

Low-Calorie Foods Not All Low In Fat

DEAR DR. LAMB—My husband has to go on a low-fat, low-cholesterol diet and I want to get him off beef and pork. We will use a lot of chicken but I also want to use fish more than we have in the past. I've read that fish is a low-fat, low-cholesterol food. But I've also heard that shellfish do contain lots of cholesterol. Which is correct? I know that fish contain polyunsaturated fat, but so does corn oil and soybean oil. Is fish oil any better and if so, why?

Will my family get the same good quality protein in fish that they get in beef? I don't want to neglect the children's protein requirements while I'm cooking for my husband. At the same time, I don't want to cook different meals for everybody either.

DEAR READER—Let's start with fish, excluding shellfish. There is a world of difference in the types of fish you can choose. Not all fish are really low-fat foods. Most of them are low-calorie foods but that is not the same thing. To illustrate, about 60 percent of the calories in canned King salmon are from its fat content. Over half of the calories in rainbow trout are also from fat. By contrast, less than 5 percent of the calories in red snapper are from fat.

You can get fooled because a table will tell you that only 14 percent of the weight of King salmon is fat but since a large part of its canned weight is water (most fish are 80 percent water) that still represents over 60 percent of the total calories in canned King salmon. The flat fish, flounder and sole, are truly low in fat. Only 1 percent of the calories in haddock are from fat.

I am sending you The Health Letter number 112, Fish and Shellfish as Health Foods, which will provide some tables of values for both fish and shellfish that you can use as a guide. Other readers who want this issue can send 75 cents with a long, stamped, self-addressed envelope for it. Send your request to me, in care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10013.

Shellfish tend to be low in fat, expressed as percent of total calories available. Fish oil tends to be highly polyunsaturated and is the only major source of highly polyunsaturated fat in our diet. Most of the polyunsaturated fat in cereals and vegetables has only two spots on the carbon chain that do not have hydrogen atoms. There may be five or six such spots of unsaturation in fish oil. Is this an advantage? Perhaps. Good studies have not been done to test the difference but there are studies that show remarkable lowering of cholesterol levels after fish oil has been added to the diet. I'm not recommending a binge on fish oil to lower cholesterol but I do agree that it is wise to include an adequate amount of fish in the diet for whatever benefits it may provide.

Although there is a difference in fish, a general figure for cholesterol content is 50 to 70 mg for each 100 grams. That is adequate for your purposes. Shrimp contains 150 mg while oysters contain only about 50 mg. A table on cholesterol content of fish is also included in The Health Letter I am sending you.

The protein in fish and shellfish is of good quality and is equal to that you will get in poultry and beef.

HOROSCOPE

For Wednesday, July 30, 1980

YOUR BIRTHDAY
July 30, 1980
Joint ventures this coming year with persons you love and trust should work out well for all concerned. In fact, your involvements will do much to strengthen the existing bonds.

AQUARIUS (Jan. 20-Feb. 19)
If you've accumulated a bit of a surplus, it's a good time to apply some of it to old obligations. Go to your creditors before they come to you.

PISCES (Feb. 20-March 20)
Don't expose your brilliant ideas today to persons who may not fully appreciate their value. Their negative remarks could discourage you.

ARIES (March 21-April 19)
Be careful to whom you repeat hearsay or gossip today. Talking out of turn could undesirably damage the reputation of another.

TAURUS (April 20-May 20)
Tips given to you today by "insiders" on ways to make or save your money could be misleading. The information may be only partially accurate.

GEMINI (May 21-June 20)
Unless you are willing to cooperate and share today, it's not likely others will be supportive of your interests. If you divide equally, they will.

CANCER (June 21-July 22)
Try to be complimentary toward coworkers today, rather than critical. Good results will come only if you keep your collective efforts amicable.

WIN AT BRIDGE

second-best so you are really treating the two cards involved in the play as if they were ace-small rather than king-king.

South Analyzes the lead as 'fourth best'. He counts winners and losers and sees that the only way he can lose his contract is to take the queen of spades that East has played at trick one with his king.

If he does this he will be set. He will have to take the club finesse on his trick to collect nine tricks. East will get in with the king and lead his last spade to give West four spade tricks.

Now see what happens if South holds up with his king-jack of spades. East leads the suit back. South's jack forces the ace and now South can use the club finesse and still be sure of nine tricks, game and rubber.

Sometimes you note that if East holds the first trick and shifts to a diamond the hand can collapse against certain card combinations that find none.

West with both queen and jack of that suit, but that is most unlikely while the actual holdings are very likely.

Today's hand involves a rather unusual end-play. You hold up with the second-best card, but the top. Of course, you do have the third-best card to back up the

Teachers Reach Contract Terms

The Seminole Education Association and Seminole County School Board have tentatively agreed on a contract for the 1980-81 school year. Association Executive Director Bill Moore announced shortly after noon today.

The 1-year contract calls for a 9.85 percent salary hike and an agreement by the board to try and reduce teachers by 15 minutes from the maximum length of an after-school faculty meeting and guaranteed preparation time for elementary school teachers also were written into the agreement.

Other minor increases for department heads and some coaches, elimination of 15 minutes from the maximum length of an after-school faculty meeting and guaranteed preparation time for elementary school teachers also were written into the agreement.

Real People' Sanford Piece Airs Tonight

The Real People filming of the 1978 Golden Globe Olympics in Sanford is scheduled for re-airing at 8 p.m. today on television channel 2 according to the Greater Sanford Chamber of Commerce.

Graham To Nominate Carter At Convention

WASHINGTON (UPI)—Florida Gov. Bob Graham will nominate President Carter at the Democratic National Convention, the White House said today.

The convention opens Aug. 11 in New York City and the nominations will be made Aug. 13. Carter campaigned for Graham, 43, in 1978.

180 Congressmen Appeal For Release Of Hostages

In a letter read to the Iranian Parliament today, a group of 180 U.S. Congressmen appealed to the assemblymen in Tehran to give the U.S. hostage issue "the highest and earliest priority."

Teheran radio, in a broadcast monitored by the BBC in London, said the speaker of the Parliament read the letter but told the deputies "the American government is talking lies by claiming it is making an effort to end the crisis."

and has "always tried to intensify it."

The letter to Parliament was handed to Speaker Rafsanjani by the Swiss charge d'affaires and it expressed the hope that the two nations could find a way of better understanding each other's goals and objectives, Teheran radio said.

Referring to the question of the U.S. hostages, the letter said the continuation of this "crisis" had created a worldwide crisis.

"At a time when free nations are subject to aggression by hegemonist and expansionist forces, solution of this serious bilateral issue will be in the interest of both nations, so as to be able to deal with dangers threatening world peace," the letter said.

"Aware of the important internal issues facing your government, we ask you favorably to give the highest and earliest priority to the issue of the hostages, as your first step in helping solve much greater, more important and more sensitive dangers, which the nations of the world and the world itself are facing."

Teheran radio said that before reading the letter, Speaker Rafsanjani told the parliamentarian deputies: "The letter was delivered to us by the Swiss Embassy charge d'affaires to whom I said: 'You are duty-bound to tell the American people that the American government is telling lies by claiming it is making an effort to end the crisis. The government of America is not only doing nothing to solve the crisis, but it has always tried to intensify it.'"

"I spoke to the charge d'affaires of examples of American activities aimed at trying to intensify the crisis." Rafsanjani said and mentioned: — Pressing of Iranian assets, — Not honoring contracts, especially the delivery of spare parts which had been paid for in advance.

Crime Lab Cuts May Cost County

A proposal to streamline services at the state's Sanford crime lab may cost Seminole County an estimated \$30,000 or more a year.

State officials are considering eliminating toxicology services provided by the lab but used only by Seminole, Orange and Volusia counties.

The changeover would cut the time needed to determine the amount of alcohol in someone's blood and speed up other tests provided by the state lab to all law enforcement agencies.

But other tests for poisons or drugs in the bodies of victims of crimes and accidents now performed for the three area counties free of charge might have to go to a private lab or labs purchased for and operated by the counties.

The cost of a year's tests for Orange County has been estimated at \$30,000 by the county medical examiner, said Fred Johns, Florida Department of Law Enforcement deputy commissioner and overseer of the state's five central crime labs.

Medical Examiner G.V. Garay is asking the county for about \$1,000 for fiscal 1981.

Currently toxicology work, study of body fluids and tissues for poisons and drugs, is only done at the Sanford lab.

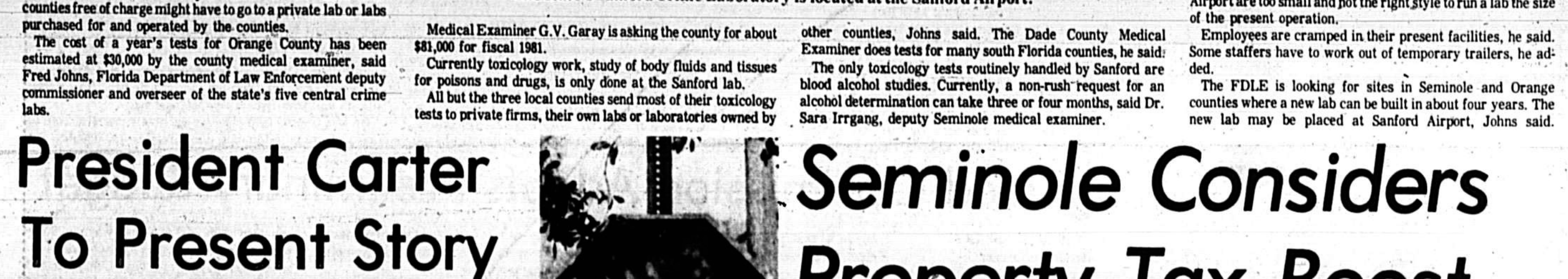
All but the three local counties send most of their toxicology tests to private firms, their own labs or laboratories owned by other counties, Johns said.

The Dade County Medical Examiner does tests for many south Florida counties, he said.

The only toxicology tests routinely handled by Sanford are alcohol alcohol studies. Currently, a non-rush request for an alcohol determination can take three or four months, said Dr. Sara Irrgang, deputy Seminole medical examiner.

Employees are cramped in their present facilities, he said. Some staffers have to work out of temporary trailers, he added.

The FDLE is looking for sites in Seminole and Orange counties where a new lab can be built in about four years. The new lab may be placed at Sanford Airport, Johns said.



President Carter To Present Story Next Week?

WASHINGTON (UPI)—President Carter may be able to go public and present the administration's side of the Billy Carter story next week before the Democratic convention, says the chairman of the Senate's special investigating panel.

Carter, who would like to dispel speculation before the convention that Billy's dealings with Libya exerted any influence on the White House, offered Tuesday to answer the senators' questions — "the sooner the better."

Meanwhile, the Washington Post reported today Billy Carter called the White House last year to inquire about sale of eight C-130 military transports wanted by the Libyan government.

The newspaper said the president's brother told Justice Department investigators Jan. 16 he contacted White House appointments secretary Philip J. Wise Jr. about the matter last year. The Post said Billy Carter refused to answer the investigators' questions regarding any attempts to influence the president about releasing the planes.

Washington's continued refusal to send the double take this sign at the corner of 11th Street and Oak Avenue in Sanford is just another indication that this is a topsy-turvy world.

Seminole Considers Property Tax Boost

By DIANE PETRYK
Herald Staff Writer

Property taxes in Seminole County will be increased by 25 cents per \$1,000 of assessed valuation, or another source of revenue found, following the county commission's tentative approval Tuesday of \$99,982 in new expenditures for 1980-81.

The approved expenditures were pulled from an option package that included about \$1.5 million, according to County Senior Budget Analyst Pam Hastings.

Last week the commission approved a \$39 million base budget that could be funded without raising property taxes or finding other sources of revenue, but stipulated it would later look at new expenditures and possible new revenues.

The expenditures tentatively approved will provide new programs, additional personnel and new equipment for various county departments.

The new budget year begins Oct. 1.

With little debate, the commission Tuesday raised fees for a variety of county services, netting a "palatable" \$11,726. It also earned \$10,300 by agreeing to close the Sanford and Sanford motor vehicle inspection stations on Saturdays. And it had a \$65,316 surplus from the \$39 million base budget, for a total of \$39,952 in unmarked revenue.

The figure includes its earlier approval of \$11,471 for additional corrections officers for the new jail and \$1,050 over that allotted in the base budget for community service programs.

And the "spen" amount may grow higher, because due to Commissioner Bob Starn's early departure from the meeting, some proposals received votes and will have to be reconsidered when the full board meets at 1 p.m. Monday.

Hastings said this means the tax increase needed could "easily" go as high as 30 cents per \$1,000 of assessed valuation.

By law the commission is entitled to raise taxes by 8 percent of the certified tax rate set by the property appraiser, according to Bill Suber, assistant property appraiser.

This year the rate is \$5.05 per \$1,000 of assessed valuation, but can be raised to \$5.45 after a public hearing and a 3-2 vote of the commission, he said.

To go higher than \$5.45 would require an action of the board and a 4-3 vote of the commission, he added.

But even with the maximum property tax increase, property taxes, on the average, will go down for Seminole County taxpayers because of an increase in the tax base.

Seminole County's tax base is up about 40 percent this year and is expected to be \$2.8 billion compared to the 1979 tax base of \$1,994,200,723, Suber said.

A prime reason for the increase is the tax assessor's efforts to bring all property valuations to 100 percent.

Auction Atmosphere Prevails As Commissioners Hike Fees

In an auction-like atmosphere set by Assistant County Administrator Jeff Eicheberger, the Seminole County Commission jockeyed up an assortment of fees for county services Tuesday night.

As Eicheberger called out the items, commissioners voted to charge more every time, but one. The complete fee schedule, however, will not be finalized until public hearings are held and ordinances passed. If approved, the higher fees will go into effect Oct. 1.

Fees are going up for landfill and landfill handling, softball and other league play, animal adoption and licensing, and county 152-152-152, but commissioners unanimously refused to initiate a suggested \$50 subscription fee for weekly newsletters from the commission.

Such newsletters are sent out to 175 civic associations and groups. The fee for mailing would have generated about \$4,750 for 1980-81. But even without that, the commission managed to generate \$335,472. Ninety-five percent of this amount can, by law, be appropriated as estimated revenue, Eicheberger said.

Tennis court fees will go from \$1 per hour to \$1.50 per hour in the daytime and \$2 to \$3 per hour at night. This is expected to generate \$16,500.

Handball court fees will increase from \$1 per hour to \$1.50 per hour in the daytime and \$1.50 to \$3 per hour at night. This is expected to raise \$13,500.

League play fee will jump from \$130 to \$160 for softball; \$80 to \$130 for basketball and \$40 to \$50 for volleyball.

Building fees for trailer signs jumped from \$5 to \$20, twice the county administrator's recommended increase. This will net \$1,500.

The commission is also expected to net \$2,550 from board of adjustment fees; \$3,000 from soil test fees; \$80,000 from utility inspection fees; and \$150,000 from engineering inspection fees.

To adopt a dog it will cost \$7.50 as opposed to last year's \$5. Cat adoption will jump from \$2.50 to \$3.30. Other animal licensing fees for such things as inoculation and creosote will go up \$1 to \$5, netting the county an estimated \$11,822 from animal control charges.

Health department inspection fee increases will result with \$1,000 and occupational license fee increases will provide \$300 more.

DO WHAT?

Causing bewildered drivers to do a double take this sign at the corner of 11th Street and Oak Avenue in Sanford is just another indication that this is a topsy-turvy world.

Teachers Reach Contract Terms

The Seminole Education Association and Seminole County School Board have tentatively agreed on a contract for the 1980-81 school year. Association Executive Director Bill Moore announced shortly after noon today.

The 1-year contract calls for a 9.85 percent salary hike and an agreement by the board to try and reduce teachers by 15 minutes from the maximum length of an after-school faculty meeting and guaranteed preparation time for elementary school teachers also were written into the agreement.

Other minor increases for department heads and some coaches, elimination of 15 minutes from the maximum length of an after-school faculty meeting and guaranteed preparation time for elementary school teachers also were written into the agreement.

180 Congressmen Appeal For Release Of Hostages

In a letter read to the Iranian Parliament today, a group of 180 U.S. Congressmen appealed to the assemblymen in Tehran to give the U.S. hostage issue "the highest and earliest priority."

Teheran radio, in a broadcast monitored by the BBC in London, said the speaker of the Parliament read the letter but told the deputies "the American government is talking lies by claiming it is making an effort to end the crisis."

and has "always tried to intensify it."

The letter to Parliament was handed to Speaker Rafsanjani by the Swiss charge d'affaires and it expressed the hope that the two nations could find a way of better understanding each other's goals and objectives, Teheran radio said.

Referring to the question of the U.S. hostages, the letter said the continuation of this "crisis" had created a worldwide crisis.

"At a time when free nations are subject to aggression by hegemonist and expansionist forces, solution of this serious bilateral issue will be in the interest of both nations, so as to be able to deal with dangers threatening world peace," the letter said.

"Aware of the important internal issues facing your government, we ask you favorably to give the highest and earliest priority to the issue of the hostages, as your first step in helping solve much greater, more important and more sensitive dangers, which the nations of the world and the world itself are facing."

Teheran radio said that before reading the letter, Speaker Rafsanjani told the parliamentarian deputies: "The letter was delivered to us by the Swiss Embassy charge d'affaires to whom I said: 'You are duty-bound to tell the American people that the American government is telling lies by claiming it is making an effort to end the crisis. The government of America is not only doing nothing to solve the crisis, but it has always tried to intensify it.'"

"I spoke to the charge d'affaires of examples of American activities aimed at trying to intensify the crisis." Rafsanjani said and mentioned: — Pressing of Iranian assets, — Not honoring contracts, especially the delivery of spare parts which had been paid for in advance.

WORLD IN BRIEF

U.N. General Assembly Demands Israel Withdrawal

UNITED NATIONS (UPI) — The General Assembly overwhelmingly demanded Israel begin withdrawing from Arab territories by Nov. 15 to pave the way for a Palestinian state. But the United States voted against the resolution and Israel said it would disregard the measure.

The assembly, the world body's parliament, concluded a six-day emergency special session on Palestine Tuesday by approving the comprehensive resolution, affirming the Arab Palestinians' right to return to their homes and establish their own state. Despite the overwhelming vote — 113 for the resolution, seven against, with 24 abstaining — observers noted the Nov. 15 deadline in the resolution effectively put off any possible action on forcing implementation of the measure until after the U.S. presidential election.

Bomb Kills 7 In Iran

At least seven people were killed and 30 others injured today in an explosion of a bombjacking plane in the city of Tehran. The plane was carrying 100 passengers from Ayatollah Ruhollah Khomeini's regime. The bomb was hidden in a motorbike parked in front of Neauphle le Chateau Hotel according to a broadcast from Tehran Radio monitored by the BBC in London.

Khomeini Reluctant To Act

Ayatollah Ruhollah Khomeini, the one man whose word is law in Iran, is showing reluctance in taking any part in solving the nation's deepening political crisis, according to a report from the Iranian government. The Islamic regime's difficulties in fully establishing a parliamentary government ultimately will delay a decision on the fate of the 52 American hostages, who today spend their 27th day in captivity. The latest setback to parliamentary rule came Tuesday. Khomeini refused to help choose a new prime minister.

Iranians Charge Brutality

The Iranian Foreign Ministry charged Washington, D.C., police with "savagery" brutality for breaking up a demonstration by supporters of Ayatollah Ruhollah Khomeini. The ministry, in a statement broadcast by Tehran Radio Tuesday and mentioned by the BBC, called the Washington police "the club wielders of America," and said their action Sunday was "one of the most shameful incidents in history."

School Budget Rises 14% Despite Tax Reduction

The Seminole County School Board had its first look at the 1980-81 budget Tuesday, which is 14.3 percent larger than last year's budget of \$75 million. Superintendent of Schools William P. Lauer and Assistant Superintendent for Business and Finance Roger Harris briefed school board members on the \$86.9 million budget for about two hours. The budget calls for a reduction in the property tax rate for schools from \$6.75 per \$1,000 of assessed valuation to \$5.90 per \$1,000. The decrease is possible even though the budget calls for more expenditure due to a 40 percent increase in the county's tax base. The school district's revenues are expected to go up from \$11.8 million in 1979 to \$12.9 million because of property revaluation and growth. A tentative budget is scheduled to be approved by the school board Aug. 4, and it then must be advertised, Harris said. The advertisement will announce an Aug. 12 public hearing on the matter. Final approval of the school board budget is slated September 24.

WEATHER

NATIONAL REPORT: Thunderstorms packing high winds and hail pounded much of the Midwest and East, dumping power lines in Michigan and dumping more than 3 inches of rain in New York City in a rush-hour downpour. At least one storm-related death was reported. Nassau County, N.Y., police said James Walsh, 18, of South Farmingdale was literally sucked into a conduit and drowned by turbulent waters rushing along a normally dry stream bed. Another youth was pulled under but saved himself by grabbing a tree limb. AREA READINGS (9 a.m.): temperature: 82; overnight low: 72; yesterday's high: 79; barometric pressure: 30.0; relative humidity: 83 percent; wind: southwest at 5 m.p.h. THURSDAY TIDES: DAYTONA BEACH: High, 11:31 a.m.; 11:32 p.m.; low, 5:07 a.m.; 5:28 p.m.; PORT CANAVERALE: High, 11:23 a.m.; 11:44 p.m.; low, 4:58 a.m.; 5:10 p.m.; BAYPORT: High, 4:59 a.m.; 4:34 p.m.; low, 10:32 a.m.; 11:18 p.m. BOATING FORECAST: St. Augustine to Jupiter Inlet, Out 10 Miles: Winds variable mostly westerly around 10 knots through Thursday. Seas 3 feet or less. Scattered showers and a few thunderstorms with locally higher winds and seas. AREA FORECAST: Partly cloudy through Thursday with a chance of mainly afternoon and evening thunderstorms. High in the low to mid 80s. Lows tonight in the 70s. Winds westerly around 10 miles an hour. Rain probability 40 percent today, 30 percent tonight and 30 percent Thursday.

Evening Herald (USPS 41-250) Published July 30, 1980—Vol. 72, No. 254 Wednesday Daily and Sunday, except Saturdays by The Sanford Herald, Inc., 208 N. Front Ave., Sanford, Fla. 32771. Second Class Postage Paid at Sanford, Florida 32771. Home Delivery: Week, 70 cents; Month, \$1.90; 3 Months, \$5.20; Year, \$15.00. By Mail: Week, \$1.10; Month, \$3.20; 3 Months, \$9.40; Year, \$25.00.

2 Policemen Hurt In Orlando Racial Violence

ORLANDO, Fla. (UPI) — A police SWAT team cleared crowds of rock and bottle throwing blacks from Paramore Avenue at dawn today and city officials and community leaders met to discuss a possible curfew to end a night of violence that injured two policemen. At least five persons were arrested when an angry crowd gathered in a predominantly black neighborhood in the western part of the city and went on a rampage when police arrested an armed robbery suspect. Police spokesman Rick DeVerville said about 150 blacks were involved in the violence. A 14-man SWAT team swept Paramore Avenue at dawn and dispersed angry blacks without incident. A short time later, city crews and businessmen began clearing the streets for morning rush hour traffic. By daylight, DeVerville said calm had been restored in the troubled neighborhood. "Street sweepers are out there and we have the five department assisting business owners by letting them clean off debris," he said. Police and city officials and five ministers who went into the troubled area during the night to try to quell the violence met at the Pleasant Baptist Church to discuss a possible curfew and hear grievances from the black community. "A decision on a possible curfew will be made later in the morning," DeVerville said. Orlando was the second Florida city hit by racial violence this summer. Blacks in Miami's Liberty City rioted for three days in mid-May, killing 18 persons and causing \$100 million damage, and rampaged for three days and nights again earlier this month. The Orlando disorders began shortly after midnight, police said, when officers received an armed robbery call in the area. Police Chief James Nurrey said police arrested a suspect who tried to resist. He said the disturbance drew a crowd of blacks to the scene who began throwing rocks and bottles at officers. One patrolman was cut on the head when struck by a bottle and another suffered an arm laceration, police said. Police rushed reinforcements to the area, mostly residential with small homes and some businesses and bars. Police said a few of the businesses were looted during the night but there was no immediate damage estimate. One car was set ablaze and firemen racing to the scene were greeted by a barrage of flying rocks and bottles.

3 Guests Robbed At Interstate-4 Motel

By DAVID M. RAZLER Herald Staff Writer Three Florida men were robbed at gunpoint early this morning in their Holiday Inn motel room on State Road 46 at Interstate 4, deputies report. The two armed robbers got into the room shortly after 4 a.m. by yelling to the occupants that a set of keys had been left in the door. When one of the three opened it, the two thieves, each holding a revolver, burst in and ordered the men into the bathroom, deputies say. While one of the thieves held a gun on Doug Mendenhall, 37, of Lake Worth, Robert Morton, 46, of Jupiter, and Raymond Marde, 37, of Palm Springs, the other rifled their luggage then pulled off their jewelry, deputies say. The two left with an undetermined amount of cash plus watches, rings, necklaces and wallets owned by the three guests. The robbery comes about a month after three robberies of elderly guests in the Days Inn located near the I-4 Holiday Inn, in all three cases at that motel, the thieves posed as plumbers, then pulled weapons on the guests once they got into the rooms.

Action Reports

- ★ Fires
- ★ Courts
- ★ Police Beat

Longwood Commission Adopts Preliminary Budget

By JANE CASSELLBERRY Herald Staff Writer A \$140,000 tentative Longwood budget for 1980-81 was approved this week by the city's commission. City Administrator David Chacey told the commission it was necessary to go ahead and adopt the preliminary budget subject to change after the public hearing because of the tight time schedule brought about by the new Trust in Millage (TRIM) law. "We're not getting the tax roll until the last day of August and at that time we will have eight days to establish the millage," Chacey said. Under the TRIM bill, property will be assessed at 100 percent rather than 75 percent of fair market value. This means even though Chacey anticipates the tax rate may be reduced because of an increased tax base, there may not be a reduction in the amount of a property owner's taxes. Last year's tax rate in the city was set at \$2.77 per \$1,000 assessed value. Chacey said the results of the referendum in October raising the homestead exemption could change the tax again. Chacey proposed an increase in water rates from \$2.35 a month for the first 5,000 gallons to \$3.85 for 4,000 gallons. Chacey agreed to do a new survey and come back with a new proposal after Commissioner J.R. Grant said he favored increasing the amount charged after the first 5,000 gallons to 85 cents per 1,000 gallons from 45 cents. The commission voted 3-2 for the city to pay one-third of the cost of paving Wayman Street with the property owners on each side of the street each paying one-third. Commissioners Grant and William Mitchell, who voted no previously, failed to pass a motion calling for the city to pick up 50 percent of the paving tab. The commission voted on July 14 to drop plans for paving Wayman when some residents complained about the city only footing 10 percent of the bill and property owners on each side having to pay 45 percent.

GOOD SAMARITAN ATTACKED

A woman who went to the aid of a motorist early this morning suffered cuts on her arm and damage to her car when the man in a "broken down" pickup truck attacked her, deputies report. Eva King told deputies she was driving south on Markham Woods Road north of State Road 434 at 2 a.m. when she saw a man kneeling by a pickup truck parked along the road with emergency flashers on. She said she asked him if he needed a woman. He responded by trying to pull her from her car, cutting her arm six times with a unlicensed type of weapon, she said. She was treated then released early this morning from the Florida Hospital-Altona emergency room, deputies say.

