

Sanford Herald

79th Year, No. 303

Sanford, Florida — Wednesday, August 12, 1987

Price 25 Cents

County Outlines Projects For Penny Tax Ballot

By Ted Carter
Herald Staff Writer

"Transportation" is a good, all-purpose term. But it's going to take tangible words like "roads, bridges and drainage" to sell county voters on turning the "yes" lever for a penny local option

sales tax at the polls Nov. 3.

That's the consensus county commissioners reached Tuesday in approving a resolution outlining the various county and municipal projects that would be funded by the penny sales tax. Next comes the ballot question, which

commissioners plan to adopt at the close of a Sept. 8 public hearing on a proposed ordinance establishing the local tax. The language of the ballot question and ordinance must be identical.

The commission looked at the wording of the proposed ordinance Tuesday and ordered a

rewrite. Wording that includes such wide ranging terms as "infrastructure and transportation" won't generate much enthusiasm among voters, commissioners concluded.

The idea, said Chairman Fred Streetman, is to

See PROJECTS, page 12A

Suspect Sought

Midway Youth Shot 3 Times, Critically Hurt

By Susan Loden
Herald Staff Writer

A 17-year-old Midway youth wounded by three gunshots to the head, back and pelvis at about 10:45 p.m. Tuesday has been airlifted to a hospital in Jacksonville for treatment of the severe injury to his head.

Seminole County sheriff's Lt. George Hagood said today Luray Demair Alkens, 2480 Sipes Ave., was airlifted to the University Hospital in Jacksonville after having been transported first to Central Florida Regional Hospital in Sanford, from the scene of the shooting on Midway Street, just off of Sipes Avenue.

Hagood said Alkens is in intensive care in "extremely" critical condition. A University Hospital spokesman said early today Alkens' condition is very critical and very unstable.

An attempt was first made to transfer him from Sanford to Tampa General Hospital for the same type of treatment that is available in Jacksonville for his head injury. The Tampa hospital had no room for Alkens, Hagood said.

Sheriff's investigators have not located any witnesses to the shooting, but Hagood said it is believed that the shooter confronted Alkens and opened fire. The gunman fled, apparently taking the weapon used with him.

Hagood said the caliber of the weapon has not been determined.

See SHOT, page 6A



Herald Photo by Tommy Vincent

Deal Sealed

A handshake between Lake Mary Mayor Dick Fess, left, and Seminole County Commission Chairman Fred Streetman seals the deal Tuesday night for sewer service for Lake Mary. The pact calls for the county to provide the city with 300,000 gallons of sewer service per day, beginning immediately, at the wholesale rate of \$1.58 per 1,000 gallons. The pact also provides for an optional 250,000 gallons per day upon completion of the Yankee Lake plant. The agreement was signed at the County Services Building with, standing from left, Lake Mary Commissioner Charlie Webster, County commissioners Bob Sturm and Sandra Glenn and, not pictured, Bill Kirchoff and Barbara Christensen in attendance.

'I Have To Do This'

Wife Slayer Left Notes

By Deane Jordan
And Brad Church

Several suicide notes were left by a man who forced his way into a Sanford house Monday then murdered his wife before turning the snub-nose revolver on himself.

"I have to do this," said Donald Allen McLain, 34, in a note to police. He also left a note to his father and one to a cousin who he called his "sister."

McLain also apologized for killing Sheila McLain, 25, according to Sanford Police Steve Harriett.

Harriett said the notes, found face down in McLain's 1977 Buick, were written successively on a yellow pad and addressed to the police and family members. McLain's car was parked near the 303 Loch Low Drive home where the killings took place.

The gist of the notes is that McLain believed the murder-suicide as the only solution to the problems between he and his wife and that killing her and then himself would be a rational act and not one of uncontrolled emotions, Harriett said.

The handwritten notes also said McLain loved his wife and could not live without her. He wanted his relatives to know he knew that he was doing and not to hate him for it, the notes said, according to Harriett.

An autopsy Tuesday showed McLain, of 802 W. 25th St., Sanford, died of one gun shot wound to the head that went straight through, right to left.

Mrs. McLain was shot four times by the .38-caliber Smith and Wesson, according to an autopsy. The fatal wound was to her throat when a bullet ruptured her jugular vein causing her to bleed to death. Another bullet apparently struck her

hand then her chest. She was also shot in the chest and once in the leg. That bullet traveled into her stomach.

It is possible she was trying to protect herself when she was shot in the hand, Harriett said, but there is no way to know for sure.

The shooting occurred around 6:45 a.m. at the home in the Hidden Lake subdivision. McLain apparently smashed a plate glass window to enter the home of Mrs. McLain's former husband — and father of her two preschool girls — Dennis Laskowski, 25. Laskowski had left a few minutes earlier to go to work, leaving his former wife and the girls, ages 4 and 3, at home. Mrs. McLain, estranged from her husband of one year, had moved in a few days earlier. She and Laskowski had been married for several years before their divorce in July 1986. She then married McLain a week later, relatives said.

A neighbor called police around 6:45 a.m. to complain about glass breaking but an officer who drove through the neighborhood neither saw nor heard anything unusual.

The girls may not have seen the shooting, according to police, but did apparently spend about 10 hours in the home with the bodies. The older girl met her father at the door around 5:45 p.m. and said "Mommy's dead." Laskowski discovered the bodies and called police from a neighbor's phone.

McLain was a carpenter and a semi-professional wrestler. He is to be buried outside of Florida.

Funeral arrangements for Mrs. McLain were incomplete Wednesday.

School Board Asked To Hold Line On Meal Prices

If the Seminole County School board agrees with administrators, Seminole County students will be paying the same amount for meals they've been paying for the past two years. Two board members, Nancy Warren and Ann Neiswender said early today they intend to vote to hold the line on school meal prices.

The school board was scheduled to vote on school breakfast and lunch prices at 2 p.m. today.

Carey E. Ferrell, assistant superin-

tendent for business and finance, recommended the meal prices be approved by the board in a letter to Superintendent of Schools Robert W. Hughes. In the letter, Ferrell said he concurred with Eldon Chambers recommendation to maintain the same costs for students as last year. Chambers is the Director of Food Service for the school district.

Ferrell reminded Hughes in the letter the board must approve school meal prices on an annual basis. The board must do this pursuant to an agreement with

the U.S. Department of Agriculture, Ferrell said.

If the board agrees, student lunches would remain \$1 on the elementary school level. Lunches for students on the secondary school level would cost \$1.15, or \$1.35 for the optional combo.

School meals bought at the reduced rate would cost 40 cents regardless of what level school the student is attending. The price of a school lunch for an adult is set at \$1.65.

See PRICES, page 6A



Herald Photo by Tommy Vincent

Art Davis examines a pile of reports and documents he brought to Tuesday night's county commission hearing on his appeal of a zoning exception granted the county's Yankee Lake sewage plant project.

'...For The First Time'

Davis Sees Yankee Lake Cooperation

One of the most vocal critics of Seminole County's plans for building a sewer plant on its Yankee Lake land may be ready to back off.

Art Davis, a local plumbing contractor, said he left a lengthy session with county commissioners Tuesday night feeling as though the governing body had developed a new willingness to call for answers about the sewer plant project. The commission Tuesday night rejected Davis' appeal of a board of adjustment approval of a zoning exception for the project.

But Davis said the more than two and a half hours of discussion of the controversial sewer plant provided more answers than at anytime since the commission's 1985 purchase of the 2,867-acre Yankee Lake property.

"This was the first true public hearing we have ever had on Yankee Lake," he said. "They cooperated with us for the first time."

Davis said he will decide in the next few days whether to withdraw his appeal of a state Department of Environmental Regulation notice of intent to approve construction of the first phase of the sewer plant, which is planned for a treatment capacity of up to 10 million gallons a day. The appeal before a state administrative hearing officer has been tentatively scheduled for October.

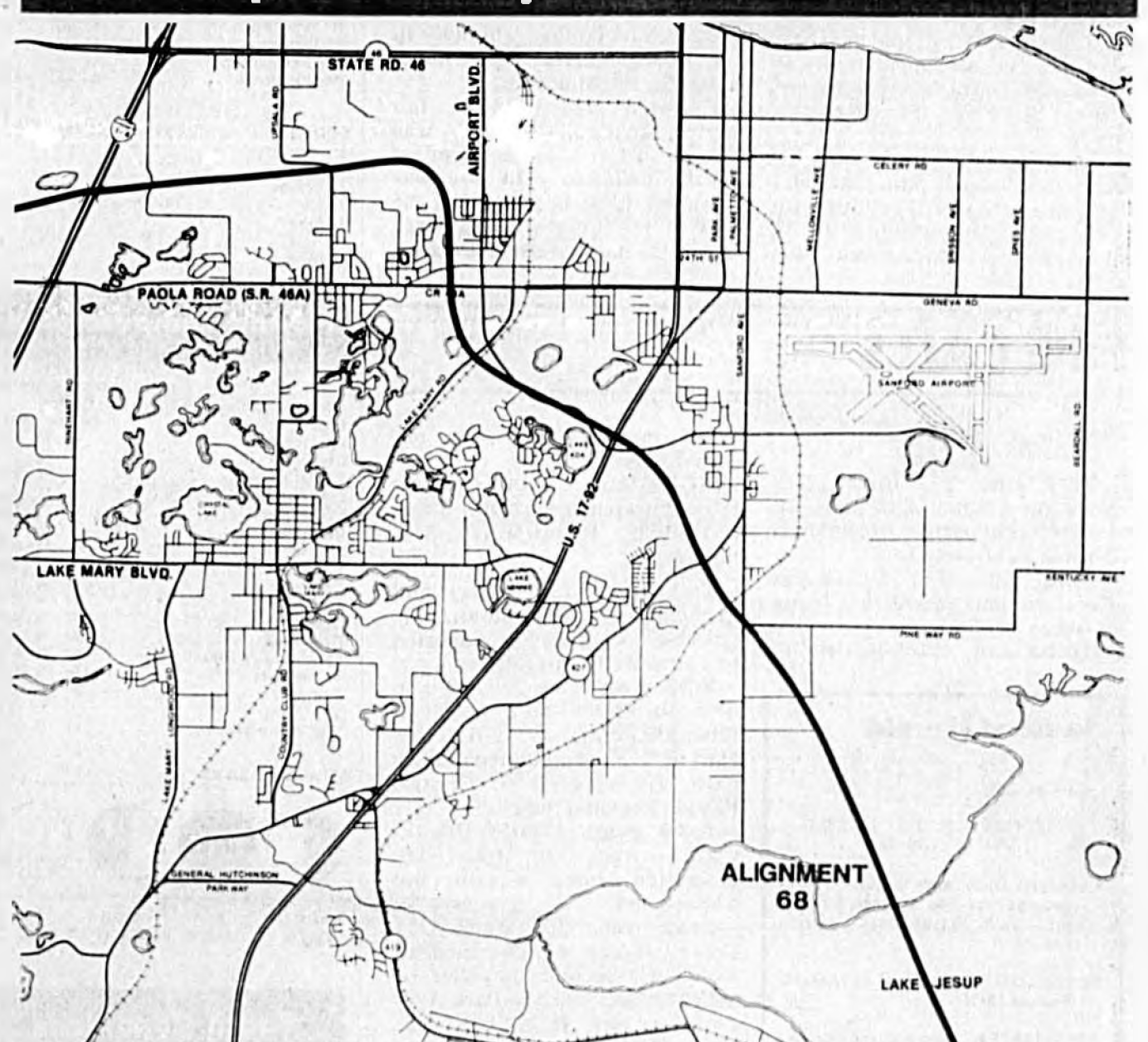
Davis stressed that even with the DER construction permit, the county must further prove the plant and sewage discharge will not harm the nearby Wekiva and St. Johns rivers or adjoining wetlands.

"The county is constructing at its own risk," Davis said.

Questions about the flow of the treated sewage into a system of rapid infiltration basins (RIBS) have been among Davis' major concerns with the project. He said he "knew" county environmental services Director Jim Bible's plans for erecting walls to contain the lateral flow of effluent would not work, and added he was pleased to learn Tuesday night the plans also call for drainfields to

See DAVIS, page 6A

Expressway's Final Route



Here is the Seminole County Expressway Authority's updated map detailing alignment 68, an approximate 17-mile route through Seminole County. Portions of a map of alignment 68 published in the Herald's July 23 edition deviated slightly to the east from the true alignment. Meanwhile, Seminole County commissioners Tuesday approved spending \$5.9 million for the

county's share of building about one-half mile of the expressway from Orange County to State Road 426, a project set for a November construction start-up. The county would draw the \$5.9 million from the county's local option gas tax fund, refuse fund and other sources. The bulk of the \$5.9 million is to be repaid by the expressway fund.

TODAY

- Classifieds.....6B,7B
- Comics.....4B
- Coming Events.....7A
- Dear Abby.....2B
- Deaths.....6A
- Editorial.....4A
- Financial.....6A
- Hospital.....6A
- Nation.....8A
- People.....1B-3B
- Police.....2A
- Sports.....9A-11A
- Television.....5A
- Weather.....2A

- Sanford commissioners hear plea for better boat launch facilities, 5A
- Lake Mary City Manager wants a contract, 3A

Time For Contract, Lake Mary City Manager Says

By Richard Whittaker
Herald Staff Writer

City Manager Bob Norris said he thinks he's done a good job since coming to Lake Mary Jan. 5 and would like an employment contract with the city.

Except some city officials and residents aren't satisfied with the job he has done. And Commissioner Charlie Webster urged the mayor to extend the city manager's probation period, which just expired, an additional 90 days. Webster said if the mayor was to do that, no immediate salary increase should be given to Norris.

Norris, whose salary is \$31,000 annually, is under the same type of status and pay structure as the rest of the Lake Mary city employees. He said the only difference is that he does not have the protection of city personnel policies other employees have. Norris said he would be the only employee under a contract if the city decides to give him one.

"I'm willing to negotiate a contract that would be mutually beneficial to both the city and myself," Norris said.

Although Webster told Mayor Dick Fess in a letter he would be "pressed" to give Norris anything but a poor recommendation, the city manager feels his tenure thus far has been a good one.

"I believe the city has gotten its money's worth from me," Norris said.

In the letter, Webster told Fess he felt Norris was too friendly with other city employees and that he seemed to give statements he thought the commission wanted to hear.

Webster stated he would support the mayor regardless of what action he took on the issue.

Norris said he thought Webster would now take exception to the comments he made in the letter, which the commissioner wrote over a month ago. He encouraged Webster to be contacted and asked how he felt about his performance as city manager now.

Webster confirmed he had changed his mind on the city manager issue. "In fact, I was one of the first ones to pass the probation period for Bob," Webster said. The commissioner said he was glad he and Norris had a chance to straighten out their differences.

"I'm glad Bob is off probation," Webster said. "I think he'll make a fine city manager."

