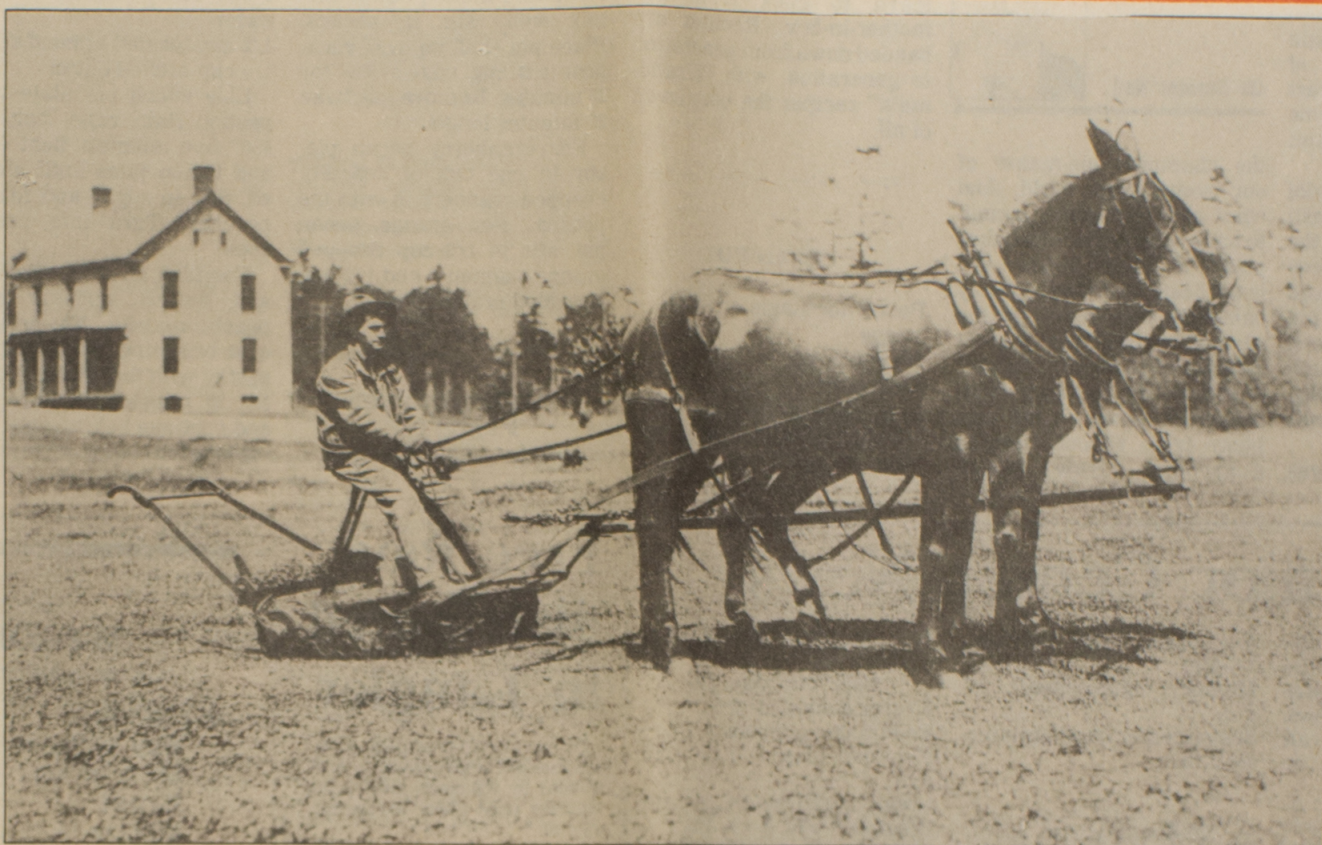
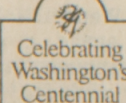


Photo courtesy of Mickey Clark



During the construction of the Army Ft. Casey at the turn of the century, this man with his mules and plow represents the main source of transportation during this time. Construction of the fort lasted 10 years. The original fort of 600 acres housed a post office, bakery, two saloons, a bowling alley, a quartermaster's building, men's barracks, a blacksmith and a hospital. Now a state park, the fort covers 137 acres with the remaining acreage occupied by Seattle Pacific University and private landowners.

