

Teen Won't Be Tried In Drug Deal Murder

A 17-year-old Sanford youth, arrested along with two Sanford men in the shooting death of a man during an argument over drugs, will not be prosecuted.

According to Assistant State Attorney Thomas Hastings, the teenager will not be charged in the murder of Michael McCloud, 22, of 29 William Clark Court, Sanford, because of insufficient evidence.

Hastings said the juvenile's participation in the shooting was more of an observer than that of a participant.

Two men arrested in the case, Carl F. Presley, 22, of 1114 E. 11th St., and Freddie Lee Conquest, 25, of 107 McKay Blvd., have been charged with second-degree murder and have a trial date set on the March 12 docket. Conquest is also charged with carrying a concealed weapon.

According to Assistant Sanford Police Chief Herb Shea, McCloud was shot once on Jan. 10 following an argument over drugs with three other men. A single shot hit McCloud in the upper arm then veered through his lungs and heart, Shea said.

Drinking And Driving Land Eight In Court

The following people were stopped for driving under the influence but refused to take a sobriety test and were arrested. They have either pleaded guilty or have been found guilty in Seminole County Court of DUI refusal:

—Myriam Chadwick Garrett, 33, of 1205 W. 19th St., Sanford, arrested Dec. 9 by Sanford police, \$250 fine, 50 hours community service, six months suspension of driver license.

—Edward Massey Hobbs Jr., 33, 204 Mosswood Circle, Winter Springs, arrested Oct. 27 by the Florida Highway Patrol after his car was involved in an accident, \$500 fine, six months of probation, alcohol education program, and attend three Alcoholics Anonymous meetings. A charge of driving with a suspended or revoked driver license was not prosecuted.

—Fannie Louise Holland, 50, of Oviedo, arrested Oct. 23 on State Road 419 by Oviedo police after her car crossed the center line, \$250 fine, 50 hours community service, and a six-month suspension of her driver license. The following charges against Ms. Holland were not prosecuted: No tag, attached tag not assigned to the vehicle, no valid driver's license, and no registration.

—Joseph Jerrell Koon, 60, of Orlando, arrested Nov. 21 by Oviedo police after his car failed to maintain a single lane, \$500 fine, six months of probation, 50 hours of community service, and attend an alcohol education program. Charges of failure to maintain a single lane and no tag were dismissed.

The following people have had the charge of driving under the influence, DUI refusal, or unlawful blood alcohol level, changed to the lesser charge of willful and wanton reckless driving:

—Kenneth E. Laffeur, 25, of 114 Centennial Ave., Sanford, arrested Oct. 21 by Sanford police, \$250 fine, 50 hours community service, six-months suspension of driver license. Charges of having an unlawful blood alcohol level and leaving the scene of an accident with injuries not prosecuted.

—Donald R. Lawrence, 42, of 422 Eagle Circle, Casselberry, arrested Nov. 19 by Altamonte Springs police, \$250. A charge of failure to maintain a single lane was dismissed.

—Bobby Gene Ricks, 33, of 131 Borna Circle, Winter Park, arrested Nov. 19 by Casselberry police, \$250 fine,

50 hours community service, and driver license suspended six months. A charge of possession of less than 20 grams of marijuana was not prosecuted.

—Stuart D. Swalheim, 35, of 959 Sequoia Drive, Winter Springs, arrested Oct. 7 by the Casselberry police and Oct. 12 by the Florida Highway Patrol, fined \$250. A second DUI refusal and a charge of running a stop sign were continued.

Other dispositions:
—Ricardo A. Pulliam, 34, of 922 Viek Court, Oviedo, arrested Dec. 9 by Oviedo police, failed to appear in court on charges of DUI, unlawful blood alcohol level, and failure to maintain a single lane. A bench warrant was issued.

—Arthur L. Fairman, 20, of 730 S. Edgemon Ave., Winter Springs, had charges of driving under the influence and unlawful blood alcohol level not prosecuted.

—Fred T. Riley, 27, of Methuen, Mass., had charges of driving under the influence and an unlawful blood alcohol level dismissed.

FHA-HERO Observing Its Week

The 26 members of the Lyman High School Future Homemakers of America—Home Economics Related Occupations (FHA-HERO) are observing national FHA-HERO week this week with special activities to give members the opportunity of sharing their experiences and achievements with family, friends and community leaders.

Theme for this year's national observance is "Youth on the Rise," focusing attention on the nearly 500,000 young men and women across the country who are involved in the program to improve personal, family and community living.

Plans outlined by Wendie Heckle, Lyman president of FHA-HERO, include a teacher appreciation coffee break, presenting a food basket to an "adopted" family and a student-faculty luncheon prepared by members.

Other officers of the Lyman chapter are Skye McLeod, vice president; Lisa Bergstresser, secretary; Karen Oliver, treasurer; Jill Schmidt, historian; and Vikta Lamas, hospitality.

FHA-HERO, a non-profit corporation, is sponsored by the U.S. Office of Education through the Division of Vocational and Technical Education and the American Home Economics Association.

Zula McLeod, adult advisor, says several million young people have been challenged by the unlimited opportunities offered through membership in the organization over the quarter century since its establishment as a national organization for home economics in the secondary schools.

Program For Diabetics Set At Hospital

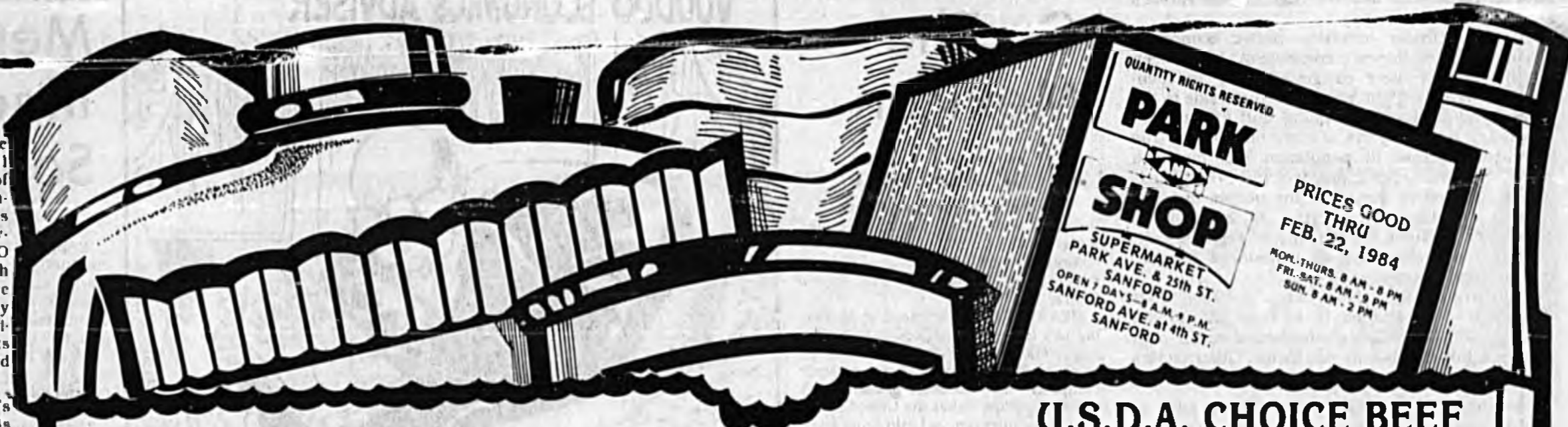
A special program for diabetics and their families, "Diabetes Series: Update," is being offered by Central Florida Regional Hospital, Sanford, Thursdays from 2:30 to 4 p.m. starting Feb. 23 and continuing through March 29.

The course is free. Each session will be held in the hospital classroom located on U.S. Highway 17-92 facing Lake Monroe.

A "how-to" practical approach is stressed as instructors clearly state, "Questions about diabetes are your job — answers are ours."

The six classes explore, "What is Diabetes," "Diet and Diabetes," "Diabetic Food Exchanges," "Insulin and Oral Hypoglycemics," "Urine and Blood Testing," and "Diabetic Lifestyle."

Pre-registration is encouraged. To register, or for additional information, call the hospital's Nursing Education Department, 321-4500 or 868-4441, ext. 607.



PRODUCE

FANCY RED DELICIOUS Apples 3 LB. BAG 98¢

FANCY RED PLUMS 99¢ LB.

FANCY RED GRAPES 68¢ LB.

ICEBERG LETTUCE 2 LARGE HEADS \$1.00

SNOW WHITE CAULIFLOWER 88¢ BCH.

U.S. NO. 1 POTATOES 50 LB. BAG \$7.48

GREEN BROCCOLI 88¢ BCH.

JUICY Lemons 10 FOR 88¢

GWALTNEY Picnic Hams HICKORY SMOKED **68¢ LB.**

CENTER CUT PORK CHOPS EX-LEAN FAMILY PKG. \$1.98 LB.

EXTRA LEAN PORK LOIN WHOLE OR HALF \$1.28 LB.

Quarter Loin Pork Chops FAMILY PKG. \$1.48 LB.

Country Style Pork Ribs EXTRA LEAN \$1.18 LB.

Hickory Smoked Sliced Bacon EXTRA LEAN \$1.28 LB.

1st Cut Sirloin Pork Loin Roast TWIN PKG. 3-5 LB. AVG. 98¢ LB.

Gwaltney Pork Chitterling 10 LB. PAK \$5.99

U.S.D.A. CHOICE BEEF

CENTER CUT Sirloin Steak TWIN PKG. \$2.38 LB.

CLUB STEAK or T-Bone FAMILY PKG. \$2.98 LB.

BACON WRAPPED Fillet Mignon STEAK \$3.98 LB.

FRESH Beef Tongue \$1.48 LB.

FRESH Beef Heart 98¢ LB.

E-Z CARVE Rib Roast \$2.88 LB.

BEEF EXTRA LEAN Brisket Roast \$1.88 LB.

CENTER CUT 7 BONE Chuck Roast \$1.68 LB.

SIRLOIN, PORTERHOUSE T-BONE, GROUND BEEF 8" DIAMOND CUT Beef Loin \$2.58 LB.

USDA Sirloin Tip 8-12 LB. AVG. \$1.88 LB.

USDA CHOICE Delmonico Steak \$3.98 LB.

CENTER CUT Chuck Steak \$1.78 LB.

Old Milwaukee Beer W/7.50 ORDER EX. COG. 12 OZ. CANS 6 PKG. \$1.58

Sunny Fla. Milk EXTRA RICH HOMO GAL. \$1.98

King Size Holsum Bread 20 OZ. 39¢

Delmonte Tomato Sauce 4 8 OZ. CANS \$1.00

Delmonte Tomato Catsup GIANT 32 OZ. BTL. 98¢

USDA GRADE A TURKEY LEG QUARTERS FAMILY BAG PKG. 38¢ LB.

JENNE-O TURKEY FRANKS DINNER FRANKS 3 LB. BAG \$2.98

JENNE-O TURKEY FRANKS 12 OZ. PKG. 78¢

TURKEY Drumstks 48¢ LB.

TURKEY Thighs BACK ON 68¢ LB.

BEEF

EXTRA LEAN Stew Meat FAMILY PKG. \$1.98 LB.

TENDER BEEF Cubed Steak FAMILY PKG. \$2.68 LB.

BEEF Hamburg 5 LBS. OR MORE 88¢ LB.

FOR YOUR FREEZER

USDA HIND QTRS. 100-125 LB. AVG. \$1.48 LB.

USDA FRONT QTRS. 100-125 LB. AVG. \$1.28 LB.

USDA SIDES 225-250 LB. AVG. \$1.38 LB.

WHOLE BEEF RIBS RIB ROAST DELMONICO CLUB BTL. OR. BEEF \$2.48 LB.

BUY 1 GET 1 FREE

Bologna GWALTNEY ALL MEAT \$1.29 8 OZ.

Luncheon GWALTNEY SPICED \$1.39 8 OZ.

Cook'n Good THE YELLOW CHICKEN

CUT-UP FRYER COMBO-PKG. 68¢

COUNTRY STYLE THIGHS 78¢

COUNTRY STYLE BREASTS 98¢

BONUS CASH -				
FLORIDA GRADE A EGGS SUPER JUMBO 68¢ DOZ. WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	EVERCANE SUGAR 5 LB. BAG 98¢ WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	SUNNY FLA. LOW FAT or MILK EXTRA RICH HOMO \$1.58 GAL. WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	U.S. NO. 1 POTATOES 10 LB. BAG 98¢ WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	MANDARIN LONG GRAIN RICE 10 LB. BAG \$1.99 WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84
HOLSUM BREAD 4 KING SIZE LOAF \$1.00 WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	PILLSBURY FLOUR 5 LB. BAG 38¢ WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	GOOD VALUE BLEACH 9¢ GAL. WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	MAXWELL HOUSE COFFEE 1-LB. CAN \$1.88 WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	MAXWELL HOUSE COFFEE 10 OZ. JAR \$3.98 WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84
MR. PIBB, SPRITE or COKE 16 OZ. 8 PKG. 98¢ WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	KRAFT MAYONNAISE QT. 98¢ WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	GIANT TIDE 49 OZ. BOX \$1.38 WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	SUN HARBOR TUNA LIGHT CHUNK 6 1/2 OZ. 14¢ WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	ALL BRANDS CIGARETTES REG. KINGS 100's \$7.58 CARTON WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84
T.V. 100% PURE BUTTER QUARTERS \$1.29 1-LB. WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	VAN CAMP PORK & BEANS 4 16 OZ. CANS \$1.00 WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	RAINBOW BATH TISSUE 4 ROLL PKG. 18¢ WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	BOUNTY JUMBO TOWELS 18¢ ROLL WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84	COUNTY FAIR HAMBURG Or HOT DOG BUNS 4 8 CT. PKG. \$1.00 WITH ONE FILLED BONUS CARD GOOD THRU 2-22-84

CHARGE ALL YOUR PURCHASES AT PARK & SHOP ON VISA & M.C.