Raymond G. Fox, a candidate for Webster's seat in the Sept. 1 city election, said he thought Norris was not demonstrating he was a good city manager. Fox said Norris was not prepared for official meetings and not addressing issues.

Fox said he feels Norris sometimes takes action on city matters without the prior knowledge or approval of the commission.

Fox said Lake Mary has never had a city manager with a contract as far as he knew.

"The last two city managers didn't have a contract, why should Norris?" Fox asked.

Randall Morris, another candidate for Webster's seat, said Norris made a great mistake in signing a letter which accused Lake Mary Police Chief Charles Lauderdale of "Gestapo tactics" in his handling of an investigation into charges of mismanagement by city workers last year.

"I just thought it was a real unprofessional thing for the city manager to do," Morris said.

City Commissioners Kenneth King, Paul Tremel and John Percy all made criticisms of



Bob Norris

Norris for signing the letter in their evaluations of his probationary period.

"I think a public apology by the city manager was in order for the situation," Morris said.

Norris said he believes the job

of city manager is very important, especially if revisions proposed for Lake Mary's charter are passed by city voters. In that event, the city manager becomes responsible for the day to day running of the city.

He questioned the ability of Norris to deal effectively with developers and governmental agencies, especially in the area of growth.

"We need a city manager who has the experience to deal with that problem," Morris said.

As a citizen, Norris said he has

not been impressed with the job Norris has done as city manager to date.

"If I become a commissioner I will want to sit down and talk to him about his plans and timetables for the areas of planning and management," Norris said. He said if he becomes a commissioner, Norris "may be able to explain to me some of the things he has attempted to do."

Norris said he feels the city manager's job is not very safe right now.

"If I understand the true

sentiments of the people who are really active in Lake Mary government and some of the commission candidates, Norris will not be here a year from now," Norris said. Being fair in dealing with the city manager is something Norris stressed he would want to be.

Norris said he can't understand how people who aren't actively involved in city government and don't have a working relationship with him can make the kind of negative evaluations of his performance

as Fox did.

"I know Mr. Fox has said some unkind things about me," Norris said. "I'm kind of surprised he would say such things because I don't know him at all."

"I certainly don't hear any of this kind of thing from the commission or the general public," Norris said, in response to Fox and Norris.

Norris feels he and the city can grow together in time.

"The longer I stay here in Lake Mary, the better the relationship will be," he said.

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Panasonic

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- 14 day 4 event timer
- Multi-function remote control

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Undercover Cop Covers Little

ISLE OF PALMS, S.C. (UPI) — Kris Noell has no problem keeping cool while on patrol, and there isn't much left to uncover when she is working under cover.

The officer has patrolled the Isle of Palms beaches this summer in her swimsuit, along with a 145-pound drug-sniffing police dog called Bear. She carries a gun and badge in a tote bag.

Noell, 29, a karate expert certified as an emergency medical technician, a lifeguard, a cardiopulmonary resuscitation instructor and a scuba diver — handles a lot of routine work, like citing beer drinkers and litterbugs.

But one morning a man wearing only blue sneakers leaped from behind a sand dune to surprise her.

"You should have seen the look on his face when I told him I was a police officer and he was under arrest," she said.

"Working in her bathing suit lets Kris blend in with folks on the beach, and it allows her to be a lot more effective," said Police Chief Norman Allen.

Commissioners Hear Boat-Launch Plea

**By Brad Church
Herald Staff Writer**

A plea to improve access to Lake Monroe for beach-launched sail boats was delivered to the Sanford City Commission Monday night. The commission decided to discuss the request at next week's work session.

Jim Cassidy, John Gardner and Jim Irwin, representing the Lake Monroe Sailing Council, presented to the commission their arguments for improving

the facility for launching the small sail boats, largely based on the annual Citrus Bowl Regatta, held in December.

Cassidy said the present launching area is rocky and is a threat to damaging boats launched on it. He argued that more major sailing events could be attracted to Lake Monroe, and Sanford, if better boat launching facilities were available.

Gardner said entries in the Citrus Bowl Regatta have grown

by 105 percent in the last three years, but future growth depends on an improved boat launching beach. He said last year's regatta brought an estimated \$70,000 in direct money to the Sanford economy.

Gardner also said the regatta is gaining national prominence and publicity for Lake Monroe and Sanford in sailing publications throughout the country.

City Manager Frank Faison told the commission that im-

proving the launching beach or adding additional sailboat launching facilities would be expensive and the commission should decide how it was going to pay for such a project before approving it.

The commission also approved extending a water line to Mayfair Golf Course and installing a fire hydrant on the course property despite Faison's recommendation that the request be deferred.

Faison told the commission that the city has a schedule for installing fire hydrants to areas that need them and that Mayfair was not on the schedule. He also said that the golf course had previously requested water for drinking since the course's well was contaminated, and was told water would be furnished if the course paid part of the cost.

"By installing a fire hydrant at city cost, Mayfair will get a water line to its front door and get city drinking water without having to pay for the line," Faison said.

However, W.E. Knowles, representing the golf course, said the course deserved protection from fire as much as any other business in the city, and besides the building to be protected is owned by the city.

He also said there was no problem with the golf course's drinking water now, since a new filter had proved to be successful in removing contaminants from the well water.

Commissioners A.A. McClanahan agreed with that argument and made the motion to install the water line and hydrant, and the motion passed unanimously.

Faison said he would furnish the commission with a cost estimate for the project when figures are available.

—Brad Church



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Reagan's Comments On Arms Scandal

WASHINGTON (UPI) — Following are some of the key comments President Reagan has made on the Iran arms scandal since the affair broke in early November with a report from Lebanon of weapons sold to Iran and a secret mission to Tehran:

—Nov. 6, 1986, meeting with friend David Jacobson: "The speculation, the commenting and all, on a story that came out of the Middle East... has no foundation... All of that is making it more difficult for us in our efforts to get the other hostages free."

—Nov. 10, 1986: In notes released more than eight months later, Reagan is shown to have directed his top advisers, "We don't talk TOVs, don't talk specifics" in response to inquiries about reported arms sales to Iran.

—Nov. 13, 1986, Oval Office speech: "The charge has been made that the United States has shipped weapons to Iran as ransom payment for the release of American hostages in Lebanon — that the United States undercut its allies and secretly violated American policy against trafficking with terrorists. Those charges are utterly false."

—Nov. 19, 1986, news conference: "The responsibility for the decision and the operation is mine and mine alone. ... I deeply believe in the correctness of my decision. I was convinced then and I am convinced now that while the risks were great, so, too, was the potential reward."

—Nov. 24, 1986, photo opportunity: "I'm not going to lie about that. I didn't make a mistake."

—Nov. 25, 1986, introducing Attorney General Edwin Meese: "The preliminary inquiry by Meese led me to conclude that I was not fully informed on the nature of one of the activities undertaken in connection with this initiative. This action raises serious questions of propriety."

—Nov. 26, 1986, interview with Time magazine columnist Hugh Downs: "I have to say that there is a bitter bile in my throat these days. I've never seen the sharks circling like they now are with blood in the water."

"I do not feel betrayed. Lt. Col. (Oliver) North was involved in all of our operations; the Achilles Lauro, Libya. He has a fine record. He is a national hero. ... My only criticism is that I wasn't told everything."

—Dec. 1, 1987, statement to White House spokesman Larry Speakes in response to reporters' questions about whether he knew of the diversion of funds to the Contras: "You can tell them flat out that I had no knowledge whatsoever of it until Ed Meese briefed me on it" the afternoon of Nov. 24.

—Dec. 6, 1986, radio address: "Let me just say it was not my intent to do business with (Iranian leader Ayatollah) Khomeini, to trade weapons for hostages, nor to undercut our policy of anti-terrorism."

"I'm deeply disappointed this initiative has resulted in such a controversy and I regret it's caused such concern and consternation. But I pledge to you I will set things right."

—Dec. 16, 1986, call for limited immunity for North and former national security adviser John Poindexter: "I want to get this information out. We must get on with the business at hand and put this issue behind us."

—Jan. 27, 1986, State of the Union address: "I have one major regret. I took a risk with regard to our action in Iran. It did not work, and for that I assume full responsibility. The goals were worthy. ... But we did not achieve what we wished, and serious mistakes were made in trying to do so. We will get to the bottom of this and I will take whatever action is called for."

—Feb. 20, 1987, letter to the Tower Commission: Reagan, who on Jan. 26 confirmed accounts that he approved Israeli shipments of U.S. arms to Israel in August

1985, writes, "In trying to recall events that happened 18 months ago, I'm afraid that I let myself be influenced by others' recollection, not my own. ... My answer therefore and the simple truth is: 'I don't remember — period.'"

—Feb. 24, 1987: Asked by reporters during a White House photo session whether he was bothered by reports he could not remember, Reagan replied: "Everybody that can remember what they were doing on Aug. 8, 1985, raise your hand. I think it's possible to forget. Nobody's raised any hands."

—March 4, 1986, televised speech: "A few months ago I told the American people I did not trade arms for hostages. My heart and my best intentions still tell me that is true, but the facts and the evidence tell me it is not."

"There are reasons why it happened, but no excuses. It was a mistake."

—March 14, 1987, radio address: "In the case of the Iranian arms sale matter, both Secretary Shultz and Secretary Weinberger advised me strongly not to pursue the initiative. I weighed their advice, but decided in the end that the initiative was worth the risk and went forward. As we now know, it turned out they were right and I was wrong."

—March 19, 1987, news conference: "I would not go down that same road again."

"There are times in which I think you can't answer because of national security or other people's security. But no, I'm not going to tell falsehoods to the American people. I'll leave that to others."

—March 26, 1987, remarks to sixth graders at Fairview Elementary School in Columbia, Mo.: "I'm afraid it wasn't carried out the way we had thought it would be. It sort of settled down to just trading arms for hostages and that's a little like paying ransom to a kidnapper. If you do it, then the kidnapper's just encouraged to go kidnap someone else."

—April 26, 1987, interview: "John Poindexter's an honorable man. And since I was not

informed (of the diversion of funds) ... maybe he thought he was being, in some way, protective of me."

—April 30, 1987, response to the conviction of Carl Channell for illegally raising money for the Contras: "I'm kind of a stranger to this whole thing. I never knew anything about it. I met him a couple of times supporting fund-raising for TV ads for the Contras."

—May 3, 1987, exchange with reporters on Ellis Island: "With regard to whether private individuals were giving money to support the Contras, yes, I was aware that there were people doing that. But there was nothing in the nature of a solicitation by the administration, to my knowledge, of anyone to do that. ... All I knew was that there were people that were raising money to be of help to the Contras, just as people have done for other causes in other countries."

—May 7, 1987, response to testimony that North said he told him about the diversion of funds to the Contras: "I did not know and I'm still waiting to know where did that money go."

—May 14, 1987, interview: "There is nothing in the law that prevents citizens — individuals or groups — from offering aid of whatever kind they wanted to. ... And my interpretation was that it was not restrictive on the national security adviser or NSC."

—May 16, 1987, response when asked about the reach of the Boland Amendment: "It so happens it does not legally apply to me. But I have never done anything that encroaches on it or violates it."

—June 11, 1987, news conference: "Maybe some people were giving the impression that they were acting on orders from me. Well, I was just giving those orders, because no one had asked me had told me what was truly happening there."

—July 31, 1987, Oval Office photo session: "I haven't heard a single word that indicated in any of the testimony that laws were broken."

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24" or 30"
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Bed has 2 Guard Rails & Ladders, 2 Innerspring Mattresses, Matt To Lat
\$169 Complete

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Market Active, Prices Down

NEW YORK (UPI) — Prices opened lower Wednesday in active trading of New York Stock Exchange issues...

highest volume in the New York Stock Exchange's history, adding more than 40 points to the Dow Industrial average for the second straight day.

Local Interest

These quotations provided by members of the National Association of Securities Dealers are representative inter-dealer prices as of mid-morning today.

Table with Bid and Ask columns for securities like American Pioneer, Barnett Bank, First Union, Florida Power, etc.

Gold And Silver

NEW YORK (UPI) — Foreign and domestic gold & silver prices quoted in dollars per troy ounce Tuesday:

Trading Light, Dollar Firm Gold, Silver Open Mixed

The dollar was firm against foreign currencies Wednesday in quiet trading. The price of gold was mixed.

Paris at 6.3285 francs, up from 6.3215; and in Brussels at 9.6850 Belgian francs, up from 39.65

Dow Jones

Dow Jones Averages 10:00 a.m. 30 Indus 2684.83 up 4.15 20 Trans 1101.42 up 1.32

Hollings Praises Commerce Nominee

WASHINGTON (UPI) — Sen. Ernest Hollings, D-S.C., head of the committee that will consider C. William Verity's nomination to be commerce secretary, praised Verity Tuesday and said he would move the nomination as soon as Congress returns from a summer recess.

business credentials. I believe we can work together to make America more competitive.

Hollings, chairman of the Senate Commerce Committee, said the panel would hold a hearing on the nomination the week of Sept. 9. Hollings added that he saw no reason the selection should be delayed in the Senate.

President Reagan chose Verity Monday to replace Malcolm Baldrige, who died in a rodeo accident July 25.

The 70-year-old Verity, of Middletown, Ohio, retired in 1982 as chairman of the board of Arco Inc., an Ohio steel company formed in 1900 by his grandfather.

The nomination comes at a time when conferees from the House and Senate are starting to mold a trade bill that could prompt a veto from Reagan on protectionist grounds.

More Warships Bound For Gulf

MANAMA, Bahrain (UPI) — More mines were spotted near the southern entrance to the Persian Gulf as three re-flagged tankers escorted by the waterway by U.S. Navy warships prepared to load in Kuwait for the hazardous return voyage.

An immediate cease-fire in the nearly 7-year-old gulf war, but no details were released.

Ocean City and Sea Isle City near Kuwait's main Al Ahmedi oil terminal, shipping sources said. The convoy had stalled for 36 hours off Saudi Arabia when mines were spotted by helicopters.

Prices

Continued from page 1A Breakfast prices at Seminole County schools would be 50 cents. The reduced breakfast price is 30 cents and the adult price is 75 cents.

Felices, secretary to the school service director for Seminole schools, said the eligibility requirements for reduced meals depend on the number of members of the students family, as well as income.

HOSPITAL NOTES

- Central Florida Regional Hospital Tuesday ADMISSIONS Sanford: Betty J. Green, O.L. Larson...

Joint Funeral Services Planned For Sisters

A joint funeral service will be conducted Sunday for two Sanford sisters, who lived next door to each other.

denne by her daughter, Eula Mae Collins. Mrs. Mitchell died Friday at Central Florida Regional Hospital of "cervical vascular accident".

Davis

Continued from page 1A encircle the RIBS. As explained to Davis, effluent outside the RIBS would flow into a sump area.

exceeding 10 million gallons a day without further public hearings being held and the commission granting approval for a capacity increase.