LEGAL NOTICE

CONSOLIDATED REPORT OF CONDITION (Including Domestic Subsidiaries) Dollar Amounts in Thousands The State Bank of Seminole City, County of Seminole, Florida, 22711 State Bank No. 717, Federal Reserve District No. 4, Class of Business 04-30-80.

ASSETS		Mil. Thou.
Cash and due from depository institutions	2,108	
U.S. Treasury securities	1,778	
Obligations of other U.S. Government agencies and corporations	1,871	
Obligations of States and political subdivisions in the United States	1,470	
Other bonds, notes, and debentures	75	
Real estate stock	None	
Corporate stock	None	
Trading account securities	None	
Loans, net	475	
Loans, Total (excluding unearned)	15,399	
Less: allowance for possible loan losses	56	
Loans, Net	15,343	
Lease financing receivables	None	
Bank premises, furniture and fixtures, and other assets representing bank premises	1,259	
Real estate owned other than bank premises	281	
Investments in unconsolidated subsidiaries and associated companies	None	
Customers' liability to this bank on acceptances outstanding	None	
Other Assets (Sum of Items 21 through 25)	341	
TOTAL ASSETS (Sum of Items 1 through 25)	25,301	
LIABILITIES		
Demand deposits of individuals, partnerships and corporations	7,548	
Time and savings deposits of individuals, partnerships, and corporations	12,758	
Deposits of United States Government	None	
Deposits of States and political subdivisions in the United States	1,069	
Deposits of foreign governments and official institutions	None	
Deposits of Federal Reserve Banks	None	
Certificates and time deposits	None	
Total Deposits (sum of Items 26 through 31)	22,809	
a. (1) Total demand deposits	8,066	
b. (2) Total time and savings deposits	14,743	
Federal funds purchased and securities sold under agreements to repurchase	None	
a. Interest-bearing demand notes (note balances) issued to the U.S. Treasury	159	
b. Other liabilities for borrowed money	None	
Mortgage indebtedness and liability for capitalized leases	248	
Bank's liability on acceptances executed and outstanding	None	
Other liabilities	301	
TOTAL LIABILITIES (excluding subordinated notes and debentures) (Sum of Items 32 thru 37)	22,517	
Subordinated notes and debentures	None	
EQUITY CAPITAL		
Preferred stock	None	
a. No shares outstanding None (par value)	None	
Common stock	None	
a. No shares authorized 95,745	958	
b. No shares outstanding 95,745 (par value)	518	
Surplus	308	
Undivided profits	518	
Reserve for contingencies and other capital reserves	None	
TOTAL EQUITY CAPITAL (sum of Items 38 thru 44)	1,784	
TOTAL LIABILITIES AND EQUITY CAPITAL (sum of Items 21 and 37)	25,301	
MEMORANDA		
Amounts outstanding as of report date:	45	
a. (1) Standby letters of credit, total	45	
b. (2) Amount of standby letters of credit in Memo item 1a (1) conveyed to others through participation	None	
c. Other time deposits in amounts of \$100,000 or more	2,003	
Average for 30 calendar days (or calendar month) ending with report date:	14,512	
a. Cash and due from depository institutions (corresponds to Item 1 above)	1,449	
b. Federal funds sold and securities purchased under agreements to resell (corresponds to Item 8 above)	58	
c. Total loans (corresponds to Item 9 above)	15,207	
Time certificates of deposits (corresponds to Item 10 above)	2,078	
d. Total deposits (corresponds to Item 11 above)	22,472	
e. Federal funds purchased and securities sold under agreements to repurchase (corresponds to Item 12 above)	None	
f. Other liabilities for borrowed money (corresponds to Item 14 above)	None	
g. Total assets (corresponds to Item 15 above)	25,301	
h. We, the undersigned officer(s), do hereby declare that this Report of Condition (including the supporting schedules) has been prepared in conformity with the instructions issued by the Federal Deposit Insurance Corporation and is true to the best of my knowledge and belief.		
Frank C. Dobson, Executive Vice President and Cashier	July 24, 1980	
We, the undersigned directors, attest the correctness of this Report of Condition (including the supporting schedules) and declare that it has been examined by us and to the best of our knowledge and belief has been prepared in conformity with the instructions issued by the FDIC and is true and correct.		
Sarah O. White	Paul H. Falcoff, Directors	
James H. Robinson	State of Florida, County of Seminole, as:	
S sworn to and subscribed before me this 24th day of July, 1980, and I hereby certify that I am not an officer or director of this bank.		
Marcia Smith, Notary Public	DEY-134	

THE STORE AUTO SERVICE GOODYEAR SERVICE STORES

GOODYEAR

TIEMPO RADIAL SALE!

Hurry! Sale Ends Saturday

TIEMPO - The Original All-Season Radial

- 10,000 BITING EDGES for year-round traction
- GAS SAVING steel-belted radial-ply construction
- ONE RADIAL you don't change when the weather does
- THE ORIGINAL, only from Goodyear

115/80R13 whitewall plus \$1.50 NO TRADE NEEDED. Fits some models of: Honda, Buick, Vega, Omni, Colt, Pinto, Bobcat, Starline.

\$41

Buy Now And SAVE!

5950	6700	6700	7250
------	------	------	------

PROTECT MOVING PARTS Lube & Oil Change \$6.99

Front-End Alignment-Your Choice \$17.99

99¢ GAS SAVER

THE GOODYEAR PROMISE

Motorists Could Get Insurance Refunds

TALLHASSEE, Fla. (UPI) — Motorists will be getting refunds soon if any of the 250 automobile insurance companies working Florida have violated the new excess profits law. The companies have until Friday to file reports of their earnings with the Department of Insurance. Insurance Commissioner Bill Guter will study the filings to determine if there has been compliance with the law, which limits motor vehicle insurers to a 9 or 10 percent rate of return, depending on the type of company. A Leon County circuit judge threw out the law in April, saying Guter was given too much discretion in deciding when to order refunds of excess earnings, but the Legislature patched up the statute and re-enacted it during the recent session. Florida motorists have gotten more than \$91 million in refunds or credits under the law over the last two years. "We will scrupulously inspect the excess profits filings due Friday and insist that every penny (of improper profits) be returned to policyholders," Guter said.

Chiles Was FBI Target, Informant Says

PHILADELPHIA (UPI) — An FBI agent involved in the Abram investigation asked an informant to arrange meetings and illegal payoffs with public officials in Florida, the informant has testified in federal court. Judge John Fullam has been asked to dismiss indictments against four Philadelphians charged in the bribery investigation. The four — three city councilmen and a lawyer — allegedly accepted \$70,000 from undercover agents posing as representatives of a phony Arab company, Abdul Enterprises. Lawyers for the four argue that charges against their support another of its assertions — that the government picked targets in the probe and then prodded them into taking part in the alleged crimes.

'Energy Audits' Work, Official Finds

TALLHASSEE, Fla. (UPI) — House Energy Chairman Frank Mann expects the "energy audits" being conducted by the power companies to save electricity and save the ratepayers money. For one thing, they're about to cut his electric bill up to 40 percent. Mann said Tuesday a Florida Power & Light Co. inspector spent three hours going over his Fort Myers house and recommended changes that will cut his electric bill — \$235 last month — by 25 to 40 percent. "It worked in my case and it will work for literally millions of other Floridians." A federal law requires electric and natural gas utilities to offer their customers "energy audits" beginning Jan. 1, 1981. Utility staffers will inspect a home and recommend ways to stop the wasting of electricity and other energy sources.

Official Fighting Rate Hike

TALLHASSEE, Fla. (UPI) — Public Counsel Jack Shreve has asked the Public Service Commission to block Florida Power Corp.'s \$54.6 million interim rate increase and prevent a nearly \$4 average boost for FPC's residential customers. Shreve petitioned the PSC for a new hearing Tuesday, saying the St. Petersburg-based utility would be recouping fuel costs that should be handled separately under the fuel adjustment clause. The increase is to take effect with August's bills. If it does, the average residential bill will go up \$3.92 a month, or 7 percent, from \$53.12 to \$57.04. "There're two different figures in the data, but the utility is seeking a \$99 million permanent rate increase. It asked for a \$61 million interim boost and wound up with \$54.6 million. Shreve contended that no interim increase was justified. The company included up to \$28.5 million in fuel costs for the first three-months of this year. It claims it never collected under the fuel adjustment clause to back up its case for an interim increase. Commissioners shouldn't have allowed that, Shreve claimed, because the new fuel adjustment formula they adopted this spring includes a periodic "true-up" designed to make sure all of a utility's fuel expenses are recovered.

Politician Thomas Dead

JUPITER, Fla. (UPI) — Noted Florida banker and politician Jerry Thomas died Tuesday at age 71, following a long fight against stomach cancer. Private interment services have been scheduled for members of the immediate family, a spokesman for Village Funeral Home said. Public memorial services are to be scheduled later. He is survived by his wife, Jeanne, and five children, Robbie, Larry, Kenny, Jerry and Cindy, and five grandchildren. Thomas was chairman of the board of First Marine Bank, a \$43 million bank building company based at Riviera Beach, at the time of his death. Described by associates as a "self-made financial wizard," Thomas opened his first bank at age 27. He later formed several corporations that made him a millionaire. Thomas became interested in politics in 1960 and was elected to the state House of Representatives as a Democrat in 1970 and to the Senate in 1974. From 1970 until 1972 he served as president of the Senate until retiring. Legislative colleagues voted him as the most outstanding legislator in the Senate in 1981, and as the most outstanding first-term Senator in 1985 and most valuable senator in 1970. But in 1975, he switched parties from Democrat to Republican and ran unsuccessfully as the GOP's nominee for governor in 1974 against Gov. Reubin Askew. Losing 798,454 to 1,118,864, collecting only 46 percent of the vote. "Jerry was my friend since college," Askew, now U.S. Trade Ambassador in Washington, told Tuesday.

Chiles Was FBI Target, Informant Says

PHILADELPHIA (UPI) — An FBI agent involved in the Abram investigation asked an informant to arrange meetings and illegal payoffs with public officials in Florida, the informant has testified in federal court. Judge John Fullam has been asked to dismiss indictments against four Philadelphians charged in the bribery investigation. The four — three city councilmen and a lawyer — allegedly accepted \$70,000 from undercover agents posing as representatives of a phony Arab company, Abdul Enterprises. Lawyers for the four argue that charges against their support another of its assertions — that the government picked targets in the probe and then prodded them into taking part in the alleged crimes.

'Energy Audits' Work, Official Finds

TALLHASSEE, Fla. (UPI) — House Energy Chairman Frank Mann expects the "energy audits" being conducted by the power companies to save electricity and save the ratepayers money. For one thing, they're about to cut his electric bill up to 40 percent. Mann said Tuesday a Florida Power & Light Co. inspector spent three hours going over his Fort Myers house and recommended changes that will cut his electric bill — \$235 last month — by 25 to 40 percent. "It worked in my case and it will work for literally millions of other Floridians." A federal law requires electric and natural gas utilities to offer their customers "energy audits" beginning Jan. 1, 1981. Utility staffers will inspect a home and recommend ways to stop the wasting of electricity and other energy sources.

Official Fighting Rate Hike

TALLHASSEE, Fla. (UPI) — Public Counsel Jack Shreve has asked the Public Service Commission to block Florida Power Corp.'s \$54.6 million interim rate increase and prevent a nearly \$4 average boost for FPC's residential customers. Shreve petitioned the PSC for a new hearing Tuesday, saying the St. Petersburg-based utility would be recouping fuel costs that should be handled separately under the fuel adjustment clause. The increase is to take effect with August's bills. If it does, the average residential bill will go up \$3.92 a month, or 7 percent, from \$53.12 to \$57.04. "There're two different figures in the data, but the utility is seeking a \$99 million permanent rate increase. It asked for a \$61 million interim boost and wound up with \$54.6 million. Shreve contended that no interim increase was justified. The company included up to \$28.5 million in fuel costs for the first three-months of this year. It claims it never collected under the fuel adjustment clause to back up its case for an interim increase. Commissioners shouldn't have allowed that, Shreve claimed, because the new fuel adjustment formula they adopted this spring includes a periodic "true-up" designed to make sure all of a utility's fuel expenses are recovered.

Politician Thomas Dead

JUPITER, Fla. (UPI) — Noted Florida banker and politician Jerry Thomas died Tuesday at age 71, following a long fight against stomach cancer. Private interment services have been scheduled for members of the immediate family, a spokesman for Village Funeral Home said. Public memorial services are to be scheduled later. He is survived by his wife, Jeanne, and five children, Robbie, Larry, Kenny, Jerry and Cindy, and five grandchildren. Thomas was chairman of the board of First Marine Bank, a \$43 million bank building company based at Riviera Beach, at the time of his death. Described by associates as a "self-made financial wizard," Thomas opened his first bank at age 27. He later formed several corporations that made him a millionaire. Thomas became interested in politics in 1960 and was elected to the state House of Representatives as a Democrat in 1970 and to the Senate in 1974. From 1970 until 1972 he served as president of the Senate until retiring. Legislative colleagues voted him as the most outstanding legislator in the Senate in 1981, and as the most outstanding first-term Senator in 1985 and most valuable senator in 1970. But in 1975, he switched parties from Democrat to Republican and ran unsuccessfully as the GOP's nominee for governor in 1974 against Gov. Reubin Askew. Losing 798,454 to 1,118,864, collecting only 46 percent of the vote. "Jerry was my friend since college," Askew, now U.S. Trade Ambassador in Washington, told Tuesday.

Junior Coordinate Closeout!

30% off

Rugby T-shirt
Orig. \$13
Now 7.99

Rugby T-shirt
Orig. \$14
Now 8.99

Rugby T-shirt
Orig. \$15
Now 9.99

Knit skirt
Orig. \$15
Now 8.99

Woven skirt
Orig. \$16
Now 9.99

Woven pant
Orig. \$19
Now 12.99

• Polyester-cotton
• T-shirts in red with pretty stripes. Sizes S-M-L.
• Navy pants and skirts in trouser styles.

25% off men's Action Master™ slacks.

Save 4.75
Sale 14.25

Reg. \$19. Action Master™ bell-loop style slacks have unique stretch waist band. Men's sizes.

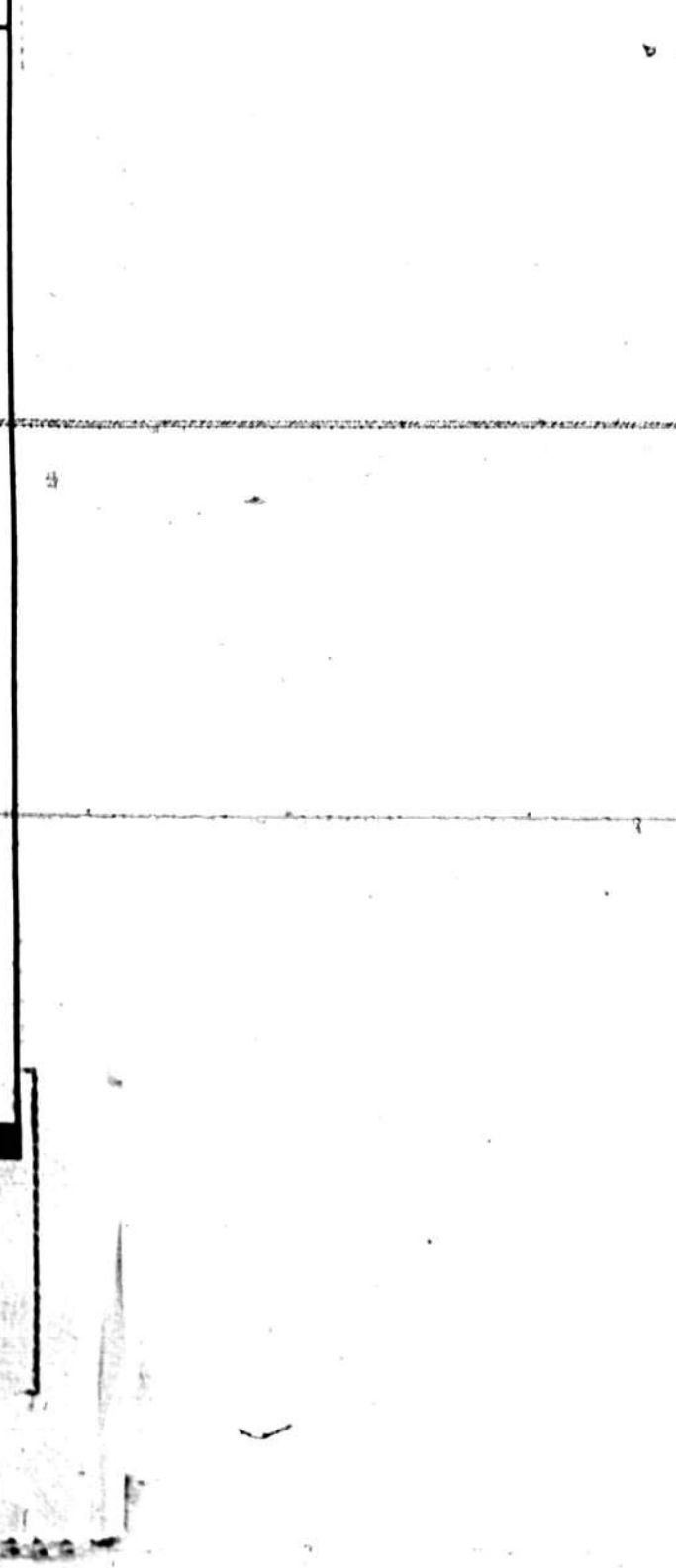
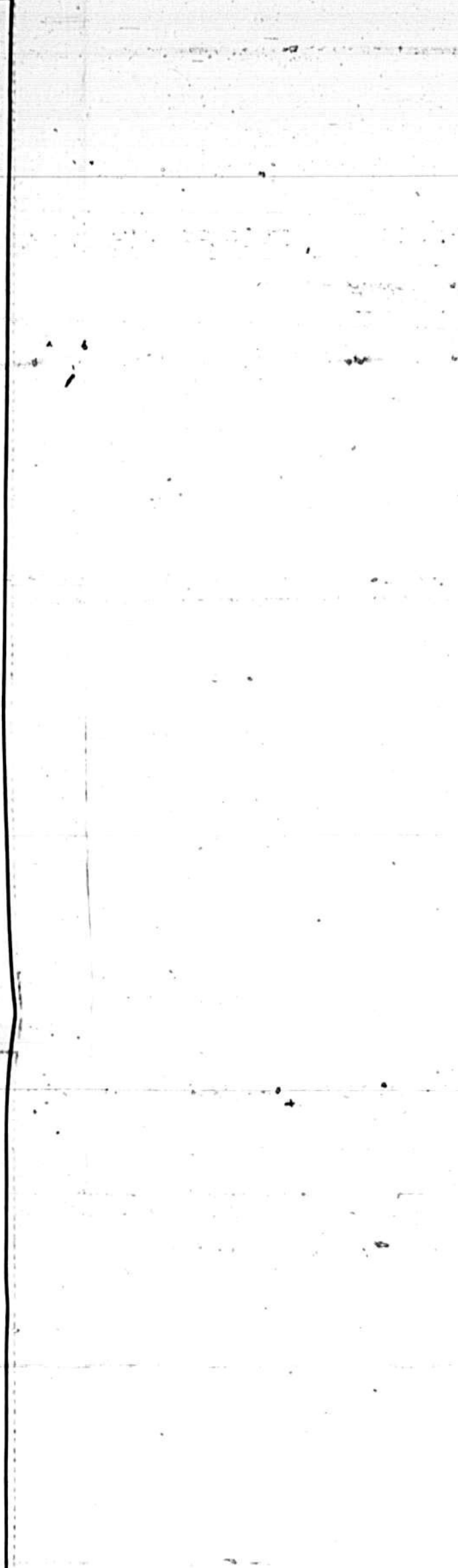
Continental styles
Save \$5
Reg. \$20 Sale \$15

Footlocker. Special 18.88

30" plywood footlocker with vinyl covering, nickel plated hardware, tongue-in-groove closure. Great for college, home or garage. Black and tan.

Think School. Think JCPenney.

Sanford Plaza Hwy 17-92 and State St. Open 10 a.m. to 9 p.m. Mon-Sat. Open 12:30 to 3:30 Sunday



On Japan's New Premiere

We state only the obvious by observing that Zenko Suzuki is not a household name in the United States. Indeed, before being chosen as Japan's next prime minister Suzuki was not exactly famous even among the Japanese.

But we shall be hearing much of Suzuki because he leads a nation that is an economic giant in the world and one of the most important of U.S. allies. Americans ought, therefore, to become better acquainted with this new Free World figure.

Before his predecessor, Prime Minister Masayoshi Ohira, died suddenly from a heart attack in mid-June, Suzuki was not even rated as a dark horse although he was chairman of the Liberal Democrats' executive board, the party's top day-to-day decision-making body. When the Liberal Democrats' deadlock over two other leaders for an Ohira successor, they turned to a compromise figure who had avoided controversy, made few policy pronouncements, and had few enemies. Upon recovering from his surprise, Suzuki promised first off to lead Japan by "avoiding disputes and seeking harmony."

And this is the way it will be if the past is any guide to the future. Prime Minister Suzuki's forte is as a "fixer," a member of party factions, a server of others, and a master of maneuver behind the scenes. He never aspired to be prime minister. But no one had a better claim to the job. He has held a series of cabinet and party posts during the last 20 years. Before 1960, he rose slowly in the LDP from the time he won election in 1949 as a representative from Yamada, a remote fishing center on the northern Honshu coast. As a friend and spokesman for the powerful fishing industry he became known widely and affectionately as "Mr. Fish."

Japan's prime ministers have generally tended to be as colorless as they are courteous, and, on the surface, Prime Minister Suzuki promises to be no different. But, on the other hand, he may break out of this mold, because he possesses in much larger measure than his immediate predecessors all the three M's that one discerning Japanese observer declared to be necessary in Japan's prime ministers: Money, Majority and Machiavellianism. Moreover, if Ronald Reagan is elected president of the United States, there could be a special closeness between the two leaders that has not existed between Tokyo and Washington heretofore, or not for a long time. For, there are some unusual parallels that could draw them together. Both were liberals in their younger days who turned conservative - Gov. Reagan as a Democrat and Prime Minister Suzuki as a member of the Socialist Party. Both were born in 1911 and are 69 years of age. Both are fathers of four children. Both are masterly politicians, and both, until this year, shared the same wide disbelief among their countrymen that they would be chosen numero uno.

And, the two men even share two of the 3 M's regarded as requisites for Japanese prime ministers. "Majority" is the missing "M." Reagan cannot be said to have the legislative "majority" that comforts Prime Minister Suzuki. Nevertheless, even that difference could vanish in November if the Republicans continue to gain strength.

Meanwhile, all that we can learn about Zenko Suzuki is encouraging. His level-headed stability should serve the United States and the Free World as well as Japan.

BERRY'S WORLD



"Would you like to come to my apartment and discuss the Republican and Democratic positions on ERA further?"

Around



The Clock

By DAVID M. HAZLER

Seminole County's new jail opened just a week after law officers started saying it would not be ready as scheduled this month.

The opening will come as a special relief for about a dozen men who will have to begin serving short jail sentences on Aug. 15, sentences delayed on the chance the new facility would be ready to take them.

Last week, Circuit Judge Volle Williams allowed the men, sentenced to probation plus a 30-to-90-day term in the county jail to delay the start of their sentences, in the hope the new facility would be fully operational, replacing the overcrowded lockup which only a year ago housed both prisoners and the county sheriff's department.

DICK WEST

Take A Running Jump

WASHINGTON (UPI) — In lieu of U.S. participation in the summer Olympic games, Americans are taking up other sports, such as jumping to conclusions about Billy Carter.

Although no new records have yet been set, Billy Carter's registration as an agent for Libya has attracted a large field of world class conclusion-jumpers, among them Rep. Dan Quayle, R-Ind.

"It is too much to ask us to believe that the Libyan government paid brother Billy hundreds of thousands of dollars because of his deep understanding of the oil industry gained through his operation of a service station in Plains, Ga.," Quayle said in a press release.

"Obviously, the Libyans paid that money because they thought brother Billy could get some things done through his connections at the White House."

Implicit in that conclusion is the supposition that Billy Carter didn't have a brother in the White House, Libya would never have loaned him \$200,000. Which may be a leap too far.

Entirely overlooked is the possibility that Billy Carter's kinship with the president was purely coincidental. That is the conclusion I am leaning to.

It may be, as Quayle concluded, that the Libyans weren't necessarily interested in Billy Carter's petroleum expertise. There are, however, other plausible explanations for the loan.

We all know that oil-exporting nations such as Libya are constantly on the lookout for ways to invest the proceeds from foreign sales. It therefore is logical to conclude that Billy Carter's petroleum expertise, there was, was his financial adviser's thesis.

"OK, guys, the money is piling up again. Any ideas?"

"This may be a long shot, chief," one of them replies, "but I hear there is a good investment opportunity in Georgia. I'm told a fellow there is in bad need of a loan. If we play our cards right, we might sign him up for a half-million or so."

"How come he hasn't gotten a loan from Bert Lance?"

"Well, Lance has been pretty much preoccupied with other things lately."

"What is the prospective investment opportunity's name?"

"Billy Carter."

"Himmmm. Any kin to the Carter in the White House?"

"We haven't checked on that. They have the same home town but there are a lot of Carters in that part of Georgia. Related or not, this one seems to be acting strictly on his own."

"That's good. We wouldn't want to be a party to any investment that might make it appear we were trying to buy influence in the United States. Is there any danger that Iraq or Saudi Arabia will try to horn in on the deal?"

"They might. To make sure no other country loans him money, we'll ask him to register as a Libyan agent."

"I'd like to see Quayle outump that."

JACK ANDERSON

WASHINGTON — President Carter's backdoor dealings with the Arabs are beginning to raise eyebrows. So far in my investigation, the president's involvement is limited to a series of strange coincidences. Coincidence No. 1 — A Senate investigator's memo alleges that Carter's banker, Bert Lance, began his banking manipulations juggling funds, allowing overdrafts, authorizing dubious loans and engaging in other irregular if not illegal practices — to cover up his political fund raising. As the principal recipient, Carter sought to help Lance out of a deepening financial hole before the 1976 election.

JEFFREY HART

Anderson: Clumsy Politics?

Campaigning in Israel during the Republican convention, the candidate of NBC-TV went around making a fool of himself. Rep. John Anderson's thoughts are plain to read. Jewish votes in the Northeast and on the Pacific Coast are crucial to his electoral strategy. Ergo, he flies to Israel and makes it into print with that, supposedly, are very pro-Israeli.

The trouble is that he has been talking bad politics and practicing clumsy politics.

While in Israel, the congressman had a lot to say on too touchy issues: Israeli settlements on the heavily Arab West Bank, and the complex backstage mane of the Mef.

Now where the settlements are concerned, Israeli opinion itself is deeply divided over them. Anderson gave it as his opinion that the settlements have strategic value for the Israelis, but the opposite appears to be true. Jewish islands in a sea of Arabs, the settlements are really hostages that would have to be rescued at considerable cost.

The Begin government has been pursuing an aggressive settlement policy for two reasons, ideological and political.

Begin himself asserts an Israeli claim to the entire West Bank on biblical grounds. He calls it Samaria, and because it was part of biblical Israel he thinks it should be part of the post-1948 state. This rationale represents a minority position within Israel, and has little credibility in the rest of the world.

Begin's shaky coalition also rests on the support in the Knesset of a coalition of religious fundamentalists committed to the settlement policy. Without them, his government would fall.

