

SUPER BONUS SPECIAL SUPERBRAND GRADE 'A' LARGE EGGS DOZ. 19c <small>WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 29 - APRIL 1, 1981</small>	SUPER BONUS SPECIAL THRIFTY MAID TOMATO JUICE 46-oz. CAN 19c <small>WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 29 - APRIL 1, 1981</small>	SUPER BONUS SPECIAL HELLMANN'S MAYONNAISE QT. JAR 79c <small>WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 29 - APRIL 1, 1981</small>	SUPER BONUS SPECIAL CLOROX CLOROX GAL. JUG 19c <small>WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 29 - APRIL 1, 1981</small>
SUPER BONUS SPECIAL ASSORTED DECORATOR SCOTT TOWELS JUMBO ROLL 9c <small>WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 29 - APRIL 1, 1981</small>	SUPER BONUS SPECIAL MAXWELL HOUSE INSTANT COFFEE 10-oz. JAR \$3.29 <small>WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 29 - APRIL 1, 1981</small>	SUPER BONUS SPECIAL SUPERBRAND REGULAR OR STA FIT COTTAGE CHEESE 24-oz. CUP 69c <small>WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 29 - APRIL 1, 1981</small>	SUPER BONUS SPECIAL W-D BRAND BEEF PATTIES 3-LB. BOX \$2.99 <small>WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 29 - APRIL 1, 1981</small>

WINN DIXIE THE BEEF PEOPLE

SAVE WITH WINN DIXIE

HERE'S HOW IT WORKS!

- 1 Pick up free Super Bonus Certificates at our checkout counters.
- 2 You get 1 Super Bonus Stamp for every \$1 you spend. Paste 36 Super Bonus Stamps on each certificate.
- 3 When you check out, present one filled Super Bonus Certificate for each Super Bonus Stamp you need.

W-D BRAND USDA CHOICE BONES FULL CUT ROUND STEAK 1-LB. \$1.99 <small>UNTRIMMED WHOLE BONELESS (18 TO 22 LB. AVO.) Top Round \$1.99</small>	W-D BRAND 100% PURE 1-LB. HAMB-PAK GROUND BEEF 1-LB. \$1.29 <small>MARKET FRESH GROUND CHUCK \$1.29</small>	PREMIUM GRADE TURKEY LEGQUARTER 1-LB. 39c <small>THREE JOINT TURKEY WINGS 49c</small>	PINKY PIG ECONOMY PACK FRESH OR SMOKED PORK CHOPS 5 BLADE & 5 SIRLOIN FULL 1/2 FRESH OR SMOKED PORK LOINS SLICED INTO PORK CHOPS \$1.19	PREMIUM GRADE FRESH BREAST OR LEG FRYER QUARTERS 1-LB. 79c <small>FRESH COUNTRY STYLE PAN RED AND REGULAR CUT UP Fryers 79c</small>
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SAVE 20c ASTOR ALL GRINDS COFFEE 1-LB. BAG \$1.79 <small>ASTOR COFFEE Creamer \$1.99</small>	SAVE 11c DETERGENT LIQUID JOY 22-oz. BTL. 99c	SAVE 20c THRIFTY MAID CHILI W/BEANS 15 1/2-oz. CANS 2 \$1.09 <small>THRIFTY MAID LUNCHEON Meat 99c</small>	SAVE 20c REGULAR OR LIGHT PEARL BEER 6 PACK 12-oz. CANS \$1.89 <small>CRACKIN' GOOD POTATO (TWIN/WAY) Chips 99c</small>	SAVE 10c ALL FLAVORS CHEK DRINKS 2 LITER BTL. 89c <small>SAVE 10c - CRACKIN' GOOD CELO BAG Snacks 79c</small>
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HARVEST FRESH GREEN CABBAGE 3 HEADS 99c <small>SUPERBRAND APPLE Juice 99c</small>	HARVEST FRESH BROCCOLI BUNCH 99c <small>HARVEST FRESH GREEN Onions 2 bunches 99c</small>	SUPERBRAND ICE CREAM SANDWICHES or ICE CREAM BARS 12-PK. PKG. \$1.39 <small>DIXIANA ROUND Waffles 99c</small>	O & W CHEESE, SAUSAGE OR PEPPERONI PIZZA 10-oz. PKG. 79c <small>ASTOR CRINKLE CUT Potatoes 99c</small>	SUPERBRAND SWISS STYLE ASSORTED FLAVORS YOGURT 4 8-oz. CUPS \$1 <small>SAVE 10c - SUPERBRAND Sour Cream 99c</small>
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Briefly

Longwood Plans Fifth Annual 'Old Timers' Reception

In 1977, the Longwood Woman's Club (Civic League) held its first reception for the "Old Timers" of Longwood and the surrounding area. This year the Fifth Annual "Old Timers reception" will be held at the Civic League Library building, 150 West Church, Longwood, on April 5, from 3 to 5 p.m.