Davis said he is inclined to believe the plan could prevent treated sewage from reaching Yankee Lake or other nearby waters.

Seminole County sheriff's deputies arrived on the scene after receiving a call on the 911 emergency system from an unidentified person.

"If what Bible says checks out, I'll probably be sending a letter to the administrative hearing officer," he said.

A crowd gathered at the scene and Alkins' parents, Lula Mae Stringer, 35, and Floyd Lee Stringer, 34, of the same address, were on the scene after the shooting, Hagood said.

'Where's The Beef?' Celebrity, Octogenarian Clara Peller, Dies

CHICAGO (UPI) — Clara Peller, the diminutive octogenarian whose bellowing cry of "Where's the beef?" made her a celebrity, sold millions of hamburgers and helped Walter Mondale beat Gary Hart, has died of heart failure.

Relative said Peller, who was secretive about how old she was, estimated her age at 85. She died of congestive heart failure Tuesday morning at her Hyde Park apartment, a spokesman for the Furth Funeral Home said.

Peller is survived by a daughter, Marlene Necheles, a son, Leslie Peller, and two grandchildren. Her husband, William Peller, died five years ago.

AREA DEATHS

CHARLIE BROWN Mr. Charlie Brown, 83, of 1116 Willow Ave., Sanford, died Aug. 5 at Central Florida Regional Hospital...

DONALD A. MCLAIN Mr. Donald Allen McLain, 34, 802 W. 25th St., Sanford, died Monday in Sanford...

SMITH, ETHEL M. Funeral services for Mrs. Ethel Mae Smith, 75, of 2790 Bungalow Blvd., Sanford, who passed away Monday...

SMITH, ETHEL M. Funeral services for Mrs. Ethel Mae Smith, 75, of 2790 Bungalow Blvd., Sanford, who passed away Monday...

ROBERT L. GORDON Mr. Robert Leon Gordon, 66, 203 Alta Vista Court, DeBary, died Tuesday at his residence...

BROWN, CHARLIE — Funeral services for Charlie Brown, 83, of 1116 Willow Ave., Sanford, who died Aug. 5, will be held Saturday...

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COMING EVENTS

Area AA Groups Schedule Meetings For Wednesday

- Area Alcoholics groups meet Wednesday as follows:
- Sanford AA, noon and 5:30 p.m. open discussion, 1201 W. First St.
 - REBOS AA, noon and 5:30 and 8 p.m. (closed), Rebos Club, 130 Normandy Lane, Casselberry.
 - Sanford Born to Win AA, 8 p.m., open discussion, 1201 W. First St.
 - Lake Mary Grace AA 11th Step (closed), 8 p.m., 122 N. Fifth St., Lake Mary.
 - Altamonte Springs AA, 8 p.m. (closed), Altamonte Community Chapel, 825 State Road 436.
 - Casselberry AA, 8 p.m., (closed), Ascension Lutheran Church, Ascension Drive, Casselberry.
 - Alanon, 8 p.m., Fourth Street and Oak Avenue, Sanford.

Take Off Pounds Meets

TOPS (Take Off Pounds Sensibly) Chapter FL-491 meets every Wednesday from 6:30 to 8 p.m., at the Salvation Army, 700 W. 24th St., Sanford. Open to the public.

Support For Mental Patients

COPE support group for families of mental health patients meets Wednesday at 7:30 p.m., Crane's Roost Office Park, S-377, Altamonte Springs.

AARP Luncheon Slated

Sanford Chapter 1977 AARP will hold a covered dish luncheon at noon at the Sanford Civic Center on Thursday, Aug. 13.

Bible Study Scheduled

The interdenominational Bible study formerly meeting at the Cavalier Restaurant is now meeting from noon to 1 p.m. on Thursdays at Western Sizzlin Steakhouse, Highway 17-92, Sanford. The study is led by the Rev. Dr. Freddie Smith.

East-West Kiwanis Meets

East-West Sanford Kiwanis Club meets Thursday at 6 p.m. at Friendship Lodge, Seventh and Locust.

Democrats Elect Delegates

The Seminole County Democratic Executive Committee will meet at 7:30 p.m. Thursday, Aug. 13 at the former Max's Seafood Restaurant, one block north of State Road 434 on the east side of Highway 17-92 in Longwood. Delegates to the state convention will be elected. The \$25 qualifying fee must be paid at the time of election or appointment.

Sweet Adelines Meet

Sweet Adelines, women's barbershop singing group, rehearses every Thursday at 7:30 p.m., at the Casselberry Senior Center, 200 N. Lake Triplet Drive, Casselberry.

Parent Support Group To Meet

Families Together Parent Support Group meets every Thursday at 7:30 p.m., 900 Fox Valley Drive, Sweetwater Square, Suite 206 for open discussion. For information call 774-3844.

Narcotics Anonymous Meets

Narcotics Anonymous meets at 8 p.m. every Thursday at 317 Oak Ave., Sanford.

Flea World Schedules Expansion

By Ted Carter
Herald Staff Writer

Notice lately how a walk through a flea market has become much like walking through an uptown shopping mall?

The markets still offer some hand-made items as well as fruits and vegetables by the sackful, but all those interesting second-hand items have mostly disappeared from the dealer booths. In their place is brand new stuff — electronics, cameras, tools, appliances, clothes — priced, perhaps, slightly lower than at conventional retail stores.

But the days of hunting for bargain junk are not over for good. Syd Levy, owner of Flea World just south of Sanford, won't divulge many of the specifics about the 120,000 square-foot Flea World expansion he plans to start in September. But he will say the expansion is going to include booths for selling things people have collected from their garages, closets and attics.

Flea World has garage sales

each Friday. But with the expansion, the second-hand items can go on sale all three days of the week — Friday, Saturday and Sunday — the market is open.

"The expansion will incorporate garage sales, so now we'll be having them each day we are open," said Levy.

Levy declined to say how much of the expansion will be devoted to the selling of used items. In fact, there is little about the expansion he will comment on, including reports the enlarged flea market will feature a petting zoo.

He said he is saving it all up for a Sept. 11 groundbreaking. "I'll unveil the complete plans then," said Levy.

However, county zoning coordinator Ginny Markley said Levy's plans do call for a petting zoo. She added she expects the county to approve his expansion plans by the end of the month. "He's working everything out," she said.

Levy, who owned and operated a drive-in theater in

Canada before coming to Central Florida 19 years ago, is sold on Sanford and the money-making potential of the flea market he opened in May 1982.

That first year the market had 400 dealer booths, an amount that doubled by the end of 1983. Flea World now has about 1,200 dealer booths spread over 180,000 square feet of covered floor area, according to Levy.

He said it puts a smile on his face to look around the sprawling flea market and see a full house of dealers and customers. "Sure we're doing well," he said.

His claim is that the Sanford operation is the largest covered flea market in the country "under one roof." He further insisted that once his expansion is completed, Flea World will be largest covered flea market "in the world."

The first phase of the enlarged market is scheduled to open

before the Christmas buying season, said Levy, who noted he expects the full expansion to be completed by fall 1988.

On a typical weekend, said Levy, the market employs about 150 people who work the food and drink concessions, do the cleaning and provide security.

Also on a typical weekend, customers fill most all of the market's 1,500 parking spaces. Some of the customers come looking for good buys on new items the dealers have picked up at close-out or distress sale discounts. Others walk about wondering what happened to the second-hand things flea markets used to have.

And still others, said Levy, come just to stroll around looking at the merchandise and watching other people.

"People like to get out and about," he said. "It's a day's outing."

Barnett Bank Begins Branch Enlargement

Workers began a remodeling and addition project Monday at Barnett Bank's Sanford branch, 3094 Orlando Drive.

Jim Johnson, branch manager, said the project will include the addition of two drive-up tellers and more stacking space for cars waiting for the drive-up tellers.

Also, two walls are being

moved out to add another 517 square feet to the building. Interior remodeling will also be completed in connection with the addition.

Johnson said the work is expected to take about two months. Benton Construction Company of Orlando has the \$88,911 contract for the work.

—Brad Church

Dole Cites Safe Skies

FORT LAUDERDALE (UPI) — More near midair collisions have been reported recently because methods to detect them have improved, not because of flaws in the air traffic control system, says Transportation Secretary Elizabeth Dole.

"The reason that more near misses have been reported is that we changed the system in order to highlight the near misses," she told a news conference Tuesday. "That's because we want to make the system as safe as possible."

Dole, who was in south Florida to campaign for her husband, Sen. Robert Dole, R-Kan., an

unannounced presidential candidate, was upbeat about the safety of the country's aviation system.

She said last year was the safest year ever.

"We had 394 million passengers traveling 302 billion miles on scheduled carriers without a fatality," she said.

Among new safety measures under consideration are requiring transponders on small private planes to show altitude on air traffic controllers' screens, and dopler radar systems to detect wind shear, she said.

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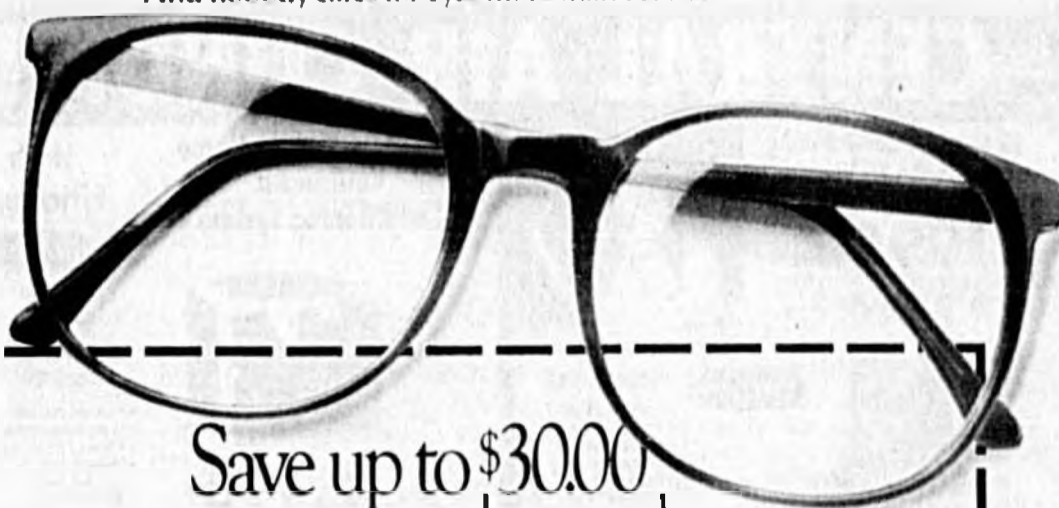
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Bring this coupon in to Pearle along with your eye exam receipt and we'll deduct the cost of your exam (up to \$30), when you purchase a complete pair of glasses. It's our way of reminding you that a regular exam is the right way to care for your eyes. And nobody cares for eyes more than Pearle.



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*A prescription and recent eye exam receipt entitles you to up to \$30 off on eyeglasses. Prescription and receipt may be from a Doctor of Optometry next to Pearle or any other eye doctor. Complete

eyeglasses include frames and prescription lenses. Minimum purchase of \$50 is required. Coupon expires Sept. 12, 1987. No other discounts apply. Offer valid at participating Pearle Vision Centers.

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BASEBALL

STANDINGS

Table showing American League East and West standings with columns for team, W, L, Pct., and GB.

Table showing Tuesday's Results and Wednesday's Games for the American League.

Table showing National League East and West standings with columns for team, W, L, Pct., and GB.

Table showing Tuesday's Results and Wednesday's Games for the National League.

LEADERS

Table listing batting and pitching leaders for the American League and National League.

Table listing earned run average and rain gauge information.

Table showing comparison of games played, at bats, runs, hits, and other statistics.

Gross Finds Relief With Appeal, Victory

NEW YORK (UPI) — Kevin Gross of the Philadelphia Phillies, who Tuesday became the second pitcher in less than a week to be suspended 10 days for cheating, appealed and won in relief.

foreign substance... a league spokeswoman said. The suspension is effective immediately, the league announced Tuesday.

not caught scuffing the baseballs. "We don't have any balls here in the office," the league spokeswoman said.

sandpaper," said Gene Orza, associate general counsel with the players union.

Stroke Returns, McGwire Blasts Record 38th HR

United Press International Mark McGwire, knowing his power stroke would return, waited out the 11 games to break a record that had stood for 37 years.

The Oakland Athletics rookie Tuesday night hit his 38th home run of the season to break the American League rookie homer record Al Rosen had set in 1950 with the Cleveland Indians.

"It's in the back of my mind that it was just a matter of time," said McGwire, who had not homered since July 29. "I knew I was capable of doing it."

McGwire led off the seventh inning of an 8-2 loss to the Seattle Mariners with a drive over the left-center field fence to set the AL mark and match the National League records set by Wally Berger of the 1930 Boston Braves and Frank Robinson of the 1956 Cincinnati Reds.

"I've finally got some line drives," McGwire said. "I was happy to hit the home run but I was more happy with myself the last two at-bats when I kept my head down on the ball and hit line drives."

Mike Moore, 5-14, allowed seven hits, struck out four and walked none. He also yielded Tony Bernazard's 14th home run of the year, a solo blast in the third inning.

"He's becoming a power pitcher and ever since he's done that, he's been a new man," Seattle pitching coach Billy Connors said.

In other games, Kansas City beat New York 8-5, Toronto downed Boston 8-3, Cleveland defeated Baltimore 6-3, Minnesota trounced California 7-2, Detroit outscored Chicago 9-6 and Texas tripped Milwaukee 7-1.

A.L. Baseball

Rangers..... 7 Brewers..... 1 At Milwaukee, Greg Harris, 5-8, allowed seven hits over seven innings and Ruben Sierra lifted two sacrifice flies, leading Texas.

At Minneapolis, Mark Davidson and Tom Brunansky drove in two runs each in support of Frank Viola to lead the Twins to their fifth straight victory.

At San Diego, Tony Gwynn went 5 for 5 for the second time this year and scored on Benito Santiago's ninth-inning single to give the Padres their seventh straight triumph.

At Philadelphia, Mill Thompson's one-out single with in the 13th inning scored Luis Aguayo from third base with the run to beat Chicago.

At Chicago, Alan Trammell had three hits and four RBI and Lou Whitaker scored three runs, keeping Detroit within 1 1/2 games of the lead in the East.

At Philadelphia, Mill Thompson's one-out single with in the 13th inning scored Luis Aguayo from third base with the run to beat Chicago.

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Mark McGwire ended an 11-game homer drought with his 38th blast to break the American League record Tuesday.

Twins..... 7 Angels..... 2 At Minneapolis, Mark Davidson and Tom Brunansky drove in two runs each in support of Frank Viola to lead the Twins to their fifth straight victory.

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'Savior' Leach (10-0) Ends Mets' Skid, 6-2

N.L. Baseball

United Press International The New York Mets, who suffered key losses over the previous few days with inconsistent play, have a player they can count on in Terry Leach.

