

Northwest Exposure

Volume IV Issue VI

February 1997

ARTICLE BRIEFS

Page 1 - Learn about making good decisions . . . all the time!

Page 1 - This article is for college students ONLY! I repeat, c.o.l.l.e.g.e. s.t.u.d.e.n.t.s. . . o..n..l..y!!

Page 3 - Read to discover what a "Christian lingo grab-bag" is - more words from a "peon philosopher"

Page 3 - Here's a revelation, "quality time" for married couples can be . . . difficult?!

Page 4 - This is for all leaders out there and you're one of them: learning mastery before practicing servanthood.

Page 5 - Not just 'another' poem about faith - in fact, you may want to keep this one around!

Page 7 - "Leap where?" It's school for the "oldies" (I mean that respectfully)

Page 7 - Ever experience a 'change' in your daily life? If you haven't, maybe you should have your pulse checked.

HAPPY VALENTINES DAY

SEVEN HABITS TOWARD SUCCESSFUL STUDYING

By Emily Notter

Twenty-year-old Robert Brown was a frustrated college student. Though he studied hard, he could not get decent grades. Robert confided in a friend, "It feels like no matter how hard I try, I still can't do it." Discouraged, he arrived home for Christmas. While at home, he discussed his situation with an old high school buddy, who was known as being a good student. When he returned to college in the spring, his grades steadily improved. He attributed his success to new study habits he had picked up from his friend. Poor grades often discourage students, driving them out of college. But, there is never a hopeless cause. Study habits can be changed, and can even grow on you. These seven habits can turn a frustrated student into a successful one.

1. Go to class. Not only do you learn the subject in class, you also learn what to learn. If you miss class, you miss the boat. Yes, it is easy to sleep in. College can be stressful, but you are paying for classes. Class time is where you can learn. The subject matter is presented and you will have opportunities to ask questions. As much as possible, be ready for class to start with paper and pencil in hand.

See STUDYING Page 6

REWARDS AND CONSEQUENCES

By Jerry Casper

A man stand at the ticket counter of a movie theater and contemplates seeing and "R" movie. A young man helps an elderly woman take her groceries to her car even though he doesn't work at the store. A couple ignores the warnings of their parents, and the church, and decides to engage in pre-marital sex.

All of the decisions we make have an impact in our lives. Although the decision to eat a candy bar instead of a carrot stick will probably not cause a perceptible change in your life, if that pattern continues, you may suffer from serious health issues later on. Similarly, spending an extra half-hour per day studying for school may not cause noticeable differences in your ability to understand concepts until you take a comprehensive final and realize you remember more than you thought you would.

Although most people focus mainly on the bigger decisions of life, I believe it is necessary, if not vital to make a conscious effort to think about the daily decisions we make. I have read books by many different authors who state that although having a vision for your life is important, you'll never reach the goal without building the day-to-day foundation of good decisions.

As a case in point, let's consider the NC Men's Basketball team. I've witnessed a lot of basketball games in my life, and have even played in a few of them. I can honestly say that this year's team is one of the most exciting teams I've ever had the privilege of watching. It's not because they're winning a lot of games, although I definitely don't mind that, but it's because they choose to do the little things that make them successful. Most people will remember one of the three-point shots that our team is so fond of shooting, but few will remember the screen that set up that shot. Even fewer will remember the team member who selflessly passed the ball to the open man. *See REWARDS*

Page 2 REWARDS -One or two of the fans present might remember the stifling defensive play that caused a turnover allowing the offense a chance to take the shot. However, without these things, our team would have trouble beating even the lowliest of opponents, and would be much less exciting to watch.

The team has made the decision to go beyond good enough, and accelerate their play to a much higher level of excellence. They chose to make the extra effort, and by the look in some of their eyes, most of them wouldn't know how to play any differently.

Just like this, we must daily make



a decision to put in the extra effort if we are ever going to reach our goals. I'm guilty of not doing this as much as anyone, but I've realized in the past few years that you don't win or succeed by letting life pass you by. One of the ways to take hold of your future is to do everything to the best of your ability.