WEDGE Women's Workshop

The WEDGE Program of The Central Florida Educational Consortium for Women is conducting a workshop for women in Seminole County, "Women Linking Women," on March 31.

Band 'Spring Concert' On

The Band Booster of Lake Brantley High School are sponsoring a Spring Concert at Forest Lake Academy, Forest City, on April 7, at 8 p.m.

Theatre Staging Production

The Workshop Theatre will present its fourth production, "Middle of the Night," by Paddy Chayefsky, April 3 and 4, at 8 p.m., and April 5, at 2:30 p.m. at Eastmonte Civic Center, off Longwood Avenue, Altamonte Springs.

Learn Karate, Wu Shu Kung Fu

The Leisure Time Program at Seminole Community College is offering Karate, and Wu Shu Kung Fu. Karate is designed to teach the basic fundamentals of the Japanese style. Chito-ryu: basic exercises, kicks, punches, blocks, etc.

Quilting Class Begins

The Leisure Time Program at Seminole Community College is offering a course in beginning "Quilting," scheduled to begin April 6. Class will meet once a week for five weeks.

Spanish II Offered

The Office of Community Services at Seminole Community College will offer "Practical Spanish II" an advanced class in conversational Spanish. Class will begin April 1.

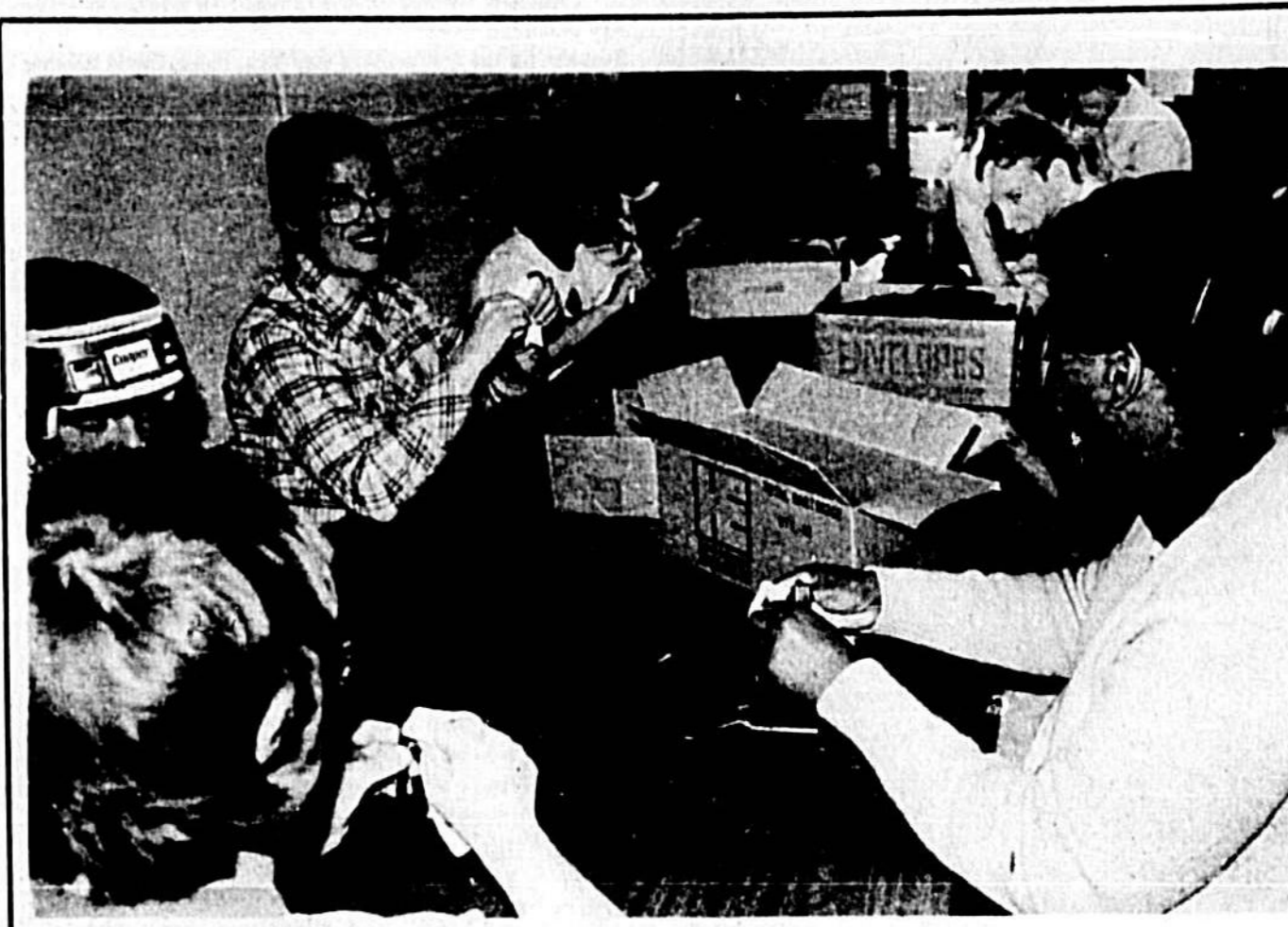
Woman's Club To Celebrate

The Woman's Club of Sanford will meet Wednesday at noon, at the clubhouse for the regularly scheduled luncheon and business meeting.

Prenatal Classes Offered

A series of four prenatal classes for expectant mothers and fathers will be sponsored by Seminole Memorial Hospital starting April 7 and continuing through April 28.