Leach, with ninth-inning relief help from Jesse Orosco, Tuesday night helped the Mets break a three-game losing streak with a 6-2 victory over the Montreal Expos that allowed the defending champions to keep pace in the National League East.

"Right now the good Lord is letting me have a little fling," said Leach, 10-0. "I can't even recall when I lost in Triple-A last year."

"The team gets me a lot of runs. The team plays good defense for me. Last night, John Mitchell gave up two runs and lost — I gave up two runs and won."

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Table showing St. Louis and Pittsburgh game results.

Table showing Montreal and New York game results.

Table showing Cincinnati and Los Angeles game results.

Table showing Atlanta and San Diego game results.

Table showing Philadelphia and Chicago game results.

Table showing Detroit and Cleveland game results.

Table showing Baltimore and Kansas City game results.

Table showing Oakland and Seattle game results.

WORLD IN BRIEF

South African Strike Spreads; 1 Death, 23 Injuries Reported

JOHANNESBURG, South Africa (UPI) — The largest and longest strike in South African history entered its third day today with organizers threatening to close the refinery that reprocesses the nation's \$8.4 billion in annual gold exports.

The walkout, which began at 28 gold mines and 18 collieries Sunday night, has been marred by one possibly strike-related slaying and at least 23 injuries.

The strike also has spread illegally to mines that do not officially recognize the 340,000-member black National Union of Mineworkers.

Officials of NUM, South Africa's largest labor union, said all its miners walked off the job at 44 gold and coal mines in the dispute, which was triggered by deadlocked wage negotiations in the \$50 million-a-day industry.

Soviets Confirm Mobile Missiles

MOSCOW (UPI) — The Soviet Union says the world's first rail-based mobile strategic missile system will guarantee retaliation in the event of any U.S. first strike with nuclear weapons.

Viktor Karpov, former head of the Soviet arms negotiating team in Geneva, acknowledged at a news conference Tuesday that the SS-24 rail-mounted missile is a new weapons system, but he dismissed U.S. claims the missile violates the 1979 SALT 2 arms limitation treaty.

The mobile SS-24 is about the same size as the most modern weapon in the U.S. arsenal, the Peacekeeper, which can be armed with as many as 10 warheads.

The Pentagon has said the SS-24 has a range of about 6,000 miles and can reach most U.S. continental targets if fired on a polar trajectory.

...Projects

Continued from page 1A

let voters know in more concrete terms what they would be getting in exchange for paying the penny tax on purchases of up to \$5,000 for a period of 15 years.

"I think we should look at how to make it more saleable," he said. "Instead of transportation, we should say things like roads, bridges and drainage work. Put them up front."

If the tax is to pass at all, "it is going to be because of the projects," Streetman said.

The rewording will tax the vocabularies of county staffers, however. The state law that authorizes the local option tax specifies that a brief description of the kinds of projects to be funded must be included on the ballot question. The hitch is that the ballot question is limited to 75 words.

This means voters will have a general idea of the kinds of infrastructure projects the money would be spent for but not the specific ones. That information is contained in the resolution adopted Tuesday, though the particular projects are subject to change before or after the referendum.

As now proposed, the county would get about \$12 million a year from the tax. The cities would divide a remaining \$6 million annually among themselves.

Here's how the county proposes spending \$125 million of the tax money:

- Seminole County expressway from State Road 426 to County Road 427 and U.S. Highway 17-92, \$60 million;
- Four lane Sand Lake Road from County Line Road to State Road 434, \$9 million;
- Two lane Chapman Road from State Road 426 to State Road 434, \$1.9 million;
- Two lane Lockwood Road from south of Oviedo to Orange County line, \$1.9 million;
- Two lane McCulloch Road from Lockwood Road to State Road 434, \$2.5 million;
- Two lane Grant Road from County Road 46-A to State Road 46, \$3 million;
- Two lane the Rinehart Road east extension from County Road 46-A to State Road 46, \$3 million;
- Four lane Lake Emma Road from Longwood Hills Road to Greenway Boulevard, \$7.9 million;

- Two lane Florida Avenue extension from SR 434 to SR 426, \$2.7 million;
- Two lane Lake Harney Road (Jungle Road) from SR 46 to Lake Harney Road, \$2 million;
- Bridge improvement at Snow Hill Road, \$1 million;
- Four lane Red Bug Lake Road from Eagle Circle to SR 426, \$18.5 million;
- Four lane CR 427 from SR 436 to SR 434, \$9.8 million;
- Matching funds for road and drainage special assessments, \$2 million.

Projects the city of Sanford wants to fund with its share of the local option sales tax are drainage, storm and sanitary sewer improvements, and wastewater system improvements.

The city of Lake Mary proposes spending its share on a municipal complex building, including land and construction. Any surplus funds would go for improving and maintaining streets, including drainage work.

Like Lake Mary, the city of Oviedo proposes spending its share on a municipal complex.

The city of Longwood wants to use its share for building a civic center, a city hall and creating new parks.

The city of Casselberry proposes using its share for road and drainage improvements, a community center and recreational facilities. The city wants to use some its share for improvements to existing city facilities.

The city of Winter Springs proposes putting its share toward constructing roads, paving dirt roads and improving drainage as well as the water and sewer systems. The city also wants to budget some of the money for either the expansion of the fire station or construction of a new one. Expansion of the public works facility or construction of a new one is another proposed project, as is a civic center.

The city of Altamonte Springs proposes spending its share on the following projects:

- Widening Montgomery Road from SR 436 to Sr 434;
- Four lane Wymore Road from SR 436 to Lake Destiny Drive;
- Widening Center Street;
- Realigning Douglas Avenue-Markham Woods Road;
- Extending Franklin Avenue from Center Street to Westmonte Drive.

Massive Skull Fracture Killed Backhoe Driver

An autopsy on a construction worker killed on the job Monday shows he died from a massive skull fracture.

Clifford J. Case, 32, of 311 W. Fourth St., Apopka, was injured when a backhoe he was operating tipped over at the corner of Lake Mary Boulevard and Greenwood Avenue in Lake Mary. A Public supermarket is being constructed at the site.

The backhoe did not topple on Case but he was tossed against a roll bar on the backhoe, according to reports.

When Case hit the roll bar it started a fracture that radiated out and forward from the middle back of his head at about nose level, according to the autopsy. He bled from both ears. Case also had fractured ribs and internal bleeding but probably could have survived those, the report shows.

According to a co-worker, Case was trying to drive the backhoe forward on an embankment when its wheels started to spin. The machine then tipped over. Case was not pinned beneath the backhoe but was dead at the scene.

He was an employee of Meyer Construction Co., of Orlando.

—Deane Jordan



Accidents Tie Up Traffic

Two accidents Tuesday in or near south Seminole County tied up traffic. In one incident, for two hours.

A fork lift was knocked off a southbound trailer on U.S. Highway 17-92 as it went through an underpass below railroad tracks in Maitland. The fork lift, which was on a trailer towed by a tractor, spilled onto the highway and blocked all three lanes of the southbound route from 11 a.m. to 1 p.m.

The driver of the truck, John J. Michaud, 25, of Orlando, was charged with failure to obey a traffic signal device, that is, not obeying the sign stating the bridge's low clearance.

The second incident occurred on Maitland Avenue in Altamonte Springs, just inside the county according to police.

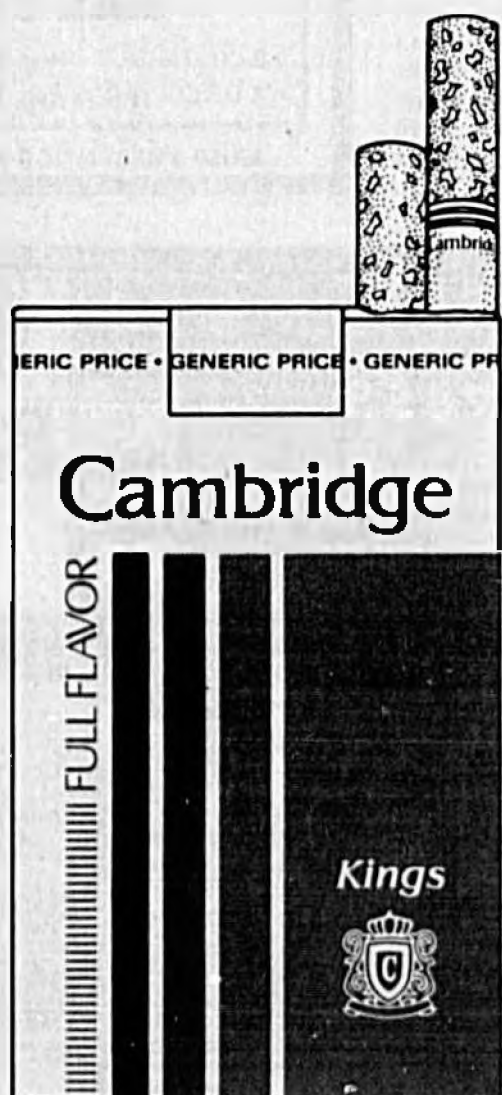
A southbound tractor-trailer rig ran into a wooden power pole around 2:30 p.m. Some power lines fell on Maitland Avenue and traffic was rerouted for a short while, according to Altamonte Police spokesman Jim Viner.

REALTY TRANSFERS

- Heldrich Prop to Charles J. Becker & WF Ziba K., W 78.75' of Lt 13 & E 45' of 14 Howell Harbor Estates, \$120,000
- Carol A. Daniels to Michael W. Beverly & WF Carolyn, Lt 27 Blk N Northgate, \$70,000
- Paul D. Buller & WF Carol to David R. Johnson & WF Brenda L., Lt 16 less W 20.43' etc Blk A Sanlando Springs Jr. 48, \$47,900
- Murphy Bldrs to David J. Weber & WF Debra D., Lt 21 Wekiva Club Estates Sec 3, \$143,000
- Maxim Bldg. Corp. to Charles W. Nyquist & WF Tallana, Lt 4 Blk 14 Townsite Of North Chuluota, \$50,000
- George A. Chimento & WF Marjorie to Gary L. Renteria & WF Jean P., Lt 85 Wyndham Woods Ph II, \$81,000
- Richmond American Homes to Turgut Dervish & WF Martha, Lt 41 Blk 1 The Reserve At The Crossings Ph II, \$88,000
- John Masluk Jr. & WF Charlotte to Marck C. Steffel & WF Heidi M., Lt 2 & 3 less parts Blk 43 Sanlando The Suburb Beautiful Palm Springs Section, \$45,900
- Louis M. Mastrapa & WF Bianca to John T. Monahan & WF Faith E., Lt 466 Spring Oaks Un 3, \$77,500
- L. Goetz & Sons to Jesus D. Carnel & WF Milagros A., Lt 14 Willa Grove, \$45,000
- L. Goetz & Sons to Walter L. Reesman & WF Kathleen, Lt 55 Willa Grove, \$104,800
- David R. Johnson & WF Brenda to Rodolfo R. Lopez & WF Hulda E., Lt 124 Lake Harriet Estates, \$50,000
- R. J. Thomas Constr. to Charles E. Godfrey & WF Maxine, Lt 100 Tuscanville Un 14A, \$172,900
- Wekiva Reserve Ltd. to Christine M. Romeo, Lt 113 Wekiva Reserve Un 2, \$41,000
- Callon Homes to Esther Hoatson & HB C. Lyle, Lt 44 Woodbridge At Country Creek, \$45,300
- Monroe Venture II Inc. etc. to Marvin D. Kelly & WF Ole A., Lt 74 Greenbriar Ph I, \$94,400
- John Story to Paul E. Krist & Lisa M. Fenning, Lt 81 repail amended plat Longwood Green, \$93,000
- Ronald E. Brown & WF Marilyn to Lucky Stores Inc., Lt 115 Springs Landing Un 4, \$214,000
- Lucky Stores to Gerald A. Myers & Donna M., Lt 115 Springs Landing Un 4, \$210,000
- Robert B. Green to Robert M. Martin & WF Florence, Lt 62 Sabal Green At Sabal Point, \$101,000
- Leon O. Craft & WF Grace to Stephen C. Bolin & WF Julie A., Lt 6 Blk D Sweetwater Oaks Sec 14, \$114,500
- Carrroll W. Dickerson & WF Sharyn to Douglas E. Hanson, Lt 1 Hunters Point, \$174,900
- Terrill Johnson et al., Trustees, to James S. Pearson & WF Sharon K., Lt 15 Windtree West Un 2, \$73,000
- E.R.M. Entr. Inc. to Gregg A. Wasserman & WF Lena K., Lt 25 Whispering Winds, \$62,000

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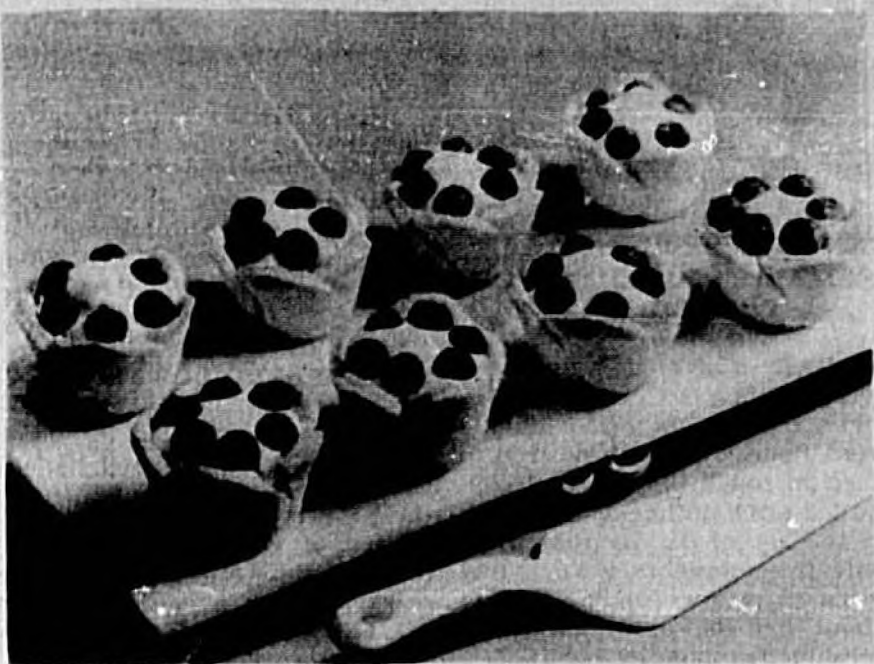
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Blueberry tarts have a creamy filling.

Potpourri

Blueberries Star In Dessert Of The Season

By Aileen Claire
NEA Food Editor

Take advantage of blueberries at the height of their season. Eat them out-of-hand, with cereal or in pancakes, and freeze the rest for fall and winter. Here's a creamy blueberry filling for homemade tarts that are perfect for any special family event.