DOUBLE MANUFACTURERS COUPONS SUN.-MON.-TUES.



WORLD IN BRIEF

Bush Leaves Soviet Meeting 'Encouraged'

MOSCOW (UPI) — Vice President George Bush left his 30-minute meeting with Konstantin Chernenko encouraged that the new Kremlin leader agrees "constructive" steps are needed to halt the decline in U.S.-Soviet relations.

"We felt the spirit of the meeting was excellent," Bush said Tuesday after his talks with Chernenko following the funeral of Yuri Andropov.

"The way the whole relationship was discussed was very temperate, very reasonable."

Other Western leaders who used Andropov's funeral as an opportunity to confer with Chernenko said they also were encouraged by the tone of their talks, even if no substantial progress was achieved.

Swedes Search For Sub

STOCKHOLM, Sweden (UPI) — Swedish navy patrol boats dropped 20 depth charges in restricted waters near the Karlskrona naval base to force a suspected foreign submarine lurking in the area to surface.

Swedish anti-submarine forces have used depth charges several times in recent years against suspected underwater intruders, but Tuesday's barrage was the heaviest response yet, military officials said.

The suspected submarine was not identified, but the depth charge barrage took place some 10 miles west from the spot where a Soviet Whisky-class submarine ran aground in October 1981.

Two patrol boats dropped 10 depth charges in the afternoon on the suspected submarine lurking close to a lighthouse near the sensitive Karlskrona base, located about 250 miles southwest of Stockholm on the Baltic Sea.

More U.S. Aid Sought

United Press International

The Salvadoran Army chief of staff urged Congress to approve more U.S. military aid to help the army win the 4-year-old civil war against leftist rebels and said human rights progress has been made in the country.

"The aid is needed and not because we are winning the war. The aid should be permanent. It has not been what we really need to put an end to this war," Col. Adolfo Blandon said Tuesday.

Blandon did not say exactly what new aid he wanted.

Blandon also said the armed forces will support any winner of March 25 presidential elections. The choices range from moderate Christian Democrat Jose Napoleon Durate to extreme rightist Roberto d'Aubulsson, who has been linked to death squads.

Accused Farmer: 'Always Used Wetbacks'

OKEECHOBEE, (UPI) — A farmer accused of importing hundreds of illegal Mexican aliens to work his citrus groves allegedly told federal undercover agents he "always used wetbacks" for cheap labor.

Steven Lewis Shaw, 22, owner of Steve's Harvesting, Inc., is one of 11 farmers, labor contractors and migrant crew leaders accused of operating a smuggling ring that brought 1,200 Mexicans into Florida to work in the citrus groves.

They and 73 illegal immigrants were arrested early Tuesday when federal agents raided two central Florida migrant camps at 3 a.m. EST.

The arrests, dubbed "Operation Everglades," were the result of a sealed indictment filed Thursday in Phoenix. Using information and contacts developed in an earlier alien smuggling investigations, undercover agents infiltrated the alleged smuggling ring.

FLORIDA IN BRIEF

Accused Farmer: 'Always Used Wetbacks'

OKEECHOBEE, (UPI) — A farmer accused of importing hundreds of illegal Mexican aliens to work his citrus groves allegedly told federal undercover agents he "always used wetbacks" for cheap labor.

Steven Lewis Shaw, 22, owner of Steve's Harvesting, Inc., is one of 11 farmers, labor contractors and migrant crew leaders accused of operating a smuggling ring that brought 1,200 Mexicans into Florida to work in the citrus groves.

They and 73 illegal immigrants were arrested early Tuesday when federal agents raided two central Florida migrant camps at 3 a.m. EST.

The arrests, dubbed "Operation Everglades," were the result of a sealed indictment filed Thursday in Phoenix. Using information and contacts developed in an earlier alien smuggling investigations, undercover agents infiltrated the alleged smuggling ring.

Error Frees Rapist

INVERNESS, (UPI) — An error by his own attorney will enable a convicted rapist who once faced life in prison to be released next week after serving only 3 1/2 years.

Roger Chapman, 31, was convicted Jan. 3, 1979, of abducting and raping a 19-year-old Inverness woman at gunpoint and was sentenced to two 30-year sentences for false imprisonment and rape.

But the 31-year-old former Floral City house painter, appealed the verdict and was convicted at his second trial in 1980.

Chapman was granted a resentencing because the appellate court said his attorney made "a grave error" during a second trial by not adequately advising him he could receive a higher sentence if convicted.

Kelly Assailant Sentenced

FORT LAUDERDALE, (UPI) — A two-year prison term has been handed to a man who pleaded guilty to the robbery and wounding of Jack Kelly, a U.S. Olympic official and brother of the late Princess Grace of Monaco.

David Clayton Willis, 21, had undergone trial last month on charges of attempted robbery and aggravated assault but the jury couldn't reach a verdict and a mistrial was declared.

But in the face of a new trial Monday, Willis agreed to a plea-bargaining arrangement under which the aggravated assault charge was dropped. Circuit Judge Arthur Franza sentenced him to two years.

Kelly, 56, a world champion rower and former Philadelphia City Councilman, was shot in the upper thigh during a holdup in December 1982 at a Fort Lauderdale service station and was hospitalized for six days.

'She Got A New Heart For Valentine's Day'

PITTSBURGH (UPI) — A 6-year-old Texas girl who received the first simultaneous heart-liver transplant was in critical but stable condition today and doctors said that was "as well as we could hope for."

Stormie Jones of Cumbly, Texas, who suffered a rare liver disease and weak heart, received the new organs in a 16-hour surgery that ended Tuesday morning.

Her mother, Lois Jones, 27, told a news conference at Children's Hospital she spoke briefly to her daughter after the operation.

"I talked to her today, but she couldn't

talk back," said Ms. Jones. "I told her I loved her. I'm tired but I'm happy with the results."

Accompanied by her fiancée, Don Millsap, 25, Ms. Jones also recounted her daughter's remark to her Monday just prior to the operation.

"She told me, 'I'll be glad when this is over.' And I'm glad too. She got a new heart for Valentine's Day," said Ms. Jones.

Following the surgery, Stormie was placed on a respirator and her condition was listed as critical but stable, said Dr. William Donaldson, director of medicine at Children's Hospital.

"Her progress is going as well as we could hope for so far," he said.

Doctors had said the double transplant was the youngster's "only hope" of survival because her heart, weak from earlier double bypass surgery, could not withstand the liver transplant.

Stormie suffers from a rare genetic liver disease that causes unusually high levels of cholesterol in the blood. Doctors said she could not produce normal levels of cholesterol unless she received a new liver.

Complicating matters were two double bypass surgeries performed after Stormie suffered a heart attack at age 5.

"Her own heart was too weak to withstand the liver transplant surgery," Donaldson said.

The heart transplant team, headed by Dr. Henry Bahnsen, and the liver transplant team, headed by Dr. Byers Shaw, began the surgery at about 6:30 p.m. EST Monday. The surgery was completed Tuesday morning at 10:30.

Doctors first replaced Stormie's heart, then placed her on a heart-lung machine to complete the liver transplant.

Brian Broznick, coordinator of the organ procurement team, said both donor organs came from a 4-year-old girl from Rochester, N.Y.

MacArthur Foundation Fellows Span Age Range

CHICAGO (UPI) — A 78-year-old Renaissance scholar and an 18-year-old expert on Mayan archaeology are among the year's 22 MacArthur Foundation fellows who will receive up to \$300,000 to devote five years to their specialties without financial worries.

The John D. and Catherine T. MacArthur Foundation Tuesday announced its yearly no-strings fellowships to the four women and 18 men whose fields range from poetry to paleontology.

The five-year grants have no restrictions, such as submitting applications or drawing up proposals.

Fellows may use the grants, which vary with their ages, as they wish.

David Stuart, 18, of Washington, D.C., is the youngest MacArthur fellow ever. He will receive \$24,000 the first year, for a total of \$128,000 for five years.

Stuart is a junior fellow in pre-Columbian studies at Dumbarton Oaks in Washington. He became interested in the Mayan Indian civilization while living at an excavation site in Mexico with his archaeologist father.

"I really don't have any definite plans," Stuart said. "It was such a surprise. I'm sort of in a state of shock."

Stuart, who graduated from high school last year, plans to write a book about Mayan hieroglyphics.

The oldest recipient was Paul Finkelman, 78, a professor emeritus at Columbia University and an expert in Renaissance history.

"I am gratified, both for this recognition and by the possibility that it gives me the chance to have more research assistants and help in publishing. It will be of great help in my work, that of a specialist in history and philosophy emphasizing the Italian Renaissance," he said.

Walgreens

The Shopper's Center

Sale thru Feb. 19

DISCOUNT LIQUOR CENTER

Sanford's Prescription Center

<p>Walgreens SUPER COUPON</p> <p>OREO COOKIES Nabisco 20 oz. 1.49 Limit 2 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>SUNMAID RAISINS 1 lb. 1.49 Limit 1 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>CANDY BARS PACK OF 6 M&M's 1.29 Limit 2 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>M&M'S CANDY ONE POUND Peanut 1.89 Limit 2 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>Dry Roasted PLANTERS PEANUTS 34 oz. 199¢ 35 oz. unshelled 2.69 Limit 2 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>MIXED NUTS 12 OZ. TIN Walgreens 2.29 Limit 2 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>Saran Wrap 30' 89¢ 18 ft. FREE Feb. 15, 1984.</p> <p>Walgreens Coupon</p> <p>SECOND SET PRINT OPTION Get a SECOND SET OF PRINTS 12 exp. 34 exp. 34 exp. 34 exp. 12 exp. 34 exp. 34 exp. 34 exp. 11.39 11.69 11.99 12.99 -original roll orders only!</p> <p>Walgreens Coupon</p> <p>COLOR FILM DEVELOPED & PRINTED 135 135 135 135 1" 3" 3" 2" Limit 4. Bring coupon with order. Thru 2/19/84.</p> <p>Walgreens Coupon</p> <p>Studio PHOTO SERVICE 35MM COLOR PRINT FILM DEVELOPED & PRINTED 2" 4" 5" Limit 4. Bring coupon with order. Thru 2/19/84.</p>	<p>BUY ONE GET ONE FREE</p> <h1 style="font-size: 4em;">FREE</h1> <p>READING GLASSES BUY ONE GET ONE FREE Magnifying readers. Full or half frame. REG. \$12.00 Ea. NOW 2/\$12</p> <p>AIR FOAM INSOLES BUY ONE GET ONE FREE Walgreens feet treat. Soft comfort in men's and women's sizes. REG. 99¢ Ea. 2/99¢</p> <p>FEVER THERMOMETER BUY ONE GET ONE FREE Dependable and accurate. Walgreens oral, baby, rectal. REG. \$1.79 Ea. 2/1.79</p> <p>180 COTTON SWABS BUY ONE GET ONE FREE Walgreens double tipped; box 180. REG. \$1.39 Ea. 2/1.39</p> <p>CADBURY THICK BARS BUY ONE GET ONE FREE Milk, almond or fruit. 1.85 oz. REG. 49¢ Ea. 2/49¢</p> <p>COLORFUL HANDI-PEN BUY ONE GET ONE FREE Penway ball point. Extends five feet. REG. \$2.99 Ea. 2/2.99</p> <p>MAKES SCENTS AIR FRESHENER BUY ONE GET ONE FREE Long lasting scents. REG. 69¢ Ea. 2/69¢</p> <p>THE GRIPPER SUPER GLUE BUY ONE GET ONE FREE Bonds instantly. Sets in seconds. 2 grams. REG. 99¢ Ea. 2/99¢</p> <p>Kordite TRASH BAGS BUY ONE GET ONE FREE 20 Trash 26 gal.; 30 Tall Kitchen. REG. \$2.69 Ea. 2/2.69</p>	<p>Walgreens SUPER COUPON</p> <p>CHAMBLY BATH TISSUE 4 ROLLS 79¢ Limit 2 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>CREST 8.2 oz. TOOTHPASTE REG. 1.49 Limit 1 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>SWEET 'N LOW 250 PACKETS REG. 1.99 Limit 2 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>LUX SOAP PACK OF 3 REG. 79¢ Limit 1 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>OIL OF OLAY 6 oz. LOTION Beauty Fluid 4.99 Limit 2 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>INTENSIVE CARE LOTION Vaseline 18 oz. 1.59 Limit 2 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>BAN ROLL-ON DEODORANT 2 1/2 oz. 3 Freshness 1.89 Limit 1 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>Includes 25¢ off label MENSHEN 2 1/2 oz. SPEED STICK Anti-perspirant & deodorant 1.29 Limit 4 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>Includes disposable HUGGIES DIAPERS 54 Newborn 18 Daytime 12 Toddler 2.99 Limit 2 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>Reg., Herbal, Vinegar, Red Meat MASSENGILL TWIN PACK 4 ea. 1.09 Limit 2 thru Feb. 19, 1984.</p> <p>Walgreens Coupon</p> <p>O.B. TAMPONS BOX OF 30 Choice of 3 2.49 Limit 2 thru Feb. 19, 1984.</p>	<p>WALKERS VODKA Liter Bottle 5.69 SALE</p> <p>CANADIAN MIST Liter Bottle 6.99 SALE</p> <p>EARLY TIMES Liter Bottle 6.99 SALE</p> <p>OLD SMUGGLER 80° SCOTCH Liter Bottle 6.99 SALE</p> <p>OLD THOMPSON BLEND Liter Bottle 5.49 SALE</p> <p>1.75 LITER PARTY SIZE</p> <p>JACK DANIELS 1.75 Liter 19.99 SALE</p> <p>FLEISCHMANS VODKA 1.75 Liter 9.69 SALE</p> <p>TEN HIGH BOURBON 1.75 Liter 10.99 SALE</p> <p>NOW</p> <p>CALVERT GIN 1.75 Liter 10.99 SALE</p> <p>WALKERS CANADIAN 1.75 Liter 10.99 SALE</p> <p>BEER & WINE SPECIALS</p> <p>GALLO VERMOUTH 750 ML 1.99 SALE</p> <p>CARLO ROSSI 3 Liter 4.99 SALE</p> <p>NOW ONLY</p> <p>BLACK LABEL LIGHT or REG. 6 Pack 12 Oz. Cans 1.49 SALE</p>
--	--	--	---

