

Evening Herald

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Cheshire Threatens To Sue County

State Attorney Says He Will Not Move



Douglas Cheshire

By Michael Beha
Herald Staff Writer

A plan to provide sufficient space for county offices through the year 2000 ran into another roadblock Tuesday when State Attorney Douglas Cheshire said the County Services Building at the corner of First Street and Park Avenue in Sanford is inadequate for his staff.

Cheshire said the building was offered to him several years ago but he rejected it then because of its proximity to the courthouse. The building is a block away from the courthouse.

"The floor plan is adequate, the space is adequate, the number of floors is adequate and the security could be adequate but the proximity to the courthouse rules out a move there, ever," Cheshire said. "You've given me a logistical problem that I cannot overcome."

He said the state attorney's staff "has too many crises" to be located a block away from the courthouse.

According to state statute, the county must provide office space for the state attorney's staff and the public defender's staffs. The county has the power to assign space but the space must be efficient and in close proximity to the courthouse.

"I do not believe the building will satisfy the largest law firm in Seminole County," he said.

In answer to a direct question from County Commissioner Robert Sturm, Cheshire said he will sue the county if his office is assigned to the County Services Building.

"I've already retained legal counsel. I've got the track record to justify spending that kind of money," he said.

Cheshire told county commissioners that the courthouse has sufficient space for the state attorney's office. Commissioners have already decided to turn over the courthouse for use by the courts and court-related offices.

"With the floor space in here

there ought to be room for the State Attorney's office. Without our office there's no need for the courts," Cheshire said.

He downplayed the projected growth of the judiciary system in the county. County and circuit judges have predicted that the county will have at least 10 judges by the year 2000.

It will be his office which will experience the most growth, Cheshire said.

"We'll be lucky to get two or three more judgeships," he said. "You're going to see 20 to 30 more prosecutors."

Cheshire serves Seminole and Brevard counties and maintains offices in both Sanford and Titusville. Currently, 53 people work out of the Sanford office and 60 people are expected to work there by the beginning of the next fiscal year.

Cheshire said he would be content to keep the Seminole County office

located in the Courthouse Annex, east of the courthouse, where it is now located. He suggested that the second floor of the annex, currently unused, be converted into offices. The building's second floor has 7-foot ceilings and some portions would be unusable after renovations.

The state attorney's office currently has some clerical staff in the County Services Building and four other workers are housed in the Masonic Building across Park Avenue from the County Services Building.

John Percy, county director of Public Services and Development, said renovations to the annex would be sufficient for the office through at least 1990. The office will need 12,925 square feet of space through 1990. By the year 2000, the space need will increase to 16,685 square feet. The annex has a total of 14,033 square feet.

Cheshire's rejection of the county's plan is the second one in two days. On Monday commissioners decided to reverse their decision to move their offices into the old Seminole Memorial Hospital and instead build a new office building at the county's Five Points complex.

That action will probably delay the commissioners' move from the courthouse to turn it over to the courts. It also poses new questions as to where other offices which were to be relocated into the hospital will move.

Commissioners on Tuesday said they would consider Cheshire's request to remain in the Courthouse Annex. But if that office remains, a new home will need to be found for the Public Defender's office, which is slated to move into the annex when the state attorney moves out.

A meeting is slated next week between commissioners and Public Defender J.R. Russo.

Indigent Hospital Care To Cost County More

Seminole County commissioners have voted to increase the amount they will pay for medical care of indigents at Central Florida Regional Hospital.

Commissioners voted Tuesday to pay up to \$342,000 for indigent care this year, up from \$300,000 approved in the fiscal 1982-83 budget. That increase, 14 percent, was determined by the Blue Cross Voluntary Rate Review Commission, an independent group that reviews hospital rates in Florida.

The county has had the \$300,000 ceiling on its subsidy to Central Florida Regional at Sanford since 1979-80 but that ceiling was never reached. This year medical costs for indigents could reach \$450,000, Dr. Jorge Deju, director of health and human services, said.

Central Florida Regional, operated by Hospital Corporation of America, is the only hospital in the county which works with the county to provide indigent care.

Board members also rejected an appeal by Varsity Courts, Inc., of Longwood of a bid award to the Nidy Co. of Orlando for construction of tennis courts at Sandalio Park near Altamonte Springs.

Commissioners awarded the bid to Nidy in December for \$65,074. In January, Varsity's attorney filed an appeal of the contract. Varsity submitted a \$47,000 bid but didn't submit test data required by the county.

Attorney Mark Lang said product information submitted by the firm should have met the county requirement. But Purchasing Director Joann Blackmon said product information is not the same thing as laboratory test results.

On Tuesday, commissioners rejected the appeal by a 2-1 vote. Commissioners Robert Sturm and Robert G. "Bud" Feather voted to uphold the bid award with Commissioner Barbara Christensen voting against it. Commissioners Sandra Glenn and Bill Kirchoff were absent Tuesday.

Commissioners also approved the sending of a letter to the state fire marshal disputing a list of fire code violations at the Seminole County jail.

County Administrator T. Duncan Rose said the fire marshal's report was vague and inaccurate. In the report the jail's sprinkler system was cited for having insufficient pressure.

But following the mid-February inspection, a Sanford Fire Department crew tested the sprinkler system and certified that it did meet state standards. The system was built to state standards when the jail was constructed in 1980.

He said four violations cited by the state inspector were design features which were approved when the facility was built.



Herald Photo by Tom Vincent

Lake Mary's new postmaster, Naomi Wallace, is sworn in by Robert J. Sheehan, left, sectional center manager/postmaster of Orlando, while her husband, Francis M. Wallace, holds the Bible.

New Postmaster Takes Over

Naomi W. Wallace is the new postmaster at Lake Mary, appointed by Sectional Center Manager/Postmaster Robert J. Sheehan of Orlando.

Wallace, 52, is a native of Chesterfield County, S.C., and

has served as postmaster for the past 11 years.

Postmaster selections are made on the basis of merit from a list of qualified candidates. Sheehan said.

Ms. Wallace is married and

has four children and nine grandchildren. Her hobby is sewing. She is the past state president of the National League of Postmasters and the present state legislative representative for that organization.

Sewer Plant Compromise Approved

Lake Monroe Utilities received tentative approval today to discharge up to 75,000 gallons of effluent per day into the Smith Canal.

The decision, a compromise plan suggested at a public meeting two weeks ago, was approved by state Department of Environmental Regulations officials in a meeting today at the Seminole County Courthouse.

But a request from Dr. J.W. Hickman, owner of the utility, for permission to discharge 200,000 gallons a day into the canal was rejected. Hickman asked Alex Senkevich, head of the DER district office, for permission to discharge 100,000 gallons per day, the amount originally sought when the company applied in 1981.

But Senkevich said the decision applies only to the request to discharge 75,000 gallons per day. The sewage plant currently has a discharge capacity of 50,000 gallons.

Hickman originally asked DER for permission to discharge 100,000 gallons per day into Smith Canal. But DER officials rejected that plan last year and told Hickman to apply for a smaller permit using the Elder Canal as a discharge site.

It was that application, for 75,000 gallons, that received opposition from Seminole County officials and residents living along the Elder Canal.

DNR officials said the Smith Canal already has pollutants from a small sewage treatment plant and other sources upstream. The LMU plant, if it adheres to state guidelines, should not seriously affect the water quality in Smith Canal, Lake Monroe or the St. Johns River, a DER report said.

The new plan calls for LMU to pipe the effluent along utility easements to the Smith Canal. From there, the effluent will flow to Lake Monroe. — Michael Beha

Freedom S-L Takeover Of ComBank Seen

By Donna Estes
Herald Staff Writer

Officials of Freedom Savings and Loan Association of Tampa expect to complete the acquisition of the ComBank commercial banking organization on March 31, Fred F. Church Jr., Freedom president, said today.

Final governmental approval for the acquisition was given by the Federal Deposit Insurance Corp. last week. The approval requires Freedom to infuse \$25 million in new capital into the banking operation by Dec. 31, 1983, Church said.

"Freedom anticipates that it will meet this criterion and, in fact, the enhancement of our capital position is fully consistent with our previously stated objectives for the further development of the combined institutions," Church said.

Included in the takeover will be ComBanks seven branches in Seminole County, but it will not affect the jobs of the local bank employees or the services provided bank customers locally, Freedom officials said.

Freedom's acquisition of ComBanks will mark the first time in Florida history that a savings and loan institution has acquired a banking organization and merged it into a savings and loan, said Charles Hedrick, vice president and public relations director for Freedom.

When acquired, ComBanks branches will go under the name of Freedom Savings and Loan Association, Hedrick said.

In early January, Freedom stockholders voted in favor of Freedom's purchasing the assets and liabilities of ComBank for \$37.5 million.

At that time Church said that the merger of ComBank into Freedom would put Freedom into one of Florida's most dynamic markets—Central Florida. "In addition," Church said, "this acquisition will enable Freedom to move more quickly in becoming a major competitive force in banking in Florida and will speed our return to profitability."

But 2 Different Versions

Legislature OKs Gas Tax Hike

Florida motorists are about to be hit with a higher state gas tax in addition to the nickel increase in the federal tax which goes into effect April 1.

The Legislature has resisted efforts by Florida governors to boost the gas tax for almost a decade.

But the House and Senate convened in special session Tuesday and voted to raise taxes on gas, jet fuel and heavy trucks and raise license tag fees to attack a \$7 billion road repair backlog.

And while the majority of the legislators voted in favor of the tax program, Seminole legislators with only two exceptions voted against. State Rep. Tom Drage, R-Orlando, voted for the program and state Sen. Toni Jennings, R-Orlando, paired her vote with absent Miami legislator Sen. Carrie Mreeks, D-Miami, and thus did not vote at all.

Members of the Seminole County legislative delegation who voted against the measure include: Sen. John Vogt,

D-Cocoa Beach, and Sen. Richard Langley, R-Clermont, and state Reps. Bobby Brantley of Longwood, Carl Selph of Casselberry and Art Grindle of Altamonte Springs, all Republicans.

Selph commented between committee meetings this morning that he voted against the legislation for two reasons. First, all of the money collected under the new tax during its first three months, some \$27.8 million is slated to go into the state's general fund rather than for

transportation. And, secondly, the state Department of Transportation is locked into proposed projects for only the first two years, while Seminole County's major projects, such as the Red Bug Road-State Road 436-Winter Park Drive intersection work has been scheduled for 1985-88.

The tax increases aren't final, because each chamber wound up with its own version of a \$250 million transportation funding package.

Woman Says She Was Kidnapped

Sanford Police are investigating a complaint by a Sanford woman that she was abducted and robbed at knife point from the Carriage Coach trailer park in Sanford at 8 a.m. today.

The woman, who declined to give her name, said that she was mailing a letter at the entrance to the trailer park when a man approached her and asked for directions to a road. He then forced her into her car and held a knife on her and ordered her to drive.

She drove the man to Silver Star Road in the Orlando area where he got out at a traffic light after taking about \$25 from her. She said that she had offered the man her car and her billfold if he would leave her alone but the man said he wanted her to drive and only needed about \$25.

Sanford police have confirmed that they received the complaint from the woman and the incident is being investigated by Sanford Police Officer Karen Reynolds.

TODAY

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New CCC Bill Passed

Environmental Jobs Bill Unveiled

NATION IN BRIEF

Transmission Goof Forces Recall Of 140,000 Fords

DEARBORN, Mich. (UPI) — Ford Motor Co. is recalling 140,000 1983 cars and trucks, most of them because of a transmission problem that could allow the vehicles to slip from park into neutral.

The automaker said no accidents have been reported due to the problem.

About 100,000 of the cars and trucks were built between Dec. 14 and Feb. 18 and are equipped with automatic overdrive transmissions. They should be returned to dealers for inspection and replacement of the parking pawl actuating rod.

Models include Ford Crown Victoria, Thunderbird and LTD, Mercury Marquis, Cougar and Grand Marquis, Lincoln Town Car, Mark VI and Continental, F-series light trucks and E-series vans and club wagons.

'Criminal Conduct' At EPA

WASHINGTON (UPI) — A congressman investigating the Environmental Protection Agency says he has sent President Reagan "specific information of criminal conduct" in the agency's toxic waste cleanup program.

Rep. John Dingell, D-Mich., asked the president to honor his pledge not to cover up wrongdoing at the agency in a letter Tuesday that outlined the information developed in hearings by the House energy and commerce oversight subcommittee.

Another congressman looking into EPA, Rep. James Scheuer, D-N.Y., released an alleged EPA "hit list" of people to be fired that singles out scientists and researchers who are "liberals or environmentalists." Scheuer said the list was obtained from an EPA employee who had provided reliable information previously.

WASHINGTON (UPI) — The House is being offered a partial alternative to the current jobs package — an "environmental works bill" intended to put 300,000 people to work rehabilitating parks, weatherproofing homes and repairing railroads.

Rep. Robert Edgar, D-Pa., introduced the measure Tuesday, estimating its cost at \$4 billion to \$5 billion.

Criticizing the public works program in the House package as "a slow way to create a few expensive jobs of dubious benefit," Edgar offered his bill as a way to create more jobs for fewer federal dollars, while aiding environmental and transportation needs.

Supporting his measure are three national environmental groups — the Sierra Club, Friends of the Earth and the Environmental Policy Center.

In a separate action, also distinct from

the main jobs package, the House Tuesday passed a bipartisan six-year \$1.86 billion jobs bill creating a youth conservation corps patterned after Franklin Roosevelt's CCC camps.

It would establish an American Conservation Corps for rehabilitation and improvement of natural and cultural resources on public or Indian lands.

Despite Reagan administration opposition, the neo-CCC bill attracted many Republican votes and was passed 301-87, well over the two-thirds it would take to override a veto. It was sent to the Senate, where sponsors predicted approval.

With youth employment at 24.5 percent and minority youth joblessness twice that high, the bill provides the enrolled youths must be unemployed and aged 16-25 for the year-round Young Adult Conservation Corps and 15-21 for the summer Youth Conservation Corps.

"The old Civilian Conservation Corps we had under the Roosevelt administration was a very, very successful program. It was good for the young men. They were taken off the streets ... (and) brought up in the country in the clean air. It was clean, wholesome and healthy for them. They were happy," Conte said," said Rep. Silvio Conte, R-Mass.

"More than that, they did something of lasting value. The same camps, the same picnic areas, the same trail sites, the same tent sites are there."

The Edgar bill would increase funding for a variety of labor-intensive environmental and transportation work programs, including rehabilitation of national parks and wildlife refuges, creation of urban parks, acceleration of low-income weatherproofing programs and repair of essential railroad tracks and facilities on 24 rail corridors.

"These are jobs that put large numbers of people of different skills levels to work in a hurry," Edgar said at a news conference.

The public works program in House package, by comparison, "will not make a dent in the high unemployment regions unless it includes bus fare to the South and West, where most of the Army Corps of Engineers' reclamation monies will be spent," he charged.

Martin Feldstein, President Reagan's top economic adviser, admitted earlier this week that the \$4.6 billion compromise House jobs bill will make only a small dent in unemployment.

Edgar said his bill would create 292,000 jobs. It also would allow states to transfer their federal water project grants to "light-rail mass transit" projects. This could add as much as 200,000 more jobs, he said.

STOCKS

These quotations provided by members of the National Association of Securities Dealers are representative inter-dealer prices as of approximately noon today. Inter-dealer markets change throughout the day. Prices do not include retail markup/markdown.

Barnett Bank	30	30 1/4
Flagship Bank	22 1/2	22 3/4
Florida Power	37 1/2	37 3/4
Fla. Progress	19 1/2	19 3/4
Hughes Supply	23 1/2	24
Merrill's	19	19 1/4
WRC Corp.	105	105 1/4
Wesley	86	no trades
Scott's	18 1/2	18 3/4
Southeast Bank	19 1/2	20

Atlantic Bank 34 3/4

WEATHER

NATIONAL REPORT: Heavy rains, tornadoes and even an earthquake pounded California, flooding waterways, wrecking homes and businesses and leaving thousands of people without power. Torrential rains today canceled even the best-laid plans of a queen. High winds whipped rain along the mid-Atlantic coast and record high temperatures warmed the Midwest. At least nine people have died since the latest wave of bad weather raged into California Sunday, cutting power to at least 200,000 people statewide and setting loose mudslides as far north as Oregon. Up to 7 feet of snow fell in the Sierra Nevada mountains. Three tornadoes ripped through the Los Angeles metropolitan area Tuesday. The worst of them cut a 3-mile swath through south Los Angeles, damaging about 100 homes and businesses, overturning cars, toppling palm trees and power poles.

AREA READINGS (9 a.m.): temperature: 60; overnight low: 55; Tuesday high: 67; barometric pressure: 30.07; relative humidity: 74 percent; winds: northwest at 8 mph; rain: .06; sunrise 6:50 a.m., sunset 6:26 p.m.

THURSDAY TIDES: DAYTONA BEACH: highs, 11:13 a.m., — p.m.; lows, 4:58 a.m., 5:09 p.m.; **PORT CANAVERAL:** highs, 11:05 a.m., — p.m.; lows, 4:47 a.m., 5:00 p.m.; **BAYPORT:** highs, 3:56 a.m., 3:45 p.m.; lows, 9:57 a.m., 10:36 p.m.

BOATING FORECAST: St. Augustine to Jupiter Inlet out 50 miles — A small craft advisory is still in effect. Winds west to northwest 20 knots decreasing to 15 knots by late morning and 10 to 15 knots tonight. Wind becoming variable less than 10 knots Thursday. Seas 5 to 7 feet offshore and 2 to 4 feet near shore subsiding to 4 to 6 feet offshore by late morning. Seas 2 to 4 feet tonight. Fair.

AREA FORECAST: Generally fair today with highs mostly in the mid 70s. Wind northwest 10 mph. Tonight and Thursday fair with lows low to mid 50s and highs mid to upper 70s. Variable light wind tonight.

EXTENDED FORECAST: Generally fair Friday then increasing cloudiness north Friday night with scattered showers and thunderstorms developing by Saturday. Increasing cloudiness south Saturday. Mostly cloudy with scattered showers and thunderstorms Sunday. Warm throughout period with lows mid to upper 50s north Friday warming to 60s Saturday and Sunday. Lows south 60s Friday warming to low 70s Saturday and Sunday. Highs in the 70s Friday warming to the low 80s Saturday and Sunday.

HOSPITAL NOTES

Central Florida Regional Hospital	BIRTHS
ADMISSIONS	Sue F. and Tammy Ryals, a baby boy, Sanford
Sanford: Steven A. Barnes	Yvoni and Ivone Carol, a baby girl, Altamonte Springs
Gladys Davis	James and Melissa J. Smith, a baby girl, Longwood
Eddie L. Robinson	
Linda L. Subot	DISCHARGES
Linda M. Heider, DeBary	Sanford: Delores R. Cashner
Franca M. York, DeBary	Drucilla O. Clark
James F. Brubach, DeFonia	Willard Seelens
Gertrude L. Mansur, DeFonia	Frank P. Manz, DeBary
Tomazila P. Montano, DeFonia	Ida S. Gellerman, DeFonia
Patricia A. Peterson, DeFonia	Harman C. Estey, Longwood
William A. Washka, DeFonia	Sherry L. Leigh and baby girl, Orlando
George R. Hoffman, New Smyrna Beach	
Winnie D. Carroll, Orange City	

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A Fair Deal—\$3.65 A Pound For Top Steer

By Jane Casselberry
 Herald Staff Writer

For 14-year-old Christy MacLeod, the long months of work and tender loving care paid off Monday night when her 1,160-pound award-winning steer, "Copenhagen", was sold to Winn-Dixie for \$3.65 a pound on the hoof.

The steer, having won in its weight class, was named Grand Champion of the Central Florida Fair Youth Steer Show Saturday night. He won over five other steers including two from Seminole County which were entered by Christy's sister, Heather, a veteran of the show ring at 17, and Mike Lee, 13, of

Sanford. They had won in their respective weight classes before advancing to the final judging.

Christy and Heather are members of the Longwood-Lyman High School Chapter of the Future Farmers of America. Christy's steer, an Angus-Simmental cross, will be on exhibit at the fair for the rest of the week. Heather's steer is an Angus cross and Mike's steer is a Hereford-Angus cross.

This was a good year all around for Seminole County youth at the fair. They placed in every division of the steer show. Christy placed second in senior showmanship, while Wealey Nunery, 15, of Chulota, a member of the Castaways 4-H Club, placed third in

junior showmanship. Wealey, a first-time exhibitor, showed his Hereford-Limousin cross.

The Mixed Breeds Club of Oviedo, won third in herdsmanship. Club member Robert Vaughn, 12, won a trophy for second place in weight gain.

Laurie Vaughn, 17, also of the Mixed Breeds Club, won second place for her record book and Robert won third place for his record book. The purpose of the record books is to make the 4-H'er aware of every penny that is spent from the time the calf is bought to the sale of the steer.

A junior at Oviedo High School, Laurie recently exhibited another steer at the Florida State Fair in Tampa where she

was awarded a \$500 college scholarship. This was the first year Laurie has shown a steer at Central Florida Fair. She entered an Angus-Black Limousin cross.

This was the second year for Robert, who entered a Trantaise-Angus Limousin cross.

Seminole County 4-H'ers also excelled in baking. Sharon Haight, 11, of Lake Orienta Clovers of Altamonte Springs, was overall youth winner at the fair in the bread division and Francine Huggins, 11, also of the Lake Orienta Clovers, took overall honors for the foods division. Both girls won the honor for having the most blue (first place) ribbons in their divisions.

Deputies Will Continue To Search For Goats

Seminole Circuit Judge C. Vernon Mize Jr. was expected to issue an order by the end of the week empowering deputy sheriffs to periodically check the property of Ingeborg "Goat Lady" Morris for goats which have been banned as livestock in a residential area.

No goats were found by deputies at Mrs. Morris' home Monday when they made an inspection on Mize's orders.

The inspection was ordered last week in the latest episode in a long-running battle to prevent Mrs. Morris from keeping goats at her Lake Branley home.

Neighbors had complained that goats were being kept by Mrs. Morris, contrary to a court order banning them from her home, and Mize ordered Mrs. Morris to remove them by 1 p.m. Monday.

A couple of hours before the deadline, two deputy sheriffs inspected her home and reported that there were no goats on the property.

Mize was satisfied and ruled that she had complied with his order, according to Assistant County Attorney Bob McMillan who had suggested the inspection at last week's hearing.

McMillan said deputies will be allowed to search Mrs. Morris' property only if a complaint is made. "If she brings those goats back, they will be subject to seizure," McMillan said.

HOUSE RANSACKED
 Rings and other jewelry worth \$640 was stolen when burglars ransacked Henry Kirkland Jr.'s house at North Finchley in Maitland between 8:30 p.m. and 9:05 p.m. on Sunday. The thieves removed a screen to get into the house.

BARMAID'S NECKLACE RIPPED OFF
 Barmaid Josephine Willems of Orlando was taking a break at Charlie's Bar, 2200 Howell Branch Road at about 6 p.m. on Sunday when a man walked past her and said: "I don't like women like you." She ignored the man who she did not know and had not seen before and when he returned from the restroom he tore off a \$150 necklace she was wearing, leaving a mark on her neck. The man ran out but was stopped. When he was arrested he refused to give his name and was booked into the Seminole County Jail on \$8,000 bond on charges of strong-arm robbery and grand theft. Police reports say that he is believed to be Ronald Gary Merritt of 28th St. Orlando and has yet to be positively identified.

HAIRDRESSER'S WRECKED
 A Longwood hair salon was wrecked by vandals who smashed the front door with a supermarket cart and then went on an orgy of destruction. The raid was on Haircutters Unlimited, Suite 105, 900 Fox Valley Drive, Longwood, which was badly damaged after closing on Saturday at 5:30 p.m. After rammng the front door with the shopping cart the vandals slashed all the chairs and

threw stock all over the salon, breaking hairdryers. A report on the incident says "the business was totally wrecked and damage was well into the thousands of dollars." The victim is listed as Russell John Raylota of DeLand. Articles stolen from the salon were later used in two incidents in which windows in two premises were smashed. A brass lion taken from the hairdressers was hurled through the window of the Southeast Bank between 5:30 p.m. and 11 p.m. on Sunday causing \$180 damage. The other incident occurred at 675 Huntclub Boulevard, Longwood when a brass poodle, also stolen from the hairdressers, was thrown through a window causing \$300 damage.

CAR DAMAGED
 A 1977 Dodge belonging to Thomas Garlow, manager of the Quick Serve store, Bear Lake Road, Forest City was pushed from the parking lot into some nearby woods and the windows smashed and bodywork dented causing \$700 damage. The car was pushed away from the parking lot between 5 p.m. on Saturday and 8:28 a.m. on Sunday.

GOLF CLUBS STOLEN
 A golf bag and clubs worth \$750 were stolen from the back yard of Joseph Cusack's house at 102 Fairway Ten Drive, Casselberry between 5 p.m. on Saturday and 2 p.m. on Sunday.

MAN KNOCKED OUT
 When James Seifried, 23, answered the door of his home at 81 Shenadoah Village, Sanford, at 1 a.m. Friday, someone hit him in the face and knocked him out.

When he regained consciousness, he found that every light in the house had been switched on. Sanford police said that a young child asleep in the house at the time was unharmed.

HIDDEN CASH STOLEN
 Sometime Thursday, thieves stole an amplifier in which \$200 cash had been hidden by Richard Fenn. A guitar worth \$350 was also stolen when Fenn's home at 246 Wagon Wheel Court, Carriage Cove, Sanford, was broken into between 8 a.m. and 1:30 p.m.

TRUCK STRIPPED IN GROVE
 A Ford pickup truck stolen on February 15 was found abandoned in an orange grove with its engine, transmission, radio and seats gone. The truck, belonging to John Norris of Oviedo, was found by an off-duty police officer in the grove near S. Lockran Road, Geneva,

Action Reports

- ★ Fires
- ★ Courts
- ★ Police

MOTHER ESCAPES FROM INTRUDER
 A mother of four roused by an early-morning noise at her Altamonte Springs home, gathered her children and ran from the house after an intruder told her to open the door.

The incident occurred in the early hours of Tuesday when Belinda Haynes was awakened by a noise and heard a voice say, "Open the door."

She told sheriff's deputies that she jumped out of bed and with her four children ran toward the door only to find a man standing behind it. She escaped with her children through another door to a neighbor's house, police said.

HUBCAPS STOLEN
 Three wire spoked hubcaps worth \$300 were pried off a Dodge vehicle belonging to Edward Bullock of Cowan Maughton Terrace, Sanford, while he was watching a talent show at Seminole High School between 7 and 9 p.m. Monday.

BATTERIES TAKEN FROM TRUCKS
 Two batteries worth \$150 were stolen from two vehicles owned by Bobby Wells of Country Club Road, Sanford, between 5:30 p.m. Saturday and 9 a.m. Monday.

WALLET TAKEN AT BAR
 John David Marion of Dixie Way, Sanford, was sitting in the Deluxe Bar on Southwest Road, Sanford, at about 10:30 p.m. Monday when a man ran into the bar and stole his wallet, according to a police report. The wallet contained only Marion's drivers license and personal papers.

