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Seminole To Appeal Drainage Suit To Supreme Court

By MICHAEL BEHA
Herald Staff Writer

Seminole County officials will ask the Florida Supreme Court to hear an appeal of a case which may have far reaching effects on planners and developers in the state.

The Seminole County Board of Commissioners Tuesday gave County Attorney Nikki Clayton the go-ahead to appeal the verdict of a millionaire's drainage suit against the county, Magnolia Service Corp. and Huskey Realty Co.

Ms. Clayton said the ruling could severely limit local governments' ability to regulate the off-site impact of major

developments. If built today, developments like Disney World, malls and airports would not have to comply with previous drainage regulations, she said.

The 5th District Court of Appeals upheld a lower court ruling that landowners are not bound by agreements made by previous owners and added that property owners who do not divide their property into three or more parcels are not subject to the developer review procedures currently used throughout the state.

Seminole County Circuit Court Judge Robert McGregor ruled Wekiva landowner Harold Mertz was not subject to the

previous development restrictions on an 11-acre home site. Mertz sued the county and two adjacent property owners claiming an accidental flood ruined a vinyl-lined lake he had built on the property.

County officials claim Mertz's lake was built in a natural recharge area and that Mertz altered the natural flow of water in violation of a previous development agreement.

County officials received support from several state groups pledging their support in the appeal.

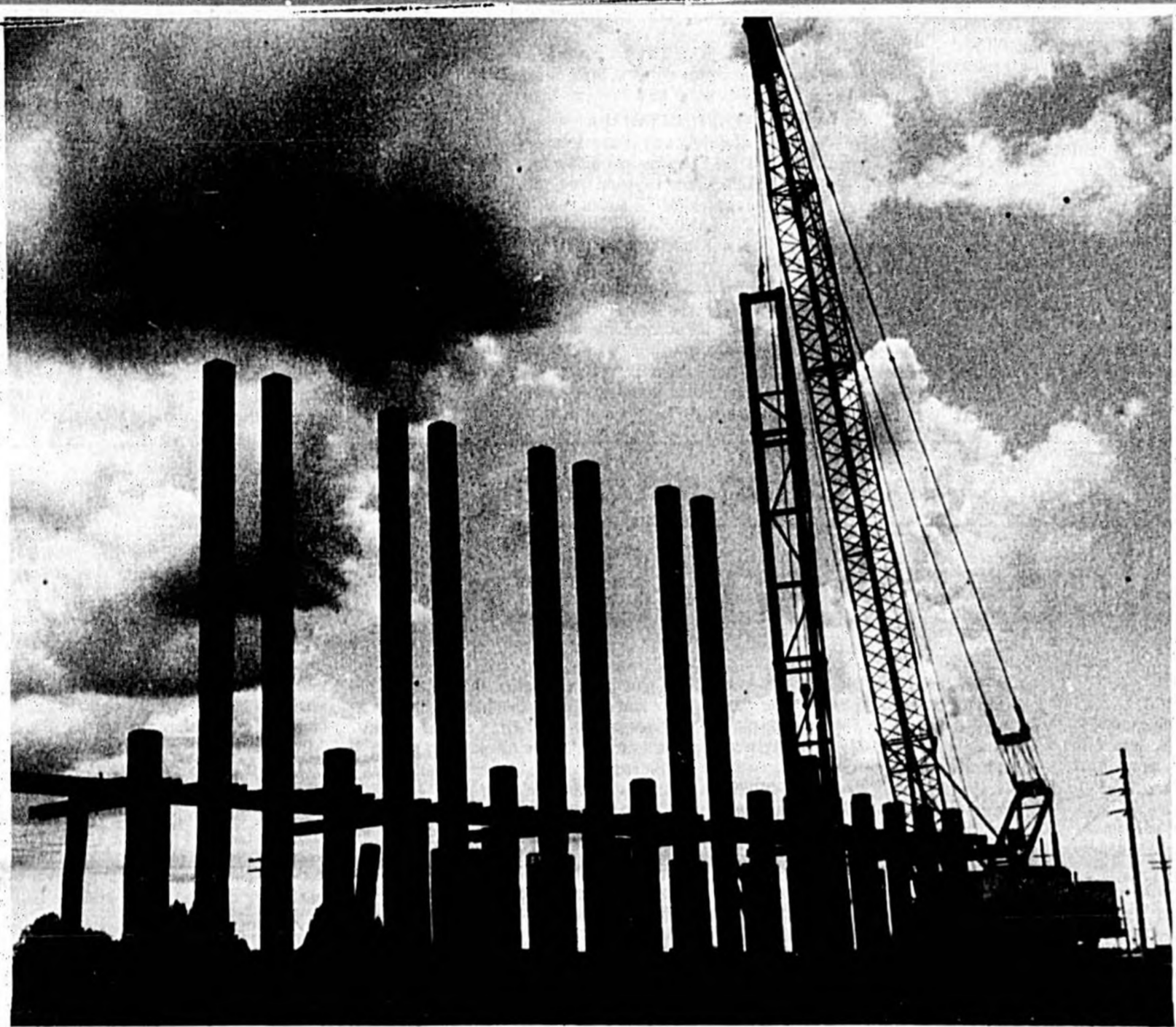
Ms. Clayton said the county has a 50-50 chance of winning the appeal. "We think the court will overturn the verdict if it hears

the case. The problem is getting them to hear it."

She said the costs for filing briefs and arguing the case before the high court would probably run between \$3,000 and \$5,000.

"Most of the work on the appeal has already been done," she said. That work was done for the appeal to the 5th District Court.

Ms. Clayton said the appeal to the Supreme Court would be based on the points that the appeals court verdict was in direct conflict with other decisions by state courts and that the court refused to recognize the county's argument.



Herald Photo by Tom Vincent

REACH FOR THE SKY

Work is progressing on the State Road 46 overpass west of Sanford. Pillars stretch skyward along the south side of the highway. The project will put the highway over the

railroad tracks which have caused delays for emergency vehicles. The project will cost \$2.5 million and is federally funded.

Double Taxation Solution Near?

By DONNA ESTES
Herald Staff Writer

Some progress may be in sight to solve the 20-year-old feud on double taxation between Seminole's seven cities and the County Commission.

At least county staff led by County Administrator Roger Nelswender is willing to sit down with the staffs of the various cities and talk about the issue, Sanford City Manager W.E. "Pete" Knowles said today.

Noting a report outlining the areas of double taxation is due back from consultants, Kelton and Associates, next week, Knowles said he and Nelswender discussed the subject recently.

"Roger and I discussed this topic as one requiring thorough staff review by all agencies so that recommendations and explanations are available to all elected bodies on all the details," Knowles said. "Then will come the need for work

sessions to evolve solutions without going to court."

The city of Sanford took on the county over the double taxation issue in 1977, filing a lawsuit charging the County Commission with the practice of taxing city residents for services they do not receive. However, by late 1978 when none of the other six cities in the county chose to join Sanford in the lawsuit, it was dropped.

In September 1981 after lengthy discussion, the Casselberry City Council decided to retain the services of the Kelton group of DeLand to do a study to determine the areas of double taxation.

Sanford immediately offered to join in funding the study costs and since then Altamonte Springs, Longwood, Lake Mary, Winter Springs and Oviedo also have joined in.

The county's larger cities — Sanford, Casselberry and Altamonte Springs — have each agreed to pay the major portion of the \$26,500 cost.

The three are each paying slightly over \$6,000 while the four other cities are paying \$2,000 each.

Knowles said today he hopes the results of the talks among all the cities' staffs and the county staff will result in a solution to the problem.

He said the end result should be the county either reduces property taxes to city residents or the county provides certain services to city residents which are now given only to residents of the unincorporated area.

Noting the Council of Local Governments several years ago named a committee which studied the double taxation issue, Knowles said the County Commission as a body refused to discuss the issue with that group.

"Their perennial answer has been that double taxation does not exist in Seminole County," Knowles said. "This report from Kelton will say there is double taxation here."

Lake Mary Eyes 10% Tax Cut

The Lake Mary City Council at a 7:30 p.m. meeting Thursday will consider reducing property taxes by 10.3 percent while adopting a budget for fiscal 1982-83 calling for a 7.6 percent increase in departmental spending.

City Manager Phil Kulbes has submitted a budget for consideration, totaling \$852,563, up from the current year's \$792,448. He is also recommending that property taxes be reduced from \$4.35 per \$1,000 assessed valuation to \$3.90. Included within the Kulbes' budget are proposed

cost-of-living pay raises for the city's 21 full-time and three part-time employees of 10 percent across the board. The cost of the proposed salary increases is \$27,725 annually.

The council is to adopt a proposed budget and set a tentative rate of property taxation. It will also set a time and place for public hearings on the proposal. The tentative budget includes the general operations, water and sewer department and federal revenue sharing program.

The council also will consider an arbor or-

dinance proposed for adoption by Councilman Ken King. King, an environmentalist, has been urging his colleagues to adopt regulations designed to save trees in the community.

The final item on the agenda is a request from Industrial Waste Management for a non-exclusive franchise to permit the firm to collect garbage and trash in the community. Lake Mary has one other franchised garbage collection company, Better Garbage Service, operating in the city.

— DONNA ESTES

Iran Pushes New Offensive Into Iraq

United Press International

Iranian troops, urged on by Ayatollah Ruhollah Khomeini's pledge to spread the Islamic revolution, invaded neighboring Iraq and penetrated six miles today in an offensive aimed at overthrowing the regime of President Saddam Hussein.

Iraq said the invasion was halted, hundreds of Iranians were taken prisoner and large numbers of dead and wounded were left behind in the latest battles of the 22-month Persian Gulf war.

Tehran radio and Iraq's state-run news agency said air and land battles were raging near the Iraqi port of Basra, a vulnerable target since the

war started in September 1980. Iraqi planes retaliated by bombing the Iranian border towns of Ilam, Khorrabad and Bakhtar, Tehran Radio said.

But, the radio said, "Islamic combatants have succeeded in breaking through Iraq's primary trenches till now and are still moving ahead."

Khomeini, in a message addressed to Iraq's armed forces, urged an internal revolt, the radio said. "Now that your Iranian brothers have had to enter Iraq to save you from the infidel regime... it is incumbent upon you to rush out of your houses and help your Iranian brothers."

Tehran radio said Iranians "gathered in

mosques to pray for the final victory" in the attack, code-named Ramadan, the Moslem month of fasting.

Iraq said the invasion began Tuesday night six miles along the border and six miles inside its territory, but it said Iraqi forces launched a counterattack about 12 hours later.

A Baghdad statement quoted by the Iraqi news agency said, "Our brave forces were able to stop their (Iran's) advance at dawn Wednesday and since 10 a.m. have started a counteroffensive, inflicting heavy casualties on the enemy side. "Hundreds of Iranian troops were taken prisoner," the agency said.

Library Seminole To Vote Oct. 5 On Expansion Program

Seminole County voters will have the opportunity to vote on whether the county will undertake a \$7 million building program for library expansion.

The Seminole County Board of Commissioners approved Tuesday a referendum to be held Oct. 5.

The board voted unanimously to authorize the referendum but Commissioner R.G. "Bud" Feather said he feels library expansion is not nearly so important to county residents as improved basic services.

"I'm in favor of libraries as much as anyone but I'm not in favor of this bond issue," he said. "The county is still a baby in terms of growth and taxes. I'd think people would want police, fire protection, roads and signalization first. Then they'd want libraries."

Feather said the county could build several much-needed highway overpasses for the money that is being sought in the library bond issue.

Commissioners Robert Sturm and Sandra Glenn said the commission should not take a stand on the library issue but instead should use the results of the referendum to guide them in future decisions.

County Attorney Nikki Clayton told commissioners the \$7 million bond issue would be in the form of general obligation bonds at a 12 percent interest rate.

County projections show that the county tax

rate would increase by 12 percent per thousand dollars valuation for the life of the bonds in the best case and would be 28 cents per thousand dollars valuation in the worst case.

Ms. Clayton said the bond issue would cost between \$18 million and \$25 million under current estimates.

If approved, the county would build four more branch libraries and double its staff and current \$1 million annual budget. The current staff is 16 employees.

Branch libraries will be built in the Wekiva-Forest City area, Oviedo, Lake Mary and the Lake Howell-Tuskawilla area if the referendum passes. Expanding and upgrading existing library facilities in Sanford and Casselberry also is called for in the referendum.

The move to put the issue on the ballot follows the recommendation of a referendum study committee which was appointed in November to examine the anticipated needs for library services and its costs.

Seminole County has had a countywide library program since 1975 when commissioners contracted with the Orlando Public Library. In 1978, Seminole County took over its own library system and soon after a long range plan for expanded service was formed.

That plan was incorporated into the county's comprehensive plan in 1979 and an independent consultant prepared a program for development of services. — MICHAEL BEHA

Body Of Longwood Robbery Suspect Found In Georgia

By TENI YARBOROUGH
Herald Staff Writer

A Longwood man whose bullet-riddled body was found along a Georgia highway would probably be alive today had he not been recognized during a robbery of another Longwood man's home this week, law enforcement officials said.

Seminole County sheriff's deputies today said they believe robbery suspect Carl Williams, 22, of 107 Penelope Drive, was shot and killed by three men who are also suspected of robbing the home of John Sobik Jr., 43, of Fern Drive, at 4:40 p.m. Monday. Sobik is the owner of Sobik's Subs and Sandwich food chain.

"We believe the other suspects may have shot Williams because one of the Sobik brothers, who was home at the time of the armed robbery, recognized him and they feared Williams would be an identifiable tie-in to the robbery," said sheriff's spokesman John Spolski.

Williams' body was discovered by Camden County (Georgia) sheriff's deputies at about 7 a.m. Tuesday along Interstate 95 near Woodbine, Ga., about 25 miles north of the Florida-Georgia state line, officials said. He had been shot five times with a small caliber weapon, deputies added.

Spolski said the robbery occurred at about 4:40 p.m. Monday after a man, identified by John Sobik III, 21, as Williams, told Sobik his

car had broken down at the Interstate 4 overpass near E.E. Williamson Road and asked permission to telephone for help.

Once the man was inside the house, he pulled out a gun, fired a shot between John Sobik's legs and ordered him and his brother, Dennis, 17, to lie on the floor while motioning for three others who had been waiting in the patio, to enter the home, deputies said. The men then bound the Sobik brothers hands and legs, using wire and belts and, a set of thumb cuffs on John Sobik, deputies continued, adding that the men told the Sobiks not to look up.

The robbers then stole about 25 guns, an undetermined amount of jewelry, a coin collection, the Sobiks' 1968 Chevrolet pickup truck and fled, Spolski said.

About 45 minutes later, Dennis Sobik managed to free himself, untied his brother's hands and notified a neighbor of the robbery, who contacted deputies. Dennis Sobik told deputies that prior to the robbery, he had observed a gold Chevrolet Camaro at the location where robbery suspect Williams has said his car was disabled. Deputies said the disabled vehicle may be connected with the robbery.

Spolski said a description of Sobik's truck has been broadcast to law enforcement agencies in both states but that the vehicle has not yet been found. He added that Georgia investigators are handling the probe into Williams' death.

TODAY

Action Reports	2A
Around The Clock	4A
Bridge	8B
Calendar	11A
Classified Ads	10-11B
Comics	8B
Crossword	8B
Dear Abby	1B
Deaths	10A
Dr. Lamb	8B
Horoscope	8B
Hospital	2A
Sports	6-9A
Television	1B

The Seminole Community College Board of Trustees approved the recommendation of SCC President Dr. Earl Weldon Tuesday and named Bill Payne as SCC's new basketball coach. Payne has been basketball coach at Seminole High School the past five years. See Sports, 6A.



BILL PAYNE

FLORIDA

IN BRIEF

Appeals Court To Decide Fate Of Everglades Deer

MIAMI (UPI) — A state appeals court will decide the fate Thursday of more than 2,000 starving Everglades deer less than 24 hours before a two-day "mercy hunt" to thin out the herd is scheduled to begin.

The state Game and Fresh Water Fish Commission has scheduled the mercy killing of 2,200 of an estimated 5,500 to 6,000 deer trapped in the flooded 900 square mile water Conservation Area III. The high waters, which continue to rise, have wiped out the deer's habitats and food supply, game scientists say.

Lt. Biff Lampton, a game commission spokesman said that feeding the deer from the air or moving them — both suggested by opponents — have been tried in the past and proven impossible because of the deer's delicate digestive system and their tendency to go into shock when captured.

PSC: Take Your Best Shot

TALLAHASSEE (UPI) — The Public Service Commission has told utilities to plan on only one shot at interim rate increases.

The message came Tuesday when the commission denied Tampa Electric Co.'s second request for an interim rate hike Tuesday. A three-commissioner panel voted unanimously to reject TECO's petition for a \$17 million rate hike that would remain in effect until a decision on a \$124 million permanent increase late this year or in early 1983.

Prentiss Pruitt, director of the commission's legal department, contended that TECO and other utilities have no right to "a second bite" and that once a request for interim increases is turned down, the utility and the commission must concentrate on the permanent rate hike request.