Good enough is a common thing in today's society. I see it everyday at work, and I see it everyday at school. The attitude I often see portrayed in the lives of those around me is, "if I do less than my best, I save myself from risking true failure, because if I didn't really try, then I didn't really fail." In actuality, you truly fail the moment you make the decision to protect your ego. You will never accomplish anything without risking failure, and you can accomplish great things by

striving for higher standards in everything you do, even if this simply means reading the assigned material before class instead of skimming through the pages. God honors dedication to excellence, and you will reap benefits from taking the energy to live better in all your decisions, even the small ones. †



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Musings From a Peon Philosopher

“Open Blank, Insert Virtue”

by: Paula Carrigan

“The most important thing in your Christian life is holiness.” How about this, “The #1 goal in your life should be to acquire faith.” What about, “Joy is the one virtue that can revolutionize your life.” Or maybe, “Love is most important to God.” Do these phrases catch you? Do you ever wonder “What exactly is the most important thing?” Is it holiness? Faith? Joy? Love? It is like you just - open blank, insert virtue. Watch how it works. I give you a sentence like “Your biggest concern as a Christian should be _____.” Now I reach into the “Christian lingo grab-bag.” Notice how many of these options I could stick in this blank and you would just glaze right over them. Okay, stick “the lost” in the blank. Try love. Joy. Righteousness. Patience. Understanding. Faith. Go ahead, stick em all in there. They all work don’t they? And if a preacher began a message with any one of these statements we would all nod our heads and utter an Amen. But do you see the problem? The statement says “the biggest concern.” There can be only one “biggest” concern, right?

We have turned Christian virtues into one big goopy ball. We can pull any virtue out and slap it onto any sentence and everybody agrees. The problem is, we come to our Bible with the same line of thinking. We read our Bible as if Paul just reached into the “fuzzy Christian virtue bag” and threw something in the blank.

Take II Corinthians 3:9, for example. This scripture says that the ministry that condemns men (“the letter”)

is glorious. Then it says “how much more glorious is the ministry that brings righteousness.” That verse ought to reach out and slap Christian America around a little, but it doesn’t because we think that “righteousness” means “patience” and “patience” means “love” and “love” means “holiness” and on and on and on. But think about it! Righteousness! The Old Testament focuses on righteousness, the New Testament focuses on freedom, right??? How is it that this freeing gospel brings righteousness? Paul put that word in before virtues were just synonyms for the same general idea. He did not reach into the “grab-bag” for this virtue. But we glaze over it as if he had said nothing at all. What did he mean? This is where those references in the middle margin of your Bible come in handy. You can look up other places Paul used the term “righteousness” and learn what he means.

The first step is to recognize that the words in your Bible have distinct meanings. That step alone should revolutionize your reading. Then go figure out what those meanings are. The Bible that you thought reiterated the same idea a thousand different ways, you will find, has much more to say than you have ever allowed it to say.

True, these words are all connected to one rope - you cannot yank on one part of the rope without disturbing the rest, but they all have individual meaning too. Sadly, many words have just become Christian lingo. That is why we can say “washed in the blood” without thinking “yuk!” But there was a time when Christian lingo began. And it began . . . with meaning. †

TIME-OUT

By Leon & Rita Pamelee

“Quality time for married couples shouldn’t be that hard, some say.” They assume that because two people are married, they have plenty of time to be alone, but this is not necessarily true.

Most married students have at least one job. These jobs can be anything from part-time to full-time. Then include housework and childcare. Add this to the full-time job of school, and one can see the time dilemma.

We believe that time for God should be a high priority in one’s life. If you are married, time also needs to be taken for both your individual-relationship with God and for your marriage-relationship with God. If you are distracted from either quality personal time or quality God-time, it can be very hard to return to. If you allow worldly concerns to overtake your life, they will become your life, and God will take a backburner very quickly.

To balance all of these time constraints is quite a juggling act indeed. Each relationship is unique and different, and we must take time out of the day to make the relationship successful. †



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SELF-MASTERY

By Jon Haarstad

In my last article I raised some very unsettling issues concerning leadership today and the seeming lack thereof. But through the advice of someone whose advice I respect, I'm not going to simply leave that topic alone - just yet.

In case you did not read last month's article, here's a short summary of what it entailed: today's society is increasingly losing sight of what true leadership is with the case-in-point being our current president and the way he conducts his leadership duties. (Please understand that although I may be critical of some of his policies and ethics, I still respect him because he is our elected leader.)