Whidbey Island newspapers pre-date statehood

(Editor's Note: Whidbey Press will commemorate this state's Centennial Jan. 24 and 25 in the South Whidbey Record and Whidbey News-Times, respectively, with publication of a special section featuring vintage photographs and numerous historic features. The following story is one example of the types of articles that will be featured in the tabloid.)

By STEVE POTTER
Today editor

More than 100 years ago, when Washington was still a territory, Whidbey Island's first newspaper went to press.

Back in 1884, the "Island News" was established on Whidbey with Sam Condon as publisher. Only a few copies came off the press, however, before the fledgling paper "moved."

There are no copies of that publication to be found. The only mention of the "Island News" was that it was moved after a short while to Port Townsend, but it does not say when in the 1934 book "A History of Whidbey's Island" by George A. Kellogg.

On March 21, 1890, the first edition of the "Island County Sun" was printed in Coupeville with Charles W. Angel as editor and publisher. Angel had moved here from Idaho earlier that year to start the paper.

That newspaper, through several mergers and ownership changes, ultimately evolved into the "Whidbey News-Times" as it is today.

On March 17, 1891, the "Island County Times" was published as a political and religious alternative to the Sun with the announced intention of putting the Sun out of business.

However, the Sun did not go out of business — and Coupeville became an exciting young town with two newspapers fighting for readership. The Sun published on Saturdays and the Times on Tuesdays and each paper's subscription rate was \$2 per year "in advance."

"With three general stores and two newspapers, Coupeville ought to be a lively place this coming season" — a front page item in the Sun of Saturday, April 4, 1891.

In the April 11 edition of the Sun, several different references were made to the readership battle including, "This paper has three times the circulation in Island County of any other paper."

On June 1, 1894, E.G. Earle, who had been managing editor of the Walla Walla Union, purchased both papers and consolidated them under the name of the "Island County Times."

The Island County Times changed hands several times over the next three decades including purchases by D.C. Pearson in 1900, B.J. White in 1905, W.T. Howard in 1905 and Beriah Brown in 1925.



This is what the Island County Times of Coupeville looked like back in September 1891. This newspaper merged with the Island County Sun in 1894 to become the forerunner of what is today the Whidbey News-Times.

On Oct. 11, 1911, the first issue of the "Oak Harbor News" rolled off the little press of H.L. Bowmer, a newspaperman from Skagit County who started several papers throughout the northwest and was looking for a new venture when he heard about Oak Harbor.

In that first edition, Bowmer wrote, "We have few promises to make. The principal object of the News shall be to advertise the wonderful resources of this most favored section of western Washington — fittingly termed the 'Paradise of Puget Sound' — and to point out the unexcelled opportunities for investing in a permanent home."

In 1917, the News was made the official organ of the Island County Farm Bureau, and the name of the publication was changed accordingly.

Later when the Farm Bureau disbanded, the name of the News remained and the

paper continued as the unofficial organ of the farmers of the district, according to Kellogg's history book.

In 1923, Bowmer sold the Farm Bureau News to Al Whitney.

Whitney carried on until 1931, when he sold to George B. Astel. Within a few years, Astel took over the Island County Times in Coupeville and a paper in Langley to form the present chain on the island.

In 1939, Astel sold the group of newspapers to Glenn and Phyllis Smith.

On Oct. 1, 1959, the Smiths combined the Island County Times and the Oak Harbor News into one weekly publication, the Whidbey News-Times, each Thursday. Prior to the consolidation, the circulation of the Times was 600 and of the News was 2,900.

That was the first time in more than 68 years that Coupeville was without its own

newspaper.

In March 1965, the Smiths sold Whidbey Press to Wallie Funk and John Webber, who had sold the Anacortes American to the Mount Vernon-based Skagit Valley Herald.

Twenty-three years later, in January 1988, Funk and Webber sold Whidbey Press to David Black of Victoria, British Columbia. Black owns more than 20 newspapers in Canada, but this was his first purchase south of the border. The current publisher at Whidbey Press is Craig Dennis.