DUI ARRESTS
 The following people were arrested in Seminole County and charged with driving under the influence (DUI):

- Jay/Dee Friend, 22, of 1104 Lisa Lane, Apopka, was arrested at 9:24 p.m. Monday after his vehicle had been stopped on State Road 434 at the entrance to the Woodlands subdivision in Longwood for having improper headlamps.
- Jesse Junior Singletary, 35, of Hester Avenue, Sanford, was arrested at 1:15 p.m. Monday after he drove over the curb at the Sunland 7-11 store, Sanford.
- James Edward Ruddle, 55, of Box 214, Sanford, was arrested at 5:15 p.m. Monday after he drove into the rear of another car making a right hand turn on State Road 46.

FIRE CALLS
 The Sanford Fire Department responded to the following emergency calls:

Saturday

- 1:08 a.m., 2605 Park Drive, rescue.
- 8:32 a.m., 201 W. 1st Street, smoke scare.
- 11:31 a.m., Sanford Airport, rescue.
- 4:58 p.m., 1515 Douglas Circle., grass fire.
- 9:55 p.m., 409 W. 1st St., Apartment 1, rescue.

Flea Markets Last Stand Of Free Enterprise

By D. J. Rosenbaum
LAMBERTVILLE, N.J. (UPI) — Selling at flea markets is a good way to pick up extra money on the weekend, says Jersey Devil editor Fritz Davis, and patronizing them is a good way to hang on to it.

"I consider the flea market the last stand of free enterprise," said the bearded Davis. He puts out his monthly newspaper from an office behind a clock and antique shop in New Hope, Pa., just across the Delaware River from Lambertville, a regional center for flea and antique markets.

About 30,000 copies of the paper are distributed in 16 states along the Eastern Seaboard, Davis said in an interview.

It is named for a mischievous and probably mythical creature that folklorists say stalks the New Jersey Pinelands.

"Each market is a little community," Davis said. "Some people have been in the same place for 25 years."

Davis has become so expert about flea markets, auctions and farmers markets that he has compiled a book of anecdotes and pointers, "The Jersey Devil's Official Flea

Marketeer's Manual" (Arco, \$12.95 hardcover, \$6.95 paperback).

While his paper and his book contain tips for consumers, their main focus is people who want to sell merchandise or set up a market.

The popular conception of marketeers may be that of fly-by-night outdoor merchants selling used or defective merchandise at cut rates, Davis said that image is behind the times.

"Seventy-five percent of all the merchants are retired (from other jobs)," he said. "It's also a way to keep active. A lot of the other

merchants are there because they work in offices all week and this is a change.

"People can use flea markets to supplement income. They're an ideal family operation. Some people who have had stores and then switched over to markets say they make just as much money in two or three days as they made all week before."

Davis said more and more new merchandise is being sold at flea markets, and some people are starting to sell services.

Davis said a New Brunswick mall

has a booth staffed by a retired lawyer who consults with people, and steers potential clients to the main office. Other mall fleamarket booths are run by real estate brokers, optometrists and chiropractors.

Flea markets no longer are limited to otherwise empty parking lots. Some rent space for weekend operation in otherwise empty shopping malls.

"What I think is happening is that (the malls are) shifting from a retailing to a real estate operation. They provide essential services, and

the merchant is responsible for everything else," Davis said.

The book tells how to find outlets to buy from cheaply — sheriff's auctions, bankruptcy sales, closeouts.

Davis tells of a man whose first venture ended quickly when he tried to sell wickerware at a market that already had six or seven established wicker vendors — all charging less for their wares than his purchase price.

"You have to sell at two-thirds of what (customers) see in a store — no more," he says.



Herald Photo by Tom Vincent

Dental Care

Leroy Marimen, 11, a student at Lawton Elementary School, opens wide as Dr. Hugh Gregory, dentist in the Florida Baptist Convention Mobile Dental Clinic, examines his teeth, assisted

by Linda Spence, dental assistant, during a visit by the clinic to the First Baptist Church of Oviedo this week. Children referred by the school social worker were given free dental care.

Seasons Gets Liquor License

By Donna Estes
Herald Staff Writer

The Seasons restaurant which has replaced the old Sambo's on French Avenue received the Sanford City Commission's approval for a beer and wine license Monday night, but the nod was given somewhat reluctantly by Commissioners David Farr, Eddie Keith and Milton Smith.

Floyd Goldberg of the restaurant sought permission for a conditional use to allow the license. The city's planning and zoning commission recommended that the request be approved.

Commissioner Ned Yancey made a motion to grant the request. After a long silence when no second was made, Mayor Lee P. Moore said the motion died for lack of a second.

Moore gave his colleagues a stern talking to, noting that the commission must act in a consistent fashion and cannot grant licenses to some and deny others in identical circumstances.

Farr said he is bothered by the proliferation of beer and wine establishments in the city. Smith said that the old Sambo's was a family restaurant and by serving beer and wine, the Seasons would not be the same. Moore said this was a business judgment made by the Seasons.

"We have got to be reasonably consistent," Moore said. Yancey again made his motion and Keith seconded. It was passed unanimously.

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By Seminole Mental Health Center

Interim Director Is Hired

The Board of Directors of the Seminole County Mental Health Center, Inc., has hired A. Brooks Cagle as interim director of the center.

Cagle, who maintains a mental health-related consulting firm in Georgia, will be available Monday.

Cagle has extensive experience and training in all areas of administration, management, program planning and evaluation and community service. He holds a bachelor of arts degree in journalism with a minor in business administration from the University of Georgia.

He also was awarded a master's degree in social work from the University of Georgia. From 1978 until engaging full time in consulting work, he had been the

superintendent of the West Central Georgia Regional Hospital in Columbus, Ga. The hospital provides services to persons with problems associated with mental illness, alcohol and drug abuse, and mental retardation.

Cagle has held many other management positions with mental health centers and has been a consultant to numerous mental health agencies from Florida to Michigan at the local, state and national workshops.

The search for a permanent executive director for the center continues. Cagle offered to help the board set goals, requirements and qualifications for the permanent director. Cagle indicated that he would help facilitate a smooth transition when the permanent executive director has been selected.

DUI Charges Listed

The following were arrested in Seminole County and charged with driving under the influence (DUI) of alcohol or drugs:

—Jere M. Pearson, 19, of Red Bug Road, Apt #14, Casselberry was arrested and charged with driving under the influence of alcohol, careless driving and having an unlawful blood alcohol level after being involved in an accident in Seminole Boulevard on Saturday at 1 p.m.

—Nathan Dalley, 124 Castle Brown Court, Sanford was charged with driving under the influence of alcohol, having an unlawful blood alcohol level and having no drivers license after being involved in an accident at 13th St. and Mangoustine Ave., Sanford, at 8:55 p.m. on Friday.

—Brian Douglas Hatcher, 18, of 7607 Village Green Drive, Orlando, was arrested and charged with driving under the influence of alcohol and careless driving after driving at a high speed along Lake Triplet Drive, Casselberry, and then bumping into the back of a car driven by an off-duty police officer. He was arrested at 6 p.m. on Sunday. He was also charged with having no drivers license.

—Richard Vernon Byrd, 21, of 260 1st St., Lake Mary, was seen driving along County Road 15 with only one headlight and when he was stopped his breath smelled of alcohol. He was arrested at 3:27 a.m. on Sunday and charged with driving under the influence of alcohol, having an unlawful blood alcohol level, having only one headlight, having an improper tag and failing to maintain a single lane.

—David Maridous Arrunda, 28, of 636 Green Briar, Altamonte Springs, took the good advice of the police who found him passed out behind the wheel of his car which had the engine running at 2:54 a.m. on Monday outside Waga restaurant on State Road 436 and Montgomery Road. They shook him to wake him up and then Arrunda, who asked if he was in Orlando, was told that he had better phone someone to take him home. Arrunda agreed and went into the restaurant and made a phone call. The two police officers also went into the restaurant for a cup of coffee and they saw Arrunda finish his call and go to the door of the restaurant. He waited there for a couple of minutes and then walked outside, got into his car and drove the wrong way along State Road 436. Arrunda was stopped and arrested for driving under the influence of alcohol, having an unlawful blood alcohol level of .21 and driving on the wrong side of the road.

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In Defense Of World Loan Fund

The world's lender of last resort, the International Monetary Fund, is asking member nations for an increase of nearly 50 percent in contributions. In the midst of the worst recession since World War II, the U.S. government will have to come up with an additional \$5.8 billion. The IMF lending pool will increase from \$66 billion to \$98.5 billion. The U.S. contributes 20 percent of the fund.

After lengthy hesitation, the Reagan administration has approved the IMF increase as a difficult but necessary measure to prevent the world recession from triggering economic collapse.

But Mr. Reagan has run into stiff opposition from both liberals and conservatives. The Wall Street Journal lashed back against the increase in an editorial: "Bad enough that the U.S. economy is being mugged in this fashion. ... A 50 percent increase in IMF quotas wouldn't show up in the federal budget directly, but it would still have to be borrowed out of the money markets. Thus it would be siphoned off from potentially productive use in the private sector to largely unproductive use in trying to shore up other countries."

The liberal New Republic argued: "Propping up repressive regimes on the chance they may cooperate with the bankers is not an American aspiration. Nor is the use of U.S. government muscle to collect bad loans for bankers."

These loans were made when the price of oil soared and billions of dollars were being drained out of the oil-consuming countries. The international banks recycled this money into loans to Third World nations developing basic industries. The countries that got the biggest loans were those that had the biggest potential, such as Mexico, with its huge oil reserves. But when oil prices topped off, both the oil-producing depositors and borrowers were pinched, worsening the financial crisis.

The price of oil may now be in free-fall. Mexico and other oil-exporting countries dependent on oil revenues to pay back their loans face bankruptcy unless the loans are rescheduled.

So far, the IMF has had enough money to keep Mexico from going under, but the balance in the fund is low and the list of countries in need is growing — Brazil, Argentina, Nigeria and others. Should we cut off developing countries at their time of greatest need?

No! The Third World is not mugging America, as the Wall Street Journal would like us to think. The Third World is using established international banks like the IMF to keep its economies from falling into chaos.

Cutting off credit to impoverished countries will not turn repressive regimes into benign democracies, as The New Republic fancies. It will cause economic collapse and violent revolution.

The IMF is not saving the shirts of the bankers. It is saving the shirts of depositors in those banks, saving the shirt of the Federal Deposit Insurance Corp. which backs them up, saving the jobs of American workers and farmers who depend on exports for an increasing share of their livelihood.

The IMF was established by the Bretton Woods Conference, in the aftermath of World War II, to prevent another world-wide depression from triggering another world war. The IMF is engaged today in the most crucial rescue effort since it was established. Curtail its funds and you threaten the linchpin holding together the postwar economic order, which has brought greater prosperity to the developed countries and greater progress to the undeveloped countries than any other period in history.

Yes, bankers made mistakes. They did not predict the length of the recession or the collapse of the oil cartel.

But the world economy should not be used as a woodshed to whip bankers in pin-striped suits. The people who will take the beating if the postwar economic order should fail will be bank depositors, workers and all Americans seeking a future without depression or world war.

Congress must speedily approve the president's request for IMF funds.

BERRY'S WORLD



"I've set up a new high-tech company and I'm looking for venture capital."



By Sam Cook

The Seminole Softball Club will kick off its inaugural season Saturday with a day-long schedule of activities at the Five Points Softball Complex on State Road 419, one-half mile east of U.S. 17-92 near Winter Springs.

The Seminole Softball Club is headed by veteran softball organizer Roger Richardson of Longwood. Last year, the Seminole Pony Baseball Association was the governing body of baseball and softball at Five Points. Softball will no longer be associated with that group.

Opening day festivities will begin at 9 a.m. with the South Seminole Middle School "Hurricane" band playing a musical prelude. At 9:15 a.m., the league directors will be introduced. Don Jonas will present a fund-raising activity at 9:20 a.m.

Introduction of the three divisions—Starlings (ages 7-10), Hawks (ages 11-12) and Eagles (ages 13-15)—and their players, coaches and sponsors follows at 9:25 a.m. A presentation of the colors by the Casselberry VFW begins at 9:55 a.m., followed by the national anthem by the Hurricane band. A guest speaker will talk at 10 a.m.

All the pomp and circumstance will be

followed by 11 exhibition games. Here is a look at the pairings:

Starlings (Field A)
10:30 a.m. Forest City #1 vs. Winter Springs; 11:15 a.m. Longwood vs. Casselberry; 12 noon Forest City #2 vs. Forest City #1.

Hawks (Field B)
2 p.m. Forest City #2 vs. Winter Springs; 2:30 p.m. Longwood vs. Casselberry; Forest City #1 vs. Forest City #2.

Eagles (Field A)
1 p.m. Longwood #1 vs. Winter Springs #1; 1:30 p.m. Casselberry #1 vs. Forest City #1; Forest City #2 vs. Semoran; Longwood #2 vs. Winter Springs #2; Casselberry #2 vs. Forest City #3.

Another opening day is also scheduled for Saturday. The Altamonte Little League, which has been so successful in past state tournaments, starts its program at 10 a.m. at the Eastmonte Recreation Center. Veteran baseball executive Don Crawford, District 14 chairman for the past 20 years, will be the keynote speaker.

Exhibition games will begin at 11 a.m. and continue through the day. Fat Boy's Barbecue of Altamonte Springs will provide a family style country

barbecue. The tariff is just \$3 for adults and \$1.50 for children. Hotdogs and hamburgers will also be available.

Lynn Calvin, Altamonte publicity chairman, invites the public to attend.

Switching to track and field, coach Mike Gibson of Lake Mary High School will hold the 1983 Lake Mary Relays Saturday beginning at 10 a.m. for boys and girls at the Rams' high school.

The shot put, discus, long jump, pole vault and triple jump relays will open the meet. The top three contestants from each school combine their totals to give them the relay score.

At noon, the 990 low hurdles start, followed by the 440 shuttle hurdles (girls), the 480 shuttle hurdles (boys), the 440 relay, mile medley, sprint medley, distance medley, 880 relay, two-mile relay and mile relay. The contestants' top three times are added together to determine the score.

The entry fee is \$10 per boys and girls teams. Ribbons are given to the top six teams and the champion and runner-up both get trophies. Gibson stresses that all coaches be accurate with their times. All the county schools are expected to attend.

JEFFREY HART

This Is Going Too Far

Item: In a recent interview, the eminent sociologist David Riesman, who teaches at Harvard, reported as follows: "Gays have become extremely militant. On some campuses, they have asked for a statement on admissions policy and have sought active recruitment of gays as a minority. Student support for such issues shows that many young people are not conservative. In fact, students today suffer a good deal in order not to appear bigoted or square."

Wow. Let's start sorting a few things out on that one.

The demand on the part of campus homosexuals that incoming freshman classes include a gay quota is news to me, but hardly unprecedented.

At my own school, Dartmouth, things have not reached that level of absurdity, but the college does recognize the Gay Student Alliance — a homosexual support group — as an official undergraduate organization. And many colleges, including all Ivy League schools, do actively recruit "minorities" — defined as blacks, Hispanics, American Indians, and women. (Chinese, Japanese, Italians, Irish, Sephardic Jews, etc., are not "minorities" in this scheme of things.)

And so, given these precedents, it is merely a logical next step to establish an admissions quota and active recruiting for homosexuals.

The college application form would, of course, have to include an indication of sexual preference. Does the applicant prefer 1) Men, 2) Women, or 3) Others?

Now the modalities perhaps could be sorted out in the admissions interview, the "homosexual community" hardly being homogeneous, no joke intended. The college interviewer would have to be sophisticated enough to bring to the surface the wide variety of sexual tastes within homosexuality. "Er, Mr. Smith, I'm afraid I have to ask this question, but, guidelines are guidelines, and can you assure me that..."

Of course, the whole thing is preposterous, so preposterous in fact that by carrying the current situation to a ridiculous extreme it may bring the whole thing down in a gale of laughter.

Surely it is ridiculous to create group entitlements for college admissions. Either an applicant has what it takes to get in, or he/she does not. Period.

Instead, liberal college administrations have bent before the essentially political demands of minority interest groups and have corrupted the college admissions process.

The same goes for the college curriculum. Courses in "black studies" and "women's studies" and, in the Southwest, "Hispanic studies," have been levered into the curriculum not really on intellectual grounds but as part of the symbolic self-assertion of these minority groups.

JACK ANDERSON

Slick Tactics Make Life Easy For Oil

WASHINGTON — One of the federal laws most detested by the oil consortiums is the one that requires them to report details of their financial dealings to the Energy Information Administration. In fact, the oil companies fought the reporting law all the way to the Supreme Court — and lost.

But now the Reagan administration has overruled the Supreme Court, in effect, by a simple ruse: It has cut off funds for the office that collects the financial information from the oil companies. No money, no way to enforce the law.

The legality of this slick maneuver has been questioned by the staff of the House Energy and Commerce Committee. A confidential memo to the committee chairman, Rep. John Dingell, D-Mich., minces no words.

"The administrator, appears to be at it again," the memo says, "doing favors for its oil industry friends at the expense of the consumer and, incidentally, breaking the law in the process."



VIEWPOINT

German Voting Vital

By EDWINA CAMPBELL
(Editor's Note: Edwina Campbell, an assistant professor of government and foreign affairs at the University of Virginia)

On Sunday West Germans will cast their votes in perhaps the most critical election in the history of the Federal Republic. The withdrawal last fall of the Free Democrats (FDP) from the Social Democratic (SPD)-led coalition which had governed Germany for 13 years precipitated this election several months before — rather than a year after — the deployment by NATO of new tactical nuclear weapons (TNF) in Germany. The issue of this deployment has become the focal point of the Sunday election.

The SPD candidate, Hans-Jochen Vogel, has said that a victory for Chancellor Kohl's Christian Democrats (CDU) will be a mandate to deploy the TNF, while an SPD victory will be a mandate to avoid their deployment, if possible. Ideally, TNF deployment would be cancelled because of an arms control agreement between the superpowers. But the SPD has indicated that it intends to judge the seriousness with which both powers are pursuing arms control, and that, should it find a lack of commitment on the American side, this, too, could result in a refusal to deploy. Presumably, recalcitrance on the part of the USSR would have the opposite result.

The two superpowers have helped turn the German elections into a mandate on TNF. The leaders of all three parties, in Moscow and Washington, have attempted to demonstrate their negotiating prowess to the voters at home. Vice President Bush and Soviet Foreign Minister Gromyko have both made "campaign tours" to West Germany.

The Reagan administration knows that open support for the Christian Democrats will only benefit the SPD, but it can barely hide its anxiety over the repercussions of an SPD victory. American foreign policy seems less aware of the dangerous complacency that could result from a CDU majority. The missile deployment issue is the symptom, but it is not the disease afflicting the Atlantic Alliance.

What this election is really about is the first widespread questioning of Germany's role in Europe since World War II. The Cold War imposed certain constraints on German diplomatic maneuverability, constraints which fit Konrad Adenauer's conception of a Carolingian Europe, rotating on a France-German axis. By the late 1960s, the thaw in the Cold War provided Willy Brandt with more room to maneuver — and to turn the Federal Republic's attention to its neighbors to the East. But the Ostpolitik was, in principle, firmly grounded in an unchanging Westpolitik: Germany's commitment to the Atlantic Alliance.

For the first time, the rumblings of discontent with this Westpolitik have emerged from below the surface of German politics. Germany's NATO policy still draws its support from voters whose historical memory of the Soviet Union makes them unwilling to risk creating even the appearance of a military vacuum in Europe. But this support has already been seriously eroded, and it will erode further in the future. Members of the peace movements, the "Greens," and a sizeable number of mainstream German voters have begun openly to express their doubts about Western defense policies.

TONY HARRIGAN

Freedom Is Basic Concept

Most proponents of a nuclear freeze are less than candid about their real thoughts and objectives. They are reluctant to confess that they advocate unilateral disarmament. They know that the American people aren't about to accept the course of surrender to the Soviet Union.

Here and there, however, one finds an advocate of the freeze who is frank in admitting that he is prepared to surrender to the Soviets. I recently came across such an admission by a student writer at a leading Southern university. Happily, the writer is not representative of the thinking of that student body.

This is what he wrote: "It seems to me that there is but one thing for a truly moral nation to do. That is unilateral disarmament. It is our ethical duty as a nation to ensure that there is never a nuclear exchange and the only way we can ensure that is to not have anything to shoot back with. A nuclear war that would destroy the earth would be impossible if the United States had no nuclear weapons. Our enemies would overrun us? It would be the end of civilization in the West? Maybe. But I don't really think so."

"If we just allowed the Soviet Union to roll into Washington and start running the country I think we might see them become very frustrated. But that isn't really the point. What is the point is that we have no choice really."

This viewpoint may not be so surprising after all. In many conflicts over many centuries, a number of people in free societies have been willing to surrender rather than risk death. The Vichy government of France in World War II was prepared to accept Nazi overlordship rather than continue a struggle in which many Frenchmen would die. Norway had its Quisling.

One wonders how many opponents of nuclear deterrence have concluded that they prefer surrender to the hazards of living in an age of nuclear armaments. How many would be prepared to see American liberties extinguished so that their hides could be preserved?

The American tradition — the tradition of free men everywhere — is something very different. Patrick Henry said: "Give me liberty or give me death." That long has been considered the noblest of sentiments.

Across the Atlantic, our British cousins endured a terrible ordeal in the German Blitz of 1940. Thousands of civilians died because of incendiary bombs. The country could have surrendered and been spared the nightly bombing. Surrender wasn't in the British spirit. They preferred the risk of death to the reality of Nazi totalitarianism.

This spirit has characterized free societies since they emerged in the dawn of history. Free men are prepared to die for their freedom.



With Both Feet...

Bob Sherman, co-chairman of a Central Florida Regional Hospital blood drive team, chats with Pat Bessolo, a phlebotomist from the Sanford Blood Bank, while giving a pint of blood which will

place him within a pint of achieving the 10-gallon mark. Employees of the hospital, their families and friends are conducting a special blood drive.

For Economic Recovery

Demos To Have Own Program

WASHINGTON (UPI) — House Speaker Thomas O'Neill said Tuesday Democrats will develop their economic program over the next two weeks to counter President Reagan's budget, concentrating on relief of suffering and the creation of jobs.

O'Neill said the Democratic Caucus will hold a series of meetings over the next two weeks "to develop a coherent Democratic program geared to maximum economic growth and maximum fairness for the American people."

O'Neill told reporters the economy now appears to be turning around and business profits and investment apparently will begin to rise. But, he said there is no indication yet that the good fortune of business will translate into more jobs.

"I do not see investment of the nature that would create jobs," O'Neill said, estimating that only about 1

million of the unemployed will be re-employed this year in a business upturn out of the approximately 12 million unemployed.

O'Neill mentioned only a few of the problems he wants to remedy in the new Democratic program, including farm problems and home mortgage foreclosures, but numerous jobs and humanitarian plans have been advanced by Democrats and organized labor.

"For two years, the American people have been told that we have to choose between economic growth and economic fairness," O'Neill said in a statement. "We have been told that the key to economic success is to provide benefits for the wealthy while sacrificing the interests of those most in need."

"The Democratic Party has never accepted this notion. We believe that before any economic policy can succeed it must first of all be fair."

Venezuela's Controls Worry Investors

CARACAS, Venezuela (UPI) — Venezuela's newly imposed three-tiered exchange rate for the bolivar has raised fears among foreign investors regarding their future in this South American country, business executives said Tuesday.

"Foreign-owned firms are being discriminated against since they will have to pay the highest exchange rate, probably between 8 and 9 bolivars to the U.S. dollar," a foreign company executive said, "while Venezuelan and mixed enterprises pay only 4.30 bolivars to

the U.S. dollar for their existing debt."

The executive, who asked not to be identified, said many U.S. companies "have expanded their plants and production here and borrowed abroad, since they were practically prohibited from borrowing in Venezuela."

"They can't go back on their expansion projects under way, but they won't invest now with the uncertainty about future risks," he said.

In a move to quickly slow down

the massive flight of capital, the Venezuelan government Monday imposed a series of exchange controls that kept the original 4.3 bolivars to the dollar rate for a wide range of transactions including interest and payments of foreign loans made prior to Feb. 23 and essential industrial imports.

A 6-bolivar to the dollar rate was set for payments of non-essential imports and the bolivar was allowed to float on a so-called free market for all transactions not covered by the other two preferential rates.

REALTY TRANSFERS

Helen Lingle, wid. to Glenn A. Lingle & wf Jane's Int. Beg. 150' W of E 1/4 post etc. In Sec. 30 19 30 grantor life est., \$100.

Equity Realty Inc. to John P. Curtis & wf Carol, Un. 167B, Destiny Springs, \$35,900.

The Huskey Co. to R.L. Peatross & Hubert Inc., Lot 17, Blk. D, Sweetwater Oaks, Sec. 13, \$34,000.

The Anden Grp. of Fl. to Russell H. Irvine & wf Kathy E., — Lot 40 Sunrise Village Un. 1, \$37,800.

Anden Grp. of Fl. to Jeffrey M. Tack & wf Terri, Lot 29 Sunrise VIII., Un. 1, \$49,100.

Anden Grp. of Fl. to Alan Gilme & wf Mary, Lot 8 Sunrise VIII. Un. 1, \$55,800.

Douglas L. Patterson & wf Linda B. to Steve P. Niece, Lot 4, Phillips Terr., \$33,000.

Ella Bolton, sgl., to Robert Z. Bolton & wf Iris H., from SE cor. of Sec. 34 19 30 etc. grantor life est., \$9,000.

Winter Spgs. Dev. to Bel-Aire Homes Inc., From SW cor. of Gardens Farms, \$100.

Sylvia Chalfant, sgl. to James T. Williams & wf Carolyn E., Commence pt. int. rsec. W line of Lake Harney, \$25,000.

Kingsberry Bldg. to Gary W. Kunkle & wf Christine A., 1437 Pelican Bay Tr., Mhd., Lot 20 Pelican Bay \$149,300.

The Anden Grp. of Fl. to James R. Barnham & wf Frances, 1381 San Diego Ct., CB, Lot 24, Sunrise VIII., Un. 1, \$57,400.

Rodney C. Keng & wf Linda to John E. Chapman & wf Elsie L., all grantors %, Lot 12, Hickory Hill S/D, \$1,000.

Ultimate Aircraft & Acces. Inc. to H. Robert Bricker & Donald E. Roberson II, Lot 4 & N 30' of vacated Lake St., blk 4, Amended Plat, 1st Addn. Mineral Springs Park, \$45,000.

James Alford & Linda T. to American Land Realty Co., Inc., From NE cor. of NW 1/4 of Sec. 29 19 30 etc., \$19,000.

James Alford & Linda to Amer. Land Realty, From NE cor. of NW 1/4 of Sec. 29 19 30 etc., \$100.

Amer. Land Realty Co. to James W. Alford & wf Linda T., From NE cor. of NW 1/4 of Sec. 29 19 30, etc., \$19,000.

(OCD) J.G. Constr. Co. to Joe Greenspan, Lot 42 repl Blk CE, Country Club Addn., \$1,000.

Thirteen Prop. Ltd. to Thomas V. Cauble & William F. Law Jr., Each 1/2 Int. Atl. Dr. blk 16, Third Sec. Dreamland \$26,700.