So, what is a leader? If you immediately thought of someone else, I challenge you to take a good look inside and ask yourself "Is there a leader inside of Me?" Too many times we succumb to our own conceptions of ourselves, which more often than not are based on the perceptions we receive from others. Yet, ultimately what separates leaders from followers is the personal acknowledgment of the potential in themselves. Like Hubert H. Humphrey said, "what you see is what you can be." It's not "... what you get" as the common phrase goes. Rather it's what you perceive is the potential of any situation or person (including yourself) and then what you do about it.

Before I go any further I want to address a key area that everyone reading this should take particular notice of. It's what I

like to call "self-mastery." I'm sure that we all agree that true biblical leadership involves a great deal of servanthood. Giving of yourself to others with true sincerity develops trust and a more positive working environment.

With this in mind, why are there so many leaders that seem to succeed when it comes to the "bottom-line" (i.e. money, church attendance) but who ultimately fail in life. The answer to this question comes from a statement by Stephen R. Covey, a well-known writer about leadership in which he writes "until you can say, 'I am a master', you cannot say, 'I am your servant.'" This statement carries a lot of ramifications for all of us.

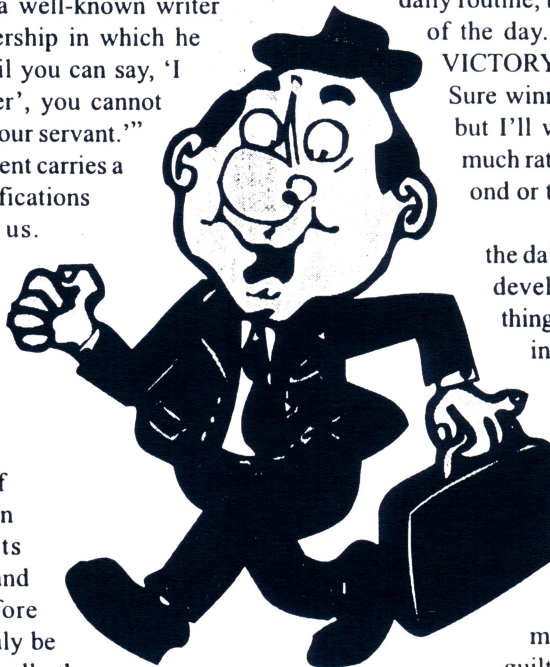
What does it mean? Put simply, it involves first becoming the master of your own body - its functions and habits, before you can truly be effective in all other areas.

On a practical level, a good way to begin this process is to focus on something like ... well ... getting up at the same time every morning. (I stress the "begin" part in the preceding statement because this process

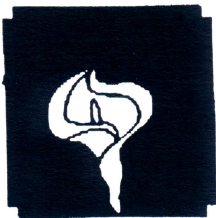
ultimately must begin somewhere before any goals can be reached.) The exact time you choose is completely up to you but make sure it's something that challenges you to go beyond wherever you are so that you will feel like you're accomplishing something.

To carry this example to my own life, I have determined to wake up at 6 o'clock in the morning everyday of the week (I'm still working on the weekend - I'm not perfect). What something like this does for me, although it may seem somewhat insignificant, is gives me a chance to "conquer" my body. Once I've defeated the sleep demons that beckon me to "just a few more minutes of rest," and have gotten out of bed and begun my daily routine, that's my first VICTORY of the day. Remember that word, VICTORY. No one wants to lose. Sure winning isn't the only thing, but I'll wager all athletes would much rather win than come in second or third.

That's just one aspect of the daily routine that we should develop of conquering those things that keep us from grasping our goals. Just because they may be referred to as "small victories" does not in anyway mean that they are less meaningful. In fact, they should be the bases from which the rest of our lives spring out. Too many times (and I'm as guilty as anyone) we focus on grasping the huge victories but fall short because our personal flaws and bad habits eventually steal away the visions.



See LEADERSHIP Page 6



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FAITH

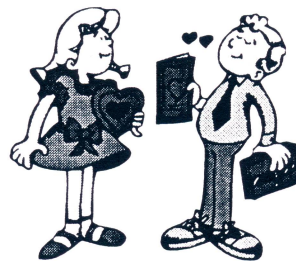
By Isaac Johnson

A concept, idea
A measure of trust
When doubt says we mustn't
Faith says we must.

