

Longwood Commissioners OK Rerouting Plan

By Jane Casselberry
Herald Staff Writer

The Longwood City Commission has okayed a plan submitted by the city's consulting engineer to reroute half of the effluent from the Columbus Harbour sewage treatment plant to the Skylark treatment plant.

Opening of the Sanford-Orlando Kennel Club, which is served by the Columbus Harbour plant, and an unusually rainy winter, have increased the flow beyond the ability of the existing percolation ponds to handle it, according to engineer Rachel Christensen of Dyer, Riddle, Mills and Precourt (DRM&P).

The commission is expected to give the go-ahead to start the

\$80,000 project at a special meeting Monday night beginning at 7 p.m. The commission will meet with bankers about financing for the city's planned capital improvements prior to giving the engineer notice to proceed.

The engineering schedule approved unanimously Monday night calls for completing the route layout and survey on March 31, starting construction on June 2 and completion of the project on July 21.

DRM&P will submit a permit application on March 31 to the state Department of Transportation for a bore and jack operation on State Road 434. The deadline for completing the force main design, submitting the force

main application to the state Department of Environmental Regulation and advertising for bids is April 14. Permit approval is expected from DOT by April 30 and DER by May 28.

The contract is scheduled to be awarded May 30.

The commission approved the force main construction because of the high cost of having excess treated effluent hauled from Columbus Harbour to the Skylark plant as is now being done every two to three weeks.

Mayor Larry Goldberg estimated hauling the effluent will cost \$50,000 to \$60,000 between last November and next July.

Commissioner Ed Myers was critical of the fact that the city has spent \$100,000 on improvements required by DER and recommended by the consulting engineer on the Columbus Harbour package plant and it still doesn't function properly.

"I'm not happy with Columbus Harbour," Myers said. "You people recommended certain things and we did it, but it isn't working. It's worse now. Before we spent \$100,000 we didn't have to haul all this effluent."

Acting City Administrator Greg Manning said even with the percolation ponds, the plant is still only operating at 70 percent capacity. "It did function all right until the dog track opened," Manning said. "We will never solve the problem there until the day it's buried. We're looking at a temporary plant. We need to fast track that part of the sewer plan that calls for a lift station and force main to divert 50 percent of the effluent from Columbus Harbour to Skylark."

Manning pointed out that DER would not allow the effluent to be diverted to Skylark until improvements were completed at that facility so repairs and improvements at Columbus Harbour were necessary to keep it operating. "Basically it all had to be done at once," he added.

Myers suggestion that another percolation pond be built at Columbus Harbour failed to get the support of the rest of the commission because of the time it would take to get a DER permit, complete a design and construction, as well as the additional cost.

Another consideration was the fact that 20 to 30 pine trees would have to be removed to

make room for another pond and the residents of Columbus Harbour were expected to object.

The commission also voted to move the city hall receptionist Jan Davis to the building department on April 1 to help with the expected influx of applications once the moratorium on development expires. Funds in the budget for hiring a water clerk will be transferred to the general budget to pay for Mrs. Davis' replacement.

A motion by Myers for the city to pick up the tab for commissioners and their spouses to attend a \$20 a person police awards banquet to be held by the Kiwanis Club of Central Florida to be held April 5 was defeated 3-2. Myers said the commissioners should attend because of the police officers to be honored from the Longwood Police Department.

"I have one big problem with this," Commissioner Harvey Smerilson said. "It is a money making project for one organization using the police awards as a come-on. They are charging \$29 a head for a \$6.95 dinner and giving a plaque to a few officers, who were at first asked to pay their own way."

Smerilson said he thought it

was fine for anyone to support any such event but it should be at their own expense.

Smerilson, June Lormann, and Mayor Larry Goldberg voted against the motion and Perry Faulkner voted with Myers.

In other business the commission:

- amended the budget for the 1985-86 fiscal year;
- revised fees in the arbor ordinance for certain developments;
- passed an ordinance prohibiting loud and unnecessary noises;
- set the city speed limit at 30 mph except where otherwise posted;
- repealed the city curfew for minors because curfews have been declared unconstitutional, but said they would prefer to have one;
- tabled a site plan for Wildmere Office Center until March 17;
- gave preliminary approval to vacating and abandoning a portion of Jessup Avenue for 364.39 feet from E.E. Williamson Road;
- established a deferred compensation plan for city employees with Hartford Insurance Co.

Disaster Panel Tours Spaceport

CAPE CANAVERAL (UPI) — With salvage crews busy off shore hunting for shuttle wreckage, members of the Challenger disaster commission converged on the Kennedy Space Center today for secret inspections before a possible public hearing Friday.

Commission member Sally Ride, the first American woman to fly in space, led a group of commissioners to the spaceport Tuesday for inspections of Challenger's firing pad and the control room where the final decision was made to launch the shuttle Jan. 28.

Other commission members planned to join Ms. Ride's group at the shuttleport today, including Neil Armstrong, the first man to walk on the moon, and famed test pilot Chuck Yeager. They would spend a two-day fact-finding trip Tuesday at the Marshall Space Flight Center in Huntsville, Ala.

A third working group was scheduled to visit the Johnson Space Center in Houston today, and Rear Adm. Richard Truly, the new head of the shuttle program, was expected to fly to the cape Thursday for a three-day visit.

Commission activity is building to a crescendo but other than the itinerary, the panel's business has been kept

secret and it was not known what the board members were examining at the NASA field centers. Even public affairs officers were not told any details and NASA photographers had to settle for pictures of Ms. Ride and company merely entering buildings during the visit Tuesday.

But sources said the full commission plans to hold a public hearing at the shuttleport Friday. All previous hearings have been held in Washington and the subject of a session in Florida, if one is scheduled, was not known.

Off shore, salvage operations continued, with recovery crews focusing on a 4,200-pound section of Challenger's left-side solid-fuel booster rocket resting in water 210 feet deep.

Salvage teams are using a robot submersible called Gemini to attach cables to the wreckage in a dress rehearsal for efforts to recover debris from the shuttle's right-side booster rocket, the one blamed for triggering the explosion.

The debris from the right-hand rocket is in 1,200-foot-deep water, well beyond the range of normal diving operations, so salvage crews are practicing recovery techniques closer to shore with the remains of the left-hand booster.

Business Group Calls For Insurance Reform

TALLAHASSEE (UPI) — Placing a \$250,000 limit on damage awards in liability suits would stop the skyrocketing increase in liability insurance rates, a coalition of business interests said Monday.

The Florida Coalition for Liability Reform, a group of business interests heavily dominated by the medical profession, became the fourth group to call for some sort of liability insurance reform this year. Liability reform is needed immediately, spokesman Fred Hagan said, because rising insurance premiums are threatening to put many businesses out of operation.

"This crisis is in effect not only a hidden tax on the consumer, but it is threatening the very existence of some businesses, some professions and associations, and even high school athletes," said Hagan, a former state representative and current vice-president of the Florida Independent Automobile Dealers Association. "We are convinced a cap on non-

economic damages is the surest way to stabilize and reduce the constantly escalating cost of liability insurance."

Similar damage caps have recently been adopted in 15 other states, but the impact in those states is not yet known, Hagan said.

High insurance rates could eventually effect high school athletics, Hagan said, because both rates and the costs of equipment designed to prevent expensive accidents are threatening to overburden high school budgets.

Hagan said his group supported the legislative package produced by Project Civil Reform, Inc. last month, but that Civil Reform's effort did not include the cap on damages and so did not go far enough. Representatives of the insurance industry and Insurance Commissioner Bill Gunter have also proposed liability insurance reform packages for legislative consideration.

The Coalition also called for reforming the doctrine of joint and several liability, which is the major element in both the insurance industry and the Project Civil Reform proposals. That

legal doctrine holds that any defendant in a multiple-defendant liability suit can be made to pay all damages.

Industry representatives say that means "deep-pocket" insurance companies end up paying more than their share, which they say forces up liability rates.

Hagan said Coalition members would lobby legislators both in the Capitol and in their home towns. The group plans a major assembly in Tallahassee on April 21, Hagan said.

The Coalition has 28 member groups, according to Hagan.

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SCOREBOARD

TV/RADIO

Wednesday Night's TV/Radio Sports TELEVISION
8 p.m. USA, College, Indiana at Michigan
8:30 p.m. ESPN, College, Missouri Valley
Champion Game, Bradley vs Tulsa And
1:30 a.m.

TRACK

TRACK & FIELD: Tuesday's Prep Results
Team scores - Seminole 11 - Oak Ridge
19 hurdles 11:3
1 1/4 mi. Oak Ridge 11:3
2 1/4 mi. Oak Ridge 11:3
100 meter dash 11:3
100 meter dash 11:3
100 meter dash 11:3

TONIGHT'S CALENDAR

Baseball: Varsity
7:30 p.m. - Seminole at Orlando Evans
7 p.m. - Seabreeze at Lyman

THURSDAY'S CALENDAR

Baseball: Varsity
4 p.m. - Seminole at Orlando Edgewater
7:30 p.m. - Lake Mary at DeLand
4 p.m. - Lyman at Apopka
7 p.m. - Winter Park at Lake Brantley
Baseball: Junior College
3 p.m. - St. John's River at SCC

DOGS

All Sanford Orlando
Tuesday night
8 Min West Song 8:30 1:30 1:40
3 Wood River Ridge 1:40 4:20
2 Knoch Run 2:40 5:20
Q (15) 11:30 AM, P (15) 11:30 AM, T (15) 11:30 AM
2nd race - 3/4 C. 10:50
5 Wright Carolina 2:50 3:40 5:30
218 Stacy 3:40 1:00 1:00
219 Stacy 4:40
Q (15) 11:30 AM, P (15) 11:30 AM, T (15) 11:30 AM
DD (15) 11:30 AM
3rd race - 3/4 C. 11:37
4 Frimcomer 11:40 1:00 1:00
4 Wright Car 1:00 4:40
54th El Dor 1:00 4:40
Q (15) 11:30 AM, P (15) 11:30 AM, T (15) 11:30 AM
4th race - 3/4 C. 11:38
6 Rick's Vendette 1:40 1:30 1:40
2 Knoch Run 1:40 3:20
219 Stacy 1:40 3:20
Q (15) 11:30 AM, P (15) 11:30 AM, T (15) 11:30 AM
5th race - 3/4 C. 11:40
25th Wood Oak 2:00 4:00 3:40
4 Knoch Run 2:00 3:40
6 Stamp 2:00 3:40
Q (15) 11:30 AM, P (15) 11:30 AM, T (15) 11:30 AM
6th race - 3/4 C. 11:42
1 Park Me 3:20 3:20 2:00
5 Wright Car 3:20 3:40
2 Vary's 4:20
Q (15) 11:30 AM, P (15) 11:30 AM, T (15) 11:30 AM
7th race - 3/4 C. 11:43
7 Eul Kneel 11:50 5:40 4:40
8 Maudie 11:50 5:40 4:40
54th El Dor 1:00 4:40
54th El Dor 1:00 4:40
Q (15) 11:30 AM, P (15) 11:30 AM, T (15) 11:30 AM
8th race - 3/4 C. 11:45
1 Lure Lure 1:40 4:40 4:40
1 New Silver 1:40 4:40 4:40
888's Crackerjack 3:20
Q (15) 11:30 AM, P (15) 11:30 AM, T (15) 11:30 AM
9th race - 3/4 C. 11:46
4 Ledo 2:40 3:40 3:20
1 Short Circuit 3:20 3:20
1 Dory's 3:20
Q (15) 11:30 AM, P (15) 11:30 AM, T (15) 11:30 AM
Scratched - 1 Best in Class
11th race - 3/4 C. 11:48
15 Pool Lett 10:30 1:00 3:30
150m Wind 1:00 5:20
150m Wind 1:00 5:20
Q (15) 11:30 AM, P (15) 11:30 AM, T (15) 11:30 AM
12th race - 3/4 C. 11:49
4 Mo Madin 1:40 4:40 4:20
219 Stacy 2:00 4:40
11th El Dor 2:00 4:40
Q (15) 11:30 AM, P (15) 11:30 AM, T (15) 11:30 AM
13th race - 3/4 C. 11:50
14th race - 3/4 C. 11:51
15th race - 3/4 C. 11:52
16th race - 3/4 C. 11:53
17th race - 3/4 C. 11:54
18th race - 3/4 C. 11:55
19th race - 3/4 C. 11:56
20th race - 3/4 C. 11:57

Table with 2 columns listing scores for various teams like Seminole, Lyman, and Lake Mary in different categories.

Table with 2 columns listing scores for various teams in different categories.

Rams, Seminole Draw Blanks

By Mark Blythe
Special to the Herald

Lake Mary's Lady Rams lost to Orlando's Boone Lady Braves for the second time Tuesday in prep softball but coach Cindy Henry felt very good about rematch.
'I felt very good about the improvement we showed,' Henry said. 'The first time we lost, 16-2, and today we only gave up one earned run.'