What John Anderson now proposes to do is the U.S. policy to this doubtful biblical ideology and to the political necessities of Menachem Begin's shaky coalition.

It is my distinct impression, too, that this bad policy represents bad electoral policy in the United States. Many and perhaps most American Jews, while reluctant to criticize Begin in public, do so freely in private — and his aggressive settlement program on the West Bank is not popular in the Jewish community. Far from it. Many American Jews regard the policy as self-defeating, provocative, and foolish. I would judge, moreover, that they would regard Anderson's transparent but misguided efforts to pre-empt the Jewish vote as condescending and simple minded.

Los Angeles (UPI) — A truck driver and a mechanic have been charged with 14 murders in the "Freeway Killer" case, but authorities say there are at least two other suspects in the string of grisly murders involving as many as 41 young victims.

William Bonin, a 33-year-old trucker, Vietnam veteran and registered sex offender, and Vernon Butler, Bonin's 22-year-old friend and a magician, appeared in Municipal Court Tuesday on murder and robbery charges.

Sanford, N.C. (UPI) — Three of four dangerous fugitives from the Georgia State Prison were flushed from a house with tear gas today and surrendered without resistance to police, who later found the body of the fourth convict in a reservoir in an adjoining county.

No shots were fired and no one was injured, said police.

The FBI tentatively identified the dead man through fingerprints and tattoos as Troy Leon Gregg, 32, of York, S.C., one of four convicted killers who fled the Georgia State Prison in a daring escape Monday.

Officers captured the other three men, Timothy McCorqudale, 27, of Alma, Ga.; Johnny L. Johnson, 26, of Logan, Utah; and David Jarrrell, 25, of Greensboro, N.C., after firing two grenades of tear gas into a house on nearby Lake Wye.

Sanford, N.C. (UPI) — Police have a sketch of a man who saw violinist Helen Hagnes Minkita before she was slain at the Metropolitan Opera House, and have called in hypnotists to pry loose details possibly lodged in the minds of other observers.

Investigators revealed Tuesday they had their first lead in the case, which had stymied them since the woman's stripped, bound and gagged body was found July 24 down an air shaft at the opera house on Manhattan's West Side.

A police spokesman said a sketch had been made of a white male who possibly was the last person — other than the killer — to have seen Miss Hagnes alive. It is believed they encountered each other in an elevator in the complex backstage maze of the Met.

Detectives stressed that the man was only a "possible witness" and not a suspect.

San Diego (UPI) — Three soldiers loading confiscated firecrackers onto a pickup truck were killed in an explosion and fire that rocked an ammunition bunker at the West Coast's largest nuclear submarine base.

Half a ton of fireworks, confiscated at the Mexico border, were being transferred Tuesday from an Army ammo bunker for disposal in the desert when a fire in the pickup apparently touched off the blast.

Authorities said the cause of the fire was undetermined and under investigation today. Two of the dead soldiers were identified late Tuesday as Spec. 5 Nancy Ozakewski, 24, Villa Park, Ill., and Spec. 5 Ronald Koshinader, 22, Nazareth, Pa. Identification of the third victim was withheld until relatives could be located.

Police Have Murder Lead

NEW YORK (UPI) — Police have a sketch of a man who saw violinist Helen Hagnes Minkita before she was slain at the Metropolitan Opera House, and have called in hypnotists to pry loose details possibly lodged in the minds of other observers.

Investigators revealed Tuesday they had their first lead in the case, which had stymied them since the woman's stripped, bound and gagged body was found July 24 down an air shaft at the opera house on Manhattan's West Side.

A police spokesman said a sketch had been made of a white male who possibly was the last person — other than the killer — to have seen Miss Hagnes alive. It is believed they encountered each other in an elevator in the complex backstage maze of the Met.

Detectives stressed that the man was only a "possible witness" and not a suspect.

3 Fugitives Captured

CHARLOTTE, N.C. (UPI) — Three of four dangerous fugitives from the Georgia State Prison were flushed from a house with tear gas today and surrendered without resistance to police, who later found the body of the fourth convict in a reservoir in an adjoining county.

No shots were fired and no one was injured, said police.

The FBI tentatively identified the dead man through fingerprints and tattoos as Troy Leon Gregg, 32, of York, S.C., one of four convicted killers who fled the Georgia State Prison in a daring escape Monday.

Officers captured the other three men, Timothy McCorqudale, 27, of Alma, Ga.; Johnny L. Johnson, 26, of Logan, Utah; and David Jarrrell, 25, of Greensboro, N.C., after firing two grenades of tear gas into a house on nearby Lake Wye.

San Diego (UPI) — Three soldiers loading confiscated firecrackers onto a pickup truck were killed in an explosion and fire that rocked an ammunition bunker at the West Coast's largest nuclear submarine base.

Half a ton of fireworks, confiscated at the Mexico border, were being transferred Tuesday from an Army ammo bunker for disposal in the desert when a fire in the pickup apparently touched off the blast.

Authorities said the cause of the fire was undetermined and under investigation today. Two of the dead soldiers were identified late Tuesday as Spec. 5 Nancy Ozakewski, 24, Villa Park, Ill., and Spec. 5 Ronald Koshinader, 22, Nazareth, Pa. Identification of the third victim was withheld until relatives could be located.

U.S. Navy Stretched Thin

WASHINGTON (UPI) — The collision between the aircraft carrier USS Midway and a merchant ship, an accident that killed two U.S. seamen and injured three others, is a blow to the Navy's ability to cover three seas simultaneously with carrier forces.

The Navy — severely strained by the need to maintain a major naval force off the coast of the Arabian Sea, the Mediterranean Sea, the Pacific, and Indian oceans simultaneously.

The collision Tuesday of the Midway with the Panamanian ship Octus in the Palawan Passage, 450 nautical miles south of the U.S. naval base at Subic Bay, the Philippines, is expected to hinder Navy sailing schedules.

However, Navy leaders declined to discuss the specific implications today, pending a full report of the accident and the damage done to the Midway.

A Pacific Command spokesman in Honolulu identified the two crewmen who were killed as Petty Officers Daniel Francis Macy of Pittsburgh and Christian John Belgen of Thousand Oaks, Calif.

The spokesman said the USS Midway was headed for Subic Bay for "further evaluation of damages and repairs" from its collision.

Initial reports from the Midway said the ship suffered no structural damage below the water line. However, six of its approximately 70 aircraft sustained "moderate damage" and the carrier's port aircraft elevator was jammed. Also, sponsors and catwalks on the port side were damaged.

The Midway, accompanied by a cruiser, two frigates and an oiler, was bound for Singapore on a four-day port call when the accident occurred at 8:30 a.m. EDT, according to Navy spokesmen in Washington.

Bay for "further evaluation of damages and repairs" from its collision.

Initial reports from the Midway said the ship suffered no structural damage below the water line. However, six of its approximately 70 aircraft sustained "moderate damage" and the carrier's port aircraft elevator was jammed. Also, sponsors and catwalks on the port side were damaged.

The Midway, accompanied by a cruiser, two frigates and an oiler, was bound for Singapore on a four-day port call when the accident occurred at 8:30 a.m. EDT, according to Navy spokesmen in Washington.

Bay for "further evaluation of damages and repairs" from its collision.

Initial reports from the Midway said the ship suffered no structural damage below the water line. However, six of its approximately 70 aircraft sustained "moderate damage" and the carrier's port aircraft elevator was jammed. Also, sponsors and catwalks on the port side were damaged.

The Midway, accompanied by a cruiser, two frigates and an oiler, was bound for Singapore on a four-day port call when the accident occurred at 8:30 a.m. EDT, according to Navy spokesmen in Washington.

BOB WAGMAN

GOP Woos Young?

WASHINGTON — With the polls showing that less than 20 percent of the electorate considers itself Republican, common sense dictates that the Grand Old Party find and recruit new voters to its cause. So, there was much discussion among party strategists at the recent Republican National Convention about finding and tapping into new constituencies of previously apathetic voters.

Of the various untapped pools of potential voters, one of those most talked about in Detroit was youth. Research was cited showing that few young people are registering and voting in comparison with the rest of the population. One study which in Detroit predicted that fewer than half the eligible 24- to 30-year-olds — and an even lower percentage of 18- to 23-year-olds — will go to the polls in November.

Though voter turnout is traditional for this age group, it has been made more dramatic numerically by the coming of age of those born during the post-World War II baby boom. In addition, the big upswing in political participation that used to occur as people reached their mid-to late-30s is no longer apparent.

So, given the sheer numbers of likely non-voters within the 18-to-30 age group, it's no wonder the Republicans are talking about an all-out campaign to attract the youth vote in November.

The Republicans may also be encouraged by studies clearly showing that today's young people are considerably more conservative than their counterparts of 18 or 19 years ago. Formerly Yippee Jerry Rubin, now 40, recently changed his famous slogan of "Never trust anyone over 30" to "Never trust anyone under 30 — they're too conservative."

This GOP effort to woo young voters started in Detroit, where the 2,000 members of the "Reagan Youth Delegation" were much in evidence. Their job was to appear on television as often as possible to convince any voters TV viewer that youth is behind 68-year-old Ronald Reagan. They wiled "impromptu" floor demonstrations featuring legions of freshly scrubbed young faces, all carefully coached and choreographed by Reagan staffers (all of whom seemed to be in their late 40s and addicted to three-piece suits even in the summer heat) to stream through the entrances and onto the convention floor at just the right moment.

Despite all the talking and all the demonstrating, however, the Republican Party seems woefully unable to attract young voters. In public, leaders of the Young Republican National Federation speak confidently about GOP gains among young voters in November. But in private, they are much less optimistic.

Many of them fear their party's stances on such issues as abortion and the Equal Rights Amendment will destroy its chances among young voters. Said one Young Republican political operative in a moment of candor: "This party is on the wrong side of every issue that is important to young people except draft registration. (Independent candidate John B.) Anderson is on the right side of everything. If he's on enough ballots in November, he'll kill us among voters under 30."

The GOP's likely difficulties in attracting young people were demonstrated at a Detroit workshop conducted by Rick Davis, national field director of the College Republican National Committee, for young party activists who will work college campuses this fall on Reagan's behalf.

Noting that perhaps 9 million potential voters attending the nation's colleges and universities will not cast ballots in November, Davis offered some practical advice to those who will be promoting Reagan on campus: "Don't admit you are a Republican unless pressed. You won't win too many friends saying what party you belong to."

Given this perception even among young party leaders, it seems unlikely that the Reagan-Flash ticket will attract enough young voters to influence the November outcome. In fact, as the campaign moves into the fall and money becomes tighter, the party's efforts to woo young people may well be reduced to mere tokenism.

Suddenly on March 7, the loan was transferred out of the old account back to the Trust Company Bank of Atlanta, Ga.

The trustee who manages Carter's business interests, Charles Kirton, flew to Saudi Arabia in March to confer with Saudi leaders. Not long afterward, word leaked out that the Carter administration favored providing the Saudis with the additional equipment that would give their F-16s offensive capability. This caused another furor in the U.S. Jewish community, and the idea was shelved.

Footnote: A confidential memo, written by Senate Judiciary Committee investigator Thomas Parry, makes this point: "In the Arab world, bribery is part of the fabric of politics. . . . The successful ruler maintains power and conducts foreign policy by the skillful distribution of bribes. It also satisfies the Arab sense of deviousness, apparently, to disguise the bribes as gifts, loans and business transactions granted to intermediaries. The intermediaries may be close friends or blood relatives. The blood ties are particularly binding among Arabs."

Sanford, N.C. (UPI) — Police have a sketch of a man who saw violinist Helen Hagnes Minkita before she was slain at the Metropolitan Opera House, and have called in hypnotists to pry loose details possibly lodged in the minds of other observers.

Investigators revealed Tuesday they had their first lead in the case, which had stymied them since the woman's stripped, bound and gagged body was found July 24 down an air shaft at the opera house on Manhattan's West Side.

A police spokesman said a sketch had been made of a white male who possibly was the last person — other than the killer — to have seen Miss Hagnes alive. It is believed they encountered each other in an elevator in the complex backstage maze of the Met.

Detectives stressed that the man was only a "possible witness" and not a suspect.

San Diego (UPI) — Three soldiers loading confiscated firecrackers onto a pickup truck were killed in an explosion and fire that rocked an ammunition bunker at the West Coast's largest nuclear submarine base.

Half a ton of fireworks, confiscated at the Mexico border, were being transferred Tuesday from an Army ammo bunker for disposal in the desert when a fire in the pickup apparently touched off the blast.

Authorities said the cause of the fire was undetermined and under investigation today. Two of the dead soldiers were identified late Tuesday as Spec. 5 Nancy Ozakewski, 24, Villa Park, Ill., and Spec. 5 Ronald Koshinader, 22, Nazareth, Pa. Identification of the third victim was withheld until relatives could be located.

Washington (UPI) — President Carter's backdoor dealings with the Arabs are beginning to raise eyebrows. So far in my investigation, the president's involvement is limited to a series of strange coincidences.

Coincidence No. 2 — Senators told me that they were subjected to unusual White House pressure to vote for the F-16 jet sale to Saudi Arabia. The sale was approved by the Senate on May 15, 1978. Just 15 days earlier, the Saudi-controlled National Bank of Georgia renegotiated a Carter business loan. This resulted in a \$40,000 to \$90,000 saving for the president.

Coincidence No. 3 — On Dec. 6, 1979 — at a time when Billy Carter was under investigation by the Justice Department for failing to register as a Libyan agent — Libya's charge d'affaires Ali Honderi went to the White House for meetings with national security adviser Zbigniew Brzezinski and the president himself. The meetings were arranged, according to White House sources, by Billy.

Less than a month later, Billy collected from Honderi the \$200,000 loan. It was a \$200,000 loan. Like Lance before him, Billy wasn't asked to sign any loan agreement or

HOSPITAL NOTES

Seminole Memorial Hospital July 29, 1980 ADMISSIONS

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

DISCHARGES Sanford: Karen L. Conley, Frances Montgomery, Doc Lee Roland, Cherie Waters, Slide Baldwin, DeBarry Roy C. Hill, New Smyrna Beach: Russ Wright, Osteen

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

Sanford: Marcia E. Benham, Allen Debon, Scottie A. Hoodwater, Annette Jackson, Walter L. McDonald, Elaine B. Moore, Shirley Oliver, Deloris A. Quinn

NATION IN BRIEF

3 Soldiers Killed In Firecracker Blaze

SAN DIEGO (UPI) — Three soldiers loading confiscated firecrackers onto a pickup truck were killed in an explosion and fire that rocked an ammunition bunker at the West Coast's largest nuclear submarine base.

Half a ton of fireworks, confiscated at the Mexico border, were being transferred Tuesday from an Army ammo bunker for disposal in the desert when a fire in the pickup apparently touched off the blast.

Authorities said the cause of the fire was undetermined and under investigation today. Two of the dead soldiers were identified late Tuesday as Spec. 5 Nancy Ozakewski, 24, Villa Park, Ill., and Spec. 5 Ronald Koshinader, 22, Nazareth, Pa. Identification of the third victim was withheld until relatives could be located.

Police Have Murder Lead

NEW YORK (UPI) — Police have a sketch of a man who saw violinist Helen Hagnes Minkita before she was slain at the Metropolitan Opera House, and have called in hypnotists to pry loose details possibly lodged in the minds of other observers.

Investigators revealed Tuesday they had their first lead in the case, which had stymied them since the woman's stripped, bound and gagged body was found July 24 down an air shaft at the opera house on Manhattan's West Side.

A police spokesman said a sketch had been made of a white male who possibly was the last person — other than the killer — to have seen Miss Hagnes alive. It is believed they encountered each other in an elevator in the complex backstage maze of the Met.

Detectives stressed that the man was only a "possible witness" and not a suspect.

3 Fugitives Captured

CHARLOTTE, N.C. (UPI) — Three of four dangerous fugitives from the Georgia State Prison were flushed from a house with tear gas today and surrendered without resistance to police, who later found the body of the fourth convict in a reservoir in an adjoining county.

788
CORORDY FASHION PANTS
Junior and Misses Sizes

900
CLASSIC BLOUSES UPDATED FOR FALL
Dresses in acetate/nylon suede look, cotton corduroy or polyester cotton.

850
WOVEN POLYESTER FASHION SKIRTS

1388
Dress Up for Fall
Dresses in acetate/nylon suede look, cotton corduroy or polyester cotton.

72c
Baby Powder

94c Baby oil in 16-oz. size.
74c Gentle shampoo, 16-oz. size.
72c Baby powder, 14-oz. size.

550
Brushed Tops for Girls
New short sleeve fashions in soft polyester cotton. Save. Similar Styles 4-6x. . . . 4.50

397
60-Allbee-C-800 Vitamin Tablets
with Iron 4.37

8
Cotton Blue Jeans
Girls' cotton denim jeans in traditional navy blue.

396
6-Pr. Pkg. Crew Socks for Men
Of cotton/stretch nylon. Cushion foot. Fit 10-13.

Kmart

THE SAVING PLACE

Shop Sanford and Orlando daily 9:30-9:30, Sun. 12-6.
Shop Leesburg, Mt. Dora daily 9-9, Sun. 12-6.
Shop Kissimmee & Deland, daily 9-9, Sun. 11-6.

877
1-Leg Ironing Table
Metal. Adjustable height. Our 3.88, Cover/Pad, 1.96

176
Harvest Amber Ovenware
No-mess buttering. Flip-top dome cover. 5-quart.

1177
Kmart Brand Corn Popper
No-mess buttering. Flip-top dome cover. 5-quart.

988
4 Days Only
Crockery Kettle Cooker
3 1/2-quart. Energy-saving. Slow cooks up to 10 hours.

3347
Brew Starter Coffee Maker
Built-in automatic clock with timer. Brews 2 to 10 cups.

1257
12- to 22-Cup Percolator
Now two-way, no-drip faucet and lock-on lid. Automatic.

797
Save Dry or Mist Styling Wand
Curls hair quickly. Has swivel cord, built-in stand. Save.

97c
Ban Roll-On Deodorant
Quick-dry, regular or unscented. 1 1/2-oz. Save now!

186
Save Breck Shampoo
Dry normal or oily formula. In 15-ounce size. Save now!

224
Save Johnson's Baby Shampoo
Gentle, won't hurt baby's eyes. In 16-ounce size. Save now!

176
Save Johnson's Baby Oil
Softens and moisturizes baby's skin. 10-oz. Save now!

148
Save Johnson's Baby Powder
Smooth with a fresh, clean scent. 14 ounces. Save now!

1588
4 Days Sale
1400-Watt Pistol Dryer
4 temperatures, 2 speeds. With attachments shown.

1797
4 Days
Portable AM/FM Radio
Slide switch band selector. 7.8x2 1/2 in. AC/DC. Save.

118 184
60-Min. AND 90-Min.
3-Pack Cassette Tapes
Blank, 60- or 90-minute tapes. 3 tapes in package.

257 357
MINI MAXI
Box of 48 Stayfree Pads
Mini pads or regular or super maxi pads. Shop at Kmart.

176
4-Day Sale
Box of 30 Rely Tampons
Regular or super tampons at special savings. Shop now.

318
60 Tablets
New Appedrine Tablets
Extra-strength tablets for appetite control. Shop now.

497
Our Reg. 5.97
Double-Knit Gym Shorts
Men's polyester shorts with supporter. Color choice. Sold in Sporting Goods Dept.

3188
Sale Price
Radial Shocks/Alignment
Install 2 radial-tuned shocks, align front end. Additional parts, service extra.

7888
Sale Price
Disc/Drum Brake Work
Work done on many U.S. cars and light trucks.

4188
Our Reg. 46.88
With Exchange
36-Month Auto Battery
Calcium-lead construction. Sealed, never needs water. Save now.

2488
Plus F.E.T. 1.62 Each
Our Reg. 34.88
A78x13
'KM78' 4-Ply Polyester Cord Blackwalls
7 multi-siped tread ribs. '78' series tread design. MOUNTING INCLUDED - NO TRADE-IN REQUIRED
Computer Balance, Each Wheel, Many Cars 3.67

247
Each
Our Reg. 3.67
Spin-On Oil Filters
Filters for many GM, Chrysler and Ford cars.

4996
Pair
Our Reg. 64.88
Speakers with Amplifier
6x9" coaxial speakers, full-range amplifiers.

647
Our Reg. 8.87
1/4" & 3/8" Dr. Socket Set
21-piece set with reversible ratchet sockets.

4688
Our Reg. 59.88
1 1/2-Ton Hydr. Floor Jack
Compact, 1 1/2-ton capacity. 3' to 15' lifting range.

MT. DORA 17 GOLDEN TRIANGLE SHOPPING CENTER WEST ORLANDO 3185 WEST COLONIAL NEAR TEXAS AVE.	KISSIMMEE U.S. HWY. 192 - VINE ST. AT TRACKER AVE.	LEESBURG NORTH CITRUS BLVD. AT U.S. HWY. 441 & 57	SANFORD U.S. HWY. 17-92 AT AIRPORT BLVD.	DELAND 1201 SOUTH WOODLAND BLVD.	PINE HILLS MIWASSEE RD. AT SILVERSTAR RD.
S. ORLANDO 7825 S. ORANGE BLVD. TRAIL AT SAND LAKE RD.	CASSELBERRY U.S. HWY. 17-92 NEXT TO JAI-LAI FRONTON	ALTAMONTE SPRINGS 951 W. HWY. 436 AT FOREST CITY RD.			

Our Reg. 14.97
Men's Sizes
\$12
Western Slacks
Woven polyester in solid colors. With belt loops. Save.

996
Our Reg. 12.96
Men's Western Shirts
Polyester cotton plaid. Snap closures. Save now.

\$2
Our Reg. 2.97
Men's Jogging Shorts
Polyester cotton in solid colors. Contrast trim. Save.

327
Our Reg. 4.27
Boys' Football Jerseys
Polyester cotton. S-L. Our 3.27, Jr. Boys' 4-7, 2.57

Leather Belt, 3.77

\$6
Our Reg. 7.97
POLYESTER-COTTON WESTERN JEANS
BIGGER BOYS SOLID COLORS

\$4
Our Reg. 6.47
JR. BOYS' 4-7 BLUE DENIM

\$7
Our Reg. 9.97
Tough Teen Jeans
Blue cotton denim, flare style. Sizes 26-30. Save. Our 4.97, 1 1/2" Belt, 3.77

Women's Full Sizes Only
\$5
Wedge Slip-ons
Easy-on style in scuff-resistant vinyl.

\$14
Our 17.94
Leather Oxfords
Black leather, oil-resistant soles.

PRICE SCOOPS

\$88
KMB0910S
3-Way B/W Portable TV
3-way operation*, car adaptor cord. Save now. *Remote not included.

6988
KMB1210S
Compact Black/White TV
Solid state, low power use, quick-start tube. Save now.

\$124
15XKBK227B
Family Size B/W TV
Solid state, 3-way operation*. Car adaptor cord. *Remote not included.

\$26
Unassembled in carton
Attractive TV Stand
Sturdy particle board with walnut-color finish. Save now.

666
Gal.
Premium Latex Wall Paint
Washable, 1-coat Soap water clean-up. 5-Yr. durability.

766
Gal.
Satin Lustré Latex Enamel
Fast-drying. For bathrooms, kitchens. 5-Yr. durability.

127
Pr.
Men's Sizes
Cotton Nylon Tube Socks
Soft and comfortable tube socks with sperry stripes. Sold in Sporting Goods Dept.

997
Pump-A-Drink™ 1-gal. Jug
Polyurethane foam insulation. Now two-way, no-drip faucet and lock-on lid. Automatic.

688
Save!
Insulated 1-gallon Jug
Snow-Lite™ jug, pushbutton faucet, urethane insulation. Sold in Sporting Goods Dept.

137
Each
Creative Montage Frames
6x8", 8x10" or 9x12" metal frames with glass. Save now.

277
4-Pc. Paint Roller Set
Paint pan, roller, roller cover and extender. Shop at Kmart.

83c
12-16-oz. Spray Enamel
Interior exterior spray enamel paint. *Not all depending on program.

497
Our Reg. 5.97
Double-Knit Gym Shorts
Men's polyester shorts with supporter. Color choice. Sold in Sporting Goods Dept.

3188
Sale Price
Radial Shocks/Alignment
Install 2 radial-tuned shocks, align front end. Additional parts, service extra.

7888
Sale Price
Disc/Drum Brake Work
Work done on many U.S. cars and light trucks.

4188
Our Reg. 46.88
With Exchange
36-Month Auto Battery
Calcium-lead construction. Sealed, never needs water. Save now.

2488
Plus F.E.T. 1.62 Each
Our Reg. 34.88
A78x13
'KM78' 4-Ply Polyester Cord Blackwalls
7 multi-siped tread ribs. '78' series tread design. MOUNTING INCLUDED - NO TRADE-IN REQUIRED
Computer Balance, Each Wheel, Many Cars 3.67

247
Each
Our Reg. 3.67
Spin-On Oil Filters
Filters for many GM, Chrysler and Ford cars.

4996
Pair
Our Reg. 64.88
Speakers with Amplifier
6x9" coaxial speakers, full-range amplifiers.

647
Our Reg. 8.87
1/4" & 3/8" Dr. Socket Set
21-piece set with reversible ratchet sockets.

4688
Our Reg. 59.88
1 1/2-Ton Hydr. Floor Jack
Compact, 1 1/2-ton capacity. 3' to 15' lifting range.

WED. THRU SAT. SALE

Shop Sanford and Orlando daily 9-9 Sun. 12-6
Leesburg, Mt. Dora daily 9-9 Sun. 12-6

Shop Kissimmee, Deland daily 9-9 Sun. 11-6



FCC Ends Restrictions

Ruling May Bring More Stations To Local Cable TV

A recent Federal Communications Commission decision may bring more out-of-town stations to Cablevision subscribers in Seminole County.

The decision by the FCC frees cable systems of restrictions that limit the type of programming that they provide and the sources from which they get the programs.

On a 4-3 decision the commission allowed cable systems to carry as many "distant signals" as that is, signals from television stations outside their own community — as they want.

The commission also rescinded the right of local broadcasters to require cable systems black out programs piped in by cable systems from distant stations if the local station already has the rights to show the program.

Orange-Seminole Cablevision Program Director Greg May says the company is considering adding distant stations and programs this fall because of the decision.



FIRST DEPOSITORS

Determined to be the first depositors at the newest office of Flagship Bank of Seminole, Mr. and Mrs. Howell King of Sanford were not deterred by wet cement. Using a wheelbarrow, the Kings wheeled their deposit up a plank and over the wet cement. Ralph Pezold, branch manager of Flagship's Tusawilla office located at Red Bug Road and Tusawilla, directs the depositors to the teller area. The bank will hold a ribbon-cutting ceremony at 9 a.m. Thursday. Refreshments will be served.

Cost Of Going To College Soaring

By PATRICIA McCORMACK
UPI Education Editor
NEW YORK (UPI) — The nation's college bills, up a stunning 90 percent in a decade, will leap up the inflation staircase by another eight to 10 percent in the new school year, the College Board said recently in a new report.

At the moment, Cablevision uses all the channels it can, he said, but starting in the fall, the system is going to more than double the number of available channels, offering subscribers up to 30 different programs at once.

The biggest increase in costs for the new school year showed at public two-year colleges, leaping by between 18 and 20 percent.

At the moment, Cablevision uses all the channels it can, he said, but starting in the fall, the system is going to more than double the number of available channels, offering subscribers up to 30 different programs at once.

Total costs at public two-year colleges are expected to average \$1,125 for resident students and \$1,753 for commuting ones.