SALE PRICES NOW THRU SUNDAY
© WALGREEN CO. 1983.

ZAYRE PLAZA SANFORD

LIQUOR 9 A.M. TO 9 P.M.
(Liquor Closed Sunday)
PHONE 323-9190 RX 321-0250

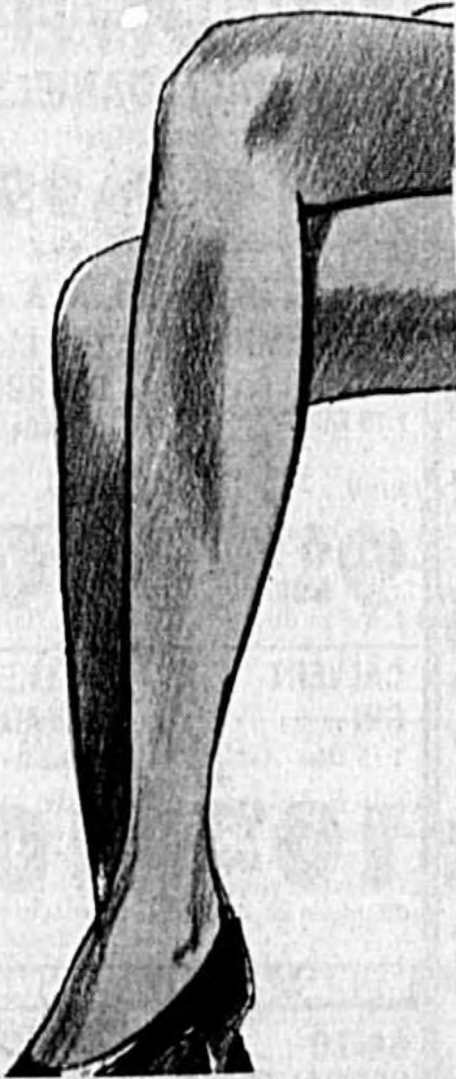
President's Day Sale



20% to 40% off blouses

When the occasion calls for something soft and feminine, you'll find it here. Beautiful blouses to wear by day. Or by night. In polyester.

	Reg.	Sale
Misses' safari blouse	\$25	14.99
Misses' bow blouse	\$26	12.99
Misses' or petite petal neck blouse	\$22	16.99
Women's petal neck blouse (not shown)	\$24	18.99
Misses' pullover blouse	\$25	14.99



All pantyhose 1.49 and up, now 20% off.

Save on all JCPenney pantyhose, regularly 1.49 and up. Find everything from Sheer Toes® to Super Shaper® and more. Short, average and long sizes. For example: Sheer Toes® control top in lots of smashing shades, Reg. \$3 Sale 2.40. Sale prices effective through Saturday.



Sale 9.99 to 19.99 Our Par Four® separates.

Give nature a little competition. With Par Four® separates in the freshest colors of the season. Easy-care good looks styled for casual comfort. And plenty of mix and matching. Misses' sizes in cotton/polyester and polyester/cotton. Also available in petite and women's sizes at similar savings.

	Reg.	Sale
Jacket	\$25	19.99
Belted twill skirt	\$21	16.99
Solid knit top	\$12	9.99
Belted twill slacks	\$23	17.99
Striped knit top	\$14	11.99
Belted shorts	\$20	15.99



33% off Back to basics in a blazer.

Sale 39.99 Reg. \$60. Our tailored blazer is fashioned in a blend of polyester and rayon with the look and feel of rich linen. A great pretender for the woman with an eye for savings. Basic colors for misses' sizes.



Catalog Home Delivery It's as easy as picking up the phone. And opening the door. Call us with your catalog order and UPS® will deliver it right to your door.

UPS® is a registered trademark of United Parcel Service of America, Inc.
JCPenney Catalog

JCPenney

Sanford Plaza

Store Hours
Sunday
12 To 6
Mon. - Sat.
9:30 To 9 P.M.

Just What Does 'Extra Curricular' Mean?

By Donna Estes
Herald Staff Writer

What did the Florida Legislature mean when it passed a law requiring students to have a 1.5 (D+ or C-) grade point average to participate in "extra-curricular activities?"

Exactly what is included in the term "extra-curricular?"

Carey Ferrell, the county school system's legislative lobbyist, says he believes the legislators meant primarily sports programs when they set the requirement last year.

But the legislation could be interpreted to mean anything from marching bands to vocational program associations which have a regional or national significance, Ferrell said.

The school board has told Ferrell to get a definition of "the words" from the legislators during the 1984 session to begin in April.

In addition to the "extra-curricular" definition, the board told Ferrell, who is also the school system's assistant superintendent of facilities and transportation, to push for adoption or repeal of other measures as well, stating the board's objections or support including:

- Statewide legislation calling for

children to be six years old on or before Sept. 1 of a school year before they can enter the first grade in the public school system. Seminole has led the state in the movement to keep children with later birthdays out of the first grade.

- Opposition to the state Legislature's call for a merit pay plan for school teachers. Seminole Education Association President Judy Sledge said her organization also opposes a merit pay plan, insisting that beginning salaries of teachers should be increased before merit pay is considered.

School Superintendent Robert Hughes said there is "nothing more confusing than merit pay," pointing out that there are "some 50 different merit plans" being considered.

- Local objection to different kind of diplomas for students graduating from high school. "It would put the students in different categories," board member Pat Telson said.

There have been suggestions in the state capitol to award different kinds of diplomas to high school graduates depending on whether they have taken academic, technical or vocations

courses. School board member Jean Bryant said high school requirements for graduation, such as four years of English and three of mathematics could be retained.

But the types of English and math should be fitted to whether the student intends a vocational career or one requiring a college degree.

- Oppose public aid to private schools. Mrs. Telson said tuition tax credits for children attending private schools are "crazy" and would hurt the public school system by siphoning off bright students whose parents, aided by tax credits, could afford to send them to private schools.

- Limit collective bargaining to wages, hours and fringe benefits and oppose binding arbitration in the area of employee contracts.

- Work for repeal of the law that permits high school seniors who lack only three credits or less for meeting graduation requirements of going to school less than a full day. Ferrell recommended the repeal, saying the state is now providing funding for those students only for the time they are

actually in school. And the option of going to school for only partial days is strictly that of the student, she said.

Ferrell said if a student signs up for a full day and changes his mind to go only a partial day, the classes are already set and staff assigned, while funding for those classes and staff are cut.

"The state used to fund that student whether he went a full day or not," Ferrell said.

Prior to coming to work for the Seminole County school system, Ferrell worked for the state Department of Education for 12 years as director of the Division of Public Schools. One of his primary responsibilities was as a registered lobbyist for the state department.

He plans to spend considerable time in Tallahassee in April and May during the legislative session, he said.

A formal legislative program for the school board will be presented to the body at its Feb. 22 meeting, Ferrell said.

And if there is sufficient time, Ferrell said a joint school board-Seminole County Legislative delegation meeting to discuss proposed legislation will be held prior to the opening of the legislative session.

VIPs Volunteer To Work In Schools

More than 5,600 VIPs — elected officials, educators, businessmen and businesswomen — will volunteer their time in a myriad of tasks at Seminole County's 43 public schools Friday in recognition of "School Volunteers' Week."

The school volunteers' program, known locally as the Dividends, was begun in 1973 with 17 volunteers in three pilot schools.

Now in its 11th year, Dividends has 2,000 volunteers working in the county's public schools, led by consultant-coordinator Dede Schaffner. Its staff includes three full-time and two part-time employees, funded by the county school system and the state.

During the 1982-83 school year, Dividends volunteers donated over 107,000 hours to the schools. Mrs. Schaffner said this volunteer work represented well over \$500,000 worth of service to the community.

The Dividends, Mrs. Schaffner said, supplement teachers' efforts to give students individual attention, reinforce skills taught in the classroom, assist students with reading, math, art and work with younger children, who need help learning the alphabet, numbers, colors, and shapes.

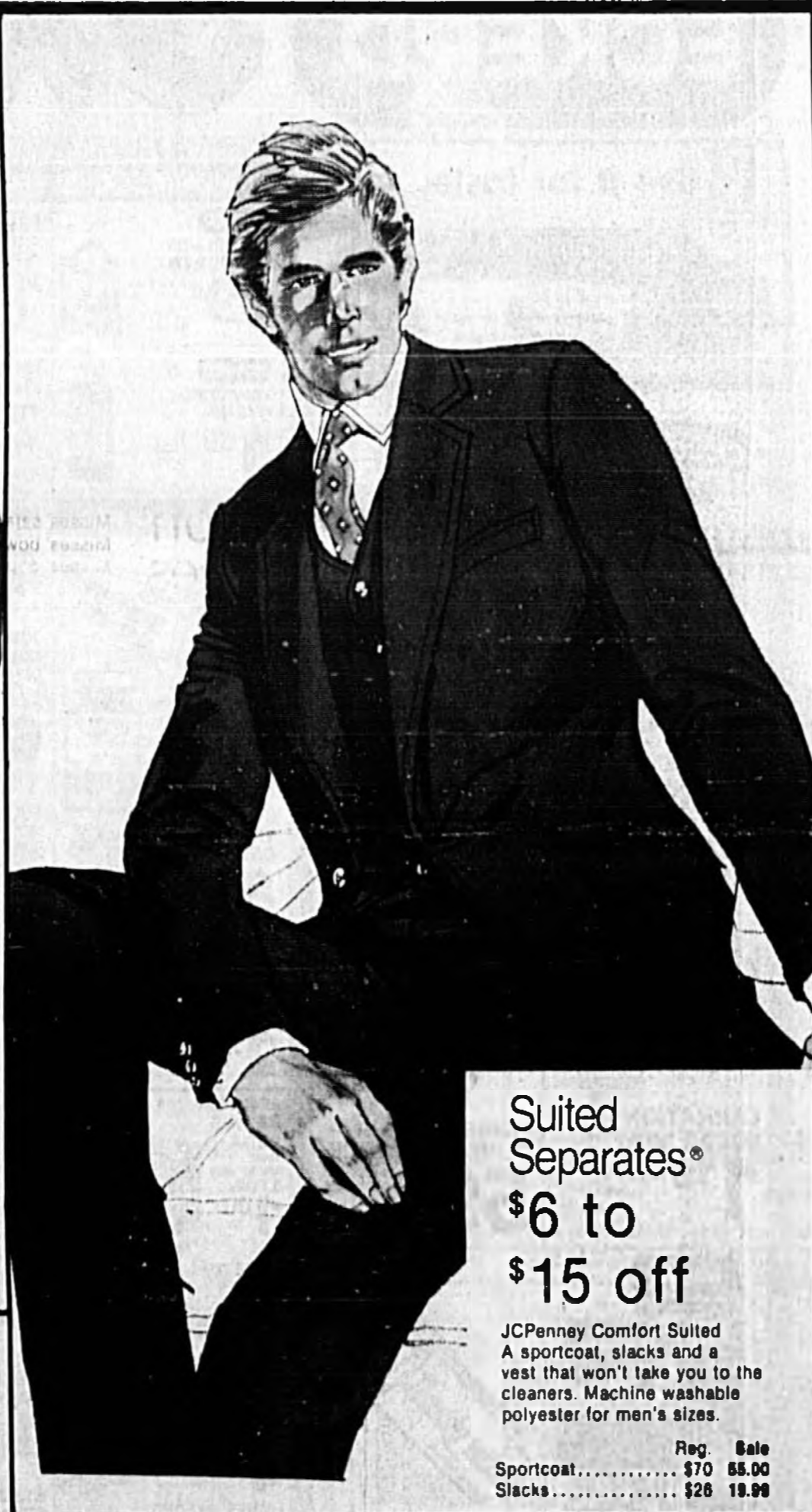
They also help with physical education, social studies and science and at the environmental center and the media centers checking out books, catalogues, mending books and filing. —Donna Estes