Whidbey Press now publishes four newspapers each week, the Langley-based South Whidbey Record on Tuesdays, the Oak Harbor-based Whidbey News-Times on Wednesdays, the Navy base's NAS Whidbey Crosswind on Thursdays and the island-wide, free circulation of Whidbey Today on Sundays.

Coupeville to host History Day competition

Not only will the reigning state champions of the History Day contest host their regional contest in Coupeville this spring, but students will compete with a centennial flair.

Coupeville High School students, who have claimed the state's History Day title for five consecutive years, will host the history competition March 4 with an added blessing by the state, which recently recognized the contest as an official state centennial event, said Coupeville Principal Mac Whyte.

"One of the reasons people come to the island is because of the history, so we thought this would tie in real well," Whyte said.

More than 400 students from the region, representing 20-25 schools from the surrounding area, are expected to attend the Saturday competition, Whyte said.

Throughout the state's nine regions, students will compete for berths in the state competition in Ellensburg in May. The winners of the state competition will

advance to the nationals in Washington, D.C.

Last year, Coupeville sent 14 students to the national competition, the largest representation from the school to date, Whyte said.

The theme for this year's competition is "Individuals in History." Students express their historical interest in an event through individual and group portrayals or writings focusing on a specific historical figures.

IN THIS WEEK'S WHIDBEY TODAY . . .

Crossword Page 8
The weekly Crossword Puzzle returns to Whidbey Today.

Muddled Page 2
Dorothy Neil shares her philosophy on the evolution of the mud pie.

Therapy Page 3
Chase away the 'nose diving' blues of winter.

Predictions Page 4
It's a 'Street Corner Analysis' of Island County's economy.

We've Got The Nose For News

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<input type="checkbox"/> Check <input type="checkbox"/> Visa/MC	\$12.50
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Mail to: Whidbey Press, P.O. Box 10, Oak Harbor, WA 98277 or call 675-6611.

Which came first — mud pies or fruit pies?

"No soil upon earth is so dear to our eyes,
As the soil we first stirred
in terrestrial pies."

Oliver Wendell Holmes said this to strike a chord of blissful happiness in the heart of every child—that was who remembers making mud pies.

Before the days of Oxydol and stain-lifters and wash and wear, many were the small shirts and pinafores painstakingly washed and ironed for small mud pie makers. We have never been able to determine which came first, the (inedible) mud pie or the edible fruit pie.

Our Grandma Harris was

OVER THE BACK FENCE

By Dorothy Nell



the champion pie-maker of our growing up world. And what child fortunate enough to have a grandma who bakes pies who doesn't believe she is the best? Grandma not only baked the perfect pie, but the perfect waffle, the perfect cookie and so on ad infinitum. A cold waffle left over from breakfast, eaten on the way home from school, became ambrosia. How many

mothers have agonized over the plaintive "but that's not the way Grandma makes it." A recipe for a successful marriage is for the bride to learn to cook from her mother-in-law. Recipes are handed down from generation to generation, with "Grandma's" recipes the best loved of all.

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PECAN PIE

Pastry for single crust pie
3 eggs
2/3 cup sugar
Dash salt
1 cup dark corn syrup
1/3 cup butter or margarine
1 cup pecan halves

Line pie plate with pastry, flute edge, do not prick pastry. Beat eggs slightly, add sugar and salt, stirring until dissolved. Stir in corn syrup and melted butter and mix well. Stir in pecans. Place pie shell on oven rack, pour in filling, bake at 350° for 25 minutes. Remove foil, bake 25 minutes longer.

For cranberry pecan pie, stir in one cup of coarsely chopped cranberries with the pecans. For orange pecan pie, stir in 1/2 cup chopped orange segments and 1/2 tsp. shredded orange peel.

—:— —:— —:— —:—

FRENCH CRUNCH PEACH PIE

Pastry for single crust pie

2 eggs
1 Tbs. lemon juice
1/3 cup sugar
1-29 ounce and 1 16-ounce can peach sliced, drained
1 cup finely crushed vanilla wafer
1/2 cup toasted almond slices
1/4 cup melted butter
Line 9-inch pie plate with pastry, flute edge, bake at 450° five minutes. Beat eggs and lemon juice until blended. Stir in sugar and fold in peaches. Turn into pastry shell.