Specific topics to be covered are physical and emotional changes during pregnancy (including danger signals); fetal development; mild conditioning exercises; nutrition; smoking and drugs; routine policies of Seminole Memorial Hospital; labor and delivery (including available medication and anesthesia); and care of the newborn.



Handicapped adults do light industrial work at the Seminole Work Opportunity Program (SWOP) in Sanford. SWOP Executive Director Michael D'Asto said the program is a work activity center, but the bulk of the program is developmental training.

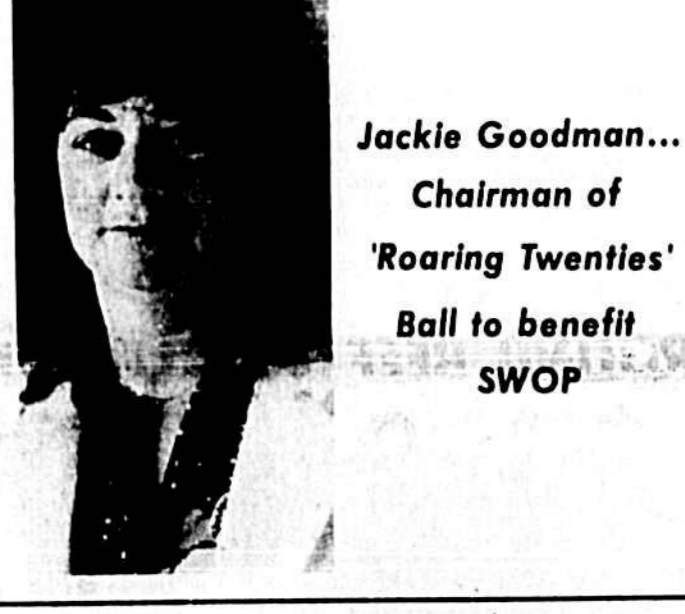
SWOP Lets The Handicapped Work

By CINDY MOOY Herald Staff Writer
"It gives them a place to go instead of sitting at home wasting away," Jackie Goodman said.

Through subcontractors, the clients are employed at the workshop doing largely light industrial assembly work. They assemble tape cleaning kits, large manuals, apply labels and do other sorting and packaging jobs.

"Sometimes they are bored stiff, sometimes they hate us, sometimes they daydream, and sometimes they're so busy they don't know what to do," D'Asto said.

SWOP is a private, not-for-profit sheltered workshop program for the developmentally disabled adults, including retarded, cerebral palsy, epileptic and autistic people, located at 412 Sanford Ave. in Sanford.



Jackie Goodman... Chairman of 'Roaring Twenties' Ball to benefit SWOP
A "Roaring Twenties" dance will be held on May 2 beginning at 9 p.m. at the Sanford Civic Center to benefit SWOP.

Sanford Kin Helps Put Cycle Race On

By TOI FITZPATRICK Herald Correspondent
Isabella Moorsom, a young woman in her early 20s, has already traveled the world and has experienced meeting people from all places and walks of life.