President's Day Sale



Plain Pockets® Sale 11.99

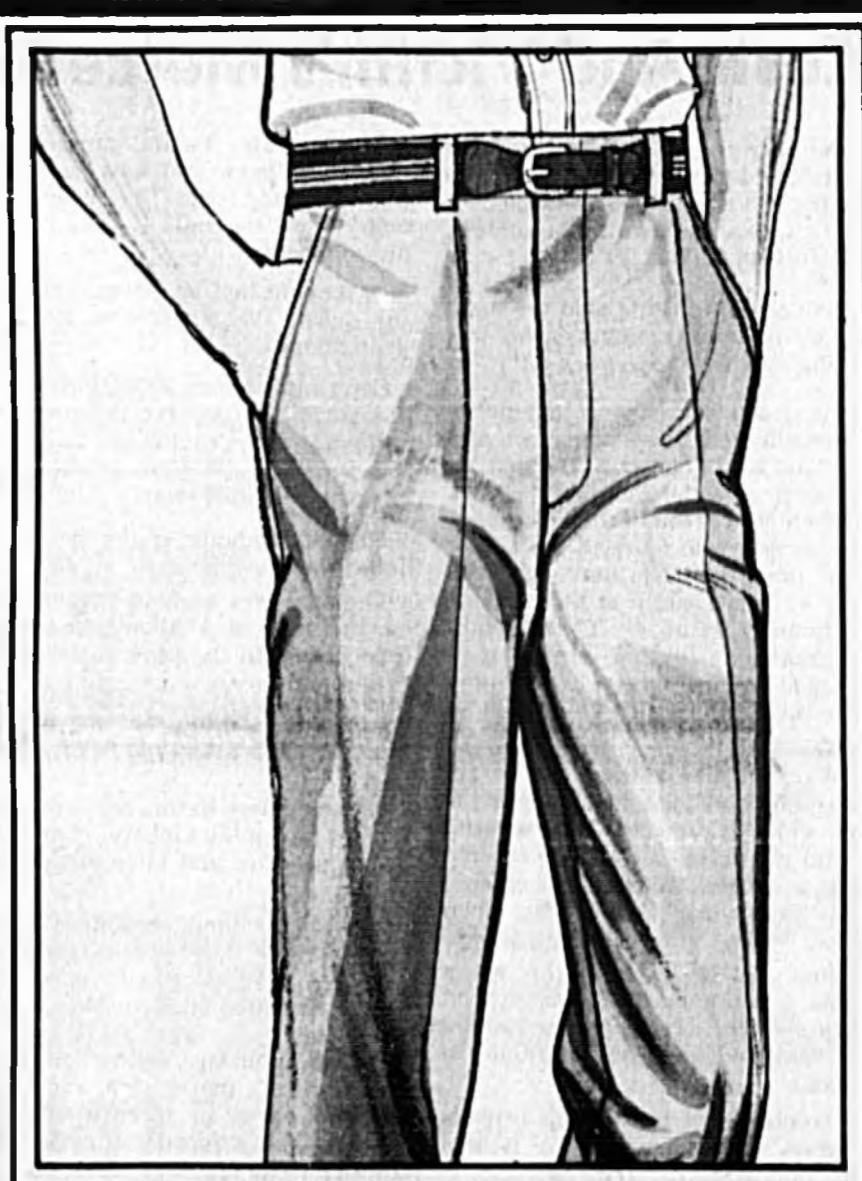
Reg. \$15. Our Plain Pockets® jean has just about everything you buy a jean for. Deep-dyed cotton denim. And fantastic fit. Everything but the fancy stitching. And the fancy price to match. Men's sizes.



Suited Separates® \$6 to \$15 off

JCPenney Comfort Suited A sportcoat, slacks and a vest that won't take you to the cleaners. Machine washable polyester for men's sizes.

	Reg.	Sale
Sportcoat.....	\$70	\$5.00
Slacks.....	\$28	\$18.99



Save \$4 Belted sportslacks for men. Sale 19.99

Reg. \$24. Good on looks and great on comfort. Our sportslacks of 100% woven texturized polyester for flexible fit. With coordinating leather-labbed stretch belt, Ban-roll® waistband, and two back pockets. In a range of solid colors that you'll find more than ample to expand your casual separates wardrobe. And at these savings, it's a terrific opportunity to invest in more than one pair. For men's waist sizes 30 to 42.



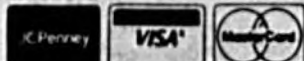
Vinyl handbags Sale 4.99 to 9.99

Double handle swagger.....	\$14	9.99
Oversize clutch.....	\$9	6.99
Not shown:		
Contemporary clutch.....	\$7	4.99

Sale prices effective through Saturday.

Leather shoes 39.99

Classic or contemporary, we've got the shoes that make the man. Handsome oxfords, slippers and boot-styles for dress. Comfortable mocs in two styles for play. All in leather for men's sizes.



JCPenney

Sanford Plaza

Store Hours
Sunday
12 To 6
Mon. - Sat.
9:30 To 9 P.M.

Home Of The Frugal

This Small Georgia Town Keeps The Lid On Taxes

By Tom Tiede

GARDEN CITY, Ga. (NEA) — When the people of this Savannah River port got together in 1939 to incorporate the community, they decided to operate it differently from the rest of the towns in the nation. They refused to enact a traditional property tax to pay the city's bills.

Naturally, everybody elsewhere scoffed at the idea. The experts said it couldn't be done. The property tax had been the principal means of urban revenue collection since the country began. The dire prediction was that, without it, Garden City would soon perish in a crunch of debt.

Well, the town didn't perish. It has in fact thrived.

Garden City will turn 45 years old this year. It is by almost any measure in fine economic health. It has never collected a dime in property tax, and it has never really needed to. It has always found alternative ways to raise money to meet the various obligations of government.

Granted, those obligations are not exactly overwhelming. Garden City is not New York. The town has a population of 7,000, which means it is little more than a village. It serves largely as a bedroom community for and waystop on the back road to,

the downriver city of Savannah.

That said, however, the local obligations are still significant. The Garden City budget this year is \$2 million. Robert Schwartz, the city administrator, says the town, like any town, has to pay for everything from police protection to sewers, and it's not at all easy without property tax.

Some of the burden is relieved by a city income tax, a 1 percent bite that raises a third of the budget. In addition, the community has an alcohol tax, a business tax and it earns more than \$1 million a year from revenue sharing, court fines, franchising fees and service charges.

Other cities in the region meet their debts by not making them. Schwartz says the town pinches its pennies until the metal gets warm. For one thing, there are only 65 people on the city payroll; cops included. If three crews are required to tend to street sanitation, the city gets by with two.

And that leads to one final way Garden City covers its obligations. When the officials can't afford to pay for something, the people of the community step in to take care of it. If there aren't enough garbage men to clean the streets, for example, volunteers pick up the trash

themselves.

Schwartz says Garden City has some of the most civic minded residents in the nation. And they save the town thousands or even millions of dollars a year. "We have a volunteer fire department, for one thing," Schwartz points out. "I'd hate to think how much it would cost us without it."

Garden City also has a city council that serves without pay. That's another nice legacy from 1939. When the city was founded the council ruled out remuneration for itself. As a matter of fact, one member back then often ran the city's road grader on his days off, free of charge.

None of the politicians here are running the road grader today. Mayor Ralph Kessler doubles as a handy man of another sort. Schwartz says Kessler owns several heating and air conditioning firms in the region, so when the thermostat goes out in a public building he fixes it for nothing.

Then there are the housewives who volunteer to stuff envelopes at city hall. And the retired people who handle the phones at the emergency medical center. Hundreds of other volunteers staff the recreation department, dig ditches for water drainage, and even help pave some of the downtown streets.

Schwartz says it's amazing. Garden City is like one big neighborhood, where everyone pitches in to help. And so everyone benefits. Officials say there will never be a property tax here, as long as there are sufficient numbers of volunteers, and therefore the people who spend time save money.

The savings are not precisely measurable, certainly. But similar sized towns in Georgia charge property taxes that range from a few hundred dollars for individuals to many thousands of dollars for corporations. Officials guess that if the tax were collected in Garden City it would average about \$500 per family.

So the volunteers turn out with enthusiasm. And the community has proven that hard work and innovation are as good as gold. The residents insist that over the years the city has had just as many services as other places in the state, and it has charged far less to provide them.

What's more, the town has stayed squarely in the black all the while. Garden City has never had a deficit on its books. This year the town plans to take in a projected \$2,100,000 to cover its projected \$2,000,000 budget; it may take some extra help to do it, but definitely no property tax.



Private Island Home Hit

Gunman Flees With Jewelry, Cash And Victim's Mercedes

MIAMI BEACH (UPI) — A masked man who eluded elaborate security measures protecting the island home of a pioneer Miami family escaped with thousands of dollars worth of antique jewelry.

Detective Michael Putz said the man, armed with a semi-automatic pistol, was still being sought.

He was described as five-feet six-inches tall, brown-haired, olive complexion and in his late 20s. Putz said. He said he spoke with a slight European accent. Alvin Richter, 45, son of J.A. Richter, a Miami pioneer who founded the family jewelry firm in 1923, and his wife Norma, 45, were asleep in their Sunset Island home at 3 a.m. when Mrs. Richter was awakened "by an armed man standing at the foot of their bed pointing a gun at them," Putz said.

Sunset Island is a private island located off of Miami Beach. Police are investigating how the robber entered the island, which is protected by a security gate and guard, but believe he entered on foot, unnoticed. Police said he entered the Richter home through an open window.

Richter was awakened by his wife's screams. The gunman, clad in a plaid shirt, jeans, white socks and a stocking mask, tied and gagged the couple in their bed.

The robber kept picking up trinkets and brass urns, demanding, "Is this gold?" Putz said.

He said the bandit ransacked the master bedroom and took a strongbox from the living room. The robber became angry when he could not open the safe himself, he said.

"I thought he was going to get me for that," said Richter, who suffers from a heart ailment.

Carrying between \$2,000 and \$3,000 in cash and thousands of dollars worth of antique jewelry, the robber hopped into Mrs. Richter's blue Mercedes-Benz in the driveway and sped away.

The exact amount of the loot was not immediately available.

The Mercedes was later found parked on the side of a Miami Beach road, unlocked, with the keys in the ignition, Putz said.

By 7 a.m., Richter said he was able to free himself, untie his wife and call police.

"It was a very harrowing experience," Richter said of the robbery. "I'm glad it's over and we're still alive to talk about it."

The couple made headlines in 1977 because they were married three times — once in Miami Beach, once in Las Vegas and once in Peru. Mrs. Richter's homeland.

But the marriage in Peru invalidated Mrs. Richter's tourist visa, and she was stranded there for three months. U.S. immigration stepped in and snipped through red tape.

AMERICA'S FAMILY DRUG STORE

ECKERD SALE!

Use it for faster refills.

It's easy to save time by phoning ahead for refills. Our number is on your prescription label.