It calms raging waters
Makes blind men to see
It feeds the five thousand
Forces demons to flee.

Faith keeps us going
When things don't go right
And helps us believe
In God, not in sight.

Love yields acceptance
And hope gives us peace
But without faith in Jesus
God's blessings would cease!



NUTS

(a poem, I think)

by Guy Becker

Mmmm, Crush. Orange Crush.
Mmmm, Grape Crush. Strawberry Crush.
Mmmm...my favorite drinks as a
kid.

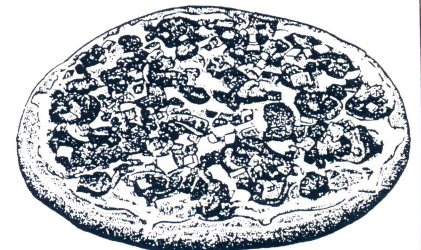
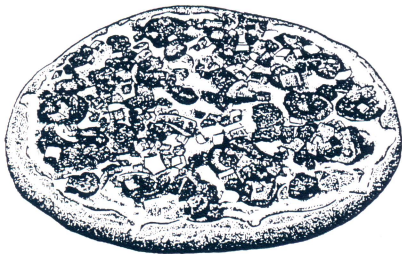
Funny how some things change
Now it's Puppy Crush.
Nuts.

It's all about her. She's so...so...aww,
nuts! How-in-the-world does one explain
something like this?! Gee-whiz, I hardly
even know her. There's so much to know.
She's like a whole other universe.

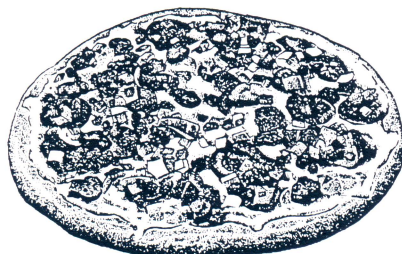
Maybe that's why I see stars. Maybe
that's why I feel sunbeamed-crystal inside
my chest.

She's so...so...so...aww, nuts.
She flies like a kite above the clouds.
I do a little dancing.
I surrender. †

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LEADERSHIP - Whether its determining to practice daily devotions, start your own business, write a novel, or keep up with your studies, although the original ideas were noble, because we did not first attain mastery of our complete selves, we failed to follow through. Too many times we base these decisions on emotions. However, emotions will inevitably wane and once that occurs, what remains? Is commitment hard? Yes. Is following through with promises to ourselves and others sometimes difficult? Yes. But the true leader (which we are all called to be) makes the decision and follows through because he or she has learned how to succeed over "self" in the little things.

Are you called to be a leader? Answer the question. If you're waiting for emotions or "favorable" circumstances to sweep you away someday and then you'll contribute, you're waiting for something without substance. If you are waiting for

the wind to catch your sail but are unwilling to row when the wind subsides, then you may find yourself getting nowhere. In fact, between gusts, the tide may be pulling you back in the opposite direction.

Let me leave you with this thought. "The doors of opportunity are marked 'push'" (John L. Mason). Returning to my earlier metaphor, you're who you are for a reason. You're in the sailboat for a reason. You're out in the ocean for a reason. The winds and waves exist for a reason. But God gave us the paddles for a reason too. Don't just drift along aimlessly. Set out on a straight course for that peak over the horizon and determine with all that you are, to reach it. †



Leadership:

The courage to admit mistakes, the vision to welcome change, the enthusiasm to motivate others, and the confidence to stay out of tune when everyone else is marching to the wrong tune.

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Look Before You LEAP!

By Prof. David Stoops

Have you heard about the new LEAP program? Leadership Education for Adult Professionals is nearing its first birthday since beginning in May 1996. LEAP was designed for working adults who attended college but did not finish their degree. Seventy-seven students are now enrolled in 5 cohort groups of one night per week classes at Northwest College through the LEAP program. The average age is 37 years old and is evenly split male and female. About one-third is former Northwest College students.