Reed H. Davis & wf Luann H. to Jon C. Friedrich sgl., Lot 5 & N 1/2 of 4, Blk & Entzinger Addn., No. One, LW, \$34,300.

SE, N.A. to John L. Anderson & wf Joyce A., Lot 7, Shadowbay Un. One, \$165,000.

David G. Glascock, sgl. to Charles A. Moyer & wf Harriett M., Un. B & Sandeewood, \$33,900.

Ronald E. Smith, sgl. to Brady F. Owen & wf Susan S., Lot 35, Pelican Bay, \$105,000.

H. Miller & Sons to Stuart L. Bellus & wf Florine T., Lot 43, Tuskawilla Point, \$91,400.

Springs Landing Ven. to Francisco I. Azula & wf Solitra R., 234 Duncan Trl, LW, Lot 139 Springs Landing, Un. Four \$25,800.

Springs Landing Ventr. to Leland Constr. Inc., Lot 93 Springs Landing Un. 2, \$35,600.

RCA to Elmer Reichert & wf Jacqueline, 121 Borade Rd., Sanf., Lot 105 Hidden Lake, Ph. II, Un. II, \$48,300.

Greiner Constr. Corp. to James R. Wright & wf Judith A., 1142 Sunwood Dr., LW, Lot 85 Mandarin Sec. Four, \$167,300.

Richard Swann, Tr. to Gen. Mills Restr. Grp Inc., \$100.

Traditional Internatl. to Vincent V. Ellis & wf Kathryn, 1221 Wellington Ter., Mhd., Lot 64, Wellington, \$225,700.

Baker Farms Inc. to Henry J. Dykes & wf Lillian, E 1/2 of Lot 3 & E 1/2 of 4, Blk 1, Reasland Heights, \$38,000.

Donald T. Pirkie & wf Jean to Miles Riley Jr. & wf Brenda, Lot 10 Blk A, Sweetwater Oaks, Sec. 16, \$185,000.

Miles Riley Jr. & wf Brenda & Maidemarie Riley Jr., sgl., to James S. Gohrin & wf Rosa Marie, Lot 4, Blk E, Canalet Un. 1, \$49,800.

Arthur Peardon, sgl. to Donald J. Walston & wf Carol Ann, Lot 49 Fairway Oaks, Un. One, \$125,000.

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Brinkley Will Talk At Orange Juice Forum



David Brinkley

Award winning ABC Newsman David Brinkley, a 40-year veteran of broadcast news, will be the main speaker at the March meeting of the Orlando Area Chamber of Commerce Orange Juice Forum which is sponsored by Florida Hospital.

The forum will be held on Tuesday, March 15, at 7:00 a.m. in the Bob Carr Auditorium. Florida Hospital's President, Mardian J. Blair, will host the event entitled, "This Week With David Brinkley", which will be an informed look at current events.

As well as covering political and special assignments, Brinkley hosts the Sunday morning news program, "This Week". Among major awards won by Brinkley in his 40 years as a journalist are ten Emmy awards.

The Orange Juice Forum is free and open to the public. The Bob Carr Auditorium can seat up to 2,500 and those wanting more information should call Florida Hospital at 896-6611, extension 1422.

Wheelabrator To Sell Crude Refining Ability

WASHINGTON (UPI) — Wheelabrator-Frye Inc. has begun soliciting bids for sale of its crude oil refining know-how to resolve antitrust concerns stemming from its recent acquisition by The Signal Companies Inc., the Justice Department said Tuesday.

The department said Wheelabrator, of Hampton, N.H., is selling patent, know-how and other rights regarding the design and licensing of fluid catalytic cracking and heavy oil cracking, two processes used to refine crude oil into gasoline.

Before Wheelabrator's acquisition by Signal, of La Jolla, Calif., the two firms were leading competitors in designing and licensing the two processes — Signal through its UOP Inc. subsidiary and Wheelabrator through its M.W. Kellogg Co. subsidiary.

Section 7 of the Clayton Act bars corporate acquisitions that could result in substantially decreased competition. Wheelabrator, in response to the department's antitrust concerns, contracted to sell rights regarding the two processes to HRI Inc., a subsidiary of Dynallectron Corp. of McLean, Va., and to help HRI's entry as a new competitor in designing and licensing such know-how.

Under the plan, HRI will obtain exclusive rights in the United States and non-exclusive rights elsewhere for fluid catalytic cracking, as well as non-exclusive rights domestically and abroad for heavy oil cracking.

But HRI's purchase of the know-how is subject to an alternative divestiture procedure whereby Wheelabrator is currently offering up the same rights for

sale to 13 other firms on the basis of competitive bids, the department said.

Under this arrangement, the rights will be sold to the highest bidder if the winning bid exceeds by about 11 percent the price already agreed on by HRI. HRI still will be able to buy the rights if it increases its purchase price to 90 percent of the highest bid.

The 13 firms whose bids are being solicited are: Atlantic Richfield Co.; The Badger Co. Inc.; C.F. Braun and Co.; Engelhard Corp.; Ford, Bacon and Davis Inc.; Foster Wheeler Energy Corp.; Howe-Baker Engineers Inc.; Litwin Engineers and Constructors Inc.; Lummus Group Inc.; Phillips Petroleum Co.; Standard Oil Co. (Indiana); Standard Oil Co. of California; and Total Petroleum Inc.

William Baxter, assistant attorney general in charge of the department's antitrust division, said the bidding arrangement is designed to ensure the Wheelabrator rights are bought by a firm "having a strong interest in actively pursuing the business of designing and licensing the two processes."

Baxter said another area of potential antitrust concern arose from Signal's and Wheelabrator's representation of two European firms owning technologies for the mass combustion of solid wastes to produce steam or electric power. Wheelabrator represented Von Roll Ltd. of Geneva, Switzerland; and Signal represented Joseph Martin Feuerungsbau GmbH of Munich, West Germany.

Signal terminated its relationship with Martin prior to its acquisition of Wheelabrator.

With New Card

MasterCard Fighting Counterfeit Attempts

NEW YORK (UPI) — MasterCard International announced Tuesday it will change the manufacturing process of its new credit and debit cards to enhance their anti-counterfeit qualities.

The new design will incorporate the first commercial application of holography, and make the card virtually unique in the industry, Russell E. Hogg, president and chief executive officer of the association of 25,000 MasterCard issuing banks, said.

Available for all MasterCard cards issued after March 31, the change will center on a rainbow hologram. Holography, first invented in the late 1940's and perfected to an advanced state of the art technology, is the science of laser photography which produces three-dimensional images which cannot be duplicated by criminals, according to the company.

In addition to holography, the new cards will have fine line microscopic

printing added to the card's white background, and ultra-violet light printing on the MasterCard "globes." Ultra-violet printing is commonly used on bank or travelers checks to safeguard against counterfeit notes.

A new card format will also give the issuing bank a larger portion of the card's face — a full 60 percent for the bank's name, logo, and design, according to MasterCard.

The hologram will be done by the American Bank Note Company, in New York, and distributed to Mastercard's vendors to be incorporated into the production of the new card. The cost of the hologram should be only about two to three cents more than a conventional card, Hogg said.

Card replacement will be done as older cards expire, although Hogg said some banks plan to accelerate the process. He expects that within 18 months the new cards will replace about 90 percent of the old ones.

Ford Will Seek More Concessions From UAW

DEARBORN, Mich. (UPI) — Ford Motor Co. will push hard in next year's contract negotiations for reductions in health care costs, despite adamant union opposition, it was reported Tuesday.

In an interview with Automotive News, Ford Vice President for Labor Relations Peter J. Pestillo said costs continue to rise despite current efforts to reduce them.

Ford a year ago received an estimated \$1 billion in concessions from the United Auto Workers through wage freezes and cost of living allowance deferrals. In return, the union received job security programs and a bigger say in company issues.

Negotiations open in July 1984 on a new contract, replacing the pact that expires Sept. 14, 1984.

The contract did not specifically address the problem of rising health care costs, although some locals have instituted their own programs.

Pestillo said it costs 53 cents per hour out of total wages and benefits of around

\$19.50 an hour to maintain a worker's current fully paid health care benefits. To meet the rising costs, Ford and the UAW are trying to expand Health Maintenance Organization (HMO) participation.

The company also is looking at a system of co-payment of medical bills or insurance deductibles, despite the union's flat refusal to look at the idea during contract talks at Chrysler Corp. last year.

"I understand the union's feelings toward them, but together we have to do something about that issue because it is dragging down our ability to compete and to provide the wage growth the people have become accustomed to," Pestillo said.

Ford also is looking, though not enthusiastically, at the pre-paid legal services program that General Motors Corp. workers got under their concessions contract with the No. 1 automaker.

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SPORTS

EA—Evening Herald, Sanford, Fl. Wednesday, March 2, 1983



Milton Richman
UPI Sports Editor

Hernandez Hoax Dumbfounds O's Owner Williams

MIAMI (UPI) — Edward Bennett Williams, owner and chairman of the Baltimore Orioles, was plain dumbfounded.

He was playing hockey, stealing an extra day away from his Washington law firm, because the weather had turned foul since he came down to Miami and he wanted to enjoy at least one day of sun, but more important, he wanted to see the club's new hot-shot third baseman, Leo Hernandez.

Hernandez, 23, whom the Orioles got from the Dodgers in a trade last year, is considered the key to Baltimore's chances this year.

If he can cut it with the Orioles this year, they could, along with Eddie Murray and Cal Ripken, Jr., have an infield on a par for potency with the Brewers.

Williams, having heard so much about him was eager for a look at the right-handed hitting rookie.

Shortly after getting to the ballpark, Williams focused his attention on the stocky youngster stationed at third base and after watching him field ground balls for a few minutes, he couldn't believe his eyes. The kid's throws to first base were like your cousin Nellie's.

Williams could scarcely hide his dismay. "What did they do to me?" he wailed to Jimmy Williams, one of the Orioles' coaches, showing honest anguish.

"Well, he didn't say he could throw," answered the Baltimore coach, playing the whole thing straight.

But, Jimmy Williams was unable to maintain the deception. He laughingly explained to his boss the young man at third base was a sportscaster from Baltimore who had been allowed to suit up and work out for a segment to be televised and sent back to Maryland.

The Orioles' owner enjoyed the joke. Then he got his first look at the real Leo Hernandez and saw the husky rookie not only could really throw the ball across the diamond, but also swing the bat the way Williams heard he could.

Later Williams talked about a number of things related and unrelated to the Orioles. He talked about his life in the legal profession, where he is considered one of the most brilliant trial lawyers in the nation, and in professional sports, where he has been associated with the Washington Redskins for the past 21 years as well as with the Orioles.

"My primary function is my law practice," explained the 62-year-old Williams. "I have to keep this in perspective, which is very difficult to do sometimes. I've never enjoyed anything quite so much in sports as owning and operating this franchise."

Williams enjoys the suspense of not knowing how well the Orioles will do either at the box office or on the field this year.

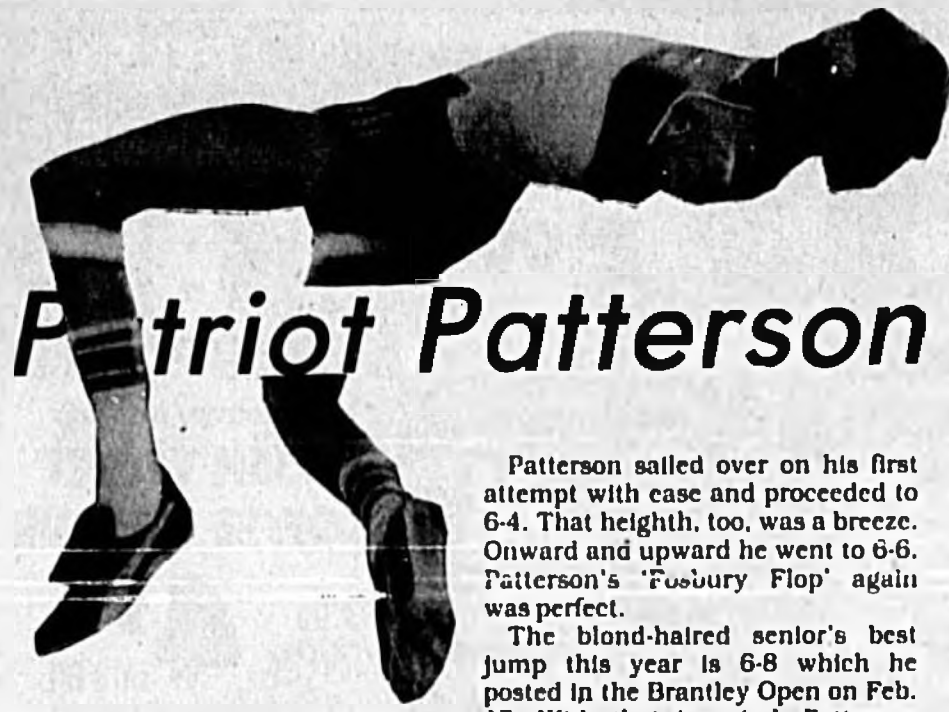
"My whole adult life has been contest living," he said. "In the courtroom, in sports, in politics. Everything you do in those endeavors gets put up on the scoreboard. You have to learn at an early age to win with humility and lose with grace. If you don't learn that, you can't survive in this pressurized life."

Some of the hurt still is evident in Williams' eyes when he talks about how the Orioles came so close to overtaking the Brewers for the Eastern Division title, only to lose the final game of the season to them by one run.

"You must recall we had seven games with the Brewers at the end of the season, three in Milwaukee and four in Baltimore," he said.

He seemed to be living the Orioles' consistently astounding performances all over again.

"We must've been playing .850 ball," he said. "When we got back home to Baltimore for the last four games of the season, we came in three games behind and were sold out for every game ... We went into that last game with the Brewers having beaten them six in a row. All the odds, all the percentages had to be the Brewers could beat us in one game. We had a great matchup for that final game — Jim Palmer against Don Sutton — and we lost."



Patriot Patterson Has Jumping Down 'Pat'

Lake Brantley's Mike Patterson has a personal best of 6-8 in the high jump this season. Here, he goes over 6-7 to win Tuesday's competition at Seminole High. Patterson's coach, Charlie Harris, feels senior standout is capable of seven feet.

By Sam Cook
Herald Sports Editor

Lake Brantley's Mike Patterson doesn't always start high jumping until the rest of the competition is through—it just seems that way.

Tuesday afternoon at Seminole High School, the Patriot senior waited until second and third place had been decided, then jacked up the bar to six feet and started to get serious.

Patterson sailed over on his first attempt with ease and proceeded to 6-4. That height, too, was a breeze. Onward and upward he went to 6-6. Patterson's 'Fusbury Flop' again was perfect.

The blond-haired senior's best jump this year is 6-8 which he posted in the Brantley Open on Feb. 17. With that in mind, Patterson moved the bar to 6-9. After a miss, he ticked the bar on his way over, but it slayed on and he thought he had a new mark.

Upon measurement, though, the true height was 6-7½. Good enough for first place by 9½ inches over teammate Baron Ewing. The Patterson-Ewing-Mike Garriques combination proved to be too strong for the Seminoles as the Patriots captured a 73-59 dual meet victory.

Patterson also won the 120-yard hurdles and was second in the 330-yard intermediates. Ewing won the 100-yard dash and was second in the long jump, high jump and 220-yard dash. Garriques took the mile and the two mile.

Although Patterson also excels in the hurdles, the high jump is his number one event and coach Charlie Harris thinks he has a great future.

"Mike's capable of seven feet," said Harris who points out Patterson's 6-8 earlier this year is the best leap in the state. "Patterson and Ewing are both doing a good job for us. And Mike Garriques is really going to help. He's the energy we've been missing in the distance events."

The Patriots are also missing a

couple of others, most notably jumper-vaulter Martin Napier who is sidelined with an injured elbow. Napier will return to high jumping in about a month, but he will not vault again this year. He fell on his elbow while vaulting and a pin was needed to set the arm.

Napier has already jumped 6-4. Along with him is Tad Lewis who reportedly leaped 6-8 as a sophomore, which gives the Patriots a pretty imposing trio.

"They might sweep the high jump at the county meet," reasoned Lyman coach David Huggins. "They have some real good jumpers."

Seminole got some pretty good jumping again from senior Dion Jackson. Jackson took the triple jump with a leap of 44-1 and the

long jump by going 21-5. Other winners for the Noles were Rendel Manley (330 hurdles), Mike Wooten (880) and Joe Whack (220).

In the girls competition, a strong showing in the field events allowed the Seminoles to post an easy 87-35 victory over Lake Brantley.

Sharon Lawrence (shot put), Dieder Hillery (discus), Charita Medlock (long jump) and Arlene Jones (high jump) helped the Seminoles to a 35-1 lead.

Medlock, a flashy sophomore, also won the 330 and 110 hurdles. Other winners for the Tribe were Crystal Caldwell (100) and Katrina Walker (440). Lake Brantley, which didn't run all of its top girls, had first-place finishes by Barbara Holmes (two mile), Laura Barnhill (880) and Ann Murray (100).

Prep Track

Girls
SEMINOLE 87, LAKE BRANTLEY 35

SHOT—1. Lawrence (S) 34-8½, 2. Hillery (S) 34-5½, 3. Martin (S) 30-10¼. DISCUS—1. Hillery (S) 94-10, 2. Lawrence (S) 94-3, 3. Pringle (S) 80-9. LONG JUMP—1. Medlock (S) 16-10, 2. Jones (S) 15-7, 3. Johnson (LB) 12-9. HIGH JUMP—1. Jones (S) 5-0, 2. Caldwell (S) and Barnhill (LB) 4-6, 110 LOW HURDLES—1. Medlock (S) 16-85, 2. Johnson (S) 17-6, 100 YARD DASH—1. Caldwell (S) 12-3, 2. Jenkins 3, Murray (LB) 12-45. MILE—1. Stern (LB) 5:57.8, 2. Lubenow (LB) 6:03, 3. Meghdadi (LB) 6:08.12 440 RELAY—1. Seminole (Jenkins, Medlock, Brown, Fort) 54.5, 440—1. Walker (S) 62.3, 2. Jones (LB) 66.32, 3. McBride (S) 80.5, 330 Low Hurdles—1. Medlock (S) 49.2, 2. Johnson (S) 51.0, 3. McMahon (LB) 52.73, 880—1. Barnhill (LB) 2:38.9, 2. Grant (S) 3, Meghdadi (LB) 2:52.67. MILE MEDLEY—1. Seminole (Bass, Walker, Caldwell, Smith) 4:37.8, 220—1. Murray (LB) 27.1, 2. Brown (S) 27.89, 3. Johnson (S) 29.22. TWO MILE—1. Holmes (LB) 13:19, 2. Lubenow (LB) 13:19.71, 3. Meghdadi (LB) 13:21. MILE RELAY—Seminole (Walker, Jenkins, Smith, Caldwell) 4:23.

Boys
LAKE BRANTLEY 73 SEMINOLE 59

SHOT—1. Ince (LB) 43-8, 2. Dzurus (LB) 41-2, 3. Davidson DISCUS—1. James (LB) 140-10, 2. Dzurus (LB)



131-9, 3. Ince (LB) 117-8. LONG JUMP—1. Jackson (S) 21-5, 2. Ewing (LB) 19-9, 3. Backard (LB) 19-6½. TRIPLE JUMP—1. Jackson (S) 44-1, 2. Bass (S) 38-4, 3. Armstrong (LB) 37-11. High Jump—1. Patterson (LB) 6-7½, 2. Ewing (LB) 5-10, 3. Jackson (S) 5-8. 120 HIGH HURDLES—1. Patterson (LB) 15-7, 2. Manley (S) 15-9, 3. Fleming (LB) 16-7, 100—1. Ewing (LB) 10-8, 2. Bass (S) 11-2, 3. McKenzie (LB) 11-02. MILE—1. Garriques (LB) 4:51.2, 2. Ross (LB) 4:56, 3. Penick (S) 4:58.2, 440 RELAY—1. Seminole (Whack, Brown, Jones, Bass) 4:53, 440—1. Emmons (LB) 54.9, 2. Campbell (S) 55.8, 3. Williams (S) 55.9, 330 1M HURDLES—Manley (S) 41-4, 2. Patterson (LB) 42-13, 3. Fleming 45.09, 880—Wooten (S) 2:03.5, 2. Mondo (LB) 2:14.6, 3. Faint (S) 2:18.4. MILE MEDLEY—1. Seminole (Whack, Bass, Mobley, Wooten) no time recorded, 220—1. Whack (S) 23.6, 2. Ewing (LB) 23.79, 3. Brown (S) 24.1. TWO MILE—1. Garriques 10:39.6, 2. Penick (S) 10:54.2, 3. Ross (LB) 11:05. MILE RELAY—Seminole. (Lake Brantley did not participate.)



Dion Jackson leaps to first place in the triple jump. The Seminole senior also won the long jump.

County Girls Dominate 5-Star Squad

Seminole County players dominated the girls Five Star All-Conference basketball team as four county players made the first team, three made the second team and six merited honorable mention.

The first team consisted of Seminole High's sophomore captain Mona Benton, Lake Brantley's outstanding senior Rhonda Vazquez, Lyman's pure shooting Pam Jackson, Lake Howell's high-scoring Tammy Johnson and DeLand's dominating center Bridgette Gordon.

Sophomore Gordon's 24 point-per-game average was the best of the all-conference selections. She also averaged 16 rebounds per game in leading the Lady Bulldogs to the regular-season conference championship.

Benton led the county in scoring with a 21.4 average and a high game of 30 points. Benton was also among the leaders in steals and assists.

Vazquez completed an impressive high school career by leading the county in free throw shooting accuracy with 68 percent along with being in the top five in scoring and assists.

Jackson averaged 15 points per game for the Lady Greyhounds and was also among the county's leaders in steals, assists and rebounds.

Johnson was the sparkplug for Lake Howell's Lady Silver Hawks. She averaged 13.7 points per game, and had the highest scoring game of the year in the county with 32 points. Johnson was instrumental in the Hawks district championship drive.

The all-conference second team consists of Lake Howell's Cindy Blocker, Seminole's Dieder Hillery, Lyman's Vikki McMurrer, Mainland's Gwen Harold and DeLand's Debbie Knight. Blocker, McMurrer and Harold are seniors while the other two are juniors.

Blocker led the county in steals and was among the leaders in assists and scoring. Hillery was among the best in rebounds, scoring and free throw shooting while McMurrer was second in rebounding and in the top 15 in scoring.

First Team
Bridgette Gordon, sophomore, center, DeLand
Rhonda Vazquez, senior, guard, Lake Brantley
Tammy Johnson, junior, forward, Lake Howell
Mona Benton, sophomore, guard, Seminole
Pam Jackson, sophomore, guard, Lyman

Second Team
Cindy Blocker, senior, guard, Lake Howell
Dieder Hillery, junior, center, Seminole
Vikki McMurrer, senior, center, Lyman
Gwen Harold, senior, forward, Mainland
Debbie Knight, junior, guard, DeLand

Honorable Mention: Maxine Campbell (Seminole), Linda Trimble, Michelle Brown, Linda Nunez (Lake Brantley), Kim Goroum (Lyman), Mary Johnson (Lake Howell), Karen Thomas (DeLand), Kim Willis and Michelle Tolliver (Seabreeze), Sue Grant (Apopka) and Sherry Lipe and Sue Frost (Spruce Creek). — CHRIS FISTER

Crooms' 7-Run Eruption Caves In Rams

By Chris Fister
Herald Sports Writer

The Lake Mary softball team didn't take "Satchel's" advice Tuesday as the Lady Rams built a 14-0 lead after three innings only to lose, 15-14, to the Crooms Panthers at Fort Mellon Park in Sanford.

The Panthers, trailing 14-8, erupted for seven runs with two outs in the bottom of the seventh inning to snatch the victory from the Rams in a game that was plagued by errors, 17 by Crooms and 11 by Lake Mary. Crooms now stands 2-0 on the season while Lake Mary fell to 0-2.

The Lady Rams took advantage of the 17 Crooms' errors in the first four innings and rapped 11 hits to build a 14-0 lead. Singles by Andrea Fenning, Lisa Simkins and Beth



Judy Millholen snags a high throw. The Lake Howell junior drove in a run with a double Tuesday as the Lady Hawks blanked Spruce Creek, 6-0, in Five Star Conference softball action.

Prep Softball

Watkins combined with five errors on the Panthers, enabled Lake Mary to score five runs in the top of the first. Run-scoring singles by Simkins, Terri Blayney and Cindy Herman led to four runs for the Rams in the second inning and Lake Mary scored five more in the third behind the hitting of Fenning and Lisa Santulli.

Lake Mary coach Cindy Henry flooded the field with reserves in the fourth inning and the Panthers responded by scoring eight runs on only three hits and there were seven Lake Mary errors in the inning as Lake Mary's lead was cut to 14-8.

The score remained 14-8 going into the last half of the seventh inning. Lake Mary appeared to have the game in the bag as Crooms' first two hitters were set down. Three walks and three errors later, the Panthers cut the lead to 14-12 and Jackie Farr made it 14-13 with a run-scoring single.

Christy Gonzalez then stepped to the plate representing the winning run. She lofted a fly ball to center field that was misjudged as Farr crossed the plate with the 14th run. Gonzalez advanced to second and then third as the throw from the outfield got away. Gonzalez kept going all the way home as the throw to third was wild as the Panthers celebrated the victory.

Gonzalez, Mary Hicks and Cindy Hogan had two hits each for Crooms while Andrea Fenning and Lisa Simkins had two hits each for Lake Mary.

The Lady Rams go up against Seminole today at 3:30 p.m. at Fort

Mellon Park.
WP—Gonzalez, LP—Christensen, E—McKinney 6, Wheeler, Hillery 3, Gonzalez 3, Farr, Hogan, Moore, Miller, Simkins 4, Blayney 2, Howell, Caines 2, Loudermilk, Christensen, DP—Lake Mary 2, Crooms 1, LOB—Lake Mary 7, Crooms 8, 2B—Gonzalez.

Lions, Walks Trip Seminoles, 14-5

In other action Tuesday, Oviedo's Lions used 17 walks by Seminole pitching to knock off coach Beth Corso's Tribe, 14-5, at Red Bug Park near Casselberry.

"The walks just killed us," said Corso whose team fell to 0-2 for the year with a game against Lake Mary today at Fort Mellon Park at 3:30 on tap. "The wind was blowing and four runs just walked on in."

Seminole struck first in the first inning when Dee Goebelbecker walked, advanced on a single by Paula Richey and then came home on a single by Cynthia Barber.

Oviedo pitcher Gwen Hill then walked powerful Maxine Campbell intentionally and induced Katie Barbour to ground back to the mound for the third out.

The Lions put a nine-spot on the board in the bottom of the inning to erase any thoughts of the a Seminole comeback. They added another run in the second and four more in the third to finished the scoring.

The Tribe added three runs in the fifth and one in the seventh. Janet Hauck started the first outbreak

with a single and moved to second when Goebelbecker reached on an error. Richey forced Hauck at third but Barber ripped a three-run homer to pull the Tribe within 10.

In the seventh, Richey doubled, Barbour singled and pitcher Angie Carpenter doubled home the final run.