ECKERD DRY ROLL-ON DEODORANT 99¢ Compare to Ban Limit 2	BAN ROLL-ON ANTI-PERSPIRANT 1.99 2.5-OZ. Limit 1	TALL BRASS TRUNK 27.99 Reg. 35.99
ECKERD TRI-ACTING SYRUP 1.69 4-OZ. Compare to Triaminic	TRIAMINIC SYRUP 2.49 4-OZ. Limit 1	5-SHELF CORNER ETAGERE 14.99 Reg. 18.99
WIN THE COLD WAR! ECKERD BUFFERED ASPIRIN 1.19 BOTTLE OF 100	JONTUE SPRAY COLOGNE 4.99 8-OZ. Reg. 6.75 Limit 1	CHARLESWOOD OPEN OF 2-DOOR WALL UNIT 34.99 Reg. 48.99
ECKERD VITAMIN C 1.49 BOTTLE OF 100, 100 MG.	JOVAN MUSK OIL COLOGNE 6.99 2-OZ. SPRAY Reg. 8.75	FOLDING WALL DESK 7.99 PLASTIC Reg. 9.99
VICKS COUGH DROPS 83¢ 25 Vicks or Blues, 50 Throat Drops. Limit 2	SQUEEK SHAMPOO OF CONDITIONER 1.29 7-OZ.	DELUXE WEB AND ALUMINUM LAWN FURNITURE 10.99 19.99 CHAIR Reg. 14.99 CHAIRS Reg. 24.99
BAUSCH & LOMB STERILE SALINE OF DISINFECTING SOLUTION 2.79 YOUR CHOICE 8-OZ. Limit 2	ECKERD MILK BATH 1.39 5 TYPES 32-OZ. Reg. 2.09	FAMILY 12-QT. COOLER 9.99 BLUE OR RED Reg. 13.99
CARNATION HOT COCOA MIX 1.19 MAKES 12 SERVINGS While quantities last. Limit 1	FIDDLE FADDLE POPCORN SNACK 59¢ 6.75-OZ. Reg. 77¢ Limit 2	1/4" x 50' REINFORCED GARDEN HOSE 9.99 Reg. 12.99
ECKERD "C" OR "D" BATTERIES 2.10 PACK OF 2 Reg. 77¢	AMBER GLOW II FIRE LOG 88¢ BURNS 2-3 HOURS Reg. 1.39	MELNOR OSCILLATING LAWN SPRINKLER 7.99 Reg. 10.99
KODAK VR 1000 35mm PRINT FILM 3.49 CP135-24 EXPOSURES Limit 2	VIP PRO 1250-WATT HAIR DRYER 11.88 -3.00 8.88 Your Final Cost 2 speed & 4 heat levels	HAND TRUCK/DOLLY 12.88 Reg. 14.88 With bag holder
ECKERD "C" OR "D" BATTERIES 2.10 PACK OF 2 Reg. 77¢	ARM & HAMMER BAKING SODA 1.00 16-OZ. Reg. 59¢ each Limit 3	BOXED YANTZEE GAME 2.99 Reg. 3.99
ECKERD "C" OR "D" BATTERIES 2.10 PACK OF 2 Reg. 77¢	SPICE TIME SPICES 88¢ Limit 2	BASF PRO II CHROME AUDIO CASSETTE TAPES 2.89 90-MIN SLANS Reg. 3.99
ECKERD "C" OR "D" BATTERIES 2.10 PACK OF 2 Reg. 77¢	TAMPA NUGGET SUBLINE CIGARS 4.49 BOX OF 50 Reg. 5.99 Limit 1	HAMILTON BEACH CAN OPENER 9.99 Reg. 11.99
ECKERD "C" OR "D" BATTERIES 2.10 PACK OF 2 Reg. 77¢	LADIES' OXFORD TENNIS SHOES 4.77 Pink or white	GRAN PRIX PORTABLE CASSETTE RECORDER 28.88 705 Built-in mike Reg. 34.99
ECKERD "C" OR "D" BATTERIES 2.10 PACK OF 2 Reg. 77¢	ARMOR ALL PROTECTANT 1.99 8-OZ. PUMP SPRAY	VIDAL SASSOON CURLING IRON OF BRUSH 7.88 -2.00 5.88 Your Final Cost Dual heat settings

Federal Benefits for Veterans and Dependents

- ELIGIBILITY
WWII, Korea, Vietnam
- MEDICAL
Service and Non-Service Connected
- PENSION
Service and Non-Service Connected
- SOCIAL SECURITY CREDITS

● These and Many More Federal Benefits Now Available

Revised booklet of Veterans benefits recently published by the Veterans Administration now available to honorary discharged Veterans at no cost.

FOR FURTHER INFORMATION AT NO COST OR OBLIGATION FILL OUT COUPON BELOW AND MAIL TO:

OAKLAWN'S VETERANS DIVISION
Route 4, Box 244
Sanford, Florida 32771

Name _____ Phone _____
Address _____
City _____ State _____ Zip _____
Year Of Discharge _____ Age _____
Type Of Discharge _____

Eckerd presents **Sea World Super Savings**

\$2.00 off adult and child regular admission.
\$2.75 off seniors 55 or over.

Pick up a Sea World discount coupon good for your entire family at your neighborhood Eckerd today!

OPEN DAILY 9 to 9, SUNDAY 9 to 6. Sale Prices good thru Sat., Feb. 18th. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

SANFORD
Banford Plaza
950 State St.
LONGWOOD
492 U.S. Hwy. 17-02 at S.R. 434
434 Center 849 S.R. 434
CASSELLBERY
5045 Red Bug Lake

Seminole Plaza
1433 Semoran Blvd.
ALYAMONTE SPRINGS
484 E. Altamonte Dr.
974 W. S.R. 436
ORANGE CITY
Four Townes Shopping Center

SYMBOL NEXT TO ADDRESS

Optical Center
VISA
MasterCard



Scotty's LOW

For 60 Years
Day In, Day Out

PRICES

IMPULSE SPRINKLER

Sled base, No. 9570

meior

5.97
Reg. 7.77

Entrance KEYLOCK SET

Stainless steel finish, No. 8640 1000 KA4

4.88
Reg. 5.99

REDWOOD STAIN

A solid color latex stain which allows the texture of the wood to show through.

Scotty's

2.99
Gallon
Reg. 3.79



SCOTTY'S
SCOTTY'S
SCOTTY'S

ALL PURPOSE

PLUS IT

50 lbs. NET W

Scotty's
6-6-6
FERTILIZER
50 lb. bag.

2.57
Reg. 3.57

DOOR CLOSER

Aluminum finish, No. SK-85

2.99
Reg. 5.45

Never Have To Remind Yourself to "Shut That Door" AGAIN!

CRAWFORD PRODUCTS, INC.

SAWHORSE BRACKETS

No. 87

1.19
Pair
Reg. 1.79

COMBINATION PADLOCK

1 3/4" No. BD1909

SAVE 50c
Was 1.49

POWER RETURN TAPE RULES

3/4" x 12' No. 8312

3.88
Was 6.88
SAVE 3.00



Lufkin
3/4" x 16' No. 8316

4.88
Was 7.99
SAVE 3.11

3/4" x 25' No. 8325

5.88
Was 10.88
SAVE 5.00

WALLPAPER

Talisman III

3.99
Reg. 4.79
Single Roll*

Continuous Elegance

4.99
Reg. 9.56
Single Roll*

KEY WALLCOVERINGS
*Available in Double Rolls Only. Not stocked at all stores.



In Stock Patterns Only

SIX PANEL DOOR

Carved on one side, 3'-0" x 6'-8" x 1 3/4"

Carved Luan ENTRANCE DOOR

Napoli style, No. CIS, 1 3/4" x 3'-0" x 6'-8"

Your Choice:

4.288
Reg. 49.95



Prefinished BUNGALOW PANELING

5/32" x 4' x 8', choose from autumn oak, mushroom hickory or tan bark hickory.

Your Choice:

3.88
Reg. 4.39



SPRUCE STUDS

2 x 4 x 98" **1.77**

2 x 4 x 92 1/2" Precut **1.69**

1 x 12 No. 3 PINE SHELVING
8' thru 16' lengths.

49c Lin. Ft.

FIBERGLASS SHINGLES

Three tab in white and colors. 20 year limited warranty.

23.00 Square
Bundle **8.26**

24.00 Square
Bundle **8.55**

Kraft-Backed FIBERGLASS INSULATION

*The higher the R-value, the greater the insulating power. Ask your Scotty's salesman for the fact sheet on R-values.

R-11" Sq. Ft. R-19" Sq. Ft.
3 1/2" x 15" **16c** 6" x 15" **27c**
3 1/2" x 23" **16c** 6" x 23" **27c**

Sheathing PLYWOOD

CDX sheets. Agency approved.

3/8" x 4' x 8' **7.33**
1/2" x 4' x 8' (3 ply) **7.78**
1/2" x 4' x 8' (4 ply) **8.47**
5/8" x 4' x 8' **11.44**



Scotty's
60 Years of Savings
1924-1984

OPEN UNTIL 9 PM

ORANGE CITY
2323 South Volusia Ave.
Highway 17 and 92
Phone 775-7268
ALTAMONTE SPRINGS
1029 East Altamonte Drive
(Highway 436)
Phone 339-8311
ALTAMONTE SPRINGS
875 West Highway 436
Phone 882-7254

OPEN TIL 8 PM

SANFORD
700 French Avenue
Phone 323-4700

Scotty's stores open at 7:30 a.m.
Monday thru Saturday.
Closed Sunday

PRICES GOOD THRU FEBRUARY 22

Prices quoted in this ad are based on customers picking-up merchandise at our store. Delivery is available for a small charge. Management reserves the right to limit quantities on special sale merchandise.



PEOPLE

Evening Herald, Sanford, Fl. Wednesday, Feb. 15, 1984—18

Cook Of The Week

Philosophy: Creating Something Out Of Nothing

By Karen Warner
Herald Correspondent

Mickey Cochran does not have the outward appearance of a gourmet cook. Yet beneath the surface of this brawny Longwood man is a true connoisseur/chef extraordinaire.

Mickey, sales manager/custom pool designer with Adair Pools, admits that one of his greatest joys in life is in "creating something out of nothing," a philosophy that not only enables him to design award-winning custom pools, but also makes him a master in the kitchen.

This father of five actually enjoys the challenge when his lovely wife, Pat (a legal secretary), greets him at the door with "I forgot to defrost anything for dinner."

Confidently, he searches the pantry for a bit of this and a little of that to "throw together" for a meal. The search pays off and Mickey can create a full course meal.

"Cooking at our house depends on who gets home from work first, my wife or me," he said. "I also love to eat out," he continued. "I feel that a woman (speaking of his wife) needs to get out of the house once in a while, and be treated to a special candlelight dinner. A woman can lose her creativity in the kitchen if she has to look at the same walls day after day."

Mickey enjoys organizing other men into the "art" of cooking. During one of his church's "fellowship" dinners, he inspired all the men to cook and serve the dinner to the ladies. The main course was a delicious chicken and rice dish, Arroz con Pollo. On New Year's Eve, Mickey cooked and served over 30 of his friends strawberry omelets.

"How many men do you know that received a set of copper pots for his birthday?" he said. The set was a gift from his wife. He also maintains a fine collection of gourmet cook books.

Mickey may have won five national awards for his custom pool designs, but he has certainly won the heart and culinary award from his wife. Following are a few of his favorite recipes:

BAVARIAN CREME

From my mother, Mary Ann Cochran
¼ cup sugar



Herald Photo by Karen Warner

Mickey Cochran, the father of five children, designs custom pools on the job and custom meals after hours.

1 pint whipping cream
1 large box cherry gelatin
2 bananas sliced
1 can Bing cherries drained
1 cup walnut pieces
1. Make Jello according to package directions. Let set.
2. Whip cream and sugar till creme peaks.
3. Combine whipped cream and gelatin with mixer on high speed until gelatin is chopped.
4. Fold in remaining ingredients and refrigerate until serving.

PECAN PIE

From my mother-in-law, Lorraine Gare
4 eggs
1 cup sugar
1 cup corn syrup (light)
¼ teaspoon flour (all-purpose)
½ teaspoon salt
1 teaspoon vanilla
½ cup melted butter

2 cups pecans
1. Preheat oven to 350°
2. Mix the eggs with rotary beater
3. Add sugar, corn syrup, flour, salt, vanilla. Beat well.
4. Pour into deep dish pie shell and top with whole pecans
5. Bake 50 minutes.

SUMMER SQUASH CASSEROLE

From Ingrid McCollum, wife of Congressman Bill McCollum

1 small bag of Pepperidge Farm Stuffing Mix
1½ sticks melted butter
2 lbs. summer squash
2 medium onions
1 can cream of mushroom soup
16 oz. sour cream
Toss stuffing mix and butter. Cut and parboil onions and squash. Combine mushroom soup and sour cream.
In casserole dish layer ½ crumb mixture, add drained squash and onions, add soup and sour cream mixture. Finally, top with remaining stuffing mixture. Bake at 350° for 45 minutes.

HAMBURGER CASSEROLE

From my wife, Pat
1 lb. ground beef
½ lb Italian Sausage cut in ½" slices
1 cup chopped onion
1 teaspoon oregano
4 slices American cheese
1 can tomato soup
1 can cheddar cheese soup
1 cup water
4 cups (8 oz.) cooked wide noodles
Brown beef in skillet — cook onion, sausage and oregano until done — stir to separate meat. Pour off fat. Add soups and water, simmer 10 min. Add noodles to meat mixture and pour into two quart shallow baking dish. Cover.
Bake at 400° for 40 minutes. Stir — Top with cheese. Bake until cheese melts.