Sheik Looking Elsewhere

HOLLYWOOD (UPI) — Upset over the problems he has experienced in south Florida, Saudi Arabalan Sheik Mohamed al-Fassi may make a scouting trip to St. Louis to see if he would want to live there.

Unfavorable publicity surfaced repeatedly in the Miami-Fort Lauderdale area this year after the sheik wrote several bad checks. Attorneys said Tuesday the problem was a simple mix-up in his Swiss bank accounts that has been cleared up.



HISTORICAL TREE

Bonner Carter (second from left), chairman of the Seminole County Historical Society, and work-release prisoner Ronald Wells punch holes in the ground around the county's 100-year-old camphor tree into which urban forester Mike Martin (right) and inmate Bernard Golden pour fer-

tilizer. The work is part of an effort to save the aging tree — listed as the third largest in the state at 50 feet high and 26 feet around — which is located at the old county agricultural building at the Seminole Operations Center in Five Points, Sanford.

Herald Photo by Tom Vincent

Garbage Fees Going Up In Altamonte

By JOE DeSANTIS
Herald Staff Writer

The Altamonte Springs City Commission has given initial approval to a hike in garbage collection rates and appears ready to crack down on delinquent utilities customers.

By a vote of 4-1, the board Tuesday gave approval to a 50-cent per month garbage pickup increase for the city's 4,300 customers. The decision, however, was not reached before a great deal of discussion on ways of holding down increased collection fees.

City Manager Jeff Etchberger pointed out that prior to last year, the city's garbage pickup operations were subsidized by the city's general fund. The City Commission a year ago approved placing the operation under an enterprise system, where users of the service would foot the bill instead of saddling all city

taxpayers with the cost. Etchberger also pointed out that in the past no monies had been set aside to allow for depreciation or replacement of equipment, or increased services.

Mayor Ray Ambrose asked if there was any alternative to holding down a rate increase. Etchberger offered two alternatives, neither very popular.

"There's two ways to go on reducing the increase," said Etchberger. "You could do away with the increase by not allowing and providing any equipment depreciation allowance, or the commission could reverse the previous decision to place refuse disposal back into the general fund and do away with the enterprise fund."

Etchberger added that elimination of the enterprise fund would not be his recommendation. "The city has been moving more and more in the direction of

letting those who use a service be the ones who pay for it," he said.

Commissioner Dudley Bates supported Etchberger's contention, saying the city "should be run in the most efficient, business-like manner possible. 'If we're going to be good business people, things like equipment depreciation and replacement have to be planned for and provided for.'"

Commissioners Cheney Colardo, Lee Constantine and Bob Reis agreed and voted in favor of the rate hike. Ambrose, expressing a desire to see if a combination of an enterprise fund and some subsidizing from the city's general fund couldn't be used to hold down rate hikes, was the lone dissenter.

Attached to the refuse rate hike ordinance was a provision to crack down on late refuse and water-sewer service payments.

Attorney's Role Defined

After more than a month of debate, the Longwood City Commission has decided exactly what role City Attorney Marvin Rooks will play in relation to the city's Codes Enforcement Board.

Several weeks ago commissioners began expressing concern Rooks might be placed in a conflicting position by acting as both legal advisor to the board and prosecutor for the board against residents cited for violations of city codes.

The controversy was fueled by the opinion of some commissioners that city police officers, who had been splitting prosecutor duties with Rooks, were not legally qualified enough to act as prosecutors.

After obtaining an opinion from the State Attorney General's Office on his possible conflict of interest Rooks advised the commission at its Monday night meeting the city's best alternative was to have him act as legal advisor.

Longwood police officer Larry Grose, who has been assigned as the board's prosecutor for code violations, will remain in his present capacity.

The commission had toyed with the idea of hiring a part-time attorney to fill the prosecutor's role, but shelved that in favor of having Grose use the bulk of his on-duty time to investigate and prosecute city code violators.

In other commission business, City Administrator David Chacey informed the board all equipment for the traffic signal installation at County Road 427 and Church Avenue had arrived and that the installation project was expected to be completed by Sept. 1.

Chacey also informed the board Orange Avenue's paving will begin next week.

Amick Construction Co. with a low bid of \$4,488,10 was awarded the paving project last month.



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WORLD

IN BRIEF

Diplomats Take Up Battle While Troops Take A Break

United Press International

Diplomats took over the front lines in the Lebanon war today, as reinforced Israeli troops surrounding west Beirut observed a precarious cease-fire with their increasingly assertive PLO quarry.

Israeli sources said the government of Prime Minister Menachem Begin has decided to give Washington more time to come up with a plan for the peaceful evacuation of the Palestine Liberation Organization from Lebanon.

But leaders on both sides showed little optimism that the standoff around Beirut would end peacefully.

Death Toll Still Rising

TEPIC, Mexico (UPI) — Authorities said 120 people, including an American, died in the 300-foot plunge of a derailed train and warned the toll probably would rise during today's search of more of the twisted passenger cars.

Mexican government officials opened an investigation Tuesday of the derailment an engineer said was caused by erosion beneath the tracks of the railroad connecting Mexico City to the California and Arizona borders.

The Queen Is Not Amused

LONDON (UPI) — Buckingham Palace guards ignored a burglar alarm and did not understand a personal plea for help from Queen Elizabeth II when she was faced with a prowler in her bedchambers, new reports said today.

A royal footman arrested the prowler, identified by police as Michael Fagan, 31, while police on the palace grounds took 18 minutes to reach the British monarch's bedroom, the reports said.

Despite a personal apology from Prime Minister Margaret Thatcher, several newspapers said Elizabeth II was incensed over the confusion and slowness of Buckingham Palace police.

Employment Survey Planned For Area

Three Orlando women, representing the U.S. Census Bureau will conduct a survey of employment in Orange and Seminole counties next week.

Forrest P. Cawley, director of the Bureau's regional office in Atlanta, said Marguerite Gallagher, Elaine Topper and Mary Uppercro, all of Orlando, will conduct the survey for the U.S. Department of Labor.

About 100 to 150 households will be surveyed in the two-county area during the week.

A total of 71,000 households in the United States will be surveyed in the scientifically-designed sample.

Employment and unemployment statistics based on the results of the survey are used to provide a continuing measure of the economic health of the nation.

All three women will have identification and appropriate credentials with them, Cawley said.

The May survey indicated that of the 110.7 million men and women in the civilian labor force, 100.1 million were employed. The nation's unemployment rate was 9.5 percent, slightly higher than April's 9.4 percent.

Information supplied by individuals participating in the survey is kept strictly confidential by law and the results are used only to compile statistical data, Cawley said.

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It's Official ...Payne Gets SCC Cage Position

By SAM COOK Herald Sports Editor
It's official. The Seminole Community College Board of Trustees approved Dr. Earl Weldon's recommendation of Bill Payne as Raider basketball coach at Tuesday night's meeting.

Payne, a successful mentor at Seminole High the past five years, will succeed Joe Sterling. The 57-year-old athletic director built the program at Seminole and coached there 16 years. He retired from coaching this year.

"We're very happy to have Bill," said Sterling. "We have a lot of confidence in him and we know he'll do a good job."

Payne, 37, was the second choice behind ex-assistant coach Tony Mandeville. Mandeville, however, turned down the job at the last minute because of "philosophical differences."

"We always felt we had two good candidates in Bill and Tony," continued Sterling. "They were both from the area and fit well into our system."

Payne first impressed Sterling as a player when Sterling was coaching for Apopka. Payne, 6-4, was a standout prep player in basketball and baseball for Orlando's Colonial High School.

"Bill was one of the best players ever to come out of Central Florida," remembers Sterling. "He was always a very determined player and has a great desire to win."

After a fine career with the Grenadiers, Payne played for the old Orlando Junior College, and then went to East Tennessee University.

While at Orlando JC, Payne was the third leading scorer in the nation his sophomore year with a 32.1 average and led Orlando to the semifinals of the

JC Basketball

state tournament before losing out to Pensacola. He was also named to the National JC All-America team.

Payne played one year at East Tennessee, then transferred to Tampa University. At Tampa, he played baseball for two years, but didn't play basketball.

After Payne graduated from Tampa, he coached at Ocoee High for two years. He was an assistant varsity football coach, freshman basketball coach and varsity baseball coach.

In 1970, he took a one year's leave of absence to obtain his Master's Degree at Appalachian State. He then returned to Ocoee for two more years before accepting the head basketball at Colonial.

When you follow Joe Sterling, you better get some kids who can play. —New SCC Coach Bill Payne

Payne was at Colonial six years. His 1975-76 squad posted a 17-10 mark the best record in the school's history.

Payne has been at Seminole High the past five years. His best team was three years ago when the Seminoles posted a 31-3 record and lost in the semifinals of the state tournament to eventual state champion Tampa Robinson.

While at Seminole, Payne had an 86-64 record. Last year, he was only 11-16, but he started three sophomores most

of the time. The same group has blitzed eight opponents during the summer league and figures to challenge for the Five Star Conference title this year.

"I'm really excited about the job," said Payne. "I feel we have a lot of good local kids coming this year and a lot more local kids coming up in the next few years."

"I want the local kids, but I also will go after the good ones who aren't from this area. When you follow Joe Sterling, you better get some kids who can play," he added.

The Raiders return two players — Mike Smith and Rickey Sutton — from last year and two more — Keith Whitney and Lewis Phelps — who transferred last year and sat out.

Mandeville did an excellent job recruiting and Payne feels he will be able to retain most of those players. He has talked to most of them by telephone and all have renewed their commitment to attend SCC.

Rod Kittles, a super rebounder from St. Petersburg Lakeshore, told Payne recently that he would honor his commitment to SCC. Mandeville considered the 6-7 musclemen the prize of this year's recruits.

Spruce Creek's Jimmy Payton and John Hosey, Edgewater's David Gallagher, Apopka's Delvin Everett, Hciland's Rudy Kuiper and Ronald Koldenhof have all confirmed they will come to SCC.

Payne will make \$18,000 as coach and physical education instructor.

Seminole High Principal Wayne Epps, meanwhile, is wasting no time looking for a successor. He began interviewing applicants today.

"We're not going to dillydally around with this thing," said Epps who was disheartened to lose Payne. "I'm going to name someone I'm familiar with." Epps expects to name his new coach within 10 days.



Herald Photo by Brian LaPeter

Leonard Lucas of the Sanford Nationals slides safely into home plate after a passed ball as Groveland pitcher Daren Turner misses with the

tag. Veteran umpire Henry Debose makes the safe call.

Table with columns for SANFORD NATIONAL and GROVELAND players and their stats (AB, R, H, BI).

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Sanford Flips Out Groveland, 18-6

Baseball

It was perhaps the most strategic coin toss in the history of Little League baseball.

Both managers, Sylvester "Slick" Franklin of the Sanford Nationals and John Reagan of Groveland, thought winning the toss would be a big boost to their teams.

Sanford won the coin toss, and, to Reagan's amazement, Franklin chose to be the visiting team. Since they have been in the visitor's dugout, the Nationals have been able to shake the jitters and have been invincible.

The Nationals only loss in the double elimination tourney was to Groveland, the only time Franklin's squad was the home team. In that game the Nationals gave up six runs to Groveland in the top of the first.

Sanford opened and closed with a bang Tuesday night and came up with some key defensive plays en route to an 18-6 rout over Groveland. Groveland had not been defeated in the Sub-District 2 Tournament and Sanford's victory sets the stage for tonight's championship game.

The Nationals opened with five runs in the top of the first on only one hit. Tarance Carr led off with a walk and came around to score on a wild pitch. Leonard Lucas, Todd Revels and Willie McCloud also drew free passes to load the bases. Lucas scored on a wild pitch and, with two outs, Tim Graham lifted a

fly ball to center field which hit the top of the fence and bounced over for a three-run homer.

Groveland got three successive hits in the bottom of the first but did not manage to push a run across. Randy Hart, Richie Kirkland and Brian Sunblade all singled but the rally was halted on a heads-up defensive play by Lucas.

After Sunblade drilled his single up the middle, Lucas cut off the throw and nailed Hart at the plate. Sanford catcher Jeff Blake then fired back to Lucas who tagged Kirkland out for a double play. McCloud, who went the distance on the mound, struck out clean-up hitter Darin Turner to end the inning.

The Nationals responded with a run in the second and two in the third. Blake reached on a fielder's choice in the second, stole second and stole home. In the third, Graham was issued a free pass, went to second on Ronald Blake's single and both scored on wild pitches.

Groveland picked up four runs in the bottom of the third on only one hit. Monty McGuire led off with a walk, Hart reached on an error, Kirkland reached on a fielder's choice and Sunblade delivered a two-run single.

Sanford put the game out of reach in

the sixth with seven runs on three hits. The Nationals led 11-5 at the beginning of the inning and increased it to 18-5. The big blow was Ron Blake's tremendous three-run homer.

McCloud allowed Groveland only six hits and struck out seven while walking eight. Sanford managed only seven hits, its lowest output of the tourney, but benefited from 18 free passes and 15 wild pitches.

Lucas, who was impressive in a complete game victory against Clermont, will be on the mound tonight for the Nationals. Groveland will go with its best pitcher, Mike Hooten, who got the win over Sanford earlier in the tourney.

The coin toss for tonight's game has already been decided and Groveland won it. They chose to be in the visitor's dugout this time.

Table listing District and Sub-District Tournaments for Wednesday, including locations and times.

Seminole Stomps Semoran

By SAM COOK Herald Sports Editor
You couldn't blame the Seminole Pony All-Stars for a couple snickers and giggles after two innings at the Seminole Pony Baseball Complex Tuesday night near Winter Springs.

Seminole was facing its annual arch-rival, Semoran, in the District Tournament and as usual Semoran's ace right-hander Mark Schnitker (SNICK-er) was on the mound.

This time around, however, Schnitker didn't have his good stuff and the Seminole batters were raining shots all over the field as they built a 10-1 advantage.

Three innings later it was over. Seminole prevailed, 15-3, in a game that was halted after five innings because of the 10-run rule.

Manager Wayne Overstreet received three-hit pitching from his son, Byron, and got five runs batted in from Kevin Bass and Brett Mollé in the easy win.

Seminole, 1-0, will meet the winner of tonight's Semoran-Gainesville matchup on Thursday at 7:30 p.m. The tournament is double elimination. Gainesville drew a bye Tuesday.

Second baseman Joe Rintharomy started the first-inning onslaught with a walk and moved to second when Jeff Poindexter coaxed another pass from Schnitker.

Both runners moved up on stolen bases and Overstreet then lifted a fly ball to center field which scored Rintharomy for a 1-0 lead. Bass followed with the first of his three hits to chase home Poindexter.

Rob Dinkelacker popped out, but Danny Bridges ripped a double to right which sent Bass scurrying to third. Mollé, who drove in three runs on the night, roped a double for a 4-0 advantage. The lead grew to 5-0 when Pat Lusk retraced on an error by the shortstop.

Baseball

Semoran bounced back with one in the bottom of the first. Ruben Trevino singled, stole second and third and scored when Overstreet misplayed Schnitker's ground ball.

In the second frame, however, Seminole put the game on ice with five more runs. Poindexter, who played for Semoran last year, singled and stole second. Overstreet rapped a base hit up the middle to score him.

Consecutive hits by Bass, Dinkelacker, Bridges, Mollé and a nice bunt by Lusk produced three more runs. An error by third baseman Ken Chiodini allowed Bridges to score which upped the tally to 10-1.

In the third, Bass doubled, went to third on a passed ball and scored on a wild pitch for an 11-1 bulge. Schnitker, though, regrouped to strike out the final two hitters.

Semoran added its last two runs in the third. Billy Herington singled and was safe at second when Rintharomy dropped Mollé's perfect throw on a steal attempt. Schnitker laced a single to center to score Herington and eventually scored himself on a sacrifice fly by Kelly O'Brien.

Seminole added four more runs in the top of the fifth off reliever Craig Wagner to decide the game. Poindexter, Overstreet, Dinkelacker, Bridges and Mike "Amico" all had singles. Bridges and Mollé had RBI.

Overstreet fanned nine hitters and walked three in the abbreviated game. Manager Overstreet will probably go with Greg Root Thursday against the Gainesville-Semoran winner.

Table with columns for SEMINOLE players and their stats (AB, R, H, BI).

Table with columns for SEMORAN players and their stats (AB, R, H, BI).

Table with columns for SEMINOLE and SEMORAN totals (AB, R, H, BI).

Game called after five innings due to 10-run rule.

Game-winning RBI — Mollé. E — Trevino 2, Rintharomy, Overstreet, Chiodini. LOB — Seminole 6, Semoran 3. 2B — Bass, Dinkelacker, Bridges, Mollé. SB — Poindexter 3, Rintharomy, Bridges, Dinkelacker, Trevino 3, Schnitker 3, SF — Overstreet, O'Brien. WP — Schnitker 2, Wagner, Overstreet 2. PB — McKay 2, Schnitker 2.

Table with columns for IP, H, R, ER, BB, SO for Overstreet (W), Schnitker (2), and Wagner.



Herald Photo by Brian LaPeter

Rob Dinkelacker, Seminole Pony third baseman (left), shows you baseball can be played with your eyes closed. Dinkelacker scooped up catcher Ron Mollé's throw, but was too late to get Semoran's Mark Schnitker.