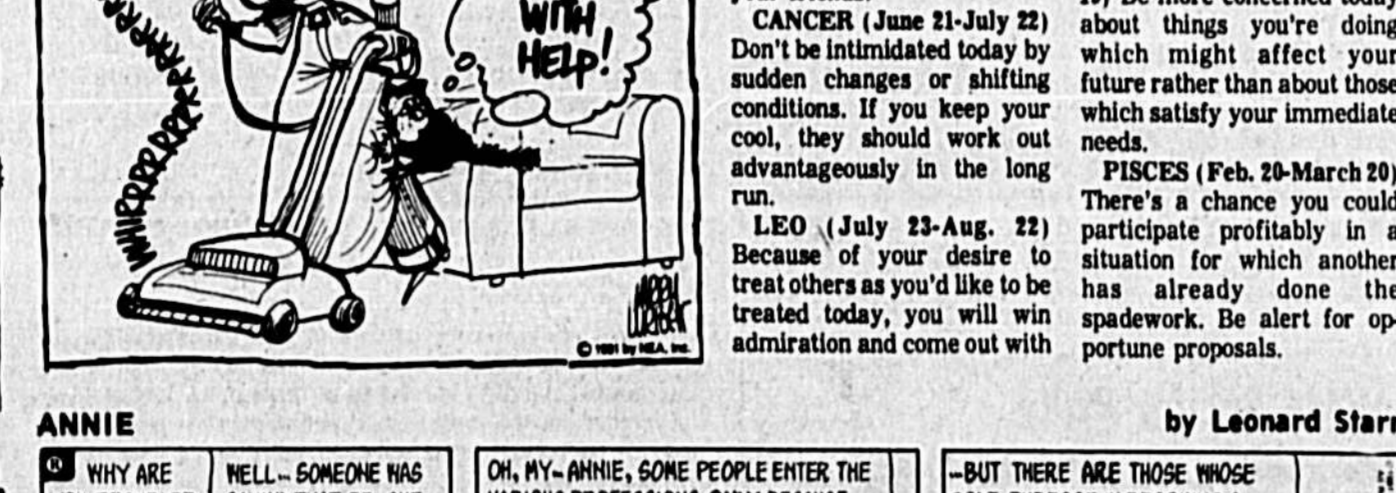
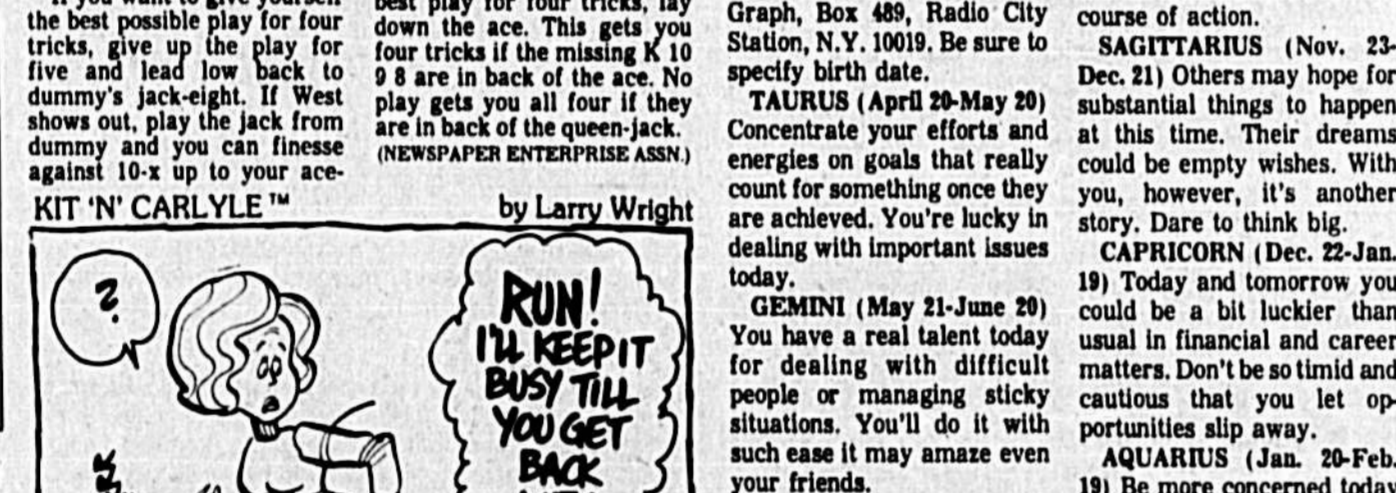
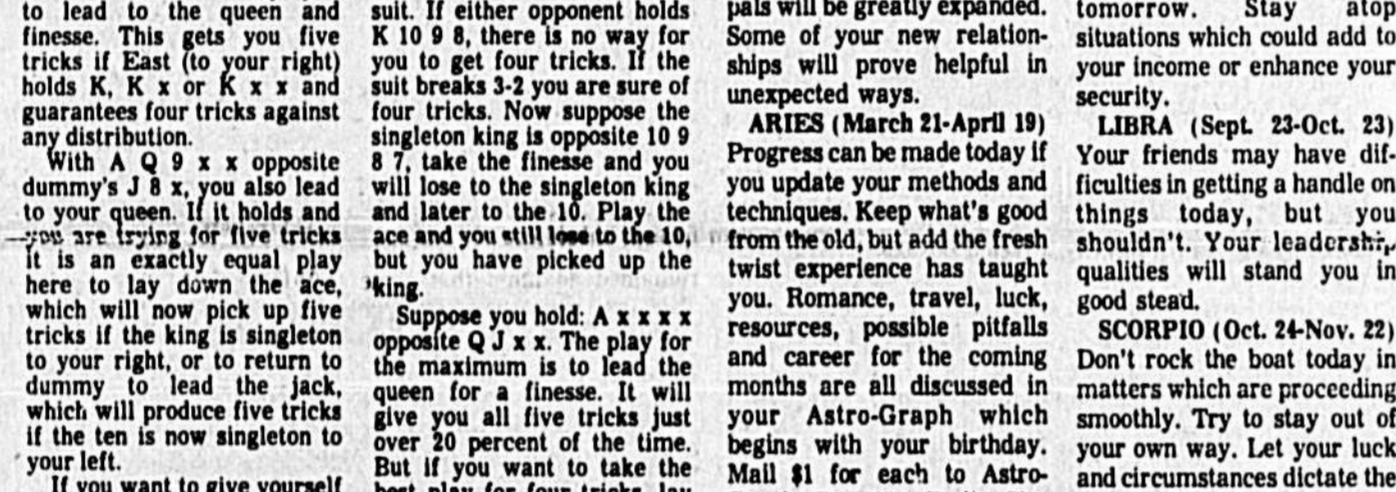