The private two-year colleges surveyed anticipated average expenses of \$4,500 for resident students and \$4,000 for commuting students.

NOTICE
Our office will be **CLOSED**
August 17 thru Sept. 1, 1980
Raymond L. Bass, D.V.M.
2548 Park Drive

NO FAULT AUTO INSURANCE
* DISCOUNT FOR SAFE DRIVERS
* YOUNG DRIVER PROGRAM
* SR 22 FILED FREE
* LOW MONTHLY PAY PLANS
322-0285
TONY RUSSI
INSURANCE
2417 S. French Ave. Sanford

Prescribed Reading
Sue Litchworth

Your own personal physician, his nurses and the local hospital staff are among the many working daily to safeguard your health. The most recent figures point to an ever-increasing number of people coming in one way or the other with the medical community. Current data shows the health-care in the United States is comprised of over 380,000 doctors, 961,000 nurses, 7,000 hospitals... plus 4.4 million workers in a variety of health-related occupations. Many of these medical people are directly involved in research trying to find cures for diseases, better techniques in surgery and new, more effective medicines and drugs to make your life a healthier, happier one.

MEDCO DRUGS
17-21 21st St. Sanford



GRAHAM'S VISIT ON TV TONIGHT
Gov. Bob Graham is interviewed by Orange-Seminole Cablevision Program Director Greg May following Graham's appearance July 12 at the Sanford Civic Center. Graham's visit to Sanford will be highlighted at 8:30 p.m. today on Cablevision's channel 3, which features community programming. The show will be repeated at 8:30 p.m. Aug. 6. Graham's appearance attracted more than 130 residents, some of whom questioned the governor on various issues including the St. Johns River and mass transit.

Universal Not Singing Blues Over Costly 'Brothers' Film

HOLLYWOOD (UPI) — Time was when moviemakers boasted about their budgets — the bigger the better.

People were duly impressed with multimillion-dollar films. Of course, a million bucks 40 or 50 years ago was an enormous sum of money. Today hilariously singers spill that much on the way home from Las Vegas.

But in the past decade or so, filmmakers have downplayed their extravaganzas. Audiences have caught on to the fact that big budgets often make big bombs.

In addition to executive embarrassment, the studio fear critics' notices of flagrant budgets. Critics often review the budget rather than the film itself.

These journalistic sages, their fiscal reeds outraged, might praise a \$1 million effort but pan the same film if it cost \$20 million.

Thus it came about that "The Blues Brothers" — rumored to have cost \$27 million — suffered the slings and arrows of extravagance when it was released late in June.

Although it sounds like a money-making machine, its early success does not mean "The Blues Brothers" is beginning to look profitable. Universal collects only 70 percent of the box-office take, the theater 30 percent.

Two Universal executives, David Weitzman, cracking down on prostitution "a pathological obsession."

Marcha Prescott Roberts, head of the New York Prostitutes' Collective, said: "Women have paid the price too long. We feel that raising the price is a form of protest."

There's an expression on the street — just a little shade to it. You go undercover. You become a little more wary. You ask more questions. But you don't stop," said Ms. De La Cruz, who recently quit prostitution after eight years on the street.

The said prostitutes would charge perhaps 60 percent more during convention week.

Judge Williams Hands Down Sentences

Circuit Judge Volie Williams has handed down the following sentences:

— Donald E. Hampton, 26, of Sanford, was sentenced to two concurrent five-year prison terms and two concurrent five-year probation sentences for burglaries and grand thefts in Sanford in 1979, including the theft of tools from Smith's mower repair, 2714 Orlando Drive.

— John Butler, of Titusville, was sentenced to 30 days in jail and five years probation for writing bad checks.

— John Butler Jr., 18, of 609 Gullis Villas, Orlando, was sentenced to 30 days in jail and five years probation for the Feb. 9 battery of an Altamonte Springs police officer during a traffic stop.

— Charles Lewis, of Cocoa, was sentenced to five years in prison for the 1973 burglary of two Seminole County homes. He pleaded guilty to committing burglary and grand theft in each case.

— Frank Meitzner, 24, of 811 Arlington Ave., Orlando, was sentenced to five years in jail and 15 years on probation after being found guilty of charges of escape and possession of controlled substances.

— Barbara A. Gordon, 107 Anderson Ave., Sanford, was sentenced to five years probation for writing a bad check on Oct. 8.

— Jeff Lanier, Semoran Avenue, Altamonte Springs, was sentenced to three years probation plus 30 days in jail for sale of controlled substances.

— A Sanford man who interfered with two plain-clothes Sanford policemen arresting his girlfriend at a Sanford drive-in theater Feb. 20, was given two additional years probation but allowed to stay free on a previous probation sentence.

— Dennis Costello, 18, was given the sentence after pleading guilty to charges of resisting the officers and escape. Two Sanford detectives stopped his 16-year-old girlfriend at the theater when they saw her drinking a beer.

— Pasquale Leonetti, 201 Monroe Ave., Maitland, was sentenced to pay \$5,000 and serve five years on probation for bookmaking.

— Roger L. Dennis, of Orange City, was sentenced to five years on probation for the Dec. 7 theft of a car from the parking lot of the Circus Circus a Go Go Tipples club in Fern Park.

— Daryl B. Walker, 25, of 185 State Road 436, was sentenced three years probation for a May 21 grand theft charge.

— Edward M. Bauer, 19, of Longwood, was sentenced to three years probation and at least three six-hour visits to state prisons.

— Bauer pleaded guilty to possession of more than 20 grams of marijuana.

EMPHASIS

ENERGY CONSERVATION AND ENERGY RESOURCES... THE PUBLIC'S VIEW
Increasing concern about the energy crisis is evidenced in a recent opinion survey which found that 56% of the American public believes that conservation will have to be an essential element in any coherent national energy strategy.

LET'S AGREE... neither you nor we like "estimated" bills. Sometimes they are necessary... when a meter is inaccessible due to a locked gate, over-realous guard dog or what have you.

LOOKING FOR A SCAPEDOT? In the cause of inflation, the energy crisis, social ills, drugs... brings about a sense of frustration. And skepticism. Can we handle the problems of the future? The freedoms that we cherish will survive if the individual is willing to make sacrifices.

IN THE SERVICE

CLIFFORD FINDLEY
CAMP SPRINGS, Md. — Capt. Clifford E. Findley, son of Mr. and Mrs. C. E. Findley of 420 Plumwood Drive, Altamonte Springs, has arrived for duty here at Andrews Air Force Base.

JOHN GARRISON JR.
FORT BENNING, Ga. — West Point Cadet John L. Garrison Jr., son of Mr. and Mrs. John L. Garrison, Longwood, Fla., recently received a parachute badge upon completion of the three-week airborne course at the U.S. Army Infantry School, Fort Benning, Ga.

ROBERT CALHOON
ADANA, Turkey — Robert H. Calhoon, son of Cecilia Calhoon of 216 Adair Ave., Longwood, has been promoted in the U.S. Air Force to the rank of airman first class.

MARUVAL SMITH
FORT BENNING, Ga. — Pvt. Maruval Smith, son of Mr. and Mrs. James Bell Sr., Oviedo, recently completed One Station Unit Training at Fort Benning, Ga.

CHARLES CHAMBERS
FORT BENNING, Ga. — Pvt. Charles B. Chambers, son of Mr. and Mrs. Billy Chambers, 225 Melvinville, Avy., Oviedo, recently completed One Station Unit Training at Fort Benning, Ga.

Contemporary Gardens

8" Plastic Hanging Basket Reg. 1.19
57c

Kwikset's Summer Spruce-up Sale.

Replace your worn-out doorknob with a stylish new Kwikset entry lockset. It's the fast and easy way to redecorate.

Free Security Door Viewer! A \$3.50 value.
Between now and September 30th, you'll get a Free Kwikset Security Door Viewer with every entry lockset you buy.

DRACENA MARGINATA
Floral Quality
3 1/2" Tall
8" Pot
\$4.99

Contemporary Gardens
The exciting to explore... One word completely is talking about!

DRACENA MARGINATA
Floral Quality
3 1/2" Tall
8" Pot
\$4.99

3036 HWY. 17-92
MARIANNA
SANFORD, FL 32751
OPEN MON-THURS 10-5:00
CASH ONLY
NO CREDIT

271 W. W. MARY BLVD.
LONGWOOD
327-4152
CLOSED SUNDAYS

ART BROWN PEST CONTROL
SUMMER IS PEST TIME
ROACHES - ANTS - FLEAS
LAWN PESTS
TERMITES
CALL 322-8865

GREGORY
True Value

Prostitutes Hike Prices For Demos

NEW YORK (UPI) — Representatives of prostitutes' groups say that despite a police crackdown, sex will be for sale during the Democratic National Convention this summer and prices will be up to 40 percent higher.

Iris De La Cruz, head of the 2,000-member Prostitutes of New York, said prostitutes intend to hike their prices during the Aug. 11-14 Democratic convention.

"During the convention women will not stop hawking on matter how many police are arresting them," Ms. De La Cruz told a Queens College seminar on prostitution Tuesday.

"There's an expression on the street — just a little shade to it. You go undercover. You become a little more wary. You ask more questions. But you don't stop," said Ms. De La Cruz, who recently quit prostitution after eight years on the street.

ECKERD'S
... a name you can trust.

Schick BLADES
5/29c

DURACELL BATTERIES
2/119

PLANTERS ALMONDS
1.59

COAST BAR SOAP
2/77c

SCRIPTO MIGHTY MATCH LIGHTER
2/79c

SYLVANIA FLASHBAR
1.69

ALKA SELTZER TABLETS
87c

BREX SHAMPOO
1.79

DOROTHY GRAY BATH LIPSTIC
69c

ISOPROPYL ALCOHOL
29c

QAWSON TABLETS
99c

WET ONES
79c

WONDERBOND PLUS GLUE
1.19

LADIES' CORK WEDGE SANDAL
5.99

LADIES' MUU MUU
6.88

METAL FRAME PICTURES
8.88

WOODEN STEP STOOL
6.88

PACK OF 2 MILDEW STOP
2/77c

WEB & ALUMINUM LAWN FURNITURE
8.88 14.88

22-INCH SELF-PROPELLED POWER MOWER
159.95

32-QUART CHEST
14.88

28" x 28" FRENCH AIR MATTRESS
9.99

1 1/2" x 50' GARDEN HOSE
8.88

25% OFF REGULAR PRICES

LIQUID PAPER
66c

BIC PENS
99c

COSMOLED DIGITAL ALARM
17.88

JULIETTE CLOCK RADIO
14.88

SANFORD: 950 State St. Sanford Plaza
LONGWOOD: Hwy. 17-92 at S.R. 434
CASSELBERRY: Seminole Plaza 1433 Semoran Blvd.
ALTAMONTE SPRINGS: 974 West S.R. 436, 484 E. Altamonte Drive
ORANGE CITY: Four Townes Shopping Center

ECKERD DRUGS
SALE PRICES GOOD THRU SAT. AUG. 2
OPEN WEEKDAYS 8 A.M. TO 8 P.M.
OPEN SUNDAYS 10 A.M. TO 6 P.M.
SHOP EARLY SOME SALE ITEMS LIMITED

Injuries Force 'The Horse' To Press

Juantorena Aims At 400-Meter Specialty

MOSCOW (UPI) — Alberto Juantorena, the man they call "the horse," today tries to prove he is not ready to be put out to pasture with the remnants of track and field at the Olympic Games.

If the Cuban defies the odds, he will become the first track and field Olympic champion at these Games to retain a title.

But the West has had some notable successes with Britain and Italy grabbing three golds apiece. Allan Wells (100 meters), Overt (1,500) and Daley Thompson (400-meter) scored for Britain, while Pietro Mennea (200 meters), Maurizio Damiano (20-kilometer walk) and Sara Simeoni (women's high jump) struck gold for the Italians.

Two-time heavyweight boxing champion Teofilo Stevenson of Cuba, who has won all his Olympic bouts in the distance, kept a light grip on that record with a third-round knockout of Poland's Grzegorz Skrzec to advance to the semifinal.

Italy, chasing its first Olympic basketball medal, defeated Spain, 95-89, earlier in the day and will face Yugoslavia in today's final.

East Germany's European champions Jörn Borowski and Egorfor the silver. The Russians beat Yugoslavia, 87, 107, in the women's 1500-meter final.

The Soviet equestrian team seized its chance to take the title easily with 20.25 penalty points ahead of Poland on 56 and Mexico on 59.25 over a course which troubled many of the less experienced riders.

Brazil, which had never won a yachting title coming into these Games, collected its second gold medal in as many days when Marcos Soares and Eduard Penido won the 470 class despatch finishing fifth in the last race.

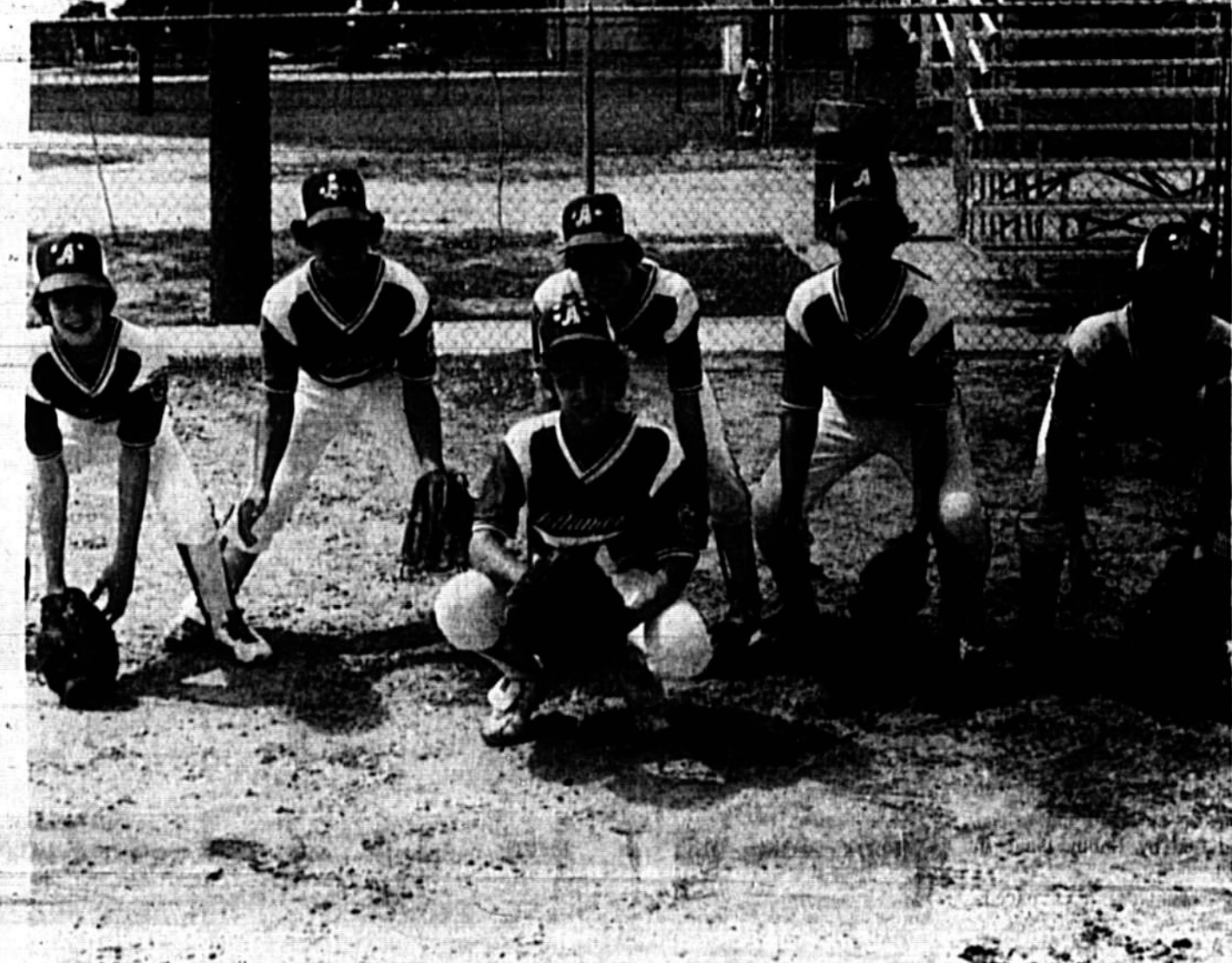
East Germany's European champions Jörn Borowski and Egorfor the silver. The Russians beat Yugoslavia, 87, 107, in the women's 1500-meter final.

The Soviet equestrian team seized its chance to take the title easily with 20.25 penalty points ahead of Poland on 56 and Mexico on 59.25 over a course which troubled many of the less experienced riders.

Altamonte Holds Top Position

By JOE DESANTIS Herald Sports Editor

Altamonte's Triple-AAA all-star squad stands one step away from a berth in the state Triple-AAA tournament following a 2-1 victory over Orange Park Tuesday night in the Sectional Tournament outside of Jacksonville.



DOUBLE DEFENSE

One of the keys to Altamonte's post season success has been strong defense. The infielders from left to right are Mark Chasey, Tony Johnson, Kevin Hill, Van Golmetz and Steve Hutsell with catcher Rod Metz in the center.

America's Cup Trials End Minus Turner

NEWPORT, R.I. (UPI) — America's Cup observation trials end today, with the reigning champion smarting from a repudiation, the man favored to succeed him richer in victories and as a third contender confident of catching up.

His 10 crewmen, with tactician Gary Jorch at the helm, took Courageous out for several hours of sail-testing Tuesday morning and in the afternoon the 13-meter yacht was towed to a shipyard, where work was removed for repairs.

Long, who at 24 is the youngest man ever to take the helm of a 12-meter in Cup competition, has shown steady improvement over the summer, enough that he believes he can overtake Conner in August. His record was 8-23.

Bryant Pessimistic As Usual

Alabama's Bear Sees Auburn As Top SEC Threat

TUSCALOOSA, Ala. (UPI) — Alabama football Coach Paul Bryant, with his usual pessimism, says the top-ranked Crimson Tide's biggest threat this year will be cross-state rival Auburn.

Tennessee, Southern Mississippi, Mississippi State, LSU, Wake Forest and Auburn in the regular-season finale.

Alabama's Bear Sees Auburn As Top SEC Threat. Bryant said the overall kicking game "should be adequate, but I don't know who our snapperback will be."

Pell Says Gator's QB Will Be Hewko

JACKSONVILLE, Fla. (UPI) — As far as Florida football coach Charley Pell is concerned, redshirt sophomore Bob Hewko has the starting quarterback slot nailed down on the strength of his play in the annual Orange-Blue game May 17.

Ward, Wilder Expected For First Buc Workout

TAMPA, Fla. (UPI) — Defensive back Herb Ward and punting back Willie Wilder, who the Tampa Bay Buccaneers acquired on waivers Tuesday, were expected to practice with the team Wednesday.

Sanford Soccer Holds Signups

The Sanford Soccer Club will hold registrations for the fall season on Friday and Saturday at Pinecrest Elementary School.

Major League Baseball Roundup

American League

Red Hot Indians Go On Warpath...

The Cleveland Indians are on the warpath and the rest of the league is reading their smoke signals loud and clear. Currently the hottest team in the league, the Indians notched their seventh straight victory Tuesday night by scoping the Seattle Mariners, 7-4, to move over the 500 mark.

Everybody has been hitting the ball," said Garcia. "When we weren't going so good, I told the team, 'you're better than we show.' We got a good club. We're a little short on power."

National League

...Denver Grad Gullikson Stops Reds

The Montreal Expos needed a pitcher and minor league player Bill Gullikson was their man — but Manager Dick Williams had no idea what to do with him.

After what he showed us tonight, it's going to be hard to knock him out of there as a starter."

Soviet Judges Under Scrutiny

MOSCOW (UPI) — The International Olympic Committee has asked the International Track and Field Federation to investigate claims Russian judges and officials have been cheating in Olympic track and field events, a well-placed IOC source said Wednesday.

King Richard Will Make Talladega Petty Released From Hospital

TALLADEGA, Ala. (UPI) — NASCAR's all-time winningest driver, Richard Petty, will compete in this weekend's Talladega 500 despite injuries he received in Sunday's Pocono 500 but someone else will have to qualify his car.

Pastorini Recovers Well

The upset: Yes, it was all true what you read in the gossip columns, linking Dan Pastorini and Frank Favoretto together.

Sale 2 for \$74 on glass belted radials.

Advertisement for Mileagemaker tires, featuring a large image of a tire and a table of prices for various sizes.

The JCPenney Shock Absorber.

Advertisement for Mileagemaker lube, oil and filter change, including a list of services and prices.

Save up to \$70 on AM/FM stereos with cassette tape decks.

Advertisement for JCPenney Auto Center, featuring images of car stereos and a list of services.

Sanford Plaza Hwy. 17-92 and State St. Open 8 a.m. to 8 p.m. Mon.-Sat. Open 12:30 to 5:30 Sunday

SCOREBOARD

Baseball

Major League Standings
By United Press International
National League
East
West

Philadelphia (Rutven 9.7), 7.35 p.m.
Chicago (Krupp 6.10) at San Diego (Wise 3.10) 10 p.m.
Pittsburgh (Candelaria 7.9) at Los Angeles (Reuss 10.1) 10.30 p.m.
Thursday's Games
St. Louis at San Fran. night

American League
East
West
Philadelphia 4, Cincinnati 1
Houston 6, New York 1

Transactions
By United Press International
Tuesday
Washington - Cut quarterback Fred Mortenson, tight end Tom Burgess of Maryland, defensive tackle Mike Faulkner of Virginia Tech and free agent linebacker Byron Hemmingsway, punter Mike Tech and offensive tackle Mike Schook, came to terms with safety Don Dukes.

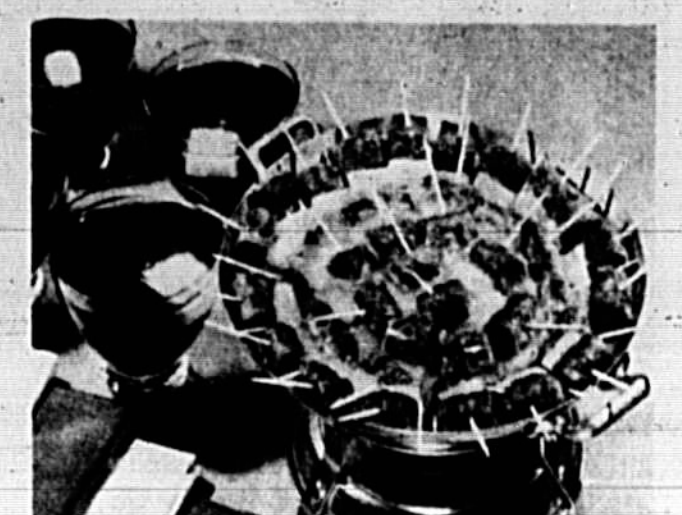
NEGLECT CAN KILL TOO
IT JUST TAKES A LITTLE LONGER.
Abused children are helpless. Unless you help.

OURSELVES

Cook Of The Week

Prepare Fix-Ahead Fare For A 'Cool' August Bash

It's hot - the worst time of summer. Officially it's the season for dog days which lore of old describes as the time when dogs are likely to go mad.



Throwing a party might just be the answer to taking some of the heat out of summer. Keep your cool, above all. Two colorful, attractive and delicious nibblers sure to please the crowd are Pineapple Sausage Kabobs, left, and Nosegay Appetizer, right.

Legal Notice

FICTITIOUS NAME
Notice is hereby given that we are engaged in business at 4 Robinwood Drive, Longwood, Florida, Seminole County, Florida, under the fictitious name of SHELL BY INDUSTRY, INC.

NEW JUMBO PARTY SIZE METRIC 1/2 GALLONS 7 DAY SALE
ABC HAS THE LOWER EVERYDAY PRICE

SAXONY GIN & VODKA 7.99
Philadelpha BLEND WHISKEY 8.99
RON RICO PUERTO RICO WHITRUM 9.99
Gilbey's 80° Gin 10.39
LORD CALVERT CANADIAN 11.49

J&B RARE SCOTCH 16.99
CANADIAN PREMIUM 12.99

LIQUOR SALE
GOOD AT ALL 151 ABC'S IN FLA.
AMERICA'S LARGEST WINE & SPIRITS DEALER
HAPPY HOUR
SANFORD
★ SANFORD
★ ALTAMONTE
★ CASSELBERRY
★ HARVEY'S SCOTCH
★ RICH & RARE CANADIAN
★ TANQUERAY GIN
★ INVER HOUSE SCOTCH

QUART 5.99
QUART 4.69
QUART 4.99
QUART 6.49
QUART 2.39
QUART 2.59
QUART 2.99
QUART 3.49
QUART 3.99
QUART 4.59
QUART 5.19
QUART 5.79
QUART 6.39
QUART 6.99
QUART 7.59
QUART 8.19
QUART 8.79
QUART 9.39
QUART 9.99

3 LITER 4.49
3 LITER 6.99
3 LITER 9.49
3 LITER 11.99
3 LITER 14.49
3 LITER 16.99
3 LITER 19.49
3 LITER 21.99
3 LITER 24.49
3 LITER 26.99
3 LITER 29.49
3 LITER 31.99
3 LITER 34.49
3 LITER 36.99
3 LITER 39.49
3 LITER 41.99

1.5 LITER 3.69
1.5 LITER 3.99
1.5 LITER 4.29
1.5 LITER 4.59
1.5 LITER 4.89
1.5 LITER 5.19
1.5 LITER 5.49
1.5 LITER 5.79
1.5 LITER 6.09
1.5 LITER 6.39
1.5 LITER 6.69
1.5 LITER 6.99
1.5 LITER 7.29
1.5 LITER 7.59
1.5 LITER 7.89
1.5 LITER 8.19

WINE SALE
ALMADEN CARLO ROSSI
CALIF. GARDNER
SEBASTIANI
CABERNET SAUVIGNON
MERLOT
PINOT NOIR
CHARDONNAY
RIESLING
SHARON DOWNEY
VINO VERDE

OUR FIGHT AGAINST BIRTH DEFECTS MARCH OF DIMES
GALLO VINO ROSSO 3.19
ALMADEN CARLO ROSSI 4.29
SEBASTIANI 4.89
CABERNET SAUVIGNON 5.49

Crackers—all shapes, sizes and flavors: Thin crisp ones, with corn flavor and corn color; Shredded-wheat wafers; Blue- or Cheddar-flavored ones; Tiny crackers, crunchy with sesame seeds, etc.
Cheeses: Assorted cheese-fodders; Assorted cream cheese spreads; Assorted snack spreads (soft spreads); Assorted cheddar wedges; Assorted cheese spreads; Process or natural cheeses—mild, medium, or sharp—in handy packages, to slice, or already sliced.

Crackers—all shapes, sizes and flavors: Thin crisp ones, with corn flavor and corn color; Shredded-wheat wafers; Blue- or Cheddar-flavored ones; Tiny crackers, crunchy with sesame seeds, etc.
Cheeses: Assorted cheese-fodders; Assorted cream cheese spreads; Assorted snack spreads (soft spreads); Assorted cheddar wedges; Assorted cheese spreads; Process or natural cheeses—mild, medium, or sharp—in handy packages, to slice, or already sliced.

Crackers—all shapes, sizes and flavors: Thin crisp ones, with corn flavor and corn color; Shredded-wheat wafers; Blue- or Cheddar-flavored ones; Tiny crackers, crunchy with sesame seeds, etc.
Cheeses: Assorted cheese-fodders; Assorted cream cheese spreads; Assorted snack spreads (soft spreads); Assorted cheddar wedges; Assorted cheese spreads; Process or natural cheeses—mild, medium, or sharp—in handy packages, to slice, or already sliced.