Softball

Boone scored four more runs on errors to post a 5-0 victory at Lake Mary High School. Coach Wayne Rickman's powerful Lady Braves improved to 6-0. Lake Mary fell to 1-3. The Lady Rams play today at Orlando Colonial at 4.
'Boone was one inning away from going to the state tournament last year,' Henry said. 'They have a very strong team again this year.'

a powder for Seminole High's Lady Seminoles and, needless to say, they lost all three.
Tuesday afternoon, it was a combination of both that did the Lady Tribe in. Seminole managed just five hits and played a shaky defensive game as it dropped a 3-0 decision to Colonial's Lady Grenadiers at Orlando Colonial High.
Seminole, 0-4, will try again for its first win today at 4:15 as it hosts Spruce Creek's Lady Hawks at Fort Mellon Field.
'The defense played as poor as it has all year,' Seminole coach Lance Abney said. 'Colonial is not one of the stronger teams so we should have won it. It probably would have been a different story if we had our bats working.'

Big Second Lifts Pats Past Lake Howell, 6-5

By Chris Fister
Herald Sports Writer

If Lake Brantley's Lady Patriots were going to put together a highlight film using Tuesday afternoon's game, somebody would have to do some heavy editing. In fact, all but the bottom of the second inning would probably end up on the cutting room floor.

Softball

That one inning, though, made Brantley's game as the Lady Patriots erupted for six runs on seven hits in the second and held on for a 6-5 victory over Lake Howell's Lady Silver Hawks at Lake Brantley High.
The Lady Patriots ran their record to 8-1 and return to the diamond today at Orlando Evans. Lake Howell, 1-3, opens play in the Seminole Athletic Conference Thursday at home against Oviedo. Tuesday's game was nonconference.
'Except for that second inning, we didn't play very well today,' Lake Brantley coach Renny Betris said. 'We've been getting by on just skill and talent and not playing the way we should be fundamentally.'



Alicia Dinkclacker makes contact for Lake Howell.

Tracy Brandenburg unloaded a double to drive in two runs. Dawn Gebhart followed with a single to chase home Jeffers for a 6-2 Brantley lead. Brandenburg, who has had four triples and a double in the Lady Patriots last five games, was 3 for 3 Tuesday.
Lake Howell scored an unearned run in the top of the third to cut Brantley's lead to 6-3. Alicia Dinkclacker reached on the first Brantley error of the inning and scored when Lewis got on via an error.

...Considerate

Continued from 7A
undertaking.
Add to that the fact was that some experts didn't expect him to survive Friday's first round. With continued success came continued pressure.
Finally, all of it became too much and Mays blew up.
'Sheralton couldn't take the pain and the embarrassment,' Maiolini continued. 'The kid (Millard) had a double armbar on Sheralton and was dishing out a lot of pain. But that's part of wrestling. You have to take it.'
Exactly right. Mays had been dishing out the punishment en route to victories in the first round, second round and semifinals. Now he was on the receiving end and didn't like it.
Plan and simple. Mays was getting his rear end kicked in front of 2,300 people. Harsh, but true. He was looking for a way out and finally found one. An embarrassing one at that.
The next three hours were tough for Sheralton. He gathered himself, made the proper apologies and went home. Accompanying him was the sour feeling that his three victories had been in vain. He had lost his medal - something that he would always treasure, a highpoint few athletes achieve.
Along with that hopeless had to come a sliver of hope. The chance that maybe, just maybe, a miracle would occur and the medal would arrive in Sanford.
Along with losing the match and the medal, the flagrant disqualification cost Seminole 11 team points.
All with just 46 seconds to be cool.
After Mays left Lyman High School, the pleas began. Maiolini literally begged for his unfortunate young star. He pleaded with Sullivan and the other officials that Mays' behavior - albeit horrendous - wasn't severe enough to warrant a flagrant misconduct.
They listened.
Sullivan, a compassionate official if there ever was one, rescinded his earlier decision and declared the conduct was not flagrant.
Mays was returned his medal and Seminole received the 11 points. The points were enough to push the Tribe into seventh place, its highest finish ever. It also gave Seminole the top billing among county teams.
When the decision was reached, Maiolini immediately went to Mays' house. As expected, it was a subdued household. It brightened considerably when he pulled out the medal. He told Sheralton the team points had been restored, too.
The miracle was complete. 'Thank God he (Sullivan) had some compassion,' Maiolini said. 'Sheralton got by the skin of his teeth.'

A skin saved by an understanding official and a caring coach. A skin that Sheralton Mays should always remember how close he came to losing.
Losing with dignity is as important as winning with humility.

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PEOPLE

Evening Herald, Sanford, Fl. Wednesday, March 5, 1986—18

Cook Of The Week

Connecticut Yankee Adds Own Brand Of Sunshine To State

Since moving to Central Florida six years ago, our Cook Of The Week, Marge Saunders of Sanford, has added her own brand of "sunshine" to the Sunshine State by way of her bright smile and jolly nature.

A Connecticut Yankee, Marge says, "No matter where we lived in Stratford, we always lived a block away from the Shakespearean Theatre. It was just a small New England town, and we always lived on Long Island Sound."

Marge's love for cooking and good-tasting foods started early with basic New England-type recipes, but, she says, "Mom was a regular New England cook — boiled dinners, roasts and that type thing. I'm more inventive. I go out to restaurants and eat things, then if I can't get the chef to tell me how it's made, I try to duplicate it at home." She remembers eating veal cordon bleu at an elegant restaurant housed in an 18th century building left over from the Revolutionary War. "That's where the chef wouldn't give me the recipe," says Marge. But after hunting through some good cook books, she came up with her very own version.

School days in Connecticut kept Marge active on the student patrol, the yearbook committee, and the prom committee. At Bullard-Havens Technical School in Bridgeport, Marge majored in fashion design. As a prerequisite to graduation, she had to design her own prom gown from scratch, which included making the pattern. "They took us on a trip to New York City's garment district, where we bought our fabric at a discount, and we visited the Traphagen School of Design. It was a nice experience," says Marge. "I like to sew and I'm very craft-oriented as far as hobbies go. Needlepoint, macrame, ceramics, you name it, I do it," she laughs. Pillows, curtains, clothing and a beautiful ceramic lamp waiting to be wired are some of Marge's

projects.

With tongue in cheek, Marge says, giggling, "I lived a sheltered life — I didn't even know what a McDonald's was until I was 16 years old!" But, seriously, she says, "Even though it was a small town, it was like living out in the country. We grew a lot of our own vegetables in the garden, and during school years we took a lot of field trips. They laugh when I tell them at work how shy I was as a kid. I'm not kidding — I was marked absent from English class two different times and was sent to the principal's office because they thought I wasn't there! I had to go back to class and bring some other kids into the office to prove I was there." Of course, times have changed and Marge's pleasant, outgoing personality always adds a sparkle to her surroundings.

Happy thoughts come to mind when Marge remembers how she met her husband, Bill. "He was in the Connecticut Hurricanes, a drum and bugle corps, and I was in the 'Marionettes,' the girls' equivalent. The Hurricanes were national champions and a girlfriend and I would follow the drum and bugle corps to various locations on weekends. We loved the music and that type of thing." After a casual friendship for about a year, Marge laughs, "He had dated all my girlfriends, then decided to ask me out." Married in 1968, Marge and Bill have three sons to be proud of, Jason, Douglas, and Richard.

While Bill is busy at his job as a criminal analyst for the Department of Law Enforcement, Marge is also "bringing home the bacon" as a microscope assembler for InfraRed Industries in Orlando. A truly valuable asset to the Saunders household is Marge's mom, Rachel Foley, who has lived with them for more than 15 years. Sharing kitchen space is no problem, says Bill, "but with two good cooks in the house, and each has a different character,



Photo by Edie Scott

Marge Saunders is a blue-ribbon cook

watch out." Reaching into her own background, Rachel enjoys relating the fact that she has some Iroquois Indian blood flowing in her veins. And, as with most grandmothers, she has delighted in watching her grandsons grow into fine young men.

There is an air of cheerfulness at the Saunders', where good humor abounds and a feeling of welcome is always present. Marge's busy schedule still allows her to pursue some favorite pastimes such as bowling, swimming and reading mystery novels. "I'm an Agatha Christie fan," she says, "and I also like Perry Mason and the T.V. show, 'Murder, She Wrote.'" says Marge. Big Band music and songs from the 50s are also high on her list of favorites.

Marge is no stranger to winning awards and boasts a second-place blue ribbon for her recipe for Congo Bars, a sweet treat, won at the Bridgewater County Fair in Connecticut several

years ago. She also placed among the finalists in a Woman's Day Magazine contest for her apple pastry squares recipe and won a handsome cookbook to add to her collection. "We love to visit county fairs," says Marge, "but there are very few authentic fairs in existence today." Marge laughs when she remembers that her mom won a first place prize using Marge's own recipe for brownies!

Marge and her family are very active in the Church of The Nativity and enjoy helping at the church fairs. All three sons are altar boys, along with their father, and Marge has sung in the church choir. "This year we worked the pizza tent at the fair," says Marge, and since Bill is half Italian, making the pizza and Italian pastries was almost second nature to him. "I never made so many cannolis in my life," says Marge. The Saunders also work on raffle committees at church and are ready to serve

whenever their help is needed. "I'm very family-oriented," says Marge, "and we like to do things together as a family."

As many young teens, Marge's sons are involved in sports, mainly basketball and soccer. Her youngest son, Richard, is in an accelerated program for gifted children at school and enjoys working with computers.

Co-workers at InfraRed Industries are often treated to Marge's beautifully decorated birthday cakes. "I have a list of everyone's birthday at work and usually try to make their favorite kind of cake," says Marge.

"I'm not too keen on prepared stuff," she says. I like to go from scratch, and I never give up. I remember making a pie the first year I was married, and the crust didn't come out right." Marge goes on to relate how she finally got a perfect crust after going through 15 lbs. of flour and enlisting her mother's help! After a fun-filled afternoon of trial and error, her pie finally turned out fine. "To this day, I don't know what I was doing wrong," says Marge, "but I just wouldn't give up!"

Marge deals with diversified appetites at home and usually winds up pleasing everyone. "Jason likes spaghetti and meatballs and homemade pizza;

Doug likes steak, french fries and salad; and Richard likes anything as long as it has gravy," she laughs. A recent trip to a restaurant at Disney World left a waitress mighty surprised. "We had a choice of salad or beef and barley soup," says Marge, "and Richard chose the soup. When it came time for dessert, Richard asked the waitress if he could have the soup instead of dessert, and the waitress couldn't get over it." As a result, Marge says, she requested the recipe and they were kind enough to break it down in smaller quantities and she now makes it frequently at home.

For a small sampling of the good times, Marge shares her family favorites with us:

ITALIAN EASTER PIE

1 pkg. frozen bread dough or your favorite white bread recipe
Thaw all three loaves of frozen bread, or prepare your own recipe. Let rise. Punch down; take half the dough and roll out on floured sheet to cover bottom and sides of an 11x13 inch pan. Fill by layering the following in any order:

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- 1/2 lb. provolone cheese, sliced thin
- 1/4 lb. prosciutto ham, sliced thin

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Sharon Comstock, Dave Bouck Take BSP Top Honors

With a theme of "An Old Fashion Valentine Ball" is seems only proper that the traditional crowning of the Beta Sigma Phi Vaneline Queen and Mr. Legs be the highlights of this gala event. Attended by over 200, the ball raised a record amount of money for charity, according to chairman Brenda Elswick.

Among the contestants chosen by the local BSP chapters, the top honor of queen went to Sharon Comstock of Xi Beta Eta. A member of Beta Sigma Phi for 17 years, the queen was escorted by her husband Eddie and crowned by Cheryl Burch, the queen of 1985.

Queen Sharon is employed as a contract administrator by Mason Homes who were there in full support as one of 10 corporate sponsors of the ball. In addition to the traditional crowning and receiving of yellow roses (the traditional flower of BSP) Sharon received a "Day of Beauty" donated by Hair Benders of Altamonte Springs.

The crowning of "Mr. Legs" was not as "traditional" as years past. Mistress of Ceremony, Seminole County Commissioner Sandra Glenn felt that the contestants should have to do a little more than be willing to show off their legs... so a new twist was added... questions-although not difficult questions-some contestants were caught off guard by out "witty commissioner".

As one of Queen Sharon's first duties, she crowned Dave Bouck as the "1986 Mr. Leg's". Dave was sponsored by Blount Sikes & Associates of Orlando where he is a civil engineer. In addition to the "prestigious title" Bouck received a gift certificate donated by the H.I.S. Store for Men, Sanford Plaza, and a trophy donated by Sanford Trophy Shop. The evenings events were enhanced by food from Carl's Catering and the music of "Sunny Days".

Once final accounting is com-

pleted, the proceeds will be donated to several charities. The main charity will be the C.H.A.R.L.E.E. (children have all rights, lega, educational & emotional) progra. With construction of the first Seminole County home just being completed, the funds will be used to furnish this home for the abused children who will live there.

The other charities are Sanford Beautification Project and I.S.I.S.

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Vietnam Vets Continue To Fight Bad Public Image

DEAR ABBY: I am writing in reference to your column signed "Anna in Hillsboro, Ore.," whose father was denied treatment at the VA hospital because he was first admitted to a civilian hospital. While the advice you gave her — "Get the book, 'Viet Vet Survival Guide,' and learn what your rights are" — was good, I am highly incensed by your comment. "Realizing that the average Vietnam veteran did not get past high school, the authors

use plain language and short sentences."

Where and how did you come by such ridiculous information? As if we do not have enough falsehoods to overcome, we now have been classified as practically illiterate!

I quote from Facts and Fiction, taken from the National Vietnam Veterans Review (Nov. 1982):

FICTION: High school dropouts formed the largest



Dear Abby

proportion of U.S. forces in Vietnam.