WP—Hill, LP—Carpenter, HR—Barber, 2B—Richey, Carpenter.

Heim Blanks Creek

In Five Star Conference softball Tuesday, Lake Howell's Silver Hawks continued to roll, shutting down Spruce Creek, 6-0, behind the six-hit pitching of Barbara Heim and three hits each from Erin Duffy and Eileen Thiebauth.

Lake Howell, 3-1, scored two in the first when Mary Johnson reached on a fielder's choice, Duffy singled and Johnson scored on an overthrow. Judy Millholen then plated Duffy with a double.

In the sixth, Rose Fry singled, Thiebauth singled and Heim moved up both with a sacrifice fly. Stacey Carpenter followed with a base hit for two runs.

In the seventh, Johnson reached on an error, Millholen singled and Johnson again came around on an overthrow. Fry walked and Thiebauth chased home the final run with her third hit.

"We played pretty well defensively," said coach Jo Luciano about her defending Five Star champions. "They helped out by making a few errors."

Lake Howell hosts West Orange at 4 p.m. Thursday at Summerset Field in Casselberry.

WP—Heim, LP—Lintante, 2B—Millholen.

SPORTS IN BRIEF

Baseball Needs Coaches; Tryouts Set For Tuesday

The Sanford Recreation Department needs coaches, umpires and scorekeepers for baseball and girls softball. Anyone interested should contact Jeff Monson at the recreation office at Sanford City Hall at 322-3161.

Signups for the 1983 Sanford youth baseball season are set for the next few weeks. For Little League (ages 10-12), tryouts will be Tuesday, March 8 at 4:30 p.m. and Wednesday, March 9 at 4:30 at Fort Mellon Park on E. First Street. The player participation fee is \$5.

Junior League tryouts for youngsters ages 13-14 will be held Tuesday, March 22 and Wednesday, March 23 at 4:30 p.m. at Chase Park on Celery Avenue. Participation fee is also \$5.

Pee Wee League tryouts for ages 8-9 will be Tuesday, April 12 at 4:30 p.m. also at Chase Park. Participation fee is \$5.

For all players living outside of Sanford City Limits, a \$10 Non-resident fee is required. Birth certificates should be presented at the time of registration. Any youngster who was on a team last year and will be in the same league this year does not need to attend tryouts. However, those players must register before March 10 for Little League, March 24 for Junior League and April 13 for Pee Wee League. To register, a player must sign a card, show proof of birthdate and pay the fee.

Sixers Roll Over Knicks

United Press International

The signing of the Declaration of Independence, the Alamo, the bombing of Pearl Harbor, the Philadelphia 76ers winning an NBA championship.

The Philadelphia 76ers winning an NBA championship?

"One of the reasons I enjoy being here is there's a chance to be part of history," said Clemon Johnson Tuesday night after the 76ers defeated the New York Knicks 106-94 for their 10th straight victory and the fastest start in the NBA's 37 years. "We're here to help Julius (Erving) and Moses (Malone) win their first championships."

Malone scored 25 points and Andrew Toney added 23, helping the 76ers gain their 50th victory against only seven losses and top the 1971-72 Los Angeles Lakers' mark of 49-7 at the start of a season. Philadelphia has not lost two straight games all season.

"All this other stuff we'll just take in stride," said Erving, who had 16 points, of the milestone. "There's no anticipation or conversations about something like this. It'll only be meaningful if we win a championship."

New York, winner of 14 of its previous 17 games, trailed 77-70 after three periods. Philadelphia extended the lead to 13 points on two baskets by Johnson and one by Toney.

"We had good concentration and good intensity," Toney said. "We have a job to do and we do it."

Bill Cartwright led the Knicks with 18 points and Bernard King added 17. The 76ers rode 15 points from Toney and 13 from Malone to a 58-47 halftime lead.

In other games, Boston downed Kansas City 129-111, Atlanta defeated Indiana 109-106, Milwaukee topped Washington 101-91, Los Angeles beat Chicago 114-111, San Antonio topped Seattle 119-104, Dallas stopped Houston 123-115, Utah got by San Diego 127-105, Denver tripped Cleveland 132-121, and Detroit clubbed Golden State 114-103.

Canadians Salvage 3-3 Tie

United Press International

Montreal rookie Guy Carbonneau caught New York Islanders defenseman Paul Boutilier with his pants up Tuesday night.

Carbonneau's shot that bounced off Boutilier's pants past New York goaltender Billy Smith enabled the Canadiens to salvage a 3-3 tie after blowing a 2-0 lead in the third period at Montreal.

Carbonneau's second goal of the game, coming with 90 seconds left, stretched the Canadiens' unbeaten streak to five games.

"We should have won," Smith said. "That last goal was a fluke. It hit the pants of my defenseman and bounced behind me. We were 90 seconds away from the victory, but that is still a minute and a half."

The Islanders had gone ahead 3-2 on John Tonelli's goal at 8:14 of the period off a long pass from Mike Bossy.

"It's hard to understand it," Carbonneau said. "We played great for the first two periods and only allowed them to get 11 shots, but all of a sudden in the third we go on defense and look what happens."

Islanders defenseman Tomas Jonsson closed his team to within 2-1 at 4:46 of the third period with his 10th goal on a wristshot that eluded Montreal goalie Rick Wamsley. Less than two minutes later, New York's Brent Sutter tied the score 2-2 when he picked up a rebound and fired a slapshot over a sprawled Wamsley.

In other games, Detroit tied Quebec 5-5, Edmonton trimmed New Jersey 4-3, Buffalo nipped Hartford 6-5, the New York Rangers tied Pittsburgh 3-3, St. Louis crushed Los Angeles 7-2, and Calgary crushed Vancouver 8-1.

Fall's Deadline March 10

Sanford's Mike Fall, an All-American soccer player at the University of Tampa, had two assists, including one on the eventual winning goal in his debut with the North American Soccer League's (NASL) Tampa Bay Rowdies. Fall's assists came during the Rowdies' 8-5 victory over the Fort Lauderdale Strikers Friday night at the Lakeland Civic Center.

Before his impressive showing, the Rowdies had told Fall to go talk with the Memphis Americans of the Major Indoor Soccer League (MISL), the other team that drafted the former Bishop Moore High star.

Fall said his deadline for making the Rowdies is March 10. If they don't make him a member of the team by then, he will play with Memphis.

Jimmy McCrimon, Osceola's All-America guard, goes high in the air for two points earlier this year. McCrimon and his Kowboy teammates resumed play against Tampa Jesuit today after their game was stopped because of a series of fights which broke out at Tuesday night's regional game at Tampa. Play began at 11 a.m. today with just the players and coaches in the gymnasium.

Herald Photo by Brian LaPater



Deputy Injured When Brawl Halts Osceola-Jesuit Game

TAMPA (UPI) — A squadron of some 50 Hillsborough County Sheriff's deputies and Tampa Police officers cleared the campus of the Jesuit High School after a heated basketball game erupted into a furious brawl.

One deputy was slightly injured and two people were arrested during the fracas Tuesday night, which delayed completion of the Jesuit-Kissimmee Osceola high school game until today. The second half will be played out without fans, authorities said. Osceola leads, 32-30, at halftime.

Officials gave varying accounts of what touched off the brawl, which began with a series of small fights in and outside of the high school gym.

Deputy J.D. Forbes said that Kissimmee fans started to harass game officials for bad calls after their team's 10-point lead slipped away. Kissimmee, with a game record of 33-0, was playing 18-7 Jesuit for the first time.

"What kicked off the whole thing was bad officiating, bad officiating," said student Willie Jones of Kissimmee.

Mike Cherry, a 10th-grader from Kissimmee, said the brawl began when a fan came out of the Jesuit stands and starting fighting with someone on the court. Kissimmee Coach Ed Kerahner

Prep Basketball

said that when he walked out to begin the game someone in the stands spat on him.

Forbes said that fighting broke out among several individuals during the first half, and grew to a brawl during intermission. "It just escalated," he said.

Deputy Ray Murray suffered minor injuries to the head when he fell on a flight of stairs while struggling with a brawler, said Sheriff's Capt. J. Miller. Ted Baker of Kissimmee was charged with disorderly conduct. The name of the other person arrested was not available.

The disturbance finally ended when police officers and sheriff's deputies cleared the campus of students.

Tampa Jesuit broke to an early lead but Osceola ran off 14 unanswered points behind the strong inside play of 6-3 forward Frank Ford and the outside shooting of guard Jimmy. Jesuit pulled back into contention, however, when Ford sat down late in the half with his third foul.

The game resumed today at 11 a.m.

Sundvold Renews Missouri's Lease

MANHATTAN, Kan. (UPI)—The Big Eight — property of Missouri.

The Tigers, ranked ninth in the country, renewed their lease of the Big Eight title Tuesday night, beating Kansas State 49-47 to claim the league crown for an unprecedented fourth straight year. Jon Sundvold, the outstanding Missouri guard, had 22 points and the last two hoops, including a twisting 18-footer with one second remaining.

The Tigers ran their record to 23-6 and eliminated Oklahoma State and Oklahoma from contention in the league race.

Sundvold took a pass from Prince Bridges on the perimeter with eight

Basketball

seconds left and dribbled to the left corner. He pumped once, getting Jim Roder off his feet and snaking around him before hitting the shot.

"I have to give him all the credit in the world. He hit every shot," said Kansas State Coach Jack Hartman of Sundvold. "I felt Roder played him perfectly at the end. He got an off-balance shot and it still went in."

Sundvold had hit a 22-footer to tie it 47-47. Kansas State then prepared for a last shot but Roder, a freshman point guard, threw the ball out of bounds.



Herald Photo by Tom Vincent

Raider Roll

Phil Treen, Seminole Community College netter, lashes a backhand against Ball State Tuesday afternoon. Treen whipped Steve Mermer 4-6, 6-0, 6-3 as the Raiders, defending national champions, rolled to their seventh straight victory.

SCORECARD

J.C. Tennis

Junior college men
SEMINOLE 7, BALL STATE
Singles: Perrins (S) d. Weidmoe 6-2, 6-3; Swanson (S) d. Snelson 6-4, 6-2; Swantesson (S) d. Coulton 6-2, 6-3; Treen (S) d. Marmar 4-6, 6-0, 6-3; Merritt (S) d. Lazoff 6-4, 7-4; Kiron (BS) d. Treen-Bromfield 6-4, 3-6, 7-5. Records: Seminole 7-0, Ball State 1-1.

Prep Soccer

High School boys
TRINITY PREP 4, LAKE BRANTLEY 3
Singles: Subarrubia (TP) d. Brail 8-5; Petteffozzo (TP) d. Palus 8-1; Diamond (LB) d. Burkhardt 8-5; R. Brail (LB) d. Morgan 8-4; George (TP) d. Ketting 8-3.
Doubles: Cubarrubia-Petteffozzo (TP) d. Brail-Brail 8-5; Diamond-Palus (LB) d. Burkhardt-Morgan 8-5. Records — Trinity Prep 4-0, Lake Brantley 3-2.

LAKE MARY 4, MAITLAND-LAKE HOWELL 3
Singles: Viner (LM) d. Kundis 8-7 (5-2); Chase (LM) d. McNeil 8-7; M. MacDonald (LM) d. Lowe 8-1; Glatting (LM) d. Pahl 8-2; Nelson (LM) d. T. MacDonald 8-5.
Doubles: Kundis-Chase (LM) d. Viner-M. MacDonald 8-4; McNeil-T. MacDonald (LM) d. Nelson-Lowe 8-4.
High School girls
LAKE MARY 4, LAKE HOWELL 3
Singles: C. Enriques (LH) d. Pinnock 8-4; P. Enriques (LH) d. Roegner 8-3; Reysner (LM) d. Dost 8-3; Caputo (LM) d. Peters 8-4; Reynolds (LM) d. Polina 8-2.
Doubles: Enriques-Enriques (LH) d. Pinnock-Ryerson 8-5; Roegner-Caputo (LM) d. Dost-Peters 8-7 (5-3).

High school
STATE TOURNAMENT
CLASS AAAA
AT COCONUT CREEK
FRIDAY'S MATCHES
Orlando Palm vs. Miami Killian, 2 p.m.; Dunedin vs. Coconut Creek, 8 p.m.
SATURDAY'S MATCH
Championship, 8 p.m.
CLASS AAA
AT BISHOP MOORE
FRIDAY'S MATCHES
Niceville Senior vs. Clearwater Central Catholic, 3 p.m.; Orlando Bishop Moore vs. Miami Archbishop Curley, 8 p.m.

Prep Basketball

Tuesday's results
High school boys
TUESDAY'S REGIONAL RESULTS
CLASS AAAA
Region 1 — Pensacola Pine Forest 48, Fort Walton Choctawhatchee 37
Region 2 — Jacksonville Jackson 64, Jacksonville Terry Parker 63
Region 3 — Orlando Boone 69, Bradenton 41
Region 4 — Tampa Hillsborough 82, Clearwater 81 (20T)
Region 5 — Stuart Martin County 63, Daytona Beach Mainland 44
Region 6 — Fort Lauderdale Dillard 41, West Palm Beach Twin Lakes 34
Region 7 — Hialeah American 56, South Plantation 43
Region 8 — Miami Jackson 56, Miami Killian 44
CLASS AAA
Region 1 — Crestview 59, Tallahassee Godby 54
Region 2 — Jacksonville Bishop Kenny 50, New Smyrna Beach 44
Region 3 — Gainesville Buchholz 72, Ocala Vanguard 62
Region 4 — Kissimmee Osceola at Tampa Jesuit p.p.d., fan disturbance
Region 5 — Rockledge 32, Lake Wales 41
Region 6 — St. Petersburg High 78, Fort Myers Cypress Lake 75
Region 7 — Riviera Beach Suncoast 76, West Palm Beach North Shore 55
Region 8 — Fort Lauderdale St. Thomas Aquinas 63, Miami Edison 60.

CLASS AA
Region 1 — Bonifay Holmes County 73, DeFuniak Springs Walton 64
Region 2 — Monticello Jefferson County 77, Port Saint Joe 63
Region 3 — Jacksonville Bolles 71, Bunnell Flagler Palm Coast 51
Region 4 — Jasper Hamilton County 72, Newberry 43
Region 5 — Groveland 58, Eatonville Wymore Tech 54
Region 6 — Fort Meade 78, Palmetto 59
Region 7 — Pahokee 82, Stuart South Fork 49

Region 8 — Miami Gulliver 49, Miami Balen 45 (OT)
CLASS A
Region 1 — Malone 48, Laurel Hill 42
Region 2 — Greensboro 69, Chahoochee 58
Region 3 — Hastings 82, Jacksonville University Christian 61
Region 4 — Orlando Lake Highland Prep 45, Bronson 52
Region 5 — Tampa Berkeley 29, St. Petersburg Shorecrest 28
Region 6 — West Palm Beach Kings Academy 85, Moore Haven 52
Region 7 — Pompano Beach Highlands Christian 66, Hollywood Christian 49
Region 8 — Miami Private 81, Miami Northwest Christian 59

Dog Racing

At Sanford-Orlando
Tuesday night results
First race — 5/16, B: 31:61
1 Deputy Pam 11:80 2:30 4:40
2 Lucky VIII 6:40 5:80
4 Husker Coal 6:40 5:80
Q (1-8) 46.60 P (1-8) 339.60 T 1152.70 944.20

Second race — 5/16, D: 39:31
7 J.G. Ethel 17:00 4:80 3:80
8 M.L. Foxy 8:00 5:60
1 Hey Neal R 4:40
Q (7-8) 44.28 P (7-8) 73.88 T (7-8-1) 531.88 D.D. (1-7-7) 72.98
Third race — 5/16, M: 31:82
2 P.C. Lightfoot 37:40 19:20 7:40
5 Wright Freedom 5:40 3:00
4 Shopper Chris 4:40
Q (2-5) 108.68 P (2-5) 228.68 T (2-3-4) 1,371.88
Fourth race — 5/16, C: 31:74
8 Bostak 6:40 4:20 3:40
3 Charger 3:80
5 Donna's Blezer 3:80
Q (3-8) 39.88 P (3-8) 63.68 T (3-3-4) 243.28
Fifth race — 5/16, C: 31:75
8 Morning Came 8:40 4:00 2:40
4 Kiss Me Goodby 5:80 3:00
1 M.H. Classic B 2:40
Q (4-8) 38.88 P (4-8) 155.20 T (3-4-1) 299.48
Sixth race — 5/16, B: 31:48
1 Dry Blend 12:60 7:40 4:00
3 Double Dive 4:40 3:20
4 White Oak Storm 3:40
Q (1-3) 14.88 P (1-3) 91.88 T (1-3-4) 177.28
Seventh race — 5/16, B: 30:78
3 Senior Prom 11:00 7:40 3:40
6 Aphrodite 6:40 4:80
8 W's Classaction 3:00
Q (3-4) 48.00 P (3-4) 79.44 T

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L-15	22.98	.55

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L-15	37.98	2.84

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P200R15 15	47.98	2.55
P210R15 15	48.98	2.64
P225R15 15	60.98	2.84
P225R15 15	52.98	3.06

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FLORIDA

IN BRIEF

Record Rains Threatening S. Florida Crops, Wildlife

EVERGLADES NATIONAL PARK (UPI) — Between two and four inches of rain that pounded southern Florida last weekend capped off a record month of downpours, making February the wettest in the region's recorded history.

Forecasters said this week the new torrent, falling faster than the soggy soil could soak it up, worsened the flooding that is threatening crops, wildlife, property and coastal fishing from Lake Kissimmee south.

Defiant Klan To Rally

MIAMI (UPI) — The head of the Ku Klux Klan in Florida has warned that hooded, robed Klansmen will hold a rally in Miami despite the city's denial of a demonstration permit.

City Manager Howard Gary, citing fears of renewed racial unrest, said Tuesday he would deny a request by the KKK to use a city park for a demonstration by 25 Klansmen.

But Florida KKK chief Richard Ford, of Lantana, said the group will fight for the right to march in the park. He personally delivered an application to the city's Recreation Department on Friday for a permit to hold the rally.

AREA DEATHS

MRS. MARY E. O'KEEFE

Mrs. Mary E. O'Keefe, 63, of 854 Millshore Drive, Chuluota, died Tuesday at Winter Park Memorial Hospital. Born Dec. 6, 1919 in Kingsdown, Kan., she moved to Chuluota from Pratt, Kan. in 1975. She was a homemaker and a Protestant.

Survivors include a son, James E., Orlando; a daughter, Mrs. Jackie Buckland, Chuluota; a brother, Edgar Sissen, Winfield, Kan.; four sisters, Mrs. Louise Gann, Wichita, Kan., Mrs. Helen Brehm, Dodge City, Kan., Mrs. Jean Kaufman, Medicine Lodge, Kan., Mrs. Carol Williamson, Clearwater, Kan. Woodlawn Funeral Home, Orlando, is in charge of arrangements.

LAWRENCE B. YOSS

Lawrence "Larry" Bear Yoss, 72, of 70 S. Cortez Ave., Winter Springs, died Tuesday at Florida Hospital-Altamonte. Born Feb. 18, 1911 in North English, Iowa, he moved to Winter Springs three years ago from Stanhope, N.J. He attended the Northland Community Church of Fern Park. He was a member of the Construction Local 291 of California.

He is survived by two daughters, Mrs. Sharon Hoop of Winter Springs, and Mrs. Deborah Sallsbury of Cocoa Beach; two sisters, Anne Helen Danko of New Brunswick, N.J., and Dorothy Huggert

of Stanhope; one brother, Arnold John Yoss of Hayward, Calif.; two grandchildren.

Gravewood-Gaines Funeral Home, Longwood, is in charge of arrangements.

INFANT HOLLY WEST

Infant Holly Lynn West, of 2839 Central Drive, Sanford, died Saturday at birth at Central Florida Regional Hospital.

Survivors include her parents, Mr. and Mrs. George Michael West, Sanford; three sisters, her twin, Heather Marie, and Catherine, both of Sanford, and Sherrie Renee, Atlanta; two brothers, Tommy, Sanford, and William Michael, Atlanta; grandparents, Mr. and Mrs. W.J. Moore, Sanford, Howard P. West Sr., Sanford, Mrs. Katherine West, Sanford, and Mrs. Zelpha Hardin of South Carolina.

Brisson Funeral Home is in charge of arrangements.

BONNIE C. CARVER

Mrs. Bonnie C. Carver, 58, of 2620 Falmouth Road, Maitland, died Monday at Florida Hospital, Orlando. Born May 16, 1925 in Springfield, Ky., she moved to Maitland from there in 1966. She was a homemaker and a member of the First Presbyterian Church of Maitland. She was a member of the Women of the Church, the Military Ladies Club, and Retired

Another Record Day On Wall Street

NEW YORK (UPI) — With gold and oil prices dropping, Wall Street's bull market hit new heights on a surge of investor optimism and pushed the Dow Jones Industrial average to a new high of 1,130.71.

The Dow Jones Industrial average closed up 18.09 at a new high of 1,130.71 Tuesday, breaking the old record of 1,121.81 set just last Thursday.

"We're taking these record days much more in stride," said Trude Latimer of Evans & Co.

Advances led declines by a 3-1 margin on the New York Stock Exchange. Big Board volume was 103,750,000, up from Monday's 83,750,000.

"The major factor is the price of oil coming down, which is very deflationary, very positive for the stock market," said Keith Pinconeault of Blunt Ellis Loewi in Milwaukee.

"As long as interest rates are going down, gold is going down, and we have this positive situation in oil, the market's going to continue to move higher," he said.

Some analysts say a new group of investors is entering the market as lower inflation levels make gold or money markets less attractive.

"Who wants a money market that's paying 7 percent when the stock market's going up 10 percent a day?" asked David Polen of David M. Polen & Co.

The Dow Jones average, an index of 30 blue-chip stocks, has gone up more than 350 points since the bull market rally began last August.

Most experts agree the stock market wants to be assured oil prices will not drop far enough to endanger major oil companies or U.S. bank loans to exporting nations.

CALENDAR

THURSDAY, MARCH 3

Sanford-Seminole Jaycees, 8 p.m., Jaycee Building, 5th Street and French, Sanford.

Free Income Tax Aid for the Elderly, 9 a.m. to 1 p.m., Hacienda Village, State Road 434, Winter Springs.

Sanford Big Book AA, 7 p.m., Florida Power and Light building, Myrtle Avenue. Open discussion.

Seminole's "Alway House AA, 8 p.m., speaker, Lake Minnie Road, Sanford.

Lake Mary Rotary Club, 8 a.m., Lake Mary High School.

Overeaters Anonymous, open, 7:30 p.m., Community United Methodist Church, Highway 17-92, Casselberry.

Winter Springs Sertoma, 7:30 a.m., Big Cypress.

Sanford Toastmaster, 7:15 a.m., Sanford Airport Restaurant.

Sanford Rotary Club, noon, Sanford Civic Center.

Sanford AA Women's Group, 2 p.m., 1201 W. First St., Sanford.

Friends of the Library of Seminole County, 1:30 p.m., Casselberry Branch meeting room, Seminole Plaza.

ROBERT F. MACKENDRICK JR.

Robert F. MacKendrick Jr., 78, of 101 Shepherd Trail, Longwood, died Sunday at Florida Hospital, Orlando. Born Sept. 6, 1904 in Buffalo, N.Y., he moved to Longwood from Erie, Pa. in 1979. He was a former owner-manager of a restaurant and was a Presbyterian. He was a 32nd-degree Mason, a Shriner, member of Scottish Rite and of Retired Senior Volunteer Program.

Survivors include two sons, James R., Lake City, Pa., and Jon D., Longwood; two daughters, Mrs. Gay M. Hardwick, Ponte Vedra Beach, and Sharon Lee Sullivan, Erie; a brother, Edward, of Warren, Pa.; a sister, Mrs. Jane Szymanowicz, Dunkirk, N.Y.; six grandchildren.

Garden Chapel Home for Funerals, Orlando, is in charge of arrangements.

MRS. CAROLINE C. WIELGOS

Mrs. Caroline C. Wielgos, 74, of 118 Krider Road, Sanford, died Monday at Florida Hospital, Orlando. Born Dec. 15, 1908 in Lorain, Ohio, she moved to Sanford from Amherst, Ohio in 1978. She was a retired cook and was a Catholic.

Survivors include three sons, James M. of Amston, Conn., Kenneth R. of Lake Monroe, Gerald J. of Sanford; a daughter, Mrs. John Camera of Lorain; a brother, Eugene Sosinski of Lorain; three sisters, Mrs. Anne O'Malley and Mrs. Florence Matesic, both of Lorain, Mrs. Pearl Hanna of Rotonda; eight grandchildren; eight great-grandchildren.

Garden Chapel Home for Funerals, Orlando, is in charge of arrangements.

MRS. CHARLOTTE CAREY

Mrs. Charlotte Carey, 82, of 700 Bay Ave., Sanford, died Sunday at Central Florida Regional Hospital. Born Nov. 25, 1901 in Sanford, she was a lifelong resident. She was a member of the Zion Hope Missionary Baptist Church for 70 years and was an usher. She was a housewife.

She is survived by a son, Robert L. Harris, Sanford; two sisters, Mrs. Lillie Carey, Sanford, Mrs. Julia Holmes, Rome, Ind.; five grandchildren; two great-grandchildren.

Sunrise Funeral Home is in charge of arrangements.

MRS. EASTER M. CONEY

Mrs. Easter May Coney, 69, of 2039 Williams Ave., Sanford, died Monday at Florida Hospital-Altamonte. Born in Hawkinsville, Ga., she was retired from the Rose Sharing Academy, West Palm Beach. She was a member of St. Johns Church, West Palm Beach.

She is survived by a daughter, Mrs. Irene Duncan, Sanford; three granddaughters, Cynthia Kelt and Mrs. Evanna Duncan, both of Sanford, Tonic James of Knoxville, Tenn.; one grandson, George Duncan, Fort Monroe, Va.; nine great-grandchildren.

Sunrise Funeral Home is in charge of arrangements.

Funeral Notice

CAREY, MRS. CHARLOTTE — Funeral services for Mrs. Charlotte Carey, 82, of 700 Bay Ave., Sanford, who died Sunday, will be at 1 p.m. Saturday at Zion Hope Missionary Baptist Church with the Rev. Brooks officiating. Burial in Shiloh Cemetery, Sanford. Viewing 3-9 p.m., Friday, Sunrise Funeral Home, Sanford, in charge.

Funeral Home Co. Display Yard Hwy. 17-92 - Fern Park Ph. 294-4988 Gene Harris, Director Sanford, Orlando & Branches

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PEOPLE

Evening Herald, Sanford, Fl. Wednesday, March 2, 1983-1B

Cooks Of The Week

Guess Who'd Love Coming To Dinner Dr. Zhivago

By Lou Childers
Herald Correspondent

Monday through Friday, 17 cheerful faces come to Ruth Metcalf's fourth period Specialized Cooking class at Ovyedo High School. Danielle Fitzpatrick and Scott Bowerson weren't too sure they were going to like Non — that's Russian for "flat onion bread." They did admit after eating their own cooking that the Nons are better tasting than they look.