Concepcion's Home Run Earns Him MVP Award

Confident National League Does It Again

MONTREAL (UPI) — Harmony with a Latin beat carried the National League to its 11th consecutive victory over their American League rivals in the 53rd annual All-Star game...

give the NL all the runs it needed to win. "It was a slider. The ball didn't break and I was lucky," said Concepcion, who has hit only one regular season homer this year...

Baseball was a big thrill pitching here. The Expos' Al Oliver, who doubled, then took third on Rickey Henderson's error in the sixth and later scored, said the NL victories are won on talent...

he never tires of winning the midsummer classic. "I still got as much a thrill out of this game as my first one," he said. Losing the All-Star game was a familiar feeling to some AL veterans...

about that ... I'll miss it." NL Manager Tommy Lasorda was understandably pleased with the performance of his charges. "I'll tell you something — I'm amazed," the Los Angeles Dodgers' skipper said...



DAVE CONCEPCION ... clutch home run

Sanford's Tim Raines, who started in left field, made two trips to the plate. He struck out the first time, drew a walk, stole second and was stranded at third the second time.

Dog Racing

- At Super Seminole Tuesday night results First race - 5:16, D: 31.43 4 Josie Kum Cloey 7.40 4.20 4.40 3 Track Lady 3.60 2.40 2 Sea Of Red 5.80...

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Large grid of various liquor products including Canadian Whisky, Scotch, Rum, and Wine with prices.

Deals

Sports Transactions By United Press International Tuesday Baseball Chicago (AL) — Named Ken Silvestri interim pitching coach...

Soccer Tulsa (NASL) — Traded defender Tim Twelmitan and forward John Tyma to Chicago...

Bottom row of ABC Liquor ads including Dubonnet Blanc, Mixed Nuts, New '79 Chateau La Terrasse, 6-Pack Cooler, ABC T-Shirts, and Beam Decanters.

Sanford AAU Juniors Collide With Bartow At Quincy Saturday

Sanford's age 15 and under AAU and Junior Olympic basketball team will play Bartow at 12 noon Saturday at Quincy Shanks High School in Quincy.

The squad, coached by Crooms High coach Chris Marlette, is comprised of Seminole, Crooms High, Sanford Middle and Lakeview middle students.

"We should have pretty good chance of doing well if we rebound," said Marlette Tuesday. "Some of the other teams have some pretty big kids, especially Orlando."

Marlette will start Donald Grayson at center, Rod Alexander and Fred Brinson at forward and Jo Jo McCloud and Sam Redding at the guard. Daryl Williams, a standout at Lakeview this past year, will also see a lot of action at guard.

Other team members include: Dexter Franklin, Alvin Jones, Richard

Basketball

Whitaker, Robert Hill, Michael Wright and Charles Smith.

We should have pretty good chance of doing well if we rebound

— Crooms High

coach Chris Marlette

Other teams in the tournament are Quincy, West Palm Beach, Orlando, Ocala, Gainesville and Jacksonville.

The tournament will run Saturday and Sunday with the winner advancing to the National Tournament in Memphis, Tenn. on Aug. 5.



Herald Photo by Tom Vincent

Crooms High coach Chris Marlette's Junior AAU squad consists of Wright and Daryl Williams. Absent from the photo are Jo Jo McCloud and Charles Smith. Whitaker, Donald Grayson, Robert Hill, Sam Redding, Michael

Torre Sees Horner-Murphy Homer Duo Surpassing Aaron-Matthews

ATLANTA (UPI) — Joe Torre believes Dale Murphy and Bob Horner, as a duo, are capable of surpassing the home run feats of his former teammates Hank Aaron and Eddie Matthews.

Not that anyone seriously figures either will come close to the 755 homers Aaron hit over his 23-year career. But Torre, who figures both should hover around the 40-a-year mark "if they stay healthy," does feel that the cloud of free agency may be all that stands between Murphy and Horner breaking the Aaron-Matthews major league record for most career home runs by two players while teammates.

From 1954, when Aaron joined the Braves, through 1966, Matthews' last season with the team as a player, those two hit 863 homers. Aaron had 442 in

those 13 seasons, Matthews 421 of his 512 total.

Torre points out Horner, who won't be 25 until next month, and Murphy, who turned 26 in March "are both three to four years away from their prime."

"I don't think anyone can doubt that Dale and Bob will be consistent home run hitters for many years to come," he said. "Both are capable of hitting 40-50 home runs a year for at least the next eight to 10 seasons."

"There's always the danger that one or the other might get hurt, but there's no way to figure that," said Torre. "As I see it, the biggest threat to their breaking the Aaron-Matthews record is the likelihood that one, or both, might leave the Braves after turning free agents in the years ahead."

Since Horner joined the Braves in 1978,

Baseball

he and Murphy have combined for 235 home runs — Murphy hitting only two of his 115 during brief stints in Atlanta the previous two seasons.

Both appear headed to their best home run seasons this year. Through July 6, Murphy was leading the majors with 23 and Horner, who had six in six games, had 17.

"Aaron was a better pure hitter than either Horner or Murphy, but he didn't have the power of either," said Torre. "Mathews probably had as much power, but he wasn't as good a hitter as Horner."

"Aaron was actually more of a line drive hitter who was aided in his record by both the Braves move to Atlanta (con-

sidered a home run hitter's paradise) and his ability to stay healthy over all those years.

"Mathews might have made a run at Babe Ruth's record himself if he had spent his career in Atlanta," said Torre. "But, you'll recall, he was here only that one year (1966) before leaving the Braves."

Torre says Murphy (a 6-foot-5, 215-pounder who is expected to get stronger over the next few years) "is just beginning to come into his own as a home run hitter. Horner is a streak hitter, especially as far as home runs are concerned, and when he's hot there probably isn't anyone around who is more of a threat to hit one out of the park."

Horner, a 6-1, 210-pounder who has to watch his weight, set NCAA season and

career home run records at Arizona State and came directly to the major leagues after the Braves made him their first-round choice in the 1978 summer draft.

He's been the Braves' leading home run hitter ever since, getting 23 in his half season in '78; 33 and 35 in '79 and '80 when injuries cost him a fourth of a season both years; and 15 during last year's strike-plagued season when the strike and another injury limited him to 79 games.

Horner's 122nd career homer came in his 485th major league game and was his sixth in five games. Earlier in the season he had seven in an 11-game span.

"I don't know why my home runs seem to come in streaks," said the Braves captain. "I don't feel like I do anything differently. If I had an explanation, I'd try to adjust."

Murphy, a first-round selection in the

1974 draft, was in the Braves' system four years before becoming a regular. Despite his size and obvious strength, he didn't show signs of his home run potential until '77 when he hit 22 at AAA Richmond.

Murphy hit 23 homers for the Braves in '78, dropped to 21 the next season, then hit 33, just two less than Horner, in 1980.

"The strike was an unfortunate occurrence for both," said Torre. "It set both back a full year in their progress as power hitters. But both are young and their best is yet to come."

"When you consider their age and what they have already accomplished, you realize the heights both can reach. They should become the best one-two power threat in baseball for a considerable period."

That is, if they stay together.

Rogers: No More Cocaine

NEW ORLEANS (UPI) — He admits snorting cocaine during his record-breaking rookie year, but NFL rushing leader George Rogers insists he will never make the same mistake again.

Rogers, the 1981 NFC Rookie of the Year, met with reporters for the first time Tuesday since published reports indicated he bought more than \$10,000 worth of cocaine last year.

"I am sorry for what I did," said Rogers, who recently completed a drug rehabilitation program. "I am human and I did make a mistake, and I can live up to that."

"It will never happen again. That's as honest as I can get."

Rogers attorney Ed Holler refused to discuss details of his client's drug involvement, but said the bruising running back had cleared his slate by checking into the Palm Beach Institute in south Florida.

Rogers entered the hospital July 7 and was discharged two days later after undergoing intensive psychiatric

Football

evaluation and extensive tests for drug dependency, Holler said.

The tests found no evidence of drug dependency and indicated Rogers was physically and emotionally healthy, Holler said. Further, the attorneys said it was determined Rogers engaged in only recreational cocaine use and had not taken any habit-forming drugs since January.

"Physicians concluded George will not engage in the use of cocaine or any other habit-forming drug in the future since these drugs are not compatible with his good moral character," Holler said.

"And brief experiments he made with cocaine proved to be a painful personal experience for him."

A protective Saints head coach Bum Phillips told reporters Rogers could not answer any questions about his drug involvement on advice of counsel.

A federal judge last week slapped a gag order on everyone involved in the trial of former Saints running back Mike Strachan, who is accused of selling cocaine to NFL players and others.

Rogers and more than a dozen other Saints players who admitted buying cocaine could be forced to testify in Strachan's trial, which might turn into an expose of drug use in professional sports.

Phillips said he called the news conference to bring a halt to widespread rumors about Rogers and other Saints players before the start of summer training camp in Vero Beach, Fla., next week.

"I think it's important to this football team, to this town and I think it's important to the National Football League," he said. "But more important than that, it's important to a bunch of individuals who have made a mistake. But they haven't made a mistake that cannot be rectified."

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SNEAKER PREVIEW

Shannon Lee, a six-year-old member of the Youth Wing of the Sanford Recreation Department, shows the difference between the old and the new in his foot wear. On Shannon's left foot is his old sneaker. On his right foot is the new Nike tennis shoe which he picked up for winning the Rotten Sneaker contest. Knight's Shoes donated the prize.

Barbeque

Good Eating, Prizes

And Fun Await Sunday

Home-style barbeque, great country western music and an impressive list of door prizes will highlight the Sanford Rotary Club's first annual Barbeque and Country Western Dance scheduled for Saturday at the Sanford Civic Center.

Rotarian Jack Horner said the initial effort by the Rotary Club to sponsor the activity is to make up funds targeted for the organization's annual contribution to local charities that were lost when the annual Sanford Air Show was canceled earlier this year.

"Some years we made as much as \$20,000 for charities and on another occasion we didn't make any money," Horner said.

Tickets for the dinner and dance are \$20 per person and are available from any member of the Sanford Rotary Club or can be purchased at the Greater Sanford Chamber of Commerce.

Horner said the organization is expecting a large turnout and encourages those interested in attending to purchase their tickets as soon as possible.

Saturday's festivities will begin at 5 p.m. with a big barbeque on the outside lawn of the Civic Center. The dance will conclude at 7 p.m. when the crowd will move inside to hear the sounds of one of the nation's top Country Western bands "2 Plus 2."



Merald Photo by Tom Vincent

Larry Strickler (left) and Warren "Pete" Knowles cook up a few ideas about breaking away on a three-day Bahama cruise while going over final plans for Saturday's Sanford Rotary Club Barbeque and Country Western Dance. Strickler is publicity chairman for the charity event while Knowles has switched his city manager's hat for a chef's bonnet in preparation for the fund raiser. The Bahama cruise is just one of several door prizes that will be given away at the Rotary Club's dinner and dance.

Planning Group Members Renamed

Three members of Sanford's Planning and Zoning Commission, whose terms were to expire, have been reappointed to serve another three years by the Sanford City Commission.

Reappointed are J. Q. "Slim" Galloway, current chairman, who has been serving since 1975; Mrs. Sheila Roberts, who has been serving since 1977; and C. B. Franklin, who is completing his 11th year on the advisory body.

The board has a total of nine members who meet twice monthly, on the first and third Thursdays. The other members in addition to the three reappointed are: Jim Barks, Cliff Miller, George M. Willis Jr., John Morris, Frank G. Whigham, and Darryl Grieme.

The board's function is to review and hold public hearings on requests for rezoning in the city. Its decisions are advisory.

The board also considers site plans for commercial and industrial complexes. These decisions are final unless an applicant wishes to appeal to the City Commission.

AREA DEATHS

MRS. DOLORES A. STERLING
Mrs. Dolores A. Sterling, 54, of 403 Columbia Ave., Altamonte Springs, died Monday at Florida Hospital-Altamonte.

Mrs. Sterling was born June 25, 1928, in Dayton, Ohio, and moved to Altamonte Springs from Troy, Ohio, in 1979. She was a homemaker.

Survivors include three daughters, Mrs. Joy Lynn Tasker, of Altamonte Springs, Mrs. Cynthia Ann Kidd, of Dallas, Mrs. Melissa K. Potter, of Nashville, Tenn.; a son, David Lee, Kenner, La.; brothers, Gene Miller, of Michigan, Fred Miller, of Englewood, Ohio, Frank and Mike Miller, both of Dayton; sisters, Mrs. Donna Lewis, Michigan, Mrs. Sandra Overstreet, Atlanta, Ga., Willie Overstreet, Sanford and Arthur Overstreet, Sodas, New York; two grandchildren and three great-grandchildren.

Semoran Funeral Home in Altamonte Springs is in charge of arrangements.

MRS. MARY LEE TIGAR
Mrs. Mary Lee Tigar, 71, of 1112 Locust Ave., Sanford, died Monday at Brookwood Community Hospital, Orlando.

Mrs. Tigar was born Oct. 5, 1910, in Albany, Ga., and was a resident of Sanford for 27 years. She was a homemaker and member of the Church of God of Prophecy.

Survivors include a daughter, Mrs. Helen Sasser, Sanford; three sisters, Mrs. Lillie Banks, Atlanta, Ga., Mrs. Bessie Anderson, Sanford, and Mrs. Laura Mae Smith, Rochester, New York; three brothers, Samuel Overstreet, Atlanta, Ga., Willie Overstreet, Sanford and Arthur Overstreet, Sodas, New York; two grandchildren and three great-grandchildren.

Wilson-Eichelberger Mortuary is in charge of funeral arrangements.

MR. MARCO MORRO
Marco Morro, 85, of 511 Sabal Palm Circle, Altamonte Springs, died Monday at Florida Hospital-Orlando.

Mr. Morro was born Oct. 9, 1895, in Italy and moved to Altamonte Springs from Long Island, N.Y. in 1979. He was a retired construction worker and a member of St. Mary Magdalene Church.

Survivors include his wife, Marie; sons, Michael, of Maitland, Angelo and Thomas, both of Altamonte Springs; Tony, of Fort Lauderdale, Roy, of New Jersey; 11 grandchildren; and one great-grandchild.

Semoran Funeral Home of Altamonte Springs is in charge of arrangements.

REV. THOMAS J. JACKSON
The Rev. Thomas J. Jackson, 86, of 416 Bay Ave., Sanford, died Tuesday at the Ormond Beach Osteopathic Hospital, Ormond Beach.

Mr. Jackson was born Dec. 25, 1895, in Vidalia, Ga., and has been a resident of Sanford for 30 years. He was a retired clergyman who served various churches in Central Florida as a Primitive Baptist Minister.

Survivors include nine children, Thomas E. Jackson, Daytona Beach, Carrie Bell Robinson, Los Angeles, Ernest C. Jackson, Orlando, Daniel R. Jackson, U.S. Army, Germany, Rev. David G. Jackson, Sanford, Paul Jeffrey Jackson, Daytona Beach, Debra Barnsfield, San Antonio, TX, Larry Simmons, DeLand, and Juliette Johnson, San Antonio, TX; 23 grandchildren and 10 great-grandchildren.

MRS. JULIA FORD
Mrs. Julia Ford, 67, of 2566 Pineapple St., Mims, died Sunday at the Titusville Nursing and Convalescent Center.

Mrs. Ford was born Dec. 25, 1914, in Quitman, Ga., and has been a resident of Titusville for 30 years. She was a homemaker and member of the St. John Primitive Baptist Church, Mims.

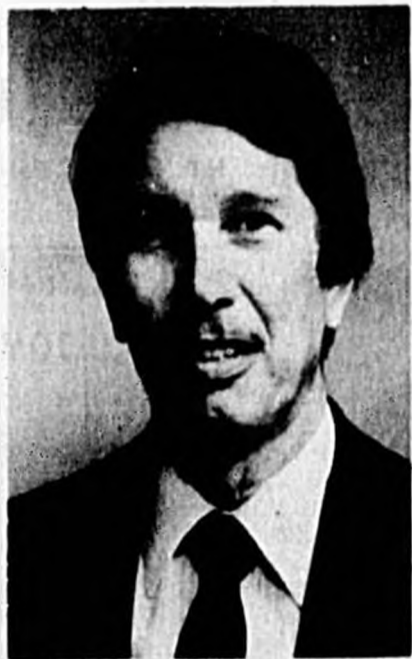
Survivors include her husband, Jake Ford, of Mims; a son, Ernest Bostic, of Mims; her mother; Mrs. Albertha Denson, of Naples; four sisters, Dora Green, Naples, Bennie Lee Starkes, Mims, Temple Blane, Titusville and Alberta Denson, Titusville; five brothers, Ben Denson Jr., Alameda, Calif., Aaron, Jacksonville, Dozier, Lake City, Johnnie, Mims and Richard Denson, Naples; five grandchildren.