BLUEBERRY-LEMON PETAL TARTS

Pastry:

- 2 cups sifted all-purpose flour
- ½ teaspoon salt
- 2 tablespoons granulated sugar
- 2/3 cup vegetable shortening
- 1 egg, well beaten
- 3 tablespoons water
- 1 teaspoon grated lemon rind

Filling:

- 1/3 cup sugar
- 2 tablespoons cornstarch
- ¼ teaspoon salt
- 2 cups milk
- 2 egg yolks, slightly beaten
- 2 tablespoons margarine or butter, softened

Juice and grated rind of one lemon

2 cups fresh blueberries, rinsed and drained

To make pastry, sift flour with salt and sugar. Cut in shortening until particles are the size of small peas. In a separate bowl, beat egg with water and lemon rind; add to flour and mix until dough forms a ball. Knead lightly until dough is smooth. Put in bowl or freezer bag and chill for 1 hour.

For filling, mix sugar, cornstarch and salt in 2-quart saucepan. Stir in milk gradually. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir at least half of the hot mixture gradually into egg yolks and then blend into remaining hot mixture in saucepan. Boil and stir again for 1 minute. Remove from heat; stir in margarine, lemon juice and rind. Cool slightly; gently fold in blueberries, reserving some for garnish. Refrigerate.

Roll out pastry on a lightly floured board and cut out six 2-inch rounds for each tart. Use one round to line the bottom of a muffin tin and five rounds to line the sides. Moisten edges that overlap tin with water. Prick dough with a fork and bake in a 400-degree oven for 12 to 15 minutes, or until golden brown. Cool shells in muffin tins and then unmold. Spoon filling into tarts, heaping it high. Garnish with remaining blueberries. This kitchen-tested recipe makes 10 tarts.

BROILED KIWI STEAK

- 2 kiwis, (3 ounces each) pared, divided
 - ½ cup apple juice
 - 2 tablespoons finely chopped onion
 - 2 teaspoons Worcestershire sauce
 - ½ teaspoon each salt and dry mustard
 - 1 pound beef top sirloin steak
- Finely peel and chop 1 kiwi. Combine chopped kiwi, apple juice, onion, Worcestershire sauce, salt and mustard; mix well. Marinate steak in kiwi mixture 15 minutes; turn once after 5 to 7 minutes. Broil steak on both sides to desired degree of doneness; brush with marinade during broiling. Slice remaining kiwi; garnish steak with slices. This kitchen-tested recipe makes about 1 cup.

(NOTE: Combine remaining steak marinade with enough water to equal 1 cup. Add ¼ teaspoon cornstarch and mix well. Cook and stir until thickened. Serve with Kiwi Steak. This kitchen-tested recipe makes about 1 cup.)

Overcooked cauliflower is less than inviting. An easy way to avoid mushiness and wateriness and retain crunchiness is to microwave fresh cauliflower. Top this vitamin-rich vegetable with your favorite cheese sauce, or try a spicy curry sauce to wake up summer taste buds.

HURRY CURRY CAULIFLOWER

- 1 medium-size cauliflower (1 ½ pounds)
- ½ cup water
- ¼ teaspoon salt
- Hurry Curry Sauce (recipe below)

Microwave method: Wash cauliflower. Remove green leaves and slice off stem end. In 1 ½-quart microwave-proof casserole dish, combine water and salt. Place cauliflower in casserole, stem-side-down. Cover.

Microwave on High 12 to 15 minutes, turning cauliflower halfway through cooking time. Remove to serving platter. Let stand 5 minutes before serving. Serve with Hurry Curry Sauce. This kitchen-tested recipe makes 4 servings.

Conventional method: Prepare cauliflower as above. In large covered saucepan, cook in 1 inch of boiling, salted water 20 to 30 minutes until tender.

Hurry Curry Sauce:

- 3 egg yolks
- 2 tablespoons light cream or milk
- 1 to 2 tablespoons freshly squeezed lemon juice
- ½ teaspoon curry powder
- ¼ teaspoon salt
- ½ cup butter or margarine, melted

In electric blender, combine egg yolks, cream, lemon juice, curry powder and salt. Process 10 seconds until smooth. With blender on slow speed, gradually add melted butter. Process 10 seconds longer until sauce is smooth and slightly thickened. Serve immediately. This kitchen-tested recipe makes 1 cup sauce.

MACARONI AND QUICK CHICKEN SAUCE

- 2 tablespoons vegetable oil
- 1 medium zucchini, cut into matchstick-thin strips
- 1 ½ cups (about 6 ounces) sliced mushrooms
- ½ cup chopped onion
- ¼ teaspoon dried thyme leaves, crushed
- 1 ½ cups cocktail vegetable juice
- ¼ cup dry white wine or apple juice
- 1 tablespoon cornstarch
- 1 ½ cups chopped cooked chicken
- 8 ounces cooked corkscrew macaroni

In a 10-inch skillet, heat oil and cook zucchini, mushrooms and onion with thyme over medium heat until vegetables are tender. Stir in vegetable juice, wine and cornstarch. Cook, stirring constantly, until thickened. Add chicken; heat through. Serve over macaroni. This kitchen-tested recipe makes 3 cups, or 4 servings; 176 calories per serving.

Cook Of The Week

Widow's Meals For Family Must Be Delicious, Nutritious, But Most Of All, Quick And Easy

By Dorothy Greene
Herald Correspondent

Betsy Nelson, our Cook of the Week, is an outstanding example of courage and strength; a woman who has held her young family together through a tragic period in their lives.

Widowed just over 16 months ago, Mrs. Nelson is quick to credit a number of support groups for their help, encouragement and understanding while she struggled with the sudden loss of her husband, Chris. She also is very open about their life together, their children, their experiences and how she learned to cook because of her husband's zealous interest in flavorful dishes from all over the world. "It's all part of the healing process," she says, and if awards were given for this type of thing, Betsy Nelson would walk away with the grand prize.

A native of our nation's capital, Washington, D.C., Mrs. Nelson recalls many stories her mother used to tell of participating in Easter egg hunts on the White House lawn, and of all the interesting and historical places there were to see. Her mother, Mrs. Polinette (Jeanne) Clifton of Winter Park, was also a Washingtonian, but her Dad, affectionately called "Babe," hails from South Carolina. Her only sibling, a brother, Edward, was 11 ½ years her senior, "so," says Mrs. Nelson, "it was almost like growing up as an only child." Since her dad was a meat and potatoes person, she explains that her interest in cooking didn't take hold until much later when she took home economics classes in high school.

Always an active person and interested in other people, Mrs. Nelson participated in a number of school programs while in high school in Maryland, such as the riding club, the animal welfare club and the pep club. She also served as president of the hostesses club. Then, as a student at



Herald Photo by Tommy Vincent

Betsy Nelson begins meal for children.

Maryland University, she set her sights toward becoming a teacher. However, with her family's move to Florida in 1971, her dreams of becoming a teacher were put on the back burner for a while. "My father had always dreamed of retiring to Florida," she says, "and my brother had moved down first, so it kind of gave us the gumption to move, too."

Mrs. Nelson enrolled at Seminole Community College which was then known as Seminole Junior College and that is where she met her husband, Jan "Chris" Nelson. "We took a psychology class

together," she says. "We had a sensory test and he was my partner. He blindfolded me first, and had brought some items from home for me to smell, taste, touch and so forth. Then, when it was my turn to blindfold him, I took him outside around the campus and had him trace license plates, hold a few bugs, walk down by the lake ... he almost started to sink into it before he realized what it was! It was fun. We seemed to have a lot in common right from the start. We talked and talked and talked. We just seemed to keep talking ever after."

Marriage was in the offing and

nine months later on July 29, 1972 Betsy and Chris became a brand new couple. Chris Nelson had been a Navy man for four years, visiting many ports throughout the Mediterranean. "Chris had a varied interest in foods," says Mrs. Nelson, "and one of the things we enjoyed doing most was going out to different restaurants. I began to appreciate the different tastes and flavors because my parents had never gone out to restaurants as I was growing up. With Chris, I went to all kinds of restaurants. He really awakened my taste buds." One of the first dishes her husband taught her to cook was spaghetti, she adds.

"He bought me all different kinds of cook books to encourage me to try things on my own," she says. "I have a pretty good variety of international cook books: French, Mexican, Chinese and more. And, of course, on Christmas, birthdays and anniversaries he'd usually give me a cook book or kitchen utensils — that's how much he loved the kitchen!"

Her husband was a graduate of SCC and University of Central Florida, Orlando, with a degree in engineering and had been a test engineer at Stromberg-Carlson for 12 years until his death. He was also a devoted family man and never hesitated to give his undivided attention to his children, according to our cook. "He was always very involved with the children and their activities," she says. Carrie, 14, is Mrs. Nelson's oldest daughter and she attends special education classes at Sanford Middle School. She was a gold medal winner in the Special Olympics' Summer State Games 50 meter dash this year, and holds a bronze medal for last winter's competition in bowling. Christina, 13, attends special education classes at Pace School in Longwood. Both girls are actively involved in Girl Scouts.

See **COOK, 2B**

Lunch? Cheese, Please

With each weekday's dawning comes the daily dilemma — what to have for lunch. The kids, of course, want food that's fun. Dad calls for something substantial; hearty fare to help him through the afternoon. Mom herself, whether she's eating at the kitchen counter between chores or at her desk between meetings, prefers a lighter lunch, low in calories. With those demands, lunch making can consume more time than a morning offers.

Cheddar Snack Spread provides the solution. A creamy, cheesy spread with a bit of tang to the bite, it is a quick blend of four foods often kept on hand. Shredded sharp Cheddar mixed with dairy sour cream, sweet pickle relish and finely grated onion. A few basic steps and presto — a number of lunchtime options to brighten the day.

Cater to the kids by spreading a frankfurter bun with butter and chili sauce; and ¼ cup of cheese spread and top with slices of leftover frankfurter. It's fun, filling and nourishing. With it, pack a piece of fruit and several oatmeal cookies.

Dad's deli corned beef gets layered on rye. Top one slice with mustard and corned beef, the other with a heaping portion of Cheddar Snack Spread. Add a few rings of onion for extra snap. And while anything goes with Cheddar, few things go better than a crisp apple or a slice of apple pie.

For mom, lettuce is used as a stand in for bread. Portion out the spread on leaves of greens and roll up snugly, smugly counting the calories saved. Office-going brown baggers can pack lettuce leaves and spread separately to keep the greens crisp until noon. Cheddar Snack Spread is a natural with carrot and celery sticks, as well as radishes, cucumber slices and tomato wedges.

As an added bonus, Cheddar Snack Spread freezes well. Sandwiches can be made ahead



Cheddar Cheese Spread offers a variety of lunch options.

when time allows and stored in the freezer.

CHEDDAR SNACK SPREAD

- Yield: 1 ½ cups**
- 2 cups (8 ounces) shredded sharp Cheddar cheese (at room temperature)
 - ½ cup dairy sour cream
 - 2 tablespoons sweet pickle relish
 - ½ teaspoon finely grated onion

Combine all ingredients in small mixer bowl. Beat until well combined.

Cheese-Frank: Spread split frankfurter bun with butter. Spread chili sauce on top half. Cover bottom half with one-fourth cup cheese spread; arrange frankfurter slices on top. Close. May be frozen.

Cheese-Corned Beef: Butter 2 slices rye bread. Spread one slice

with one-fourth cup cheese spread. Spread mustard on second side; top with thin slices of corned beef and onion rings. Close. May be frozen (omit onion).

Lettuce Roll-Ups: Spread 1 to 2 tablespoons cheese spread on a leaf of lettuce (Boston, Leaf or Bibb works best) and roll up. Chill. Allow 2 to 3 lettuce roll-ups per person.

...Cook

Continued From 1B

The Joyful Nurse choir at the Presbyterian Church of Lake Mary, and both are members of the church's youth group.

Mrs. Nelson proudly mentions that her daughters are a great help with her two younger children, John, 6 and little Rachel, 3. John attends special education classes at Hamilton Elementary School, and Rachel "is my sweetheart," she exclaims. "She's the bright spot in the family. She really helped us to keep our sanity since Chris has been gone because how can you be sad for very long when she comes out with the brightest things, or a little smile. You can't help but laugh." And, as mother's helpers, the older girls are learning to cook quite well, she adds.

Mrs. Nelson derives her strength from several sources. As a Catholic, she remains in touch with her childhood faith by attending All Souls Catholic Church in Sanford, but is also active in the Presbyterian church where her husband was a deacon. "I get something out of both churches," she explains. Sundays are hectic, to say the least, when she is getting her family ready to attend an early mass at All Souls, and then on to Lake Mary Presbyterian for a later service. At All Souls, Mrs. Nelson enjoys meeting with the CCW (Council of Catholic Women), and at the Presbyterian Church of Lake Mary she is a Bible study leader.

She is grateful for the way she is learning to cope with the loss of her husband through support groups in the area. "I feel that I have reached the point where I can now help someone else," she says. "I haven't been afraid to seek help, and I know I couldn't do it alone. And the Lord has been a big influence, too." Mrs. Nelson belongs to the Christian Herald Family Bookshelf, and credits their materials with giving her a spiritual and emotional boost. She devotes much of her precious time to anything that has to do with her children's school activities, thereby giving her support to their well-being. As a school Dividend volunteer, she has surpassed the 400 hour mark after two years' service, and was delighted to receive certificates of honor for each 200 hours of donated time. Our cook is deeply involved in Girls Scout activities and is a school coordinator and delegate to the annual council.

"I love to sew," says Mrs. Nelson, "although I don't have much opportunity to do it any more with the little ones running around, but I've made outfits and this past Christmas I made a stuffed swan with matching place mats for my in-laws. I've made Care Bears, and I've also made crafty things, too. What I need is an alterations course! I follow the pattern and all, and sew it like I think it's going to fit — and then it doesn't," she laughs. Add crewel work, swimming and reading to the list, and you have a super-busy Mom. "And I love the Monkees," she confesses. "I took my daughters to see their concert, and their TV show is on every day for a half hour and since my husband's death I have watched that. I sit for one half hour each day and lose myself in nostalgia, be happy and crazy singing the songs and all. It has really helped me, as crazy as it may seem." Mrs. Nelson also mentions that the Disney Channel

has been a "lifesaver" and she enjoys watching the wholesome family type movies with her children. She is also careful to screen her children's choices on television, she says, "but we really enjoy the Disney movies."

While her family is still young, Mrs. Nelson plans on spending as much valuable time with them as possible sharing their formative years. In the future, she hopes to be able to go back to school for further training in "something; I'm not sure what, right now," she ponders. "It's always been hard for me to narrow my interests because I enjoy doing so many things." For her physical well-being, Mrs. Nelson visits a health spa and finds that the therapeutic effects are soothing to both mind and body. "The exercise and relaxation helps a lot," she says. She is also a shutterbug and enjoys taking photos of her loved ones. "I have tons and tons of pictures," she says, and, "over the years the children will have every opportunity to remember their daddy."