FACT: 79 percent of those who served in Vietnam had a high school education or better when they entered the military service.

FACT: This was the best-educated army America has ever fielded. For comparison, 63 percent of Korean War vets, and only 45 percent of WWII vets, had completed high school upon separation from the military.

I think you owe the Vietnam veterans an apology. We've had enough bum raps over the years without your undeserved put-down.

VIETNAM VETERAN

DEAR VETERAN: The "ridiculous information" ("the average Vietnam veteran did not get past high school") is one of the myths about the Vietnam War still deeply ingrained in the minds of the American public over a decade after the last combat troops left the war zone.

I was not aware that I was perpetuating a false stereotype. Therefore, I offer my sincere apologies to anyone I might have offended.

DEAR ABBY: I am feeling torn. It has taken a long time for me to adjust after suffering a nervous breakdown. During my time of adjustment, I was blessed with a wonderful psychologist who helped me to find my way again. During the time she treated me, we developed a special kind of friendship. I have not seen her for three months when we agreed that I no longer needed therapy. I am now being baptized for

the first time in my life in the Catholic Church. My priest tells me that I need a sponsor or a "godmother." I would like to ask my former therapist to be my godmother, but I don't want her to feel obligated. I am wondering if maybe it would be too much to ask of her.

This is very important to me. Should I ask her?

UNSURE

DEAR UNSURE: Ask her only if you feel reasonably certain that she will accept without hesitation. Some therapists, as a

matter of policy, do not "socialize" with patients or former patients, so if you ask her and she declines, do not feel personally rejected.

DEAR ABBY: It's easy to find out if a gift was not received. Mail a postcard saying, "I am sending you a gift. You should receive it in a few days, a week, or whatever."

You may not hear if it is received, but you will surely hear if it isn't.

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In And Around Longwood

Memorial Library Renamed In Honor Of Maxine McGrath

The Longwood Civic Women's Club has announced that the Longwood Memorial Library will be renamed the Maxine McGrath Memorial Library in honor of civic leader Maxine Clark McGrath, who passed away in January.

Mrs. McGrath was a past president, lifetime member and trustee of the club. The Longwood Civic Women's Club operates the library, which is located in its headquarters on Church Avenue. Mrs. McGrath volunteered many years of service to the library, and as a fellow club-woman quoted, "Maxine was the library!"

Blanch Kissaune has been named head librarian and Frances Wade will serve as her assistant. Trustees will be Louise Buffalo, Marion White and Elda Nichols.

The Seminole County branch of the American Association of University Women will hold a meeting at 7 p.m. on March 6, at Eastmonte Civic Center in Altamonte Springs. Topic of the program and discussion is "Women's Work, Women's Worth". Remember this is National Women's History Week!

The Seminole County Humane Society badly needs contributions of salable items for their



Nancy Frye
Longwood Correspondent
323-8893

monthly sale at Flea World on Friday, March 7.

Clean out the closets and garage and haul out a tax-deductible load to the society's headquarters on County Home Road just off 17-92, south of Sanford. Proceeds are utilized in the care of animals housed by the Humane Society.

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Conditioners	Reg. \$7.00	\$3.50
Children Under 7 Haircuts	Reg. \$6.00	\$3.00

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...Cook

Continued From 18

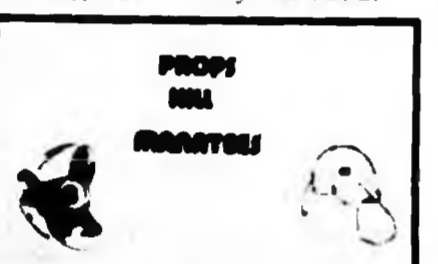
2 large pkgs. mozzarella cheese, shredded
 1 1/2 dozen hard boiled eggs, sliced
 1 medium container ricotta cheese
 1/4 lb. capicola (hot ham), sliced thin
 1/4 lb. soppressata (dried Italian sausage), sliced thin
 1/4 lb. pepperoni, sliced thin
 Spread ricotta cheese with spoon. When pan is filled, roll out the rest of the dough. Cover top and seal edges. Bake at 350 degrees until top is nicely browned, or there is a hollow sound when you tap the top. Serves 12.

PAPER BAG APPLE PIE
 1/2 cup sugar
 1 unbaked pie shell, 9 inches
 5 or 6 large apples, pared
 2 tbs. flour
 1 large brown paper bag
 In large mixing bowl, stir together the flour, sugar and nutmeg. Pare apples, core and cut into about 1 inch cubes. Toss apples with sugar mixture until well coated. Turn into pie shell.
BUTTER CRUMB TOPPING
 1/2 cup sifted flour
 1/2 lb. margarine
 1/2 cup sugar
 Stir flour and sugar together. Cut in margarine until mixture is crumbly. Spread over pie. Place pie into a brown paper bag, folding edge under. Secure with a paper clip. Place bag on cookie sheet and bake at 400 degrees for one hour. Serves 6 to 8.

ENGLISH FISH BATTER
 4 tbs. flour
 1 tsp. baking powder
 1/2 tsp. salt
 1 tbs. vinegar
 Combine flour, baking powder and salt. Add enough water to make a thick creamy batter. Add vinegar. Roll fish in flour, dip in batter, then fry in deep fat. Beer may be substituted for water.
MARGE'S CHEESE CAKE
 2 1/2 lbs. cream cheese
 1 1/2 cups sugar
 3 tbs. flour
 1 1/2 tps. grated orange rind

1 1/2 tps. grated lemon rind
 1/4 tsp. vanilla
 7 whole eggs
 1/4 cup heavy cream
 Blend all ingredients until smooth. Bake at 350 degrees for 12 minutes in a greased and floured spring form or cheese cake pan. Turn oven down to 200 degrees and continue to bake for 2 1/2 hours, or until knife inserted in center comes out dry. Top with Strawberry Glace.
STRAWBERRY GLACE
 1 cup fresh strawberries
 1/2 cup water
 1/2 cup sugar
 2 tbs. cornstarch
 2 tbs. water
 3 or 4 drops red food coloring
 Combine strawberries and 1/2 cup water in small saucepan. Simmer about 3 minutes or until berries begin to break up. Blend sugar, cornstarch and 2 tablespoons water. Stir into hot strawberry mixture. Cook, stirring constantly, until mixture boils and begins to thicken. Boil and stir 1 minute. Stir in food coloring. Cool. Spread on top of cheese cake.

QUICK JAMBALAYA
 1 package (8 oz.) brown and serve sausage links
 2 cups uncooked instant rice
 2 cups water
 1 can (16 oz.) stewed tomatoes
 1 pkg (12 oz.) frozen cleaned raw shrimp (rinse frozen shrimp under running cold water to remove ice glaze)
 2 tbs. minced onion
 2 tps. instant chicken bouillon
 1/4 tsp. thyme
 1/4 tsp. cayenne red pepper (1/2 tsp. if you like it hot)
 1/2 cup early peas
 Cut sausage links into 1 inch diagonal slices. Place in skillet and brown as directed on package. Add remaining ingredients. Heat to boiling, stirring occasionally. Reduce heat, simmer, uncovered, 10 minutes stirring occasionally. Serves 6.



Microwave Magic

Easy White Sauce Enhances Crab, Artichoke Casserole



Midge Mycoff
 Home Economist
 Seminole Community College

Now is a good time to focus our attention on Florida seafood. It is abundant and because of that the prices are usually the best. You may want to travel to Great Florida and attend the Seafood Festival or maybe just buy locally and prepare some at home. All of these recipes contain 2 cups of crab meat or other seafood, but can serve six or more servings because of the other ingredients in the casseroles. I find it less time-consuming to buy crab meat that is already picked and pasteurized.

Part of this recipe is a white sauce that you make in the microwave oven. If you have never done that before, you will be amazed at how easy it is.

CRAB AND ARTICHOKE CASSEROLE

3 tbs. butter
 3 tbs. flour
 1 1/2 cups milk
 1 tsp. salt
 1/2 tsp. pepper
 1/2 tsp. worcestershire sauce
 1/2 cup cheddar cheese
 1/2 cup parmesan cheese
 1/2 teaspoon dry mustard
 1/4 tsp. tabasco sauce
 4 hard-cooked eggs, chopped
 2 cups crab meat
 1/4 cup or more parmesan cheese
 Microwave butter and flour on 100% power 2-3 minutes. Stir. Gradually add milk, stirring constantly. Add remaining ingredients except 1/2 cup cheddar cheese. Pour into 1 1/2 quart casserole. Microwave on 70% power about eight minutes or until thickened. Sprinkle top with 1/2 cup cheddar cheese. Cook on 100% about 102 minutes longer. Shrimp, crab meat, or tuna can be used in this casserole.

SEASIDE CASSEROLE
 1 med. onion, chopped
 3 tbs. butter
 1 can cream of shrimp soup
 1 can sliced water chestnuts, drained
 1/2 cup milk
 1/2 cup sour cream
 2 cups crab meat or other seafood
 1 cup frozen peas
 Salt & pepper to taste
 Chow mein noodles
 In a 12 x 7 casserole, melt butter (45 second on 100% power) add onion and cook 4 minutes. Stir in remaining ingredients except noodles. Microwave on 85% power five to eight minutes to heat thoroughly. Stir to be sure center food is well heated. Microwave three to four minutes longer. Serve over chow mein noodles.

The crab dish is easy, but elegant enough to serve for a party brunch.

SHERRIED CRAB
 serves 8-10
 3 tbs. butter
 3 tsp. flour
 2 cups milk (or half and half)
 1 (4 oz) jar of pimiento chopped
 1/2 cup finely chopped green pepper
 1 1/2 cups frozen tiny green peas (la Suer)
 1 teaspoon sherry extract
 Salt & pepper
 2 (6 1/2 oz) can crab meat
 Grated parmesan cheese
 Paprika
 Toast or pastry shells

shrimp should be fresh, tender and sweet.
SHRIMP SCAMPI
 serves 4
 2 cups cooked shrimp
 1 clove garlic
 3 tablespoons fresh parsley, finely chopped
 1/4 teaspoon paprika
 1 stick butter
 1/4 cup dry sherry
 2 tsp. chopped shallots
 5 tbs. lemon juice
 Salt and pepper to taste
 Combine all ingredients except shrimp and microwave on 100% power 1 1/2 minutes to melt butter and cook shallots. Stir in shrimp. Let set about 10 minutes to blend flavors. Microwave on 100% power 1-2 minutes to serving temperature. Serve with wild rice.

Wednesday March 5, 6, 9, a new microwave class will begin at Seminole Community College. Registration is now taking place. For more information about this 8-week class, contact Midge Mycoff at 323-1450 ext. 559.

Microwave butter and green pepper 2-3 minutes on 100% power, or until pepper is soft. Stir in flour. Add milk, pimiento, and sherry extract. Microwave 4-5 minutes on 100% power till mixture boils. Add crab meat and peas, and sprinkle with cheese and paprika. Microwave on 100% till bubbly 2-3 minutes. Serve on pastry shells. Almost all seafood restaurants have this item on the menu. The

Food for Thought



by Bill Painter

Classic raspberry sauce is a winner over cake, ice cream, custard, you-name-it. Purée thawed and drained raspberries, strain, and mix in 2 Tbs. Grand Marnier. Add 1/4-cup confectioner's sugar if you like it sweeter.

Plan your food processing so you don't have to keep washing the bowl. Mince parsley, garlic, etc., first, then onions and other foods that don't need a dry bowl.

Non-dairy creamers generally have as many calories as light cream (about 30 per Tbs.) and usually include highly saturated coconut oil.

Spices and herbs are a must for flavor, especially when you're cutting down on salt. Remember basil with tomatoes, mustard in sauces or on meat, sesame seeds with vegetables, nutmeg in cream sauces.

Who says vitamins can't be fun? Strawberries have great taste and super nourishment. Half a cup of the tasty morsels give you 100 percent of the vitamin C you need in a day, plus lots of fiber, in only 37 calories.

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Spring Orchid Show

Central Florida Orchid Society presents its Spring Orchid Show, "Orchid Adventure," March 21-23, in the Winter Park Mall, Winter Park. This major floral event has been held annually for the past 30 years, and is visited by thousands of plant enthusiasts from throughout the world.

Hobbyists and commercial growers put on a dazzling display of beautiful orchids, competing for trophies and other awards. The show, always held the weekend before Easter, has been featured at the Winter Park Mall for several decades.

In addition to colorful orchid exhibits, commercial growers offer a wide variety of orchid and tropical plants such as bromeliads for sale.

The show is free to the public, and is open during Mall hours: 10 a.m. to 9 p.m. Friday and Saturday, and 12:30 to 5:30 p.m. Sunday.