Funeral Notices

TIGAR, MRS. MARY LEE — Funeral services for Mrs. Mary Lee Tigar, 71, of 1112 Locust Ave., Sanford, who died Monday, will be held 3:30 p.m. Saturday at the Church of God of Prophecy, 2509 Elm Ave., Sanford, with Elder Lawrence Cook, officiating. Calling hours for friends will be Friday noon until 9 p.m. at the chapel. Burial to follow at Restlawn Cemetery, Wilson-Eichelberger Mortuary in charge.

FORD, MRS. JULIA — Funeral services for Mrs. Julia Ford, 67, of 2566 Pineapple St., Mims, who died Sunday, will be held 11 a.m. Saturday at the St. John Primitive Baptist Church, 3884 Palmetto Ave., Mims, with the Rev. Verdell Fayson, officiating. Calling hours for friends will be Friday noon until 9 p.m. at the chapel. Burial to follow at Memorial Gardens Cemetery, Naples, Florida. Wilson-Eichelberger Mortuary in charge.

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PEOPLE

Evening Herald, Sanford, Fl. Wednesday, July 14, 1982—1B



Diane Nyholm scans through her unique recipe file which she devised from an inexpensive scrapbook.

Herald Photo By Lou Childers

Cook Of The Week

Recipes Are Best When Shared With A Neighbor

By LOU CHILDERS
Herald Correspondent

The aroma of old-fashioned Banana Nut Bread often fills the halls of Diane Nyholm's apartment building at the St. John's Village in Fern Park. Her neighbors say she is famous for her generous nature as she often shares a plate of homemade goodies.

Diane grew up in the town of her birth, Orlando, one of five children born to Mr. and Mrs. Max E. Miller. Diane's father is well-known to many Central Floridians as a band leader-musician and secretary of the Local 389 American Federation of Musicians.

She says, "It is great to have your parents in the same town. I often receive help in preparing a meal through a phone call from my mom. I also enjoy fixing new, simple dishes," she adds, "and am lucky to have a husband who will try whatever I fix."

Diane graduated from Bishop Moore High School in 1966 and worked at the Sun Bank in Orlando until this year. Her sons, Joseph, 8, and Patrick, 6, enjoy weekend visits with their stepbrother, Peter, 6, and the whole family including Diane's husband, Larry, is thrilled about the arrival of Jennifer Marie four months ago.

Diane has a unique way of saving recipes she clips from various sources. She keeps them in an inexpensive photo album.

Her recipe for Chocolate Mousse is ultra-rich — something you would want to serve when you have invited special company.

Diane's Ice Cream Salad and Spring Fruit Salad both seem to be just the perfect way to cool down a meal during the hot Florida summer.

Just in case you have decided to forget the utility bill and have turned on the air conditioner, you might even feel like some experimental baking with a recipe that Diane usually reserves for the Holidays, but sometimes whips up for other special occasions — Cranberry Walnut Pie.

Don't forget. All of Diane's recipes are best when shared with a neighbor.

Add pineapple, fruit cocktail and walnuts. Pour into shallow pan and chill.

SPRING FRUIT SALAD

- 1 can fruit cocktail
- 1 can pineapple chunks
- 1 can mandarin orange pieces
- 1 package instant lemon pudding
- 2 tablespoons lemon juice
- 1 or 2 sliced bananas
- coconut (optional)

Mix fruit cocktail, pineapple and oranges in bowl with juice. Sprinkle with dry pudding mix and lemon juice and stir together. Chill fruit mixture several hours or overnight. Add sliced bananas before serving, and garnish with coconut if desired.

CRANBERRY WALNUT PIE

- 1 1/2 cups corn syrup (light or dark)
- 1/2 cup sugar
- 4 eggs
- 2 tablespoons melted margarine
- 1 cup chopped cranberries
- 1 cup chopped walnuts
- 1 tablespoon grated orange rind

Beat syrup, sugar, eggs and melted margarine. Add chopped cranberries, chopped walnuts and the orange rind. Pour into an unbaked 9-inch pie shell and bake in a 350 degree oven for 1 hour or until almost set in center. Chill before serving.



The average homemaker walks ten miles a day around the house doing chores. She or he walks four miles and spends 25 hours a year making beds.

Peanuts Protein Source For Special Diets

Peanuts and peanut butter are two items that are seen on most any diet, whether you're reducing, diabetic, sodium-

restricted or cholesterol-restricted.

Many weight reduction diets include peanut butter as a protein alternative to meat, fish, eggs, cheese or poultry. Generally, it's recommended that one tablespoon (95 calories) be used as a protein serving for lunch or dinner with two fat servings omitted.

The American Diabetes Association includes peanuts and peanut butter in their guidelines for meal planning. Ten unshelled peanuts are listed as one fat exchange.

A two tablespoon serving of peanut butter is one meat exchange-medium fat meat (two fat exchanges must be omitted). All diabetic diets must be prescribed by a physician and the menu plan should be developed with the assistance of a dietician-nutritionist.

Peanuts naturally have a very low sodium content, only a few milligrams per ounce (a teaspoon of salt contains 2,132 milligrams of sodium). Therefore, peanuts in their shell or dry roasted are appropriate for a sodium-restricted diet. Peanut butter contains 75 milligrams sodium per tablespoon which is relatively low when compared to a medium egg (55 milligrams) or breads (ranging from 120-150 milligrams per slice). For those on a very restricted sodium diet, however, low sodium peanut butter is available.

The advantages of peanut oil are:

- It doesn't transfer flavors — you can fry donuts in the same oil that you fried fish in!
- It's cholesterol-free!
- It's economical. You can use it over and over again!
- It has a high smoke point (the temperature when oil breaks down and starts to smoke). You can cook at higher temperatures with peanut oil and not get smoked out of the kitchen. The higher the temperature, the faster the food cooks.

Results: crispiest coatings, tender interiors, low calories. Peanut oil is most widely used in Oriental cooking and stir-frying. It also can be used for frying, deep-frying, salad dressings, and sauteing.

BANANA NUT BREAD

- 1/2 cup cooking oil
- 1 cup sugar
- 2 eggs, beaten
- 3 ripe bananas, mashed
- 2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 3 tablespoons milk
- 1/2 teaspoon vanilla
- 1/2 to 1 cup chopped nuts

Beat oil and sugar together. Add eggs and banana pulp, beating well. Add sifted dry ingredients, milk and vanilla. Mix well and stir in nuts. Pour into greased and floured loaf pan. Bake for 1 hour in a 350 degree oven. Cool well before cutting.

CHOCOLATE MOUSSE

- 1 stick margarine
 - 1 cup flour
 - 1 cup chopped nuts
 - 1 cup powdered sugar
 - 8 oz. cream cheese
 - Large container of prepared whipped topping
 - 2 regular size chocolate fudge instant pudding mixes
- Mix margarine, flour and nuts. Press into 13 x 9-inch baking pan. Bake for 15 minutes in a 350 degree oven. Cool Crust. Mix powdered sugar, cream cheese and half of the prepared whipped topping and spread over crust. Follow directions on pudding box for "preparing a pie," then spread the pudding over cream cheese layer. Top with remaining whipped topping and chill in refrigerator.

ICE CREAM SALAD

- 1 package lime jello
 - 1 cup boiling water
 - 1 pint vanilla ice cream
 - 1 cup drained pineapple chunks
 - 1 cup drained fruit cocktail
 - 1 cup chopped walnuts
- Dissolve jello in water. Add ice cream and stir until smooth.

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Microwave Magic

It's Blueberry Season; Picking's Easy

A few years ago I discovered that blueberries grow in Florida. Not just ordinary blueberries, either. Big, plump ones that grow on bushes that are anywhere from four to seven feet tall.

The picking is easy. Now is the season.

The farms are to the north of Sanford and Orlando. I usually pick them myself at Longnechers' Farm which is near Waldo on route 301.

Blueberries can be enjoyed year round, fresh picked in season and frozen or canned. The berries will also keep in the refrigerator in tightly covered containers for a month or so.

These microwave recipes for blueberries will become family favorites.

BLUEBERRY PIE

1 microwaved 9 inch pie shell
FILLING:

- 3 cups blueberries, fresh or frozen
- 1/2 cup sugar
- 1/4 cup flour
- 1/2 teaspoon grated lemon peel
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg

TOPPING:

- 1/2 cup rolled oats
- 2 tablespoons butter
- 2 tablespoons brown sugar
- 1/2 teaspoon cinnamon

Mix filling ingredients. Turn into pie shell. Mix topping ingredients with a fork or pastry blender. Sprinkle on top of filling.

Microwave at 100 percent power 5 minutes. Reduce power to 50 percent. Microwave 3 to 11 minutes or until filling is bubbly and thickened.

Midge Mycoff

Home Economist
Seminole Community College



- 1/2 teaspoon vanilla
- 1 teaspoon grated lemon peel
- 1 cup blueberries - fresh or frozen

TOPPING:

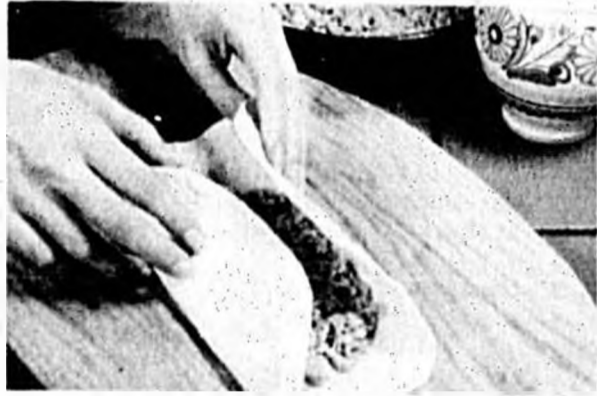
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon

Combine dry ingredients. In another bowl, beat together eggs, buttermilk and oil. Pour liquid mixture into dry mixture, mixing only until particles are moistened. Fold in vanilla, lemon peels and blueberries. Line custard cups or microwave cupcake dish with 2 paper liners. Fill cups half full. Don't over fill. Sprinkle with cinnamon and sugar mixture.

If using custard cups arrange in a ring when microwaving 3 or more muffins at a time.

Microwave at 100 percent power. Rotate muffin after half the time. Remove muffins from cups to wire rack after baking.

MUFFIN BAKING TIME CHART:
1 muffin, 1/2 to 3/4 minutes; 2 muffins 3/4 to 1 1/4 minutes; 4 muffins 1 to 2 minutes; and 6 muffins 1 1/2 to 2 1/2 minutes.



1. FOLD tortilla around shredded and seasoned cooked chicken.



2. FOLD ends of dough under and deep-fry, seam-side down first.



3. TURN and brown on other side. Serve with salsa cruda.

Use Leftover Chicken In Spicy Dish

Mexican cooking and Tex-Mex cooking makes the most of what foods are available. Subtle seasonings such as the use of cumin and garlic make even the blandest of fillings a treat.

Proof of the eating is the use of leftover cooked chicken as a filling for tortillas called chimichangas. These may be eaten with the fingers or with a fork. An added Latin touch is the homemade salsa cruda, to eat with the tortilla dish. Some may want to add chilies or pepper sauce for more spiciness, although most Mexican foods are not "hot" without the added sauces.

Serve with a corn pudding or refried beans and a lettuce salad.

CHIMICHANGAS

- 2 pounds cooked chicken, shredded
- 1/2 cup chopped onion
- 2 medium cloves garlic, minced
- 3 tablespoons salad oil
- 1 can (24 fluid ounces) cocktail vegetable juice
- 1 teaspoon salt
- 1 teaspoon ground cumin seed
- 1/2 teaspoon pepper
- 12 flour tortillas (10 inch)

To make filling, in skillet, brown chicken and cook onion with garlic in oil until tender. Add cocktail vegetable juice and seasonings. Bring to boil; reduce heat. Cook over low heat 15 minutes or until liquid is absorbed. Stir occasionally. To make chimichangas, spoon about 1/4 cup filling in center of each tortilla. Fold left and right sides over filling. Turn over; fold open ends under. In skillet, cook chimichangas seam-side down in 1/2-inch deep fat at 375 degrees until golden brown. Turn; cook until top side is golden brown. Drain on absorbent towels. Serve with Salsa Cruda. This kitchen-tested recipe makes 12 chimichangas, 12 servings.

SALSA CRUDA

- 2 medium tomatoes, chopped
- 2 canned pickled Jalapeno chilies, minced
- 1 small onion, grated
- 1 teaspoon finely chopped coriander leaves or Chinese parsley
- 1 1/2 teaspoons salt

In small bowl, combine all ingredients. This kitchen-tested recipe makes about 2 cups.



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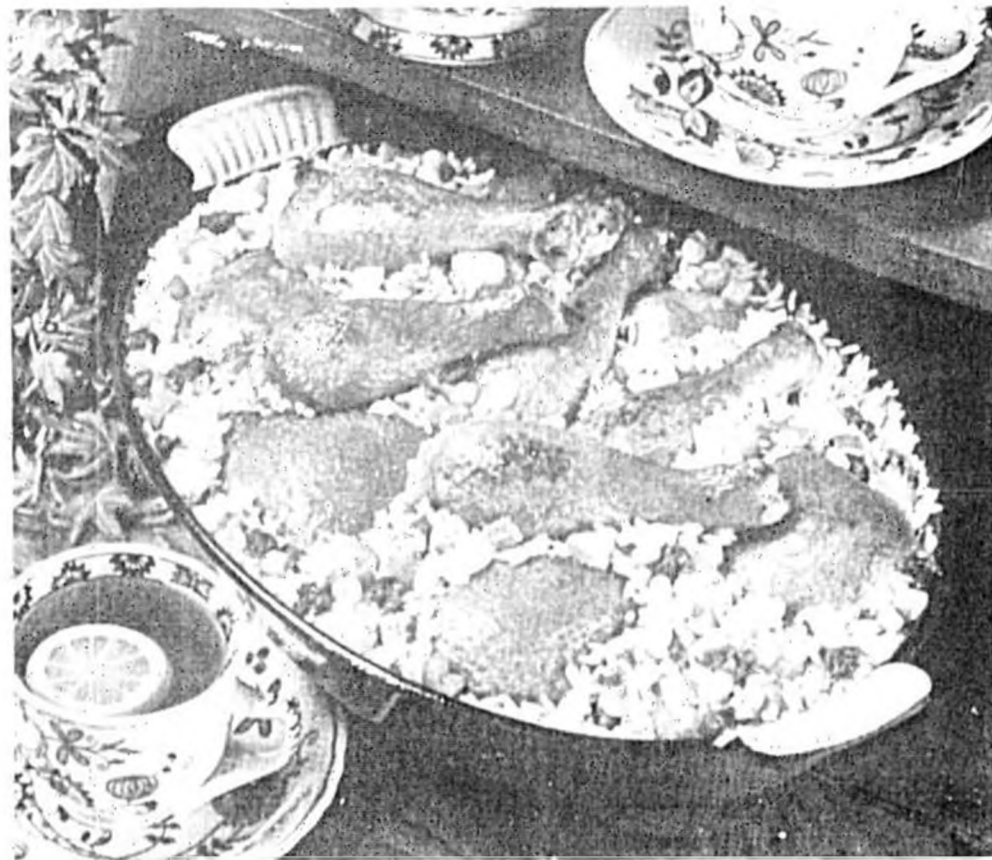
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Delightfully Different Chicken Pie in a rice shell.

Chicken, Rice Tea

Food For Fitness, Feasting

For a change of pace, brighten your mealtime with this compatible trio — chicken, rice and tea.

When versatile chicken is the entree, rice the wholesome accompaniment and tea the refreshing beverage, your menu will not only tempt the most hard-to-please palate but there will be budget and nutritional benefits as well.

Compare these foods with some of the usual alternates. Chicken provides the same complete protein as red meats but fewer calories and more economical.

Carbohydrate — another essential daily nutrient — rice goes well with almost every food, from the most delicate to the highly seasoned. It is one of today's best food buys, costing as little as 4 cents per half-cup serving.

Tea is so low on the calorie scale you can drink all you want without adding unwanted pounds. Served hot or cold, it has a clean, fresh taste that goes with anything. A good quality tea makes the most satisfying beverage.

Eating well to keep fit means being selective. But with chicken, rice and tea, you never sacrifice taste for thrift or good nutrition.

HOMESTEAD CHICKEN AND DRESSING

- 6 broiler-fryer chicken drumsticks
- 6 broiler-fryer chicken thighs
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 3 tablespoons butter or margarine
- 1/4 pound well-seasoned lean pork sausage
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped green pepper
- 1 cup uncooked rice
- 1 can (12 ounces) vacuum packed whole kernel corn
- 2 cups chicken broth

Sprinkle chicken parts with salt and pepper. Melt butter over medium heat in a 10-inch oven proof fry pan. Place drumsticks and thighs in fry pan 6 at a time; brown well on all sides; remove and keep warm. Pour off drippings. Place sausage, onion, celery and pepper in fry pan. Cook, stirring frequently, until sausage is crumbly and vegetables are tender. Pour off drippings. To sausage mixture add rice, corn and broth; bring to boil, stirring thoroughly. Arrange chicken on top of rice mixture. Cover and bake at 350 degrees for 25 minutes or until rice is tender and fork can be inserted in chicken with ease. Liquid should be completely absorbed. Fluff rice with a fork to distribute vegetables. Makes 6 servings.