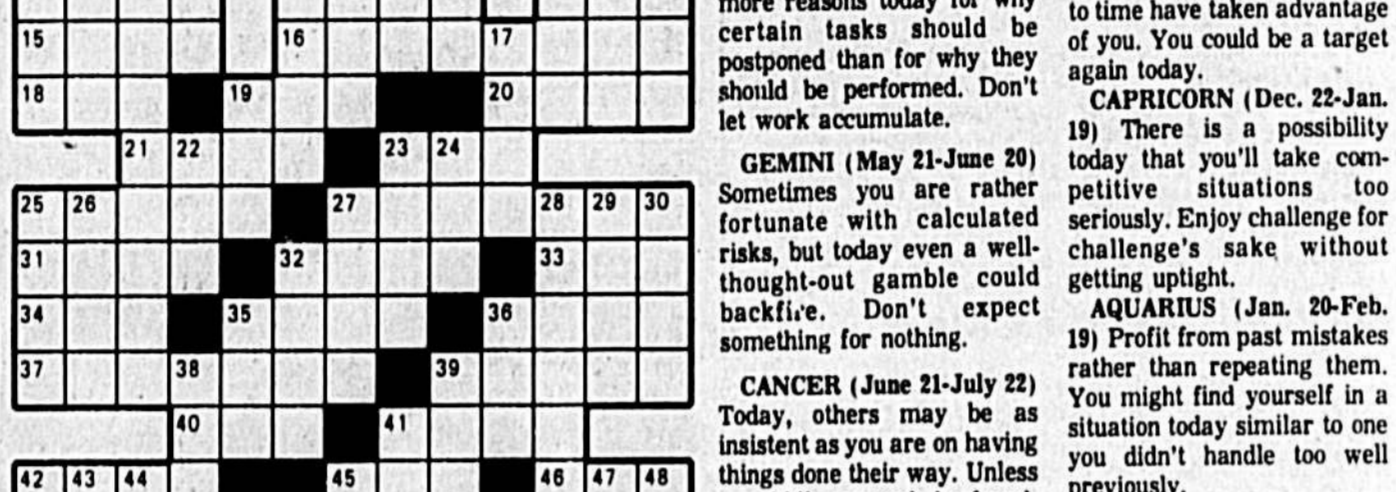
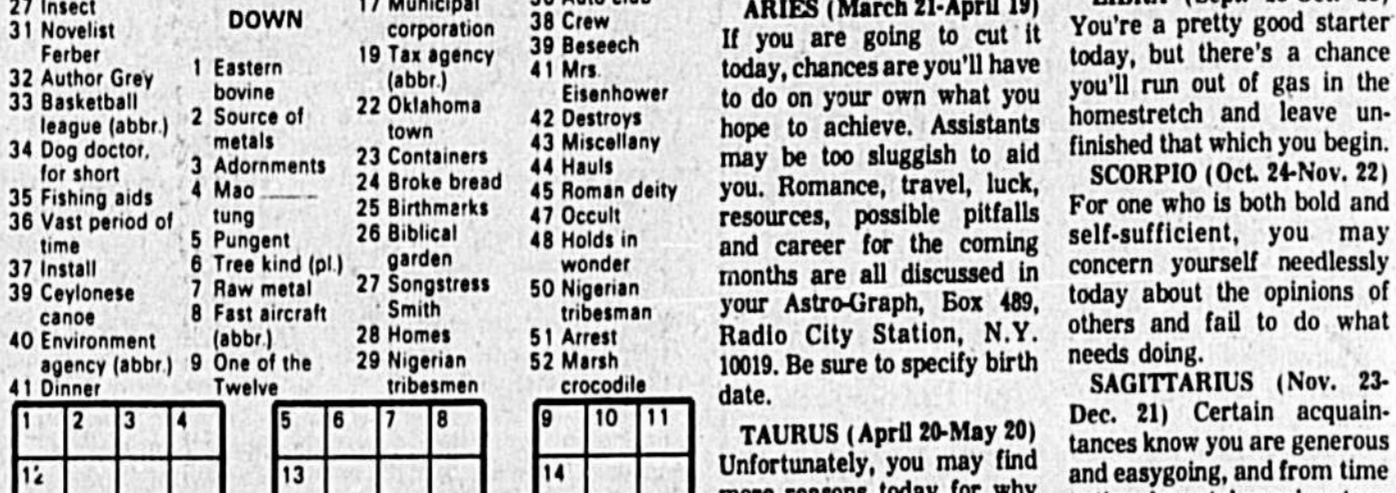