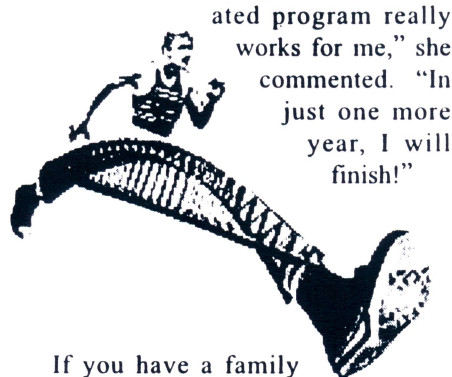
The program offers a Bachelor of Arts Degree in Organizational Management, which has a wide application in business, as well as church ministry and other leadership positions. The LEAP program provides tools for today's leaders through courses such as Organizational Communication, Principles of Management & Supervision, Career & Life Assessment, and Biblical Concepts of Leadership, among others.

Who cares if NC has a degree completion program for "old" people? What difference does it make to you, the younger daytime student? Actually, very little in the short term, but significant potential impact in the long run. Because the classes are at night, there is almost no interaction between the two categories of students. However, these adult students are coming from employment in the area, at companies such as Boeing and Microsoft, and this adds credibility to our college programs and visibility in the community. Future job connections are improved and name recognition for your education is enhanced.

LEAP classes are taken one at a time, typically in 5-week blocks, from 6 p.m. to 10 p.m. once a week. A cohort class usually has about 15 students, and they meet on the same night throughout the 18

months of their major. A sample program will include 3 semesters of the Organizational Management major and one semester of Bible classes.

Rhonda Bingham, a student in the Thursday night cohort which began last May, has been taking one course per semester at NC for the past 8 years, but had accumulated just over one year of comparable full-time credit. Finishing her degree outside of day-time classes was impossible until the LEAP program. "This one night per week acceler-



ated program really works for me," she commented. "In just one more year, I will finish!"

If you have a family member or older friend who wishes they had finished their degree, you may want to have them check the LEAP program out. LEAP advisors can also provide an information session to a church or business group. Contact the Center for Adult Leadership Studies office at (206) 889-7799. †

PROGRESS IN INFORMATION SYSTEMS

By Drew Dorsett

Change. It happens. It happens slowly. It happens quickly. In the Information Services department here at NC, this first month reminded us of what change means. For me, the biggest change was that of a new boss. I miss my old one. I get to work through those changes and see even more change happening.

As technology sprints ahead of us, our society pushes to catch up. Here in the Northwest, that race surrounds us on every side. We see the changes and become accustomed

to the reality of change. We get used to it. We learn to restructure, reorganize, rethink, and re-plan based upon the nature of that change and how it affects us personally. Because God has blessed us with the people we have, he also blesses us with change. People can change our lives - by being with us, before they were with us, and mostly, after being with us.

I can say of Don Erlitz, he was my boss, my friend, and my ASB president for a year, a great source of personal advice, and, most importantly, a great well of understanding. I only knew a small amount about his experiences in life, but he was a police officer, and is still a pastor. I would be crazy to try to be either. As a boss, he gave me great freedom to be my own person. I think he showed me something great about life through (as odd as it might seem) my place as a student worker: to learn things in such a way that I can evaluate, incorporate, and adapt. This principle is the key. I admire my leadership for their experience because their experiences are invaluable! How did they get this experience? Through change.

Business courses have taught me this. All change has a negative influence initially and for a time - the down time. Short on people. Overloaded. Productivity low, output decreased, capacity diminished. But this is temporary. It has a time. And learning curves taught me this. Even though these sharp and sudden setbacks land in our personal "living rooms," our learning curve has a higher potential - after we learn through change.

Northwest College continues to become increasingly computerized, new bosses & employees come and go, and technology constantly increases in speed. It's mind-numbing to keep up. It takes people, our most valuable resource. It takes time, which keeps doing its thing. It takes patience. It takes learning. It takes what it is all about . . . change. †

STUDYING -2. Take notes. Here are three reasons: 1.) It helps keep you alert. Writing down what the teacher is presenting helps keep your mind alert; 2.) Notes will help in studying for tests; and, 3.) You will have a record of teacher-specified test questions. Here are some tips for note taking: Write down the date in the right-hand margin at the beginning of the class period. Use pencil and pen. Write down outlines, overheads, and anything the teacher writes down, in ink. All other notes of what the teacher says, write in pencil. This makes it easy to find specifics in your notes when studying for tests. Pen in "TQ" for Test Question in the left hand margin when a teacher tells you what will be on a test. Writing hints in the margin makes test preparation much easier. If you find yourself talking to a neighbor during class, you are likely to miss some important details.