CHICKEN SALAD...ORIENTAL STYLE

- 1/4 cup soy sauce
 - 1 teaspoon each sugar and prepared mustard
 - 1 tablespoon vegetable oil
 - 2 1/2 cups cooked chicken, cut in thin strips
 - 3 cups cooked rice, cooled
 - 1 cup chopped celery
 - 1/2 cup sliced green onions, including tops
 - 1 can (14 ounces) fancy mixed Chinese vegetables, rinsed and drained
- Blend soy sauce, sugar, mustard, and oil. Pour over chicken and toss lightly. Allow to stand about 1 hour. Stir in remaining ingredients. Chill. Serve on salad greens and garnish with mayonnaise, if desired. Makes 6 servings.

FOUR GOLDEN RULES FOR PERFECT HOT TEA

1. Preheat teapot by rinsing it out with hot water. This helps to keep the tea hot during the brewing.
2. Bring freshly drawn cold tap water to a full rolling boil. Water that has been standing and reheated gives a flat taste.
3. Use 1 teabag or 1 teaspoonful of tea per cup of water (about 5 ounces) and pour the boiling water over the tea.
4. Brew by the clock 3 to 5 minutes. Don't judge the strength of the tea by color...it takes time for the leaves to release their full flavor. If you like tea less strong add hot water after the brewing period.

DELIGHTFULLY DIFFERENT CHICKEN PIE

- 1 broiler-fryer chicken, cooked, boned and chopped (2 1/2 cups)
- 4 tablespoons butter or margarine
- 4 ounces fresh mushrooms, sliced (1 1/4 cup)
- 1/4 cup chopped onion
- 5 tablespoons all-purpose flour
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 cups chicken broth
- 1 can (8 ounces) water chestnuts, drained and sliced
- 1 tablespoon chopped parsley
- 1/2 cup sliced, stuffed green olives, divided
- Rice Shell (recipe follows)

Melt butter in large fry pan. Over medium heat, cook mushrooms and onion for about 5 minutes. Stir in flour, salt and pepper and brown for about 2 minutes. Add broth; cook and stir until thickened. Remove from heat and stir in chicken, water chestnuts and parsley. Cool. Sprinkle 1/4 cup sliced green olives in Rice Shell. Pour in chicken mixture. Sprinkle with remaining olives. Bake at 350 degrees for 40 minutes. Remove from oven and let stand for 10 minutes before slicing. Makes 6 servings.

To prepare in advance. Prepare pie until ready to bake. Wrap and freeze until ready to use. At cooking time, cover with foil and bake at 325 degrees for 30 minutes. Remove cover, increase temperature to 350 degrees and bake 45 minutes more. Remove from oven and let stand 10 minutes before slicing.

RICESHELL:

- 2 tablespoons butter or margarine
- 4 ounces fresh mushrooms, chopped (1 cup)
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 1/2 cups cooked rice
- 2 eggs, beaten
- 1 tablespoon chopped parsley

Melt butter in large fry pan. Add mushrooms, salt and pepper and cook about 5 minutes. Remove from heat and stir in rice, eggs and parsley. Pat into bottom and sides of a buttered 10-inch pie pan.

CARDAMONTEA (MAKES 10 SERVINGS)

- 2 quarts water
 - 12 teabags or 1/4 cup loose tea (See below)
 - 1/2 teaspoon cardamom seeds (remove from white outer shells before measuring)
 - 1/2 teaspoon whole cloves
 - 1/2 cup sugar
 - 2 tablespoons lemon juice
- Bring water to a full rolling boil. Pour over teabags or loose tea and spices. Cover, let stand for 5 minutes.
- To serve hot, strain into chafing dish, teapot or serving container. Stir in sugar and lemon juice.
- To serve cold, strain into a pitcher. Stir in sugar and lemon juice. Let cool. When ready to serve pour into ice-filled glasses.

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SAVE 40¢, MAXWELL HOUSE MASTER BLEND ADC, ELEC-PERK, REGULAR

Coffee

13-oz. bag **\$1.69**

(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

SAVE 34¢, (25¢ OFF LABEL)

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Very Young Early LeSueur Peas 2 17-oz cans \$1

F&P Tomato Sauce 4 8-oz cans \$1

40¢ OFF With This Coupon ONLY

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1-lb. can (Effective July 15 - 21, 1982)

100 Green Stamps

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B. (Effective July 15 - 21, 1982)

50 Green Stamps

32-oz. bottle **Heinz Cider or White Vinegar**

7. (Effective July 15 - 21, 1982)

100 Green Stamps

each **Ekco Pizza Pan**

B. (Effective July 15 - 21, 1982)

100 Green Stamps

1/2 inch, 50-ft. long **Reinforced Garden Hose**

Q. (Effective July 15 - 21, 1982)

100 Green Stamps

covers 2400 square feet **Oscillating Sprinkler**

10. (Effective July 15 - 21, 1982)

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- 3 When you check out, present one filled Super Bonus Certificate for each Super Bonus Special you select.

SUPER BONUS SPECIAL

SUPERBRAND GRADE 'A' LARGE EGGS

DOZ. **19¢**

WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JULY 15-17, 1982

SUPER BONUS SPECIAL

MAXWELL HOUSE COFFEE

1-LB. BAG **\$1.59**

WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JULY 15-17, 1982

SUPER BONUS SPECIAL

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2-LITER BOTTLE **1¢**

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SUPER BONUS SPECIAL

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32-oz. BTL. **59¢**

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JUMBO ROLL **9¢**

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49-oz. BOX **\$1.49**

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HICKORY SWEET SLICED BACON

1-LB. PKG. **99¢**

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PRICES GOOD JULY 15-17, 1982

INTRODUCING THE NEW WIN UP TO \$2,000

double up BINGO

ODDS CHART EFFECTIVE JULY 1, 1982

PRIZE VALUE	NUMBER OF PRIZES	ODDS FOR ONE GAME TICKETS	ODDS FOR 13 GAME TICKETS	ODDS FOR 26 GAME TICKETS
\$2,000	30	1 in 433,333	1 in 33,333	1 in 16,666
1,000	90	1 in 144,444	1 in 11,111	1 in 5,555
500	270	1 in 48,148	1 in 3,733	1 in 1,866
200	1,080	1 in 14,444	1 in 1,111	1 in 556
100	2,700	1 in 4,814	1 in 367	1 in 333
50	5,400	1 in 2,407	1 in 183	1 in 166
20	21,600	1 in 963	1 in 73	1 in 66
10	43,200	1 in 481	1 in 37	1 in 33
5	86,400	1 in 240	1 in 20	1 in 16
2	172,800	1 in 120	1 in 10	1 in 8
TOTAL	134,820	1 in 96	1 in 7.4	1 in 3.7

THE ODDS...
Odds vary depending upon the number of Game Tickets you obtain. The more tickets you collect, the better your chances of winning. Double Up Bingo Series #11112 is being played in 85 participating Winn-Dixie Stores in the following Florida counties: Orange, Seminole, Osceola, Brevard, Volusia, Lake, Citrus, Sumner, Marion, St. Lucie and Indian River. Scheduled termination date of this promotion is September 29, 1982. However Double Up Bingo officially ends when all Game Tickets are distributed.

Thousands of winners have won thousands of dollars playing Double Up Bingo at Winn-Dixie. It could happen to you! Win up to \$2,000. No purchase necessary.

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SAVE 40¢

USDA CHOICE WHOLE UNTRIMMED BONELESS 20-28 LB. AVO. **BOTTOM ROUND**

\$1.89

W-D BRAND USDA CHOICE BEEF BLADE Chuck Roast . . . lb. \$1.79

W-D BRAND 100% PURE IN THE 10-LB. HANDI PACK

SAVE 30¢

GROUND BEEF

\$1.29

HICKORY SMOKED PORK SHOULDER ARM WHOLE Picnic lb. 99¢

U.S.D.A. 'A' GRADE

SAVE 10¢

FRESH MIXED FRYER PARTS

69¢

W-D BRAND REDI-BASTED TURKEY Breast lb. \$1.29

HICKORY SWEET BONELESS SMOKED FULLY COOKED 2-8 LBS.

SAVE 60¢

BUFFET HAM

\$1.99

PINKY PIG FRESH OR SMOKED ECONOMY (CONSIST OF 5 SLADE & 5 SIRLOIN) Pork Chops . . . lb. \$1.59

W-D BRAND USDA CHOICE BEEF BONELESS BOTTOM ROUND ROAST

SAVE 70¢

\$2.19

W-D BRAND USDA CHOICE BEEF RIB E-Z CARVE - FIT FOR A KING RIB Roast lb. \$2.99

Budweiser BEER

SAVE 58¢

6 PACK 12-oz. NRB's **\$2.19**

Limit two 6-pks. to \$3.00 total order.

SAVE 30¢ - LAMBRUSCO, BIANCO OR ROSATO RINITE Wines BTL. \$4.99

Astoria FRUIT COCKTAIL

SAVE 19¢ ON 2

2 16-oz. CANS **\$1.00**

SAVE 10¢ - DIXIE DARLING PRESTIGE RAISIN Bread 16-oz. LOAF 89¢

Coronet Ultra IV

SAVE 30¢

CORONET BATH TISSUE

99¢

4-ROLL PKG.

SAVE 20¢ - TROPICAL LONG GRAIN Rice 3-LB. BAG 69¢

ALL VARIETIES ROYAL GELATIN

SAVE 32¢ ON 4

4 3-oz. PKGS. **\$1.00**

SAVE 34¢ - PRICE BREAKER WHOLE PEELED Tomatoes . . . 3 16-oz. CANS \$1.00

Blue Bay PINK SALMON

SAVE 20¢

15½-oz. CAN **\$1.69**

ALL FLAVORS CHEK Drinks . . . 12 12-oz. CANS \$1.99

HARVEST FRESH NECTARINES

2 LBS. \$1.00

HARVEST FRESH Watermelons . . . EACH \$2.99

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HEAD

HARVEST FRESH Peaches . . . 2 LBS. \$1.00

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SAVE 20¢

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HALF GAL.

SAVE 20¢ - MRS. SMITH'S LEMON MARINGUE OR BOSTON Cream Pie . . . 19-oz. SIZE \$1.79

ASTOR ORANGE JUICE

SAVE 24¢

3 12-oz. SIZE **\$2.29**

BANQUET FRIED Chicken 2-LB. PKG. \$2.79

SUPERBRAND ASSORTED FLAVORS ALL NATURAL YOGURT

SAVE 47¢

3 8-oz. CUPS **\$1.00**

SAVE 10¢ - SUPERBRAND SOUR Cream 16-oz. CUP 99¢

TONIGHT'S TV

WEDNESDAY

- EVENING**
- 6:00**
 (35) ANDY GRIFFITH
 (10) MOVIE "Phantom Thunderbolt" (1933) Ken Maynard. Two small Western towns wage a bitter battle over a railroad line.
- 6:05**
 (17) MY THREE SONS
- 6:30**
 (4) NBC NEWS
 (3) CBS NEWS
 (7) ABC NEWS
 (35) CARTER COUNTRY
- 6:35**
 (17) FATHER KNOWS BEST
- 7:00**
 (4) THE MUPPETS
 (3) P.M. MAGAZINE A look at China's corps of "barbed" doctors, using a computer to match the couples for a high school dance.
 (7) JOKER'S WILD
 (35) THE JEFFERSONS
 (10) MACNEIL / LEHRER REPORT
- 7:05**
 (17) GREEN ACRES
- 7:30**
 (4) ENTERTAINMENT TONIGHT
 (3) YOU ASKED FOR IT
 (7) FAMILY FEUD
 (35) BARNEY MILLER
 (10) DICK CAVETT
- 7:35**
 (17) ANDY GRIFFITH
- 8:00**
 (4) REAL PEOPLE Featured a dude ranch in Wales, Chico, Calif.
- 8:05**
 (17) I KE. THE WAR YEARS Robert Duvall, Lee Remick and Dana Andrews star in this film that follows Eisenhower in England from the tense weeks leading to D-Day through the culmination of the battle that turned the tide of World War II (Part I)
- 8:30**
 (3) ADAMS HOUSE A social scientist is forced to take drastic measures to help an elderly uncle who despises him.
- 9:00**
 (4) THE FACTS OF LIFE
 (3) GOLIATH AWAITS A young scientist (Mark Hamill) discovers a British luxury liner, lost for over 40 years, at the bottom of the sea with 400 people still alive and being ruled by a benevolent dictator (Christopher Lee) (Part I)
 (7) THE FALL GUY Colt searches for a ball-jumping special forces expert (R)

- 9:30**
 (4) LOVE, SIDNEY Sidney agrees to sit in on a seance that Laurie has arranged in their apartment (R)
- 10:00**
 (4) QUINCY
 (7) DYNASTY Alexis confuses Kryslie about trusting Blake, Nick rejects Fallon, and newlyweds Steven and Sammy Jo return home (R)
 (10) GIZMO
- 10:05**
 (17) NEWS
- 10:30**
 (35) INDEPENDENT NETWORK NEWS
- 11:00**
 (4) (3) (7) (3) NEWS
 (35) BENNY HILL
- 11:05**
 (17) ALL IN THE FAMILY
- 11:15**
 (10) POSTSCRIPTS
- 11:30**
 (4) TONIGHT Guest host Joan Rivers. Guests: James Coco, Gary Shandling
 (3) MARY TYLER MOORE
 (7) ABC NEWS NIGHTLINE
 (35) STREETS OF SAN FRANCISCO
- 11:35**
 (17) MOVIE "The High Commissioner" (1968) Rod Taylor, Christopher Plummer
- 12:00**
 (3) MOVIE "The New Maverick" (1978) James Garner, Jack Kelly
 (7) LOVE BOAT Identical twins secretly switch fiances, a ventrilo-

- 7:30**
 (35) SCOOBY DOO
 (10) SESAME STREET (R)
- 7:35**
 (17) I DREAM OF JEANNIE
- 8:00**
 (35) GREAT SPACE COASTER
- 8:05**
 (17) MY THREE SONS
- 8:35**
 (17) THAT GIRL
- 9:00**
 (4) HOUR MAGAZINE
 (5) DONAHUE
 (7) MOVIE
 (35) GEMER PYLE
 (10) SESAME STREET (R)
- 9:05**
 (17) MOVIE
- 9:30**
 (35) KROFFT SUPERSTARS
 (10) MISTER ROGERS
- 9:35**
 (17) ANDY GRIFFITH
- 10:00**
 (4) DIFFERENT STROKES (R)
 (3) RICHARD SIMMONS
 (35) I LOVE LUCY
 (10) MISTER ROGERS TALKS WITH PARENTS ABOUT PETS (MON)
 (10) ELECTRIC COMPANY (R) (TUE-FRI)
- 10:30**
 (4) WHEEL OF FORTUNE
 (3) ALICE (R)
 (35) LEAVE IT TO BEAVER
- 11:00**
 (4) TEXAS
 (3) THE PRICE IS RIGHT
 (7) LOVE BOAT (R)
 (35) 35 LIVE
- 11:05**
 (17) MOVIE
- 11:30**
 (35) INDEPENDENT NETWORK NEWS
- AFTERNOON**
12:00
 (4) TIC TAC DOUGH
 (3) (7) (3) NEWS
 (35) BIG VALLEY
- 12:30**
 (4) NEWS
 (3) THE YOUNG AND THE RESTLESS
 (7) RYAN'S HOPE
- 1:00**
 (4) DAYS OF OUR LIVES
 (7) ALL MY CHILDREN

'Vietnam Requiem' Thursday

NEW YORK (UPI) — Years have passed since the ignominious end of the only war the United States ever lost, but an estimated 800,000 men still are fighting it — living every day in a hell of memory that will not fade away.

Thousands of them fight their ghosts in prison where a condition psychiatrists call "post traumatic stress disorder" eventually sent them. But for five men to be profiled Thursday from 10-11 p.m., EDT, by an ABC News Closeup titled "Vietnam Requiem," juries of their peers called it assault, robbery and rape.

All five came home much-decorated heroes from the blood-soaked jungles of Vietnam, but medals weren't all they brought with them. They brought psychic scars too — alienation, rage, depression and nightmare guilt.

"I shot a family of people," says former Army Sergeant Albert Alan "Peewee" Dobbs, tears glistening in his haunted eyes. "Not for what they did, but because they happened to be in the area where 17 of my friends had been slaughtered."

"Now I see those people just as clearly every night as I did on that day, and they're just as real as I am ... and they watch me at night. If I'm a thousand years old, I'll never forget that day and I'll never forget those faces, and now, when it rains, I can smell death."

One by one, the five men — all serving prison terms ranging from 7½ years to life for a

variety of violent crimes — relive the horror they knew for the ABC cameras.

Their tales of atrocity and death are accented by combat film footage of a slaughter nearly forgotten now by a nation that treated its returning soldiers more like pariahs than heroes.

The five men had a single motive in agreeing to talk to ABC — they wanted the nation to know what another Vietnam war situation is going to do to its youth.

Dobbs — gentle, drowning in despair and painfully articulate — says it most graphically.

HBO will premiere the show at 8 p.m. and for the viewer, it's a refreshing departure from standard television fare.