Combine crumbs, almonds and butter, sprinkle over peach mixture. To prevent over-browning, cover edge of pastry with foil. Bake at 375° for 20 minutes, remove foil and continue baking until filling is set in center of pie, 20-25

minutes. Cool on rack and serve with ice cream.

COOKING CUE

How to use Hershey's Cocoa: For unsweetened baking chocolate use 3 Tbs. cocoa plus 1 Tbs. shortening or oil, plus 1 square baking chocolate.

For semi-sweet chocolate, use 6 Tbs. cocoa plus 7 Tbs. sugar and 1/4 cup shortening. This equals one 6-ounce pkg. semi-sweet chocolate chips or 6 one-ounce squares semi-sweet chocolate.

For sweet (German type) cooking chocolate, use 3 Tbs. cocoa plus 4 1/2 Tbs. sugar and 2 2/3 Tbs. shortening which equals one 4-ounce bar sweet cooking chocolate.

Senior Center News

(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, Jan. 15
Center closed.

Monday, Jan. 16
Martin Luther King Day.
Center closed.

Tuesday, Jan. 17
Exercise class, 9-10 a.m.
Drawing II, 9-noon
Woodcarving (in garage), 9-noon
Exercise class, 10:15-11:15 a.m.
Vagabond social, 11-3 p.m.
Blood pressure checks, 11:30-2:30 p.m.
Creative writing, 1-2:30 p.m.

Evergreen legal services, 1-4 p.m.
Memory enhancement, 3-5 p.m.
Senior center band practice, 4-6 p.m.

Wednesday, Jan. 18
Veterans' assistance, 9-noon
Mixed media painting, 9-noon
Conditioning class, 9:30 a.m.
Party bridge, 10 a.m.
Lunch, noon
Men's pool, 1-4 p.m.
Pacific Northwest history, 1-4 p.m.
Beginning line dancing, 1:30 p.m.
Senior center coordinating committee meeting, 1:30 p.m.
Knitting circle, 1:30-3:30 p.m.
Intermediate line dancing, 2 p.m.

Tap dancing, 5:45-6:45 p.m.

Thursday, Jan. 19
Exercise class, 9-10 a.m.
Printmaking, 9-noon
Exercise class, 10:15-11:15 a.m.
Creative writing, 1-2:30 p.m.
Bingo, 1-3 p.m.
Japanese Bunka, 1-3 p.m.
Senior center band practice, 4-6 p.m.

Friday, Jan. 20
Quilt class, 9-noon
Lunch, noon
Pinochle, 1 p.m.
Crafty Ladies, 1-4 p.m.
Tole painting II (dining room), 2:30-4:30 p.m.

Saturday, Jan. 21
Center closed.

Sunday, Jan. 22
After church breakfast, 9-1:30 p.m.

Free food distributed in Langley

Government-surplus commodities will be given away to those in need by volunteers from South Whidbey Good Cheer Wednesday, Jan. 25.

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

No one who is there to pick up the food will 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 that 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, please call Isabel Norby at 321-1247.

Included in this week's WHIDBEY TODAY

are the following advertising supplements:

All editions:

Pay'n Save

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

Ernst

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

Whidbey Furniture

North Whidbey Only:

Payless

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

K mart

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

Emporium

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

Clinton Only:

Saucy's

No expiration date

BLUEBERRY HILL

LUNCH — DINNER — SUNDAY BRUNCH
OPEN 7 DAYS A WEEK

Join your friends here for a special luncheon. Enjoy our beautiful view and our great food.