Meals at the Nelson house must be delicious, nutritious and most of all economical and easy enough for the girls to cook as they become adept in the kitchen. Below is a list of Betsy Nelson's quick and easy recipes.

ITALIAN PASTA-MEAT PIE

1 1/4 pounds ground chuck
2 eggs, beaten
1/2 cup finely grated Romano cheese
1/4 cup soft bread crumbs
1/4 cup fresh parsley, chopped
1/2 teaspoon salt
1/2 teaspoon pepper
1 cup small star or alphabet macaroni
1 can (8 ounces) mushrooms, drained
1 can (10 1/2 ounces) Italian pizza sauce
1/2 pound bulk pork sausage
2 cups (8 ounces) shredded Mozzarella cheese
1/4 teaspoon Italian seasoning

Combine meat, eggs, Romano cheese, bread crumbs, parsley, salt and pepper. Mix well. Shape into a ball and place on a lightly greased 12-inch pizza pan or cookie sheet. Press evenly on bottom and sides of pan. Cook macaroni according to package directions; drain well. Combine macaroni, 2 tablespoons pizza sauce and mushrooms. Spread evenly over meat. Top with remaining pizza sauce. Brown sausage with Italian seasoning in a small skillet, stirring to crumble. Drain well. Sprinkle sausage evenly over pizza sauce. Top with Mozzarella cheese. Bake at 350° for 20 minutes. Cut into slices. Serves 4 to 6.

CHICKEN MARENGO

2 broiler-fryers, approximately 2 1/2-3 pounds, cut up
1/4 cup olive oil
1 medium onion, sliced
1 pound fresh mushrooms, sliced
1/2 cup Chablis, or other dry white wine
1 can beef bouillon
1 can (16 ounces) stewed tomatoes
1 tablespoon fresh parsley, chopped
1 bay leaf
1/2 teaspoon thyme
salt and pepper to taste
2 tablespoons flour
1/4 cup pimiento-stuffed olives, sliced
Brown chicken in hot oil in a large skillet. Drain and transfer to a 13x9x2-inch baking dish. Reserve drippings until tender. Add next 8 ingredients; mix well. Cook over medium heat 5 minutes. Add olives and mix well. Remove bay leaf. Pour mixture over chicken. Cover and

bake at 350° for 45 minutes or until chicken is tender. Serves 4 to 6.

SPINACH CASSEROLE

4 beaten egg
1 tablespoon grated onion
2 teaspoons salt
1 pound grated sharp Cheddar cheese
1 cup milk
4 cups cooked rice
2 packages frozen chopped spinach
1 tablespoon Worcestershire sauce
1/4 cup melted butter or margarine
1/2 teaspoon marjoram
1/2 teaspoon thyme
1/4 teaspoon rosemary
Cook spinach 5 minutes; drain. Mix in all remaining ingredients except the melted butter. Place mixture in casserole dish and pour melted butter over top. Bake at 350° for 30 minutes. Serves 6.

CHINESE BEEF AND VEGETABLES

1 pound sirloin, flank or round steak
2 teaspoons soy sauce
1 teaspoon sugar
1 teaspoon rice wine or sherry
1 teaspoon oyster sauce
1 tablespoon cornstarch
1/4 cup water
3 tablespoons oil
1 teaspoon salt
1 quarter-inch slice ginger root, minced
2 bell peppers, seeds removed
1 onion, peeled and cut into eighths
2 tablespoons water
1 green onion
1 package (about 20 ounces) frozen Oriental vegetables

Cut steak into 2-inch pieces lengthwise, and into 1/2-inch slices across the grain. Marinate beef in mixture of soy sauce, sugar, wine, oyster sauce for 20 minutes. Combine cornstarch with 1/4 cup cold water. In wok or skillet, heat 2 tablespoons oil. Add salt and ginger root and stir. Fry a few seconds. Add beef and stir-fry very short time, leaving the meat still pink. Remove and set aside. Heat the remaining tablespoon of oil. Rinse bell peppers, cut into 1 1/2-inch squares and add to pan. Separate onion into rings and add to peppers in pan. Rinse frozen vegetables in water and add to mixture in pan. Stir-fry until crisp/tender. Add 2 tablespoons water. Cover and simmer one minute. Return beef to pan and stir with vegetables. Add cornstarch mixture and stir slowly until sauce thickens. Serve garnished with green onion. Serves 4.

FLORIDA ORANGE BISCUITS

2 cups all-purpose flour
2 teaspoons baking powder
1 tablespoon sugar
1/2 teaspoon salt
1 teaspoon grated orange rind
2 tablespoons butter or margarine, softened
3/4 cup orange juice
1/2 cup milk
1/2 teaspoon sugar
1 tablespoon orange juice
Combine flour, baking powder, 1 tablespoon sugar and salt. Stir well. Add rind, stir well. Cut in butter until mixture resembles coarse meal. Add 3/4 cup orange juice and milk, stirring until dry ingredients are moistened. Turn dough out onto lightly floured surface. Knead 10 to 12 times. Roll dough to 1/2-inch thickness. Cut with a 1 1/2-inch biscuit cutter. Place biscuits on lightly greased baking sheets. Combine remaining ingredients; stir well. Gently press thumb into center of each biscuit. Spoon sugar-orange juice mixture into depressions. Bake at 450° for 10 minutes or until lightly browned. Makes 2 1/2 dozen.

133 Years Of Family History Wrapped Up In Round Robin



Dear Abby

ELIZABETH BRADLEY CASE, FORT COLLINS, COLO.

DEAR READERS: Florence Brayton of Muscatine, Iowa, asked if her round-robin letter of 57 years duration makes her eligible for the "Guinness Book of World Records." I'm afraid not. Read on:

DEAR ABBY: The Yocom-DeWees family letter was started in 1854 by the eight children of Thomas and Sarah DeWees Yocom. It has been making the rounds for 133 years! It now encompasses 45 families, and takes about a year to make one round. We believe it to be the oldest continuously circulating round-robin letter in the United States.

SALLY C. YOCOM, COLUMBUS, OHIO

DEAR ABBY: Our family circle letter has been circulating for 120 years! It started when my great-grandfather's daughter went away to school during the 1860s. Some letters were written during the Civil War. There are now 15 families contributing to our "family letter." We include newspaper clippings and pictures to keep family members informed and in touch.

NANCIE K. ROWE, LAGUNA HILLS, CALIF.

DEAR ABBY: The Gibson family letter began in 1908 when Charles and Susan Gibson, who lived near Girard, Ill., wanted to keep in touch with their eight children who had married and left home. The Gibson chain letter is now in its 79th year and circulates annually. Susan has just passed on, but Charles has just celebrated his 99th birthday.

HAROLDE GIBSON, NORMAL, ILL.

DEAR ABBY: The Schenck family's round-robin letter has been making the rounds since 1903. This was written up in "Reader's Digest" in September 1981. The Schenck family reunion has met annually for the last 75 years.

DOROTHY ELLISON WESTPHAL, LINCOLN, NEB.

DEAR ABBY: The Mason family circle letter has been circulating for 99 years. It was started by my great-great-grandparents, John Lane and Sarah Seel Mason. This could be some kind of record.

CELIA O'CONNOR, SAN DIEGO

DEAR ABBY: In 1907, my mother went from Marlboro, Vt., to Montezuma, Iowa, to live with an aunt and attend high school. She started a family round-robin so all family members would be aware of what was happening in the lives of relatives. Mother died in 1984 after writing faithfully for 77 years. Now in its 80th year, our round-robin flies annually from California to Colorado to New York to Vermont to Wyoming.

J.J. KNELL, LOS ALTOS, CALIF.

DEAR ABBY: Thirteen of us girls graduated from the U. of Neb. in 1923 and started a round-robin letter. Six are still living as are two husbands. An interesting fact: All 13 girls were married and there have been no divorces!

BLANCHE GRANLICH CAMPBELL, LOS ANGELES

DEAR ABBY: Eight classmates who graduated from the U. of Cincinnati in 1917 started a round-robin. Today there are three survivors, and we still keep in touch. I am 91.

LAURA MCINTYRE BROWN, LAKELAND, FLA.

HAVE YOU HAD AN ACCIDENT?

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THRU TUES., AUG. 18 OPEN 7 DAYS
8 A.M. - 6 P.M.

COUNTRY STYLE PORK RIBS \$1.79 LB.	BONELESS - EXTRA LEAN CHUCK ROAST \$1.89 LB.
DANISH LOBSTER TAILS \$7.95 LB.	BONELESS STUFFED PORK CHOPS \$3.29 LB.
COOKIN GOOD WHOLE FRYERS 69¢ LB.	FRESH - WHITE EXTRA LARGE SHRIMP \$5.95 LB.

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VALUABLE MAE'S COUPON ALL PATTERNS 1/2 PRICE McCALLS & SIMPLICITY	• ACRYLIC RHINESTONES With backs - Crystal & 10 Colors Large 29¢ ea. / Small 19¢ ea.
Pattern # _____ Pattern # _____ Pattern # _____	• VINYL UPHOLSTERY Choose from many decorator colors 54" wide 3.49 yd.
Subject to stock on hand Limit 3 w/any Fabric Purchase	• PRINTED TROPICALS Cotton & Blends • Machine Washable 54" wide - Reg. 2.79 yd. 1.66 yd.
COUPON Lowest Price! Valuable Mae's Coupon PUFFY FABRIC PAINT Choose from Glitter, Slick & Spatter Paint 7-colors NOW 2 for \$5.00	• WINCAMA VELOURS New shipment in plush colors machine washable Now 2.49 yd.
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54" to 60" wide NOW 88¢ yard	COUPON

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Westgate Square 949 N. Semoran 3832-34 Orlando Dr. 131 S.W. 436 2303 E. Semoran
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It's Smart To Be Thrifty

Microwave Magic

Fresh Vegetables Grace Summer Tables In South

Fruits and vegetables are at their best during the summer months, making this a good time to try some new recipes for those seasonal foods.

Okra and tomatoes are a southern summer tradition. This easy recipe doesn't require constant stirring and the vegetables will not scorch.

OKRA AND TOMATOES

2 slices bacon
4 cups fresh sliced okra
¾ cup chopped onion
¾ cup chopped green pepper
3 medium tomatoes, cut up
½ teaspoon salt
½ teaspoon sugar
¼ teaspoon pepper

Place bacon on 1½ quart casserole. Cover with paper towel. M/W on 100% power 2-3 minutes or until crisp. Remove bacon. Add remaining ingredients to drippings. Crumble bacon and add to other ingredients. Cover with casserole lid. M/W on 100% power 20-25 minutes or until okra is tender, stirring twice.

The flavors and colors of corn and green beans go well together. Beans require longer cooking than corn so are started first.

CORN AND GREEN BEANS

2 cups cut fresh green beans
¼ cup water
2 cups fresh corn
2 tablespoons flour
½ teaspoon salt
¼ teaspoon dry mustard
¼ teaspoon pepper
¾ cup milk
2 tablespoons butter
½ cup cubed Cheddar cheese

Combine green beans and water in 1½ quart casserole. Cover with lid. M/W on 100% power 6 minutes; stir. Let stand, covered, 5 minutes. Stir in corn; cover. M/W on 100% power 5 minutes, stirring once. Stir in flour, salt, mustard, pepper and milk; add butter. Cover. M/W on 100% power 4 to 5 minutes or until mixture boils and thickens, stirring once. Stir in cheese. Cover. M/W on 100% power 1-1½ minutes or until cheese is melted. Stir to combine.

Stir-fry is a calorie wise way to prepare many vegetable combinations. Try your own favorites.

STIR-FRY CABBAGE AND ZUCCHINI

½ large head cabbage, shredded
1 medium onion, thinly sliced
1 clove garlic, minced
3 tablespoons oil or drippings
3 medium zucchini, sliced
1 teaspoon salt
½ teaspoon pepper

Midge Mycoff

Home Economist
Seminole Community College



Combine cabbage, onion, garlic and oil in a 2-quart casserole. Cover. M/W on 100% power 7-9 minutes or until cabbage is just tender, stirring once. Stir in zucchini. Cover. M/W on 100% power 8-9 minutes or until tender. Stir in salt and pepper.

RATATOUILLE

A combination of eggplant and zucchini and herbs.

1½ cups eggplants, peeled and cut into cubes
½ cup onion, thinly sliced
1 clove garlic, minced
3 tablespoons olive oil
1 medium green pepper, cut in ½" strips
1½ cups zucchini, sliced uniformly
1 16-ounce can stewed tomatoes
1 teaspoon salt
½ teaspoon oregano
½ teaspoon marjoram
½ teaspoon salt
½ teaspoon pepper

Place eggplant in an 8x11 glass dish with onion, garlic and oil. M/W, covered for 3 minutes. Combine pepper and zucchini with eggplant mixture. Stir together evenly. Add seasonings to tomatoes and pour evenly over vegetables. M/W, covered, on 100% power 6-8 minutes, stirring after 4 minutes. Allow to stand 5 minutes before serving.

Summer squash (crookneck) combines well with other vegetables or is wonderful simply seasoned. A traditional dish is flavored with onion and bacon.

SQUASH AND ONIONS

8-10 small, tender, yellow squash
1 medium onion, chopped finely
5-6 pieces bacon
4 tablespoons bacon drippings (reserved from cooking bacon)
½ teaspoon salt
½ teaspoon pepper

Cut squash into slices of even thickness. M/W on a bacon rack (to reserve bacon fat) for 5-6 minutes on 100% power. Cool and crumble. In a large glass measuring cup M/W onion in 4 tablespoons of bacon fat for 2 minutes on 100% power. Combine bacon, squash and bacon mixture. Spread mixture evenly in an 8x8 square dish. M/W 8-9 minutes on 100% power, stirring after 4 minutes. Allow to stand 5 minutes before serving.

Turkey Nachos Tasty

By Aileen Claire
NEA Food Editor

Put your microwave to work in turning out one of today's favorite snacks — nachos. This turkey version is simple to make, and teen micro-chefs can serve it up to friends with little kitchen mess.

TURKEY NACHOS

1 10½-ounce can jalapeno bean dip
1 5½-ounce package tortilla chips
½ cup dairy sour cream
2 cups cooked turkey, diced and shredded
1½ cups Cojack cheese, shredded
24 jalapeno pepper slices
Salsa (optional)
Spread 1 teaspoon bean dip on each tortilla chip. Top with ½ teaspoon sour cream, 1 tablespoon turkey, 2 teaspoons cheese and one pepper slice.
Place 12 appetizers in a circle on plastic rack or paper plate. Heat on High for 1 to 2 minutes, or until cheese is melted. Repeat with remaining appetizers.