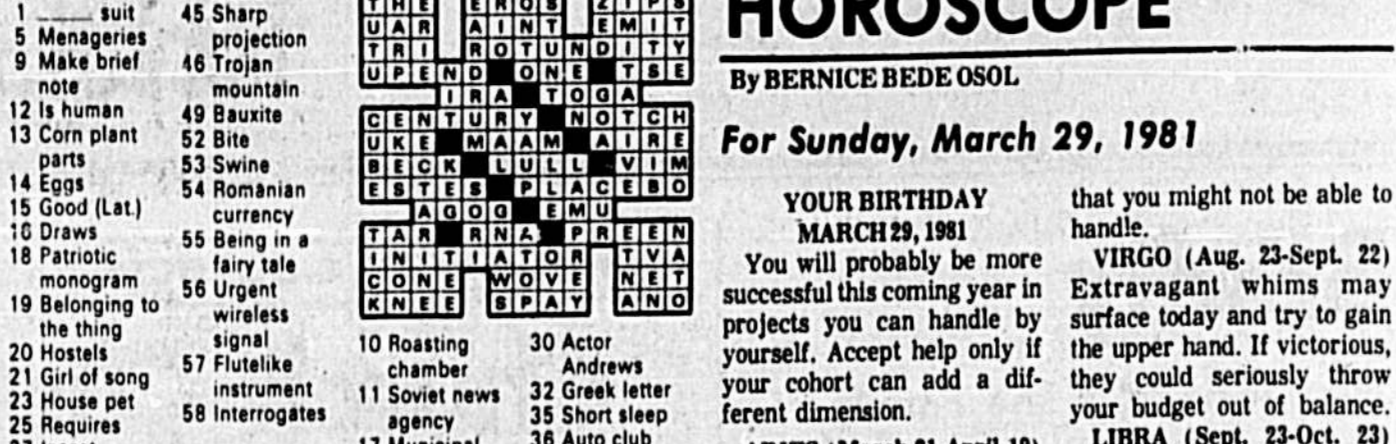
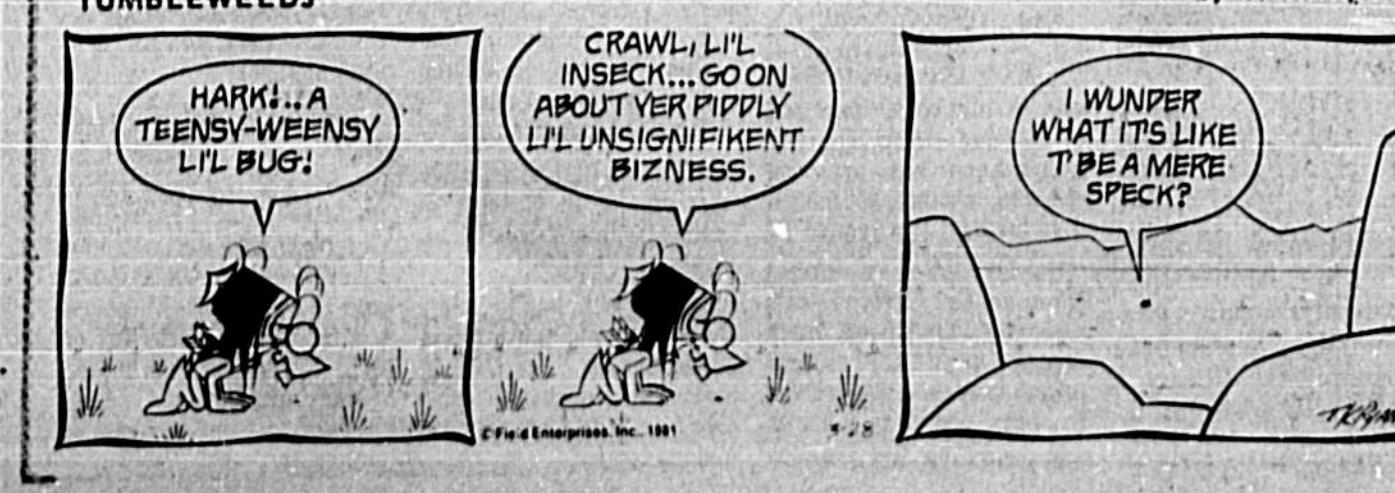
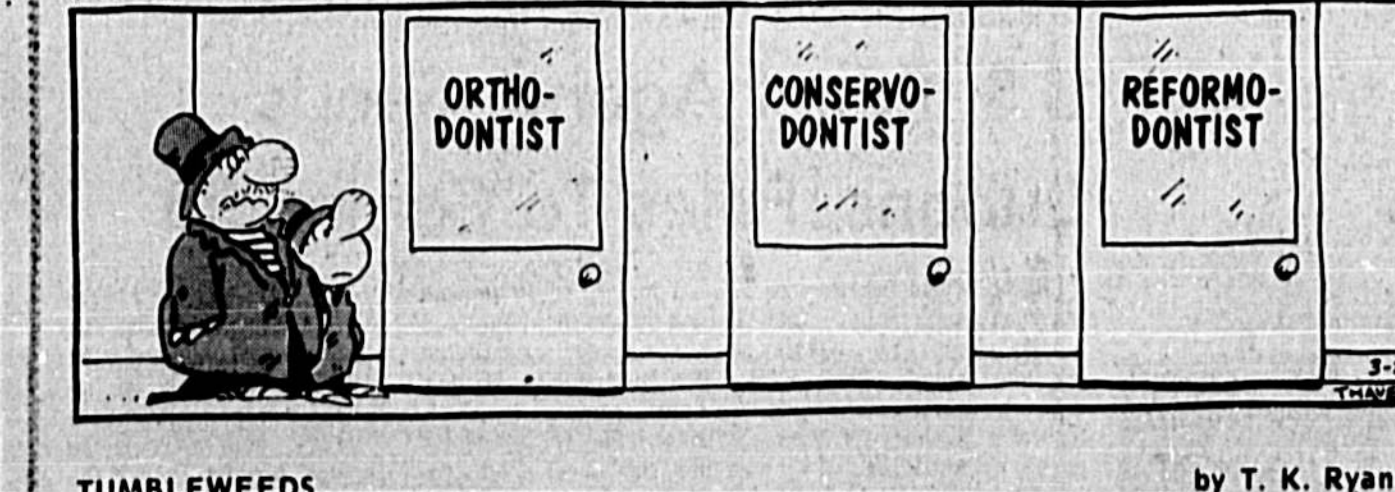