Dinner Specials Mon. thru Sat., Jan. 16 thru 21

STEAK & SALMON FILLET COMBO
Served with soup and salad, potato or rice, veggie, sourdough bread and butter. **ONLY \$8.95**

5438 Woodard Ave., Freeland • 221-2511

JUST ARRIVED

GUTTER GRAM

Continuous Gutter
Installed or You Install

BOOK NOW FOR INTRODUCTORY SPECIAL

321-4866 Clinton
678-4022 Coupeville

JANUARY CLEARENCE

Use our terms, your Visa or MasterCard 675-2331

Basset 5 Piece Traditional Bedroom Set Was \$1,495 Now \$750 ONE ONLY	Grandfathers Clocks All 50% Off Was \$1,550 to \$1,000 Now \$775 to \$500	Flexsteel Blue Sofa and Loveseat Was \$2,025 Now \$1,012.50 SOLD AS SET ONLY	American Drew Dining Set Traditional Dark Cherry Was \$4,790 Now \$2,878 <small>*Price Includes China</small>
Flexsteel Sectional Sleeper Incliner Was \$2,837 Now \$1,418.50	All La-Z-Boy Recliners On Sale \$249 to \$949	Flexsteel Traditional Beige Sleeper Was \$1,150 Now \$699	Stanton Sofa and Loveseat Was \$975 Now \$599 3 ONLY
La-Z-Boy Traditional Print Sofa and Loveseat Was \$1,828 Now \$1,095	Stanton Sofa and Loveseat Beige and Brown Stripes Was \$1,150 Now \$699	Powell Rack 50% Off Brass Magazine Rack Only \$19.88	American Drew Light Pine Country Dining Set Was \$3,750 Now \$1,875 <small>*Price Includes China</small>
Desks 3 Styles of Writing Desks Was \$375 Now \$249	Mis-match 5 Piece Game Set Light Oak Was \$948 Now \$598	Flexsteel Sofa and Loveseat Contemporary style Beige with brown Was \$2,250 Now \$1,125 SOLD AS A SET ONLY	Douglas Dinette Close-out Color Camel Color Was \$599.95 Now \$348
Flexsteel Mauve Traditional Sofa Was \$1,120 Now \$560	Lea Bedroom 5 Piece Dark Oak Was \$1,458 Now \$988	Boyd Light Oak Bedroom Wall Unit Was \$2,478 Now \$1,688	All Curlos from \$199

18. SERVICES/GENERAL

IF YOU ARE needing help, non-smoking, capable man may be able to solve your problems. References. Free estimates. 206-675-7736, 675-0540.

ATTENTION REMODELERS. Don't replace those kitchen cabinets — RE-FACE. Real wood veneers, custom finishing. Yes we can add cabinets, pantries, islands, etc. Yes we do offer a variety of door styles. We'll give the brand new kitchen you deserve at one third the cost of replacing. North Island Woodworks, 678-3747. NORTHIW136RN.

ALTERATIONS — Men's, Women's and Children's clothing. Reasonable rates, 221-2099.

BUSH POINT BOATHOUSE — Winter fishing. Steelhead and Blackmouth. Complete line of steelhead tackle. Jerry's Bait. Boat rental, launching. Open 7 days/week, 7:30 to dark — 321-1824.

COMPLETE REFRIGERATION AND APPLIANCE REPAIR — Buy, sell and trade. Reasonable rates, all work guaranteed. Call Dave, 678-5189 or 678-3162.

DIG-A-DITCH — 221-2265.

GOSS TREE CARE: Topping, Pruning, Removal, Stump Grinding. Monthly special, discount prices. Call 221-3489.

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

SOUTH WHIDBEY Parent-Child Co-Operative Pre-School has opening for 2-3 year old class. Tuesday-Friday mornings, 9-11:30. For more information call 678-4957 or 221-3734.

"THE PAPERHANGER" Professional wallcovering installation. Have new wallpaper for the holidays. Free estimates. Reasonable rates. PAPER133JC. Call Ben, 221-3492.

YARDWORK: Brushcutting, Mowing, \$10 hour. Pruning, Weeding, \$8 hour — 221-7941.

19. CHILD CARE

CHILDCARE in my home. 2 years and up. Fun loving, non-smoking atmosphere. Reasonable rates. Call 675-8842 for Kathy.

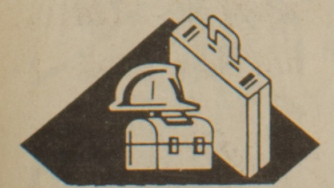
CHILDCARE: Loving Mom will provide TLC, hot meals, snacks. Full-time opening to ages 2 to 5 years. Licensed, 675-4755.