ARROZ CON POLLO

From Southern Living
2 frying chickens, cut up
1 teaspoon salt
½ teaspoon pepper
½ teaspoon paprika
½ cup vegetable oil
1 large onion, chopped
1 clove garlic, minced
1 green pepper, diced
1 large can (28 oz.) plum tomatoes
2 cups chicken broth
1 bay leaf
¼ teaspoon powdered saffron
½ teaspoon oregano
2 cups rice
1 can (8 oz.) green peas, drained
4 canned pimientos, quartered
1. Preheat oven to 350°
2. Pat chicken pieces dry and sprinkle with salt, pepper and paprika
3. Heat oil in Dutch oven or casserole with tight-fitting cover. When oil is hot, brown chicken on all sides, remove and keep warm.
4. Sauté onion, garlic and green peppers in oil remaining in pan. Stir until onion is transparent.
5. Stir in tomatoes, broth, bay leaf, saffron, and oregano. Bring to boil.
6. Return chicken to pan and stir in the rice.
7. Cover tightly and bake in preheated oven for 30 min.
8. Uncover. Fluff the rice with a fork. Stir in peas and decorate top with pimientos.

OMELET AU STRAWBERRIES

From Brennan's New Orleans
½ cup fresh strawberries
2 tablespoons sugar
2 eggs
1 tablespoon sugar
2 eggs
1 tablespoon milk or cream
¼ teaspoon salt
1 tablespoon butter
Wash and drain strawberries. Heat berries and sugar in skillet. Crush lightly with spoon. Beat eggs, milk and salt, together with a fork. Heat butter in 8-inch skillet or omelet skillet. Pour in egg mixture and stir. Reduce heat and cook without stirring. Lift edges from time to time to keep omelet free from pan. Slight shaking motion of

skillet will tell whether or not omelet is sticking. Cook until eggs set with golden bottom and creamy top. Fold 2 spoons of strawberry mixture into omelet. Pour remaining mixture over top and serve.

Who's Cooking?

The *Who's Cooking?* column welcomes suggestions for cooks of the week. Do you know someone you would like to see featured in this spot. The Cook of the Week column is published every Wednesday.
Novice cooks and ethnic cooks, as well as experienced cooks and master chefs add a different dimension to dining. Who is your choice? Maybe it's your mother, father, brother, sister or friend.

NOOPE MEDICAL CLINIC

ALL INSURANCE ASSIGNMENTS
ACCEPTED WITH

NO OUT OF POCKET EXPENSE

PHYSICAL THERAPY X-RAYS & BLOOD TESTS AVAILABLE
FAMILY PRACTICE PEDIATRICS INTERNAL MEDICINE
HOURS 8-8 M-F 9-4 SAT.

PAC N' SEND

304 East Commercial Street
Sanford, Florida 32771
(305) 323-1137

PACKAGING

CUSTOM BOXES

FOAM MOLD SYSTEM

GIFT WRAPPING

SHIPPING

PACKAGING SUPPLIES

FRUIT ORDERS

50¢ OFF
CUSTOM GIFT WRAPPING
WITH THIS COUPON
Good Thru Feb. 29, 1984

Professional Packaging and Shipping Service
Monday - Saturday



HIS AND HER ACTIVEWEAR

Watch For Our Opening!

Center Mall, Hwy. 17-92

Sanford

322-0408

Young And Festive Prom Dresses

We Selected These Especially With You In Mind...Many Colors And Styles For You To Choose From. Come In Today And Let Us Help You Decide What Looks Best On You.

Lois' Place

116 W. First St.
323-4132
Downtown Sanford

Sanford's Most Unique Boutique-LOIS DYCUS-Owner



FREE SPINAL EXAMINATION



DANGER SIGNALS OF PINCHED NERVES
1. Frequent Headaches
2. Low Back or Hip Pain
3. Dizziness or Loss of Sleep
4. Numbness in Hands or Feet
5. Nervousness
6. Neck Pain or Stiffness
7. Arm and Shoulder Pain

ALL INSURANCE ASSIGNMENTS ACCEPTED
Free preliminary examination does not include X-Rays or treatment.
*As usual, this service is free!

SANFORD PAIN CONTROL CLINIC
DR. THOMAS YANDELL
Chiropractic Physician
2017 FRENCH AVE.
SANFORD
323-5763

ENJOY GRAPEFRUIT FROM FLORIDA

It's Coming! The HCA Healthcare Express

When the Healthcare Express rolls into town it will bring a healthy dose of education, history and fun. Visit the Healthcare Express and you'll see colorful displays. You'll play with talking computers. You'll meet a walking, talking robot.

The Healthcare Express is a traveling exhibit sponsored by Hospital Corporation of America and our HCA hospital. On its nationwide tour it is stopping in hundreds of communities like ours.

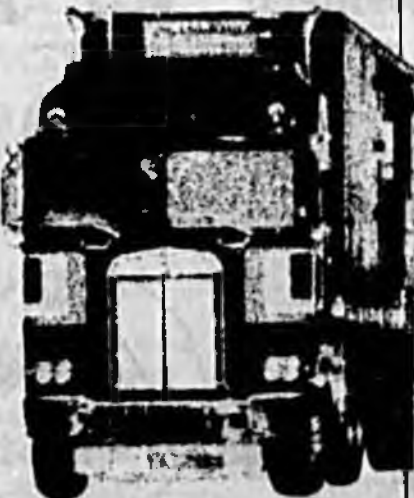
Make plans for your family, school, church or youth group to attend the Healthcare Express. It's coming. Don't miss it.

Date: Feb. 25
Times: 9:30 am - 6 pm

Central Florida Regional Hospital

HIGHWAY 17-92
ON LAKE MONROE
SANFORD

HCA Hospital Corporation of America



Church Tasting Luncheon

The Women of the Church at Wekiva Presbyterian are cooking up a tasting luncheon to be held Feb. 23 at the church. The public is welcome to attend and lunch will be served continuously from 11:00 a.m. until 2:00 p.m. More than 25 dishes will be served buffet-style, all cooked by the Women of the Church. All recipes are from the recently published church cookbook which will be on sale at the luncheon.

To receive a ticket, send \$3.50 for each ticket to Tasting Luncheon, Wekiva Presbyterian Church, 201 Wekiva Springs Road, Longwood 32750. All checks should be made payable to "Women of the Church." Reservations are limited.

For information, call Bette Raker, 862-2138.



TURNER & LEE MEATS

27th St. & Hwy. 17-92
PINECREST SHOPPING CENTER
NEXT TO JEWEL T
PH. 323-0180 Sanford

OPEN MON.-THURS. 9-6
FRI. 9-7 SAT. 9-6

CASH & CARRY - WE ACCEPT FOOD STAMPS
PRICES GOOD THRU FEB. 21, 1984

LEAN BONELESS CALIFORNIA

CHUCK ROAST \$1.99 LB.

LEAN BONELESS SHOULDER ROAST \$1.99 LB.

FRESH MADE-HOT OR MILD ITALIAN SAUSAGE \$1.59 LB.

LEAN-3 LBS. OR MORE BOILED HAM \$1.49 LB.

GREAT FOR THE GRILL PORK STEAK \$1.39 LB.



AICR Lists Dietary Guidelines To Lower Cancer Risk

WASHINGTON, D.C. - The American Institute for Cancer Research published today recommended dietary guidelines based on the findings of research studies that suggest a link between diet, nutrition and cancer.

These guidelines are closely patterned after the National Academy of Sciences report, "Diet, Nutrition and Cancer." They are:

1. Reduce the intake of dietary fat - both saturated and unsaturated - from the current average of approximately 40% to a level of 30% of total calories.
2. Increase the consumption of fruits, vegetables and whole grain cereals.
3. Consume salt-cured, smoked and charcoal-broiled foods in moderation only.
4. Drink alcoholic beverages only in moderation.

According to AICR, these guidelines are consistent with

good nutrition and adherence to them may also reduce the risk of developing cancer.

"The relationship between diet and cancer is being investigated by many cancer researchers," said Dr. T. Colin Campbell, the senior science advisor of AICR and an experienced researcher in the field of nutrition and cancer. "The evidence of a link is sufficiently persuasive that the NAS has proposed interim dietary guidelines. We believe the American public needs to be aware of both the scientific research in this area and the findings that have been discovered so far," he said.

The basis for the guidelines is scientific research that shows that a balanced nutrient intake achieved through the consumption of moderate amounts of a variety of foods and not through the use of vitamin and mineral supplements may inhibit the development of some

chemically caused cancers.

According to these guidelines, such nutrients and food constituents as Vitamins A, C, E, dietary fiber, beta carotene, and selenium have been shown potentially to inhibit cancer when consumed at levels found in a balanced diet. It is important to note that excessive consumption of certain of these substances, especially selenium, can be toxic.

The guidelines also explain that while many people have reduced their consumption of saturated fat, they have not reduced total fat intake. Research has shown a link between total fat intake and the incidence of cancer, especially cancer of the breast, large bowel, and prostate.

Research has also shown a link between excessive consumption of salt-cured, smoked and charcoal-broiled

foods and cancer. Dr. Campbell says that few Americans are likely to be at risk from this, however, because of American dietary habits and controlled food processing procedures.

High alcohol consumption affects cancer risk because consumption of "empty" calories in alcoholic beverages reduces the intake of nutrient-rich foods. High consumption of alcohol may also be associated with the development of liver cancer. Combined with cigarette smoking, high alcohol consumption also increases the risk of certain cancers.

The American Institute for Cancer Research was founded in 1981 to raise funds to support scientific research and education in the area of diet, nutrition and cancer. AICR is headquartered in Falls Church, Virginia, a suburb of Washington, D.C.

Stew Chases Chills

On a chilly evening, there's nothing quite as welcoming as a steaming bowl of stew. Hearty, satisfying and flavorful, stews can be the starting point for a bounty of budget-stretching winter meals.

Like most one-dish meals, stews give the cook many advantages. They can be prepared in advance and refrigerated or frozen. Many stews actually benefit from reheating because the flavors have a chance to mingle. Stews are easy to prepare, and last minute preparation is minimal when stew is on the menu. A salad and bread may be the only accompaniments you'll need.

Stews are versatile, too. Most stews can move easily from family dinner table to party buffet by simply doubling the recipe ingredients. Variety is no problem either. Since every country has one or more traditional recipes, there's a stew to fill every cook's taste and budget.

Budget-stretching stewing chickens and less tender cuts of meat are perfect for the stew pot. Beef chuck, pork and lamb shoulder, beef short ribs and lamb shanks are less expensive than their more tender counterparts. And, they benefit from the long, slow cooking process. For additional savings, stock-up on meat and poultry specials. Buy as much as you can use, date and freeze in moisture-vaporproof wrap. Cutting up whole chickens and cubing meat before freezing saves preparation time later and hastens thawing.

Meat alone does not a stew make, however. Seasonal vegetables and a cereal grain, such as barley, are the other essential ingredients. Both impart important nutrients as well as satisfying flavor for mere pennies a serving.

WINTER BARLEY STEW

- 2 tablespoons vegetable oil
- 2 lb. beef stew meat, cut into 1-inch cubes
- 1 cup chopped onion
- 2 cups carrot slices
- 1 can (16 oz.) whole tomatoes
- 1 can (8 oz.) tomato sauce
- 1 cup water
- 1/2 cup pearly barley*
- 1 teaspoon salt
- 1/2 teaspoon thyme leaves, crushed
- 1 bay leaf
- 1 clove garlic, crushed

In 4-qt. saucepan or Dutch oven, heat oil. Add stew meat and onion; brown meat on all sides. Add carrot; cook just until tender (5 to 10 min.). Add remaining ingredients; mix well. Cover; bring to a boil. Reduce heat; simmer, covered, about 1 to 1-1/2 hours or until meat and barley are tender, stirring occasionally. Makes 6 to 8 servings.

*NOTE: Substitute 1/2 cup quick pearly barley, if desired. Add barley after stew has simmered 40 minutes. Continue simmering about 20 minutes or until meat and barley are tender.

For more easy-on-the-budget recipes and a host of shopping tips, write for your free copy of "Stretching Food Dollars," a new booklet from The Quaker Oats Company. Send name and address to: QUAKER "Stretching Food Dollars" Booklet Offer, P.O. Box 11257, Chicago, IL 60611.

PRICES EFFECTIVE WED., FEB. 15 THRU TUES., FEB. 21, 1984.

PLAY PANTRY PRIDE'S

Win \$15,000 Bingo

FIRST PRIZE IN OUR GRAND SWEEPSTAKES DRAWING!

- 40 CASH PRIZES OF \$2,000
- 120 CASH PRIZES OF \$1,000
- 1,000 CASH PRIZES OF \$100.00
- 7,500 CASH PRIZES OF \$10.00
- 18,000 INSTANT WINNERS OF \$5.00
- 140,000 INSTANT WINNERS OF \$1.00

BONUS BUY

GOLDEN GRAIN

MACARONI & CHEDDAR

7.25oz

4/\$1

— LIMIT-4 WITH A \$7.50 OR MORE FOOD ORDER.