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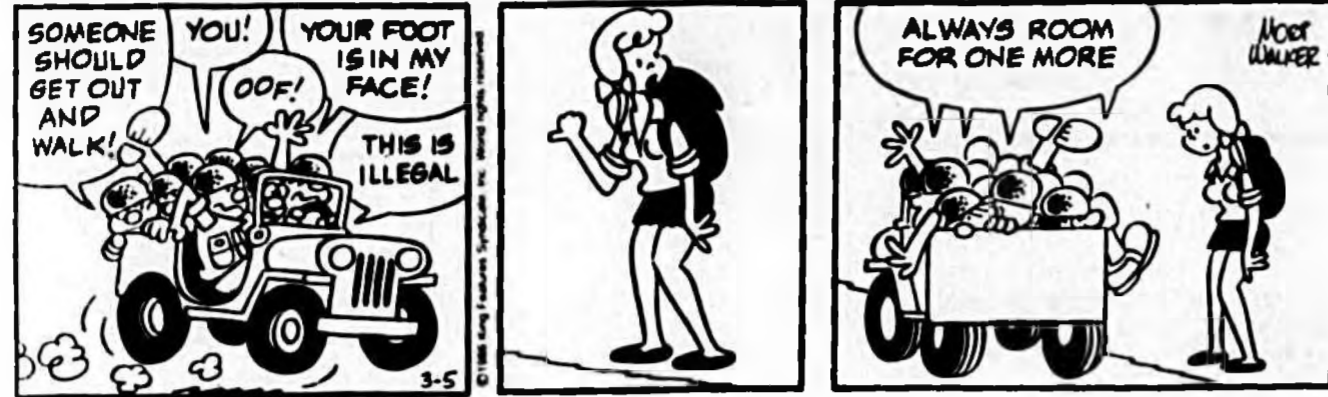
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Sanford Dental Centre

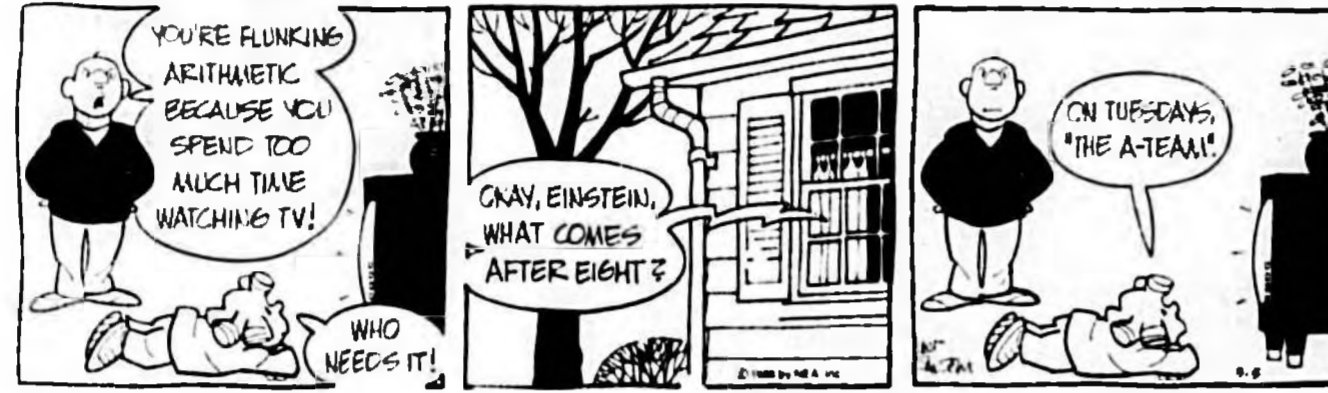
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BEETLE BAILEY by Mort Walker



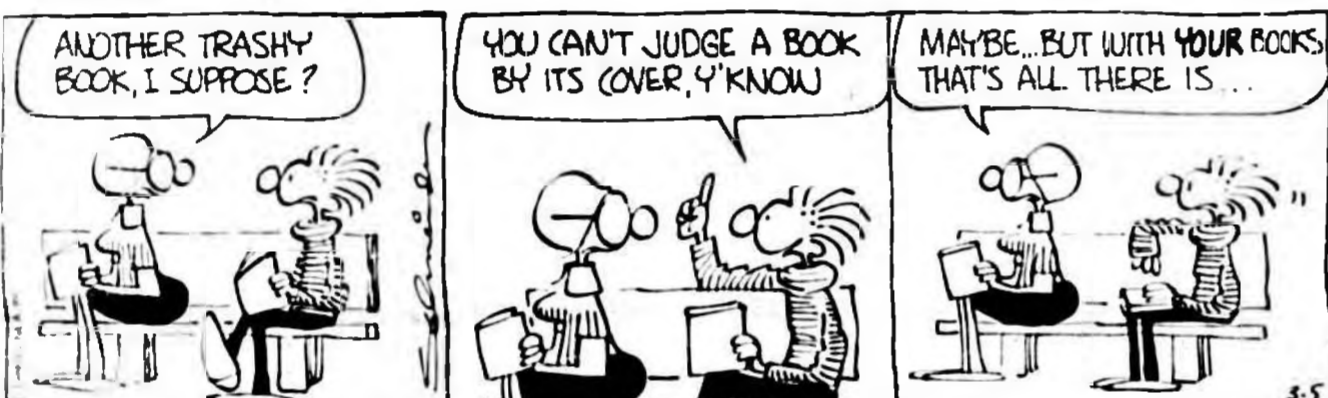
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TUMBLEWEEDS by T. K. Ryan



Hypotension Affects Elderly Patients



DEAR DR. GOTT — About a year ago my mother's blood pressure was found to be low. For years she has had dizzy spells and blurred vision. She was put on salt tablets. Her symptoms have gotten worse; she now passes out for a few seconds and is left very weak, and she sometimes has spastic-like seizures. She has seen a half-dozen doctors and nothing has helped. Is there anything new that would help people like her?

loss of sight can have serious causes. A common one is called "embolic phenomena." Tiny blood clots may break off from the walls of arteries and be carried to the retina, where they cause visual disturbances. You have had two episodes since 1983, so your body may be warning you to get immediate

DEAR READER — Your mother's hypotension (the body's inability to raise blood pressure on demand) is a condition that may affect elderly patients. It is probably due to a neuromuscular imbalance — that is, the arteries don't appropriately constrict their walls in order to raise the pressure of the blood within them.

Although some physicians believe that the use of elastic stockings (to prevent pooling of blood in the legs) may help, I suspect that your mother might achieve the most benefit from being examined in the circulation clinic of a university hospital. She may have a deficiency of certain nerve hormones that could be corrected.

DEAR DR. GOTT — My doctor found a hydrocele in my scrotum. He said that although it was not exactly normal, it was nothing to worry about at my age (72). Could you comment on this condition?

DEAR READER — A hydrocele is an accumulation of fluid within the thin membrane surrounding each testicle. In young men, it can be removed by surgery. However, in older men, it usually requires no treatment, since it is painless and harmless.

DEAR DR. GOTT — Four times in my life (1959, '79, '83 and '85) I have lost my sight to the extent I cannot read, dial a phone, etc. This will last about 30 minutes. It starts with a glare on everything I look at, then gets worse. What could cause such a thing?

DEAR READER — Temporary

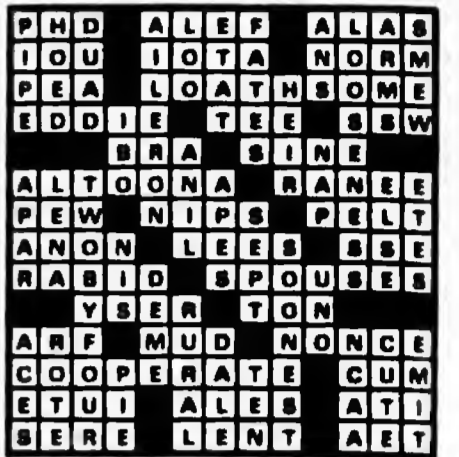
ACROSS

- 1 Brother (abbr.)
- 4 School org.
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- 14 Wandering
- 16 The sun (Lat.)
- 17 Moslem officer
- 18 — Sumac
- 20 Stopped
- 22 I love (Lat.)
- 24 Sailor's patron saint
- 27 Prayer beads
- 30 Author Fleming
- 31 Eskimo boat (abbr.)
- 34 Maneuver
- 36 Hurly-burly
- 38 Actor John
- 39 Black bird
- 40 Illustrator
- 43 Strikes
- 45 Astronauts' "all right" (comp. wd.)
- 46 Units of resistance
- 50 Motoring association (abbr.)
- 52 Former nuclear agency (abbr.)
- 54 Bring out into the open
- 55 Least cold
- 58 The most (pref.)
- 60 Reverence
- 61 Anikara
- 62 Emit vapor
- 63 But (Lat.)
- 64 Crude metal
- 65 Bitter vetch

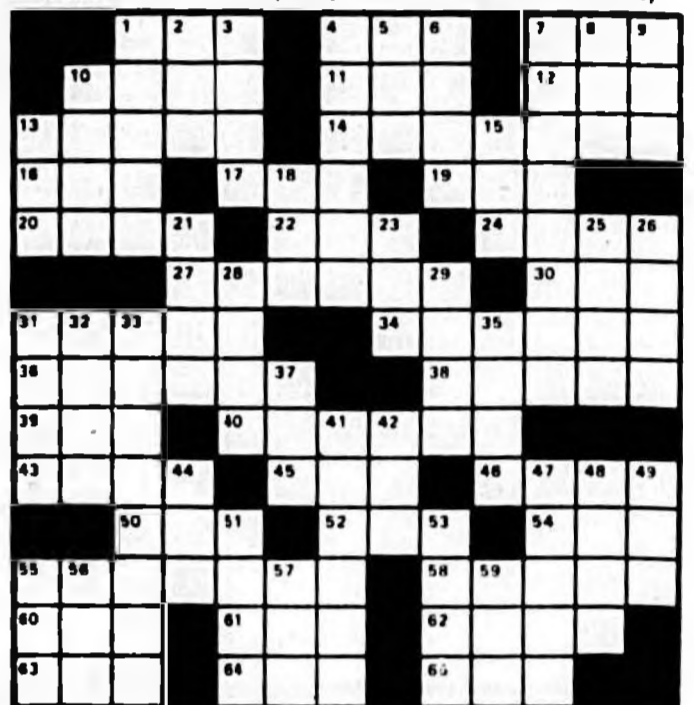
DOWN

- 1 Lawyer Melvin
- 2 Royal Scottish Academy (abbr.)
- 3 Mrs. Charles Chapin
- 4 — Canal or hat

Answer to Previous Puzzle



- 37 Singing syllable
- 41 Exactly (3 wds.)
- 42 "I like"
- 44 Rested in chair
- 47 Despairs
- 48 Gloom
- 49 Mrs., in Madrid (abbr.)
- 51 Air (comb. form)
- 53 Dry
- 55 Auxiliary verb
- 56 Be beholden to
- 57 Indian unit of weight
- 59 Celtic sea deity



WIN AT BRIDGE

By James Jacoby

As is so often the case when examples are taken from world championship play, the bidding deserves some explanation. The two-club opening bid by South was natural, showing a minimum opening with at least five clubs. The three-spade bid by West was intermediate, showing good playing strength. The North double was negative, announcing that North believed his side could compete further. The rest of the bidding speaks for itself. When North bid five clubs and was doubled, South corrected to five hearts because he felt that his partner's negative double had promised five or more hearts, and that hearts as a trump suit would be superior to clubs. As it happens, South was

wrong. Five clubs doubled could always be made, but five hearts was defeated by an imaginative and daring lead.

West was Tony Taylor, playing for New Zealand in a qualifying round in Sao Paulo, Brazil, last October. His opening lead, of course, was the deuce of spades. His partner was a little surprised to win that trick, but it took no great stroke of genius for him to now lay down the club ace and give Tony a ruff for the setting trick.

What if five clubs doubled were the final contract? After the double, it would be easy enough for declarer to play East for the club length, and there would be no problem about making 11 tricks in that contract.

NORTH 3-5-46		EAST	
♠ A Q 10 9 8	♥ 7 4 3	♠ J 6 5	♥ 7 5
♦ K 8 6 5	♣ —	♦ J 8 5 2	♣ A J 4 3
WEST		SOUTH	
♠ A K Q 8 7 4 2	♥ J 4	♠ 10 9	♥ K 6 3 2
♦ Q 10 9 6	♣ —	♦ A K	♣ Q 10 9 7 2
Vulnerable Neither Dealer South			
West	North	East	South
3♦	Dbl	4♣	Pass
Pass	5♣	Dbl	5♥
Pass	Pass	Dbl	Pass
Pass	Pass	Pass	Pass
Opening lead: ♦ 2			

HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY MARCH 6, 1986

Three secret ambitions you always felt were out of reach have excellent chances of being fulfilled in the year ahead. Unusual circumstances will open the ways.

PISCES (Feb. 20-March 20) Any financial hunches you get today should not be treated lightly. Your instincts for making or saving money could be rather remarkable. Trying to patch up a romance? The Matchmaker set can help you understand what it might take to make the relationship work. Mail \$2 to Matchmaker, c/o this newspaper, Box 1846, Cincinnati, OH 45201. Be sure to state your zodiac sign.

ARIES (March 21-April 19) In a conversation with a friend today you will be told valuable bits of information that could serve as

seeds to be sown for something of substance.

TAURUS (April 20-May 20) Don't be disturbed if your ears start ringing a bit today. Others will be talking about you, but you would be flattered if you could hear their nice remarks.

GEMINI (May 21-June 20) The way to win friends and influence others today is to be sincerely interested in their needs. When you help them, you'll help yourself.

CANCER (June 21-July 22) Something that will appear insignificant to others will be of enormous importance to you today. You stand to gain from what they ignore.

LEO (July 23-Aug. 22) One-to-one relationships will be convivial today if you let companions have the same freedom of choice you expect for yourself. Be liberal-minded.