LICENSED CHILDCARE — Give your child quality care in a warm and loving home. Full/part-time openings for 18 months and older. Monday-Friday, 6:30 to 5 p.m. 675-9621.

OPENING FOR (TWO) 2 3-year olds. Full or part-time. Susan, 675-2683.

TODDLER HAVEN — Licensed child care for 18 months and up. Has full-time days (M-F, 6/6). I take drop-ins and work reserve weekends. \$45 for one, \$70 for two — 675-6256.

WELL ESTABLISHED, licensed, family-style Daycare. Monday-Friday, 7 a.m.-5 p.m. 0-7 years. Registered Nurse, 678-6226.



E. Employment

21. HELP WANTED

APPLICATIONS are being accepted for General Manager of the Davenport Times/Cheney Free Press, and related web and job printing facility. Requires management minded newspaper person with knowledge of all departments. Resume to: Jeffrey G. Fletcher, P.O.Box 998, Ephrata, WA 98823.

ASSISTANT NURSERY manager. MUST have experience in nursery or landscape field. Apply at CLINTON NURSERY, 4625 Hwy 525, Clinton.

BEARS AMUSEMENTS looking for part-time help. Day and/or nights. Pickup application at "Bears Amusement Center" or send resume to Box 182, Oak Harbor. Immediate openings.

BUTCHER, BAKER, CANDLESTICK MAKER, DOCTOR, LAWYER, CHIMNEY SWEEP. Did you check the directory listings in the classified section of your South Whidbey Record?

CADA, South Whidbey's Domestic Violence and Sexual Assault Services, needs volunteers to help with telephone advocacy, office work, or community education programs. Call 321-4181 for more information or application form.

21. HELP WANTED

ADVERTISING DIRECTOR: Washington's hottest growth area, Kitsap County. Community newspaper (Central Kitsap Reporter, Silverdale) needs highly motivated, organized professional to lead staff. Excellent compensation. Send resume, references: Lori Penner, Kitsap Newspaper Group, 7689 Day Road, Bainbridge, WA 98110.

COPIER SERVICE Trainee position open. Electronic background mandatory, 1-800-334-5326.

COPIER FAX sales position for Island/Skagit county, 1-800-334-5326.

CHILDCARE FOR TWO toddlers. Our home on busline. Tuesday-Thursday-Fridays and Saturday morning. Coupeville area. Good benefits, good hours, 678-5888.

CRUISE SHIP JOBS. Now hiring men and women. Summer and career opportunities. Excellent pay plus world travel. Hawaii, Bahamas, Caribbean, etc. Call now (206)736-7000 ext. 136C.

COUPEVILLE OFFICE ASSISTANT, 20 hours week. Must be 55 plus and meet applicable income guidelines. Julia, 678-4886, M-F, 9 to 5 p.m.

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 (206) 675-7012.

HOME ASSEMBLERS wanted: Earn \$242.10 weekly, assembling plant hangers. Start immediately. Write to: Business Specialists, Box 723-WA, Randolph, MA 02368.

HELP WANTED: Experienced cooks, bakers, housekeepers, counter help for seasonal employment, remote area. Send resume to Stehekin Valley Ranch, Stehekin Pastry Company, Box 32, Stehekin, WA 98852.

INSIDE HAND WORK, will train. 8 positions. 3 months work. Pressman AM 1250, some experience required. South Whidbey. Days 776-7750. Evenings 7-9 ONLY — 321-5218.

LPN'S AND RN'S — If you enjoy varied work, both institutional relief and interesting home cases, and if you'd like to choose your own days and times to work, we're the agency for you! Especially need a few RN's for a pediatric case. Call **ISLAND HOME NURSING** at 221-7232 or 678-4090. *

LOCAL HOME CENTER seeks additional sales staff for retail sales in plumbing, electrical, paints, and hardware departments. Management potential. Send resume to: P.O.Box 1079, Oak Harbor, Wa. 98277.

THE TOWN OF TONASKET Civil Service Commission, P.O.Box 487, Tonasket, WA 98855 will be testing for a patrolman eligibility list on February 10, 1989. If interested write for information and an application form or call (509)486-2132. Applications accepted until 5 p.m. February 3, 1989.