Kenny Ash, Sam Wiggs, Anita Hayward and Marshalla Morgan form a cooking team that experimented last week with Uzbek Palov, or Rice Pilaf with Beef and Vegetables. Anita says, "I love this class because we learn more than cooking — we get to learn about foreign countries, too."

Another item on the Russian meal these young people enjoyed together was Kartoplia Solimkoi. Looks hard to pronounce, but it is one phrase that every American would have to learn before venturing into the Soviet Union. It means "French fries!"

David Whitacre and David Childers form another cooking team that worked hard fixing Bellashi. They first prepared a yeast dough and filled it with meat stuffing. The Bellashis were fried to a golden brown. After watching these young men make their contribution to the Russian meal, you felt like this recipe would be worth trying to repeat at home for your own family.

Leonard Scott, Sheldon Smith and Lorenzo Smith had a hard time pronouncing the dessert they made, Pannkoogid, but like their fellow students, they didn't have a hard time eating the Russian Pancakes stuffed with strawberry preserves.

Another cooking trio, Sarah Hickson, Donna Liguori and Lisa Judah gave up part of their lunch break to come to cooking class early to start preparing the fancy dessert they knew needed some extra time, Aleksander Torte.

Lisa said, "We just love this class. It is never boring and we don't have to sit and listen to a teacher talk all the time, we get to do something here." She also said she didn't know how Mrs. Metcalf kept her cool. "We are always yelling for help when something goes wrong, and it is always Mrs. Metcalf to the rescue!"

What her students didn't know the day they were going crazy with their Russian cooking, their teacher had prepared a home economics exhibit to be displayed at the Altamonte Mall, filled out papers for a federal grant seeking funds for a computer to be used in the home ex department, and a dozen other tasks behind the scenes including some long range planning for her department for the next 5 years.

RUSSIAN NON (Flat Onion Bread)

(Makes 16 breads)

8 tablespoons butter
1 1/2 cups finely chopped onions

3/4 cup lukewarm water (110-115 degrees)
1 teaspoon salt

2 1/2 to 3 cups all-purpose flour
Melt 1 tablespoon of the butter in a heavy 10-inch skillet set over high heat. Add the onions, reduce the heat to low and, stirring occasionally, cook 3 to 5 minutes, or until the onions are soft but not brown. Transfer them to a bowl and cool to room temperature.

Melt the remaining butter in the skillet and pour it into a large mixing bowl. Add the lukewarm water and, with a large spoon, stir in the chopped onions, salt and 2 1/2 cups of the flour, 1/2 cup at a time. If necessary, beat in as much of the remaining 1/2 cup flour as you need to make a dough that does not stick to your fingers. Gather the dough into a large, compact ball and divide it into 16 pieces. With the palms of your hands, shape each piece of dough into a 1 1/4-inch ball. Then, with a lightly floured pin, roll out the balls one at a time into circles that are about 8 inches in diameter. Set the rounds of dough aside.

Set a heavy 10-inch ungreased pan over high heat. When it is hot enough for a drop of water flicked across its surface to instantly evaporate, place 1 round of dough in the center. Brown 3 or 4 minutes on each side, turning it over with your wide spatula. Do not be concerned if the bread doesn't brown evenly.

Transfer the bread to a rack to dry and proceed to fry and dry the remaining dough similarly. Serve the bread in a basket.

KATROPRIA SOLIMKOI (Deep-fried Straw Potatoes)

(Serves 4-6)

4 medium-sized potatoes, about 2 lbs.
vegetable oil for deep-frying
salt

Peel the potatoes and cut them into straw-shaped strips, about 2 1/2-inches long and 1/8-inch thick. Drop them into a bowl of ice water and set them aside until ready to fry. Drain the potatoes in a colander, spread them out on a double thickness of paper towels and pat them thoroughly dry.

Pour enough oil into a deep fryer to come 3 or 4 inches up the sides of the pan. For the first frying of the potatoes (there will be two in all), heat the oil until it reaches a temperature of 370 degrees on a deep-frying thermometer. Drop the potatoes into the frying basket and immerse the basket in the hot oil, shaking it gently from time to time to prevent the potatoes from sticking together. Fry them for about 15 seconds, or until the potatoes are tender and a pale golden brown. Drain on a double thickness of paper towels, then fry and drain the remaining potatoes similarly. The potatoes may now rest for as long as an hour before refrying and serving. Immediately before serving, reheat the oil until it reaches a temperature of 385 degrees. Drop all the



Ruth Metcalf's fourth period class at OHS.

Herald Photo by Lou Childers

potatoes into the basket and, shaking the basket occasionally, fry for 15 seconds, or until the potatoes are crisp and brown. Drain on paper towels and transfer to a large platter or bowl. Sprinkle lightly with salt, and serve at once.

ALEKSANDER TORTE (Raspberry-filled pastry strips)

1/2 pound unsalted butter, chilled and cut into bits
3 to 3 1/2 cups all-purpose flour
3 tablespoons sugar

1 egg
1 1/2 cups (12 ounces) raspberry preserves
2 tablespoons softened butter
White icing: 2 cups confectioners' sugar

1/4 cup cold water
2 teaspoons lemon juice
In a large mixing bowl, combine the chilled butter, 3 cups of the flour and the sugar and, with your fingertips, rub until the mixture resembles flakes of coarse meal. Beat in the egg and continue to mix until the pastry is smooth. Shape it into a ball, wrap it in wax paper, and refrigerate 1 hour, or until the dough is firm.

With the back of a spoon, rub the preserves through a fine sieve set over a 1-quart saucepan, then cook over moderate heat, stirring constantly for 3 to 5 minutes, or until they dissolve into a thin puree. Set aside off the heat.

Preheat oven to 250 degrees. Cut the chilled pastry in half and shape each half into a rectangle. One half at a time, roll the pastry between two sheets of lightly floured wax paper into a rectangle approximately 10 inches wide and 18 inches long. With a pastry brush,

coat each of 2 cookie sheets with 1 tablespoon of butter and sprinkle them with flour, tipping the sheets from side to side to coat them evenly. Then invert the sheets and tap them against a hard surface to dislodge any excess flour. Use the wax paper to lift the pastry onto the sheets. Bake 40 minutes, or until the pastry begins to turn a pale gold. Watch carefully for any sign of burning and regulate the heat accordingly.

With a metal spatula, spread the raspberry puree evenly over one sheet of the pastry, covering it

See COOKS, Page 3B

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Herald Photo by Jane Cassberry

Rosalie Morace of the Junior Woman's Club of Sanford joins Girl Scouts, from left, Michelle Leggore, Cadette Troop 98; Kelly Hughes, Troop

98; and Adel Lopez, Junior Troop 333, for Saturday's Vial of Life project.

Club, Scouts To Distribute Vials Of Life

The Junior Woman's Club of Sanford Inc. is co-sponsoring a "Vial of Life" project with the Girl Scouts of America.

On March 5, from 10 a.m. to 4 p.m. at the Sanford Civic Center, the Girl Scouts will be distributing the "Vials of Life" free of charge.

These will be handed out first come, first serve, as the supply is limited.

This is also the day of the Sanford Kiwanis Club Pancake Day.

The Vial of Life is a container in which a family medical information sheet is kept. The vial is placed inside your refrig-

erator with a sticker on the outside to alert emergency personnel such as fireman, police or medics. In an emergency this information will help emergency personnel to best care for your family.

For further information, please call, 323-9214 or 323-9036.

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Heart Group: Ignore New Weight Tables

By Patricia McCormack
UPI Health Editor

NEW YORK (UPI)—Americans will be more susceptible to heart attacks if they follow new weight standards that adjust the "ideal weight" upward, the American Heart Association says.

The tables, issued Tuesday by the Metropolitan Life Insurance Co., show the weight of average healthy Americans and the new figures marked the first time they have been updated since 1959.

Dr. W. Virgil Brown, chairman of the AHA's nutrition committee, said smart people will stick to the old figures. Brown, a medical professor at Mount Sinai Medical School in New York, fears people may take the new tables as a signal to gain weight, resulting in more deaths from heart attacks and strokes.

"Heart disease, the nation's No. 1 killer, increases as body weight increases," he said. "Light is better than heavy and lean is better than fat. Few health problems are improved by gaining weight."

"Studies have demonstrated that if obesity occurs in conjunction with high blood pressure, diabetes (high blood glucose) or altered blood fats it significantly increases the risk for coronary heart disease."

The 1983 tables, compared to the 1959 ones, show an average increase of 13 pounds or 10 percent for weight of short men; 7 pounds or 1 percent for medium-height men; and 2 pounds or 1 percent among tall men.

For short women, the average increase in weight on the new tables is about 10 pounds or 9 percent; 8 pounds or 6 percent for medium-height women; and 3 pounds or 2 percent for tall women.

For example, a 5-foot-10-inch man with a medium frame could range between 151 and 163 pounds while a 5-foot-5-inch woman of medium frame was listed between 127 and 141 pounds.

"Because the weights are higher on the 1983 tables than on the 1959 tables it does not mean that people have a license to gain," said Dr. Paul S. Entmacher, Metropolitan Life Insurance Company's chief medical director.

The Metropolitan Life desirable weight tables are used by millions of health-conscious Americans as target weights, shown by insurance company actuaries to give them the best crack at longevity.

Frederic Seltzer, Metropolitan's actuary who drew up the tables, said: "There is much misunderstanding about desirable weight tables and the effect of weight on mortality and health. The main conclusion generally drawn from the tables is that it is better to... be lean than plump."

The new tables were devised from data in the 1979 Body Build study conducted by the Society of Actuaries and the Association of Life Insurance Medical Directors of America.

Brown was asked why insurance company records showed people a few to 10 pounds heavier than the 1959 desirable weights were living longer. He said that probably reflects a trend to decreases in deaths from heart attacks and stroke.

Changes in diet to lower blood fat, improvements in lifestyle through exercise and better health habits and medical intervention to lower blood pressure were given as reasons for the decrease in deaths from heart attacks and stroke.

TONIGHTS TV

WEDNESDAY

8:00
 (1) (3) (4) (5) (6) (7) (8) NEWS
 (11) (38) CHARLIE'S ANGELS
 (10) FOCUS ON SOCIETY

8:05
 (17) CAROL BURNETT AND FRIENDS

8:30
 (1) NBC NEWS
 (7) CBS NEWS
 (12) ABC NEWS
 (10) FOCUS ON SOCIETY

8:35
 (17) BOB NEWHART

7:00
 (1) LIFE DETECTOR
 (1) P.M. MAGAZINE A body language expert explains the hidden meanings behind nonverbal communication; a San Francisco lost-dog detective known as Sherlock Bones

7:30
 (1) JOKER'S WILD
 (11) (38) THE JEFFERSONS
 (10) MACHEIL / LEHRER REPLY

7:05
 (17) GOMER PYLE

8:00
 (1) ENTERTAINMENT TONIGHT
 A look at the careers of Henry, Jane and Peter Fonda.
 (1) TIC TAC DOUGH
 (1) FAMILY FEUD
 (1) (38) BARRY MILLER
 (10) UNTAMED WORLD

7:35
 (17) ANDY GRIFFITH

8:00
 (1) REAL PEOPLE Featured: a "talking" cow; amazing roller skater; a 95-year-old master chili maker; a school for avalanche survival.
 (3) (8) SEVEN BRIDES FOR SEVEN BROTHERS Adam, Brian and Crane set out to search of rustlers when the theft of six head of cattle from the McFadden Ranch is followed by a murder.
 (7) HIGH PERFORMANCE (Premiere) A crack team of security school instructors set out to recover a stolen prototype for the car of the future.
 (11) (38) MOVIE "78 Park Avenue" (Part 2) (1977) Lesley Ann Warren, Polly Bergen.

8:30
 (1) NATIONAL GEOGRAPHIC SPECIAL "The Invisible World" Amazing and highly specialized cameras and imaging devices uncover microscopic life in minute detail, penetrate galaxies, freeze movement and unveil mysteries about ancient Egyptian mummies. (R)

8:05
 (17) SMUGGLER A swash-buckling tale of Jack Vincent, a rum-running Robin Hood of 19th Century Scotland. (Part 2)

9:00
 (1) (4) BOB HOPE'S ROAD TO HOLLYWOOD George Burns and ten leading ladies, including Lucille Ball, Dorothy Lamour and Jane Russell, join Bob Hope for a retrospective look at the comedian's nearly four decades in motion pictures.
 (3) (8) MOVIE "Your Place or Mine" (Premiere) Bonnie Franklin, Robert Klein.
 (7) THE FALL GUY
 (10) AMERICAN CHALLENGE Eight American yachtsmen who navigated across the Atlantic in a record setting race are profiled.

10:00
 (7) (8) DYNASTY Blake flies to Singapore in hopes of finding Steven. Krystal and Alexis learn of Mark's involvement with Fallon, and Adam plots to get Kirby to spend the night with him.
 (1) (38) INDEPENDENT NETWORK NEWS
 (10) GODUNOV: THE WORLD TO DANCE IN Russian ballet dancer Alexander Godunov, whose dramatic defection in 1979 drew worldwide attention, is profiled.

10:05
 (17) NEWS

10:30
 (1) (38) LOVE LUCY

11:00
 (1) (3) (4) (5) (6) (7) (8) NEWS
 (11) (38) SOAP
 (10) ALFRED HITCHCOCK PRESENTS

Cable Ch.

(7) (9) (ABC) Orlando
 (5) (6) (CBS) Orlando
 (4) (2) (NBC) Daytona Beach Orlando

(11) (35) Independent Orlando
 (12) (17) Independent Atlanta, Ga.
 (10) (24) Orlando Public Broadcasting System

In addition to the channels listed, cablevision subscribers may tune in to independent channel 44, St. Petersburg, by tuning to channel 8; tuning to channel 13, which carries sports and the Christian Broadcasting Network (CBN).

11:05
 (17) WOMAN WATCH
 Featured: Mary Lynch, a hard-hat construction worker in New York; Ellen Futter, president of Barnard College in Manhattan; Anne Marie Benstrom, founder of Ashram in California.

11:30
 (1) TONIGHT Host: Johnny Carson. Guests: James Mason, Sheena Easton.
 (1) MARY TYLER MOORE
 (1) ABC NEWS NIGHTLINE
 (1) (38) THE ROCKFORD FILES

11:35
 (17) MOVIE "Guns Of The Timberland" (1960) Alan Ladd, Jeanne Crain.

12:00
 (1) HART TO HART
 (7) THE LAST WORD

12:30
 (1) LATE NIGHT WITH DAVID LETTERMAN Guests: comedian Don Novello, harmonica player Toots Thelma.
 (1) (38) NEWS

1:00
 (7) MOVIE "Hero's Island" (1962) James Mason, Neville Brand.

1:10
 (3) (8) MOVIE "Cover Girls" (1977) Cornelia Sharpe, Jayne Kennedy.

1:30
 (1) NBC NEWS OVERNIGHT
 (17) MOVIE "Fog Of Guilt" (1958) Richard Basehart, Mary Murphy.

2:30
 (1) ENTERTAINMENT TONIGHT
 A look at the careers of Henry, Jane and Peter Fonda.
 (3) CBS NEWS NIGHTWATCH

2:40
 (7) MOVIE "Hard To Get" (1938) Olivia de Havilland, Dick Powell.

3:00
 (1) NBC NEWS OVERNIGHT

3:15
 (17) MOVIE "Dragon Wells Massacre" (1957) Barry Sullivan, Dennis O'Keefe.

4:00
 (1) NBC NEWS OVERNIGHT

4:10
 (7) MOVIE "Fifth Avenue Girl" (1939) Ginger Rogers, James Ellison.

THURSDAY

MORNING
 4:55
 (17) MISSION: IMPOSSIBLE

The World Almanac®

Q & A

1. From which state do William Faulkner, Leontyne Price and Eudora Welty hail? (a) Mississippi (b) Alabama (c) Louisiana

2. In what year was the Civil Service Commission established? (a) 1883 (b) 1914 (c) 1962

3. Who was the first woman member of the U.S. Congress? (a) Jeannette Rankin (b) Susan B. Anthony (c) Claire Booth Luce

ANSWERS

TMI Neighbors Fight Nuke Plant Restart

WASHINGTON (UPI)—Neighbors of Three Mile Island, seeking to prevent restarting of the nuclear plant, have urged the Supreme Court to spare them from reliving the anguish they experienced following the nation's worst nuclear accident.

A lawyer for residents around the Three Mile Island nuclear power plant told the justices Tuesday the community had suffered "severe mental distress" after the March 1979 accident.

"Restart brings with it the psychological reality of another accident," William Jordan said. "A traumatized population is now facing the possibility of another accident."

Jordan is asking the justices to uphold a lower court ruling that the Nuclear Regulatory Commission must weigh neighbors' "fears of recurring catastrophe" before allowing a start up of the undamaged reactor at the plant near Harrisburg, Pa.

Metropolitan Edison Co. wants to put the reactor back to work generating electricity. Both reactors have been shut down since No. 2 reactor was so seriously damaged radiation leaked into the air.

Jordan said the visible changes, including steam release that indicate renewed operations of No. 1 unit — the reactor at issue in the case — would cause apprehension among area residents.

Under questioning by Justice Lewis Powell, he said the mere knowledge the plant was running — even without visible evidence — would be traumatic.

Last May, nearby residents voted overwhelmingly against reopening the reactor.

But the government's lawyer, Paul Bator, argued that "anxiety produced by fear of environmental harm" is not the

kind of environmental ill the NRC is required to review under the National Environmental Policy Act of 1969.

Since "there are a million ways in which the government affects the anxiety level," such as raising taxes, Bator said, government agencies cannot be required to consider mental state when the law calls on them to prepare environmental impact statements.

"The intelligent way to deal with anxiety about accidents is to do everything under the sun to make it (the reactor) safe," he said.

The NRC has indefinitely postponed a decision on reopening the plant until the Supreme Court decides the case, probably some time this spring.

Bator contends the government should weigh psychological concerns only when it directly alters the environment, which is not the case at Three Mile Island.

But some justices were uncertain about exactly what he meant.

"Is it because, in this instance, it has been concluded it (starting the reactor) is safe to physical health?" Justice Sandra Day O'Connor asked.

"When it is clear there are actual changes in water, land or air that directly propagate mental health changes," emotional stress may be considered, Bator replied.

Stress stemming from restarting the reactor "is a product of people's anxiety and fear there may be a second accident," he said.

Measuring this fear is too uncertain and could result in "elaborate battles of experts," he said. He also warned it could cripple the NRC's efforts to license nuclear plants across the country.

During the 1979 accident at Three Mile Island, radiation was released and pregnant women and preschool children were temporarily evacuated.

Illegal Evidence Rule Challenged

WASHINGTON (UPI)—The Reagan administration is asking the Supreme Court to sympathize with police who make honest mistakes in searches and not to penalize them by throwing out criminal evidence they uncover.

At least when a police officer goes to the trouble to get a warrant first, evidence he finds should not be thrown out no matter if the search later is declared illegal, Solicitor General Rex Lee told the justices Tuesday.

"That would not only be freeing the criminal because the constable has blundered," Lee said, "but because the constable was something less than omniscient."

The high court began wrestling with a major criminal reform idea the administration and others in legal and law enforcement circles hope will keep criminals from going free on technicalities.

The proposal before the justices is to create an exception to the rule of criminal evidence barring illegally obtained evidence from being used in court.

The "good faith, reasonable belief" exception would permit admission of even illegally uncovered evidence if police thought they were making a legal search.

The high court volunteered to consider the hot political issue, but it is not

committed to ruling on the topic when it hands down its decision by July.

In fact, two other attorneys argued Tuesday the exclusionary rule issue is not essential to deciding the case of a Bloomingdale, Ill., couple whose car and home were searched after police got an anonymous drug tip.

The search uncovered cocaine and more than 350 pounds of marijuana. Even though police had a warrant to search, the Illinois courts prohibited any of the evidence from being used against Susan and Lance Gates. The state courts condemned the search because the warrant was based on an unsubstantiated tip.

Paul Bleibel Jr., first assistant attorney general of Illinois, insisted that the warrant was proper and the search was constitutional. Even if the warrant had a defect, he said, the high court should uphold it because the judge had enough reasonable belief of a crime to issue it.

James Reilly, a Chicago lawyer defending the Lances, said it would not matter to his clients if the Supreme Court weakened the exclusionary rule.

Illinois has its own tough law barring use of illegally obtained evidence, he said, adding the high court already has declared "a state can impose higher standards on search and seizure if it chooses to do so."

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...Cooks Of Week 'Holding Out' Gets Readers' Plaudits

Continued From Page 1B

completely and smoothly. Slide the second sheet of pastry gently onto the first.

With a spoon stir the sugar, water and lemon juice together in a large mixing bowl to form a thin paste. Spread the icing smoothly over the top layer of pastry with the spatula, and set the cake aside to cool to room temperature. With a small, sharp knife or pastry wheel, slice the Aleksander torte into strips 1 inch wide and 2 inches long.

PANNKOOGID (Dessert Pancakes)

- 1 cup all-purpose flour
- 2 cups milk
- 2 egg yolks
- 2 tablespoons sugar
- 1/4 teaspoon salt
- 2 egg whites
- 2 tablespoons butter
- 1/2 cup lingonberry preserves, or any berry preserves

Place the flour in a large mixing bowl and, with a large spoon, slowly beat in the milk a half cup at a time. Then beat in the egg yolks, sugar and salt. When the ingredients are thoroughly combined, set the batter aside in a cool—not cold—place for at least 3 hours or even overnight.

Just before making the pancakes, beat the egg whites in a large bowl with a whisk or a rotary or electric beater until they form stiff peaks on the beater when it is lifted out of the bowl. With a rubber spatula, gently but thoroughly fold them into the batter.

Preheat the oven to 250 degrees. With a pastry brush, lightly coat a 5 to 6-inch crepe pan or skillet with 1 teaspoon of the butter. Pour in 1/2 cup of the batter, tilting the pan to spread it evenly. Fry over moderate heat for about 3 minutes on each side, until the pancake is golden, turning it over with a spatula. Slide the pancake onto an ovenproof platter and keep it warm in the low oven while frying the remaining pancakes. Serve the Pannkoogid on heated dessert plates, accompanied by a bowl of berry preserves.

UZBEK PALOV (Rice Pilaf with beef and vegetables)

- 1/4 cup vegetable oil
- 1 lb. boneless shoulder of beef, cut into 1-inch cubes
- 3 large carrots, scraped and cut into strips 1/4 inch wide and 2 inches long
- 2 large onions, peeled and cut into strips about 1/4 inch wide and 2 inches long (about 3 1/2 cups)
- 3 cups unconverted, long-grain white rice
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 6 cups cold water

Heat the oil in a heavy 12-inch skillet over high heat until a light haze forms above it. Drop the beef cubes in and fry them for 5 to 8 minutes, turning them constantly with a large spoon until they are lightly and evenly browned on all sides. With a slotted spoon transfer the cubes of beef to a heavy 4-quart casserole.

To the fat remaining in the pan, add the carrots and 3 cups of the onions. Stirring frequently, cook the vegetables over moderate heat until they are soft but not brown, then stir in the rice. Reduce heat to low and, stirring constantly, cook about 2 minutes until the rice becomes somewhat opaque and is thoroughly coated with the oil.

With a rubber spatula, transfer the contents of the pan to the casserole of meat and sprinkle with the salt and pepper. Toss lightly to combine the ingredients, then pour in 6 cups of water and bring to a boil over high heat. Reduce heat to low, cover the casserole and simmer 20 minutes, or until the rice is tender and has absorbed most of its cooking liquid. Taste for seasoning.

Transfer the pilaf to a serving bowl or platter and scatter the remaining 1/2 cup of raw onions over the top. Serve at once, accompanied if you like by flat onion bread.

DEAR ABBY: Many letters in your column have touched me, but none moved me as much as the one from "Holding Out and Proud of It."

Hurray for her! And hooray for you for printing it. More people need to know that there are still some women around who don't jump into bed with every John, Mick and Murray. I know I have lost lots of guys because I wouldn't give in, but it was better to lose them than lose my self-respect.

I, too, saved myself for marriage, and so did my husband. We've been married for 10 years and neither one of us has ever regretted our lack of premarital experience. I'll admit we didn't know much, but we learned together, and our love grows stronger every year.

Tell "Holding Out" to stick to her principles. I hope her letter will prompt more young people to do the same.

HELD OUT AND GLAD

DEAR ABBY: Tell "Holding Out" that she is not alone. I'm also holding out. It hasn't been easy for me because I'm a fairly nice-looking, normal, healthy guy who enjoys an active social life.

I'm into sports and run five miles a day, rain or shine. I regard my body as my "temple," and as such I have never defiled it with tobacco or drugs of any kind. I consider sex habit-forming and choose not to risk falling into that habit until I have found the person with whom I can establish an exclusive lifelong commitment.

Please don't think I'm

Bread Baking Class At SCC

Seminole Community College will offer a course in bread baking beginning Thursday, March 3, in Building J-007. Basic techniques in preparing homemade bread and helpful hints to improve bread baking skills will be taught. Breads baked in the course will be whole-grain breads and Easter holiday breads. Cost for the eight week course is \$21.



Dear Abby

an oddball. I'm not. I'm just saving myself for the person I marry. And in case you're wondering — I'm straight, and I'll be 38 my next birthday.

SAVING MYSELF IN SAN ANGELO, TEXAS

DEAR ABBY: The letter from the 27-year-old, "Holding Out and Proud of It," could have been written by me 25 years ago. Not only was I a virgin. I married one. Never in all my years of marriage was I unfaithful, and I had my chances.

After 23 years of marriage, my husband decided he wanted "out" so he left two years ago. To this day my attitude about sex outside marriage hasn't changed — but my body has! Now, at age 48 I find that I am much more

passionate than I was when I was a 23-year-old virgin. I was able to exercise control back then. (I didn't know what I was missing.)

As immature as this may sound, I'm not so sure that I will be able to exercise that control now, so I just refuse to date until my divorce is final and I can marry again.

I feel very corny writing this, but it's a real dilemma because I am a Christian, and the Scriptures are very clear concerning sex outside marriage. However, my sex drive is at odds with those Scriptures! I am not sure how I am going to whip this one. Help me.

HOPING THE DEVIL WON'T MAKE ME DO IT

DEAR HOPING: The devil won't make you do it, but the first man you find irresistible might. Pray for strength and avoid temptation.



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'Sweetheart' Photo Contest

The Sanford Jaycee Women are sponsoring a baby photo contest with judging to be held on March 18. Anyone wishing to enter a "Little Sweetheart" in the contest is reminded that entry forms and guidelines are available through contacting Eileen Mack at 322-4962 after 6 p.m. or Sherry Kitter, at 322-2000. Dona Speir is chairman of the contest. Entries may be sent to her at P.O. Box 903, Sanford.

The age groups are: 0-18 months; 19 months-3 years; and 4 years-5 years old. There will be a first place boy and first place girl chosen from each age group. You are required to fill out the entry form, send a 5x7 picture of your "sweetheart" (with your return address on back) and an entry fee of \$5. Proceeds will be used for projects in the Sanford community. All photos will be returned. The deadline for entering is March 18.

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Drive For Show, Putt For Money

SAN FRANCISCO (UPI) — It's no secret that golf matches and tournaments are won by the hottest putter — "drive for show, putt for the money," says the old golf saw.