VIRGO (Aug. 23-Sept. 22) Someone else's problem might require attention from you today. Do what you can cheerfully because their demands won't be

great.

LIBRA (Sept. 23-Oct. 23) People with whom you socialize will have a strong influence over your moods today. Try to select companions who know how to enjoy themselves.

SCORPIO (Oct. 24-Nov. 22) This is a good day to invite others to your place. But limit your guest list, because a small group will prove more enjoyable than a large one.

SAGITTARIUS (Nov. 23-Dec. 21) People you've been trying to reach for either business or social reasons will be available today. Keep calling until you make contact.

CAPRICORN (Dec. 22-Jan. 19) Be sure to compare prices when shopping today. You're not apt to find any super bargains, but the small amount you'll save will add up.

AQUARIUS (Jan. 20-Feb. 19) Your strong suit today will be involvements that stimulate your thinking processes. Let others do the heavy work, while you use your mind.

ANNIE



LEONARD STARR



TONIGHT'S TV

WEDNESDAY

EVENING

- 6:00
 - (11) NEWS
 - (11) JEFFERSONS
 - (10) MACNEIL / LEHRER NEWSHOUR
 - (8) HAPPY DAYS
- 6:05
 - ANDY GRIFFITH
- 6:30
 - NBC NEWS
 - ABC NEWS
 - (11) TOO CLOSE FOR COMFORT Henry breaks his arm, and Mr. Wainright hires an over-ambitious artist to help him with Cosmic Cow
 - (8) LAVERNE & SHIRLEY
- 6:35
 - CAROL BURNETT AND FRIENDS
- 7:00
 - 100,000 PYRAMID
 - PM MAGAZINE A woman who recovered from paralysis, ski photographer David Brownell
 - JEOPARDY
 - BARNEY MILLER
 - (10) SANDS OF TIME Fraser Island, the world's largest sand island located near Australia's Great Barrier Reef, is home to a surprising diversity of plant and animal life
 - (8) CARSON'S COMEDY CLASSICS
- 7:05
 - MARY TYLER MOORE
- 7:30
 - ENTERTAINMENT TONIGHT On the set of "Mayberry Reunion" with the original cast from "The Andy Griffith Show"
 - PERFECT MATCH
 - WHEEL OF FORTUNE
 - (11) BENSON
 - (8) ALL IN THE FAMILY
- 7:35
 - SANFORD AND SON
- 8:00
 - HIGHWAY TO HEAVEN Jonathan tries to convince a Soviet official to reunite an expatriated woman with the son she's never known in stereo
 - FAST TIMES (Premiere) Contemporary comedy revolving around the activities of a group of teenagers whose priorities include rock music, shopping malls, sex and school. Stars Claudia Wells, Dean Cain and Ray Walston
 - MACGYVER MacGyver attempts to track down a con man who pulled off a multimillion-dollar

- 8:00
 - MARY TYLER MOORE
 - (10) SURVIVAL James Earl Jones narrates the profile of life within a pride of lions living in Hamibia's Etosha National Park
 - (8) ALL THE RIVERS RUN Desperate to make their riverboat profitable, Deke (Sigrid Thornton) and her new husband Brenton (John Waters) enter a race with the hope of winning a cash prize. Later, they embark on a potentially money-making, but risky journey on a low river that could dry up and cause a long delay (Part 2 of 3)
- 8:05
 - MOVIE "Ensign Pulver" (1964) Robert Walker, Burt Reynolds. A mischievous ensign joins his Navy crew in plotting against their eccentric captain.
- 8:30
 - TOUGH COOKIES (Premiere) A young Chicago detective tries to maintain order in the Windy City while at the same time dealing with his old friends on the other side of the law. Stars Robby Benson, Art Metrano and Laine Kazan.
- 9:00
 - BLACKIE'S MAGIC The Blacks investigate when an unmanned airplane lands in a deserted town. Linds Kelsey, Gary Crosby and Bobby Sherman guest star
 - CRAZY LIKE A FOX Harry and Harrison investigate the murderous goings-on at an exclusive dude ranch
 - DYNASTY Surprises galore await at the Carringtons' masquerade ball
 - (11) BILLY GRAHAM CRUSADE
 - (10) PLANET EARTH Earth's past, man's role in its future and the possibility of a "nuclear winter" are examined
- 10:00
 - ST. ELSEWHERE A sculptor turns the St. Elguis lobby into a work of art
 - EQUALIZER Terrorists take several people hostage during an attack at a posh New York hotel
 - MOTEL Julie's sexually harassed by a fellow employee, a woman longs to meet the daughter she once gave up for adoption. Guest stars include Joan Fontaine and Nanette Fabray
 - INDEPENDENT NEWS
 - (10) A BOS FOLK / ROCK REUNION Highlights of a 1984 New Jersey concert featuring John Sebastian, Jesse Colin Young, Roger McGuinn, Rick Danko, Levon Helm and Richard Manuel (all formerly of The Band). Richie Havens hosts in stereo

- 10:15
 - BILLY GRAHAM CRUSADE
- 10:30
 - BOB HOPE
 - COMEDY TONIGHT Guests Jesse Emmett, Robert Wuhl, Ritch Snyder, Mark Pitta (R)
- 11:00
 - NEWS
 - MAJICE
 - DAVE ALLEN AT LARGE
 - SOAP
- 11:15
 - MOVIE "Guzzly" (1975) Christopher George, Andrew Pine. An 18-foot grizzly bear launches a series of attacks on national park campers
- 11:30
 - TONIGHT Guest host Joan Rivers in stereo
 - WKRP IN CINCINNATI
 - ABC NEWS NIGHTLINE
 - HAWAII FIVE-O
 - MOVIE "Unholy Wife" (1957) Rod Steiger, Dana Doris
- 12:00
 - T.J. HOOKER Hooker is accused of shooting an unarmed teenager (R)
 - COMEDY BREAK
 - LATE NIGHT WITH DAVID LETTERMAN in stereo
 - MOVIE "The Innocents" (1962) Deborah Kerr, Michael Redgrave
 - CHICO AND THE MAN
 - (11) AFRICA: CONTINENT IN CRISIS
 - MOVIE "Third Girl From The Left" (1973) Kim Novak, Tony Curtis
 - MOVIE "Land Of The Pharaohs" (1955) Jack Hawkins, Joan Collins
- 1:30
 - DEATH VALLEY DAYS
 - (11) GUNSMOKE
 - NEWS
 - MOVIE "Black Widow" (1954) Ginger Rogers, Van Heflin
 - CBS NEWS NIGHTWATCH
 - CHARLIE'S ANGELS
 - MOVIE "Come Fill The Cup" (1951) James Cagney, Gg Young
 - 4:00
 - INCREDIBLE HULK

- 5:00
 - RETURN OF THE SAINT (TUE)
 - NEWS
 - BEVERLY HILLSBILLIES (MON)
- 5:30
 - THIS WEEK IN COUNTRY MUSIC (MON)
 - 'S COUNTRY (TUE-FRI)
 - CAN YOU BE THINNER? (WED)
- 5:50
 - WORLD AT LARGE (THU)
- 6:00
 - NBC NEWS
 - BALLY JESSY RAPHAEL
 - EYEWITNESS DAYBREAK
 - GOOD DAY!
 - NEWS
 - MY FAVORITE MARTIAN
- 6:30
 - NEWS
 - CBS EARLY MORNING NEWS
 - ABC'S WORLD NEWS THIS MORNING
 - TOM AND JERRY
 - FUNTIME
 - FAT ALBERT
 - EYEWITNESS DAYBREAK
 - A.M. WEATHER
- 7:00
 - TODAY
 - CBS MORNING NEWS
 - GOOD MORNING AMERICA
 - G.I. JOE
 - BARNEY
 - HEATHCLIFF
- 7:15
 - A.M. WEATHER
- 7:30
 - CHALLENGE OF THE GOBOTS
 - SESAME STREET (R/C)
 - SUPERFRIENDS
- 7:35
 - FLINTSTONES
- 8:00
 - JETSONS
 - ROBOTCH
- 8:05
 - DREAM OF JEANNE
- 8:30
 - FLINTSTONES
 - MISTER ROGERS (R)
 - VOLTRON, DEFENDER OF THE UNIVERSE
- 8:35
 - BEWITCHED
- 9:00
 - DIVORCE COURT
 - DONAHUE
 - TIC TAC DOUGH
 - WALTONS
 - SESAME STREET (R/C)
 - KNOTS LANDING
- 9:05
 - HAZEL
- 9:30
 - LOVE CONNECTION
 - JOKER'S WILD
- 9:35
 - I LOVE LUCY
- 10:00
 - FAMILY TIES (R)
 - PM MAGAZINE
 - BARBARA JOHNS
 - BIG VALLEY
 - SECRET CITY
 - KNOTS LANDING
- 10:05
 - MOVIE
- 10:30
 - SALE OF THE CENTURY
 - (10) 3-2-1 CONTACT
- 11:00
 - WHEEL OF FORTUNE
 - PRICE IS RIGHT
 - BRUCE FORSYTH'S HOT STREAK
 - DALLAS
 - WE'RE COOKING NOW
 - POLICE WOMAN
- 11:30
 - SCRABBLE
 - NEW LOVE AMERICAN STYLE
 - FLORIDASTYLE

- 12:00
 - MYSTERY (WED)
 - ALL CREATURES GREAT AND SMALL (THU)
 - BODWELL'S LONDON JOURNAL (FRI)
 - ROCKFORD FILES
- 12:05
 - PERRY MASON
- 12:30
 - SEARCH FOR TOMORROW
 - WILD AMERICA (TUE)
 - LOVING
 - BEVERLY HILLSBILLIES
- 1:00
 - DAYS OF OUR LIVES
 - ALL MY CHILDREN
 - DICK VAN DYKE
 - FOR AUCTION: AN AMERICAN HERO (MON)
 - WILD AMERICA (TUE)
 - THE MAN WHO LOVED BEARS (WED)
 - NOVA (THU)
 - SANDS OF TIME (FRI)
 - MANHATTAN
- 1:05
 - MOVIE
- 1:30
 - AS THE WORLD TURNS
 - GOMER PYLE
 - PROFILES OF NATURE (TUE)
- 2:00
 - ANOTHER WORLD
 - ONE LIFE TO LIVE
 - ANDY GRIFFITH
 - MADELEINE COOKS (MON)
 - GREAT CHEFS OF NEW ORLEANS (TUE)
 - WOODWRIGHT'S SHOP (WED)
 - KATHY'S KITCHEN (THU)
 - FLORIDA HOME GROWN (FRI)
 - FLYING NUN

- 2:30
 - CAPITOL
 - GREAT SPACE COASTER
 - PAINTING WITH KONA (MON)
 - JOY OF PAINTING (TUE)
 - MAGIC OF OIL PAINTING (WED)
 - PAINTING SOUTHERN LANDSCAPES (THU)
 - PAINTING CERAMICS (FRI)
 - BRADY BUNCH
- 2:35
 - WOMANWATCH (FRI)
- 3:00
 - SANTA BARBARA
 - GUIDING LIGHT
 - GENERAL HOSPITAL
 - SCOOBY DOO
 - FLORIDASTYLE
 - INSPECTOR GAGGET
- 3:05
 - BUGS BUNNY AND FRIENDS
- 3:30
 - JAYCE AND THE WHEELLED WARRIORS
 - MISTER ROGERS (R)
 - M.A.S.R. (R)
 - LITTLE HOUSE ON THE
- 4:00
 - PRIME (MON, WED-FRI)
 - MAIN STREET (TUE)
 - DIFFERENT STROKES
 - MERY GRIFFIN (MON, THU, FRI)
 - AFTERSCHOOL SPECIAL (WED)
 - THUNDERCATS
 - SESAME STREET (R/C)
 - HE-MAN AND MASTERS OF THE UNIVERSE
- 4:05
 - FLINTSTONES
- 4:30
 - THREE'S COMPANY (MON, WED-FRI)
 - SCHOOLBREAK SPECIAL (TUE)
 - TRANSFORMERS
 - SHE-RA: PRINCESS OF POWER
- 4:35
 - BRADY BUNCH
- 5:00
 - NEWLYWED GAME
 - M*A*S*H (MON, WED-FRI)
 - LET'S MAKE A DEAL (MON-THU)
 - WHAT'S HAPPENING (MON-THU)
 - WHAT'S HAPPENING
- 5:05
 - PEOPLE'S COURT
 - NEWS
 - OCEANUS (MON)
 - UNDERSTANDING HUMAN BEHAVIOR (TUE)
 - NEW LITERACY: AN INTRODUCTION TO COMPUTERS (WED)
 - MONEY PUZZLE (THU)
 - ART OF BEING HUMAN (FRI)
 - TRANZOR
- 5:05
 - LEAVE IT TO BEAVER
- 5:30
 - ROCKY ROAD (MON)
 - BEVERLY HILLSBILLIES (TUE-FRI)

IOWA MEATS 2108 S. French Ave. (HWY. 17-92) 323-4528

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WHOLE BEEF LOIN Sirloln, T-bone Porterhouse **\$229** LB.