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CHECKS WITH J'S CARD	BEEF CHUCK STEAK \$1.09 LB	J'S HOMEMADE BULK SAUSAGE \$1.29 LB
CASH		PORK STEAKS \$1.49 LB
FOOD STAMPS		

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Prices Good Thru 8-15-87

17-92
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Canada Calls Communications Experts

Ruth Lamb, second from left, world president of International Training in Communications, presents Communications Dynamics certificates to Edith Valentine, from left, Sanford; Joan Madison, Altamonte Springs; and Barbi Wilder, Longwood, at the 46th annual ITC Convention in Vancouver, B.C., Canada. The three Seminole

County residents were among 50 selected from throughout the United States to receive training which certifies them as Communications Dynamics instructors. All are members of the Greater Seminole ITC Club which meets every month at 7:30 p.m., at Watson Realty on S.R. 434.



DURING OUR TIME OF GRIEF

The family of Danny D. Hutchinson, a lifetime resident of Sanford, express their sincere gratitude to their many friends and family, for their outpouring sympathy, support, and love, during our time of sorrow.

MAY GOD BLESS EACH OF YOU FOR YOUR SUPPORT

The Frank Hutchinson Family,
Frank, Hattie, Julie, June, Kathi & Frankie

Friedman's JEWELERS

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Third Opinion Needed For Chronic Leukemia



Dr. Gott
calories a day just to maintain weight, whereas some of my patients gain weight on as few as 1,200 calories a day. Metabolic factors govern our weight gain or loss and our caloric requirements. In assessing your caloric intake, remember that, portion for portion, fat contains about double the calories of protein and carbohydrates.

DEAR DR. GOTT — What is the newest treatment for chronic lymphatic leukemia? In 1980 my white count was 8,200. Now it's 47,000. My doctors are having a difference of opinion as to the appropriate treatment.

DEAR DR. GOTT — What is the newest treatment for chronic lymphatic leukemia? In 1980 my white count was 8,200. Now it's 47,000. My doctors are having a difference of opinion as to the appropriate treatment.

DEAR READER — The recommended treatment is chlorambucil with or without cortisone. The anti-cancer drugs cyclophosphamide and vincristine are considered to be satisfactory alternatives. If your doctors cannot agree on the best therapy for your leukemia, get a third opinion from an oncologist (cancer specialist). Or, call the National Cancer Institute, 1-800-4-CANCER, which provides information about treatment and referrals.

For practical purposes, people gain weight because they eat too much. What is too much? That depends. I need about 2,500

If your disease is producing no symptoms, you probably do not need any therapy until your white blood count reaches 100,000. Most experts are taking a "hands-off" approach on chronic lymphatic leukemia.

ACROSS

- Hit hard
- Mists
- Stockings
- Inherent character
- Songlike
- Foot part
- 104, Roman
- Skin problem
- Medieval poem
- Film critic
- French negative
- Space agency (abbr.)
- Medicine
- Wiry
- Tee for
- Wiggly fish
- In the know
- Family member (sl.)
- Frankfurter
- Superman's girl
- Norse deity
- Wheel track
- Part of speech
- Possessed
- Arab garment
- Fib
- Draw out
- Light
- Upper house of the legislature
- Raised
- Paradises
- Snow vehicles

DOWN

- Hasty meal
- Vast number
- Dickens-based musical
- Also
- Ensign (abbr.)
- Francisco
- Mountains (abbr.)
- Prohibit
- Oily
- Reddish-brown
- Planted
- Dopes
- Dawn goddess
- Martin
- King
- Former VP
- Rockefeller
- Dancer Verdon
- Playwright
- Simon
- Run machinery

Answer to Previous Puzzle

W	A	N	T	U	P	S	W	E	P	T
S	A	B	E	R	P	O	L	A	R	I
S	L	I	C	E	S	O	U	T	A	N
W	E	E	K	L	I	N	E	R	E	T
S	L	O	W	E	D	T	U	E		
T	U	B	I	D	E	S	W	A	R	M
A	L	I	A	S	A	T	I	M	A	M
I	N	S	T	V	S	T	E	R	E	
N	A	G	S	W	E	E	P	D	I	T
T	R	E	P	I	S	T	O	N		
S	I	D	O	N	E	T	W	O		
U	P	H	O	L	D	S	G	R	O	A
T	R	E	M	O	L	O	E	V	A	D
A	E	R	A	T	E	D	R	E	O	S

DEAR DR. GOTT — I have read that expectant mothers can get a disease from cats that may endanger the fetus. Would you give some information on this?

DEAR DR. GOTT — I have read that expectant mothers can get a disease from cats that may endanger the fetus. Would you give some information on this?

DEAR READER — You are referring to toxoplasmosis, a parasitic disease that is spread to humans from cats. Cats acquire the organism by eating infected birds or mice. The parasite is carried from cat excrement to humans by inadvertent oral contamination. Once in the human, the parasite reproduces and causes lung, heart, lymph-node and brain infection.

ACROSS

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- Rockefeller
- Dancer Verdon
- Playwright
- Simon
- Run machinery

In pregnant women, the parasite easily penetrates the placenta and enters the fetus, where its effects are more disastrous than in the adult. In the fetus, toxoplasmosis can cause convulsions, too-small head (microcephaly), blindness and mental retardation. The disease can be diagnosed in the mother by blood tests.

DEAR DR. GOTT — Does weight gain depend entirely on calorie intake or is it affected by eating habits?

DEAR READER — Weight gain depends entirely on calories. A person stores as fat the excess calories he or she con-

WIN AT BRIDGE

By James Jacoby
How would you play four hearts? You might just play A-K-J of spades and then play hearts, forcing out the ace and hoping that neither defender began with four trumps. That way you could draw trumps ending in dummy and enjoy two good spade tricks. But you might run into a little trouble with today's layout.

A easier approach is to crossruff, planning on ruffing three diamonds in dummy, scoring the club ace and the A-K of spades, and ruffing a few clubs in your hand. Let's see how that would work. Win the club ace and ruff a club. Play ace and ruff a diamond, and ruff another club. Cash the A-K of spades. Ruff a diamond and then ruff dummy's last club. This time you may as well trump with the jack or 10 of hearts, just in case West was leading from a three-card suit. Now you can ruff your last diamond with the last heart honor in dummy. East can overruff or not, but you cannot be prevented from scoring enough tricks to make an overtrick. What was the trap in the hand? If you were so careless as to ruff your fourth diamond before cashing your second high spade, East could simply have discarded one of his low spades and held you to 10 tricks.

A rule worth remembering when you are making tricks by crossruffing is to take your high-card winners first, before either defender can throw away any little cards in the suit.

NORTH 8-12-87
 ♠ 10 9 7 6 2
 ♥ K Q 9
 ♦ 4
 ♣ A 9 8 4

WEST
 ♠ 5 3
 ♥ 6
 ♦ K J 8 5 3
 ♣ Q 7 5 2

EAST
 ♠ 8 4
 ♥ A 8 4 3
 ♦ 10 7 2
 ♣ K 10 8 3

SOUTH
 ♠ A K J
 ♥ J 10 7 5 2
 ♦ A Q 9 6
 ♣ J

Vulnerable: Both
 Dealer: North

West	North	East	South
Pass	Pass	Pass	1♥
Pass	1♠	Pass	2♦
Pass	3♥	Pass	4♥
Pass	Pass	Pass	

Opening lead: ♠ 2

HOROSCOPE

What The Day Will Bring...

By Bernice Bede Osol

YOUR BIRTHDAY
AUGUST 13, 1987

In the year ahead, you could be remarkably lucky in ventures or enterprises that you either conceive or personally direct. This could be your time to step out as an entrepreneur.

LEO (July 23-Aug. 22) As of today, you are on the verge of something that has enormous potential. It's an imaginative enterprise in which you'll play a leading role. Trying to patch up a broken romance? The Matchmaker set can help you understand what it might take to restore the relationship. Mail \$2 to Matchmaker, c/o this newspaper, P.O. 91428, Cleveland, OH 44101-3428.

VIRGO (Aug. 23-Sept. 22) A beneficial change for which you've been hoping may finally transpire today. It will be

brought about by forces over which you have little control.

LIBRA (Sept. 23-Oct. 23) Partnership arrangements should work out extremely well for you today, especially if those you deem to be close friends are involved.

SCORPIO (Oct. 24-Nov. 22) You are now in a very favorable cycle that holds promise for both material rewards as well as a rise in status. Make the most of it.

SAGITTARIUS (Nov. 23-Dec. 21) Good things can happen for you today if you treat life as a game rather than a battle. Enjoy who you are, what you are and where you are.

CAPRICORN (Dec. 22-Jan. 19) Important changes will occur today that may be temporarily screened from your view. Their end results will enable you to provide more for those you love.

AQUARIUS (Jan. 20-Feb. 19) Your mate's ideas or suggestions may be superior to your own today, so pay heed when he or she expresses a particular point of view.

PISCES (Feb. 20-March 20) Be alert at all times today where your work or career is concerned. There are more opportunities than usual for you in this unique time frame.

ARIES (March 21-April 19) Opportunities abound for the next few days, provided you're persistent regarding the personal objectives you set for yourself.

TAURUS (April 20-May 20) If you are involved in any form of creative work today, let your imagination run rampant. You could conceive something rather ingenious if you're free from restrictions.

GEMINI (May 21-June 20) A close friend will have some very good suggestions for you today that you should seriously consider. They will serve to improve and extend your own ideas.

CANCER (June 21-July 22) You are in an excellent earning curve today. Focus your energies and efforts on ways to produce bonuses or a big raise.

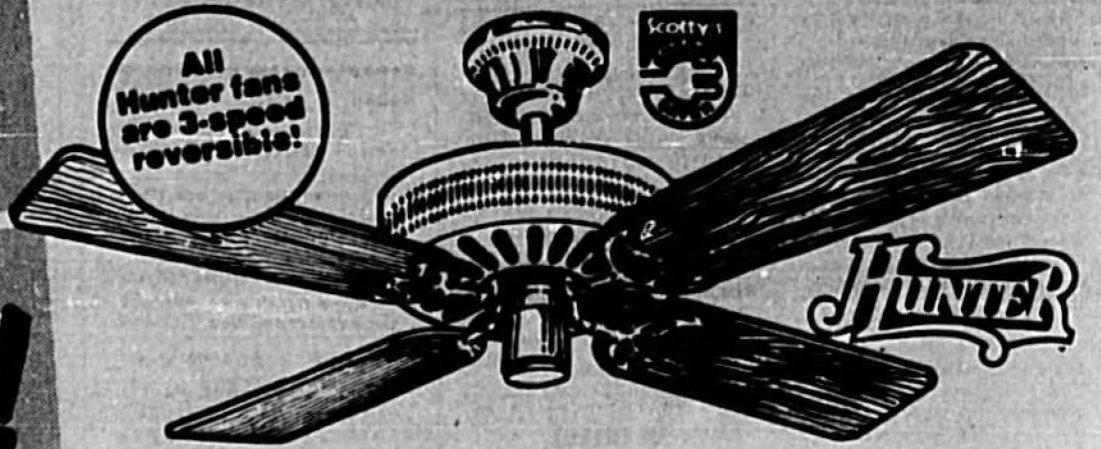
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ANNIE





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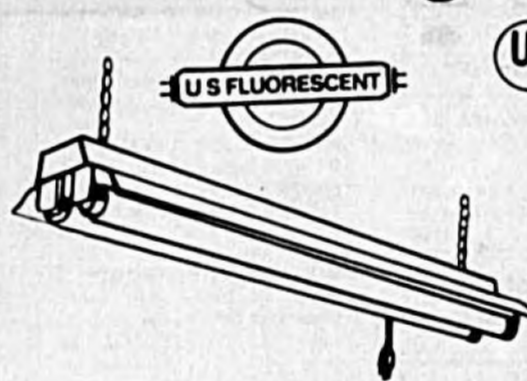


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Air Conditioner Filter

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Cleans, rinses and vacuums out deepest dirt and grime. Combines the brush agitation of a shampooer with the dirt extraction of a steam cleaner. 802096

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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.



Scotty's® 1987

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SUNDAY 9 AM — 5 PM

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Fresh Corn on the Cob

\$1.09
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Pineapple or
Apple Orange

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Punch Fruit Juicy Red, Fruit Punch Tropical Fruit
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Macadamia Nuts .. 9-oz. box **\$3.99**

Mauna Loa
**Macadamia Nut
Brittle**..... 10-oz. box **\$2.99**

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**Strawberry
Sorbet**..... pint carton **\$1.39**

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**Fruit 'N Cream
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Pineapple**

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Dole
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AUG 13
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WED.,
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- Thompson White or Red Flame **Seedless Grapes** per lb. **69¢**
- Serve with Cereal **Golden Bananas** per lb. **25¢**
- Ripe, Juicy Delicious **Fresh Peaches**.... per lb. **33¢**
- Ripe, Sweet Western **Honeydews**..... each for **\$1.29**
- Zesty Yellow **Cooking Onions** 3 lb. bag **79¢**
- Fresh Tender **Broccoli** large bunch **99¢**
- Perfect for Slicing, Extra Large **Tasty Tomatoes** per lb. **49¢**

FLORAL

- Colorful Fresh Cut **Anthurium Bouquets**..... each for **\$3.99**

- Gold or Blush Chablis, or Mountain Chablis or Rhine **Almaden Wine**
 1.5-lit. **\$3.99**
 bottle

SAVE UP TO \$3.20 ON
NEW STARS FROM NABISCO
 SEE NABISCO DISPLAY FOR DETAILS

HEALTH & BEAUTY

- Any Kind of Vidal Sassoon Finish Rinse or **Shampoo** 8-oz. bot. **\$1.99**
- Vidal Sassoon **Remoisturizing Creme**..... 2-oz. pkg. **\$2.99**
- Fits Trac II Razors, Publix **Twin Blade Cartridges**..... 9-ct. pkg. **\$1.49**

Reg., Light or Ale
La Batts Beer
 6-pk. 12-oz. bots. **\$3.09**
 (Limit 4 Please, With Other Purchases of \$7.50 or More, Excluding all Tobacco Items)

High Life, Miller Lite or Genuine Draft
Miller Beer
 6-pk. 12-oz. cans **\$2.39**
 (Limit 4 Please, With Other Purchases of \$7.50 or More, Excluding all Tobacco Items)

Color Reprints

5/95¢

Share those special summer times — with quality color reprints made from any size color negatives.

With every roll of Kodacolor VR color print film or Disc Film Publix Processes, you get two sets of quality prints and a FREE roll of disc of Kodak's color print film!