Crackers—all shapes, sizes and flavors: Thin crisp ones, with corn flavor and corn color; Shredded-wheat wafers; Blue- or Cheddar-flavored ones; Tiny crackers, crunchy with sesame seeds, etc.
Cheeses: Assorted cheese-fodders; Assorted cream cheese spreads; Assorted snack spreads (soft spreads); Assorted cheddar wedges; Assorted cheese spreads; Process or natural cheeses—mild, medium, or sharp—in handy packages, to slice, or already sliced.

Crackers—all shapes, sizes and flavors: Thin crisp ones, with corn flavor and corn color; Shredded-wheat wafers; Blue- or Cheddar-flavored ones; Tiny crackers, crunchy with sesame seeds, etc.
Cheeses: Assorted cheese-fodders; Assorted cream cheese spreads; Assorted snack spreads (soft spreads); Assorted cheddar wedges; Assorted cheese spreads; Process or natural cheeses—mild, medium, or sharp—in handy packages, to slice, or already sliced.

Crackers—all shapes, sizes and flavors: Thin crisp ones, with corn flavor and corn color; Shredded-wheat wafers; Blue- or Cheddar-flavored ones; Tiny crackers, crunchy with sesame seeds, etc.
Cheeses: Assorted cheese-fodders; Assorted cream cheese spreads; Assorted snack spreads (soft spreads); Assorted cheddar wedges; Assorted cheese spreads; Process or natural cheeses—mild, medium, or sharp—in handy packages, to slice, or already sliced.

Crackers—all shapes, sizes and flavors: Thin crisp ones, with corn flavor and corn color; Shredded-wheat wafers; Blue- or Cheddar-flavored ones; Tiny crackers, crunchy with sesame seeds, etc.
Cheeses: Assorted cheese-fodders; Assorted cream cheese spreads; Assorted snack spreads (soft spreads); Assorted cheddar wedges; Assorted cheese spreads; Process or natural cheeses—mild, medium, or sharp—in handy packages, to slice, or already sliced.

Teen-Age Mom Torn Up Over Decision About Baby
DEAR ABBY: I just turned 15. I had a baby girl in May of this year. The baby's father is 16. He said he would marry me, but I wasn't ready to get married at the time, and I'm still not. He is in no position to be a husband and father either.

Teen-Age Mom Torn Up Over Decision About Baby
DEAR ABBY: I just turned 15. I had a baby girl in May of this year. The baby's father is 16. He said he would marry me, but I wasn't ready to get married at the time, and I'm still not. He is in no position to be a husband and father either.

Teen-Age Mom Torn Up Over Decision About Baby
DEAR ABBY: I just turned 15. I had a baby girl in May of this year. The baby's father is 16. He said he would marry me, but I wasn't ready to get married at the time, and I'm still not. He is in no position to be a husband and father either.

Teen-Age Mom Torn Up Over Decision About Baby
DEAR ABBY: I just turned 15. I had a baby girl in May of this year. The baby's father is 16. He said he would marry me, but I wasn't ready to get married at the time, and I'm still not. He is in no position to be a husband and father either.

Teen-Age Mom Torn Up Over Decision About Baby
DEAR ABBY: I just turned 15. I had a baby girl in May of this year. The baby's father is 16. He said he would marry me, but I wasn't ready to get married at the time, and I'm still not. He is in no position to be a husband and father either.

Teen-Age Mom Torn Up Over Decision About Baby
DEAR ABBY: I just turned 15. I had a baby girl in May of this year. The baby's father is 16. He said he would marry me, but I wasn't ready to get married at the time, and I'm still not. He is in no position to be a husband and father either.

Teen-Age Mom Torn Up Over Decision About Baby
DEAR ABBY: I just turned 15. I had a baby girl in May of this year. The baby's father is 16. He said he would marry me, but I wasn't ready to get married at the time, and I'm still not. He is in no position to be a husband and father either.

Art Reception Open To Public
The HMH Gallery, 217 E. First St., Sanford (across from the library) will hold James Koenig, watercolorist, in a one-man show beginning Sunday and running through Aug. 28.

Art Reception Open To Public
The HMH Gallery, 217 E. First St., Sanford (across from the library) will hold James Koenig, watercolorist, in a one-man show beginning Sunday and running through Aug. 28.

Art Reception Open To Public
The HMH Gallery, 217 E. First St., Sanford (across from the library) will hold James Koenig, watercolorist, in a one-man show beginning Sunday and running through Aug. 28.

Art Reception Open To Public
The HMH Gallery, 217 E. First St., Sanford (across from the library) will hold James Koenig, watercolorist, in a one-man show beginning Sunday and running through Aug. 28.

Art Reception Open To Public
The HMH Gallery, 217 E. First St., Sanford (across from the library) will hold James Koenig, watercolorist, in a one-man show beginning Sunday and running through Aug. 28.

Art Reception Open To Public
The HMH Gallery, 217 E. First St., Sanford (across from the library) will hold James Koenig, watercolorist, in a one-man show beginning Sunday and running through Aug. 28.

Art Reception Open To Public
The HMH Gallery, 217 E. First St., Sanford (across from the library) will hold James Koenig, watercolorist, in a one-man show beginning Sunday and running through Aug. 28.

Dear Abby
DEAR ABBY: I have a question for you. I am a 21-year-old woman who has planned on paying for my education. My parents are both college graduates and have a good job. I am currently attending college and am doing well. I am looking for a job that will allow me to pay for my education. I am interested in the field of education and would like to know if there are any opportunities available in this field. I would appreciate your advice.

Dear Abby
DEAR ABBY: I have a question for you. I am a 21-year-old woman who has planned on paying for my education. My parents are both college graduates and have a good job. I am currently attending college and am doing well. I am looking for a job that will allow me to pay for my education. I am interested in the field of education and would like to know if there are any opportunities available in this field. I would appreciate your advice.

Dear Abby
DEAR ABBY: I have a question for you. I am a 21-year-old woman who has planned on paying for my education. My parents are both college graduates and have a good job. I am currently attending college and am doing well. I am looking for a job that will allow me to pay for my education. I am interested in the field of education and would like to know if there are any opportunities available in this field. I would appreciate your advice.

Dear Abby
DEAR ABBY: I have a question for you. I am a 21-year-old woman who has planned on paying for my education. My parents are both college graduates and have a good job. I am currently attending college and am doing well. I am looking for a job that will allow me to pay for my education. I am interested in the field of education and would like to know if there are any opportunities available in this field. I would appreciate your advice.

Dear Abby
DEAR ABBY: I have a question for you. I am a 21-year-old woman who has planned on paying for my education. My parents are both college graduates and have a good job. I am currently attending college and am doing well. I am looking for a job that will allow me to pay for my education. I am interested in the field of education and would like to know if there are any opportunities available in this field. I would appreciate your advice.

Dear Abby
DEAR ABBY: I have a question for you. I am a 21-year-old woman who has planned on paying for my education. My parents are both college graduates and have a good job. I am currently attending college and am doing well. I am looking for a job that will allow me to pay for my education. I am interested in the field of education and would like to know if there are any opportunities available in this field. I would appreciate your advice.

Dear Abby
DEAR ABBY: I have a question for you. I am a 21-year-old woman who has planned on paying for my education. My parents are both college graduates and have a good job. I am currently attending college and am doing well. I am looking for a job that will allow me to pay for my education. I am interested in the field of education and would like to know if there are any opportunities available in this field. I would appreciate your advice.

SAVE \$40 WASHER SALE
We Bought A Special Group of Washers to Be Able to Save You Money... Shop Early for Best Selections!
2-in-1 WASHER
GIBSON WASHER
IOWA MEATS

IOWA MEATS
We Sell only U.S.D.A. Choice naturally aged heavy
FRESH - NEVER FROZEN GEORGIA GRADE "A"
FRYERS WHOLE OR CUT UP 65¢
FULL CUT ROUND STEAK \$2.79
TRIMMED WESTERN CENTER CUT PORK CHOPS \$1.89
LOIN END PORK ROAST OR CHOPS \$1.49
LEAN MEATY COUNTRY STYLE RIBS \$1.59
FRESH DAILY LEAN GROUND CHUCK 3 LBS. OR MORE \$1.79

IOWA MEATS
We Sell only U.S.D.A. Choice naturally aged heavy
FRESH - NEVER FROZEN GEORGIA GRADE "A"
FRYERS WHOLE OR CUT UP 65¢
FULL CUT ROUND STEAK \$2.79
TRIMMED WESTERN CENTER CUT PORK CHOPS \$1.89
LOIN END PORK ROAST OR CHOPS \$1.49
LEAN MEATY COUNTRY STYLE RIBS \$1.59
FRESH DAILY LEAN GROUND CHUCK 3 LBS. OR MORE \$1.79

IOWA MEATS
We Sell only U.S.D.A. Choice naturally aged heavy
FRESH - NEVER FROZEN GEORGIA GRADE "A"
FRYERS WHOLE OR CUT UP 65¢
FULL CUT ROUND STEAK \$2.79
TRIMMED WESTERN CENTER CUT PORK CHOPS \$1.89
LOIN END PORK ROAST OR CHOPS \$1.49
LEAN MEATY COUNTRY STYLE RIBS \$1.59
FRESH DAILY LEAN GROUND CHUCK 3 LBS. OR MORE \$1.79

IOWA MEATS
We Sell only U.S.D.A. Choice naturally aged heavy
FRESH - NEVER FROZEN GEORGIA GRADE "A"
FRYERS WHOLE OR CUT UP 65¢
FULL CUT ROUND STEAK \$2.79
TRIMMED WESTERN CENTER CUT PORK CHOPS \$1.89
LOIN END PORK ROAST OR CHOPS \$1.49
LEAN MEATY COUNTRY STYLE RIBS \$1.59
FRESH DAILY LEAN GROUND CHUCK 3 LBS. OR MORE \$1.79

IOWA MEATS
We Sell only U.S.D.A. Choice naturally aged heavy
FRESH - NEVER FROZEN GEORGIA GRADE "A"
FRYERS WHOLE OR CUT UP 65¢
FULL CUT ROUND STEAK \$2.79
TRIMMED WESTERN CENTER CUT PORK CHOPS \$1.89
LOIN END PORK ROAST OR CHOPS \$1.49
LEAN MEATY COUNTRY STYLE RIBS \$1.59
FRESH DAILY LEAN GROUND CHUCK 3 LBS. OR MORE \$1.79

IOWA MEATS
We Sell only U.S.D.A. Choice naturally aged heavy
FRESH - NEVER FROZEN GEORGIA GRADE "A"
FRYERS WHOLE OR CUT UP 65¢
FULL CUT ROUND STEAK \$2.79
TRIMMED WESTERN CENTER CUT PORK CHOPS \$1.89
LOIN END PORK ROAST OR CHOPS \$1.49
LEAN MEATY COUNTRY STYLE RIBS \$1.59
FRESH DAILY LEAN GROUND CHUCK 3 LBS. OR MORE \$1.79

JAM UP look!
for fun in the sun, our easy living fashions are the answer. Jam-Up caters to the woman on the move. Shop Jam-Up
804 French Avenue Sanford, FL 305-324-1171

JAM UP look!
for fun in the sun, our easy living fashions are the answer. Jam-Up caters to the woman on the move. Shop Jam-Up
804 French Avenue Sanford, FL 305-324-1171

JAM UP look!
for fun in the sun, our easy living fashions are the answer. Jam-Up caters to the woman on the move. Shop Jam-Up
804 French Avenue Sanford, FL 305-324-1171

JAM UP look!
for fun in the sun, our easy living fashions are the answer. Jam-Up caters to the woman on the move. Shop Jam-Up
804 French Avenue Sanford, FL 305-324-1171

JAM UP look!
for fun in the sun, our easy living fashions are the answer. Jam-Up caters to the woman on the move. Shop Jam-Up
804 French Avenue Sanford, FL 305-324-1171

JAM UP look!
for fun in the sun, our easy living fashions are the answer. Jam-Up caters to the woman on the move. Shop Jam-Up
804 French Avenue Sanford, FL 305-324-1171

JAM UP look!
for fun in the sun, our easy living fashions are the answer. Jam-Up caters to the woman on the move. Shop Jam-Up
804 French Avenue Sanford, FL 305-324-1171

'South American Paradise' Plan Wins 'Hostess' Award

Teen hostesses today are discovering that parties are just as much fun to plan as they are to attend. The excitement and challenge of creating innovative, entertaining ideas for a friendly gathering has encouraged teens all across the country to design unusual parties.

With just such a party, Nevada's Junior Miss, Deanna McDonald, won top honors this year in the 1980 Kraft Hostess Awards competition.

The Hostess Awards, a satellite scholarship competition of the America's Junior Miss Pageant, is a contest which acknowledges and rewards young women for their skill in planning creative parties with well balanced menus to match.

Family, food and fun in festive south-of-the-equator style all combined to win Deanna first place and a \$3,000 cash scholarship from Kraft. With a hearty "Ole!" Deanna welcomed her guests to a colorful evening in a "South American Paradise."

She designed invitations in the shape of our neighboring continent and urged her family to dress in South American attire — colorful skirts set off with white blouses for the ladies, and ponchos and gaucho trousers for the men. Deanna decorated her backyard with large tissue flowers, tropical plants, and flags, and dolls from the different South American countries. Spanish music filled the air, and a homemade pinata hung from a tree.

Activities before dinner included a "Hunt for the Hidden Paradise," a "treasure" hunt for South American countries. Guests were divided into four teams, each of which, through clues hidden around the yard, had to "discover" a country. At the end of the search sat a doll in the national costume of that region.

After various guests related experiences they'd had living in South America, everyone sat down to a tropical meal boasting fresh fruits and vegetables, colorful shish kebabs, and a rich cocoa Cus-cus-casa Casserole.

Before departing this South American Paradise, Deanna's guests gathered around the hanging pinata, taking turns trying to break it open. The successful whack sent caramels cascading down, providing the grand finale for an exciting party.

South Carolina's Junior Miss, Sherry Thrift served her guests a generous slice of southern hospitality and won \$1,000 cash scholarship. With award-winning country cooking and rousing fiddles, her "Log Cabin Hoedown" was off to a foot stomping start.

Sherry bedecked her recreation room with brown crepe-paper "rafters" and old-fashioned patchwork quilts. Across the doorway she built a rail fence — made with real rails! Blue jeans-clad friends had to clumb over the fence to enter the party!

Her sit-down supper was served at a table with a log cabin centerpiece. Each place setting included a miniature pile of logs (a favor made of chewy chocolate candy rolls), and a pint-sized fruit jar filled with ice tea. The punch bowl was fashioned from an old wash tub, and keroseene chimney lamps cast a homely glow over all.

When the last piece of Mountain Mud Cake was cleaned from the pan, Sherry staged a southern surprise — a hoedown square dance, complete with caller. Partners for the first dance were found down by the old fiddler's hole: Red paper hearts, each with a hole in one end and lettered with a young woman's name, were placed in an old-fashioned wash bowl. Straight pins, bent to form hooks, were tied onto strings. Each boy used a fishing line to make his "catch" for the first dance.

"Hot dogs, homemade ice cream, and three-legged races — there's nothing more All-American than a family picnic!" decided Arizona's Junior Miss, Melanie Despain. And this decision led Melanie to win a \$1,000 cash scholarship from Kraft.

Two weeks before the picnic date, each invited family found a balloon tied to its front door handle. A note, "See Inside," was clipped to the string with a tiny clothespin. Melanie's "All-American Family Picnic" started with a "hang" as each balloon had to be popped to reveal its invitation.

Hoping to share the beauty and flavors she'd remembered in Hawaii, Betsy Kaye Wilson turned her home in "landlocked" Kansas into a tropical island fantasy for her friends. This creative party plan won Betsy a \$750 cash scholarship in the Kraft Hostess Awards competition.

For a free, full color booklet featuring top Hostess Awards parties, write: Kraft Hostess Awards, Room 260-N, 875 N. Michigan Ave., Chicago, IL 60611.

Recipes for Deanna's "South American Paradise" part plan are as follows:



Deanna McDonald is 1980's Top National Kraft Hostess Awards winner. Active in several musical organizations, Deanna plays piano, french horn, and mellophone. She will attend Ricks College in Idaho next year and plans to pursue a career in music. Deanna has won a \$3,000 cash scholarship from Kraft.



Nevada's Junior Miss Deanna McDonald created a South American Paradise employing colorful costumes and festive decorations from a variety of South American countries. Her party guests enjoyed tropical delights such as Bueno Beef Kabobs (beef, corn-on-the-cob, zucchini, tomatoes, and green peppers) on a skewer served on Rio Rice, Tropic Dew with Sunburst Citrus for dipping, and a Coconut Cooler beverage.

Everyone grabbed partners for a rousing do-si-do during the "Log Cabin Hoedown" created by South Carolina's Junior Miss, Sherry Thrift. Sherry's log cabin decorations set the stage for the hoedown square dance, while her patchwork quilts provided the ideal setting for award-winning country cookin'. Guests enjoyed Southern Barbecue Chicken, Raisin Cheese Slaw, Grits Casserole (a soufflé made of hominy grits and cheese food with garlic) and Mississippi Mud Cake.



..Hostess Awards Winners

Continued From Page 1B

RIO RICE

3 beef bouillon cubes
3 cups boiling water
3 cups instant rice
Dissolve bouillon in boiling water. Stir in rice; remove from heat. Cover; let stand 5 minutes or until all liquid is absorbed. 1 serving. Note: Recipe can be doubled for 16 servings.

COCONUT COOLER

3/4 qt. pasteurized orange juice
2 1/2-cup bottles ginger ale
Lime slices
Marshmello cherries
Combine juice and ginger ale; serve over crushed ice. Garnish with limes and cherries. Serve in glasses or coconut shells. 20 1-cup servings

COPACABANA CAKE

1/4 cup margarine
1-1/4 cups sugar
2 1/4 cups cake flour
1/4 cup cocoa
1 1/2 teaspoons baking soda
1 teaspoon salt

1 1/2 cups cold water
1 teaspoon vanilla
1 teaspoon red food coloring
3 egg whites
Fudge Frosting
Chopped nuts
Cream margarine and 1 cup sugar until light and fluffy. Add combined dry ingredients alternately with combined water, vanilla and food coloring, mixing well after each addition. Beat egg whites until foamy; gradually add remaining sugar, beating until soft peaks form. Fold into cake batter. Pour into two greased and floured 9-inch layer pans. Bake at 350 degrees, 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool; frost with Fudge Frosting. Sprinkle with nuts

FUDGE FROSTING

1/2 cup margarine
1/4 cup maple
3 tablespoons cocoa
4 cups sifted confectioners' sugar
1 teaspoon vanilla
Combine margarine, milk and cocoa in saucepan; bring to boil. Remove from heat; add sugar and vanilla, beating until light and fluffy.

Log Cabin Hoedown

First runner-up in the 1980 Kraft Hostess Awards was South Carolina's Junior Miss Sherry Thrift. Her "Log Cabin Hoedown" recipes are as follows:

SOUTHERN BARBECUE CHICKEN

2 1/2 to 3 lb. broiler-fryers, cut up
1 1/2 cups barbecue sauce
One-third cup green onion sugar
2 tablespoons lemon juice
2 teaspoons minced onion
2 teaspoons pure prepared mustard
Place chicken in 13 1/2 x 9 1/2 inch baking dish. Combine remaining ingredients; mix well. Pour over chicken. Bake at 350 degree, 1 hour and 15 minutes or until tender, basting every 20 minutes. Serve with sauce, 6 to 8 servings.

POTATO SALAD

4 hard-cooked eggs
7 cups chopped cooked potatoes
10 crisply cooked bacon slices, crumbled
One-third cup green onion slices
One-third cup Italian dressing
1/4 cup dairy sour cream
Two-thirds cup real mayonnaise
1 1/2 teaspoons pure prepared mustard
1 1/2 teaspoons salt
1/4 teaspoon celery seed
Cut eggs in half; remove yolks. Combine chopped egg whites, potatoes, bacon, onion and dressing. Add combined remaining ingredients; mix lightly. Chill several hours or overnight. 8 servings.

MISSISSIPPI MUD CAKE

1/4 cup margarine
2 cups sugar
4 eggs
1 teaspoon vanilla
1 1/4 cups flour
Two-thirds cup cocoa
1 1/4 cups chopped pecans
1 3/4 cup can flaked coconut
1 7-oz. jar marshmallow creme
1/4 cup margarine
1 teaspoon vanilla
4 cups sifted confectioners' sugar
One-third cup cocoa
1/4 cup evaporated milk
Cream margarine and sugar until light and fluffy. Blend in eggs and vanilla. Add combined flour and cocoa; mix well. Stir in nuts and coconut. Pour into greased and floured 13 x 9-inch baking pan. Bake at 350 degrees, 30 to 35 minutes or until wooden pick inserted in center comes out clean. Spread marshmallow creme over top of cake. Cool.
Cream margarine; blend in vanilla. Add combined sugar and cocoa alternately with milk, beating until light and fluffy. Spread over marshmallow creme.

ZESTY PARTY CHEESE BALL

1 8-oz. pkg. cream cheese
1 6-oz. pkg. sharp pasteurized process cheese spread
One-third cup chopped blue cheese crumbles
2 tablespoons instant minced onion
2 tablespoons chopped parsley
1 tablespoon chopped stuffed green olives
1 teaspoon Worcestershire sauce
1/4 cup chopped pecans
Combine softened cream cheese, process cheese spread and blue cheese, mixing until well blended. Add onion, parsley, olives and Worcestershire sauce; mix well. Chill. Shape into a ball; roll in nuts. Serve with crackers and chips.

SPARKLING FRUIT PUNCH

3 46-oz. cans peach fruit drink
2 qts. pure orange-pineapple juice
1/4 cup (2 oz.) shredded sharp natural cheddar cheese
1/4 cup raisins
One-third cup real mayonnaise
1 tablespoon sugar
2 teaspoons lemon juice
1/4 teaspoon prepared mustard
1/4 teaspoon salt
1/4 teaspoon onion powder
Combine cabbage, carrot, cheese and raisins. Add combined remaining ingredients; mix lightly. Chill several hours. 6 servings.

GRITS CASSEOLE

4 cups milk
1 cup grits
1 6-oz. link pasteurized process cheese food with garlic, sliced
1/4 cup margarine
2 eggs, beaten
Scald 3/4 cups milk. Add grits; cook over medium heat, stirring constantly, until thickened. Add process cheese food and margarine; stir until melted. Remove from heat. Gradually add eggs and remaining milk. Pour into greased 3-quart casserole or soufflé dish. Bake at 375 degrees, 30 to 35 minutes. 8 servings.

When you're on the run, let Publix feed 'em!

50 YEARS OF SHOPPING PLEASURE

Publix

THIS AD EFFECTIVE THURSDAY, JULY 31, THUR WEDNESDAY, AUG. 6, 1980 - CLOSED SUNDAY

Publix The Place for Deli

SAVE \$1 TO MOUNTAIN BIRDS BURGUNDY CHEVRES, 16 OZ. (LIMIT 1 PER CUSTOMER)

Almaden Wine \$3.79

SAVE \$1 TO MOUNTAIN BIRDS BURGUNDY CHEVRES, 16 OZ. (LIMIT 1 PER CUSTOMER)

SAVE \$1 TO MOUNTAIN BIRDS BURGUNDY CHEVRES, 16 OZ. (LIMIT 1 PER CUSTOMER)

Publix The Place for Deli

SAVE 24¢ HELLMANN'S SPECIAL Mayonnaise 32 oz. jar \$1.19

SAVE 40¢ FOLGER'S REG. DRY OR ELECTRIC PERK Coffee 1 lb. bag \$2.49

SAVE 40¢ Crisco Oil 24 oz. tin \$1.99

SAVE \$1 TO MOUNTAIN BIRDS BURGUNDY CHEVRES, 16 OZ. (LIMIT 1 PER CUSTOMER)

Almaden Wine \$3.79

New Zealand Frozen Lamb Legs \$1.00

Hillshire Farms Smoked Sausage \$1.00

Plumrose Canned Picnic \$4.40

Brown 'N Serve Sausage \$1.00

Swift's Premium Sliced Bologna of Salami \$1.40

Swift's Premium or Lazy Maple Sliced Bacon \$1.27

Rath's Blackhawk (Regular or Beef) Wieners \$1.40

Lakeside Cooked Ham \$2.19

Oscar Mayer Sliced Meat \$1.19

Bologna \$1.35

Salparr Franks \$1.00

Seafood Treat \$1.79

Turbot Fillet \$1.79

Seafood Treat, Small Headless Shrimp \$2.50

Tasty Pickle & Pimento Loaf or German Bologna \$99¢

Delicious Franklin or Genoa Salami \$79¢

Zesty-Flavored Potato Salad \$89¢

Always a Family Favorite Cuban \$99¢

Ready-to-take-out Southern Fried Chicken \$3.49

Fresh-Baked Apple Pie \$1.49

Hot From the Deli Veal Parmesan \$2.39

Macaroni & Cheese \$1.19

Onion Rye Bread \$69¢

Publix The Place for Deli

SAVE 24¢ KRAFT PROCESSED CHEESE FOOD Velveeta 2 lb. loaf \$2.69

Publix The Place for Deli

SAVE 24¢ HELLMANN'S SPECIAL Mayonnaise 32 oz. jar \$1.19

SAVE 40¢ FOLGER'S REG. DRY OR ELECTRIC PERK Coffee 1 lb. bag \$2.49

SAVE 40¢ Crisco Oil 24 oz. tin \$1.99

SAVE \$1 TO MOUNTAIN BIRDS BURGUNDY CHEVRES, 16 OZ. (LIMIT 1 PER CUSTOMER)

Almaden Wine \$3.79

New Zealand Frozen Lamb Legs \$1.00

Hillshire Farms Smoked Sausage \$1.00

Plumrose Canned Picnic \$4.40

Brown 'N Serve Sausage \$1.00

Swift's Premium Sliced Bologna of Salami \$1.40

Swift's Premium or Lazy Maple Sliced Bacon \$1.27

Rath's Blackhawk (Regular or Beef) Wieners \$1.40

Lakeside Cooked Ham \$2.19

Oscar Mayer Sliced Meat \$1.19

Bologna \$1.35

Salparr Franks \$1.00

Seafood Treat \$1.79

Turbot Fillet \$1.79

Seafood Treat, Small Headless Shrimp \$2.50

Tasty Pickle & Pimento Loaf or German Bologna \$99¢

Delicious Franklin or Genoa Salami \$79¢

Zesty-Flavored Potato Salad \$89¢

Always a Family Favorite Cuban \$99¢

Ready-to-take-out Southern Fried Chicken \$3.49

Fresh-Baked Apple Pie \$1.49

Hot From the Deli Veal Parmesan \$2.39

Macaroni & Cheese \$1.19

Onion Rye Bread \$69¢

Publix The Place for Deli

SAVE 24¢ HELLMANN'S SPECIAL Mayonnaise 32 oz. jar \$1.19

SAVE 40¢ FOLGER'S REG. DRY OR ELECTRIC PERK Coffee 1 lb. bag \$2.49

SAVE 40¢ Crisco Oil 24 oz. tin \$1.99

SAVE \$1 TO MOUNTAIN BIRDS BURGUNDY CHEVRES, 16 OZ. (LIMIT 1 PER CUSTOMER)