UP TO \$300 a day. Process phone orders full-time/part-time. People call you. Be own boss. Company drop ships. Call (206)286-5745.

NEEDED RESPONSIBLE boy or girl for afternoon Times route in the Highlands West, Castilian Hills area. Earn own money, prizes and trips, 675-4681.

NANNY OPPORTUNITIES. Professional salary/benefits. Live-in, live-out available in homes of successful Seattle area families. Contact: Nannyworks, 18859 N.E. 155th Woodinville, WA 98072, (206)788-4824.

NANNY POSITIONS available. Apply now, start any month. Salary, room, board, licensed agency. Mom's Helpers Agency, 1315 Grand Avenue, Baldwin, Long Island, New York 11510 (516)378-5311.

PART-TIME RN for busy medical office in Coupeville, salary negotiable. Send resume to P.O.Box 840, Coupeville, Wa. 98239. *

RETAIL FLORIST, experienced. Apply in person. Ask for Kathy. Freeland Total Home Center.

SITTER NEEDED for 1 year old. Prefer someone with child same age. In downtown area. Please call 675-8309.

SALES-ADVERTISING. \$4000-\$5000 monthly. Commissions and bonuses. No nights, no weekends, 4-day week, positive work environment, successful strong company. Must have outside or in-home sales experience and 2 years successful track record. Short term overnight travel. 1(800)777-7444, Bob Adams.

SHOP HELP, 16 years or older, part-time. Must be dependable. Useless Bay Golf and Country Club, 321-5958.

SHOP PERSON, 18 years or older, part-time. Must have retail experience and good communication skills. Useless Bay Golf and Country Club, 321-5958.

21. HELP WANTED

NURSES AIDES urgently needed for nursing home staff relief. \$6.25-\$7.00 hour. Choose your own days and hours. Must be CNA or willing to enroll in a CNA course. Call Island Home Nursing, 678-4090 or 221-7232. *

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

MEDICAL TECHNOLOGIST: A current full time opening exists in the laboratory. Position involves some call and rotating weekends and holidays. MT ASCAP required.

STAFF RN: Current part time position open on 3-11 p.m. shift. Med/Surg experienced desired. Washington State RN license required.

HOME HEALTH RN — Part time, 3 days per week. Position open in the Home Health Department. Position involves in-home use of Med/Surg. skills, also skills in performing Venipuncture. Position is on north end of Whidbey Island. Cases shared with other RN.

SPEECH PATHOLOGIST — A casual position open in the Home Health Department. A minimum of 1 year recent experience as a provider of Speech Therapy is required. Minimum of 1 year recent home care experience highly recommended. Graduate from a school of Speech-Language-Hearing Association. Must hold a current certificate of clinical competence through the American Speech-Language-Hearing Association.

AMBULATORY CARE RN: Current full-time position open in surgery department. Duties include fundamentals of immediate post anesthesia care as well as pre post OP surgical care, and discharge of patients. Current WA. State RN license required. Ambulatory care, recovery room and surgery experience preferred.

Contact Personnel at above address or telephone number. EOE. *



F. FOR RENT

22. FOR RENT, HOMES

AVAILABLE NOW: 3-bedroom home, 5-minute walk to ferry. Fenced yard, view, \$575 month plus damage deposit — 321-6079 (evenings).

BUDGET BLUES? — Immediately available, comfortable, clean, single wide mobile homes from \$285.00 per month. **ISLAND PROPERTY MANAGEMENT,** 679-1571. *

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CONTEMPORARY 4 bedroom home, gas heat. Call Sheila Davies, Churchill & Associates, 675-0766.

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23. FOR RENT, APTS./CONDOS

AGE 55 OR OLDER?? Bachelor apartment. Range, refrigerator, laundry facilities. Water, garbage paid. Clean! Secluded area, no pets. 1832 Newman Road, No. 5, Freeland. \$100 deposit. References, \$200 month. Call 9-5, 1-800-562-6520 or evenings, 1-338-0769.

window coverings. Self-cleaning oven, washer & dryer, deck, patio. Economical gas heat. Six month lease. NO PETS. Call ISLAND PROPERTY MANAGEMENT, 679-1571.