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Floyd Theatre

is it murder or is it... **WHITE NIGHTS**

ROCKY IV RED SONJA

PROPS FOR PARTIES CALL TOLL FREE 1-800-542-1821

Legal Notice

FICTITIOUS NAME Notice is hereby given that I am engaged in business at 1620 W. Lake Branley Rd., Longwood, Seminole County, Florida 32779 under the fictitious name of STANDARD IRRIGATION AND LAWN MAINTENANCE, and that I intend to register said name with the Clerk of the Circuit Court, Seminole County, Florida in accordance with the provisions of the Fictitious Name Statutes. To wit: Section 845.09 Florida Statutes 1937. Philip Waterstein Publish March 5, 12, 19, 26, 1986. DEA 32

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3 pieces of golden brown Famous Recipe Fried Chicken, mashed potatoes and gravy, creamy cole slaw and two fresh, hot biscuits.

Bring A Bucket Home!

\$13.99

15 pieces of golden brown Famous Recipe Fried Chicken, 1 pint mashed potatoes and 1 pint gravy, 2 pints creamy cole slaw and 12 fresh, hot biscuits.

Famous Recipe FRIED CHICKEN

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Legal Notice

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA... CIVIL ACTION NO. 85-3048-CA-09-G... AMERFIRST FEDERAL SAVINGS AND LOAN ASSOCIATION, Plaintiff, vs. ROLEX DEVELOPMENT CORPORATION, ET AL., Defendants...

NOTICE OF SHERIFF'S SALE NOTICE IS HEREBY GIVEN that by virtue of that certain Writ of Execution issued out of and under the seal of the Circuit Court of Seminole County, Florida, upon a final judgment rendered in the aforesaid court on the 17th day of December, A.D. 1985, in that certain case entitled, Michael R. Capko, Plaintiff, vs. Emily Gismondi, Julia Tessari, said property being located in Seminole County, Florida, more particularly described as follows:

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA... CIVIL ACTION NO. 85-3048-CA-09-G... DAVID BERRIEN, CLERK OF THE CIRCUIT COURT... PHYLIS FORSYTHE, DEPUTY CLERK...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA... CIVIL ACTION NO. 85-3070-CA-09-P... DAVID BERRIEN, CLERK OF THE CIRCUIT COURT... PHYLIS FORSYTHE, DEPUTY CLERK...

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IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA... CIVIL ACTION NO. 85-3048-CA-09-G... AMERFIRST FEDERAL SAVINGS AND LOAN ASSOCIATION, Plaintiff, vs. ROLEX DEVELOPMENT CORPORATION, ET AL., Defendants...

NOTICE OF SHERIFF'S SALE NOTICE IS HEREBY GIVEN that by virtue of that certain Writ of Execution issued out of and under the seal of the Circuit Court of Seminole County, Florida, upon a final judgment rendered in the aforesaid court on the 2nd day of January, A.D. 1986, in that certain case entitled Jessica C. Communications, Inc., Plaintiff, vs. Helene Fox, Inc., Defendant, which aforesaid Writ of Execution was delivered to me as Sheriff of Seminole County, Florida, and I have levied upon the following described property owned by Helene Fox, Inc. said property being located in Seminole County, Florida, more particularly described as follows:

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA... CIVIL ACTION NO. 85-3070-CA-09-P... DAVID BERRIEN, CLERK OF THE CIRCUIT COURT... PHYLIS FORSYTHE, DEPUTY CLERK...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA... CIVIL ACTION NO. 85-3070-CA-09-P... DAVID BERRIEN, CLERK OF THE CIRCUIT COURT... PHYLIS FORSYTHE, DEPUTY CLERK...

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BLOOM COUNTY by Berke Breathed. ON STEVEN... THERE'S A NICE YOUNG WOMAN NAMED CANDY CALLING FOR YOU. TELL HER I'LL CALL BACK... WOULD YOU GET OUT OF THE BATHROOM? WHY DO YOU DO IT, MA? WHY DO YOU ALWAYS EMBARRASS ME? NOW, MAY I HAVE A LITTLE PRIVACY? HE'LL CALL YOU LATER, DEAR... HE'S SHAVING HIS BACK.

CELEBRITY CIPHER Celebrity Cipher cryptograms are created from mutations by famous people. Each letter in the cipher stands for another. Today's clue requires G. NPJ LUJ NDMNPAMB OPDCONJD, UL FCNNJD TPCN NPJ WDCFC, KG NPJ FLNPJD, JSJDHLUJ PCG PCW LUJ." - JGNJBBJ IJNNH. PREVIOUS SOLUTION "Whisky - I like it. I always did, and that is the reason I never used it." - Robert E. Lee

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Calcium For Health

Today's Health-Oriented Society Expects Food That Is Good For You

Today's brunch or luncheon party guests expect more than food that looks good and tastes great. There's an additional ingredient required by our health-oriented society — food that is good for you.

For women especially, one of the many important factors in healthy eating is calcium intake.

The best sources of calcium are found in dairy products among which is the "all-American" processed cheese food slice such as singles featured in these delicious recipes.

Calcium is essential for building bones, muscle contraction, blood clotting and nerve function. If the body does not get enough, hormones will cause calcium to be released from the skeleton into the bloodstream to make it available for nerves and muscles. Long-term inadequate intakes of calcium have been associated with the development of osteoporosis — porous, brittle, breakable bones. For approximately one out of every four women over the age of 65, this disorder is all too well-known.

Although osteoporosis is most commonly observed in persons in their sixties, the disorder may actually begin in the mid 30's. The key to reducing potential risk is to build maximum bone mass before age 35. But no matter what the age, steps can be taken today to insure an adequate calcium intake.

1) **EXAMINE YOUR DIET:** The Recommended Dietary Allowance (RDA) for calcium is 800 mg for adults. However, getting the RDA for calcium is not always easy, especially for women. In fact, two out of every three women over the age of 17 do not consume the RDA for calcium — most are getting only about 600 mg per day. But according to some experts, even this may not be enough for the average woman. These experts suggest the RDA be raised to 1,000 mg before menopause and 1,500 mg after menopause.

2) **BE AWARE OF CALCIUM LOSS FACTORS:** Coffee, alcohol and nicotine from any source may increase calcium loss.

3) **EXERCISE:** Exercise involving movement and muscle pull is recommended. Interestingly, NASA medical consultants have noted an immediate loss of bone mass in astronauts spending even a short amount of time in zero gravity. Likewise, people who require complete bed rest for long periods of time lose calcium from the bone. Hence, walking, jogging, aerobic dancing, gymnastics, tennis and weight lifting all work on behalf of the bones. Exercising outdoors in the sun allows the body to make vitamin D.

To achieve an all around good diet which provides plenty of calcium, learn the best food sources of calcium and then incorporate these foods into your daily diet. (Milk and American cheese are convenient sources of

calcium.) Incorporating these dairy products into the three meals of the day is an easy way to help you get the recommended allowance for calcium.

Other suggestions include: 1) adding cheese in sandwiches and salads; 2) snacking on cheese and crackers; and 3) using milk and cheese in casseroles.

The recipes featured here from Kraft Kitchens provide some new ideas for creating brunch or luncheon items with American processed cheese food — for an added dose of calcium.

BAKED VEGETABLE CROISSANT

- 1/2 cup chopped onion
- 1/2 cup chopped tomato
- 1/2 cup mushroom slices
- 1/4 cup chopped green pepper
- 1 tablespoon margarine
- 1/4 teaspoon dried basil leaves
- 4 croissants, split
- 4 american singles pasteurized process cheese food, cut in half diagonally

Saute vegetables in margarine; stir in basil. Fill croissants with vegetable mixture and process cheese food. Bake at 350°, 5 to 10 minutes or until process cheese food begins to melt. 4 sandwiches

SKILLET READY EGGS

- 3/4 cup chopped tomato
- 1/4 cup chopped onion
- 1/4 cup chopped green pepper
- 3 tablespoons margarine
- 8 eggs
- 6 american singles pasteurized process cheese food

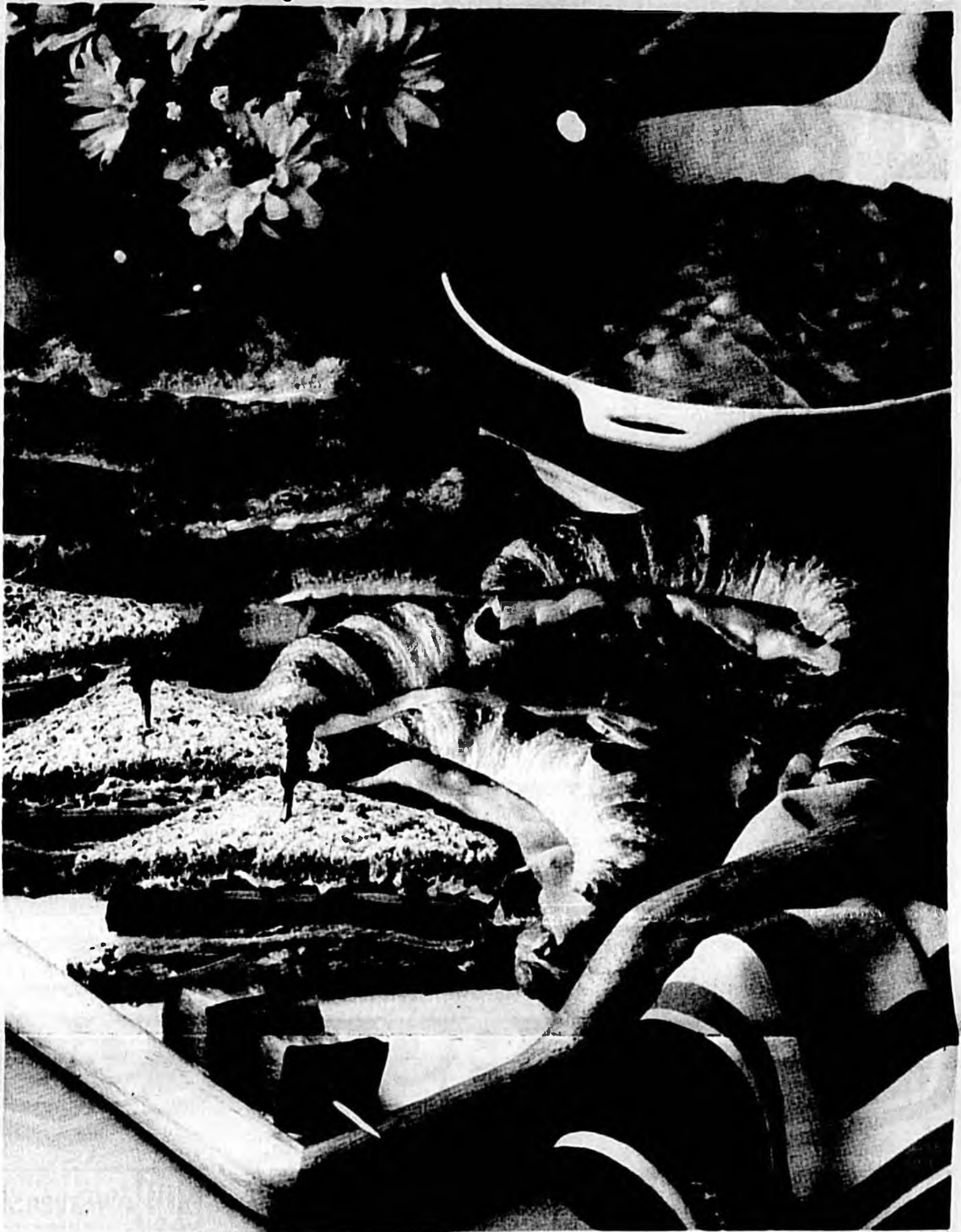
Saute vegetables in 1 tablespoon margarine. Beat eggs until foamy; stir in two process cheese food slices, chopped. Melt remaining margarine in 10-inch skillet over medium heat. Add egg mixture. Cook, stirring occasionally, until eggs are set. Top with vegetable mixture and remaining process cheese food slices, cut in half diagonally. Continue cooking until process cheese food begins to melt. 4 servings.

TASTY TURKEY SANDWICH

- 1 3-oz. pkg. cream cheese, softened
 - 2 tablespoons chopped red or green pepper
 - 1 tablespoon chopped chives
 - 4 whole-wheat bread slices
 - Lettuce
 - 4 cooked turkey slices
 - Tomato slices
 - 2 american singles pasteurized process cheese food
- Combine cream cheese, peppers and chives, mixing until well blended. For each sandwich, top one bread slice with cream cheese mixture. Top with lettuce, meat, tomatoes, process cheese food slice and second bread slice. 2 sandwiches.

HAM DANDY

- 1 8-1/4 oz. can crushed pineapple, drained
- 1/4 cup applesauce
- 1/2 raisin cinnamon bread slices
- 12 american singles pasteurized process cheese food
- 12 boiled ham slices



Create a healthy brunch with an added dose of calcium — cheese.

Soft margarine. Combine pineapple and applesauce; mix well. For each

sandwich, cover one bread slice with one process cheese food slice, pineapple mixture, ham

slices and second process cheese food slice. Top with second bread slice. Spread sandwich with margarine. Grill until lightly browned on both sides. 6 sandwiches.

If You Can Fix Just One Dish, Then Let It Be A Masterpiece

By Aileen Claire
NEA Food Editor

Many years ago a writer friend of mine mastered his mother's recipe for baked beans.

The secret is in the use of maple syrup and the long, slow cooking time.