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FAMOUS RECIPE'S CHICKEN DINNER
 3 pieces of golden brown Famous Recipe Fried Chicken
 Mashed potatoes and gravy
 Creamy cole slaw and two fresh, hot biscuits

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Famous Recipe FRIED CHICKEN

Radio Marti To Beam Broadcasts To Cuba

WASHINGTON (UPI) — A Reagan administration plan to beam radio broadcasts into Cuba is gaining support in Congress and has the approval of two House committees.

The House Energy and Commerce Committee Tuesday voted 23-3 for a bill to authorize establishment of Radio Marti in Florida to operate along the same lines as Radio Free Europe and Radio Liberty, which broadcast to Eastern Europe and the Soviet Union.

The House Foreign Affairs Committee earlier approved a similar bill, 20-5.

Before voting to send the bill to the House floor, the Energy and Commerce Committee turned down a bid to let the Federal Communications Committee decide what frequency Radio Marti may use in the effort to reach the Cuban people.

The sponsor, Rep. Timothy Wirth, D-Colo., said FCC jurisdiction was needed to protect domestic broadcasters, who fear Cuban broadcasts intended to drown out Radio Marti would interfere with U.S. AM stations.

But the committee voted 24-18 instead for an amendment by Rep. Matthew Rinaldo, R-N.J., to let the administration decide what frequency will be used by the government-sponsored station.

The bill approved by the Foreign Affairs Committee also went along with the administration plan to let Radio Marti broadcast on the AM band.

Both versions would give the National Telecommunications and Information Administration, a Commerce Department agency, responsibility for assigning a frequency to Radio Marti.

Just before approving the bill, the panel agreed 12-11 to an amendment by Rep. Al Swift, D-Wash., to let the FCC set guidelines for compensating U.S. stations for losses suffered due to Cuban interference.

The bill approved by the Foreign Affairs Committee would let the Board for International Broadcasting settle claims by domestic broadcasters.

Wirth said his amendment, approved earlier by a subcommittee, was intended only to let domestic broadcasters be heard on their concerns.

But Rinaldo said its approval would make Radio Marti "totally ineffective" because the FCC probably would force it to broadcast on shortwave rather than the AM band.

Cubans listen only to AM frequencies and, in fact, are forbidden to listen to shortwave broadcasts, Rinaldo said.

Wirth argued that Radio Marti's use of the 1040 kilohertz wavelength, for instance, would lead Cuba to retaliate by broadcasting on the same frequency at five times the maximum power U.S. commercial stations are allowed to use.

Such broadcasts would, for example, interfere with station WHO in Iowa, Wirth said.

"Ironically," he said, "that is President Reagan's former station."

Reagan worked for WHO in the 1930s.

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HEAVY DUTY DRYER
 • Time cycle up to 140 minutes
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 • Easy to see - easy to clean

LARGE CAPACITY WASHER
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 • Durable Tuff-Tub™ interior with 3-way sound control
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COUNTERTOP MICROWAVE OVEN
 • Easy-to-use controls for time cooking and defrosting
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30" ELECTRIC RANGE
 • P-7™ self-cleaning oven system
 • Automatic oven timer, clock and minute timer
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NOW ONLY \$558

NO-FROST FOOD SAVER REFRIGERATOR
 • 15 cu. ft. with 4.58 cu. ft. freezer
 • 2 vegetable/fruit pans
 • Energy saver switch

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 Turkey Legs 48¢ lb.
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 Cookin' Good **CHICKEN WINGS 69¢ lb.** **CHICKEN BACKS 5 lbs. \$1**

(In Parts) One Whole **Chicken 49¢ lb.**
 Pork **Chitterlings 10 lbs. \$4.99**
 U.S.D.A. **Hamburger 1.49 lb.**

Fresh Pigs Feet or **Neck Bones 48¢ lb.**
 U.S.D.A. Choice Meaty **Ox Tail 99¢ lb.**
 Grade "A" **Beef Liver 69¢ lb.**
 Lykes Smoked Picnic **Shoulders 99¢ lb.**

Grade "A" Assorted Pork Chops \$1.29 lb.
 U.S.D.A. Choice **Chuck Roast \$1.69 lb.**
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 Chuck **Steaks \$1.79 lb.**

Produce
 California Iceberg Lettuce head 59¢
 Golden Rippe Bananas 3 lbs. \$1.00
 Sweet Potatoes 3 lbs. \$1.00
 10 Lb. Bag U.S. No. 1 White Potatoes \$1.99
 Yellow Onions 3 lbs. 99¢
 Fresh Florida Yellow Corn 4 For 89¢

Dairy Foods
 Dutch Holland **ICE CREAM \$1.49** Asst. Flavor 1/2 gal.
 Heritage Cola, Grape, Rootbeer, Strawberry, Orange **CAN SODAS 6/\$1.00 or \$3.99 case**

Other Grocery Specials
CHASE & SANBORN COFFEE 99¢
 1 lb. bag with \$10 Food Order
 Jiffy Corn Muffin Mix 4 8 1/2 oz. pkg. \$1.00
 Zarnmix All Vegetable Shortening 3 lb. 99¢ with \$10 Order
 Giant Size Purux \$1.39
 Heritage Sugar 1 lb. bag 99¢
 Monogram Enriched With \$10 Food Order Rice 3 lb. bag 99¢

PARKAY MARGARINE 39¢
 Clairol Final Net 99¢

PRICES GOOD THRU 7-21-82

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FOOD STAMPS WELCOME We Reserve the Right To Limit Quantities
QUALITY! SERVICE! SAVINGS!

TAKE A FLORIDA ORANGE JUICE BREAK

Make Sauce From Fresh Tomatoes

Keeping ahead of the fresh tomato crop is made easier for home gardeners. Make fresh sauces for pasta easily. You may want to make several batches of the tomato sauce to freeze. Remember to leave at least 1/2-inch air space when filling a container for freezing. Date containers, putting latest batch at the back as you store them.

SPAGHETTI WITH FRESH TOMATO SAUCE:
 1/4 pound bacon, diced
 1 medium onion, chopped

1 1/2 pounds tomatoes peeled and diced
 one-third cup chicken bouillon or dry vermouth
 1 1/4 teaspoons salt
 1/2 teaspoon basil leaves
 1/4 teaspoon pepper
 8 ounces spaghetti
 1 tablespoon salt
 3 quarts boiling water
 Freshly grated Parmesan cheese

In large skillet, fry bacon 2 minutes; add onion and saute until bacon and onion are lightly browned. Mix in tomatoes, bouillon, 1 1/4 teaspoons salt, basil and pepper. Simmer covered 20 minutes, stirring occasionally.
 Meanwhile, gradually add spaghetti and 1 tablespoon salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander. Serve with tomato sauce and cheese. This kitchen-tested recipe makes 4 servings.

Can Tasty Fruit

Summer is an ideal time to can special fruit jams, marmalades and preserves, and for eating peach, pear and pineapple treats now or putting them away for Christmas giving.

With most space at a premium, it is helpful to make smaller quantities of fresh fruit delicacies at a time. These are relatively quick versions for canning, making it easier for the home canner to prepare many batches for canning as the season progresses.

QUICK STRAWBERRY PRESERVES
 2 pints strawberries, stemmed and washed
 7 cups sugar (3 pounds)
 1/4 cup lemon juice
 3 ounces liquid pectin (1/2 of a 6-ounce bottle)

Measure 5 cups whole, ripe berries (a packed measurement, but without crushing). Layer in broad, heavy pan with sugar. Let stand 10 minutes. Bring slowly to boil, stirring gently to keep fruit whole. Remove from heat. Cool at room temperature 4 hours. Add lemon juice. Bring mixture to full rolling boil over high heat; boil hard 2 minutes, stirring gently. Remove from heat; at once, stir in liquid pectin. Skim off foam with metal spoon and stir for 10 minutes, to prevent floating fruit. Ladle into sterilized jars. Seal, or cover at once with hot paraffin. This kitchen-tested recipe makes 7 cups.

(NOTE: All preserves need to be stored about two weeks before eating to reach perfect consistency.)

QUICK STRAWBERRY MARMALADE
 2 pints strawberries, washed and stemmed
 1 cup orange marmalade
 2 tablespoons lemon juice

In blender, whirl berries with orange marmalade until smooth. Pour into heavy pan. Add lemon juice. Bring to boil, stirring. Then cook over medium heat 15 minutes, stirring occasionally, until mixture thickens slightly. Pour into sterilized jars and seal, or use at once. This kitchen-tested recipe makes 1 pint.

ORANGE LEMON MARMALADE
 1 1/2 quarts water
 3 cups thinly sliced orange peel (about 4 large oranges)
 3 1/2 cups chopped orange pulp (about 4 large oranges)
 3 1/2 cups thinly sliced lemon (about 4 large lemons)

Sugar, about 5 1/2 cups
 Combine water, fruit and peel in a medium (4 to 6 quart) saucepot; simmer 5 minutes. Remove from heat. Cover; let stand 12 to 18 hours in a cool place. Then, cook rapidly until peel is tender, about 45 minutes.

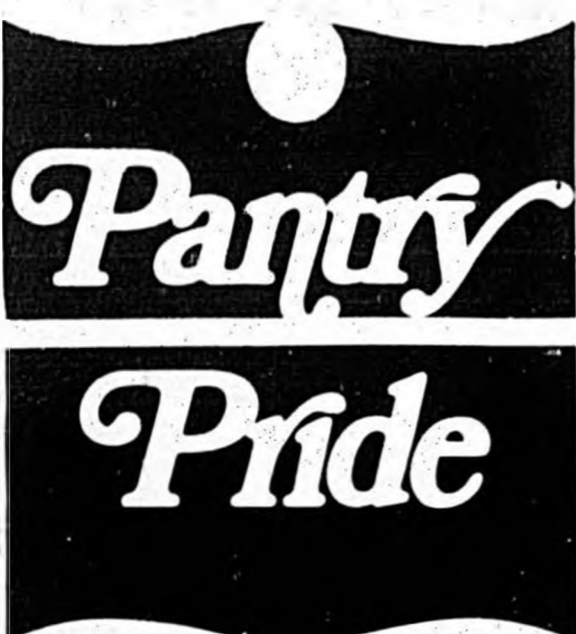
Prepare home canning jars and lids according to manufacturer's instructions. Measure fruit and liquid. Add 1 cup sugar for each cup fruit mixture. Bring slowly to boiling, stirring until sugar dissolves. Cook rapidly to jelling point (220 degrees F.), about 15 minutes, stirring frequently. Pour, hot, into hot jars, leaving 1/4-inch head space. Adjust caps.

Process 10 minutes in boiling water bath canner. This kitchen-tested recipe makes about six 8-ounce jars.

SPICED PEACH JAM
 4 pounds ripe peaches (about 8 cups chopped)
 4 cups sugar
 2-3rd cup lemon juice
 1 cinnamon stick
 5 whole cloves
 1 piece vanilla bean (about 4 inches)

1/4 cup Scotch
 Peel peaches by immersing in boiling water for 30 seconds. Slip knife under skin and remove all skin. Remove core and coarsely chop. In large, heavy saucepan, combine peaches, sugar and lemon juice. Place cinnamon,

See CAN, Page 7B



PRICES EFFECTIVE WED., JULY 14 THRU TUES., JULY 20, 1982.

PANTRY PRIDE
MAYONNAISE
 32oz JAR
89¢
 SAVE 20¢

You Can't Buy Why Pay

RED RIPE CUT
WATERMELON
10¢ LB
 SAVE 9¢ PER LB

SWEET
CALIFORNIA NECTARINES
49¢ LB
 SAVE 10¢ PER LB

SWEET
JUICY PEACHES
39¢ LB
 SAVE 10¢ PER LB

FRESH
GREEN CABBAGE
19¢ LB
 SAVE 6¢ PER LB

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 LARGE HEADS
2/89¢
 SAVE 20¢

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

3oz PKG. PORK, SHRIMP, CHICKEN, BEEF OR MUSHROOM - RAMEN PRIDE
Sanwa Noodles 5/11 12¢

20 COUNT PLASTIC - 16oz
Solo Cups 79¢ 20¢

2oz. COARSE OR FINE
Mr. Pepper 149¢ 10¢

PANTRY PRIDE - 32oz MEATLESS OR MARINARA
Spaghetti Sauce 129¢ 10¢

FINE TASTE - 2 LB STRAWBERRY
Preserves 219¢ 10¢

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

PANTRY PRIDE - 16oz
Sweet Peas 38¢ 10¢

LUCKY LEAF - 48oz REGULAR OR NATURAL
Apple Sauce 119¢ 10¢

THREE DIAMOND - 20oz CHUNK, CRUSHED OR SUCED
Pineapple (IN JUICE) 59¢ 10¢

PANTRY PRIDE - 28oz
Apple Butter 99¢ 10¢

PANTRY PRIDE - 1 GALLON
White Vinegar 179¢ 10¢

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

BUITONI - 14oz
Macaroni & Beef 2/11 18¢

16oz
Carpet Scent 99¢ 20¢

JIM DANDY - 25 LB
Dog Ration 599¢ 11¢

8oz - FRENCH ITALIAN OR 1000 ISLE
Kraft Dressings 69¢ 20¢

85 SQUARE FEET - PRINT OR ASSORTED
Gala Towels 69¢ 20¢

COMPARE PRODUCE EVERYDAY LOW PRICE SAVE

FRESH - GREEN
Cukes 6/11 18¢

NEW CROP
Boiling Peanuts 59¢ 10¢

1 LB TRAY - FRESH FLA
Mushrooms 169¢ 10¢

ALL PURPOSE
Yellow Onions 19¢ 10¢

GENERIC - 16oz JAR
Peanuts (DRY ROASTED) 139¢ 30¢

SUNSHINE CHEEZ-IT CRACKERS
69¢
 10oz BOX
 SAVE 20¢

WHITEHOUSE APPLE JUICE
139¢
 64oz JAR
 SAVE 30¢

LIBBY VEGETABLES
 16oz PEAS, CREAM STYLE CORN, WHOLE KERNEL CORN, 15.5oz GREEN BEANS CUT OR FRENCH
2/89¢
 SAVE 18¢

CARLING BLACK LABEL BEER
 REGULAR OR LIGHT
299¢
 12 PACK 12oz CAN

GENERIC BAR-B-QUE SAUCE 18oz **59¢** NATIONAL BRAND PRICE 99¢

GENERIC DRESSINGS FRENCH, ITALIAN OR 1000 ISLAND 16oz **89¢** NATIONAL BRAND PRICE \$1.54

VLASIC HAMBURGER or HOT DOG RELISH 10 3/4 JAR **59¢** SAVE 10¢

STERLING SOLAR SALT 40 LBS **199¢** SAVE 20¢

PANTRY PRIDE BLACK PEPPER 4oz **79¢** SAVE 10¢

PANTRY PRIDE BUCKET OLIVES 5.75oz **79¢** SAVE 10¢

BLUE NUN WINE 750 ML **399¢** SAVE 50¢

FRANZIA WINES 3 LITER **499¢** SAVE \$1.30

COMPARE GROCERY EVERYDAY LOW PRICE NATIONAL BRAND PRICE SAVE

GENERIC - 2 LB
Hamburger Chips 95¢ 11¢

GENERIC - 32oz MEAT OR MEATLESS
Mushroom Sauce 97¢ 11¢

GENERIC - 32oz
Mustard 59¢ 98¢

GENERIC - 18oz SMOOTH
Peanut Butter 119¢ 11¢

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

20.5oz - WITH HORSE RADISH
Plochman's Mustard 69¢ 10¢

PANTRY PRIDE - 2 LITER
Sodas 79¢ 10¢

PANTRY PRIDE - 100 COUNT
Tea Bags 129¢ 10¢

OLD DUTCH - 8oz SWEET & SOUR
Dressing 69¢ 14¢

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

8oz - PLASTIC BTLS - FRUIT FLAVORED DRINKS
Mr. Juicy 6/11 18¢

LESUEUR - 6oz WHOLE
Mushrooms 99¢ 60¢

84oz - WITH SPRAYER
Rid-A-Bug 499¢ 11¢

CONTADINA - 15oz
Tomato Sauce 2/89¢ 17¢

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

1 LB CAN
Coffee CHOCK FULL OF NUTS **233¢** 17¢

JIM DANDY - 24oz
Quik Grits 2/11 50¢

84oz - HOME INSECT
Raid Killer 719¢ 50¢

1 LB - CONVERTED
Uncle Bens Rice 79¢ 18¢

10¢ OFF J.R. 423 823

NABISCO FIG NEWTONS, GRAHAMS OR HONEY GRAHAMS 18oz
 WITH THIS COUPON GOOD THRU WED., JULY 21, 1982.

10¢ OFF J.R. 421 821

GOLD MEDAL FLOUR PLAIN OR SELF RISING 5 LB BAG
 WITH THIS COUPON GOOD THRU WED., JULY 21, 1982.

25¢ OFF J.R. 422 822

RICH & CREAMY ICE CREAM HALF GALLON
 WITH THIS COUPON GOOD THRU WED., JULY 21, 1982.