Almaden Wine \$3.79

New Zealand Frozen Lamb Legs \$1.00

Hillshire Farms Smoked Sausage \$1.00

Plumrose Canned Picnic \$4.40

Brown 'N Serve Sausage \$1.00

Swift's Premium Sliced Bologna of Salami \$1.40

Swift's Premium or Lazy Maple Sliced Bacon \$1.27

Rath's Blackhawk (Regular or Beef) Wieners \$1.40

Lakeside Cooked Ham \$2.19

Oscar Mayer Sliced Meat \$1.19

Bologna \$1.35

Salparr Franks \$1.00

Seafood Treat \$1.79

Turbot Fillet \$1.79

Seafood Treat, Small Headless Shrimp \$2.50

Tasty Pickle & Pimento Loaf or German Bologna \$99¢

Delicious Franklin or Genoa Salami \$79¢

Zesty-Flavored Potato Salad \$89¢

Always a Family Favorite Cuban \$99¢

Ready-to-take-out Southern Fried Chicken \$3.49

Fresh-Baked Apple Pie \$1.49

Hot From the Deli Veal Parmesan \$2.39

Macaroni & Cheese \$1.19

Onion Rye Bread \$69¢

Publix The Place for Deli

SAVE 24¢ HELLMANN'S SPECIAL Mayonnaise 32 oz. jar \$1.19

SAVE 40¢ FOLGER'S REG. DRY OR ELECTRIC PERK Coffee 1 lb. bag \$2.49

SAVE 40¢ Crisco Oil 24 oz. tin \$1.99

SAVE \$1 TO MOUNTAIN BIRDS BURGUNDY CHEVRES, 16 OZ. (LIMIT 1 PER CUSTOMER)

Almaden Wine \$3.79

New Zealand Frozen Lamb Legs \$1.00

Hillshire Farms Smoked Sausage \$1.00

Plumrose Canned Picnic \$4.40

Brown 'N Serve Sausage \$1.00

Swift's Premium Sliced Bologna of Salami \$1.40

Swift's Premium or Lazy Maple Sliced Bacon \$1.27

Rath's Blackhawk (Regular or Beef) Wieners \$1.40

Lakeside Cooked Ham \$2.19

Oscar Mayer Sliced Meat \$1.19

Bologna \$1.35

Salparr Franks \$1.00

Seafood Treat \$1.79

Turbot Fillet \$1.79

Seafood Treat, Small Headless Shrimp \$2.50

Tasty Pickle & Pimento Loaf or German Bologna \$99¢

Delicious Franklin or Genoa Salami \$79¢

Zesty-Flavored Potato Salad \$89¢

Always a Family Favorite Cuban \$99¢

Ready-to-take-out Southern Fried Chicken \$3.49

Fresh-Baked Apple Pie \$1.49

Hot From the Deli Veal Parmesan \$2.39

Macaroni & Cheese \$1.19

Onion Rye Bread \$69¢

Publix The Place for Deli

SAVE 24¢ HELLMANN'S SPECIAL Mayonnaise 32 oz. jar \$1.19

SAVE 40¢ FOLGER'S REG. DRY OR ELECTRIC PERK Coffee 1 lb. bag \$2.49

SAVE 40¢ Crisco Oil 24 oz. tin \$1.99

SAVE \$1 TO MOUNTAIN BIRDS BURGUNDY CHEVRES, 16 OZ. (LIMIT 1 PER CUSTOMER)

Almaden Wine \$3.79

New Zealand Frozen Lamb Legs \$1.00

Hillshire Farms Smoked Sausage \$1.00

Plumrose Canned Picnic \$4.40

Brown 'N Serve Sausage \$1.00

Swift's Premium Sliced Bologna of Salami \$1.40

Swift's Premium or Lazy Maple Sliced Bacon \$1.27

Rath's Blackhawk (Regular or Beef) Wieners \$1.40

Lakeside Cooked Ham \$2.19

Oscar Mayer Sliced Meat \$1.19

Bologna \$1.35

Salparr Franks \$1.00

Seafood Treat \$1.79

Turbot Fillet \$1.79

Seafood Treat, Small Headless Shrimp \$2.50

Tasty Pickle & Pimento Loaf or German Bologna \$99¢

Delicious Franklin or Genoa Salami \$79¢

Zesty-Flavored Potato Salad \$89¢

Always a Family Favorite Cuban \$99¢

Ready-to-take-out Southern Fried Chicken \$3.49

Fresh-Baked Apple Pie \$1.49

Hot From the Deli Veal Parmesan \$2.39

Macaroni & Cheese \$1.19

Onion Rye Bread \$69¢

Publix The Place for Deli

SAVE 24¢ HELLMANN'S SPECIAL Mayonnaise 32 oz. jar \$1.19

SAVE 40¢ FOLGER'S REG. DRY OR ELECTRIC PERK Coffee 1 lb. bag \$2.49

SAVE 40¢ Crisco Oil 24 oz. tin \$1.99

SAVE \$1 TO MOUNTAIN BIRDS BURGUNDY CHEVRES, 16 OZ. (LIMIT 1 PER CUSTOMER)

Almaden Wine \$3.79

New Zealand Frozen Lamb Legs \$1.00

Hillshire Farms Smoked Sausage \$1.00

Plumrose Canned Picnic \$4.40

Brown 'N Serve Sausage \$1.00

Swift's Premium Sliced Bologna of Salami \$1.40

Swift's Premium or Lazy Maple Sliced Bacon \$1.27

Rath's Blackhawk (Regular or Beef) Wieners \$1.40

Lakeside Cooked Ham \$2.19

Oscar Mayer Sliced Meat \$1.19

Bologna \$1.35

Salparr Franks \$1.00

Seafood Treat \$1.79

Turbot Fillet \$1.79

Seafood Treat, Small Headless Shrimp \$2.50

Tasty Pickle & Pimento Loaf or German Bologna \$99¢

Delicious Franklin or Genoa Salami \$79¢

Zesty-Flavored Potato Salad \$89¢

Always a Family Favorite Cuban \$99¢

Ready-to-take-out Southern Fried Chicken \$3.49

Fresh-Baked Apple Pie \$1.49

Hot From the Deli Veal Parmesan \$2.39

Macaroni & Cheese \$1.19

Onion Rye Bread \$69¢

Publix The Place for Deli

SAVE 24¢ HELLMANN'S SPECIAL Mayonnaise 32 oz. jar \$1.19

SAVE 40¢ FOLGER'S REG. DRY OR ELECTRIC PERK Coffee 1 lb. bag \$2.49

SAVE 40¢ Crisco Oil 24 oz. tin \$1.99

SAVE \$1 TO MOUNTAIN BIRDS BURGUNDY CHEVRES, 16 OZ. (LIMIT 1 PER CUSTOMER)

Almaden Wine \$3.79

New Zealand Frozen Lamb Legs \$1.00

Hillshire Farms Smoked Sausage \$1.00

Plumrose Canned Picnic \$4.40

Brown 'N Serve Sausage \$1.00

Swift's Premium Sliced Bologna of Salami \$1.40

Swift's Premium or Lazy Maple Sliced Bacon \$1.27

Rath's Blackhawk (Regular or Beef) Wieners \$1.40

Lakeside Cooked Ham \$2.19

Oscar Mayer Sliced Meat \$1.19

Bologna \$1.35

Salparr Franks \$1.00

Seafood Treat \$1.79

Turbot Fillet \$1.79

Seafood Treat, Small Headless Shrimp \$2.50

Tasty Pickle & Pimento Loaf or German Bologna \$99¢

Delicious Franklin or Genoa Salami \$79¢

Zesty-Flavored Potato Salad \$89¢

Always a Family Favorite Cuban \$99¢

Ready-to-take-out Southern Fried Chicken \$3.49

Fresh-Baked Apple Pie \$1.49

Hot From the Deli Veal Parmesan \$2.39

Macaroni & Cheese \$1.19

Onion Rye Bread \$69¢

Publix The Place for Deli

SAVE 24¢ HELLMANN'S SPECIAL Mayonnaise 32 oz. jar \$1.19

SAVE 40¢ FOLGER'S REG. DRY OR ELECTRIC PERK Coffee 1 lb. bag \$2.49

SAVE 40¢ Crisco Oil 24 oz. tin \$1.99

SAVE \$1 TO MOUNTAIN BIRDS BURGUNDY CHEVRES, 16 OZ. (LIMIT 1 PER CUSTOMER)

Almaden Wine \$3.79

New Zealand Frozen Lamb Legs \$1.00

Hillshire Farms Smoked Sausage \$1.00

Plumrose Canned Picnic \$4.40

Brown 'N Serve Sausage \$1.00

Swift's Premium Sliced Bologna of Salami \$1.40

Swift's Premium or Lazy Maple Sliced Bacon \$1.27

Rath's Blackhawk (Regular or Beef) Wieners \$1.40

Lakeside Cooked Ham \$2.19

Oscar Mayer Sliced Meat \$1.19

Bologna \$1.35

Salparr Franks \$1.00

Seafood Treat \$1.79

Turbot Fillet \$1.79

Seafood Treat, Small Headless Shrimp \$2.50

Tasty Pickle & Pimento Loaf or German Bologna \$99¢

Delicious Franklin or Genoa Salami \$79¢

Zesty-Flavored Potato Salad \$89¢

Always a Family Favorite Cuban \$99¢

Ready-to-take-out Southern Fried Chicken \$3.49

Fresh-Baked Apple Pie \$1.49

Hot From the Deli Veal Parmesan \$2.39

Macaroni & Cheese \$1.19

Onion Rye Bread \$69¢

Publix The Place for Deli

SAVE 24¢ HELLMANN'S SPECIAL Mayonnaise 32 oz. jar \$1.19

SAVE 40¢ FOLGER'S REG. DRY OR ELECTRIC PERK Coffee 1 lb. bag \$2.49

SAVE 40¢ Crisco Oil 24 oz. tin \$1.99

SAVE \$1 TO MOUNTAIN BIRDS BURGUNDY CHEVRES, 16 OZ. (LIMIT 1 PER CUSTOMER)

Almaden Wine \$3.79

New Zealand Frozen Lamb Legs \$1.00

Hillshire Farms Smoked Sausage \$1.00

Plumrose Canned Picnic \$4.40

Brown 'N Serve Sausage \$1.00

Swift's Premium Sliced Bologna of Salami \$1.40

Swift's Premium or Lazy Maple Sliced Bacon \$1.27

Rath's Blackhawk (Regular or Beef) Wieners \$1.40

Lakeside Cooked Ham \$2.19

Oscar Mayer Sliced Meat \$1.19

Bologna \$1.35

Salparr Franks \$1.00

Seafood Treat \$1.79

Turbot Fillet \$1.79

Seafood Treat, Small Headless Shrimp \$2.50

Tasty Pickle & Pimento Loaf or German Bologna \$99¢

Delicious Franklin or Genoa Salami \$79¢

Zesty-Flavored Potato Salad \$89¢

Always a Family Favorite Cuban \$99¢

Ready-to-take-out Southern Fried Chicken \$3.49

Fresh-Baked Apple Pie \$1.49

Hot From the Deli Veal Parmesan \$2.39

Macaroni & Cheese \$1.19

Onion Rye Bread \$69¢

Publix The Place for Deli

SAVE 24¢ HELLMANN'S SPECIAL Mayonnaise 32 oz. jar \$1.19

SAVE 40¢ FOLGER'S REG. DRY OR ELECTRIC PERK Coffee 1 lb. bag \$2.49

SAVE 40¢ Crisco Oil 24 oz. tin \$1.99

SAVE \$1 TO MOUNTAIN BIRDS BURGUNDY CHEVRES, 16 OZ. (LIMIT 1 PER CUSTOMER)

Almaden Wine \$3.79

New Zealand Frozen Lamb Legs \$1.00

Hillshire Farms Smoked Sausage \$1.00

Plumrose Canned Picnic \$4.40

Brown 'N Serve Sausage \$1.00

Swift's Premium Sliced Bologna of Salami \$1.40

Swift's Premium or Lazy Maple Sliced Bacon \$1.27

Rath's Blackhawk (Regular or Beef) Wieners \$1.40

Lakeside Cooked Ham \$2.19

Oscar Mayer Sliced Meat \$1.19

Bologna \$1.35

Salparr Franks \$1.00

Seafood Treat \$1.79

Turbot Fillet \$1.79

Seafood Treat, Small Headless Shrimp \$2.50

Tasty Pickle & Pimento Loaf or German Bologna \$99¢

Delicious Franklin or Genoa Salami \$79¢

Zesty-Flavored Potato Salad \$89¢

Always a Family Favorite Cuban \$99¢

Ready-to-take-out Southern Fried Chicken \$3.49

Fresh-Baked Apple Pie \$1.49

Hot From the Deli Veal Parmesan \$2.39

Macaroni & Cheese \$1.19

Onion Rye Bread \$69¢

Publix The Place for Deli

SAVE 24¢ HELLMANN'S SPECIAL Mayonnaise 32 oz. jar \$1.19

SAVE 40¢ FOLGER'S REG. DRY OR ELECTRIC PERK Coffee 1 lb. bag \$2.49

SAVE 40¢ Crisco Oil 24 oz. tin \$1.99

SAVE \$1 TO MOUNTAIN BIRDS BURGUNDY CHEVRES, 16 OZ. (LIMIT 1 PER CUSTOMER)

Almaden Wine \$3.79

New Zealand Frozen Lamb Legs \$1.00

Hillshire Farms Smoked Sausage \$1.00

Plumrose Canned Picnic \$4.40

Brown 'N Serve Sausage \$1.00

Swift's Premium Sliced Bologna of Salami \$1.40

Swift's Premium or Lazy Maple Sliced Bacon \$1.27

Rath's Blackhawk (Regular or Beef) Wieners \$1.40

Lakeside Cooked Ham \$2.19

Oscar Mayer Sliced Meat \$1.19

Bologna \$1.35

Salparr Franks \$1.00

Seafood Treat \$1.79

Turbot Fillet \$1.79

Seafood Treat, Small Headless Shrimp \$2.50

Tasty Pickle & Pimento Loaf or German Bologna \$99¢

Delicious Franklin or Genoa Salami \$79¢

Zesty-Flavored Potato Salad \$89¢

Always a Family Favorite Cuban \$99¢

Ready-to-take-out Southern Fried Chicken \$3.49

Fresh-Baked Apple Pie \$1.49

Hot From the Deli Veal Parmesan \$2.39

Macaroni & Cheese \$1.19

Onion Rye Bread \$69¢

BLONDIE 4B—Evening Herald, Sanford, FL. Wednesday, July 30, 1980 by Chic Young



BEETLE BAILEY by Mort Walker



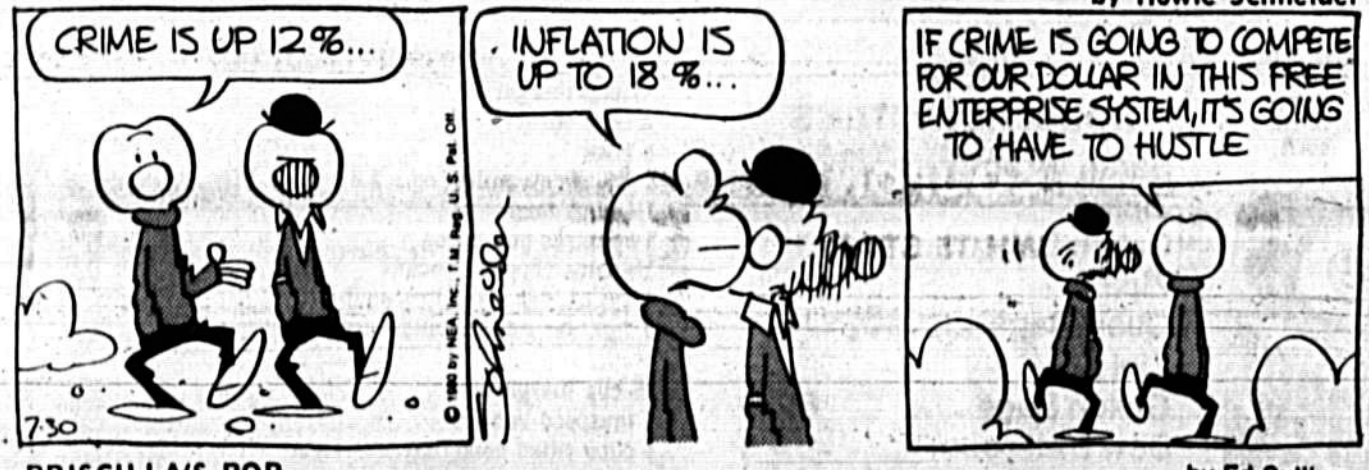
THE BORN LOSER by Art Sansom



ARCHIE by Bob Montana



EK & MEK by Howie Schneider



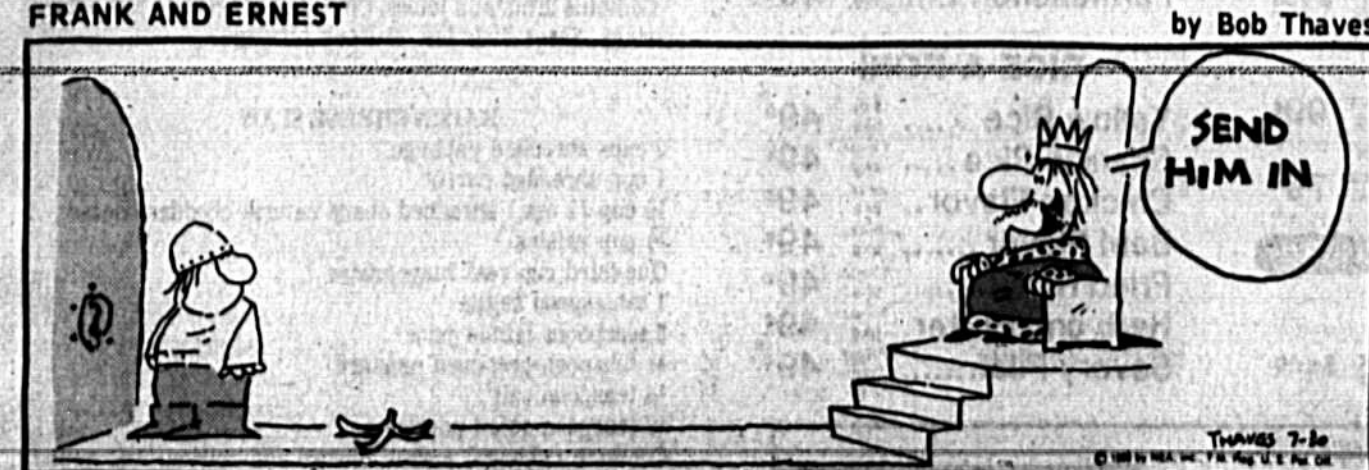
PRISCILLA'S POP by Ed Sullivan



BUGS BUNNY by Stoffel & Heimdal



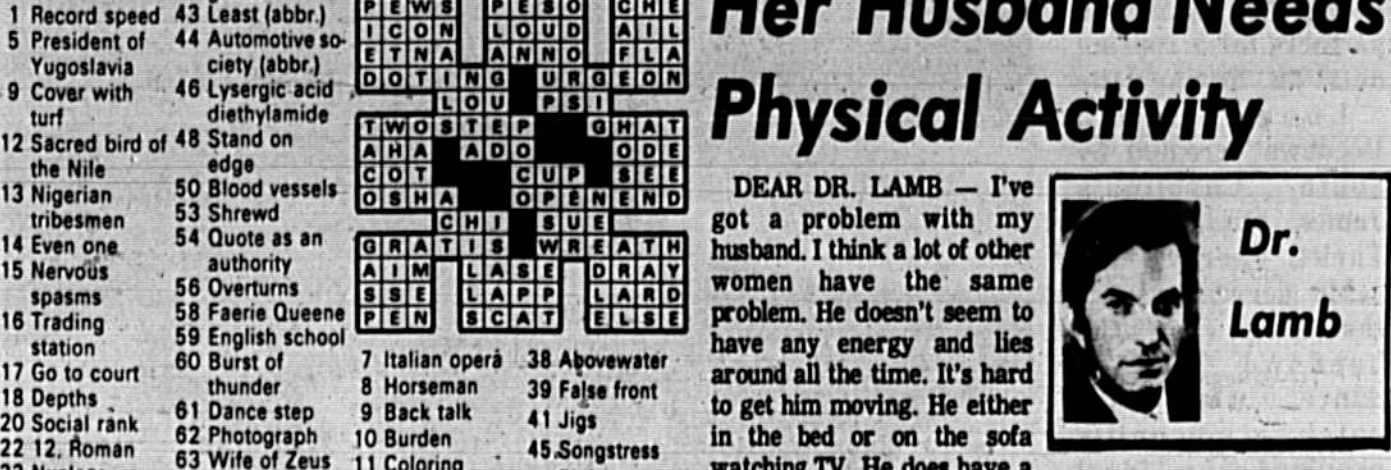
FRANK AND ERNEST by Bob Thaves



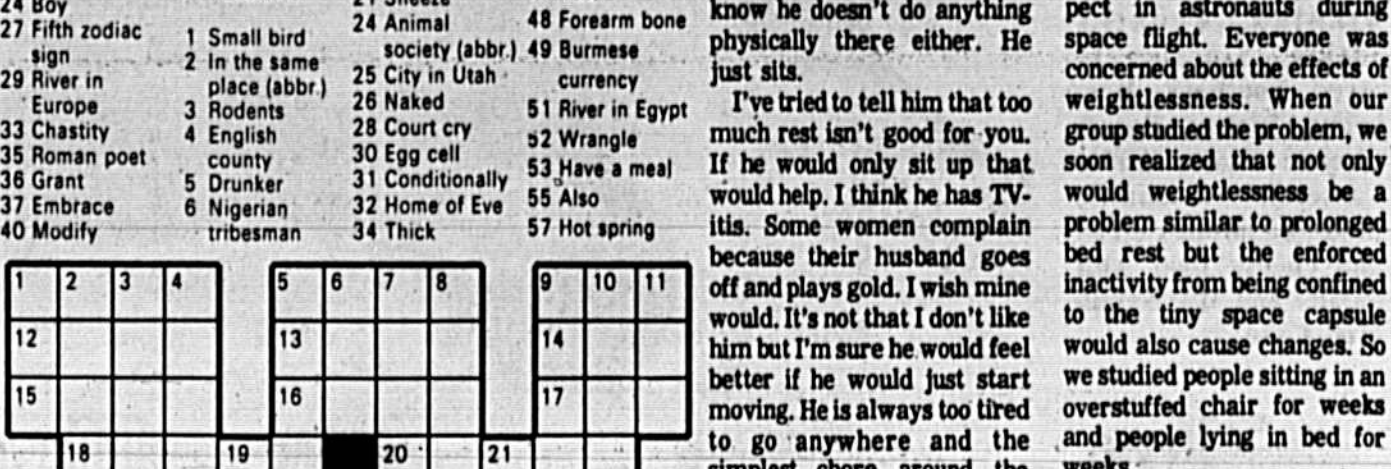
TUMBLEWEEDS by T. K. Ryan



ACROSS 42 Animal garden (least abbr.) 43 Automobile society (abbr.) 44 Lysergic acid derivative



DOWN 24 Boy (abbr.) 25 Zodiac sign 26 Small bird 27 In the same place (abbr.) 28 River in Utah 29 Europe 30 Roman poet 31 Drunkard 32 Nightclub 33 Modify



28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63

24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63

33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63

48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63

53 54 55 56 57 58 59 60 61 62 63

58 59 60 61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

61 62 63

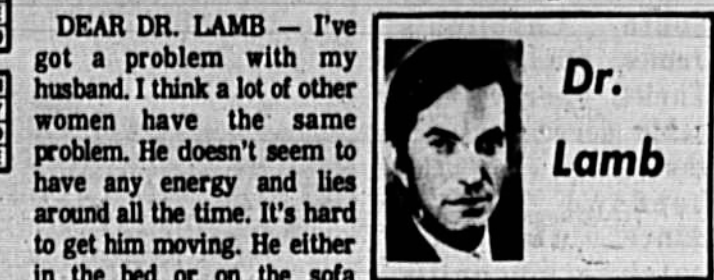
61 62 63

61 62 63

61 62 63

61 62 63

Her Husband Needs Physical Activity



DEAR DR. LAMB—I've got a problem with my husband. He doesn't seem to have any energy and lies around all the time. It's hard to get him moving. He either is in the bed or on the sofa watching TV. He does have a job but it is office work and I know he doesn't do anything physically there either. He just sits.

I've tried to tell him that too much rest isn't good for you. If he would only sit up that would help. I think he has TV. Some women complain because their husband goes out and plays golf. I wish mine would, but I don't like him but I'm sure he would feel better if he would just start moving. He is always too tired to go anywhere and the simplest chore around the house is too much for him. He is only 53 so he isn't old enough to be that tired.

DEAR READER—Yes, there are a lot of people in our society who have "bed disease." That is a term doctors use for the changes that occur in your body from lying down too long. Still many others have hypokinesia, a term used for too little physical activity. You can have these problems and still sit around all the time and they are made worse by lying down. The body will undergo changes if you don't use it.

I am sending you The Health Letter number 64, Effects of Inactivity, including Bed Rest, to give you detailed information on the changes that occur. Others who want this issue can send 75 cents with a long, stamped, self-addressed envelope for it and your request to me, in care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10019.

I first studied this problem to try to find out what to expect in astronauts during space flight. Everyone was concerned about the effects of weightlessness. When our group studied the problem, we soon realized that not only would weightlessness be a problem similar to prolonged bed rest, but the enforced inactivity from being confined to the tiny space capsule would also cause changes. So we studied people sitting in an overstuffed chair for weeks and people lying in bed for weeks.

When you are in bed you lose some important body water. You'll lose as much as five pounds of water the first 48 hours. That decreases your circulating blood volume and causes you to feel faint when you get up. You may recall that some of the astronauts had to have someone on each side of them to walk down the deck of the carrier after they landed. That was why they had to be carried.

In addition, the bone marrow which produces many red blood cells, which can lead to an anemia when a person gets active again. The heart rate increases and the heart is more prone to irregularities. Adrenaline products are stored in the heart and make it less efficient. The muscles deteriorate and often body fat increases. The bones lose calcium and become soft. The joints lose their flexibility.

Because of all these bed effects, I usually try to get people to stay out of bed except to sleep. Sit up when watching TV and if you do a lot of, do some exercises while you are watching. Yes, inactivity can cause you to be tired. Regular physical activity is essential to a person's health.