NORTHERN

BATHROOM

TISSUE

WHITE OR ASSORTED

EVERYDAY LOW PRICE

4 ROLLS

99¢

SAVE 20%

CALIFORNIA

FRESH BROCCOLI

BONUS BUY

LARGE BUNCH

89¢

SAVE 30%

CHILIAN THOMPSON

SEEDLESS GRAPES

BONUS BUY

PER POUND

99¢

SAVE 40% PER LB

COMPARE GROCERY EVERYDAY LOW PRICE

QUICK OR REGULAR

Quaker Oats **89¢**

PANTRY PRIDE

Tomato Sauce **51/2**

GREEN GIANT FRENCH OR REG. CUT

Green Beans **2/89¢**

PANTRY PRIDE

Tomato Paste **31/199**

COMSTOCK

Cherry Pie FILLING **\$165**

PILLSBURY PLUS

CAKE MIXES

YELLOW, DARK CHOCOLATE, BUTTER YELLOW, CHOCOLATE MINT, LEMON, CARROT, WHITE, GERMAN CHOCOLATE, DEVIL'S FOOD OR STRAWBERRY

EVERYDAY LOW PRICE

18.5oz

79¢

SAVE 20%

EXTRA LARGE CALIFORNIA

SUNKIST

NAVAL ORANGES

BONUS BUY

5/\$1

SAVE 20%

JUICY

FLORIDA GRAPEFRUIT

BONUS BUY

8/\$1

— SAVE 18%

CHUN KING

DIVIDER PACK

PEPPER ORIENTAL, SHRIMP CHOW MEIN, CHICKEN CHOW MEIN OR BEEF CHOW MEIN

EVERYDAY LOW PRICE

42oz

\$2.19

SAVE 50%

PUNCH

LAUNDRY

DETERGENT

EVERYDAY LOW PRICE

72oz BOX

\$1.99

WHITEHOUSE

APPLE JUICE

EVERYDAY LOW PRICE

64oz

\$1.39

RAGU

SPAGHETTI SAUCE

CHUNKY GARDEN STYLE MUSHROOM, ONION, GREEN PEPPER, MUSHROOM OR EXTRA TOMATO GREEN PEPPER ONION

EVERYDAY LOW PRICE

32oz

\$1.59

SAVE 20%

SAVE 13% 12oz CAN

GREEN GIANT

NIBLETS CORN

2/\$1

WELCH

GRAPE JUICE

64oz

\$1.99

SAVE 30% 12oz

RONCO

THIN SPAGHETTI

2/\$1

HORMEL

CHILI WITH BEANS, REG. OR HOT

15oz

79¢

BUNSHINE

KRISPY CRACKERS

16oz

BALTED OR UNSALTED

79¢

AJAX

DISHWASHING LIQUID

22oz

20% OFF LABEL

\$1.35

SAVE \$1.80 3 LITER

FRANZIA

WINES

CHABLIS, SAUVIGNON, PINOT GRIS, MERLOT, CABERNET, ROSÉ OR GOLD CHABLIS

\$4.99

SAVE \$2.00 1.8 LITER

PAUL MASSON

WINES

CHABLIS OR ROSÉ

\$3.99

Children's BIBLE

by Funk & Wagnalls

For Children of All Ages... Illustrated in Full Color... Told in Easy-to-Understand Language.

VOLUME 1 ONLY **69¢**

VOLUME 2-12 **\$2.99 EACH**

COMPARE GROCERY EVERYDAY LOW PRICE

HORMEL

Vienna Sausage **49¢**

SUGAR SUBSTITUTE

Sweet N' Low **89¢**

AEROSOL-BASED, TUB & TIL

Lysol Cleaner **\$1.49**

FORMULA

408 Cleaner **\$2.99**

COMPARE GROCERY EVERYDAY LOW PRICE

BAMA

Grape Jelly **99¢**

RONCO

Elbow Macaroni **44¢**

32oz

Uncle Ben's Rice **\$1.49**

BONUS PACK

Sunshine VANILLA WAFERS **\$1.49**

25¢ OFF J.R. 6-44

LIGHT 'N LIVELY ICE MILK

HALF GALLON

LIMIT-1 COUPON PER ITEM. GOOD THRU WED., FEB. 22, 1984.

SAVE 25¢ CASH J.R. 6-44

SANKA COFFEE

ELEC. PERK OR DRIP MATIC 13oz CAN

LIMIT-1 COUPON PER ITEM. GOOD THRU WED., FEB. 22, 1984.

20¢ OFF J.R. 6-44

NABISCO TWIGS SNACK STICKS

7.5oz HERB & SPICE OR 10oz SESAME & CHEESE

LIMIT-1 COUPON PER ITEM. GOOD THRU WED., FEB. 22, 1984.

20¢ OFF J.R. 6-44

TOM'S GREAT AMERICAN PUFFED CHEESE OR NACHO TORTILLA CHIPS

8oz BAG

LIMIT-1 COUPON PER ITEM. GOOD THRU WED., FEB. 22, 1984.

Savvy Dieters Shed Pounds, Gain Energy With Slimming Spuds

Power to the Potato! Not too long ago, consumers erroneously perceived the spud as fattening and extraneous. But not anymore. Energy and health conscious people have awakened to the fact that the potato is low in calories and a frontrunner in complex carbohydrates, which satisfy the appetite for a longer period of time than non-carbohydrate foods. Since complex carbohydrates are more easily and evenly digested than simple sugars, proteins or fats, they provide a steady supply of energy to fuel one's activities. In addition, complex carbohydrates in potatoes offer fiber, essential vitamins and minerals.

For instance, the Idaho® potato, the "top of the line" among spuds and easily identified by the "Grown in Idaho" seal, has only 100 calories per five ounce. Nearly fat and sodium-free, the potato offers 22 grams of complex carbohydrates. In addition, it contains iron, thiamine, niacin, potassium and lots of vitamin C.

The keys to harnessing the spud's energy-giving power at low-calorie levels are preparation and position on the menu. For example, Baked Potatoes Primavera treats the potato as the base of a salad served as a main dish, a far wiser choice calorically than a meat or cheese-based recipe. The caloric pricing on this delicious dish is a mere 138 calories — and that includes the zesty dressing.

Slim down on the side dishes, too. Spuds, with their nutrition-rich skin intact, are sliced and then lightly brushed with a modest amount of butter or margarine and herbs that impart a marvelous flavor during the brief baking.

Lemony-Dill Potato Slices uses the same principle, at a net result of 126 calories for each very generous serving.

Each of these recipes demonstrate why savvy dieters are jumping on the complex carbohydrate bandwagon, shedding pounds and gaining energy.

BAKED POTATOES PRIMAVERA
 4 Idaho® potatoes
 4 cups coarsely shredded lettuce
 2 cups cooked green beans, cut in 1/2-inch pieces
 1 large tomato, diced
 1/2 cup thinly sliced celery
 1/2 cup thinly sliced radishes
 Scrub potatoes well, dry and prick with a fork. Bake in a 425°F. oven 55 to 65 minutes, until done. Meanwhile, in

medium bowl combine lettuce, green beans, tomato, celery and radishes. Chill. When potatoes are done, split each potato in half lengthwise, place on serving plates. Spoon salad over hot, baked potatoes. Spoon almost-No-Calorie Dressing* over all. Serve immediately.
 Yield: 4 servings. About 135 calories per serving.

***ALMOST-NO-CALORIE DRESSING**

1 cup tomato juice
 1 tablespoon cider vinegar
 2 small cloves garlic
 8 celery leaves
 1/4 teaspoon dried leaf oregano, crumbled
 1/4 teaspoon dried leaf thyme, crumbled
 In container of electric blender combine all ingredients. Cover. Process until smooth. Chill.
 Yield: About 1 1/4 cups. About 3 calories per tablespoon.

OVEN-BAKED SVELTE SPUDS

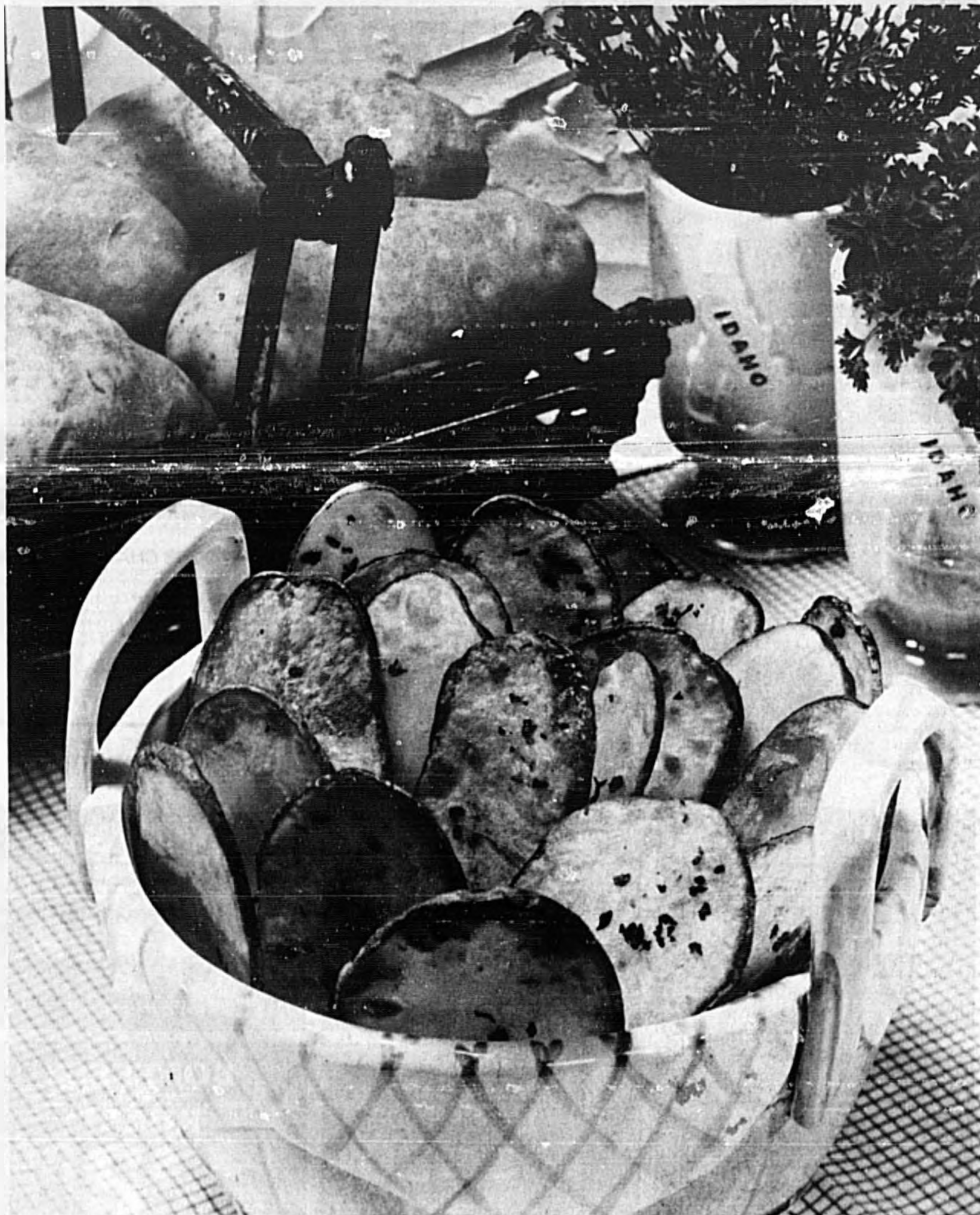
4 Idaho® potatoes
 1 tablespoon butter or margarine, melted
 1 tablespoon vinegar
 2 large cloves garlic, squeezed through a garlic press
 1 teaspoon dried leaf thyme, crumbled
 1 teaspoon dried leaf oregano, crumbled
 1/2 teaspoon salt
 1/4 teaspoon pepper

Scrub potatoes. Do not pare. Cut into 1/4-inch thick lengthwise slices. In small bowl combine remaining ingredients; brush potato slices on both sides. Place on an ungreased baking sheet. Bake in a 400°F. oven 15 minutes; turn and bake 10 minutes longer or until tender.
 Yield: 4 servings. About 128 calories per serving.

LEMONY-DILL POTATO SLICES

4 Idaho® potatoes
 1 tablespoon butter or margarine, melted
 1 tablespoon lemon juice
 1 1/2 teaspoons dried dill weed
 1/2 teaspoon salt
 1/4 teaspoon pepper

Scrub potatoes. Do not pare. Cut into 1/4-inch thick lengthwise slices. Follow directions for Oven-baked Svelte Spuds.
 Yield: 4 servings. About 126 calories per serving.