SAVE 20¢ CASH J.R. 422 822

PEPSI COLA, DIET PEPSI, PEPSI LIGHT OR MOUNTAIN DEW 8 PACK - 18oz BTL
 YOU PAY \$1.19 WITH COUPON. LIMIT ONE PER COUPON. GOOD THRU WED., JULY 21, 1982. PLUS DEPOSIT.

Lemon Adds Zest To Noodle Dish

The tanginess of lemon enhances the flavor of this simple delicious meatless casserole. Attractive bow-tie noodles are cooked in water seasoned with lemon juice and a bay leaf.

NOODLE-OLIVE CASSEROLE
 1½ cups pitted California ripe olives
 2 quarts water
 2½ teaspoons salt
 1 small bay leaf

1 tablespoon lemon juice
 1 (10 ounce) package bow-tie noodles
 2 tablespoons butter or butter or margarine
 ½ teaspoon grated lemon peel
 1 pint large curd cottage cheese
 ½ pint dairy sour cream
 1 cup grated Jack or Muenster cheese
 Preheat oven to 350 degrees F. Drain and coarsely chop olives. Bring water, 2 teaspoons salt, bay leaf and lemon juice

to boiling. Drop noodles in and cook just until tender about 15 minutes. Drain well and combine with butter and lemon peel. Combine cottage cheese, sour cream, grated cheese, chopped olives and remaining ½ teaspoon salt. Layer half the noodles in butter 10x5x2-inch baking dish. Cover with half the cheese-olive mixture. Repeat both layers. Bake in a preheated oven for about 25 minutes. Makes 6 servings.

Better, So More?



Can For Gifts

Con'd From Page 6B

cloves and vanilla bean in square of cheesecloth. Tie and add to peach mixture. Bring mixture to boil over medium heat, stirring often. Simmer 45 minutes, stirring frequently, or until syrup is as thick as honey. Remove from heat and stir in Scotch. Pack into 5 half-pint sterilized jars, leaving ½-inch head space. Seal and process by placing jars on wire rack in large, heavy saucepan. Cover with boiling water to cover jar by 2 inches. Boil for 10 minutes in steady rolling boil. Remove from water and let stand at room temperature for 12 hours. Tighten jars and store until ready to use. This kitchen-tested recipe makes 5 pints jam.

PEARS IN CREME DE MENTHE

7 pounds pears
 Soaking solution:
 8 cups water
 1 tablespoon salt
 1 tablespoon vinegar or commercial ascorbic acid mixture
 4 cups water
 ½ cup sugar
 ½ cup creme de menthe
 Prepare home canning jars and lids according to manufacturer's instructions. Peel pears, cut into halves and core. Place in soaking solution to prevent darkening. Rinse and drain. Cook the pears in water, a layer at a time, until just tender, about 5 minutes. Drain and pack pears into hot jars, leaving ½-inch head space. Heat water and sugar to make syrup. Remove syrup from heat; stir in sugar, creme de menthe. Carefully ladle over pears, leaving ½-inch head space. Remove air bubbles with a non-metallic spatula. Adjust caps.

Process 20 minutes in boiling water bath canner. This kitchen-tested recipe makes about 5 pint jars.

PEACHES IN AMARETTO

10 pounds peaches
 Soaking solution:
 8 cups water,
 1 tablespoon salt,
 1 tablespoon vinegar or commercial ascorbic acid mixture
 3 cups water
 2 cups sugar
 ½ cup Amaretto
 Prepare home canning jars and lids according to manufacturer's instructions. Peel peaches; cut into halves and remove pits. Place halves in soaking solution to prevent darkening. Rinse and drain. Cook a few peaches at a time in water until heated through. Drain and pack into hot jars, leaving ½-inch head space. Cook water and sugar until sugar dissolves. Carefully ladle over peaches, leaving ¾-inch head space. Add 2 tablespoons Amaretto to each quart jar, leaving ½-inch head space. Remove air bubbles with a non-metallic spatula. Adjust caps.

Process 25 minutes in boiling water bath canner. This kitchen-tested recipe makes about 4 quart jars.

PINEAPPLE IN CHABLIS

6 cups pineapple spears (about 2 medium pineapple)
 2 cups Chablis
 2 cups sugar
 1 cup water
 Prepare home canning jars and lids according to manufacturer's instructions. Summer pineapple in water to cover until heated through. Combine Chablis, sugar and water; simmer over medium-low heat until sugar dissolves. Remove from heat. Drain and pack pineapple into hot jars, leaving ¼-inch head space. Carefully ladle syrup over pineapple, leaving ¼-inch head space. Remove air bubbles with a non-metallic spatula. Adjust caps. Process 15 minutes in boiling water bath canner. This kitchen-tested recipe makes about 4 pint jars.

LOTS OF CHICKEN
 FRESH FLA. OR GA. PREMIUM GRADE MIXED FRYER PARTS

BONUS BUY
OVER 5 LBS
49¢ LB
 SAVE 20¢ PER LB

GREAT GROUND BEEF PATTIE MIX
BONUS BUY
OVER 3 LBS
99¢ LB
 SAVE 40¢ PER LB
BONELESS BEEF UNDERBLADE CALIFORNIA ROASTS
BONUS BUY
OVER 3 LBS
\$1.89 LB
 SAVE \$1.00 PER LB
 CHOICE BEEF

MARKET STYLE SLICED BACON
BONUS BUY
OVER 3 LBS
\$1.39 LB
 SAVE 40¢ PER LB
SLICED QUARTER PORK LOIN
BONUS BUY
OVER 3 LBS
\$1.69 LB
 SAVE 30¢ PER LB

BONELESS CHUCK ROAST

BONUS BUY
\$1.69 LB
 SAVE 90¢ PER LB
 CHOICE BEEF

PRICES EFFECTIVE WED., JULY 14 THRU TUES., JULY 20, 1982.

COMPARE DAIRY CHECK THESE PRICES SAVE
 PANTRY PRIDE- HALF GAL. CTN. CHILLED IN THE DAIRY CASE
Orange Juice . . \$1.19 40'
 KRAFT- 8oz PKG. SOFT PHILADELPHIA
Cream Cheese . 99¢ 20'
 MRS. FILBERTS- 1 LB PKG. GOLDEN QUARTERS
Margarine . . . 49¢ 20'
 COOPER COUNTRY- 12oz PKG. CHEESE PRODUCT
Singles (SLICED) . . \$1.19 40'
 AXELROD'S- 2 LB CUP ALL VARIETIES
Cottage Cheese . \$1.79 20'

FAMILY SIZE PACKAGES
OVER 5 LBS- FLORIDA OR SHIPPED- PREMIUM GRADE
Fryer Quarter Legs \$5.99 20'
OVER 3 LBS- FRESH FLA. OR GA. PREMIUM GRADE- BREAST WITH RIBS, THIGHS & DRUMSTICKS- PICK O' THE CHICK
Fryer Combination Pkg. . . \$1.19 20'
OVER 3 LBS- U.S.D.A. CHOICE UNDERBLADE
Boneless California Steak . \$1.99 11"
OVER 3 LBS- U.S.D.A. CHOICE BEEF
Boneless Cubed Steak . \$2.99 30'

COMPARE DELI CHECK THESE PRICES SAVE
 FINE TASTE- 1 LB PKG
Bologna (SUCCED) . . \$1.69 30'
 PANTRY PRIDE- 24oz PKG. MEAT OR BEEF
Grill Franks . . . \$2.49 40'
 CAROLINA PRIDE- 1 LB ROLL
Roll Sausage . . . \$1.19 30'
 SUNNYLAND- 1 LB PKG. HOT OR MILD
Smoked Sausage \$1.99 20'
 LAND O' FROST- 8oz PKG. ASSORTED
Chipped Meats . \$1.29 50'

VLASIC KOSHER DILLS

EVERYDAY LOW PRICE
\$1.29
 46oz JAR
 SAVE 50'

PANTRY PRIDE POTATO CHIPS
 7.5oz DIP CHIPS or 8oz REGULAR

EVERYDAY LOW PRICE
79¢
 TWIN PACK
 SAVE 20'

PANTRY PRIDE POWDER DRINK MIXES
 GRAPE, LEMONADE, ORANGE OR TROPICAL PUNCH

EVERYDAY LOW PRICE
\$1.19
 24oz
 SAVE 6'

BUFFET STYLE SLICED HAM
 IN THE DELI-BAKERY STORES ONLY

BONUS BUY
\$1.49
 HALF POUND
 SAVE 30¢ PER LB

PACKER LABEL WHITE PLATES
 SAVE 20' 100 COUNT

89¢
PANTRY PRIDE PULLMAN or BUTTERMILK BREAD
 SAVE 30' 24oz LOAVES
2/\$1

FAB LAUNDRY DETERGENT
 49oz

\$2.01
 20' OFF LABEL
BANQUET BUFFET SUPPERS
 SAUBURY, TURKEY, CHICKEN & DUMPLINGS

SAVE 60' 2 LB FROZEN
\$1.39

FRESH START LAUNDRY DETERGENT
 34.5oz

\$3.33
 35' OFF LABEL
CLOSE-UP TOOTH PASTE
 4.8oz

SAVE 50' 15' OFF LABEL
99¢

COUNTRY PRIDE FRIED CHICKEN DINNER
 SERVED WITH 2 VEGETABLES & A ROLL
 HOT TO GO

SAVE 20' IN THE DELI-BAKERY STORES ONLY
\$1.79
LIGHT FLUFFY CHOCOLATE CREAM CAKE
 3 LAYER

SAVE \$1.00 IN THE DELI-BAKERY STORES ONLY
\$2.99

COMPARE BAKERY EVERYDAY LOW PRICE SAVE
 PANTRY PRIDE- 16oz
Bread (PULL-A-PART) 2/\$1.69 10'
 AUNT HANNAH- 20oz
Angel Food Ring \$1.59 20'
 GOLDEN TOP- 20oz
Apple Pie . . . \$1.29 18'
 COUNTRY SOUVRE- 12oz
Bread (BAR-B-QUE) 2/89¢ 10'

COMPARE FROZEN EVERYDAY LOW PRICE SAVE
 PANTRY PRIDE- 2 LB FROZEN CRINKLE CUT
French Fries . . 79¢ 40'
 DOWNYFLAKE- 12oz FROZEN HOMEMADE OR BUTTERMILK
Waffles 69¢ 20'
 PANTRY PRIDE- 16oz FROZEN
Topping (WHIPPED) . 99¢ 20'
 PANTRY PRIDE- 6oz FROZEN LIMEADE, REGULAR OR PINK
Lemonade . . . 4/1 25'

COMPARE HAIR CARE EVERYDAY LOW PRICE SAVE
 24oz- 40' OFF LABEL
Signal MOUTHWASH . \$1.89 11"
 ADULT SIZE- HARD, MEDIUM OR SOFT TOOTHBRUSH
Pepsodent . . . 2/\$1 40'
 2oz- XX REGULAR OR UNSCENTED- SOUD
Arid ANTI-PERSPIRANT \$1.39 80'
 18oz- SHAMPOOS OR
Suave CONDITIONERS 99¢ 50'

COMPARE PREPARED FOODS EVERYDAY LOW PRICE SAVE
 HALF LB- OLD FASHION
Bologna (GERMAN STYLE) 99¢ 30'
 1 LB- CREAMY
Cole Slaw 89¢ 10'
 HOT- REDD TO EAT
Corn Dogs . . 2/79¢ 11'
 1 LB- FRESH BAKED PUMPERNICKEL OR
Rye Bread 79¢ 20'

10¢ OFF J.R. 424 624
MASTER BLEND COFFEE
 REGULAR, A.D.C. OR E.P.
 13oz BAG
 WITH THIS COUPON GOOD THRU WED., JULY 21, 1982.

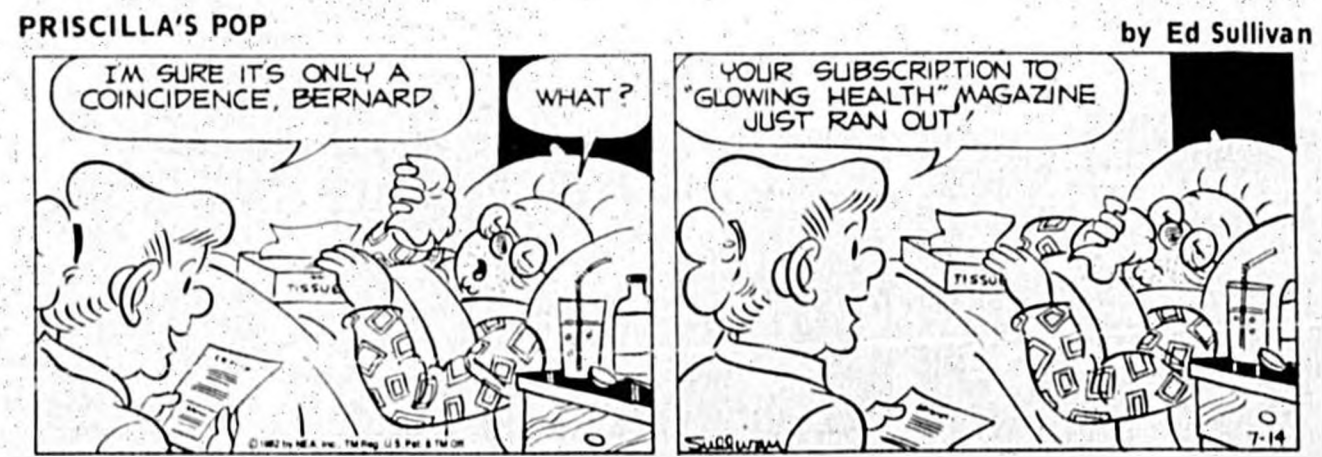
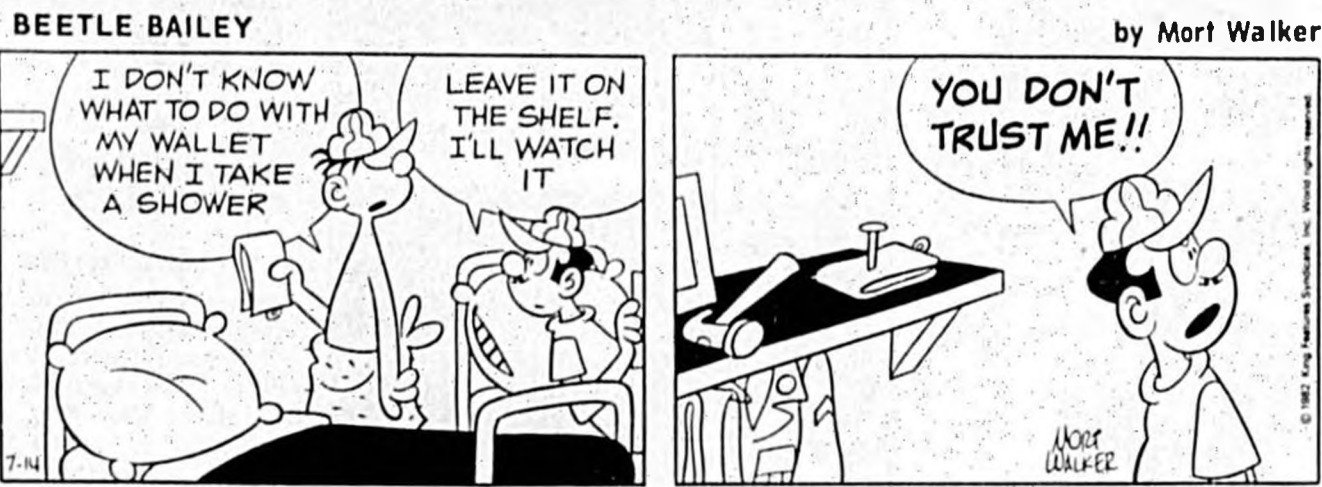
20¢ OFF J.R. 425 625
REYNOLD'S HEAVY DUTY ALUMINUM FOIL
 37.5 SQUARE FEET
 WITH THIS COUPON GOOD THRU WED., JULY 21, 1982.

ROYAL INSTANT PUDDING
 PISTACHIO, CHOCOLATE OR VANILLA

EVERYDAY LOW PRICE
2/\$1
 6oz PKG.
 SAVE 10'

RONZONI CAPELLINI THIN SPAGHETTI, ZITI OR REGULAR SPAGHETTI

EVERYDAY LOW PRICE
79¢
 16oz BOX
 SAVE 8'



ACROSS

- Hierology
- Master
- Muzzle
- Moon
- goddess
- Atop
- Salutation
- Tin-copper utensils
- Stone
- Poetic contraction
- In case not
- Two quartets
- One time only
- Lawman
- Dense row of shrubs
- Motoring association
- Empty
- Evening in Italy
- Piece of candy
- Incurious
- Preclude
- Spaces
- Veranda
- Year
- Made public

DOWN

- Law degree (abbr.)
- Belonging to us
- Genetic material
- Religious holiday
- Weather features
- Eggs
- TV repeat show
- Soak
- Security
- Bird class
- Precious stones
- Take part (2 wds)
- Residue
- Japanese port
- Furniture item
- Pester
- Recently
- Clothing substance
- Exclude
- Elegance
- Having
- ancles
- Fabrication
- Indian garment
- Deplete
- Brown pigment
- Raucous
- Engine sound
- Mormon State
- Sneer
- Skinny
- Boy (Sp)
- Mother
- In excess
- Eight (prefix)
- Greek letter

Answer to Previous Puzzle

12 DUPE
13 DUNE
14 VITA
15 VERA
16 VERA
17 VERA
18 VERA
19 VERA
20 VERA
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55 VERA
56 VERA

HOROSCOPE

By BERNICE BEDE OSOL

For Thursday, July 15, 1982

YOUR BIRTHDAY
July 15, 1982
Involvements this coming year with clubs or large organizations should work out very well for you. The contacts you make will be most helpful in other areas.