TONIGHT'S TV

6:00 (1) 6:00 NEWS (2) 6:00 NEWS (3) 6:00 NEWS (4) 6:00 NEWS (5) 6:00 NEWS (6) 6:00 NEWS (7) 6:00 NEWS (8) 6:00 NEWS (9) 6:00 NEWS (10) 6:00 NEWS (11) 6:00 NEWS (12) 6:00 NEWS (13) 6:00 NEWS (14) 6:00 NEWS (15) 6:00 NEWS (16) 6:00 NEWS (17) 6:00 NEWS (18) 6:00 NEWS (19) 6:00 NEWS (20) 6:00 NEWS (21) 6:00 NEWS (22) 6:00 NEWS (23) 6:00 NEWS (24) 6:00 NEWS (25) 6:00 NEWS (26) 6:00 NEWS (27) 6:00 NEWS (28) 6:00 NEWS (29) 6:00 NEWS (30) 6:00 NEWS (31) 6:00 NEWS (32) 6:00 NEWS (33) 6:00 NEWS (34) 6:00 NEWS (35) 6:00 NEWS (36) 6:00 NEWS (37) 6:00 NEWS (38) 6:00 NEWS (39) 6:00 NEWS (40) 6:00 NEWS (41) 6:00 NEWS (42) 6:00 NEWS (43) 6:00 NEWS (44) 6:00 NEWS (45) 6:00 NEWS (46) 6:00 NEWS (47) 6:00 NEWS (48) 6:00 NEWS (49) 6:00 NEWS (50) 6:00 NEWS (51) 6:00 NEWS (52) 6:00 NEWS (53) 6:00 NEWS (54) 6:00 NEWS (55) 6:00 NEWS (56) 6:00 NEWS (57) 6:00 NEWS (58) 6:00 NEWS (59) 6:00 NEWS (60) 6:00 NEWS (61) 6:00 NEWS (62) 6:00 NEWS (63) 6:00 NEWS (64) 6:00 NEWS (65) 6:00 NEWS (66) 6:00 NEWS (67) 6:00 NEWS (68) 6:00 NEWS (69) 6:00 NEWS (70) 6:00 NEWS (71) 6:00 NEWS (72) 6:00 NEWS (73) 6:00 NEWS (74) 6:00 NEWS (75) 6:00 NEWS (76) 6:00 NEWS (77) 6:00 NEWS (78) 6:00 NEWS (79) 6:00 NEWS (80) 6:00 NEWS (81) 6:00 NEWS (82) 6:00 NEWS (83) 6:00 NEWS (84) 6:00 NEWS (85) 6:00 NEWS (86) 6:00 NEWS (87) 6:00 NEWS (88) 6:00 NEWS (89) 6:00 NEWS (90) 6:00 NEWS (91) 6:00 NEWS (92) 6:00 NEWS (93) 6:00 NEWS (94) 6:00 NEWS (95) 6:00 NEWS (96) 6:00 NEWS (97) 6:00 NEWS (98) 6:00 NEWS (99) 6:00 NEWS (100)

6:30 (1) 6:30 NEWS (2) 6:30 NEWS (3) 6:30 NEWS (4) 6:30 NEWS (5) 6:30 NEWS (6) 6:30 NEWS (7) 6:30 NEWS (8) 6:30 NEWS (9) 6:30 NEWS (10) 6:30 NEWS (11) 6:30 NEWS (12) 6:30 NEWS (13) 6:30 NEWS (14) 6:30 NEWS (15) 6:30 NEWS (16) 6:30 NEWS (17) 6:30 NEWS (18) 6:30 NEWS (19) 6:30 NEWS (20) 6:30 NEWS (21) 6:30 NEWS (22) 6:30 NEWS (23) 6:30 NEWS (24) 6:30 NEWS (25) 6:30 NEWS (26) 6:30 NEWS (27) 6:30 NEWS (28) 6:30 NEWS (29) 6:30 NEWS (30) 6:30 NEWS (31) 6:30 NEWS (32) 6:30 NEWS (33) 6:30 NEWS (34) 6:30 NEWS (35) 6:30 NEWS (36) 6:30 NEWS (37) 6:30 NEWS (38) 6:30 NEWS (39) 6:30 NEWS (40) 6:30 NEWS (41) 6:30 NEWS (42) 6:30 NEWS (43) 6:30 NEWS (44) 6:30 NEWS (45) 6:30 NEWS (46) 6:30 NEWS (47) 6:30 NEWS (48) 6:30 NEWS (49) 6:30 NEWS (50) 6:30 NEWS (51) 6:30 NEWS (52) 6:30 NEWS (53) 6:30 NEWS (54) 6:30 NEWS (55) 6:30 NEWS (56) 6:30 NEWS (57) 6:30 NEWS (58) 6:30 NEWS (59) 6:30 NEWS (60) 6:30 NEWS (61) 6:30 NEWS (62) 6:30 NEWS (63) 6:30 NEWS (64) 6:30 NEWS (65) 6:30 NEWS (66) 6:30 NEWS (67) 6:30 NEWS (68) 6:30 NEWS (69) 6:30 NEWS (70) 6:30 NEWS (71) 6:30 NEWS (72) 6:30 NEWS (73) 6:30 NEWS (74) 6:30 NEWS (75) 6:30 NEWS (76) 6:30 NEWS (77) 6:30 NEWS (78) 6:30 NEWS (79) 6:30 NEWS (80) 6:30 NEWS (81) 6:30 NEWS (82) 6:30 NEWS (83) 6:30 NEWS (84) 6:30 NEWS (85) 6:30 NEWS (86) 6:30 NEWS (87) 6:30 NEWS (88) 6:30 NEWS (89) 6:30 NEWS (90) 6:30 NEWS (91) 6:30 NEWS (92) 6:30 NEWS (93) 6:30 NEWS (94) 6:30 NEWS (95) 6:30 NEWS (96) 6:30 NEWS (97) 6:30 NEWS (98) 6:30 NEWS (99) 6:30 NEWS (100)

7:00 (1) 7:00 NEWS (2) 7:00 NEWS (3) 7:00 NEWS (4) 7:00 NEWS (5) 7:00 NEWS (6) 7:00 NEWS (7) 7:00 NEWS (8) 7:00 NEWS (9) 7:00 NEWS (10) 7:00 NEWS (11) 7:00 NEWS (12) 7:00 NEWS (13) 7:00 NEWS (14) 7:00 NEWS (15) 7:00 NEWS (16) 7:00 NEWS (17) 7:00 NEWS (18) 7:00 NEWS (19) 7:00 NEWS (20) 7:00 NEWS (21) 7:00 NEWS (22) 7:00 NEWS (23) 7:00 NEWS (24) 7:00 NEWS (25) 7:00 NEWS (26) 7:00 NEWS (27) 7:00 NEWS (28) 7:00 NEWS (29) 7:00 NEWS (30) 7:00 NEWS (31) 7:00 NEWS (32) 7:00 NEWS (33) 7:00 NEWS (34) 7:00 NEWS (35) 7:00 NEWS (36) 7:00 NEWS (37) 7:00 NEWS (38) 7:00 NEWS (39) 7:00 NEWS (40) 7:00 NEWS (41) 7:00 NEWS (42) 7:00 NEWS (43) 7:00 NEWS (44) 7:00 NEWS (45) 7:00 NEWS (46) 7:00 NEWS (47) 7:00 NEWS (48) 7:00 NEWS (49) 7:00 NEWS (50) 7:00 NEWS (51) 7:00 NEWS (52) 7:00 NEWS (53) 7:00 NEWS (54) 7:00 NEWS (55) 7:00 NEWS (56) 7:00 NEWS (57) 7:00 NEWS (58) 7:00 NEWS (59) 7:00 NEWS (60) 7:00 NEWS (61) 7:00 NEWS (62) 7:00 NEWS (63) 7:00 NEWS (64) 7:00 NEWS (65) 7:00 NEWS (66) 7:00 NEWS (67) 7:00 NEWS (68) 7:00 NEWS (69) 7:00 NEWS (70) 7:00 NEWS (71) 7:00 NEWS (72) 7:00 NEWS (73) 7:00 NEWS (74) 7:00 NEWS (75) 7:00 NEWS (76) 7:00 NEWS (77) 7:00 NEWS (78) 7:00 NEWS (79) 7:00 NEWS (80) 7:00 NEWS (81) 7:00 NEWS (82) 7:00 NEWS (83) 7:00 NEWS (84) 7:00 NEWS (85) 7:00 NEWS (86) 7:00 NEWS (87) 7:00 NEWS (88) 7:00 NEWS (89) 7:00 NEWS (90) 7:00 NEWS (91) 7:00 NEWS (92) 7:00 NEWS (93) 7:00 NEWS (94) 7:00 NEWS (95) 7:00 NEWS (96) 7:00 NEWS (97) 7:00 NEWS (98) 7:00 NEWS (99) 7:00 NEWS (100)

8:00 (1) 8:00 NEWS (2) 8:00 NEWS (3) 8:00 NEWS (4) 8:00 NEWS (5) 8:00 NEWS (6) 8:00 NEWS (7) 8:00 NEWS (8) 8:00 NEWS (9) 8:00 NEWS (10) 8:00 NEWS (11) 8:00 NEWS (12) 8:00 NEWS (13) 8:00 NEWS (14) 8:00 NEWS (15) 8:00 NEWS (16) 8:00 NEWS (17) 8:00 NEWS (18) 8:00 NEWS (19) 8:00 NEWS (20) 8:00 NEWS (21) 8:00 NEWS (22) 8:00 NEWS (23) 8:00 NEWS (24) 8:00 NEWS (25) 8:00 NEWS (26) 8:00 NEWS (27) 8:00 NEWS (28) 8:00 NEWS (29) 8:00 NEWS (30) 8:00 NEWS (31) 8:00 NEWS (32) 8:00 NEWS (33) 8:00 NEWS (34) 8:00 NEWS (35) 8:00 NEWS (36) 8:00 NEWS (37) 8:00 NEWS (38) 8:00 NEWS (39) 8:00 NEWS (40) 8:00 NEWS (41) 8:00 NEWS (42) 8:00 NEWS (43) 8:00 NEWS (44) 8:00 NEWS (45) 8:00 NEWS (46) 8:00 NEWS (47) 8:00 NEWS (48) 8:00 NEWS (49) 8:00 NEWS (50) 8:00 NEWS (51) 8:00 NEWS (52) 8:00 NEWS (53) 8:00 NEWS (54) 8:00 NEWS (55) 8:00 NEWS (56) 8:00 NEWS (57) 8:00 NEWS (58) 8:00 NEWS (59) 8:00 NEWS (60) 8:00 NEWS (61) 8:00 NEWS (62) 8:00 NEWS (63) 8:00 NEWS (64) 8:00 NEWS (65) 8:00 NEWS (66) 8:00 NEWS (67) 8:00 NEWS (68) 8:00 NEWS (69) 8:00 NEWS (70) 8:00 NEWS (71) 8:00 NEWS (72) 8:00 NEWS (73) 8:00 NEWS (74) 8:00 NEWS (75) 8:00 NEWS (76) 8:00 NEWS (77) 8:00 NEWS (78) 8:00 NEWS (79) 8:00 NEWS (80) 8:00 NEWS (81) 8:00 NEWS (82) 8:00 NEWS (83) 8:00 NEWS (84) 8:00 NEWS (85) 8:00 NEWS (86) 8:00 NEWS (87) 8:00 NEWS (88) 8:00 NEWS (89) 8:00 NEWS (90) 8:00 NEWS (91) 8:00 NEWS (92) 8:00 NEWS (93) 8:00 NEWS (94) 8:00 NEWS (95) 8:00 NEWS (96) 8:00 NEWS (97) 8:00 NEWS (98) 8:00 NEWS (99) 8:00 NEWS (100)

9:00 (1) 9:00 NEWS (2) 9:00 NEWS (3) 9:00 NEWS (4) 9:00 NEWS (5) 9:00 NEWS (6) 9:00 NEWS (7) 9:00 NEWS (8) 9:00 NEWS (9) 9:00 NEWS (10) 9:00 NEWS (11) 9:00 NEWS (12) 9:00 NEWS (13) 9:00 NEWS (14) 9:00 NEWS (15) 9:00 NEWS (16) 9:00 NEWS (17) 9:00 NEWS (18) 9:00 NEWS (19) 9:00 NEWS (20) 9:00 NEWS (21) 9:00 NEWS (22) 9:00 NEWS (23) 9:00 NEWS (24) 9:00 NEWS (25) 9:00 NEWS (26) 9:00 NEWS (27) 9:00 NEWS (28) 9:00 NEWS (29) 9:00 NEWS (30) 9:00 NEWS (31) 9:00 NEWS (32) 9:00 NEWS (33) 9:00 NEWS (34) 9:00 NEWS (35) 9:00 NEWS (36) 9:00 NEWS (37) 9:00 NEWS (38) 9:00 NEWS (39) 9:00 NEWS (40) 9:00 NEWS (41) 9:00 NEWS (42) 9:00 NEWS (43) 9:00 NEWS (44) 9:00 NEWS (45) 9:00 NEWS (46) 9:00 NEWS (47) 9:00 NEWS (48) 9:00 NEWS (49) 9:00 NEWS (50) 9:00 NEWS (51) 9:00 NEWS (52) 9:00 NEWS (53) 9:00 NEWS (54) 9:00 NEWS (55) 9:00 NEWS (56) 9:00 NEWS (57) 9:00 NEWS (58) 9:00 NEWS (59) 9:00 NEWS (60) 9:00 NEWS (61) 9:00 NEWS (62) 9:00 NEWS (63) 9:00 NEWS (64) 9:00 NEWS (65) 9:00 NEWS (66) 9:00 NEWS (67) 9:00 NEWS (68) 9:00 NEWS (69) 9:00 NEWS (70) 9:00 NEWS (71) 9:00 NEWS (72) 9:00 NEWS (73) 9:00 NEWS (74) 9:00 NEWS (75) 9:00 NEWS (76) 9:00 NEWS (77) 9:00 NEWS (78) 9:00 NEWS (79) 9:00 NEWS (80) 9:00 NEWS (81) 9:00 NEWS (82) 9:00 NEWS (83) 9:00 NEWS (84) 9:00 NEWS (85) 9:00 NEWS (86) 9:00 NEWS (87) 9:00 NEWS (88) 9:00 NEWS (89) 9:00 NEWS (90) 9:00 NEWS (91) 9:00 NEWS (92) 9:00 NEWS (93) 9:00 NEWS (94) 9:00 NEWS (95) 9:00 NEWS (96) 9:00 NEWS (97) 9:00 NEWS (98) 9:00 NEWS (99) 9:00 NEWS (100)

10:00 (1) 10:00 NEWS (2) 10:00 NEWS (3) 10:00 NEWS (4) 10:00 NEWS (5) 10:00 NEWS (6) 10:00 NEWS (7) 10:00 NEWS (8) 10:00 NEWS (9) 10:00 NEWS (10) 10:00 NEWS (11) 10:00 NEWS (12) 10:00 NEWS (13) 10:00 NEWS (14) 10:00 NEWS (15) 10:00 NEWS (16) 10:00 NEWS (17) 10:00 NEWS (18) 10:00 NEWS (19) 10:00 NEWS (20) 10:00 NEWS (21) 10:00 NEWS (22) 10:00 NEWS (23) 10:00 NEWS (24) 10:00 NEWS (25) 10:00 NEWS (26) 10:00 NEWS (27) 10:00 NEWS (28) 10:00 NEWS (29) 10:00 NEWS (30) 10:00 NEWS (31) 10:00 NEWS (32) 10:00 NEWS (33) 10:00 NEWS (34) 10:00 NEWS (35) 10:00 NEWS (36) 10:00 NEWS (37) 10:00 NEWS (38) 10:00 NEWS (39) 10:00 NEWS (40) 10:00 NEWS (41) 10:00 NEWS (42) 10:00 NEWS (43) 10:00 NEWS (44) 10:00 NEWS (45) 10:00 NEWS (46) 10:00 NEWS (47) 10:00 NEWS (48) 10:00 NEWS (49) 10:00 NEWS (50) 10:00 NEWS (51) 10:00 NEWS (52) 10:00 NEWS (53) 10:00 NEWS (54) 10:00 NEWS (55) 10:00 NEWS (56) 10:00 NEWS (57) 10:00 NEWS (58) 10:00 NEWS (59) 10:00 NEWS (60) 10:00 NEWS (61) 10:00 NEWS (62) 10:00 NEWS (63) 10:00 NEWS (64) 10:00 NEWS (65) 10:00 NEWS (66) 10:00 NEWS (67) 10:00 NEWS (68) 10:00 NEWS (69) 10:00 NEWS (70) 10:00 NEWS (71) 10:00 NEWS (72) 10:00 NEWS (73) 10:00 NEWS (74) 10:00 NEWS (75) 10:00 NEWS (76) 10:00 NEWS (77) 10:00 NEWS (78) 10:00 NEWS (79) 10:00 NEWS (80) 10:00 NEWS (81) 10:00 NEWS (82) 10:00 NEWS (83) 10:00 NEWS (84) 10:00 NEWS (85) 10:00 NEWS (86) 10:00 NEWS (87) 10:00 NEWS (88) 10:00 NEWS (89) 10:00 NEWS (90) 10:00 NEWS (91) 10:00 NEWS (92) 10:00 NEWS (93) 10:00 NEWS (94) 10:00 NEWS (95) 10:00 NEWS (96) 10:00 NEWS (97) 10:00 NEWS (98) 10:00 NEWS (99) 10:00 NEWS (100)

11:00 (1) 11:00 NEWS (2) 11:00 NEWS (3) 11:00 NEWS (4) 11:00 NEWS (5) 11:00 NEWS (6) 11:00 NEWS (7) 11:00 NEWS (8) 11:00 NEWS (9) 11:00 NEWS (10) 11:00 NEWS (11) 11:00 NEWS (12) 11:00 NEWS (13) 11:00 NEWS (14) 11:00 NEWS (15) 11:00 NEWS (16) 11:00 NEWS (17) 11:00 NEWS (18) 11:00 NEWS (19) 11:00 NEWS (20) 11:00 NEWS (21) 11:00 NEWS (22) 11:00 NEWS (23) 11:00 NEWS (24) 11:00 NEWS (25) 11:00 NEWS (26) 11:00 NEWS (27) 11:00 NEWS (28) 11:00 NEWS (29) 11:00 NEWS (30) 11:00 NEWS (31) 11:00 NEWS (32) 11:00 NEWS (33) 11:00 NEWS (34) 11:00 NEWS (35) 11:00 NEWS (36) 11:00 NEWS (37) 11:00 NEWS (38) 11:00 NEWS (39) 11:00 NEWS (40) 11:00 NEWS (41) 11:00 NEWS (42) 11:00 NEWS (43) 11:00 NEWS (44) 11:00 NEWS (45) 11:00 NEWS (46) 11:00 NEWS (47) 11:00 NEWS (48) 11:00 NEWS (49) 11:00 NEWS (50) 11:00 NEWS (51) 11:00 NEWS (52) 11:00 NEWS (53) 11:00 NEWS (54) 11:00 NEWS (55) 11:00 NEWS (56) 11:00 NEWS (57) 11:00 NEWS (58) 11:00 NEWS (59) 11:00 NEWS (60) 1



A SUPER DIVIDEND
THRIFTY MAID SUGAR 5 LB. BAG \$1.39
 THIS SUPER DIVIDEND COUPON GOOD FOR 5-LB. BAG WITH ADDITIONAL PURCHASES OF \$25.00 OR MORE
 LIMIT ONE PER CUSTOMER
 COUPON GOOD JULY 31 - AUGUST 2

PRICES GOOD JULY 31 - AUGUST 2

A whole new way to SAVE only at WINN-DIXIE.

SUPER DIVIDENDS

SAVE 20%

USDA CHOICE UNTRIMMED WHOLE OR HALF HEART OF THE CHUCK
BONELESS CHUCK

\$1.79
 L.B. 20 TO 28 LB. AVG.

BEEF CHUCK BONELESS ROLLED CHUCK - Cubed Steak . . . \$2.79

SAVE 60%

DIXIE BEEF HANDI-PAK
PATTY MIX
 (3 LB. PKG. *2.97)

99c

MARKET FRESH - Ground Beef . . . \$1.49

SAVE 50%

W-D BRAND USDA CHOICE SLADE CUT
CHUCK ROAST

\$1.69

BEEF CHUCK CENTER CUT 7-BONE - Chuck Roast . . . \$1.99

U.S.D.A. CHOICE BEEF SAVE 70%

USDA CHOICE UNTRIMMED WHOLE
BONELESS N.Y. STRIPS

\$4.29

REF. LOIN BONELESS N.Y. Strip Steaks . . . \$4.99

SAVE 20%

PINKY PIG FRESH OR SMOKED ECONOMY
PORK CHOPS

\$1.19

5 SLADE & 5 SIRLOIN - FULL 1/4 FRESH OR SMOKED PORK LOINS SUCES INTO - Pork Chops . . . \$1.99

SAVE 80%

W-D BRAND USDA CHOICE BONELESS
CHUCK ROAST

\$1.99

BEEF CHUCK BONELESS CHUCK STEAK . . . \$2.19
 BEEF CHUCK BONELESS CHUCK STEAK . . . \$2.19

W-D BRAND USDA CHOICE BONELESS
CALIFORNIA ROAST

\$2.19

BEEF CHUCK BONELESS CALIFORNIA STEAK . . . \$2.19
 BEEF CHUCK BONELESS CALIFORNIA STEAK . . . \$2.19

SOUTHERN PRIDE SLICED
BACON

69c

HICKORY SWEET SUCES - Bacon . . . \$1.19
 HICKORY SWEET SUCES - Bacon . . . \$1.19

W-D BRAND USDA CHOICE CENTER CUT 7 BONE

CHUCK STEAK

\$1.99

BEEF CHUCK CENTER CUT 7-BONE - MEAT . . . \$2.99
 BEEF CHUCK CENTER CUT 7-BONE - MEAT . . . \$2.99

W-D BRAND USDA CHOICE BONELESS FULL CUT

ROUND STEAK

\$2.99

BEEF CHUCK BONELESS ROUND STEAK . . . \$2.99
 BEEF CHUCK BONELESS ROUND STEAK . . . \$2.99

W-D BRAND USDA CHOICE BONELESS

MAINE LOBSTER

\$3.99

8.8-oz. PKG. - LIVE LOBSTER . . . \$3.99
 LIVE LOBSTER . . . \$3.99

SHANK PORTION HICKORY

SMOKED HAM

99c

HICKORY SWEET SUCES - Ham . . . \$1.19
 HICKORY SWEET SUCES - Ham . . . \$1.19

W-D BRAND Sliced SALAMI AND SPICED Luncheon . . . \$1.69

W-D BRAND CHICWEG **Braunschweiger** . . . \$1.19

HICKORY SWEET SUCES SMOKED FULLY COOKED (12 LB. AVG.) - Buffet Ham . . . \$2.29

KARPER'S ALL MEAT - Jumbo Franks . . . \$1.59

PLANTATION BEAUTY SLICED TURKEY & CHICKEN Breast . . . \$1.79

QUINCY OLD SHIRRED - Franks . . . \$1.89

DAK DANISH STYLE - Sliced Cooked Ham . . . 89c

MERCO'S FRESH - HOT OR MILD ITALIAN Sausage . . . \$1.89

MERCO'S FRESH NEVER FROZEN PEPPERONI PIZZA . . . \$2.99

BETTY ANN'S FRESH DAILY Potato Salad . . . \$1.19

QUINCY OLD SHIRRED - Franks . . . \$1.89

DELICATESSEN SPECIALS

GOOD IN STORES WITH DELI ONLY!

DELICIOUS (SLICED TO ORDER)
COOKED ROAST BEEF . . . 1/2 LB. **\$1.99**

DELICIOUS BOILED (SLICED TO ORDER)
 Turkey Ham . . . 1/2 lb. \$1.19
 WISCONSIN COLBY LONGHORN Cheese . . . 1/4 lb. \$1.23

GLAZED Doughnuts . . . doz \$1.99
 ROUND Spice Cake . . . each \$3.59

Mini Subs . . . each \$1.29
 8 PECK BUCKET OF GOLDEN BROWN FRIED Chicken . . . each \$2.99

Brownies . . . each 19c

B SUPER DIVIDEND
 HICKORY SWEET SLICED BACON
 1-LB. PKG. **59c**
 THIS SUPER DIVIDEND GOOD FOR 1-PKG. WITH PURCHASE OF \$15.00 OR MORE
 LIMIT ONE PER CUSTOMER
 COUPON GOOD JULY 31-AUG. 2

C SUPER DIVIDEND
 DEEP SOUTH MAYONNAISE
 32-oz. JAR **49c**
 THIS SUPER DIVIDEND GOOD FOR 1-JAR WITH PURCHASE OF \$10.00 OR MORE
 LIMIT ONE PER CUSTOMER
 COUPON GOOD JULY 31-AUG. 2

C SUPER DIVIDEND
 SUPERBRAND MARGARINE QUARTERS
 1-LB. PKG. **10c**
 THIS SUPER DIVIDEND GOOD FOR 1-PKG. WITH PURCHASE OF \$10.00 OR MORE
 LIMIT ONE PER CUSTOMER
 COUPON GOOD JULY 31-AUG. 2



Use all C SUPER DIVIDENDS with purchases of \$10.00 or more.
 Use all B & C SUPER DIVIDENDS with purchases of \$15.00 or more.
 Use all A, B, & C SUPER DIVIDENDS with purchases of \$25.00 or more.

PRICES GOOD JULY 31 - AUGUST 2
 WE ACCEPT USDA FOOD STAMP COUPONS

SAVE 22%
CLOROX BLEACH
 Limit 1 with \$5.00 or more purchase excl. cig. **69c**
 GAL. BTL. Detergent . . . \$1.49

SAVE 33%
 THRIFTY MAID CUT GREEN BEANS
 Limit 4 with \$5.00 or more purchase excl. cig. **4 \$1**
 16-oz. CANS Potatoes . . . 3 \$1.00

SAVE 33%
 DIXIE DARLING LARGE FAMILY BREAD
 20-oz. LVS. **3 \$1**
 TROPICAL GRAPE Preserves . . . \$1.89

SAVE 70%
 ALL GRINDS ASTOR SUPER BLEND COFFEE
 Limit 1 with \$5.00 or more purchase excl. cig. **\$1.99**
 13-oz. CAN ASTOR COFFEE Creamer . . . \$1.49

SAVE 30%
 PABST BLUE RIBBON BEER
 Limit two 6-pks. with \$5.00 or more purchase excl. cig. **6 \$1.89**
 PACK 12-oz. CANS CRACKIN' GOOD THIN WAVY Potato Chips . . . \$1.89

SAVE 10% - ASTOR W/LEMON TEA MIX . . . \$1.59
 SAVE 40% - ASTOR INSTANT POTATOES . . . 99c
 SAVE 20% - DISHWASHER ARROW DETERGENT . . . \$1.69
 RAISIN BREAD . . . 89c
 ENGLISH MUFFINS . . . 2 89c
 BUY ONE . . . GET ONE FREE!
 GREAT SCENTS AIR FRESHENER . . . 99c

SAVE 32%
 HARVEST FRESH GOLDEN RIPE BANANAS **4 \$1**
 HARVEST FRESH SALAD TOMATOES . . . 39c
 HARVEST FRESH FLORIDA LIMES . . . 12 FOR 99c
 HARVEST FRESH PLUMS . . . 6 FOR 99c
 HARVEST FRESH CANTA-LOUPES . . . EACH 79c
 HARVEST FRESH HONEYDEWS . . . EACH \$1.49
 HARVEST FRESH NORTHWESTERN CHERRIES . . . 99c
 HARVEST FRESH MANGOS . . . EACH 89c
 HARVEST FRESH LARGE LIME CELERY . . . 59c
 HARVEST FRESH GREEN ONIONS . . . 39c
 MINUTE MAID FRUIT PUNCH OF PINK LEMONADE . . . 79c
 SUPERBRAND ORANGE JUICE . . . \$1.29

SAVE 60% - 1 PINT NORMAL/DRY OR DRY SHAMPOO . . . \$1.09
 SAVE 10% - SCOPE . . . \$1.49
 SAVE 90% - VIDAL SASSOON FINISHING RINSE OF SHAMPOO . . . \$2.29
 SAVE 90% - FINAL NET ULTIMATE, SCENTED OR UNSCENTED HAIR SPRAY . . . \$1.79
 REGULAR OR SUPER RELY . . . \$2.19
 CEDAR COUNTRY EICHEN BROOM . . . \$4.39

SAVE 28%
 ALL FLAVORS CHEK DRINKS
12 \$1.99
 12-oz. CANS Honey Buns . . . 69c

SAVE 20%
 DEEP SOUTH SMOOTH OR CRUNCHY PEANUT BUTTER
\$1.39
 28-oz. BTL. Buns . . . 3 \$1.99

SAVE 20%
 ALL KINDS DETERGENT LILAC LIQUID
2 \$1.19
 32-oz. BTL. Buns . . . 3 \$1.99

SAVE 33%
 THRIFTY MAID TWISTS & CHEDDAR SHELLS & CHEDDAR
4 \$1
 SAVE 33% - THRIFTY MAID MACARONI & CHEESE Dinner . . . 4 \$1.99

SAVE 20%
 SUPERBRAND COTTAGE CHEESE
79c
 SUPERBRAND SWEET STYLE (ASSORTED FLAVORS) 5-oz. CUPS Yogurt . . . 69c

SAVE 20%
 SUPERBRAND FUDGE BARS OR TWIN POPS
89c
 COUNTRY FRESH PRESTIGE ALL NATURAL (ASSORTED FLAVORS) Ice Cream . . . \$2.09

SAVE 45% ON 4 - MORTON CHICKEN, TURKEY OR BEEF POT PIES . . . 4 \$1.00
 MORTON FRIED CHICKEN . . . \$2.29
 NATURAL SUN PINK OR REGULAR LEMONADE . . . 5 99c
 LENDER'S EGG, ONION OR PLAIN BAGELS . . . 59c
 SAVE 30% - CHOCK FULL O' NUTS POUND OR MARBLE POUND CAKE . . . 99c
 PET BIZ (ALL FLAVORS) CREAM PIES . . . 69c

Photo Finishing at a Lower Comparable Price
Winn-Dixie's NO FRILLS Photo Service
 *QUALITY PRINTS ON KODAK PAPER - QUALITY GUARANTEED
 *24-HOUR SERVICE *ONE PRINT OF EACH SHOT *NO HIDDEN FILM COST

12 exposures . . . only \$2.99
 20 exposures . . . only \$4.99
 24 exposures . . . only \$4.99
 36 exposures . . . only \$6.99

THERE ARE NO "HIDDEN COSTS" FOR FREE PRINTS OR FILM WITH OUR "NO FRILLS" PHOTO SERVICE. YOU PAY A LOW PRICE FOR ONLY WHAT YOU ORDER.