3. Do the reading. The best way to understand the subject is to read the text. It explains the basics and leads into more complex material. The reading will give you a foundation for understanding what is presented and discussed in class. Here are three keys to making your reading worthwhile: 1.) Set up a block of time when you can read through a chapter in peace, with few interruptions. If you get fidgety during long readings, read in twenty minute blocks with five minute breaks for recreation of some sort. As time goes on, you will be able to read for longer blocks at a time. Reading a whole chapter at once will help the material stick together and make sense; 2.) Take notes. You may be surprised how helpful this is. Because of the mass of reading required for college courses, students tend to skim textbooks without understanding them. Taking notes on the reading helps you remember what you read. It also gives you a great summary to review come test time. Start with the text outline. This is the basis of note taking. As you read, write down paragraph titles. Write down sentences containing bold faced words, and underline these words in your notes. These sentences form a condensed summary of the chapter; and,

3.) do in-text problems when given. This is especially important for math and science classes. For all classes, do any supplied multiple-choice review questions. These great reviews will help solidify your knowledge. If you get stuck, go back and find the answers in the text. Just before a test, go through these questions again.

4. Get sleep. This habit should be your favorite, but may be the hardest habit to be consistent on. Health-wise, a lack of sleep weakens your immune system and causes lactic acid buildup, which has the same effect on your body as alcohol consumption. Conversely, adequate rest will do wonders for you. It will help you stay awake and focused while in class and while reading, and will help you be at your best.

5. Keep a calendar. Have a full size calendar at your study spot. Write down when readings are due (what day a reading will be covered in class), when assignments are due, and test dates. Take note in class to changes in due dates and write these changes on your desk calendar. This makes it easy to see what is coming up and what you need to have done.

6. Do assignments. There are two reasons for doing this. Grades are usually based partially or wholly on the assignments you hand in. You gain points toward your final grade by doing the work and turning it in. Write down what the teacher says in class about assignments. The closer you follow the teacher's specific instructions, the higher your score will be. The other reason for doing assignments is that you learn from them. Not only do they reinforce what is taught in class, but may contain new information or teach you new learning skills.

7. Study for tests. This is the last step. If you have developed the first six habits, studying for tests will show you their worth. The notes you have taken

will be especially useful. Check the left margin of your class notes for TQs. Scan your reading notes for sentences containing underlined words. Study both of these. If you are given a study guide, thoroughly fill in the missing information. Write out information that is most important. Writing and rewriting this information will help you remember it. Reviewing will give you confidence as you realize how much you already know.

These are seven basic habits that will help any student learn. Watch out. As you practice these habits you may find yourself enjoying classes. You can move on to the implications of the ideas you learn, with fundamental knowledge firmly in place. Questions may brew in your mind, leading to new insights, in subjects you previously found dull. The change starts with a few new habits. Learning how to learn can make school exciting, even fun, and your grades will show it. †

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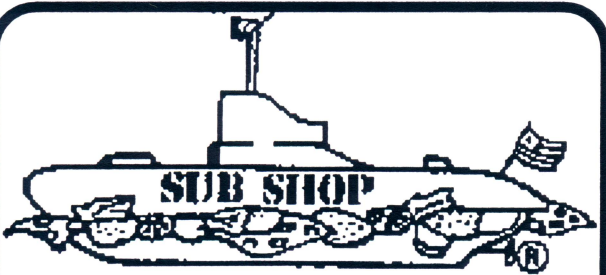
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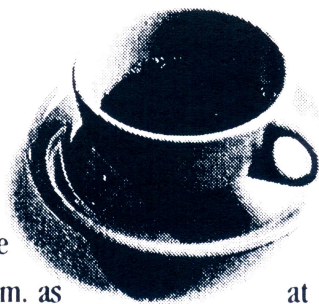
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