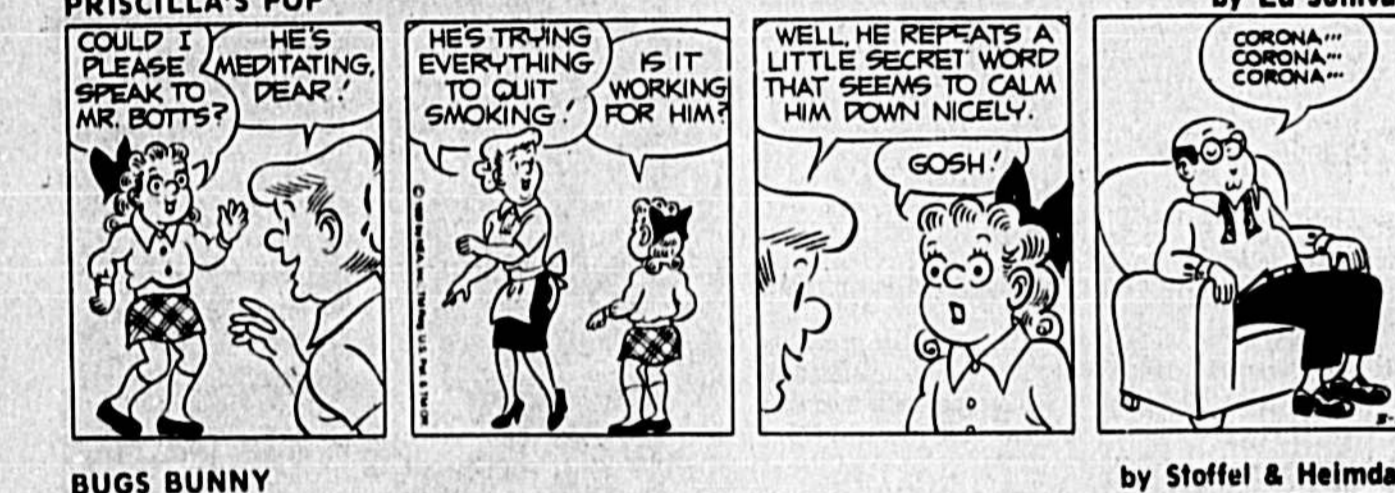
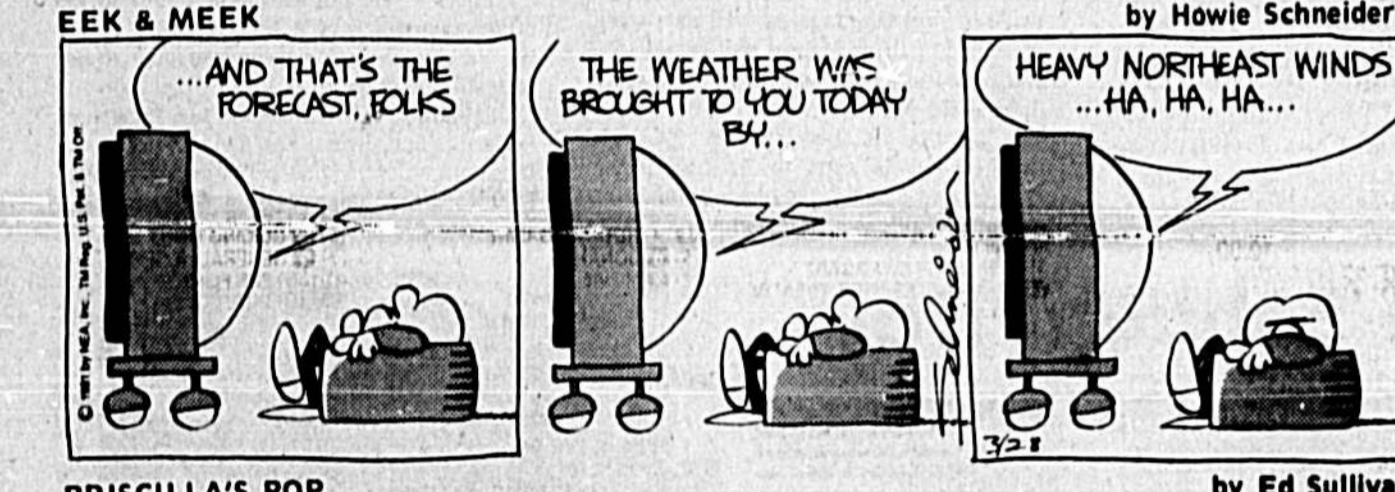