Apple Sauce
 Grape Juice
 Lemon Juice
 Sweet Relish
 Lunching Meat

WHOLE BEETS
 TOMATOES
 CHUNKY SOUP
 GREAT NORTHERN BEANS
3 \$1.00

SAVE 20% - PALMITO FARM PIMENTO CHEESE . . . \$1.29
 SAVE 10% ON 3 - SUPERBRAND SOUR CREAM . . . 2 \$1.00
 SAVE 10% - KRAFT VELVEETA . . . \$2.89
 SAVE 30% - SUPERBRAND SWEET MILK OR BUTTERMILK BISCUITS . . . 99c
 SUPERBRAND SHARP OR MILD STICK CHEESE . . . \$1.19
 SUPERBRAND SPREAD . . . 99c

'Refreshing' Is The Word For Cool Summer Desserts

There's only one requirement for a summer dessert. It's got to be refreshing. Otherwise, we probably wouldn't have ice cream sundaes, fresh fruit pies or other summertime favorites.

When it's "refreshing" you're after, then try Junket Danish Dessert. This unique product makes pushing or pie filling with a tangy fruit flavor. And it's an important ingredient in some perfect-for-summer desserts.

Like Peach Melba Sundae. Build this quick dessert with a peach half as the base. Add a scoop of vanilla ice cream. Then ladle on sauce created from raspberries-currant flavor Junket Danish Dessert.

Pie doesn't have to be heavy and filling. Not when it's Ambrosia Pie. This refresher gets its name from a heavenly mixture of mandarin oranges, pineapple and bananas. Stir these into strawberry-flavor Junket Danish Dessert and what a way to fill a pie crust!

Discover an all-new use for this product with Raspberry-Currant Custard. Raspberry-currant flavor Junket Danish Dessert with raspberries makes half the picture. Creamy custard completes this delicious creation.

PEACH MELBA SUNDAY

1 package (4 1/2 oz.) Danish Dessert, raspberry-currant flavor
Canned cling peach halves
Vanilla ice cream

Prepare Danish Dessert according to package directions for fruit sauce. Cool completely. For each sundae, place peach half, cut side up, in dessert dish. Top with scoop of ice cream. Four Danish Dessert sauce over ice cream. Serve immediately.

NOTE: Store sauce in refrigerator. Sauce may also be served over cakes, bread pudding, rice pudding or other delicious desserts.

AMBROSIA PIE

1 package (4 1/2 oz.) Danish Dessert, strawberry-flavor
1 cup mandarin orange segments, well drained
1 can (8 1/2 oz.) crushed pineapple, well drained
1/2 cups sliced bananas
1 baked 9-inch pie crust
Whipped topping
2 tablespoons toasted flaked coconut

Prepare Danish Dessert according to package directions for pie filling. Cool completely. For each sundae, place peach half in orange segments, pineapple and bananas. Spoon into baked pie crust. Chill 3 to 4 hours or until firm. At serving time, garnish with whipped topping and toasted coconut. Yield: one 9-inch pie.

RASPBERRY-CURRENT CUSTARD

1 package (4 1/2 oz.) Danish Dessert, raspberry-currant flavor
1 package (10 oz.) frozen raspberries, thawed
3 eggs
1/2 cup sugar
1/4 teaspoon salt
1 teaspoon vanilla flavoring
2 1/2 cups milk

In medium-size saucepan, stir together contents of Danish Dessert package, raspberries with syrup and water. Bring to full boil, stirring constantly. Remove from heat. Cool slightly. Portion evenly into eight 6-oz. custard cups.

Beat eggs with sugar, salt and vanilla. Stir in milk. Pour over top of Danish Dessert mixture. Set cups in pan filled with 1 inch of hot water.

Bake in oven at 350 degrees F. about 40 minutes or until custard is set. Serve warm or chilled. Yield: 8 servings.

Peach Melba Sundae: Start heating oven to 400 degrees F. Prick pie shell with fork about 8 min., or until partly baked. Remove to wire rack to cool a bit. Reduce oven temperature to 425 degrees F. Drain peaches well, reserving 1/4 cups syrup. In saucepan, stir reserved syrup into cornstarch until smooth. Cook, stirring, until clear and thickened. Add peach slices, lemon rind and juice, almond extract, and food color. Pour into partly baked pie shell. On top, with 2 forks or spoons, arrange some of the peach slices to form pie wheel.

To make crumbs: Combine sugar, butter, corn flakes until well mixed and crumbly; arrange around outer edge of pie, place a few on center top. Bake at 425 degrees F. about 30 min., or until crumbs are tinged with brown. Cool on wire rack.

Easy Spice Crumb Crust: Combine 1/2 cup fine graham cracker crumbs, 1/4 teaspoon cinnamon and 1/4 cup melted butter or margarine. Press firmly in bottom and sides of 8-inch pie pan. Chill at least 1 hour.

MINT JAM'S GRAPE PIE

Pastry for 9" pie-crust pie
4 cups stemmed Concord grapes
1/2 cup granulated sugar
1/4 cup lemon juice
1 tablespoon grated orange rind
1 tablespoon quick-cooking tapioca

Make and bake as Fresh Apple Pie, page 14, or Trolls Pie. For filling, slip grapes out of stems; save skins. Cook (with seeds) in saucepan over low heat. Press through coarse sieve. Mix sugar, pulp, skins, sugar, lemon juice, orange rind and tapioca. Let stand 5 min. before using.



Build a Peach Melba Sundae using peach half as base.

GOLDEN PEACH PIE
Pastry for 9" pie-crust pie
2 1/2 cups cooked unseasoned dried peaches
1 cup peach liquid
1 tablespoon cornstarch
1/2 cup granulated sugar

1 can (8 1/2 oz.) mandarin oranges
1/2 cup lemon juice
1/4 cup butter or margarine

Make as Lattice Pie, page 10. For filling, arrange drained peaches in pastry-lined 9" pie plate. Heat peach liquid; add cornstarch combined with sugar, salt, cinnamon, nutmeg; boil, stirring, until clear and thickened. Remove from heat; add lemon juice and butter. Pour mixture over peaches. Bake at 425 degrees F. 40 min.

FLUFFY FRUITED PIE

1 package (3 1/2 oz.) fruit flavor gelatin, any flavor
Two-thirds cup boiling water
2 cups ice cubes
1 container (8 oz.) Cool Whip non-dairy whipped topping, thawed

1 can (8 1/2 oz.) apricot halves, drained and sliced (or choice of fruit)
1 8-inch Easy Spice Crumb Crust

Dissolve gelatin completely in boiling water, stirring about 3 minutes. Add ice cubes and stir constantly until gelatin is thickened; about 2 to 3 minutes. Remove size unmeasured ice.

Using wire whip, blend in whipped topping; then whip with smooth. Fold in fruit and chili, if necessary, until mixture well mixed. Spoon into pie crust. Chill 2 hours. Garnish with additional fruit, if desired.

Pantry Pride
EVERYTHING WE SELL HAS A MONEY BACK GUARANTEE!

30% OFF
KRAFT BAR-B-QUE SAUCES
18oz. ASSORTED
39¢

GENERIC MERCHANDISE
CAT LITTER
25 LBS **\$1.19**

GENERIC PEACH PIE
Pastry for 9" pie-crust pie
2 1/2 cups cooked unseasoned dried peaches
1 cup peach liquid
1 tablespoon cornstarch
1/2 cup granulated sugar

Peanut Butter	89¢
Apple Juice	1.19
Vegetables	29¢
Potatoes	29¢
Spaghetti Sauce	89¢
Vegetable Oil	89¢
Bar-B-Q Sauce	49¢
Tea Bags	1.19
Peanut Butter	89¢
Trash Bags	1.19
Bath Tissue	77¢

TOTAL... \$9.45

SWITCH TO PANTRY PRIDE EVERYDAY LOW PRICES! AND SAVE!

FYNE TOWELS
LARGE ROLL 120 SQ. FEET
2 \$1.00

PANTRY PRIDE KING SIZE BREAD
20oz LOAVES
3 \$1.00

SUNSHINE CHEEZ-ITS
12oz BOX **59¢**

PANTRY PRIDE VEGETABLE OIL
48oz BTL. **\$1.79**

LIBBY'S CORN
WHOLE KERNEL OR CREAM STYLE
3 \$1

PANTRY PRIDE SODAS
TWO LITER **79¢**

AJAX LAUNDRY DETERGENT
4oz. BOX **1.83**

Duncan Mince 1.99
Ajax Cleaner 1.35
Dynamo Detergent 2.25
Sanwa Ramen Noodles 4/1
Waldorf Toilet Tissue 97¢
Potted Meat 4/1
Black Pepper 79¢
Puffs Prints 79¢

SAVIE SHAMPOOS 88¢
SAVIE CONDITIONERS 88¢
STYLE HAIR SPRAY 88¢
NIGHT GUARD DEODORANT 88¢
COPPERTONE LOTION 1.99
FRESH LOTION 1.99

PANTRY PRIDE COUNTRY SQUEE HAMBURGER OR HOT DOG ROLLS
3 PACKS **\$1.00**

PANTRY PRIDE PEACH CANNON TWIRLS 2 PK **\$1.99**
PANTRY PRIDE COLDWATER PARTY FLAKE ROLLS 2 PK **98¢**



Antipasto, crisp apples and spreads make a delicious and quick meal for summer, right. Or take your choice of tempting tuna-pickle, vegetable hero or cheese sandwiches, left.



Hot Days Call For Easy Food

Antipasto platters and cheese or peanut butter spreads to eat with fruit, such as crisp apples, fit well into the lighter eating plans of most people during hot days. These are good to make for unexpected guests to munch on when you don't plan to serve a heavy meal at lunchtime or during the afternoon. These specialty dishes go well at a picnic gathering, too, when neighbors and friends decide on a spur-of-the-moment get together.

GREAT GRANNY ANTIPASTO PLATTER
1/2 pound sliced salami
1/4 pound sliced cooked ham
1/4 pound mushrooms, sliced, or 1 can (4 ounces) whole mushrooms, drained
1 can (3 1/2 or 4 1/2 ounces) ripe olives
1 cup cherry tomatoes (about 10)
1/2 bunch scallions (about 4)
2 Cape Granny Smith apples, cored and cut in wedges
Arrange meat, vegetables and apples on round platter. Serve with Snappy Cheese Dip. This kitchen-tested recipe makes 4 servings.

SNAPPY CHEESE DIP
1 package (8 ounces) cream cheese, at room temperature
1 cup (4 ounces) shredded Cheddar cheese
1/2 cup plus 2 tablespoons milk
1 clove garlic, crushed
1/4 teaspoon salt
Mix cream cheese and Cheddar cheese. Gradually beat in milk. Stir in garlic and salt. Serve at room temperature with antipasto platter. This kitchen-tested recipe makes 1 and one-third cups.

BLUE CHEESE APPLE SNACKS
1 package (4 ounces) blue cheese, softened
1/2 cup soft butter or margarine
1 cup finely chopped Cape Granny Smith apples
2 tablespoons snipped chives
2 tablespoons chopped parsley
2 1/2 Cape Granny Smith apples
Blend together blue cheese and butter. Stir in chopped apples, chives and parsley. Core remaining apples. Cut in thick wedges, then cut in half crosswise. Spread cheese mixture on top of each apple chunk. This kitchen-tested recipe makes 8 servings.

CAPE'S CRUNCHY PEANUT BUTTER SPREAD
2 Cape Granny Smith apples
1 jar (12 ounces) chunky peanut butter
1/2 cup milk
1/4 teaspoon cinnamon
Core apples. Dice to equal about 1 cup and slice the rest. Set aside. Blend peanut butter and milk. Add diced apples and cinnamon. Serve on apple slices. This kitchen-tested recipe makes 1 1/2 cups spread.

TUNA-PICKLE OPEN FACE SANDWICH
1 can (6 1/2-ounces) tuna, drained
4 slices white sandwich bread
one-third cup sweet pickle relish
Bottled creamy French dressing
Pickle relish for garnish
Flake tuna with fork. Divide among bread slices. Top with sweet pickle relish. Drizzle with French dressing. Garnish each sandwich with additional sweet pickle relish, as desired. This kitchen-tested recipe makes 4 servings.

BEACHSIDE HEROES
1 medium zucchini, sliced
8 medium mushrooms, sliced
1 medium green pepper, sliced
1 tomato, sliced
2 scallions, chopped
6 hero rolls
Bottled Italian dressing
1 cup sweet mixed pickles
Carry vegetables to picnic in plastic bag in cooler. To serve, open rolls. Layer mixed vegetables on bottom halves of rolls. Drizzle dressing over vegetables and top with sweet mixed pickles. This kitchen-tested recipe makes 6 servings.

CHEESE-Y DILL SANDWICH
4 slices process American cheese
4 slices Swiss cheese
4 slices rye bread
Bottled chunky blue cheese dressing
4 dill pickles
Slice 1 slice of each type of cheese on each slice of bread. Drizzle with dressing. Top with dill pickles, whole or sliced, as desired. This kitchen-tested recipe makes 4 servings.

BONNY BERRY LEMONADE
1 can (6 ounces) frozen concentrated lemonade, thawed and undiluted
1 cup cranberry juice cocktail, chilled
2 cups cold tea
1 teaspoon grated orange rind
Dash ground cloves
Sugar to taste
In pitcher, combine lemonade, cranberry juice and tea. Stir until blended well. Stir in orange rind and cloves. Add sugar to taste and stir until dissolved. This kitchen-tested recipe makes 6 servings.

BERRY SLIMMER
4 cups (1 quart) low-calorie cranberry juice cocktail
3 cups club soda, chilled
1 cup orange juice
Ice cubes
Orange slices, halved
Chill club soda and juices. Combine just before serving. Serve with ice cubes in tall glasses. Garnish with halved orange slices. This kitchen-tested recipe makes 8 servings (32 calories each).

GRAPEFRUIT DRINK
2 cups grapefruit juice, chilled
2 cups pineapple juice, chilled
2 cups ginger ale, chilled
Ice cubes
Pineapple spear
In pitcher, mix grapefruit juice and pineapple juice. Slowly stir in ginger ale. Add ice cubes. Pour into glasses and served garnished with a pineapple spear. This kitchen-tested recipe makes 6 servings.

B.B.Q. SAUCE

SLICED QUARTER PORK LOIN
3 LBS & OVER
SAVE 30% A LB **\$1.28**

BEEF SIRLOIN STEAK
5 LB AVG. FRESH FLA. OR GA. PREMIUM GRADE
SAVE 20% A LB **\$2.88**

LOTS OF CHICKEN
3 BREAST & LEG QUARTERS WITH BACKS, 3 NECKS & 3 GIBLET PCKGS.
5 LB AVG. FRESH FLA. OR GA. PREMIUM GRADE
SAVE 20% A LB **58¢**

GREAT GROUND BEEF PATTIE MIX
5 LBS & OVER
SAVE 30% A LB **98¢**

U.S.D.A. GRADE A ROCK CORNISH HENS
24oz AVG. **88¢**

ON-COR ENTREES
2 LB PKG. **\$1.48**

CHICKEN FRANKS 88¢
LYKES SMOKED SAUSAGE 1.78
CHIPPED MEATS 48¢
COOKED HAM 1.48
HYGRADE ROLL SAUSAGE 78¢
HYGRADE HOT DOGS 88¢

CALIFORNIA RED CARDINAL GRAPES
79¢ LB

CALIFORNIA CANTALOUPE
JUMBO 37's **69¢**

FRESH SWEET YELLOW CORN
8 EARS FOR **\$1.00**

FLORIDA MANGOS EACH **59¢**
FLORIDA LIMES 12 FOR **59¢**
SNOW-WHITE MUSHROOMS 1.59
SLAW OR SALAD PKG. **49¢**
YELLOW ONIONS LB **19¢**
CRISP RADISHES 14¢
CALIFORNIA BROCCOLI 79¢
PLANTERS PEANUTS 1.49

Pantry Pride
YOU CAN'T BUY BETTER SO WHY PAY MORE?

36% OFF
PANTRY PRIDE ICE CREAM
HALF GALLON **79¢**

LAMBRETT PIZZA 89¢
Mrs. Smiths Pies 89¢
Whipped Topping 49¢
Glazed Donuts 69¢

RED, WHITE & BLUE BEER 1.49

BREYERS ICE CREAM
HALF GALLON **1.49**

DERMASSAGE DISH LIQUID

PAMPERS DIAPERS 20 OFF
MAXWELL HOUSE COFFEE 20 OFF

Legal Notice

AGENDA SEMINOLE COUNTY BOARD OF ADJUSTMENT NOTICE OF PUBLIC HEARING AUGUST 11, 1986 TO WHOM IT MAY CONCERN NOTICE is hereby given that the Seminole County Board of Adjustment will hold a public hearing on the following items:

Legal Notice

NOTICE OF RESOLUTION CLOSING, VACATING AND ABANDONING RIGHTS-OF-WAY OR DRAINAGE EASEMENT TO WHOM IT MAY CONCERN NOTICE is hereby given that the Board of County Commissioners of Seminole County, Florida, at its Regular Meeting held on the 22nd day of July, A.D. 1986, in the County Courthouse at Sanford, Florida, at 7:00 o'clock P.M., did receive and consider a resolution...

Legal Notice

NOTICE OF PROCEEDINGS FOR THE CLOSING OF RIGHTS-OF-WAY OR DRAINAGE EASEMENT TO WHOM IT MAY CONCERN YOU WILL PLEASE TAKE NOTICE that the Board of County Commissioners of Seminole County, Florida, at 7:00 o'clock P.M., on Thursday, August 6, 1986, in the County Courthouse at Sanford, Florida, will hold a public hearing to consider and determine whether or not the County will vacate, abandon, discontinue, close, or otherwise terminate the rights of the County and the public in or to the following rights-of-way or drainage easement...

Legal Notice

NOTICE OF PUBLIC HEARING The Seminole County Local Planning Agency will conduct a public hearing on the proposed Amendment to the Seminole County Land Development Code, Chapter 22, Section 22.01, regarding the use of land in the Seminole County, Florida, as shown on the map attached hereto...

Legal Notice

NOTICE OF RESOLUTION CLOSING, VACATING AND ABANDONING RIGHTS-OF-WAY OR DRAINAGE EASEMENT TO WHOM IT MAY CONCERN YOU WILL PLEASE TAKE NOTICE that the Board of County Commissioners of Seminole County, Florida, at its Regular Meeting held on the 22nd day of July, A.D. 1986, in the County Courthouse at Sanford, Florida, at 7:00 o'clock P.M., did receive and consider a resolution...

Legal Notice

NOTICE OF RESOLUTION CLOSING, VACATING AND ABANDONING RIGHTS-OF-WAY OR DRAINAGE EASEMENT TO WHOM IT MAY CONCERN YOU WILL PLEASE TAKE NOTICE that the Board of County Commissioners of Seminole County, Florida, at its Regular Meeting held on the 22nd day of July, A.D. 1986, in the County Courthouse at Sanford, Florida, at 7:00 o'clock P.M., did receive and consider a resolution...

Legal Notice

NOTICE OF RESOLUTION CLOSING, VACATING AND ABANDONING RIGHTS-OF-WAY OR DRAINAGE EASEMENT TO WHOM IT MAY CONCERN YOU WILL PLEASE TAKE NOTICE that the Board of County Commissioners of Seminole County, Florida, at its Regular Meeting held on the 22nd day of July, A.D. 1986, in the County Courthouse at Sanford, Florida, at 7:00 o'clock P.M., did receive and consider a resolution...

Legal Notice

NOTICE OF RESOLUTION CLOSING, VACATING AND ABANDONING RIGHTS-OF-WAY OR DRAINAGE EASEMENT TO WHOM IT MAY CONCERN YOU WILL PLEASE TAKE NOTICE that the Board of County Commissioners of Seminole County, Florida, at its Regular Meeting held on the 22nd day of July, A.D. 1986, in the County Courthouse at Sanford, Florida, at 7:00 o'clock P.M., did receive and consider a resolution...

Legal Notice

NOTICE OF RESOLUTION CLOSING, VACATING AND ABANDONING RIGHTS-OF-WAY OR DRAINAGE EASEMENT TO WHOM IT MAY CONCERN YOU WILL PLEASE TAKE NOTICE that the Board of County Commissioners of Seminole County, Florida, at its Regular Meeting held on the 22nd day of July, A.D. 1986, in the County Courthouse at Sanford, Florida, at 7:00 o'clock P.M., did receive and consider a resolution...

Legal Notice

NOTICE OF RESOLUTION CLOSING, VACATING AND ABANDONING RIGHTS-OF-WAY OR DRAINAGE EASEMENT TO WHOM IT MAY CONCERN YOU WILL PLEASE TAKE NOTICE that the Board of County Commissioners of Seminole County, Florida, at its Regular Meeting held on the 22nd day of July, A.D. 1986, in the County Courthouse at Sanford, Florida, at 7:00 o'clock P.M., did receive and consider a resolution...

Legal Notice

NOTICE OF RESOLUTION CLOSING, VACATING AND ABANDONING RIGHTS-OF-WAY OR DRAINAGE EASEMENT TO WHOM IT MAY CONCERN YOU WILL PLEASE TAKE NOTICE that the Board of County Commissioners of Seminole County, Florida, at its Regular Meeting held on the 22nd day of July, A.D. 1986, in the County Courthouse at Sanford, Florida, at 7:00 o'clock P.M., did receive and consider a resolution...

Legal Notice

NOTICE OF RESOLUTION CLOSING, VACATING AND ABANDONING RIGHTS-OF-WAY OR DRAINAGE EASEMENT TO WHOM IT MAY CONCERN YOU WILL PLEASE TAKE NOTICE that the Board of County Commissioners of Seminole County, Florida, at its Regular Meeting held on the 22nd day of July, A.D. 1986, in the County Courthouse at Sanford, Florida, at 7:00 o'clock P.M., did receive and consider a resolution...

Legal Notice

NOTICE OF RESOLUTION CLOSING, VACATING AND ABANDONING RIGHTS-OF-WAY OR DRAINAGE EASEMENT TO WHOM IT MAY CONCERN YOU WILL PLEASE TAKE NOTICE that the Board of County Commissioners of Seminole County, Florida, at its Regular Meeting held on the 22nd day of July, A.D. 1986, in the County Courthouse at Sanford, Florida, at 7:00 o'clock P.M., did receive and consider a resolution...

Legal Notice

NOTICE OF RESOLUTION CLOSING, VACATING AND ABANDONING RIGHTS-OF-WAY OR DRAINAGE EASEMENT TO WHOM IT MAY CONCERN YOU WILL PLEASE TAKE NOTICE that the Board of County Commissioners of Seminole County, Florida, at its Regular Meeting held on the 22nd day of July, A.D. 1986, in the County Courthouse at Sanford, Florida, at 7:00 o'clock P.M., did receive and consider a resolution...

CLASSIFIED ADS

Seminole Orlando - Winter Park 322-2611 831-9993 CLASSIFIED DEPT. HOURS 8:00 A.M. - 5:30 P.M. MONDAY THRU FRIDAY SATURDAY 9 A.M. - 4 P.M. HEADLINES Noon The Day Before Publication Sunday - Noon Friday

21-Situations Wanted

Baby sitting experienced. Call Jan. Lay. Longwood 322-4779

32-Homes Unfurnished

2-Brm. Close to shopping. church, \$250 mo. 1st and 2nd floors. 322-6779 322-3773

41-Houses

3-BEDROOM, 1 1/2 BATH, LARGE SCREENED PORCH, FURNISHED. \$120,000. 322-4779

41-Houses

LONGWOOD - Wood frame, 3 bdrm, 2 1/2 bath, living rm, kitchen, \$150,000. 322-4779

49-Water Front Property

BOAT DOCK IN BACK YARD. On canal leading to Lake. 322-4779

54-Garage Sales

CARPOR SALE - 142 Country Club Circle. 322-4779

60-A-Business Equip

For sale used office desk, filing cab, chairs, many items to choose from. 322-4779

68-Wanted to Buy

WE BUY FURNITURE & APPLIANCES. 322-4779

79-Trucks Trailers

USED TRUCKS, 5000 up. 322-4779

29-Rooms

CLEAN ROOM FOR RENT - Priv. entrance, cable TV, phone, etc. 322-4779

38-Wanted to Rent

WANTED TO RENT - 2 bdrm. home or trailer in Oviedo. 322-4779

41-Houses

322-4779 - 3 lots on the corner of Sanford Ave. & 3rd St. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

30-Apartments Unfurnished

2 BDRM, 2 bath, all kitchen, partial furnished. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

29-Rooms

29-Rooms - 2 bdrm, 2 bath, kitchen, etc. 322-4779

St. Johns Realty Company

The Time Tested Firm... 322-4779

SEIGLER REALTY

1515 French Ave. 322-4779

ERA

322-4779 - Real Estate Services

FRICKE & FRICKE ASSOCIATES, INC.

5th St., Lk. Mary Blvd. 322-5253

Harold Hall Realty

IN REALTORS, MLS 322-5774

ROBBIE'S REALTY

24 HOUR 322-9283

Steelman

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

321-0041

321-0041 - Real Estate Services