FREE FILM

Vanilla **Klondike Nuggets** 15-oz. pkg. **\$2.29**

Assorted **Breyers Ice Cream**
 half gallon **\$2.99**

Assorted **Dairi-Fresh Yogurt**
 3 **89¢**
 8-oz. cups

Orange, Lake, Seminole, Osceola, Polk, Highlands Co. Diet Pepsi Free or **Diet Pepsi**
 2-lit. bottle **99¢**

Red, Ripe, Sweet Whole (15 Lb. Avg.)
Watermelon
 each **\$1.79**

Ripe, Tasty Western
Jumbo Cantaloupe
 each **69¢**

Orange, Lake, Seminole, Osceola, Polk, Highlands Co. (Plus Tax & Deposit) Mt. Dew, Dr. Pepper or Reg. or Diet: Pepsi Free, Reg. or Orange Slice, or **Pepsi Cola**
 8-pk. 16-oz. bots. **\$1.59**

All Purpose, Unbleached, Self-Rising, or Bread **Pillsbury Flour**
 5-lb. bag **79¢**

Assorted **Brawny Towels**
 large roll **59¢**

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

PUBLICLIX RESERVES THE RIGHT TO LIMIT QUANTITIES SOLD

DAIRY

- Sargento 5-oz. Finland Swiss or 8-oz. Provolone or Muenster **Sliced Cheese**..... each pkg. **\$1.29**
- Kraft Halfmoon or Colby **Longhorn Cheese** 10-oz. pkg. **\$1.85**
- Polly-O Whole Milk or Skim Milk **Ricotta Cheese**.... 15-oz. cup **\$1.75**
- Sealtest Small Curd or Light N' Lively Lowfat **Cottage Cheese** ... 24-oz. cup **\$1.69**
- Kraft Chunk Style Swiss or Aged **Swiss Cheese** 12-oz. pkg. **\$2.59**
- Kraft Cracker Barrel Sharp Cheddar or Extra Sharp **Cheddar Cheese**... 8-oz. pkg. **\$1.69**
- Quarters, Breakfast Club Reg. **Margarine** 4 1-lb. ctns. **\$1**
- Dairi-Fresh Reg. or Soft **Cream Cheese**..... 8-oz. size **79¢**
- Sargento Italian **Grated Cheese** 8-oz. can **\$1.89**
- Breakstone's **Sour Cream**..... half pint **59¢**
- Calcium Added **Lowfat Milk** qt. cin. **83¢**
- 8-oz. Conts., Concord Grape or Florida Citrus Punch **Sunny Delight Punch** 6-pk. pkg. **99¢**

Breakfast Club Florida Grade A White **Large Eggs**
 dozen **59¢**

Royal Oak **Charcoal Briquets**
 20-lb. bag **\$4.59**

Assorted Northern **Bathroom Tissue** 4-roll pkg. **99¢**

- Publix Special Recipe Honey **Wheat Bread**..... 16-oz. loaf **59¢**
- 6.5 to 7-oz. Sizes, Assorted Frito-Lay **Lay's Potato Chips** each bag **89¢**
- Nabisco **Ritz Bits** 9-oz. pkg. **\$1.99**
- Wise Reg. or Ridgie Natural Peel & Seal **Potato Chips** 15-oz. bag **\$2.09**
- Keebler Peanut Butter, Vanilla, or Chocolate Creme **E.L. Fudge Cookies** 16-oz. pkg. **\$1.69**
- 8 4/5-oz. Aseptic Pkgs., Red or Wild Fruit **Hawaiian Punch** ... 3-pk. pkg. **69¢**
- Duncan Hines Vanilla, Milk Chocolate, or Dark Dutch Fudge, Creamy Ready To Serve **Frosting** 16.5-oz. can **\$1.29**
- Assorted Duncan Hines Deluxe **Cake Mix** 18.25-oz. box **79¢**
- Lipton **Tea Bags** 100-ct. box **\$2.19**
- Full Strength, Static Free, Lemon Fresh **Fab Detergent** 42-oz. box **\$1.19**
- With Chlorinol **Comet Cleanser**..... 2 14-oz. cans **88¢**
- Heinz Keg O' Ketchup **Tomato Ketchup**... 32-oz. bot. **\$1.09**
- Print **Northern Napkins** 140-ct. pkg. **69¢**

COUPON

\$1.00 OFF
Limit 1 Per Coupon
With Purchase Of
\$5.00 Or More Of
Any School Supplies.
(Effective August 13-19, 1987)

Publix 8" x 10 1/2"
Filler Paper 200-ct. pkg. **69¢**

SEAFOOD

- Fresh Frozen **Whiting Fillet** per lb. **\$1.59**
- Fresh New England **Cod Fillet**..... per lb. **\$4.19**
- Gulf Maid (Frozen) **Flounder Fillet**.. per lb. **\$3.79**
- Virginia Capes (Frozen) **Red Snapper Fillet**..... 1-lb. pkg. **\$5.19**

Publix Beef, Gov't.-Inspected

Boneless Top Sirloin Steak
\$2.57

Our Steaks and Roasts, Pork and Lamb are Trimmed to not over:

1/4-inch Average!

Look for "NUTRI-FACTS" brochures and displays in your Publix Meat Department.

Publix Beef, Gov't.-Inspected (Boneless)

Chuck Roast
\$1.37

- Publix Beef, Gov't.-Inspected Fresh **Ground Chuck** per lb. **\$1.37**
- Publix Beef, Gov't.-Inspected Boneless **Shoulder Roast**.... per lb. **\$1.47**

MEAT

- Swift Premium Beef Dinner, Bun Size, Dinner, or **Beef Franks** 1-lb. pkg. **\$1.69**
- Publix **Sliced Bacon** 1-lb. pkg. **\$1.77**

FROZEN SEAFOOD

- Van de Kamp's Cod, Sole, or Flounder **Today's Catch Fillets**..... 10-oz. pkg. **\$2.89**

Frozen Concentrate, Orange or Grapefruit Juice

Citrus Hill Plus Calcium
12-oz. can
\$1.09

FROZEN FOOD

- Citrus Hill Select Conc. **Orange Juice**..... 12-oz. can **\$1.09** 16-oz. can **\$1.29**
- Big Valley Whole **Strawberries** 20-oz. bag **\$1.49**
- Stouffer's 11-oz. Creamed Chipped Beef or 12-oz. With Rice **Beef Chop Suey** .. each pkg. **\$1.99**
- Downyflake Economy **Buttermilk Waffles**..... 19-oz. pkg. **\$1.39**
- Publix All Natural—No Preservatives Frozen **Peach Pie** 26-oz. pkg. **\$1.59**
- Green Giant Sweet Peas or Whole Kernel **Niblet Corn**..... 18-oz. bag **99¢**

THIS AD EFFECTIVE: THUR., AUG 13 THRU WED., AUG. 19, 1987 ...

Swift's Premium Mild or Garlic

Corned Beef
lb.
\$2.19

PLAY MERV GRIFFIN'S

WHEEL OF FORTUNE

only at Publix.

Pick up your game cards and details at any participating Publix today. No purchase necessary.

A Reminder ... Winning Solutions Must Appear On Wheel Of Fortune Shows, Mon.-Fri. Evenings.

\$1000 Winners!



Laura Lindau Lake Placid Cheryl Elliott Cape Coral

DELI

- Honey or **Pepper Loaf** qtr. lb. **99¢**
- Smoked Braunschweiger or **Fresh Liverwurst** qtr. lb. **69¢**
- Swiss Style **Lorraine Cheese**... qtr. lb. **\$1.09**
- Delicious **Ham Salad**..... half lb. **\$1.59**

The Deli Let's You Eat Out At Home

- Hot From The Deli! **Veal Parmesan** per lb. **\$3.79**
- Hot From The Deli! **Macaroni & Cheese**..... per lb. **\$1.99**
- Hot From The Deli! **Minestrone Soup**... per lb. **\$1.99**
- Deli Baked **Cherry Pie**..... each for **\$2.69**
- Tasty **French Bread**..... each loaf **79¢**
- Caraway or Sweet **Munchee Cheese** qtr. lb. **69¢**

DANISH BAKERY

"Free Wedding Ornament (\$15.00 value) with the purchase of a 3-tier or larger wedding cake."
(Effective thru August 1987.)

- We Make The Finest **Rye Bread** 1-lb. size **79¢**
- A Delicious Taste Treat **Apple Strudel Slices** 3 for **99¢**
- Filled With Plump Blueberries **Blueberry Cake Donuts** 6 for **99¢**
- Items above available at all Publix stores with in-store bakeries only. Items below available at all Publix stores & Danish Bakeries.
- Contains Cinnamon And Lots Of Raisins **Cinnamon Raisin Rolls** 6-ct. pkg. **\$1.59**
- Serve With A Meal Or As A Snack **Zucchini Muffins** 6-ct. box **\$1.59**

This ad effective at these locations only:

SEMINOLE CENTRE
3609 ORLANDO DRIVE
SANFORD
LONGWOOD
VILLAGE CTR.,
LONGWOOD

Where shopping is a pleasure.

COUPON

50¢ OFF
With This Coupon
Any Gallon Size of Publix Milk
(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective August 13-19, 1987) Grocery

COUPON

50¢ OFF
With This Coupon
Sunnyland, 1-lb. **Fresh Ham Sausage**
(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective August 13-19, 1987) Meat

COUPON

60¢ OFF
With This Coupon
Real or Light Kraft **Mayonnaise**
32-oz. jar
(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective August 13-19, 1987) Grocery

COUPON

30¢ OFF
With This Coupon
Auto Drip or Reg. Perk 100% Colombian **Publix Coffee**
1-lb. bag
(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective August 13-19, 1987) Grocery

COUPON

40¢ OFF
With This Coupon
100% Pure or Natural, No Sugar Tree Top **Apple Juice**
half gallon
(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective August 13-19, 1987) Grocery

COUPON

40¢ OFF
With This Coupon
Welch's Concord Jelly or **Grape Jam**
2-lb. jar
(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective August 13-19, 1987) Grocery

COUPON

40¢ OFF
With This Coupon
Reg. or Lemon-Lime Palmolive **Dish Detergent**
22-oz. bottle
(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective August 13-19, 1987) Grocery



WINN DIXIE

PHARMACY HOURS

9AM - 6PM
EVERYDAY



DEPEND ON US!

We're here to help. Whether having your prescriptions filled accurately or looking for advice on over-the-counter medicines, your pharmacist is qualified to assist you. He will help you keep track of all your prescriptions through our Computerized Prescription Records. Our computerized records are available for tax purposes and you can fill a previous prescription without a bottle or receipt. Ask, and we'll be glad to give you the facts on the quality generic drugs available. Call or come in for all your health needs.

America's Supermarket™

1514 S. FRENCH AVE.
SANFORD

STORE HOURS

MON-SAT - 7AM-11PM
SUNDAY - 8AM-9PM

PHONE

321-6626

Food & Drug

- MOTRIN 600-MG. 100-CT. PKG. **\$15⁸⁸**
- CARDIZEM 60-MG. 100-CT. PKG. **\$35⁸⁹**
- LOPRESSOR 50-MG. 100-CT. PKG. **\$18¹⁷**
- NAPROSYN 375-MG. 100-CT. PKG. **\$49⁸⁸**
- DYAZIDE 100-CT. PKG. **\$14⁹⁹**

- SLOW K 100-CT. PKG. **\$7⁶³**
- INDERAL 20-MG. 100-CT. PKG. **\$11⁸⁸**
- INDERAL 40-MG. 100-CT. PKG. **\$16⁸⁸**
- ZANTAC 150-MG. 60-CT. PKG. **\$46⁵⁹**

- PROCARDIA 10-MG. 100-CT. PKG. **\$21⁷²**
- LANOXIN .25/.125 100-CT. PKG. **\$2⁹⁹**
- TENORMIN 50-MG. 100-CT. PKG. **\$34⁹⁹**
- 1 MONTH SUPPLY BIRTH CONTROL PILLS . PKG. **\$9⁷⁹**

TIMOPTIC EACH **SAVE** DILANTIN 100-MG. 100-CT. PKG. **\$5⁷³**

CLIP & SAVE \$5⁰⁰



WINN-DIXIE PHARMACY COUPON

VOID AFTER AUGUST 13 - 19, 1987

PAY TO THE ORDER OF WINN-DIXIE PHARMACY

FIVE DOLLARS and ⁰⁰/₁₀₀ DOLLARS

VALID ON ANY NEW OR TRANSFERRABLE PRESCRIPTION GOOD FOR ONE PRESCRIPTION PER FAMILY NOT NEGOTIABLE FOR CASH

SIGN IF YOUR TOTAL PRESCRIPTION IS LESS THAN \$5 YOUR PRESCRIPTION IS FREE

Plus We Save You More

WITH

DOUBLE MANUFACTURER'S COUPONS EVERYDAY

WE WILL DOUBLE THE FACE VALUE OF MANUFACTURERS COUPONS UP TO AND INCLUDING 50c. COUPONS FROM 51c UP TO \$1.00 WILL BE REDEEMED FOR \$1.00.

1. Limit one coupon per item.
2. A limit of three coupons for like items will be doubled per customer. All other coupons of that like item will be redeemed for face value only.
3. If the value of the coupon, or the double value of the coupon, exceeds the retail price of the item, the customer is entitled only to the retail value of the item. (No cash back).
4. Customers must adhere to all manufacturers purchase requirements stipulated on the face of the coupon. Expired coupons will not be honored.
5. This offer excludes free coupons, Winn-Dixie coupons, other retailer coupons, refund certificates and items excluded by law.

EXAMPLE OF REDEMPTION VALUES

- 25c Coupon - 50c Value
- 50c Coupon - \$1.00 Value
- 75c Coupon - \$1.00 Value

COUNTRY PRIDE
COUNTRY PRIDE U.S.A. GRADE 1 PORK FRYERS
LOTS OF CHICKEN
49^c
LB.
Ground Beef . . . \$1.17

WINN-DIXIE'S **Free Wheelin' sweepstakes**
REGISTER TO WIN A BRAND NEW 1987 FORD ESCORT GL WAGON!
COMPLETE RULES AND DETAILS AVAILABLE AT YOUR NEIGHBORHOOD WINN-DIXIE'S
LISTEN TO **WDB** FOR DETAILS
FLORIDA'S RADIO STATION
PRICES GOOD AUG. 13 - 15, 1987

DELI-BAKERY
BAKED HAM
\$2⁹⁹
LB.
AVAILABLE ONLY IN STORES WITH DELIS

MILLER BEER 6 PAK 12 oz CANS **\$2³⁹**

TROPICANA PURE PREMIUM ORANGE JUICE 64 oz SIZE **\$1⁹⁹**

PRICE BREAKER MIXED CUT GREEN BEANS, SWEET PEAS or **WHOLE PEELED TOMATOES** 16 oz CANS **88^c**

SUPERBRAND SOUR CREAM
\$1⁷⁹
2-LB. CUP

T-BONE STEAKS
\$4⁹⁷
LB.

FAB FABRIC SOFTENER
FAB DETERGENT
\$1²⁹
42-oz. BOX
Limit 1 with \$7.50 or more purchase excl. cigs.

HARVEST FRESH PEACHES
3 \$1
LBS.
Nectarines 69^c

PORK CHOPS
\$1⁶⁷
LB.