VERMONT LIMA BEAN CASSEROLE

- 1 package (1 pound) dried lima beans, preferably dried baby lima beans
- 5 cups water
- 1 large onion, studded with 8 whole cloves
- 1/2 cup maple syrup
- 1/2 cup ketchup
- 2 teaspoons salt
- 1 bay leaf
- 1/2 pound salt pork, thinly sliced
- 1 teaspoon Tabasco pepper sauce

Rinse lima beans, turn into large saucepan, add water, cover and soak for several hours or overnight. When ready to cook, add onion, bring to a boil and boil 5 minutes uncovered.

Turn into a 3-quart casserole dish without draining. Add remaining ingredients and cover. Bake in a 325-degree oven for 3 hours, until beans are tender. This kitchen-tested recipe makes

8 servings.

ENCHILADA CASSEROLE

- 1/2 pound ground beef
- 1/2 cup chopped onion
- 1 can (8 ounces) tomatoes
- 1 teaspoon salt
- 1/4 teaspoon chili powder
- 1/4 teaspoon Tabasco pepper sauce
- 1 can (17 ounces) red kidney beans, drained and mashed
- 1 can (8 ounces) tomato sauce, divided
- 18 tortillas (1 can)
- 1 cup (4 ounces) shredded Cheddar cheese

Break up ground beef in a large skillet. Add onion and cook until beef is browned and onion tender. Add tomatoes, salt, chili powder, pepper sauce and mashed kidney beans. Simmer 10 minutes.

Stir in 1/2 cup of tomato sauce. Spoon a little bean mixture over bottom of 6-cup round casserole or soufflé dish. Alternate layers of tortillas and bean mixture, ending with tortilla. Pour remaining tomato sauce over top and sprinkle with cheese.

Bake in 350-degree oven 20 to 25 minutes. Cut into wedge-shaped portions to serve. This kitchen-tested recipe makes 6



Maple syrup flavors beans

servings. Note: If red kidney beans are unavailable, substitute pink beans, drained and mashed.

BEEF AND BEAN POT PIE

- 1 pound ground beef
- 2 cans (16 ounces each) pork and beans in tomato sauce
- 1 cup shredded Cheddar cheese
- 1 tablespoon brown sugar
- 1 medium green pepper, sliced
- 3/4 cup diagonally sliced celery
- 1/2 cup sliced onion
- 1 prepared frozen pie crust, thawed

In a skillet, brown meat. Combine beans, cheese and sugar with meat. Spoon a layer of bean mixture in the bottom of a round 1-quart casserole dish. Top with a layer of green pepper, celery and onion. Continue layering with beans and vegetables.

Cover casserole with pastry crust. Crimp edges and trim off any excess. (This can be used to decorate top, if desired.)

With a small sharp knife, make several vents in the top crust. Bake in a 350-degree oven for 45 minutes. Allow casserole to stand 10 minutes before serving. This kitchen-tested recipe makes

6 to 8 servings.

VERY ENGLISH SHEPHERD'S PIE

- 2 tablespoons beef drippings or salad oil
- 1/2 cup chopped onion
- 1 1/2 pounds ground lean beef
- 1 can (8 ounces) tomato sauce
- 1 tablespoon Worcestershire sauce
- 2 tablespoons chopped parsley
- 1 teaspoon salt
- 2 tablespoons flour
- 2 tablespoons water
- 3 cups mashed potatoes

In a large skillet, heat drippings. Add onion; saute for 1 minute. Add ground beef. Cook and stir until browned, about 5 minutes. Stir in tomato sauce, Worcestershire sauce, parsley and salt. Bring to boiling point. Blend flour with water. Blend into beef mixture. Cook and stir until mixture thickens slightly, about one minute.

Pour into a 1- to 1 1/2-quart casserole dish; set aside. Spread mashed potatoes over beef mixture. Score top of potatoes with tines of fork. Bake in a preheated 400-degree oven until potatoes are lightly browned, about 10 minutes. This kitchen-tested recipe makes 6 portions.

Tasty Appetizer Teams Escargots With Mushrooms

By Aileen Claire
NEA Food Editor

- 1/4 cup minced shallots
- 1 garlic clove, minced

As the saying goes, "Fifty million Frenchmen can't be wrong." In this case, we refer to the French appetite for escargots (snails), a specialty of Burgundy where they are prepared in many ways and served with a glass of fresh, white Burgundy wine.

In the United States, succulent mushrooms are a popular favorite, and mushroom growers are providing all regions with this fungus. Mushrooms are very good raw, as an appetizer or marinated in salads. They also can make a meal when sauteed and served on crusty bread (a French favorite). Another way to serve mushrooms is to stuff them. For the adventuresome, large mushroom caps stuffed with escargot, available in cans, make a great appetizer.

For the escargot-shy, mushroom caps stuffed with chopped mushrooms, bread crumbs and seasonings are just as delicious.

ESCARGOTS D'EA BOIS

(Snails in Mushroom Caps)

- 12 large fresh mushrooms
- 2 tablespoons lemon juice
- Salt and pepper
- 2 cans (5 ounces each) escargots, drained
- 1/4 cup butter
- 1/4 cup minced parsley

Dash cayenne pepper
- 1 tablespoon each French dry white wine and lemon juice or 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 12 slices baguette (french bread), each 1/2-inch thick

Stem mushrooms. Trim stems and chop finely. Place caps hollow side up on cookie sheet or shallow baking pan. Sprinkle caps with lemon juice and sprinkle with salt and pepper. Place escargots into caps.

In bowl, mash butter until soft and creamy. Stir in chopped mushroom stems, parsley, shallots, garlic, cayenne pepper, wine and lemon juice and salt. Spoon mixture over escargots. Bake in pre-heated 400-degree oven for 15 minutes or until piping hot.

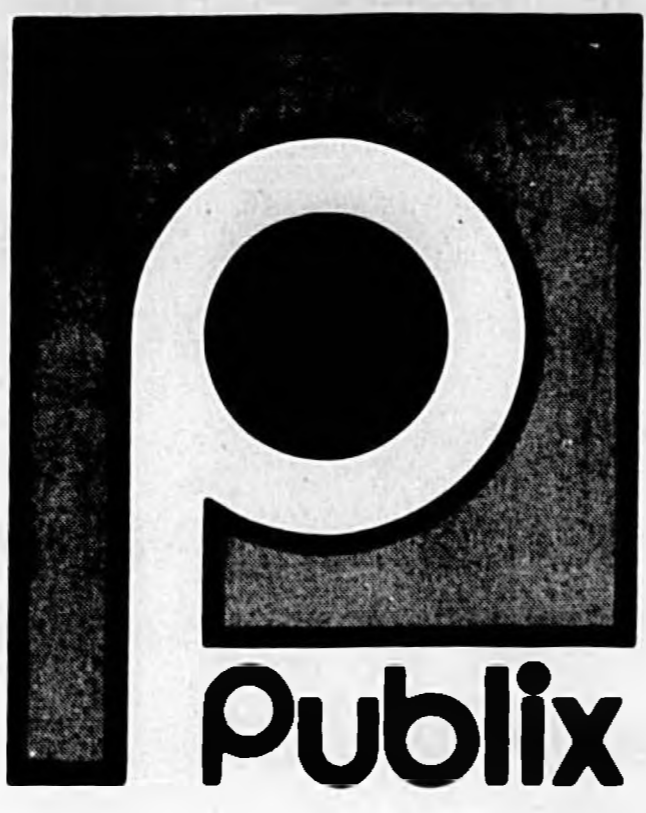
Serve each mushroom on a slice of bread. Garnish with parsley and cherry-tomato halves. This kitchen-tested recipe makes about 6 servings.



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 per lb
\$1.99

Fresh (Either End or Whole)
Pork Loins
 per lb
\$1.59

Meat

- Kneip Corned Beef Brisket per lb. \$1.79
- Armour Golden Star Canned Ham 1 1/2-lb. can \$4.99
- Canned Ham 3-lb. can \$8.99
- Lykes Palm River Sliced Bacon 1-lb. pkg. \$1.29
- Swift Premium Beef, Dinner, Bun Size or Beef Dinner Franks 1-lb. pkg. \$1.59
- Tarrow Mild, Medium or Hot Whole Hog Sausage 1-lb. pkg. \$1.79
- Dak Sliced Cooked Ham 1-lb. pkg. \$3.39
- Sunnyland Meat, Beef or Thick Sliced Bologna 1-lb. pkg. \$1.29
- NEW! Oscar Mayer Corned Beef, Pastrami, Italian Style Beef or Ham or Smoked Chicken or Turkey Breast Select Slices 6-oz. pkg. \$1.59

Deli

- Fresh Liverwurst or Smoked Braunschweiger .. qtr. lb. 59¢
- Louis Rich Tasty Turkey Ham, Turkey Pastrami or Turkey Salami..... qtr. lb. 59¢
- Delicious Deli! Spinach Egg Rolls 4-ct. pkg. \$2.29
- Hot From The Deli! Potatoes Au Gratin per lb. \$2.19
- 24 Large Fried Shrimp for only \$4.99
- Spicy Hot Chili per lb. \$1.99
- Deli-Baked Strawberry Rhubarb or Peach Pie each for \$2.99
- Fresh and Flavorful Onion Rolls 6-ct. pkg. 99¢

Danish Bakery Reserves the Right to Limit Quantities Sold
DANISH BAKERY

Made With Fresh Strawberries
Strawberry Tarts
 each for **79¢**

Fresh-Baked
Pumpernickel Bread
 1-lb. loaf
79¢

True Homemade Flavor... 6-ct. pkg. \$1.99
Hot Cross Buns... 6-ct. pkg. \$1.99
 Quality Tested With Delicious Ingredients
Apple Bran Muffins..... 6 for \$1.99
Mini Powdered Donuts 16-ct. bag \$1.99

Delicious Tasting... 7-inch Light Cheese Cake plain for \$2.99
 Cheese Cake with fruit for \$3.59
 You May Choose From **Jelly Donuts or Apple Fritters** 4 for \$1

Items Above Available at all Publix Stores & Danish Bakeries. Items Above Available at all Publix Stores with In-Store Bakeries Only.



STAMP PRICE SPECIALS
 (Buy 1 with each filled S&H Stamp Price Special Certificate)

Fresh Homogenized Publix Milk
 gallon size

\$1.95

(2% Low Fat, 1% Low Fat or Skim, Gallon Size Available with One S&H Stamp Price Saver Certificate)

STAMP PRICE SPECIALS
 (Buy 1 with each filled S&H Stamp Price Special Certificate)

Breakfast Club Grade A Florida White Large Eggs
 per dozen

29¢

STAMP PRICE SPECIALS
 (Buy 1 with each filled S&H Stamp Price Special Certificate)

Plumrose Sliced Cooked Ham
 8-oz. pkg.

\$1.29

STAMP PRICE SPECIALS
 (Buy 1 with each filled S&H Stamp Price Special Certificate)

Seneca Frozen Concentrated Grape Juice
 12-oz. can

9¢

STAMP PRICE SPECIALS
 (Buy 1 with each filled S&H Stamp Price Special Certificate)

Keebler Graham Cracker or Chocolate Ready-Crust
 6-oz. pkg.

39¢



Satisfaction

At Publix, we care about your satisfaction, and it shows in every little thing we do. From an extensive selection of quality foods to a friendly, helpful crew, we're hard at work to make you feel satisfied with every shopping experience.

It's the little things that make shopping at Publix such a pleasure.



Just Add Water
 Assorted Flavors

Instant Baby Food

2 \$1



Chinet
 DISPOSABLE TABLEWARE

- Compartment Plates 20-ct. \$1.79
- White Dinner Plates 20-ct. \$1.79
- White Platters 10-ct. \$1.19
- Luncheon Plates 20-ct. \$1.19
- Dessert Plates 25-ct. \$1.19
- Bowls 20-ct. \$1.19

- (75¢ Off Label) Heavy Duty Laundry Detergent **Wisk Liquid** 64-oz. bottle **\$2.99**
- (45¢ Off Label) New! Concentrated Fabric Softener **Snuggle** 64-oz. bottle **\$1.89**
- (20¢ Off Label) All Fabric Bleach **Clorox 2** 61-oz. box **\$2.39**

- Made with Buttermilk & Honey, Publix Real Old Fashioned **White Bread** 2 16-oz. loaves **\$1.19**
- Ragu Homestyle or Traditional Plain, Meat or Mushroom **Spaghetti Sauce** 32-oz. jar **\$1.69**
- Convenient Pak 32-ct. Large, 48-ct. Medium, or 66-ct. Small **Luv's Diapers** per box **\$8.98**
- Bonus Pack, Jif Extra Crunchy or Creamy **Peanut Butter** 22-oz. jar **\$1.79**
- Welch's Concord Grape Jam or **Grape Jelly** 2-lb. jar **\$1.19**
- Assorted Air Freshener Scents **Touch of Scent** 4-oz. size **\$1.79**

Frozen Banquet Sliced Beef & Vegetables, Chicken Cacciatore with Vermicelli, Turkey Tetrazzini with Spaghetti, Green Pepper Steak with Rice, Pasta Shells & Meat Sauce, Beef Tips & Vegetables, Chicken & Vegetables, Rigatoni with Ham, Peas & Mushrooms