And it often is the lowly putting green which offers the biggest opportunity for money to change hands at the local course.

George Archer, who at 43 is still winning big bucks in the PGA tournaments, is an acknowledged putting whiz, probably one of the top half-dozen greens players on the tour since World War II. Yet Archer recently wrote that when he putted for money on San Francisco greens prior to turning pro he was only the third best in his group.

Number one on his list was Hank Magnaris, who putted with and against Bob Rosburg, another acknowledged putting great, around 1950, and with and against Archer about a decade later.

Magnaris, 57, is about a five handicap player these days. He hits the ball so straight that he can play familiar courses by moonlight. He is also still a pitching, chipping and putting genius, though he admits that the old days are gone when his group stayed out all night on the Lincoln Park putting green with only street and auto lights to guide them.

"We'd come out after the bars closed and sometimes we were still there when the sun came up," he recalled.

Magnaris, who has a near

encyclopedic memory for tennis and golf lore, said the same photographic memory enabled him to remember every break of the various Northern California putting greens where he often practiced four hours a day.

But he says he was never a hustler.

"I was and am a competitor," the silver-haired Magnaris said. "A hustler will miss shots on purpose to set up a big pay-off down the line. Rosburg and Archer would never do that and I wouldn't either."

He said that while he has putted at \$2.50 per hole and \$5 for aces, "It wasn't the money. It was a pride thing. It was like a shoot-out at the OK Corral."

Magnaris recalls he once used only 22 putts in a round "with no chip-ins" in a tournament round, but admits that he was at his best on the putting greens.

"It's a lot easier," he said. "If you miss a putt in a round, you have to wait maybe 20 minutes for another chance. On the putting greens, you get another chance right away. Besides, you have a shot at a birdie on every hole."

He says he is pitching and chipping better than ever and while he can still putt them close from any spot on any green, maybe not as many plop in the hole as in his heyday.

He disagrees with pros who advocate charging the hole so as not to leave them short.

"I am a 'die' putter. I like them to drop on the last roll. They can go in the hole from

any direction that way. If you hit it hard, they have to hit the hole head on to drop."

Magnaris is a wrist putter and uses an overlap grip instead of the commonly used reverse overlap.

"I use the same grip for every shot. The only pro I know of who did that was Bobby Locke and he was maybe the best putter of them all."

He said another secret was his speed in setting up and striking the ball.

"Since I usually had the honors, I could make my opponents play at my tempo. I could jack them around the 18 holes on the putting green in 15 minutes. Sometimes, they never knew what hit them until it was too late."

He advises putters to use a low backswing and not to tarry once they are over the ball.

"It got to where Ben Hogan and Cary Middlecoff froze over their putts and had to give up the game," he said. "Jack Nicklaus looked as though he might have the same problem, but now he's putting quicker again."

Hank will spin tales of the great Bay Area gambling golfers of yesteryear — Titanic Thompson, Lefty O'Doul, Fat Man Stanovich. They're mostly gone now and some others who used to hustle full time, including the guy who was second on Archer's list, are now working for a living.

But Hank, who manages property when not on the golf course, is still around.

American Worker Is Still Most Productive

By Denis G. Gullino

WASHINGTON (UPI) — The American worker is still the most productive in the world and getting better, although the most recent rate of growth is less than first measured, the Labor Department said Tuesday.

The department said the most closely followed measure of productivity, for the 76.7 million workers off the farm, shows a growth rate of 2 percent in the fourth quarter and 0.1 percent for all of 1982.

Previously the department said the latest quarterly increase was greater at 2.7 percent and the year's record was up 0.2 percent.

The department also reported Tuesday for the first time the narrower category of productivity among the 54.7 million workers outside of financial institutions, showing an increase of 1 percent last year compared to 1.7 percent in 1981.

Productivity measures output per paid hour on the job and reflects a wide variety of influences from management expertise, degree of modernization of the workplace and the experience and enthusiasm of the work force.

Productivity rose, however, only because output fell slower than the number of hours worked, a sign that business reacted to the pressure of the recession by getting leaner but more efficient.

Because of the number of variables, the study of productivity is one of the most debated and least understood areas of economics.

But comparative international figures show the American worker's efficiency is still ahead of every other country. Even Japan's rapid rate of growth has slowed recently, leading some analysts to reassess their predictions that the U.S. lead was in jeopardy.

However in some heavily automated industries, where robots have been heavily utilized, Japan is in the lead. For the non-financial sector of the economy the revised figures showed that output dropped 3.6 percent while hours worked fell 5.5 percent.

The figures for the non-farm sector of the workplace showed unit labor costs, pay per product, rose 6.4 percent in 1982 compared with a 7.8 percent gain in 1981.

Hourly compensation rose 7.4 percent during 1982, the smallest gain since 5.7 percent in 1972.

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Signature Ann Gracey
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Q&A

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(a) Houston (b) San Antonio, Texas (c) Cincinnati (d) New York (e) Boston

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1 d 2 a 3 e 4 c 5 b

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Queen Vs. Press

Papers' Spicy Reports Have Palace In Royal Uproar

By BARRY JAMES
UPI Senior Editor

LONDON (UPI) — When the Sun newspaper began publishing a series on "the astonishing inside secrets of the fun-loving royals" it seemed like more of the frothy scuttlebutt about the monarchy that fills much of the British popular press these days.

But the Sun's center-page splash last week touched a raw nerve. With the personal approval of Queen Elizabeth, touring in Mexico at the time, aides at Buckingham Palace moved quickly in the courts to halt publication of the newspaper's "world exclusive," leaked by a former palace servant.

The place obtained an injunction against the Sun, along with a High Court writ seeking unspecified

damages against the tabloid and the ex-servant, 20-year-old Kieran Kenny.

"Sultry starlet Koo Stark played her most daring role when Prince Andrew invited her to become Queen Bee of Buckingham Palace," the Sun began in a story headlined, "Queen Koo's romps at the palace."

"Curvy Koo, 26, stayed at Buckingham Palace so often it almost became her second home," the newspaper said in the story about the American former soft porn actress romantically linked to the queen's second son, Prince Andrew.

The newspaper promised a second episode, titled, "When barefoot Di buttered my toast."

But this was felled by the injunction, whereupon the newspaper

splashed a headline across most of its front page: "Queen gags The Sun."

It vowed: "We intend to contest this vigorously."

Like all palace servants, Kenny signed an agreement not to disclose details about his work as a kitchen storekeeper. It is on the alleged breach of this contract that the palace bases its case. Signed documents of this kind have been demanded ever since the queen's childhood governess, Marlon Crawford, published her memoirs in a book called, "The Little Princess."

Legal experts said they believe it is the first time a monarch has taken action to halt publication of material in a newspaper. Because the queen cannot appear as a witness in her own court, the case

has been initiated on her behalf by her deputy treasurer, Russell Wood.

(When an intruder, Michael Fagan, broke into the queen's bedroom last June the question of a court case did not arise because Britain does not have a law against trespass. Fagan was found guilty of stealing a car and ordered confined in a psychiatric hospital.)

A spokesman at the palace said the queen personally gave Kenny a job after he wrote appealing for work. He previously had applied for 130 other jobs without success.

Kenny, the Sun said, "has often had to smile bravely at the queen while her corgis nipped his heels."

"What he has done is disloyal, distasteful and quite disgusting," the palace spokesman said.

The Sun's titillations clearly were

the final straw for the royal family, which has been engulfed by a tidal wave of newspaper sensationalism both at home and abroad in recent months. All the big tabloids have reporters and photographers permanently assigned to the royal beat.

Typical screaming headlines in recent months have included: "Diana — 80 percent certain to have breakdown;" "Sulky Di;" "Diana flees ski slope, Charles in rage;" "The Queen bans Koo."

Gossip columnists have had a field day with backstairs tales about:

—Charles and Di, and their "rumbustious marriage." For one newspaper, Diana is a fairytale princess "very much in love." For

another she's a "spoilt brat," "fiend," and a "monster." Other unsubstantiated reports described her as suffering from the starvation disease anorexia, and headed for a nervous breakdown.

—Princess Anne, the queen's sharp-tongued daughter, and rumored marital difficulties with her husband, army captain Mark Phillips.

—Princess Margaret, the queen's divorced younger sister, and her supposedly unsuitable friends in London's nightclub fringe.

—"Randy Andy" (the tabloid term for Prince Andrew) Ms Stark, and the allegation that the queen is not amused about their reported romance, which one headline writer described as a "Koo d'etat."

French Voters Put Socialism To The Test

By Brigit Phillips

PARIS (UPI) — A seductive blonde beauty recently adorned billboards in Nice clad only in a skimpy bikini against a backdrop of the coastal city's famous crescent beach.

A week later the same alluring model appeared naked on the poster, with a legend reading, "After 21 months of socialism, I have nothing left."

The degree of subtlety may vary, but the theme of the campaign poster echoed throughout France in the final weeks before the municipal elections scheduled for the next two Saturdays — March 6 and March 13.

The voting in 36,383 towns and cities marks the first electoral test since President Francois Mitterrand led a socialist-communist alliance to victory in May, 1981, presidential elections.

Despite efforts by the left to keep the "municipals" to local issues, the vote is widely viewed as a referendum of the first 22 months of socialist government.

To spearhead the attack, three arch rivals for the leadership of the right publicly buried differences and stomped around the country to expose the evils of the left.

Former President Valery Giscard d'Estaing and former Prime Minister Raymond Barre formed an uneasy partnership with the most popular of the trio, Paris Mayor Jacques Chirac, to make a frontal attack on socialist government that focuses on a poor economic record.

Although there has been a slowdown in unemployment and inflation increases, the right says having almost 10 percent of the labor force out of work with annual cost of living rises of just under 10 percent is not good enough.

Above all, they point to France's trade deficit and massive foreign debt, estimated at more than \$20 billion, as signs that any success the government has had in keeping the franc strong is temporary.

Mammoth government borrowing and spending has to stop somewhere, the right argues, and it is likely to end right after the municipal elections with either a new spurt of inflation, a devaluation of the franc, or, more

likely, both.

The left tends to steer towards local issues to hang on to the spectacular gains it made in the last municipals in 1977 when the Socialists and Communists almost equally divided victories in 155 of the 221 largest towns.

The Socialists are willing to stand on their record in power at the presidential palace. Although Mitterrand's personal popularity has slumped to under 40 percent — close to the lowest ever for a president — many of the policies implemented by his socialist-led government have won approval.

It considers decentralization of the local political systems as the most important of its innovations, but the economic impact of this reform could reap negative

benefits at the polls.

Socialist party officials publicly predict they will lose up to 15 major towns.

The Socialists have been somewhat uncomfortable with their Communist bedfellows over which party would sponsor mayoralty candidates on combined leftist slates. The Socialists gave in and have allowed Communist candidates to run in all but 11 of 41 cities they had hoped to take.

There is little doubt that the dynamic Chirac, who under reorganization in 1977 became Paris' first mayor in 106 years, will hold the position, based on a sweep of highly visible — and, his critics charge, superficial — programs that have included beautification, restoration,

and new construction.

But some socialist and communist mayors, such as 72-year-old Gaston Defferre who has held forth over France's second largest city of Marseille for 30 years, are apparently in danger.

If significant losses do materialize, Mitterrand would certainly continue to work with the Socialist-dominated parliament to govern with little more than increased tension between national authorities and local powers.

The large-scale setbacks would be a tremendous loss of face and would bode ill for the next round of political tests when parliamentary elections are held in 1986.

likely, both.

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EXTRA LEAN GROUND Beef	LB.	\$1⁴⁹
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Quick Poached Flounder, Creole Style

Evening Herald, Sanford, Fl. Wednesday, March 2, 1983-1C

Onion, green peppers, mushrooms and pepper sauce give a special Creole touch to a poached flounder dish.

This will take less than 45 minutes to prepare...a boon to the busy cook. Serve with lemon-sesame asparagus and boiled spring potatoes.

FLOUNDER CREOLE

- 2 tablespoons butter or margarine
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- ¼ pound mushrooms, sliced
- 1 can (1 pound) tomatoes, drained
- 2 tablespoons lemon juice
- ¼ teaspoon dried leaf tarragon
- 1 bay leaf

- ¼ teaspoon Tabasco pepper sauce
- ¼ teaspoon salt
- 1 pound flounder filets

Melt butter in large skillet; add onion and green pepper. Cook until tender. Add mushrooms; cook 3 minutes. Add drained tomatoes, lemon juice, tarragon, bay leaf, pepper sauce and salt. Cover; simmer 20 minutes. Add flounder filets; cover and simmer 5 to 8 minutes longer, or until fish flakes easily when tested with a fork. This kitchen-tested recipe makes 4 servings.

LEMON-SESAME

- 2 pounds asparagus, or 1 package (10 ounces) frozen asparagus

- 1 tablespoon butter or margarine
- 2 teaspoons sesame seeds
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- ¼ teaspoon Tabasco pepper sauce
- Lemon slices, for garnish

Wash asparagus; break off each stalk as far down as it snaps easily. Cook, covered, in boiling salted water in large skillet for 5 to 10 minutes, just until crisp-tender. Drain, remove to heated serving dish and keep warm. In small skillet, melt butter; add sesame seeds and stir until lightly browned. Add lemon juice, salt and pepper sauce. Pour over cooked asparagus and garnish with lemon slices. This kitchen-tested recipe makes 4 servings.



Creole flounder in 45 minutes.

Proper Diet Vital

If your body could talk, what would it say about the way you treat it? Would you be thought of as a friend or foe? Many times we buy new clothes, get a different hair style or even a total "make-over," but ignore the foundation. What good is a nice looking paint job if the chassis is running out? Unlike an automobile, we live in our body and there is no such thing as a trade-in.

Look around. Just about everywhere you go there are people trying to become friends with their body. They are sanding down the rusty spots by improving their diets and losing unwanted pounds, and are giving themselves a tune-up with every mile they jog. These people have joined the generation of the 80s.

Are you a member? Maybe jogging is not your "thing," but you do enjoy long walks or bicycling around the Park. The key to any fitness program is discovering the right exercise for you, one you will feel comfortable with, while developing good eating habits.

Let's take it one step at a time. Exercise is simply moving your body, something you do everyday. But by looking for ways to make every movement count, ordinary activities will work for you instead of against you.

Whenever possible, use stairs instead of the elevator... and park your car in the back of the parking lot instead of in front. You will benefit in more ways than one? Not having to wait for slow elevators or close-in parking spaces will save wear and tear on your nerves and the extra walking will help keep you in shape.

While sitting at your desk, take just a few moments to stretch your legs, arms, back and shoulders. Roll your head in a circular motion around your shoulders and feel your muscles beginning to relax! Whatever your daily activities are, there are many ways to increase the amount of exercise you get... look for them!

Diet is just as important to any self-improvement program as exercise, for one is not able to do the job without the other. Keeping the four food groups in mind while planning meals is the easiest way to make sure that your diet is balanced. For an adult, at least two servings from the Milk group will satisfy the daily requirement: Cheese, milk, yogurt, cottage cheese and many more dairy products are available to help meet this need. From the Meat group, two servings are also required - fish, poultry, eggs, cheese, red meats or grain protein will give you a lot of variety to choose from. Four servings of Grains including cereals and breads will satisfy the third food group, and the last, the Fruits/Vegetable group, also requires four servings daily.

Whether losing or maintaining weight is your goal, a combination of balanced diet and exercise is the key.

Are you ready to join the fitness generation of the 80s? It is the best move you can make towards harmony with your body.



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Take Your Choice Of Containers For Microwaving

What type containers are suitable for microwave cooking? This is one of the most frequently asked questions by microwave cooks —new and "veterans" alike.

There are numerous new containers, especially designed for microwave cooking, but you don't have to purchase all new microwave cookware. Take a look on your shelves, there are probably suitable microwave containers ready to be used.

Glass measuring cups are one of the handiest items. Ingredients can be measured, then microwaved in the same container. Choose a size at least twice the volume of the recipe. This will prevent spillovers and keep cleanup a snap.

Individual custard cups, both the 6 and 10 ounce size, are invaluable for melting butter or chocolate, scrambling an egg or creating individual custards and desserts.

Round glass casseroles, used for conventional cooking, become microwave casserole dishes. Use the size required in the microwave recipe, and if a cover is needed, use plastic wrap.

Oblong glass baking dishes also used for conventional cooking, are great to cook chicken parts, pork chops, fish fillets or foods that need to be arranged and cooked in a single layer.

Glass pie plates can take on an entirely different function in microwave cooking. A pie plate is the perfect

container to microwave an omelet. Also, meat loaf cooks more evenly if the meat mixture is patted into a ring shaped and microwaved in a pie plate.

The list above of suitable containers was compiled by the Banquet Foods Test Kitchen for your reference. Check your oven manufacturers cookbook for additional information about containers in general.

Now, put all this new knowledge to the test. Prepare this quick, delicious meal-for-one and reward yourself for a lesson well learned.

CHICKEN A'LA KING WITH RICE PILAF

1/4 cup each chopped celery and sliced fresh mushrooms
2 tablespoons butter or margarine

1 tablespoon chopped onion
1/2 cup hot water
1 tablespoon parsley flakes
1 1/2 teaspoons instant chicken bouillon granules
1/2 cup uncooked instant rice
1 pouch (5 oz.) frozen prepared chicken a la king
In a 4-cup glass measuring cup, combine celery, mushrooms, butter and onion. Microwave at HIGH 2 to 3 minutes or until onion is crisp-tender. Add water, parsley and bouillon granules. Cover with plastic wrap. Microwave at HIGH 1 to 3 minutes, or until boiling. Stir in rice. Let stand, covered, 10 minutes or until all liquid is absorbed. Meanwhile, prepare chicken a la king according to microwave package instructions. Serve chicken a la king over rice. Makes 1 serving.

Good Eating Guide

Everyone knows that regular exercise is a basic ingredient for staying fit, but a sensible fitness plan also includes nutritionally adequate meals each day. There's no need to invest in expensive "diet foods" when nutritious, low-calorie meals can be prepared from the basic foods (milk, meats, grains, fruits and vegetables) and still keep your food budget in line.

Taste testers who tried the following recipes said, "There's nothing about them that makes them seem like diet food." Serve either recipe with a cold glass of milk. Why milk? Because it is a major source of calcium and high quality protein as well as other important nutrients such as riboflavin, vitamin B12, phosphorus and vitamins A and D.

TURKEY VEGETABLE SALAD
ITALIAN DRESSING:
(Yield approximately 2 1/2 cups)
3 cartons (8-oz. each) plain yogurt
3 tablespoons minced fresh parsley
2 tablespoons minced pimiento-stuffed green olives
2 tablespoons minced green onion
1 tablespoon tarragon wine vinegar
1 teaspoon sugar
1/2 teaspoon basil
1/2 teaspoon oregano
1/2 teaspoon salt
1/4 teaspoon pepper

SALAD:
3 cups lettuce, torn into bite-sized pieces
2 cups (10 oz.) cooked turkey, cut into julienne strips
1 package (9 oz.) frozen whole green beans, cooked, drained, chilled
12 cherry tomatoes
3 large carrots, thinly sliced
1 large cucumber, thinly sliced

For dressing, combine all ingredients in small mixing bowl. Chill, covered, 1 to 2 hours to allow flavors to blend. For salad, line a large chilled platter with torn lettuce. Arrange remaining salad ingredients in mounds on platter. Pass dressing, 178 calories per serving, 6 servings.

HAM AND SWISS OPEN FACERS
SAUCE:
(Yield: approximately 1 1/2 cups)
1 cup dairy sour half and half
1/4 cup dairy sour half and half
1/4 cup chili sauce
3 tablespoons pickle relish
1 teaspoon Worcestershire sauce
1/2 teaspoon Dijon-style prepared mustard
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon pepper

SANDWICH:
4 slices whole wheat bread, toasted
Lettuce
8 thin slices (4 oz.) lean boiled ham
4 slices (4 oz.) Swiss cheese
4 slices pineapple
Parsley, if desired

For sauce, combine all ingredients in small mixing bowl. Chill, covered, 1 to 2 hours to allow flavors to blend. For sandwiches, spread 1 teaspoon sauce on one side of each slice of bread. Layer lettuce, 2 slices ham, cheese and pineapple on each slice of bread. Drizzle 3 tablespoons sauce over each sandwich. Garnish with parsley. Serve immediately. 385 calories per serving, 4 servings.



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Add Oriental Flair To Low Calorie Meatballs, Cabbage

Diets and weight-loss programs often limit your intake of red meats. On the days when red meats are allowed, add a little ethnic variety to your low calorie menu. Recent publications state, because Oriental cuisine is low in calories and high in nutrition, it's the diet of the future. As you progress on your diet, the "foil envelope" will help ease food preparation and cleanup.

Oriental Meatballs and Cabbage combine extra lean ground beef, onion, shredded carrot, ginger and garlic powder into mini meatballs. The meatballs are placed on a sheet of heavy duty aluminum foil. The aluminum foil is then folded into a tightly sealed envelope. This keeps the meatballs juicy and moist while cooking the food at a very high temperature.

The ample amount of crisp-tender cabbage gives you a feeling of fullness without the calories. With rice served as a side-dish, the meal is still under 200 calories per serving. The "foil envelope" is the secret to this easy low calorie cooking.

ORIENTAL MEATBALLS AND CABBAGE

1/2 pound extra lean ground beef

1/4 cup finely chopped onion
 1/4 cup shredded carrot
 1/4 teaspoon ground ginger
 1/4 teaspoon garlic powder
 5 teaspoons soy sauce, divided
 4 cups shredded cabbage

Preheat oven to 400 degrees F. Tear off four 12 x 18-inch sheets of heavy duty aluminum wrap. Combine ground beef, onion, carrot, ginger, garlic powder and 1 teaspoon soy sauce. Using a measuring teaspoon, shape into 40 half-inch meatballs. Place 2 cups cabbage on lower half of each foil sheet. Arrange 10 meatballs in circle around cabbage. Drizzle each serving with 1 teaspoon soy sauce. Fold upper half of foil sheet over food so top edge meets bottom edge. Turn up edges, forming 1/2-inch fold. Double fold and press tightly together to seal, allowing space for heat circulation and expansion. Seal each end using same technique. Place foil packets on cookie sheet. Cook 20 minutes. To serve, cut "X" in top of packet; fold foil back. Serve meatballs over cabbage. Makes: 4 servings (97 calories per serving).



Rice complements Oriental Meatballs and Cabbage.

Potpourri

Potato pancakes go well with any meat or fowl and fit almost any breakfast, lunch or dinner menu.

For breakfast, serve with Irish bacon, fresh fruit and top pancakes with sorghum or maple syrup.

TRADITIONAL POTATO PANCAKES

4 medium potatoes
 1/2 onion
 2 eggs
 3 tablespoons flour
 1 teaspoon salt
 1/4 teaspoon pepper
 1/4 cup salad oil

GRATER METHOD: Pare and coarsely grate potatoes and onions. Add eggs and mix well. Sprinkle with flour, salt and pepper and mix well. Heat oil in a large skillet. Drop potato batter by heaping tablespoons into skillet. Sauté until golden brown and crisp on bottom; turn and cook until golden brown on bottom. Serve immediately. This kitchen-tested recipe makes about 4 dozen pancakes.

BANANA COTTAGE CHEESE PANCAKES

3 eggs, separated
 1 cup (8 ounces) cottage cheese
 1/4 teaspoon salt
 3/4 cup unsifted all-purpose flour
 1/4 cup diced banana
 Butter or margarine
 Sliced bananas
 Hot maple-flavored syrup

In small bowl, beat egg whites until stiff but not dry; set aside. In another bowl, with same beater, beat cottage cheese and egg yolks until nearly smooth. Add salt. Gradually beat in flour. Stir in diced banana. Fold in egg whites. Using about 1/4 cup batter for each pancake, cook on greased preheated griddle. Serve with butter, topped with banana slices and hot syrup. This kitchen-tested recipe makes 4 servings.

Although many Americans far North of the Border are enjoying their first encounters with such Tex-Mex staples as enchiladas, most of these are of the frozen variety.

You can make your own, varying ingredients to suit your style. A classic enchilada usually is a quickly cooked tortilla, sprinkled with cheese and dipped in chili sauce.

ENCHILADAS "OLE"

1 pound ground beef
 1 large onion chopped (1 cup)
 1 clove garlic, chopped
 1 can (8 ounces) tomato sauce
 1 can (4 ounces) chopped chilies, drained
 2 cups shredded Monterey Jack cheese
 1/2 cup chopped black olives
 1/4 tablespoons Tabasco pepper sauce
 2 tablespoons fresh bread crumbs (optional)
 Oil for frying
 1 can (10 ounces) enchilada sauce
 8 corn tortillas
 1 cup sour cream

In medium skillet, brown meat, breaking up with fork as it cooks. Drain. Add onion and garlic; cook 1 minute. Stir in tomato sauce, chilies, cheese, olives and pepper sauce. If mixture is thin, stir in bread crumbs to thicken. In medium skillet, heat 1/2 inch oil. With tongs, dip each tortilla in hot oil just long enough to soften. (This takes only seconds.) Drain. Spoon filling down the center of each tortilla; roll up and place seam-side down in a shallow baking dish just large enough to hold the tortillas. Spoon enchilada sauce over tortillas. Bake in a 350-degree oven 30 minutes, until sauce is bubbly. Serve with sour cream and additional pepper sauce, if desired. This kitchen-tested recipe makes 4 servings.

Egyptians worshipped it. Alexander the Great thought it inspired martial ardor. It is considered an aphrodisiac by some. Some in India believe it causes infidelity in women.

Even though today it probably is the most universally used vegetable, the onion often is called "lowly."

There is nothing lowly about this onion soup "royale," however, an enriched version of the classic French onion soup. Serve it as a main course for lunch with a salad or as a first course with dinner.

ONION SOUP ROYALE

2 medium Idaho-Oregon Sweet Spanish onions (6 cups sliced)
 2 tablespoons butter
 2 tablespoons olive oil
 6 cups chicken broth
 2 cups half & half
 12 ounces Gruyere cheese, shredded
 1/2 teaspoon Worcestershire sauce
 1/4 cup brandy (optional)
 Salt, pepper, cayenne pepper, to taste
 Toasted Parmesan-Sesame Bread Cubes

Peel onions. Cut in half through stem end, then cut crosswise into thin slices. Heat butter and oil in large, heavy kettle or saucepan. Add onions and sauté slowly, stirring frequently, until onions are limp and turn yellow but not brown. Add chicken broth. Bring to boil, reduce heat and simmer slowly 20 minutes. Add half & half. Bring to boiling point but do not boil. Remove soup from heat and add cheese, Worcestershire sauce, brandy and seasonings. Stir until cheese melts. Serve with Toasted Parmesan-Sesame Bread Cubes. This kitchen-tested recipe makes 6 servings.

TOASTED PARMESAN-SESAME BREAD CUBES: Cut French bread into 1-inch cubes, roll in melted butter or margarine and then in a mixture of 2 parts Parmesan cheese to 1 part sesame seeds. Toast under broiler until nicely browned, turning once.

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THRU WEDNESDAY
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Versatile Idaho Potatoes Adopt A Foreign Accent

The versatile potato is a perennial favorite around the world, complementing cooking styles from Peru to Peking and most points in between. Different cuisines approach the potato in unique ways, with Eastern countries frequently using the spud as a vegetable rather than as a starch.