Dieters will love low calorie, high energy Oven Baked Svelte Spuds

SHOPS OF EVERY KIND
NEW AND USED

\$ SAVE \$

OPEN WED., FRI., SAT. & SUN.
7:30 A.M. TO 5 P.M. RAIN OR SHINE
1500 S. FRENCH AVE.
IN SANFORD, FLA.
(305) 323-5454

\$ SAVE \$ VILLAGE FLEA-MARKET

"EASY ENTRANCE AND EXIT"

COME AND ENJOY ONE OF THE FEW REMAINING DOWN TO EARTH FLEA MARKETS

\$ SAVE \$

**VISIT
JAN'S PRODUCE**

NEXT TO MEAT DEPARTMENT.
THE LARGEST DISPLAY OF THE FRESHEST PRODUCE IN CENTRAL FLORIDA.
VINE RIPE TOMATOES ALWAYS (GREENS)

"DEALERS"

COME TO WHERE THE BUYING PUBLIC IS - NOT BROWSERS OR LOOKERS! TABLE RENTALS 4'x8' TABLES SATURDAY AND SUNDAY \$6.00 PER DAY, WEDNESDAY AND FRIDAY \$3.00 PER DAY.
DEALERS YOU CAN BUY WHOLESALE HERE

<p>WONDER HOUSES OF FLORIDA IMPORTERS Wholesale * Thakita Retail * Power Tools Bldg. A, Sunset Strip • Stalls 1-2-3-4-5-6-7-8-9 (305) 322-7241</p>	<p>TOM & JO'S SALES MEN'S AND BOYS' CLOTHING • MEN'S PANTS • BOYS' PANTS • KNIT SHIRT • BOYS' KNIT SHIRTS • DRESS SHIRTS • LADIES' JEANS WHOLESALE IN LOTS Bldg. B, Sunset Strip • Stalls 1-2-3-4-5-6</p>	<p>KINGS OLD COINS - GOLD - SILVER ANTIQUE CLOCK & WATCH REPAIR INDIAN JEWELRY - IVORY WHOLESALE - RETAIL Building E, Sunset Strip • Stalls 3-4</p>	<p>THE SOCK CITY SOCKS FOR THE ENTIRE FAMILY Building E, Sunset Strip, • Stalls 5-6 (Across From Meat & Fish Dept.) WHOLESALE RETAIL</p>
--	--	---	---

CUSTOM CUT FRESH MEAT

MEAT DEPARTMENT OPEN EVERY DAY EXCEPT MONDAY 8 A.M. - 5 P.M. REAR OF MARKET
 PRICES GOOD WED., FEB. 15 THRU TUES., FEB. 21

MEAT PRODUCERS OUTLET

U.S.D.A. Choice, Guaranteed Naturally Tender
 1500 FRENCH AVENUE IN SANFORD, FLA.
 BEEF 321-2398 PORK

COMPLETE LINE of CHEESES and SEAFOODS

<p>"MOM AND POPS" NORTH CAROLINA COUNTRY CURED MEATS (THE NATIONS FINEST) HAMS - HAM HOCKS - BACON - SEASONING PORK - SIDE MEAT</p>											
STEAK STEAK STEAK			DELI			SEAFOOD			CHEESE CHEESE CHEESE		
U.S.D.A. CHOICE - FULLY TRIMMED AGED TO PERFECTION T-BONE OR PORTERHOUSE STEAK \$3.49 LB.			WEST BRAND EXTRA LEAN BOILED HAM \$1.59 LB. OR SWIFT PREMIUM SPICED LUNCH MEAT SLICED TO ORDER			HEADLESS FRESH SHRIMP \$4.97 LB. \$5.97 LB. \$8.97 LB. MEDIUM LARGE JUMBO			BIG EYE OR BABY SWISS CO-JACK OR SHARP CHEDDAR . . . \$2.89 LB.		
U.S.D.A. CHOICE - FULLY TRIMMED AGED TO PERFECTION DELMONICO STEAK \$3.99 LB.			COOKED SALAMI \$1.39 LB. OR ALL MEAT BOLOGNA SLICED TO ORDER			FRESH LIVE MAINE LOBSTERS FISH & FISH FILLETS OYSTERS CLAMS MUSSELS • TROUT • FLOUNDER • BLUE FISH • BOSTON SCROD • SNAPPER • TURBOT • HADDOCK • GROUPE			COLBY LONGHORN OR MILD CHEDDAR \$2.59 LB.		
GWALTNEY'S - ALL MEAT JUMBO FRANKS \$1.19 LB. 10 LB. BOX \$9.95			GENOA SALAMI OR HARD SALAMI \$2.98 LB. SLICED TO ORDER						PROVOLONE OR MOZZARELLA \$1.98 LB.		
Fresh Frozen BREADED OYSTERS	BAY SCALLOPS	BREADED FISH	BREADED SHRIMP	STONE CRAB CLAWS	CRAB STICKS	ROCK SHRIMP	SHREDDED CRAB MEAT	KING CRAB CLAWS	KING CRAB LEGS	COCKTAIL SHRIMP	Fresh Frozen

WINN DIXIE

PRICES GOOD
FEBRUARY 16-18, 1984

SUPER BONUS SPECIALS

- 1 Pick up free Super Bonus Certificate at our checkout counters.
- 2 You get a Super Bonus Stamp for every \$1 you spend. Stamp the Super Bonus Certificate for each stamp.
- 3 While you shop, our friendly Cashier Super Bonus Certificate for each stamp.



SUPER BONUS SPECIAL
SUPERBRAND GRADE 'A' LARGE EGGS
69¢
DOZ.
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD FEBRUARY 16-18, 1984

SUPER BONUS SPECIAL
ALL FLAVORS CHEK DRINKS
19¢
3-LTR. BTL.
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD FEBRUARY 16-18, 1984

SUPER BONUS SPECIAL
THRIFTY MAID CATSUP
39¢
32-oz. BTL.
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD FEBRUARY 16-18, 1984

SUPER BONUS SPECIAL
THRIFTY MAID SELF-RISING, PLAIN FLOUR
29¢
5 L.B. BAG
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD FEBRUARY 16-18, 1984

SUPER BONUS SPECIAL
LILAC BATH (ASSORTED, WHITE) TISSUE
29¢
4 PAK PKG.
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD FEBRUARY 16-18, 1984

SUPER BONUS SPECIAL
THRIFTY MAID SUGAR
99¢
5 L.B. BAG
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD FEBRUARY 16-18, 1984

SUPER BONUS SPECIAL
THRIFTY MAID SHORTENING
99¢
42-oz. SIZE
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD FEBRUARY 16-18, 1984

SUPER BONUS SPECIAL
ARROW (ALL VARIETIES) DETERGENT
89¢
49-oz. PKG.
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD FEBRUARY 16-18, 1984

SUPER BONUS SPECIAL
DIXIE DARLING ULTRA SHEER STYLE No. 105 (ALL VARIETIES) PANTY HOSE
69¢
PAIR
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD FEBRUARY 16-18, 1984

SUPER BONUS SPECIAL
HICKORY SWEET BACON
99¢
1-LB. PKG.
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD FEBRUARY 16-18, 1984

SUPER BONUS SPECIAL
LAND O' SUNSHINE BUTTER
\$1.29
1-LB. PKG.
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD FEBRUARY 16-18, 1984

SUPER BONUS SPECIAL
SUPERBRAND COTTAGE (REGULAR, STA-FIT) CHEESE
39¢
1-LB. SIZE
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD FEBRUARY 16-18, 1984

WINN-DIXIE DOLLARS YOU CAN WIN!! UP TO **\$250.00** FREE GROCERIES Play Winn-Dixie Dollars **\$2,000** CASH

THIS GAME PLAYED IN 87 PARTICIPATING STORES IN THE FOLLOWING COUNTIES: ORANGE, SEMINOLE, OCEOLA, BREVARD, VOLUNTEER, LAKE CITRUS, SUMMITTER, MARION, INDIAN RIVER & ST. LUCIE

ODDS CHART

PRIZE	NUMBER OF PRIZES	ODDS	NUMBER OF PRIZES	ODDS
\$1,000.00	1	1:100,000	\$100.00	1:10,000
500.00	2	1:50,000	50.00	1:5,000
100.00	10	1:10,000	10.00	1:1,000
50.00	20	1:5,000	5.00	1:500
25.00	40	1:2,500	2.50	1:250
10.00	100	1:1,000	1.00	1:100
5.00	200	1:500	.50	1:50
2.50	400	1:250	.25	1:25
1.00	1,000	1:100	.10	1:10
.50	2,000	1:50	.05	1:5
.25	4,000	1:25	.02	1:2
.10	10,000	1:10	.01	1:1
TOTAL	148,000		99	

WINN-DIXIE DOLLARS SHOPPER'S SPREE SWEEPSTAKES - ENTER TODAY - WIN \$250.00 IN GROCERIES

ANY DUPLICATE PRIZE HALVES CAN BE USED AS ENTRIES TO A SHOPPER'S SPREE SWEEPSTAKES. FILL IN THE NAME AND ADDRESS SECTION AT THE BOTTOM OF THE TICKET HALF ON THE REVERSE SIDE AND DEPOSIT IT IN THE SWEEPSTAKES DISPLAY RECEPTACLE IN ANY PARTICIPATING STORE.

A RANDOM DRAWING WILL BE HELD IN EACH STORE FROM ALL ELIGIBLE ENTRIES RECEIVED ON FEBRUARY 15 AND MARCH 14, 1984. WINNING NAMES DRAWN WILL BE GIVEN ONE MINUTE OF FREE SHOPPING AT A PARTICIPATING WINN-DIXIE STORE TO A MAXIMUM OF \$25.00 WORTH OF GROCERIES.

FIRST DRAWING TO BE HELD WEDNESDAY, FEBRUARY 15, 1984

USDA CHOICE UNTRIMMED 8 TO 12 LB. AVG. Whole Boneless SIRLOIN TIP . LB. \$2.19

WE'LL GLADLY CUT & WRAP FOR YOUR FREEZER... **FREE!**

HERE'S WHAT YOU CAN GET:

- 1/2 LBS. SIRLOIN TIP ROAST
- 1/2 LBS. SIRLOIN TIP STEAK
- 1/2 LBS. SIRLOIN TIP STEAK
- 1/2 LBS. SIRLOIN TIP STEAK
- 1/2 LBS. SIRLOIN TIP STEAK
- 1/2 LBS. SIRLOIN TIP STEAK
- 1/2 LBS. SIRLOIN TIP STEAK
- 1/2 LBS. SIRLOIN TIP STEAK
- 1/2 LBS. SIRLOIN TIP STEAK
- 1/2 LBS. SIRLOIN TIP STEAK

PINKY PIG FRESH PORK

PINKY PIG ECONOMY PORK CHOPS
\$1.19
5 BLADE & 5 SIRLOIN
L.B.

PINKY PIG FRESH WHOLE OR HALF PIG (14 TO 17 LB. AVG.)
Loin Roast... **1.39**

W-D BRAND USDA CHOICE AND OLD FASHION CORNED (MILD OR SPICY) CORN BEEF BRISKET \$1.79

L.B.

W-D BRAND USDA CHOICE BEEF BONELESS TOP ROUND ROAST... **2.59**

PINKY PIG SMALL MEATY (3 1/4 LBS. & DOWN) PORK SPARERIBS \$1.59

L.B.

W-D BRAND 12 PATTIES (L.B. 99¢)
Beef Patties... **2.97**

\$1.00 OFF A 12-PAK MAIL IN OFFER "LITE'S GREAT FLA. REBATE" MILLER LITE BEER 12 \$4.79

PACK 12-oz. CANS

Limit two 12-paks with \$8.00 or more purchase excl. tax.

ALL VARIETIES Chek Drinks 3 1-LTR. BTL. \$1.00

DEEP SOUTH MAYONNAISE 99¢

QT. JAR

PRICE BREAKER Peaches... **79¢**

ALL GRINDS ASTOR COFFEE \$1.69

1-LB. BAG

Limit 1 with \$8.00 or more purchase excl. tax.

CRACKIN' GOOD ALL VARIETIES Dixie Pies... **2.99**

ELBOW MACARONI, VERMICELLI, REGULAR OR THIN THRIFTY MAID SPAGHETTI 2 \$1.00

1-LB. PKGS.

THRIFTY MAID ALL VARIETIES SPAGHETTI SAUCE... **1.19**

PRICE BREAKER 16-oz. PEELLED TOMATOES, SWEET PEAS, MIXED VEGETABLES, APPLE SAUCE or 15-oz. TOMATO SAUCE 3 \$1.09

CANS

SUNBELT (WHITE OR YELLOW) Towels... **2.99**

SUPERBRAND ORANGE JUICE \$1.29

HALF GAL.

SUPERBRAND GRAPEFRUIT Juice... **1.19**

HARVEST FRESH RED BLISS POTATOES 5 99¢

5 L.B. BAG

HARVEST FRESH ROMAINE Lettuce... **2.99**

SUPERBRAND ASSORTED FLAVORS SHERBET or ICE CREAM 99¢

HALF GAL.

MADISON HOUSE ALL VARIETIES Pot Pies... **4.99**

SWISS STYLE ASSORTED FLAVORS SUPERBRAND YOGURT 4 \$1.00

9-oz. CUPS

ASTOR CHOPPED BROCCOLI OR GREEN Peas... **2.99**

DELI POPPY, SESAME SEED ITALIAN BREAD 99¢

16-oz. LOAF

SLICED TO ORDER TURKEY Breast... **3.49**