Mr. and Mrs. Douglas Brown, from left, have been entertaining their daughter, Deedee Buxton, and their granddaughter, Isabella Moorsom, both from England.

She then went to the Mid-east and worked in Kuwait as a secretary for a bank consultant who also was a diplomat. Isabella said the bank was approached about a loan by the leaders from China.

Isabella returned home to London in time for Christmas with her family in 1979. Her next employment was with an architectural firm in London that was Arabic. The management needed someone who could speak and understand a little of the language.

There will be 120 top amateur cyclists from all over the world, competing for the \$40,000 to be awarded in prize monies — the highest ever awarded in amateur racing.



SUNDAY



DARN CAT Dean Jones and Hayley Mills star in "That Darn Cat," a two-hour comedy on "Disney's Wonderful World," airing Sunday, March 29 on NBC.

Continuation of Amtrak Possible: Railroad Head

WASHINGTON (UPI) — Federal Railroad Administrator Robert Blanche says he will cooperate with Congress and Amtrak to maintain a national passenger train system...

School Menus

Table listing school menus for Monday, Wednesday, and Friday, including items like Milk of Shake, Sandwich, Fruit, and various meats and vegetables.

TV listings for Saturday and Sunday, including programs like 'The Love Boat', 'The Muppet Show', 'The Tonight Show', and 'The Dick Cavett Show'.

WIN AT BRIDGE

By Oswald Jacoby and Alan Sostag. Let's look at a Q x x x opposite J x x. Your best play for the maximum is to lead to the queen...

YOUR BIRTHDAY

MARCH 29, 1981. You will probably be more successful this coming year in projects you can handle by yourself. Accept help only if it will add a different dimension.

Comic strips: Beetle Bailey, The Born Loser, Archie, Eek & MEEK, Priscilla's Pop, Bugs Bunny, Frank and Ernest, Tumbleweeds, Fletcher's Landing.

Arthur Treacher's Seafood advertisement featuring 'All the Fish You Can Eat All Day Sundays' and 'Only \$2.99 Children under 12 only \$1.99'.