Stir-frying is the Chinese technique of cooking small pieces of food quickly in a little oil over high heat. Because the food cooks rapidly, prepare the ingredients ahead of time and have them on hand when stir-frying.

Stir-fry in a wok, the traditional round-bottomed, slope-sided Chinese cooking vessel, or a big, heavy skillet. Heat the wok for at least 15 seconds before adding the oil. Coat the sides of the wok with oil by swirling. Heat the oil until hot but not smoking. Keep the ingredients moving, with a wide spatula, stirring smoothly so the pieces won't break.

In another Eastern cuisine — Indian — the potato turns up often in curries, such as East Indian Chicken and Potatoes. Indian curry sauces vary enormously. They can be hot or mild, thick or thin, yellow or green and use just a few or many spices. Traditional curry spices include anise seed, chilies, cloves, cardamom, coriander, cinnamon, cumin, ginger, saffron, turmeric and fenugreek. American cooks will find that even a simple curry spice combination will be far superior to using commercial pre-mixed curry powder.

Both dishes are easily-made examples of how well the Idaho potato has adapted to exotic and delectable cuisines.

CHINESE POTATOES AND PORK

- 2 medium-size Idaho potatoes
- 3 medium-size pork chops (to yield about ¾ pound meat)
- 5 tablespoons peanut oil, divided
- 2 tablespoons sesame seeds
- 4 scallions, cut into 1-inch lengths
- 3 tablespoons soy sauce
- 2 teaspoons cornstarch
- 1 sweet red pepper, seeded and cut in julienne strips
- 1 cup fresh or frozen snow peas
- 1 clove garlic, minced
- 1 teaspoon vinegar
- ½ teaspoon salt

Peel potatoes; slice into match stick strips 2x¼-inches. Cover with cold water. Trim fat and bone from pork chops. Cut pork into same size pieces as potatoes. Heat wok or large skillet over high heat; add 1 tablespoon oil. Tip pan to coat cooking surface with oil. When oil is hot add sesame seeds; stir-fry vigorously 1 minute until seeds are golden but not brown. Remove from pan. In small bowl combine pork, sesame seeds, scallions, soy sauce and cornstarch. Drain potatoes; pat dry. In same wok or skillet heat 2 tablespoons oil; stir-fry potato strips vigorously 2 minutes or until crisp-tender; remove; reserve. Heat 1 tablespoon oil; stir-fry red pepper, snow peas and garlic 1 minute. Remove, reserve. Heat remaining 1 tablespoon oil; stir-fry pork vigorously 2 minutes. Add potatoes, vegetable mixture, vinegar and salt. Cook 2 to 3 minutes longer.

EAST INDIAN CHICKEN AND POTATOES

- 2 cups scallions, cut into 1-inch lengths
- ¼ cup fresh parsley sprigs
- 2 cloves garlic
- 1 tablespoon water
- 1 teaspoon ground coriander
- 1 teaspoon salt, divided
- ½ teaspoon cumin
- ¼ teaspoon turmeric
- ½ teaspoon ground ginger

¼ cup flour
¼ teaspoon pepper
1 chicken (about 3 pounds), cut in pieces
3 tablespoons butter or margarine
1¾ cups chicken broth
3 Idaho potatoes, unpeeled, quartered
In container of electric blender or food processor combine scallions, parsley, garlic, water, coriander, ¼ teaspoon salt, cumin, chili powder, turmeric and ginger. Cover. Process until mixture is a smooth paste. Set aside. Combine flour, remaining ¼ teaspoon salt and pepper; dredge chicken in flour mixture. In large skillet melt butter; saute chicken until golden, turning once. Add herb mixture, cook 3 minutes. Add chicken broth and potatoes. Cover, simmer 30 to 35 minutes until chicken and potatoes are tender. With slotted spoon transfer potatoes and chicken to serving platter, keep warm. Reduce pan juices by simmering over medium-high heat, uncovered, 10 minutes. Spoon sauce over chicken before serving. Yield: 4 servings.



The all-American spud goes exotic in stir-fry dish.

Entrees Make Impressive Presentations

1983's American Cuisine will become an innovative "melting pot" of many flavors, according to food critics, restaurateurs, and "gourmet" retailers. Just as the American culture has its roots in the influence of many foreign cultures, the new American palate is influenced by popular foreign foods that have already permeated and redefined American tastes.

Best yet, these economical entrees are ready to serve within one hour's preparation time...another important factor for today's innovative cook. These attractive entrees make an impressive presentation at even the simplest meal.

POACHED FISH

- 6 fillets of sole
 - 1 can (20 ounces) unsweetened cubed pineapple
 - 1 cup white grape juice
 - ½ teaspoon salt
 - ¼ teaspoon ground cumin
 - 1 tablespoon cornstarch
 - ¼ cup sliced almonds
 - Clusters of seedless green grapes, for garnish
 - Sprigs of watercress, for garnish
- Roll up fish fillets and secure with toothpicks. Drain pineapple; measure 1-½ cups pineapple cubes and ¼ cup pineapple juice for recipe; reserve.

Place grape juice, salt and cumin in large skillet; add fish fillets. Bring to a boil; reduce heat. Cover and simmer gently, 12 to 15 minutes or until fish tests done. Remove fish to warmed serving platter.

Blend cornstarch with reserved pineapple juice; stir into grape mixture and cook until thickened and smooth. Add reserved pineapple cubes and cook just until heated through. Pour sauce over fillets. Sprinkle with almonds. Garnish with grapes and watercress.

CONCORD CHICKEN

- 3 whole chicken breasts, skinned and split
- 2 tablespoons butter or margarine
- ¼ teaspoon white pepper
- 1 cup julienne strips carrot
- ½ cup diagonally sliced celery
- ½ cup frozen grape juice concentrate, thawed
- 1 cup water
- 2 tablespoons soy sauce
- 1 tablespoon cornstarch
- ¼ teaspoon ground ginger
- Hot cooked rice

Arrange chicken in shallow metal baking dish, breast side down. Dot with butter; season with pepper. Bake at 400 degrees for 15 minutes. Turn chicken; add carrot and celery. Bake 15 minutes longer, until chicken is tender.

Remove chicken; keep warm. Blend grape juice, water, soy sauce, cornstarch and ginger; stir into drippings. Heat, stirring, until thickened and smooth. Arrange chicken on rice; top with some of the sauce; serve remaining sauce separately in small bowl. Garnish with green onion. Makes 6 servings.

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Microwave Magic

Fish Moist, Flavorful In Minutes

Fish is a favorite served often during Lent. Whether baked, poached or stewed, it is best prepared in the microwave oven. Fish is divided into two categories according to its fat content. Examples of fat fish are mullet, mackerel and pompano. The lean fish are grouper, snapper, sea trout, and flounder. Excess oil content in food attracts microwaves in the oven. This can cause overcooking especially in fish.

The cooking time is very short — three minutes per pound. When done, the fish should lose its translucence and take on an opaque, milky white appearance. The fish should flake easily with the touch of a fork.

All fish need a color enhancer when cooked in the microwave oven. Paprika, parsley, tomato sauce and some browning sauces such as teriyaki help give the desired appetizing look. A microwave cooked fish will be moist and flavorful. Fish filets, steaks and whole fish can all be prepared.

BAKED FISH CREOLE

- 1 stalk celery, chopped
- 1/2 green pepper, chopped
- 1/2 medium onion, chopped
- 1 tablespoon butter
- 1/4 teaspoon salt

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- 1/2 teaspoon pepper
- 1 pound of fish filets
- 1 can (8 oz.) tomato sauce
- 1/2 teaspoon chili powder
- Place celery, green pepper and onion in a square baking dish. Dot with butter and sprinkle with 1/2 teaspoon of salt and 1/4 teaspoon of the pepper. Cover loosely with plastic wrap. Cook 3 minutes in the microwave oven. Stir; spread vegetables evenly over bottom of dish. Place fish filets in a single layer over vegetables, allowing thin parts of fish to overlap. Combine tomato sauce, chili powder, the remaining 1/4 teaspoon salt and the 1/4 teaspoon of pepper; pour over fish. Cover with plastic wrap and cook 5 to 6 minutes, rotate dish a half turn after 3 minutes. Makes 4 servings.

FISH AMBROSIA

2 pounds skinned flounder filets or other fish

- filets, fresh or frozen
- 1/4 cup margarine or butter
- 1 teaspoon salt
- 1/4 cup sliced green onion
- 3 cups sliced fresh mushrooms
- 1/4 cup dry white wine
- 1/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1 cup shredded Swiss cheese
- 1 cup reserved fish stock
- 1/4 cup half and half cream
- 3 tablespoons all-purpose flour

Thaw fish if frozen. Place fish in a baking dish approximately 12x8x2 inches. Dot with margarine.

Sprinkle with 1 teaspoon salt and green onion; cover with mushrooms. Pour wine over top. Cover and cook 8 to 10 minutes in microwave oven, rotating dish once during cooking. Drain and reserve 1 cup of fish stock. In medium bowl, combine fish stock, cream, flour, 1/4 teaspoon salt and white pepper. Stir until flour dissolves. Cover and cook in microwave oven 3 to 4 minutes or until sauce is thickened, stirring during cooking.

Pour sauce over cooked fish and sprinkle with cheese. Cook uncovered 2 to 3 minutes or until cheese melts. Makes 6 servings.

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- Wisconsin Cheese Bar Sliced Cheese Natural Swiss 6-oz. pkg. \$1.09
- Sealtest Small Curd or Light N' Lively Lowfat Cottage Cheese 24-oz. cup \$1.59

Candy Candy

- Cadbury King Size Almond Milk Chocolate, Milk Chocolate, Hazelnut, Fruit & Nut or Caramel Milk Chocolate Candy Bars 5-oz. bar 79¢

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Washday Detergent Rinso 44-oz. pkg. 79¢

Best Buy Brands—High quality products at a low price win the Good Housekeeping Seal of Approval

Main Dish: Stuffed Tomatoes

Stuffed tomatoes may be a brunch entree, as in the case of baked eggs in tomatoes, or served as a vegetable dish with a meat course.

SPINACH AND RICE STUFFED TOMATO

- 8 large tomatoes
- 1 1/4 cups water
- 1/2 cup regular cooking rice
- 1 package (10 ounces) frozen chopped spinach or 1 package (10 ounces) fresh spinach
- 2 eggs, lightly beaten
- 1/4 cup finely chopped onion
- 2 teaspoons lemon juice
- 1 1/2 teaspoons salt, divided
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon ground nutmeg
- Vegetable oil

Preheat oven to 350 degrees. Use tomatoes held at room temperature until fully ripe. Cut off stem end from each tomato. Scoop out center, leaving a 1/4-inch shell.

(Use tomato bits for stewed tomatoes.) Invert to drain. In small saucepan, bring water to a boil. Stir in rice.

Reduce heat and simmer, covered, until rice is tender, about 15 minutes. Cook frozen spinach according to package directions and drain, or rinse fresh spinach and cook in tightly covered saucepan with water clinging to the leaves for 3 minutes; drain and chop. Combine rice, spinach, eggs, onion, lemon juice, 3/4 teaspoon of the salt, black pepper and nutmeg; blend well. Sprinkle inside of tomato shells with remaining 1/4 teaspoon salt.

Brush outside of shells with oil. Fill with spinach-rice mixture, mounding mixture. Dribble with oil. Place in shallow baking pan. Bake, uncovered, until tomatoes and filling are hot, about 15 minutes. This kitchen-tested recipe makes 8 portions.

BAKED EGGS IN TOMATOES

- 6 medium-sized tomatoes
- 1/2 cup unseasoned dry bread crumbs
- 1 teaspoon onion powder
- 1/2 teaspoon marjoram, crushed
- Salt
- Ground black pepper
- 6 eggs

Preheat oven to 325 degrees. Use tomatoes held at room temperature until fully ripe. Place tomatoes stem-side down. Cut a thin slice from top of each tomato. Using a teaspoon, carefully scoop out pulp and seeds. Turn tomato cups upside down to drain for a few minutes. Chop 1 cup of the tomato pulp; place in a medium bowl (use remaining pulp in soups, stews, etc.).

Add bread crumbs, onion powder, marjoram, 1/2 teaspoon salt and 1/16th teaspoon black pepper. Mix well. Stuff with tomato mixture. Place in lightly greased shallow baking pan. Break an egg into each tomato cup.

Cover loosely with foil. Bake until eggs are done, 30 to 35 minutes. This kitchen-tested recipe makes 6 portions.

ASSORTED FLAVORS
DUNCAN HINES
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Apple Juice
48-oz. bot.
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- Assorted Flavors Hawaiian Punch... 48-oz. can 69¢
- Del Monte Sliced or Halved Bartlett Pears 16-oz. can 63¢
- Ocean Spray Jelly or Whole Cranberry Sauce 2 16-oz. cans \$1
- Friskies Assorted Flavors Cat Food 3 15-oz. cans \$1
- Friskies Assorted Flavors Dog Food 3 14-oz. cans \$1
- Assorted Twice As Fresh Air Fresheners 95-oz. can 99¢

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39¢
IN 12-OZ. CANS
REG. OR LIGHT
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Mar. 3-9
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ASSORTED
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SUPER BONUS SPECIAL

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 <p>5 1/2-oz. CANS BLUE BAY (IN OIL OR WATER) LIGHT CHUNK TUNA WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 3-5, 1983</p>	 <p>25-FT. ROLL REYNOLDS ALUMINUM FOIL WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 3-5, 1983</p>	 <p>HEAD HARVEST FRESH CRISP LETTUCE WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 3-5, 1983</p>
 <p>JUMBO ROLL SCOTT TOWELS WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 3-5, 1983</p>	 <p>29-oz. CAN Thrifty Maid PEACHES WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 3-5, 1983</p>	 <p>2-LB. BAG VICTOR'S SAUERKRAUT WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 3-5, 1983</p>
 <p>46-oz. CAN HAWAIIAN PUNCH WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 3-5, 1983</p>	 <p>1-LB. BOX Crackin' Good SALTINES WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 3-5, 1983</p>	 <p>1-LB. PKG. MADISON BRAND CHICKEN FRANKS WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 3-5, 1983</p>

PRICES GOOD MARCH 3-5, 1983



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ODDS CHART EFFECTIVE FEB. 16, 1983

PRIZE VALUE	NUMBER OF TICKETS	ODDS FOR ONE GAME	ODDS FOR 4 GAME	ODDS FOR 8 GAME
\$2,000	20	1 in 204,350	1 in 51,087	1 in 25,543
1,000	40	1 in 102,175	1 in 25,543	1 in 12,771
500	160	1 in 25,543	1 in 6,386	1 in 3,193
100	320	1 in 12,771	1 in 3,193	1 in 1,596
50	640	1 in 6,386	1 in 1,596	1 in 798
25	1,280	1 in 3,193	1 in 798	1 in 399
10	2,560	1 in 1,596	1 in 399	1 in 199
5	5,120	1 in 798	1 in 199	1 in 99
2	10,240	1 in 399	1 in 99	1 in 49
1	20,480	1 in 199	1 in 49	1 in 24
TOTAL	104,800	1 in 1	1 in 1	1 in 1

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We're giving away 10 trips for two to the Great West, Great Lakes or Hawaii. If you obtain a game marker which says "You Quality for Great Trip Drawing," you are eligible for each of the two drawings. Just submit a qualifier marker to store office and fill out a Trip Entry Form. All entries received by February 9, 1983 will be eligible for the first drawing on February 16, 1983. Five Great Trips will be awarded in the first drawing. All valid entries received within three days after game ends will be eligible for the final drawing to be held approximately seven days after game ends. Five Great Trips will again be awarded at this time. See collector card for details of trip prize.

<p>SAVE 90¢</p> <p>W-D BRAND USDA CHOICE BEEF BONELESS BOTTOM ROUND ROAST</p> <p>\$1.79</p> <p>W-D BRAND USDA CHOICE BEEF ROUND BONELESS RUMP Roast \$2.29</p>	<p>SAVE 30¢</p> <p>W-D BRAND PURE 100% GROUND BEEF</p> <p>\$1.29</p> <p>ALL SIZE HANDI PACKS</p> <p>JONES MINUTE LINK Sausage \$2.59</p>	<p>SAVE 70¢</p> <p>PINKY PIG FRESH AND SMOKED ECONOMY PORK CHOPS</p> <p>\$1.29</p> <p>5 BLADE & 5 SIRLOIN</p> <p>FULL 1/4 FRESH OR SMOKED PORK LOINS SLICED INTO Pork Chops \$1.99</p>	<p>SAVE 80¢</p> <p>HICKORY SWEET BONELESS SMOKED WHOLE FULLY COOKED BUFFET HAM</p> <p>\$1.99</p> <p>5-8 LB. AVG. LB.</p> <p>HICKORY SWEET BONELESS SMOKED HALF FULLY COOKED 2-4 LB. AVG. Buffet Ham \$2.29</p>	<p>W-D BRAND USDA CHOICE BEEF ROUND BONELESS SIRLOIN TIP ROAST</p> <p>\$2.59</p> <p>W-D BRAND USDA CHOICE BEEF ROUND BONELESS SIRLOIN TIP Steak \$2.79</p>
<p>SAVE 19¢</p> <p>ASTOR FRUIT COCKTAIL</p> <p>\$1.00</p> <p>2 16-oz. CANS</p> <p>THRIFTY MAID BARTLETT SLICED OR HALVES Pears 2 16-oz. CANS \$1.00</p>	<p>SAVE 88¢</p> <p>TIDE DETERGENT</p> <p>\$2.99</p> <p>64-oz. BOX</p> <p>ARROW FABRIC Softener \$1.99</p>	<p>SAVE 30¢</p> <p>BUSCH BEER</p> <p>\$1.99</p> <p>6 PAK 12-oz. CANS</p> <p>BEER OR ALE (6 PAK) Fischer's \$1.59</p>	<p>SAVE 30¢</p> <p>THRIFTY MAID PEAS</p> <p>\$1.00</p> <p>3 16-oz. CANS</p> <p>THRIFTY MAID WHOLE PEELED Tomatoes 2 16-oz. CANS \$1.00</p>	<p>SAVE 30¢</p> <p>SUPERBRAND STA-FIT OR REGULAR COTTAGE CHEESE</p> <p>\$1.59</p> <p>2-LB. CUP</p> <p>SUPERBRAND SOFT CREAM Cheese 99¢</p>
<p>SAVE 30¢</p> <p>HARVEST FRESH U.S. No. 1 WHITE POTATOES</p> <p>\$1.29</p> <p>10-LB. BAG</p> <p>HARVEST FRESH Lettuce HEAD 49¢</p>	<p>SAVE 60¢</p> <p>SUPERBRAND ORANGE JUICE</p> <p>99¢</p> <p>HALF GAL.</p> <p>HARVEST FRESH Cabbage 3 HEADS 99¢</p>	<p>SAVE 20¢</p> <p>SUPERBRAND ASSORTED FLAVORS ICE CREAM or SHERBET</p> <p>\$1.19</p> <p>HALF GAL.</p> <p>SUPERBRAND FUDGE BARS OR Twin Pops \$1.29</p>	<p>SAVE 30¢</p> <p>HUNGRY MAN FRIED CHICKEN OR SALISBURY STEAK SWANSON ENTREES</p> <p>\$1.49</p> <p>12-oz. SIZE</p> <p>ASTOR Orange Juice 6-PK. \$1.99</p>	<p>DELI</p> <p>SLICED TO ORDER ROAST BEEF</p> <p>\$2.49</p> <p>1/2 LB.</p> <p>GLAZED Doughnuts DOZ \$1.79</p>

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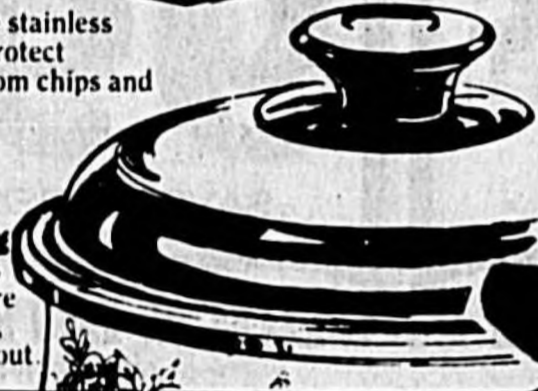
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Imagine! A complete 16-pc. set of quality porcelain-on-steel cookware for less than \$56—just for buying the groceries you need!



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Extra-wide stainless steel rims protect porcelain from chips and scratches.



Snug-fitting dome covers keep moisture and flavor in, evaporation out.

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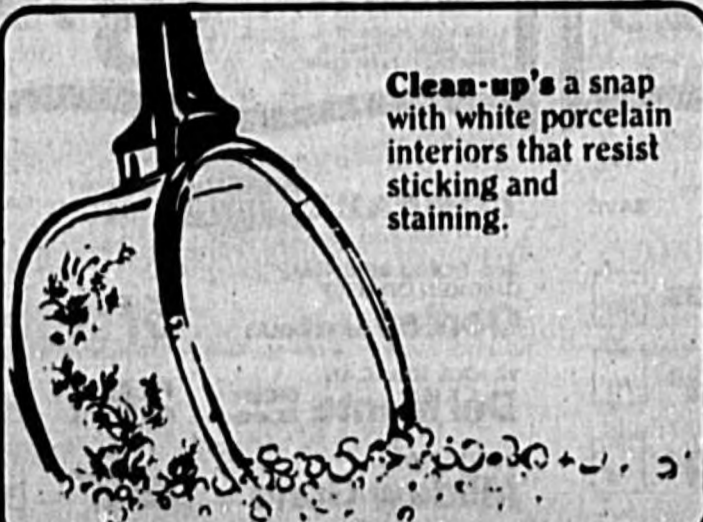
Stainless steel flame guards prevent handles from scorching.



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Clean-up's a snap with white porcelain interiors that resist sticking and staining.



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 <p>1-1/2 qt. Saucepan with Cover Special Cash Price \$10.99 ONE Filled Card And \$7.99 TWO Filled Cards And \$4.99</p>	 <p>8" Fry Pan 3 qt. Casserole Cover Fits this Item Special Cash Price \$10.99 ONE Filled Card And \$7.99 TWO Filled Cards And \$4.99</p>	 <p>2 qt. Saucepan with Cover Special Cash Price \$13.99 ONE Filled Card And \$10.99 TWO Filled Cards And \$7.99 THREE Filled Cards And \$4.99</p>	 <p>10" Fry Pan Dutch Oven Cover Fits this Item Special Cash Price \$13.99 ONE Filled Card And \$10.99 TWO Filled Cards And \$7.99 THREE Filled Cards And \$4.99</p>	 <p>5 qt. Dutch Oven with Cover Special Cash Price \$16.99 ONE Filled Card And \$13.99 TWO Filled Cards And \$10.99 THREE Filled Cards And \$7.99 FOUR Filled Cards And \$4.99</p>	 <p>3 qt. Casserole with Cover Special Cash Price \$16.99 ONE Filled Card And \$13.99 TWO Filled Cards And \$10.99 THREE Filled Cards And \$7.99 FOUR Filled Cards And \$4.99</p>	 <p>6 qt. Stew Pot with Cover Special Cash Price \$19.99 ONE Filled Card And \$16.99 TWO Filled Cards And \$13.99 THREE Filled Cards And \$10.99 FOUR Filled Cards And \$7.99</p>	 <p>3 qt. Tea Kettle Special Cash Price \$19.99 ONE Filled Card And \$16.99 TWO Filled Cards And \$13.99 THREE Filled Cards And \$10.99 FOUR Filled Cards And \$7.99</p>	 <p>Covered Roaster Special Cash Price \$19.99 ONE Filled Card And \$16.99 TWO Filled Cards And \$13.99 THREE Filled Cards And \$10.99 FOUR Filled Cards And \$7.99</p>
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Chicken Laced With Citrus Leads Variety Of Good Things To Eat

At one time the phrase "Chicken Every Sunday" meant that a family was thriving. The aroma of a slowly roasting bird filled the house on a long afternoon and promised good eating for all.

Today, chicken is the favorite everyday choice of all households from the smallest to the largest. But roasting a whole chicken is still the ultimate method for enjoying the robust succulent goodness of this poultry. If there's too much for one meal in a two-person household, the extra meat on a 4-lb. bird can be just as delicious the second time around. Chicken's compatibility with a host of other flavors means it is possible to create a great dish with left-overs that will satisfy even a jaded appetite. For example, Florida oranges, readily available, give chicken a fresh, lively flavor without overpowering its natural taste.

Orange Glazed Chicken is stuffed with a marvelous mixture of rice, pecans and vegetables. Florida orange juice and rind add moisture and zip to the stuffing and to the apricot-orange glaze that coats the bird's crisp brown skin during the last minutes of roasting.

For a complete change of pace, leftover chicken meat stars in Hot Chicken Salad. The dish, which can be assembled beforehand and heated just before serving, combines cooked diced chicken, crisp celery, crunchy walnuts and fruity orange segments. Baked and served in individual ramekins, the dishes fit easily into a toaster oven, making this a delightful choice for the busy cook.

ROAST STUFFED CHICKEN

- 1 roast chicken, about 4 pounds
- Salt and pepper
- 1/2 cup (1/2 6-ounce package) raw long grain and wild rice mix
- 1/2 cup Florida orange juice
- 1/4 cup water
- 2 tablespoons butter or margarine
- 1/2 cup diced celery
- 2 tablespoons chopped scallion
- 1/4 cup chopped pecans
- 1 teaspoon grated orange rind
- Glaze:
 - 1/2 cup apricot preserves
 - 1/2 cup Florida orange juice

Wash chicken thoroughly and pat dry. Sprinkle chicken with salt and pepper inside and out. Prepare half of rice mixture, using orange juice and water for the cooking liquid; cook according to package directions. In a small skillet, melt butter; saute celery and scallion until tender. In a small bowl combine cooked vegetables, pecans, orange rind, and prepared rice. Spoon rice mixture loosely into cavity of chicken; close cavity with skewers. Place in a shallow roasting pan, breast-side-up. Roast in a 325 degree F. oven 2 1/2 to 3 hours or until done. Combine apricot preserves and 1/2 cup orange juice. Use to baste chicken during the last 30 minutes of roasting.

- Yield: 4 servings.
- ### STEAK ROLLITINI
- 1/2 cup plus 2 tablespoons Olive Oil
 - 1/2 cup red wine vinegar
 - 1 teaspoon dried thyme
 - 1 teaspoon dried basil
 - 2 bay leaves
 - Salt (optional) and freshly ground pepper
 - 1 3-pound round steak, cut and flattened to 1/4" thick
 - 1 cup dry bread crumbs
- Combine vinegar, 1/4 cup of oil and seasonings; pour over meat in shallow bowl. Let stand 2 hours or more to thoroughly marinate. Mix 1/2 cup of oil with balance of ingredients, except for tomato sauce, and spread on marinated meat. Roll and tie with string.

In oven-proof skillet or Dutch oven, heat remaining oil until it bubbles, brown rolled steak, about 5 minutes. Add sauce and reserved marinade; bake covered at 350 degrees until tender, about 1 hour. Serves 6.