CANCER (June 21-July 22)
A solution can be found today to change something for the better which, up until now, looked rather discouraging. The idea was in front of you all the time.

AQUARIUS (Jan. 20-Feb. 19)
You are especially equipped today to handle things requiring imagination and an artistic touch. What you can achieve will be pleasing to you, as well as to others.

ARIES (March 21-April 19)
Little things have extra significance today, especially if they relate to your material affairs. Keep an eye on the pennies and they'll add up to dollars.

TAURUS (April 20-May 20)
Your ideas for improving your position in life will have merit today. Talk them over with people who can help you translate them into something worthwhile.

GEMINI (May 21-June 20)
Conditions look quite beneficial today, and you should be both lucky in love and fortunate where money is concerned. Press forward.

LEO (July 23-Aug. 22)
You should be rather fortunate today in fulfilling your ambitions and desires, provided what you hope to achieve will benefit others as well as yourself.

VIRGO (Aug. 23-Sept. 22)
A social contact could be quite helpful today where your career is concerned. Don't hesitate to seek help in having doors opened for you.

LIBRA (Sept. 23-Oct. 23)
Be diplomatic and tactful today, but don't be afraid to be assertive if the occasion calls for it, especially if you're trying to better a business situation.

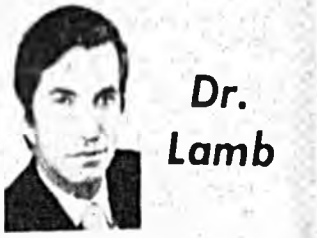
SCORPIO (Oct. 24-Nov. 22)
Although you'd prefer to function independently today, you're likely to be most lucky in situations requiring a partner or associate.

SAGITTARIUS (Nov. 23-Dec. 21)
Helpful or profitable information could come your way today from the least likely sources. Be particularly attentive to anyone who tells you he has an inside story.

CAPRICORN (Dec. 22-Jan. 19)
Let the one you love really know how much you care today. Better yet, demonstrate your feelings with acts instead of words.

PISCES (Feb. 20-March 20)
You are especially equipped today to handle things requiring imagination and an artistic touch. What you can achieve will be pleasing to you, as well as to others.

No Known Cure For Meniere's Disease



DEAR DR. LAMB — Our daughter has attacks of Meniere's disease. No one seems to know much about this disease. Our daughter started having noises in her ear two or three years ago. Now she has these attacks often and feels like she is on a merry-go-round. She has to stay in bed two or three days at a time. She gets nauseated, too.

These attacks come on her suddenly and leave her all washed out. Sometimes she feels she is standing still when she is walking. She takes medicine for the dizzy spells she gets, but it doesn't seem to help much. Can you tell us more about this disease? Do you think they will ever find a cure?

DEAR READER — The first point is to establish that your daughter really does have Meniere's disease. Her story is fairly typical. The disorder must include three features, the ringing or noises in the ear called tinnitus, the loss of hearing (usually low tones) and true vertigo (an illusion of motion), which you call dizziness. It is not uncommon for a person to get nauseated or vomit with an attack.

Another feature of the attack is that it is short, usually a little shorter than the attacks you describe for your daughter.

Specialists think a common cause for the disorder is an increase of fluid retained in the three little balance canals in the ear. Salt restriction and even diuretics help in some cases, evidently by decreasing the fluid in the canals. In other instances surgery is done to help decrease the pressure.

The severity of attacks really varies a great deal. If the attacks are mild the person can usually tolerate them and may do well with some of the anti-motion sickness medicines. In more severe cases management is often a disappointment for both the doctor and the patient. However, lots of progress is being made in research on the ear

mechanisms and perhaps better methods of treatment will become available.

Meanwhile I am sending you The Health Letter number 9-10, Dizziness and Vertigo, to explain what is involved in these complaints. Others who want this issue can send 75 cents with a long, stamped, self-addressed envelope for it to me, in care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10019.

DEAR DR. LAMB — What is your opinion about the use of estrogen with progesterone to relieve severe hormone deficiency symptoms? My doctor believes that estrogen must be used together with progesterone and this will make menstruation reappear. The idea of starting to menstruate after eight years and at my age (60) is unpleasant to me. I understand that most doctors prescribe estrogen alone.

DEAR READER — The idea is to decrease the risk of uterine cancer from the use of estrogen alone in most post-menopausal women. And it has merit. Dr. John W. Studd of King's College in London thinks the risk of endometrial cancer as it exists in women taking estrogen in the United States could be cut to one-third. He used a combined program of estrogen and progesterone in a study and there were cell changes (cystic hyperplasia) in 15 percent of women getting estrogen alone, but in only 3 percent of the women taking both hormones.

These changes were not cancer but such cell changes may progress to cancer. Because of such studies, more doctors in the United States are using the combination of estrogen and progesterone. There is no reason not to do it.

WIN AT BRIDGE

NORTH 7-14 82
 ♠ Q J 10 4
 ♥ A 5 2
 ♦ Q J 10
 ♣ A K J

WEST 7-5 3
 ♥ 9
 ♦ 8 7 6 4 3 2
 ♣ 6 2

EAST 4-10 11
 ♠ K Q J 8 7 6 3
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 ♦ Q 10 8 7 5 4
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SOUTH 4-10 11
 ♠ A K 9 8 6 2
 ♥ 10 4
 ♦ A K 8
 ♣ 8 3

Vulnerable: North-South
 Dealer: South

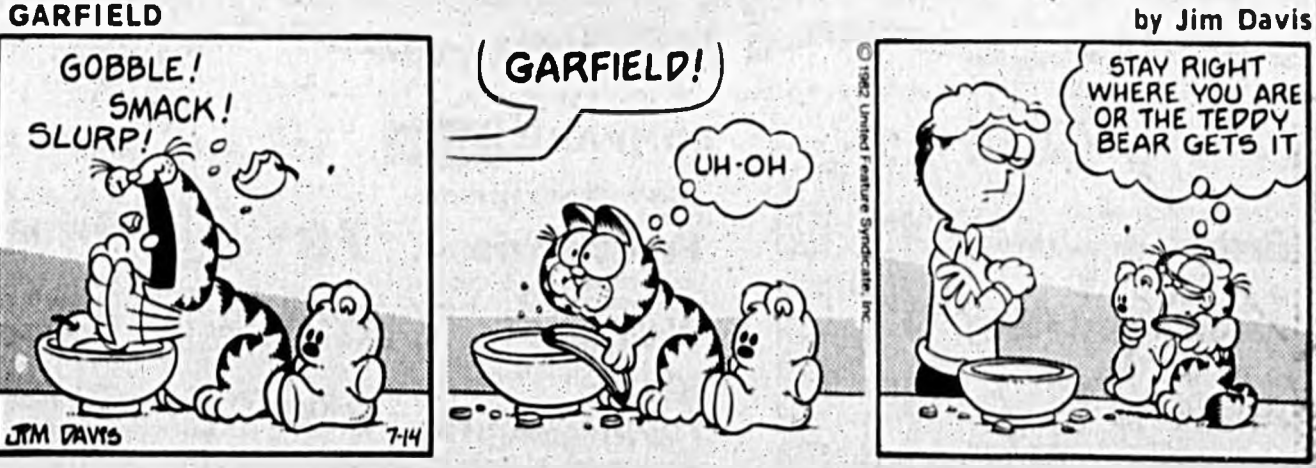
West	North	East	South
Pass	3♣	4♥	1♠
Pass	4♦	5♥	5♠
Pass	6♦	7♥	Pass
Pass	7♣	Pass	Pass

Opening lead ♥9

By Oswald Jacoby and Alan Sontag

Today's hand is based on one in Harry Lampert's book called "The Fun Way to Serious Bridge."

East's bidding crowded North and South. When he finally bid seven hearts he





MIRACLE WHIP
KRAFT SALAD DRESSING

32 OZ. **89¢**

LIMIT ONE WITH COUPON BELOW AND \$3 ADDITIONAL PURCHASES

HYDE PARK FRESH
KOSHER DILLS . . . 46 OZ. **\$1.19**
FRESH DAILY LEAN 3 LBS. OR MORE
GROUND CHUCK . . . LB. **\$1.79**



R-C 100
CAFFEINE FREE **COLA**
OR ANY ROYAL CROWN PRODUCT

8 PACK 16 OZ. BOTTLES **69¢** PLUS DEPOSIT

LIMIT ONE WITH COUPON BELOW AND \$3 ADDITIONAL PURCHASES

JENO'S PEPPERONI SAUSAGE-CHEESE **\$1.09**
PIZZAS 11 AND 12 OZ.
LAY'S ROUND TORTILLA CHIPS 8 OZ. **89¢**
TOSTITOS \$1.29 VALUE



CHUCK ROAST
BONELESS

\$1.69
LB.

USDA CHOICE WESTERN BEEF

HEINZ TOMATO **\$1.49**
KETCHUP 44 OZ. KEG **SAVE 30c**
BONELESS USDA CHOICE **\$1.89**
CHUCK STEAKS . . . LB.

FAIRWAY

The Fast Way to Shop!

THIS AD EFFECTIVE THURSDAY, JULY 15 THROUGH WEDNESDAY, JULY 21, 1982

WE RESERVE THE RIGHT TO LIMIT QUANTITIES PURCHASED

WE ACCEPT USDA FOOD STAMPS

PABST BEER
BLUE RIBBON OR EXT. LIGHT
12 PACK 12 OZ. CANS
\$3.59
SAVE \$1.27

R-C 100 CAFFEINE FREE COLA
ROYAL CROWN, DECAFFEINATED DIET RITE
6 PACK 12 OZ. CANS
\$1.29
SAVE \$1.00

LEG QUARTERS
FRESH FRYERS
FLORIDA PREMIUM GRADE
LB. **59¢**

PEACHES
LARGE CAROLINA
Lb. **35¢**

Open 24 Hours

WINTER SPRINGS
300 E. State (Hwy. 434)
SANFORD
2690 Orlando Ave.

Grocery	Frozen Food-Dairy	Deli-Bakery	Produce
BATH TISSUE CORONET 8 ROLL PACK \$1.59	ICE CREAM BORDEN'S ELSIE HALF GALLON \$1.59	COFFEE CAKE APPLE CRISP FRESH BAKED EACH \$1.49	POTATOES U.S. NO. 1 Russet 5 Lbs. \$1.29
POST'S CEREAL RAISIN \$1.19 GRAPENUTS . . . 14 OZ. 1 FREE WITH THREE PACK DIAL SOAP . . . 5 OZ. BAR \$1.39 LAUNDRY DETERGENT \$1.89 BOLD 3 39 OZ.	BORDEN FLORIDA 44 OZ. CRT. \$1.19 ORANGE JUICE . . . BORDEN'S CREAMED 24 OZ. \$1.39 COTTAGE CHEESE T.G. LEE FOODS 8 OZ. CUP 3/89¢ YOGURT	TASTY FRESH BAKED CINNAMON 79¢ BREAD LOAF FRESH SLICED TO ORDER LB. \$2.89 TURKEY BREAST ENJOY THE TANGY FLAVOR OF \$2.59 BIG EYE SWISS LB.	DELICIOUS CALIFORNIA 59¢ NECTARINES LB. LARGE, CALIFORNIA 89¢ CANTALOUPE . . . EACH FRESH, CRISP FLORIDA 49¢ AVOCADOS EACH

Clip & Save The Fast Way With Fairway!

Redeem 1 coupon with \$3.00 additional purchase
2 coupons with \$6.00 additional purchase

3 coupons with \$9.00 additional purchase
(excluding tobacco)

H1 **Save 79¢**
THIS COUPON GOOD FOR
BAR-B-Q SAUCE
KRAFTS FLAVORED 18 OZ. BOTTLES
2 FOR 99¢
LIMIT TWO PER FAMILY WITH FAIRWAY COUPON EXPIRES 7-31-82

H2 **Save 50¢**
THIS COUPON GOOD FOR
WESSON OIL
48 OZ. BOTTLE
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Sisters' Sour Notes Threat To Harmony

DEAR ABBY: My daughter and her husband are well, happy and prosperous. They have been married for 20 years and on the surface all seems ideal, but here is the problem:



Dear Abby

They have three daughters, 18, 17 and 13. The two older girls, who are 16 months apart, have always been very competitive. It was our hope that as they grew older this rivalry would fade, but it seems to have intensified instead.

The 18-year-old is very jealous of her younger sister, and she's making life miserable for the rest of the family. The 17-year-old just goes along, having a wonderful time, and does nothing to alleviate the situation.

Both girls are very pretty and popular. The 18-year-old has had the same steady boyfriend for three years. He comes over, they watch TV and sometimes they go out for a hamburger or a movie—nothing terribly glamorous.

The 17-year-old has been dating for only six months, but her boyfriend sends her flowers, takes her to expensive places and is giving her the royal treatment! The 18-year-old is understandably very envious, and she takes it out on the entire family, sulking, slamming doors and giving us all the silent treatment.

As a grandmother to these girls, it's very hard to listen to my daughter crying about the unpleasant atmosphere at home. She doesn't know how to handle this and has asked me for my help. I don't know what to tell her, so I am asking you.

OUT OF IDEAS

DEAR OUT: The older girl is hurting and needs to express herself candidly to someone who is sympathetic and non-judgmental. She needs to be assured that while her jealousy is understandable and nothing to be ashamed of, sulking, slamming doors and taking it out on the entire family is childish and unfair.

Family members can't help her. She needs to unload on a professional counselor. Recommend it. Everyone in the family will benefit.

DEAR ABBY: My son and his wife have arranged to adopt a Korean child who will be 9 months old when she arrives from Korea. Since the little Korean girl will obviously not be white, we anticipate a lot of questions about her race. Must we

explain that she is Korean, and not Chinese, Japanese, Vietnamese or whatever? Some people are very curious and will surely ask. They will also want to know if she is an orphan, illegitimate, and other facts about her background. How much should we tell?

Also, would it be proper to send announcements to friends and relatives to let them know that there is a new addition to the family? And if so, would it be in poor taste to mention that the child is Korean?

GRANDMA

DEAR GRANDMA: An announcement is most certainly in order, and it would not be in poor taste to indicate that the child is from Korea. It isn't necessary to tell anyone the facts of the child's background and history. Simply say that the adoption was arranged through an agency that finds homes for Korean children.

DEAR ABBY: Mark (not his real name) and I have lived together as man and wife for 37 years. We have adult children and several grandchildren. Everyone (including our families) thinks we're married. We have no religious affiliations.

Would it be possible to obtain a marriage license retroactive to the date that we first started living as man and wife?

WANTS THINGS LEGAL

DEAR WANTS: The laws vary in different states. Consult your local department of vital statistics (marriage bureau where licenses are issued), or ask a local attorney.

Do you hate to write letters because you don't know what to say? Thank-you notes, sympathy letters, congratulations, how to decline and accept invitations and how to write an interesting letter are included in Abby's booklet, "How to Write Letters for All Occasions." Send \$2 and a long, stamped (37 cents), self-addressed envelope to: Abby, Letter Booklet, P.O. Box 38923, Hollywood, Calif. 90038.

Singing Auditions Called

Auditions for the concert choir, ensemble and girls' chorus will be held at Lake Mary High School, July 26-30, and Aug. 2-6. Kim Moyer, advisor for the groups said.

Auditions can be set up by calling the school at 862-7422 to set up an appointment.



Linda Wells, center, shares limelight with daughters, Dara, left, and Jennifer, in the Central Florida Civic Theatre's production of "Oliver."

Herald Photo by Tom Vincent

Mother And Daughters In 'Oliver'

By DORIS DIETRICH
PEOPLE Editor

Singing comes naturally for Linda Wells and her two daughters, Dara, 17, and Jennifer 13, of Sanford. The talented, charming trio are currently cast in "Oliver," which opened last weekend under the auspices of Central Florida Civic Theatre (Summer 1982), at the Edyth Bush Theatre.

The delightful musical will be repeated again this weekend, July 16, 17 and 18 (matinee), and the following weekend, July 23, 24 and 25 (matinee).

Mrs. Wells has been interested in the theatre since high school and college days and appeared in "My Fair Lady" last summer with Central Florida Civic Theatre.

"It's a fun thing," she says, "and we just love it!" Dara, 17, has her eyes set on the Miss Sanford Pageant next year. The pretty brunette who plays the piano and sings, is already getting her act together. She was not old enough for the April pageant this year sponsored by the Junior Woman's Club of Sanford.

Jennifer, 13, was cast in "The Wizard of Oz" last summer. A high soprano, Jennifer has a private audition Sunday with director of music for the civic theatre.

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