Gourmet Entrees

10-oz. pkg. **\$1.09**

Serve Hot or Cold

Lipton Tea Bags

100-ct. box **\$2.19**

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

Blue Plate

Mayonnaise

32-oz. jar **\$1.19**

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

Frozen Food

- Donald Duck Unsweetened Concentrate **Grapefruit Juice** 12-oz. can **79¢**
- Aunt Jemima Buttermilk **Waffles** 10-oz. pkg. **79¢**
- Celeste Deluxe, Pepperoni, Cheese or Suprema with Meat (6.5 to 9-oz.) **Pizza for One** per pkg. **\$1.19**
- Publix **Peach Pie** 26-oz. pkg. **\$1.69**
- Ore-Ida **Potato O'Brien** 24-oz. bag **\$1.19**
- With Cheese Sauce, Green Giant Broccoli / Cauliflower / Carrots, Cauliflower, or Broccoli **Vegetables** 10-oz. pkg. **\$1.09**

- Frito Lay Delta Gold Flat or Ridge **Potato Chips** 7-oz. bag **99¢**
 - Tom's Bar-B-Q or Reg. **Corn Chips** 8-oz. bag **89¢**
 - Tom's Nacho Cheese or Reg. **Tortilla Chips** 8-oz. bag **89¢**
 - Sunshine **Vanilla Wafers** 11-oz. box **\$1.29**
- THIS AD EFFECTIVE: THURS. MAR. 6 THRU WED., MAR. 12, 1986 ...**

Frozen Seafood

- Treasure Isle **Cooked Shrimp** 8-oz. pkg. **\$1.89**

- Publix **Pork & Beans** 3 16-oz. cans **\$1**
- Campbell's **Chicken Noodle Soup** 3 10.75-oz. cans **\$1**
- Snows New England **Clam Chowder** 15-oz. can **\$1.19**
- No Beans, Hormel **Chili** 15-oz. can **\$1.09**
- Junior **Scot Towels** each for **59¢**
- Nabisco 24-oz. Small or 26-oz. Medium or Large **Dog Biscuits** per box **\$1.43**

Candy

- Soft & Crunchy **Heath Candy** 6-pk. pkg. **\$1.59**
- 16-oz. York Mints or Peter Paul 12-oz. Bite Size Mounds or **Almond Joy** per bag **\$2.19**
- Assorted Sugarless **Trident Gum** 8-pk. pkg. **95¢**



PUBLIX RESERVES THE RIGHT TO LIMIT QUANTITIES SOLD



Tropicana Frozen Concentrate

Orange Juice

12-oz. can **99¢**

Sunsweet

Prune Juice

48-oz. bottle **\$1.48**

Bonus Pack

Chunk Style Dog Ration

Jim Dandy Dog Food

30-lb. bag **\$6.59**

(\$2.50 Off Label)

Removes Dirt & Odors

Surf Detergent

171-oz. box **\$4.89**

Publix
 12-oz. can
 10-oz. pkg.
 26-oz. pkg.
 24-oz. bag
 10-oz. pkg.
 7-oz. bag
 8-oz. bag
 8-oz. bag
 11-oz. box
 16-oz. cans
 10.75-oz. cans
 15-oz. can
 15-oz. can
 each for
 per box
 6-pk. pkg.
 per bag
 8-pk. pkg.
 12-oz. can
 48-oz. bottle
 30-lb. bag
 171-oz. box

PRICE SPECIALS
 (Buy 1 with each item \$2.00 Stamp Price Special Certificate)

In Water or Oil,
 Star-Kist Light
Chunk Tuna
 6.5-oz. can

9¢

PRICE SPECIALS
 (Buy 1 with each item \$2.00 Stamp Price Special Certificate)

Assorted Flavors
Hi-C Drinks
 64-oz. bottle

69¢

PRICE SPECIALS
 (Buy 1 with each item \$2.00 Stamp Price Special Certificate)

Mott's Single
 Serve Regular
Apple Sauce
 6-pk. pkg.

79¢

PRICE SPECIALS
 (Buy 1 with each item \$2.00 Stamp Price Special Certificate)

Assorted Soft 'n' Pretty
Bathroom Tissue
 4-roll pkg.

49¢

A Taste of Elegance
 The Southampton TABLETOP Collection

79¢ THIS WEEK'S FEATURE
 Coffee Cup

Produce

- Good Source Of Vitamins C, A & Iron
- Fresh Asparagus** per lb. **\$1.29**
 - Tasty Red Flame Or White Thompson **Seedless Grapes** per lb. **89¢**
 - Tropicana 100% Pure, Premium Chilled **Orange Juice** half gal. **\$1.99**
 - Crisp, Juicy Delicious **Ida Red Apples** 3 lb. bag **99¢**
 - Serve With Cheese Sauce, Tender **Fresh Broccoli** large bunch **99¢**

- For Salads Or Slicing, Florida (Large Size)
- Tasty Tomatoes** per lb. **49¢**
 - Excellent Steamed, Florida Tender **Yellow Squash** per lb. **49¢**
 - "Ruskin" Brand Tasty **Cole Slaw** 8-oz. pkg. **39¢**
 - Jimbo's Jumbos, Plain or Salted **Roasted Peanuts** 12-oz. pkg. **89¢**
 - Roasted Peanuts** 24-oz. pkg. **\$1.69**
 - Colorful Fresh Cut **Hybrid Lilies** each bunch **\$4.99**

\$1.00 Off with this coupon
Small Vegetable Bowl

Southampton TABLETOP Collection
 (Effective March 6 thru March 10, 1986)
 Publix With Coupon \$7.99

**THIS AD EFFECTIVE:
 THURS. MAR. 6 THRU
 WED., MAR. 12, 1986 ...**

Crisp, Fresh
Iceberg Lettuce
 large head **39¢**

Bake Or Fry These
 Genuine (Size A)
Idaho Potatoes
 10 lb. bag **\$1.99**

Dairy-Fresh
 Regular or Soft
Cream Cheese
 8-oz. pkg. **79¢**

Polk, Highland, Orange, Lake, Seminole, Osceola Co.
 Coca Cola Classic, Caffeine Free Diet Coke, Tab, Cherry Coke or Reg. or Diet: Sprite or

Coca Cola
 8-pk. 12-oz. cans **\$1.99**

Chablis, Chenin Blanc, Blanc de Blanc, French Colombard
Inglenook Wine
 1.5-lit. bottle **\$4.79**

Natural Light or Busch Beer
 6-pk. 12-oz. cans **\$1.99**
 (Limit 4 Please, With Other Purchases of \$7.50 or More, Excluding all Tobacco Items)

For Beautiful Hair ...

Jhirmack
 ● 8-oz. Unscented or Extra Hold Non-Aerosol Pump Hair Spray
 ● 8-oz. Assorted Shampoo
 ● 8-oz. Assorted Hair Conditioner

\$1.99

PUBLIX RESERVES THE RIGHT TO LIMIT QUANTITIES SOLD

Easter Seal Specials

Save money and help Easter Seals, too! Redeem your Easter Seal Coupons here.

Triple Protection
Aqua-fresh Toothpaste
 4.6 oz. tube **99¢**

Great Slides Great Prints

Prints from Slides 3 for **99¢**
 Additional Prints 33¢ each

Prints from Prints 3 for **99¢**
 Additional Prints 44¢ each

LIMITED TIME OFFER

- Dairy**
- Regular Margarine Quarters **Land O Lakes** 1-lb. cin. **59¢**
 - Land O Lakes Reg. or Unsalted Quarters, or Bowl **Country Morning Blend** 1-lb. size **\$1.49**
 - Azteca **Flour Tortilla** 10-ct. size **59¢**
 - Pillsbury Hungry Jack **Buttermilk or Buttertastin' Biscuits** 2 10-ct. cans **\$1.19**

Wisconsin Cheese Bar Individually Wrapped Cheese Food
Sliced American
 12-oz. pkg. **\$1.29**

- Kraft Sliced Deluxe American**... 16-oz. pkg. **\$2.49**
- Kraft Individually-Wrapped Sliced Cheese Sliced American**.... 16-oz. pkg. **\$2.49**
- Kraft Mild or Medium Chunk Style Cheddar Cheese**... 12-oz. pkg. **\$2.15**
- Borden's Individually-Wrapped Sliced Colby, Monterey Jack, Sharp Cheddar, Swiss, American Lite Line** 8-oz. pkg. **\$1.39**

COLLECT THE CLASSICS
 The China Blossom Collection
 IMPORTED PORCELAIN CHINA EXCLUSIVELY FROM PUBLIX

- Classical footed mugs
- Matching 7 1/2" cake plates
- Four patterns to choose from: Mountain Wood, Misty Meadow, Spring Garden, Wild Flowers

\$1.99 EACH

MUGS & PLATES

The lovely China Blossom Collection is an elegant way to serve your guests at teas, parties or coffees, yet it's durable enough for everyday use. Start your collection today at Publix, and enjoy tremendous savings on this special selling!

START YOUR COLLECTION TODAY
 (See Store Display for Details)
 Other price Wed., March 26, 1986

where shopping is a pleasure 7 days a week

This Ad Effective At These Locations Only:

**SEMINOLE CENTRE
 3609 ORLANDO DRIVE
 SANFORD**

**LONGWOOD VILLAGE CTR.,
 LONGWOOD**

Publix Teller
 FOR 24 HOUR CONVENIENCE YOU CAN BANK ON IT.
AT MOST PUBLIX LOCATIONS

Publix

COUPON

30¢ OFF
 With This Coupon ONLY
Wisconsin Cheese Bar Sharp Cheddar
 per pkg.
 (Effective March 6-12, 1986)



WINN DIXIE

America's Supermarket™

PRICES IN THIS AD ARE GOOD IN THE FOLLOWING FLORIDA COUNTIES ONLY: ORANGE, SEMINOLE, OSCEOLA, SUWANNEE, VOLUSIA, LAKE, CITRUS, MARION & ST. LUCIE. FOR ALL OTHER COUNTIES PLEASE SEE YOUR LOCAL NEWSPAPER.

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PRICES GOOD MARCH 6 - 8, 1986

HICKORY SMOKED WHOLE SHOULDER PICNICS . LB. **89¢**

MADISON BONELESS TURKEY HAM LB. **\$1.49**



WD BRAND USDA CHOICE BEEF BONELESS TOP ROUND **LONDON BROIL** . LB. **\$2.69**



WD BRAND USDA GRADE A FRESH FRYER **BREAST QUARTERS** . LB. **79¢**



HARVEST FRESH IDAHO **BAKING POTATOES** . 10-LB. BAG **\$1.68**



WD BRAND USDA CHOICE BEEF PORTERHOUSE or **T-BONE STEAKS** . LB. **\$2.99**

HARVEST FRESH YELLOW **Onions** 5-LB. BAG **68¢**



REGULAR or LIGHT **BUDWEISER BEER** . 12-PK. 12-oz. CANS **\$4.79**



HARVEST FRESH **SALAD TOMATOES** . 3 LBS. **\$1.00**



SLICED TO ORDER **HORMEL CHOPPED HAM** LB. **\$1.89**

GIGANTIC BUY ONE GET ONE FREE! SALE! THROUGHOUT THE STORE



PLAIN, SELF RISING or UNBLEACHED **PILLSBURY FLOUR** . . . 5-LB. BAG **79¢**

SUPER BONUS SPECIALS

HERE'S HOW IT WORKS

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

SUPER BONUS SPECIAL
SUPERBRAND **LARGE EGGS** . DOZ. **19¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 6 - 8, 1986

SUPER BONUS SPECIAL
ALL VARIETIES **CHEK DRINKS** . 2-LTR. BTL. **9¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 6 - 8, 1986

SUPER BONUS SPECIAL
DIET COKE, TAN SPRITE, MR. PIBB MELLO YELLO, CLASSIC COKE, CAFFEINE FREE DIET COKE or **COCA COLA** . 8-PK. 16-oz. BTLs. **\$1.19**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 6 - 8, 1986

SUPER BONUS SPECIAL
REGULAR or UNSCENTED **TIDE** . 42-oz. BOX **\$1.39**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 6 - 8, 1986

SUPER BONUS SPECIAL
ALL GRINDS **ASTOR COFFEE** . 1-LB. BAG **\$2.69**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 6 - 8, 1986

SUPER BONUS SPECIAL
KRAFT **MIRACLE WHIP** . QT. JAR **99¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 6 - 8, 1986

SUPER BONUS SPECIAL
BLUE BAY OIL or WATER **LIGHT TUNA** . 6 1/2-oz. CAN **1¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 6 - 8, 1986

SUPER BONUS SPECIAL
DOWNY FABRIC **SOFTENER** . 64-oz. SIZE **\$1.49**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 6 - 8, 1986

SUPER BONUS SPECIAL
CHARMIN BATHROOM **TISSUE** . 4-9L. PKG. **69¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 6 - 8, 1986

SUPER BONUS SPECIAL
SUNBELT **WHITE or YELLOW TOWELS** . ROLL **1¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 6 - 8, 1986

SUPER BONUS SPECIAL
SUPERBRAND **SPREAD** . 1-LB. SIZE **1¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 6 - 8, 1986

SUPER BONUS SPECIAL
PRESTIGE **ICE CREAM** . HALF GAL. **\$1.99**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 6 - 8, 1986

SUPER BONUS SPECIAL
PALMETTO FARMS REGULAR or WITH PICKLES PIMENTO CHEESE **SPREAD** . 1-LB. CUP **\$1.19**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 6 - 8, 1986

SUPER BONUS SPECIAL
WD BRAND ITALIAN **SAUSAGE LINKS** . 12-oz. PKG. **\$1.19**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 6 - 8, 1986