21 tlc-650 17 tlc-650 1 tlc-650

24. FOR RENT, MISCELLANEOUS

COMMERCIAL Garage-Service station for lease in Oak Harbor. For more information call days 679-3414. Nights after 8 p.m. 675-0420 ask for Mike or leave message. *

FOR RENT OR LEASE in Langley. Professional office space. \$300 per month. Reception services available. Call Joan or John at 321-6977. *

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G. PROPERTY FOR SALE

25. REAL ESTATE HOMES

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28. REAL ESTATE, MISCELLANEOUS

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are safe for human consumption

Growth-promoting hormones used by U.S. beef producers do not pose a health risk to the public, according to a Washington State University foods specialist.

"I've looked carefully at the research and I don't think we should be concerned," said Virginia Hillers, extension foods specialist.

The European Community has announced plans to ban imports of meat from the United States containing growth-promoting hormones on Jan. 1, citing concerns about possible health risks to children. If the ban is enacted, the United States has threatened to retaliate by placing 100 percent duties on imports of some foods from the Common Market.

U.S. beef producers have been implanting growth-promoting hormones in beef cattle for 25 to 30 years, according to Jerry Reeves, WSU animal scientist.

Reeves said almost all of the U.S. cattle raised for beef are implanted with hormonal growth implants to allow them to gain weight more quickly and to increase the ratio of muscle to fat tissue.

Some of the hormones used are natural; some are artificial. The

natural ones supplement the animals' own hormones and do not add a measurable amount to their systems, Hillers said.

"These naturally occurring compounds are considered to be very, very safe. There is no documentation of harmful effects to humans or animals where these hormones have been used."

Since these hormones are the same compounds produced by the animals, there is no mandated withdrawal period before the animals can be marketed.

Hillers said animals treated with artificial estrogen-like compounds, such as zeranol, must be taken off the hormones for 65 days before they are marketed.

"When the Food Safety and Inspection Service monitors for zeranol, they find very low residues," she said. "The legal amount permitted is 20 parts-per-billion. What they find is much, much less."

"The growth-promoting hormones currently used in livestock appear to be very safe compounds with no indication of a health risk," she said.

So why are the Europeans concerned?

Both Hillers and Reeves believe their concern is rooted in the DES controversy of a decade ago. DES, or diethyl stilbestrol, was one of the first growth stimulants used by cattle producers.

It also was prescribed by doctors to prevent miscarriages but was later linked to birth defects. DES was banned in the United States in 1977.

"Although the birth defects were caused by the use of DES as a drug for humans, DES also was banned from livestock usage as a precautionary measure," Hillers said.

Although use of growth-promoting hormones is illegal in the European Economic Community, there are persistent reports that farmers there use them. Some 14,000 veal calves were impounded in West Germany because of DES hormone use last summer.

Lester Crawford, administrator of the Food Safety and Inspection Service, testifying recently at the European Parliament in Strasbourg, France, said the EEC hormone ban has become the greatest threat to meat consumers in Europe, noting the illegal use of the growth-promoting compounds in Europe.

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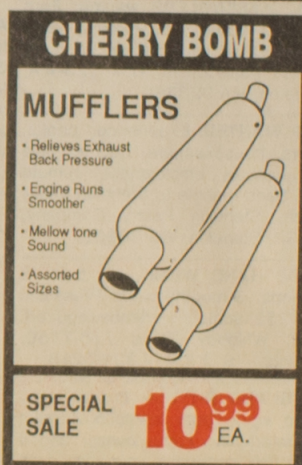


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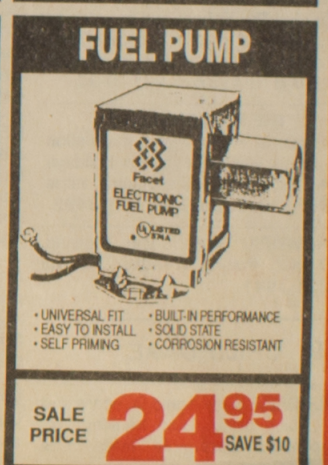
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