- ### CHEESY BACON PUFFS
- 2 1/2 c. butter/milk baking mix
 - 10 slices crisply cooked bacon, crumbled
 - 1/4 c. milk

2 tbsp. maple flavored pancake syrup or honey
1 egg
4 oz. natural cheddar cheese, cut into 12 cubes

Heat oven to 400 degrees. In small bowl stir together all ingredients except cheese until well mixed. Spoon slightly less

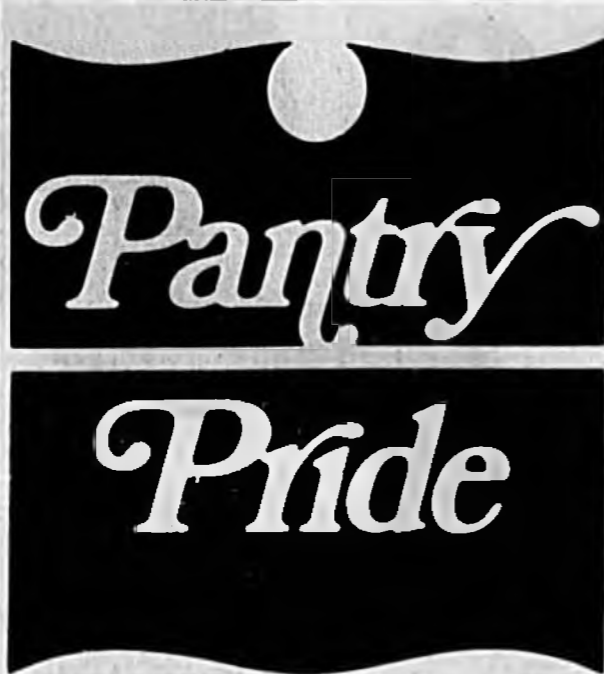
than 1 tbsp. of batter into greased or paper lined 12 c. muffin pan. Top with cube of cheese. Spoon remaining batter over

each cheese cube, making sure cheese is covered. Bake for 15 to 20 min. or until lightly browned. Serve warm. YIELD: 12

muffins.
SOUTH OF THE BORDER ENCHILADAS
1 1/2 pounds ground beef
1 package (1 1/4 oz.) Taco

seasoning mix
1 can (12 oz.) tomato paste
1 cup water
1/2 cup chopped onion

1 teaspoon salt
1 jar (8 oz.) process cheese spread
1 can (4 oz.) chopped (See CHICKEN, PAGE 9C)



PRICES EFFECTIVE WED., MAR. 2 THRU TUES., MAR. 8, 1983.

EVERYDAY LOW PRICE

PANTRY PRIDE
VEGETABLE OIL

48oz BTL.

\$1.59

SAVE 30°

BONUS BUY

CRISP TENDER
FRESH BROCCOLI

BUNCH

79¢

SAVE 20°

BONUS BUY

FRESH
CRISP CELERY

STALK

39¢

SAVE 10°

BONUS BUY

THOMPSON
SEEDLESS GRAPES

PER POUND

99¢

SAVE 20° PER LB

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

ASSORTED OR PRINT BATHROOM TISSUE . . . 119° 18°

PRINT OR ASSORTED Gala Towels . . . 69° 10°

ARMOUR 5oz CAN Vienna Sausage 2/1 14°

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HANOVER Pork & Beans . . . 3/1 7°

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APPLE, CRANBERRY, CRANAPPLE OR GRAPEFRUIT Oceanspray . . . 99° 20°

COCKTAIL PEARS, PEACHES OR CHUNKY MIXED FRUIT Libby's . . . 69° 14°

OUTSTANDING PRODUCE BUYS!

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Green Cabbage 12¢ 7°

JUCY CALIFORNIA **Sunkist Lemons . . . 12/79¢** 20°

GEORGIA RED **Sweet Potatoes 15¢** 10°

WESTERN **Anjou Pears 49¢** 10°

FRESH FLORIDA **Valencia Oranges . . . 12/1 24°**

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YOUR CHOICE

69¢

SAVE 20°

GREEN GIANT GREEN BEANS

EVERYDAY LOW PRICE

2/79¢

SAVE 29°

PANTRY PRIDE SODAS

EVERYDAY LOW PRICE

ASSORTED FLAVORS, 2 LITER

2/\$1.49

SAVE 20°

BUSCH BEER

\$1.95

6 PACK 12oz CANS

GENERIC INSTANT PUDDING . . . 3/\$1

NATIONAL BRAND PRICE 3/5 1.24

GENERIC GRAPE JELLY . . . 89¢

NATIONAL BRAND PRICE \$1.29

2 LB JAR

GREEN GIANT PEAS OR CORN . . . 2/89¢

SAVE 37° 17oz CAN

MOUNTAIN LODGE WAFFLE SYRUP . . . 59¢

SAVE 40° 24oz BTL.

HORMEL CHILI . . . 79¢

SAVE 15° 15oz CAN

PANTRY PRIDE TEA BAGS . . . \$1.29

SAVE 10° 100 CT.

RIUNITE WINE . . . \$2.59

SAVE 80° 750 ML

GALLO WINES . . . \$3.79

SAVE \$1.20 1.5 LITER

COMPARE GROCERY EVERYDAY LOW PRICE NATIONAL BRAND PRICE

GENERIC SMOOTH OR CRUNCHY Peanut Butter . . . 99° 119°

GENERIC-MINI Marshmallows . . . 69° 99°

GENERIC Cotton Swabs . . . 49° 119°

GENERIC-NAIL Polish Remover . . . 49° 99°

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

SWEET SUE CHICKEN & Dumplings . . . 89° 10°

PINE OIL Real Pine . . . 69° 50°

5 LBS FREE Purina DOG CHOW . . . \$8.25 119°

TUNA SEAFOOD, BEEF OR LIVER Tender Vittles . . . 89° 30°

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

OCEANSPRAY, 48oz WHITE OR PINK Grapefruit JUICE . . . \$1.39 30°

PANTRY PRIDE Grits OF MEAL MIX . . . 99° 70°

OSAGE BLACKEYE OR Field Peas . . . 2/79° 18°

3 DIAMOND CRUSHED, CHUNK OR SLICED Pineapple . . . 3/1 41°

COMPARE GROCERY EVERYDAY LOW PRICE SAVE

3oz PORK, ORIENTAL CHICKEN OR BEEF Oodles OF NOODLES . . . 5/1 45°

WHOLE 18oz CAN Del Monte GREEN BEANS . . . 2/1 14°

DISPENSER Mildew Gone . . . 99° 80°

RED Hawaiian PUNCH . . . 99° 45°

20° OFF

MAXWELL HOUSE COFFEE

REG., E.P., A.D.C. OR DRIP 1 LB BAG

WITH THIS COUPON GOOD THRU WED., MAR. 9, 1983.

10° OFF

NABISCO PARTY GRAHAMS

12.5oz BOX

WITH THIS COUPON GOOD THRU WED., MAR. 9, 1983.

20° OFF

NESCAFE INSTANT COFFEE

10oz JAR

WITH THIS COUPON GOOD THRU WED., MAR. 9, 1983.

20° OFF

NABISCO OREO or DOUBLE STUFF

19oz PACKAGE

WITH THIS COUPON GOOD THRU WED., MAR. 9, 1983.

Biscuit Mix Base Of Tasty Snack

Brownies are a favorite dessert or after-school snack of youngsters. Here is a different combination that goes together easily — using biscuit mix and liquid chocolate as the base. Walnuts add that extra crunch.

EASIEST WALNUT BROWNIES

2 eggs
1 cup granulated sugar

2 envelopes unsweetened liquid chocolate flavor
1/4 cup cooking oil
1 teaspoon vanilla
3/4 cup biscuit mix
3/4 cup coarsely chopped walnuts
Powdered sugar

Stir together eggs, sugar, chocolate, oil and vanilla; mix well. Add biscuit mix and walnuts; stir until thoroughly blended. Turn into a well-greased, 8-inch

Evening Herald, Sanford, Fl. Wednesday, March 2, 1983—9C

square baking pan and spread level. Bake at 350 degrees about 35 minutes or until top feels firm when touched lightly in center and sides have pulled away slightly from edges of pan. Cool in pan on wire rack. To serve, sprinkle with powdered sugar, cut into squares and top with a walnut half. This kitchen-tested recipe makes 16 2-inch squares.

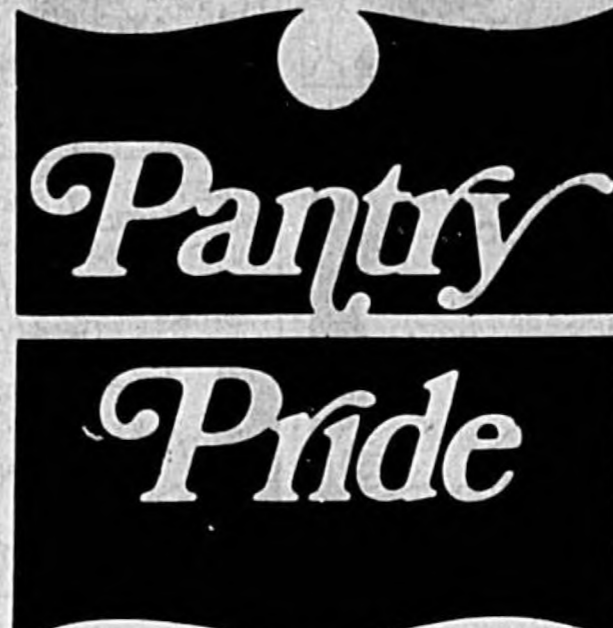
LEAN MEATY FRESH PORK SPARE RIBS

MEDIUM SIZE

BONUS BUY

SAVE 80¢ PER LB 99¢ LB

LIMIT-3 WITH \$7.50 OR MORE PURCHASES



PRICES EFFECTIVE WED., MAR. 2 THRU TUES., MAR. 8, 1983.

..Chicken

(Cont'd From Page 8C)

green chilies
12 flour tortillas
Brown ground beef; drain well. Stir in seasoning mix, tomato paste, water, onion and salt. Simmer for 15 to 20 minutes, stirring occasionally until liquid is reduced. Spoon 2 to 3 tablespoons meat mixture on each tortilla. Roll-up tightly. Place in a 9x13-inch baking dish. Spread cheese over top of Enchilladas. Sprinkle with green chilies. Top with remaining meat mixture. Bake at 350 degrees for 25 to 30 minutes. Remove with spatula. Serve immediately.

PUDDING AND PEARS

1 1/2 cups cold milk
1 cup (1/2 pt) sour cream
1 package (4-serving size) chocolate flavor instant pudding and pie filling
3 pears, peeled, cored and halved
Combine milk and sour cream in mixing bowl. Add pudding mix and beat slowly with rotary beater until blended, about 2 minutes. Let stand to set, about 5 minutes; then stir until creamy. Arrange pear halves and pudding in individual dessert dishes. Garnish with thawed frozen whipped topping, if desired. Makes 1 1/2 cups plus pears or 6 servings.

QUESADILLAS

2 cans (4 oz. each) whole green chilies
8 oz. Cheddar cheese or Monterey Jack cheese (cut into 6 strips, 4x1/2x1/2-inch)
6 flour tortillas, 8-inch
1 jar (8 oz.) taco sauce
Slit chilies; remove seeds and ribs. Wrap each piece of cheese with a chili. Place chili-wrapped cheese in center of tortilla. Fold tortilla in half over chili and insert toothpick to secure. Fry in 1-inch of hot oil until crisp, turning occasionally. Drain on paper towels. Serve immediately with taco sauce. Makes 6 Quesadillas.

QUICK MEXICAN RICE

4 cups cooked rice (cooked in chicken broth)
1 pint (2 cups) sour cream
1 can (4 oz.) chopped green chilies
1 cup (4 oz.) shredded Monterey Jack Cheese
Cook rice according to package directions, substituting chicken broth for the water. Mix cooked rice with sour cream. Preheat oven to 350 degrees F. Put 1/2 of cooked rice in 2-quart greased baking dish; layer 1/2 of the green chilies and 1/2 of the cheese. Repeat layers. Bake for 30 minutes. Makes 6 to 8 servings.

DAISY DATE COOKIES

1 cup butter or margarine, softened
1 1/4 cups sugar
1 egg
1 teaspoon vanilla extract
2 1/2 cups all-purpose flour
1 cup oats, quick-cooking or regular, uncooked
Date Filling
Cream butter, adding sugar gradually. Add egg and vanilla extract; beat until light and fluffy. Add flour to creamed mixture; mix well. Stir in oats. Roll dough out on lightly floured surface to 1/4-inch thickness. Cut out 3 1/2 dozen (2-inch) round cookies with floured cookie cutter. Cut out smaller rounds, about 3/4 inch, allowing 5 for each cookie. Place on greased cookie sheets. Bake at 37 degrees for 7 to 9 minutes. Cool. Spread each large cookie with cooled Date Filling. Press 5 small cookies into filling on each to form a circle. Yield: 3 1/2 dozen.

Date Filling:

1 1/2 cups chopped dates
3/4 cup water
1/2 cup sugar
2 tablespoons freshly squeezed lemon juice
Combine all ingredients in a medium size heavy saucepan. Cook over low heat until mixture thickens, stirring constantly. Cool before spreading on cookies.

BONUS BUY
BEEF
T-BONE or PORTERHOUSE STEAKS
LIMIT 3 EACH WITH ADDITIONAL PURCHASES
PER POUND
\$2.99
SAVE \$1.00 PER LB
Pantry Pride
USDA CHOICE
CHOICE BEEF

BONUS BUY
MARKET STYLE
SLICED BACON
TRAY PACK
3 LB AVG. PKG.
\$1.39
LB
SAVE 60¢ PER LB

BONUS BUY
PANTRY PRIDE CHILLED
ORANGE JUICE
IN THE DAIRY CASE
HALF GALLON CTN.
99¢
SAVE 40¢

BONUS BUY
CENTER CUT BEEF
SIRLOIN STEAKS
LIMIT 3 WITH ADDITIONAL PURCHASES
PER POUND
\$2.39
SAVE 80¢ PER LB
Pantry Pride
USDA CHOICE
CHOICE BEEF

COMPARE
CENTER CUT
Smoked Rib Pork Chops . . . LB **\$1.89** 80¢
PORTION CONTROLLED
Bnls. Fresh Veal Cutlets . . . LB **\$3.99** 12¢
COOKED, JUST HEAT & SERVE, BEEF, PORK OR CHUCKWAGON
Oncor Breaded Patties . . . LB **\$1.29** 40¢
NEW ZEALAND GENUINE, BLADE CUT
Lamb Shoulder Chops . . . LB **\$1.49** 50¢
U.S.D.A. CHOICE, TRIMMED, IN THE BAG, 8 TO 12 LBS AVG.
Whole Sirloin Tips . . . LB **\$1.79** 60¢

CHECK THESE PRICES . . . SAVE PER LB
LYKES POWER PAK SLICED **Bologna** (CHECKERS) . . . LB **89¢** 20¢
13oz. CHEESE AND TOMATO **Mrs. Kinsers PIZZA** . . . **\$1.29** 20¢
SUNNYLAND, HOT, MILD OR BEEF **Sausage** (SMOKED) . . . 1lb PKG. **\$1.99** 30¢
GWALTNEY'S MEAT OR BEEF **Franks** (NO BROWN) . . . 1 LB PKG. **\$1.99** 20¢
LOUIS RICH SLICED CHICKEN BREAST, TURKEY BREAST OR BAKED TURKEY BREAST **Lunch Meats** . . . 8oz PKG. **\$1.39** 20¢

COMPARE DELI . . . CHECK THESE PRICES . . . SAVE
GENERIC BRAND **Margarine** . . . 1 LB PKG. **3/1** 20¢
PANTRY PRIDE CREAMED **Cheese** (COTTAGE) . . . 2oz CUP **\$1.39** 10¢
SHREDDED, MOZZARELLA OR CHEDDAR **Cheese** (SARGENTO) . . . 8oz PKG. **\$1.39** 10¢
PANTRY PRIDE **Cream Cheese** . . . 8oz PKG. **69¢** 10¢
PANTRY PRIDE ASSORTED FLAVORS **Yogurt** (LOW FAT) . . . 8oz CUP **3/1** 20¢

PRICES GOOD ONLY IN SEMINOLE COUNTY. DUE TO OUR LOW PRICES WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NONE SOLD TO DEALERS, NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.

PILLSBURY CAKE MIXES
ALL VARIETIES
EVERYDAY LOW PRICE
18 5oz BOX
79¢
SAVE 10

MORTON POT PIES
CHICKEN, TURKEY OR BEEF
8oz FROZEN
EVERYDAY LOW PRICE
3/\$1.09
SAVE 20

PANTRY PRIDE
FLAKED COFFEE
EVERYDAY LOW PRICE
13oz BAG
\$1.79
SAVE 20

SOLID WHITE
TURKEY BREAST
IN THE DELI BAKERY STORES ONLY
BONUS BUY
HALF POUND
\$1.89
SAVE \$1.00 PER LB

AUNT HANNAH ASSTD. FLAVORED
FRIED PIES . . . 4oz
SAVE 30¢
4/\$1
PANTRY PRIDE
200z LOAVES
KING SIZE **BREAD** . . . **3/\$1.49**
SAVE 18¢

TOTINO
PIZZAS . . . 10.3oz FROZEN
SAVE 30¢
99¢
PANTRY PRIDE
18oz FROZEN
WHIPPED **TOPPING** . . . **99¢**
SAVE 20¢

MAXWELL HOUSE
MASTER BLEND . . . 13oz BAG
SAVE 5¢
\$2.37
CRICKET **LIGHTER** . . . TWIN PACK
SAVE 19¢
99¢

HICKORY SMOKED BONELESS RIB DINNER
JOHNNY RIB . . .
WITH 2 VEGETABLES AND A ROLL
SAVE 50¢
\$1.99
CHERRY **SUPREME** . . .
2 LAYER, 8 INCH
IN THE DELI BAKERY STORES ONLY
SAVE 80¢
\$3.39

COMPARE BAKERY . . . EVERYDAY LOW PRICE . . . SAVE
PANTRY PRIDE 20oz **Bread** BUTTERFLAY . . . **2/\$1.19** 20¢
PANTRY PRIDE 18oz STICK **French Bread** . . . **2/\$1.00** 10¢
PANTRY PRIDE 8 PACK SOUFFLELOAF OR **English Muffins** . . . **59¢** 10¢
FAMOUS UNSLICED **Italian Bread** . . . 18oz **99¢** 10¢

COMPARE FROZEN . . . EVERYDAY LOW PRICE . . . SAVE
REGULAR OR BUTTER HUNGRY JACK MICROWAVE **Popcorn** . . . **\$1.29** 20¢
PANTRY PRIDE 18oz FROZEN **Orange Juice** . . . **99¢** 14¢
PANTRY PRIDE CRINKLE CUT OR REGULAR, 9oz FROZEN **French Fries** . . . **3/1** 19¢
OREGON FARMS 17oz FROZEN **Carrot Cake** . . . **\$1.99** 18¢

COMPARE TOILETRIES . . . EVERYDAY LOW PRICE . . . SAVE
ORAL-B 60, 40 OR 35 **Toothbrushes** . . . **99¢** 40¢
35¢ OFF LABEL TOOTH PASTE **Aqua Fresh** . . . 8.2oz TUBE **\$1.49** 70¢
REG. SUPER OR DEODORANT MAXI PADS . . . 30z **\$2.99** 11¢
WITH IRON, DAILY MULTIPLE VITAMINS **Vita Fresh** . . . 100z **\$1.49** 40¢

COMPARE PREPARED FOODS . . . EVERYDAY LOW PRICE . . . SAVE
LEAN **Boiled Ham** . . . HALF LB **\$1.59** 60¢
FARAH, PITA POCKET **Bread** . . . 12oz **89¢** 10¢
18 PIECE BATCH - 4 BREAD, 4 THIGHS, 4 WINGS, 4 LEGS
Fried Chicken . . . **\$5.99** 11¢
FRESHLY BAKED **Kaiser Rolls** . . . 6/79¢ 20¢

30¢ OFF
MAXWELL HOUSE **COFFEE**
E.P., REG. OR A.D.C.
1 LB CAN
WITH THIS COUPON GOOD THRU WED., MAR. 9, 1983.

25¢ OFF
SEALTEST **ICE CREAM**
HALF GALLON
WITH THIS COUPON GOOD THRU WED., MAR. 9, 1983.

SAVE 30¢ CASH
PEPSI COLA,
DIET PEPSI, PEPSI LIGHT,
MT. DEW OR PEPSI FREE*
(REGULAR OR SUGAR FREE)
TWO LITER
YOU PAY 99¢ WITH THIS COUPON GOOD THRU WED., MARCH 9, 1983.

MOTT'S APPLE JUICE
REGULAR OR NATURAL
EVERYDAY LOW PRICE
64oz JAR
\$1.49
SAVE 40¢

by Chic Young



BEETLE BAILEY

by Mort Walker



THE BORN LOSER

by Art Sansom



ARCHIE

by Bob Montana



EEK & MEEK

by Howie Schneider



PRISCILLA'S POP

by Ed Sullivan



BUGS BUNNY

by Stoffel & Heimdahl



FRANK AND ERNEST

by Bob Thaves



TUMBLEWEEDS

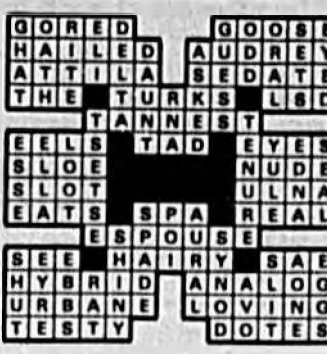
by T. K. Ryan



ACROSS

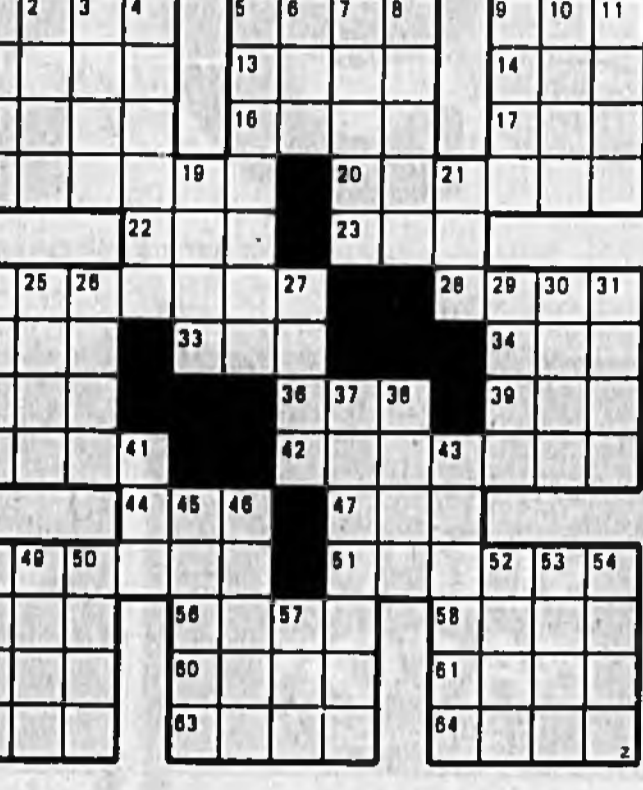
- 1 Baffled 47 Sunflower state (abbr.)
2 Snakes 48 Plain
3 Triton 51 Coral islands
4 Smallmouth bird
5 Craving 58 Irritated
6 Actor Wallace 58 Italian
7 Verdant greeting
8 Regan's father 59 Noun suffix
9 Cui short 60 Large knife
10 Lady of Shalott 61 Relative of bingo
11 Releases 62 Small cube
12 Long time 63 Infirmities
13 Speed measure (abbr.)
14 Barge in
15 Bill of fare
16 For hearing
17 Unused
18 Degree (abbr.)
19 Spanish for one
20 Printer's measure (pl.)
21 Four quarts (abbr.)
22 Matches
23 Shaky
24 Dine

Answer to Previous Puzzle



DOWN

- 1 Fit
2 King of Israel
3 Weather bureau (abbr.)
4 Former Chile president
5 Sootier
6 Petition
7 Religious poem
8 Razor sharpener
9 Electric fish
10 Piece of ice
11 Topples
12 Subject of verb
13 Electrical unit
14 Egg (Fr.)
15 Roman numeral
16 Currency
17 Water pitcher
18 Border
19 Natty
20 Homely
21 Emperor of Japan (pl.)
22 Go away
23 Envision
24 Hit
25 Legal defense
26 Alpine region
27 Take notice
28 All (prefix)
29 Speechless
30 Instead
31 Country by way
32 Dirt
33 Building wing

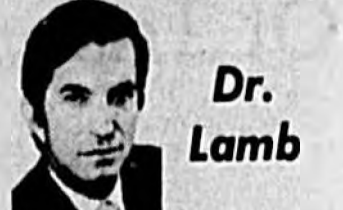


HOROSCOPE

By BERNICE BEDE OSOL For Thursday, March 3, 1983

YOUR BIRTHDAY March 3, 1983 You are now in a promising cycle and the times ahead look hopeful. One factor that might lead to your success is that you're not apt to repeat past mistakes.
PISCES (Feb. 20-March 20) You might be exposed to some type of inspirational message today. Strive to be attentive. It could have a profound effect upon your present affairs.
LIBRA (Sept. 23-Oct. 23) If you want to make this a productive and profitable day, concentrate on endeavors which could mean money in your pocket.
SCORPIO (Oct. 24-Nov. 22) You're sort of lucky today in situations which contain elements of chance. However, this doesn't mean you should risk a bundle on long shots.
SAGITTARIUS (Nov. 23-Dec. 21) Being with persons with whom you have close personal bonds will add much to your day. Don't wait on them to come to you; go to them.
CAPRICORN (Dec. 22-Jan. 19) You are likely to be the more-dominating figure among your peers today. This is because your charisma will outshine those around you.
AQUARIUS (Jan. 20-Feb. 18) Although you are likely to be generally lucky today, you're apt to be more fortunate in financial and business realms than you will be elsewhere.

How Aging Process Changes Your Body



DEAR DR. LAMB — I have read bits and pieces about antisenility drugs. My mother seems to be acquiring symptoms of senility as she forgets more and more, especially short term things. This annoys her but she attributes it to getting old. She lacks appetite at times and feels sad for no apparent reason. It would be nice if life didn't have to be that way for her.
I have read that a person shouldn't accept all sorts of symptoms as just getting old as often there is something in a person's system that is not produced anymore. Are there drugs to replace what a person's system is not producing? What sort of tests does a person have to have?

There is a "blood-brain" barrier that makes this uncertain.

But there are lots of things you can do to improve your memory. Using it is one. And keeping up your special senses, being able to hear and see helps keep the brain active. I'm sending you The Health Letter 14-2, The Aging Mind, to update you on this problem.

DEAR READER —

There are lots of exciting things happening in our understanding of aging but we are a long way from being able to stop the changes. It is quite true that many people have medical problems that are simply glossed over as "senility." That is why a good examination is important. Depression from psychological factors can produce symptoms that can be confused with aging. So can salt and water balance disturbances. And rarely a person may have a vitamin B-12 deficiency. A good place to start is with the family doctor but sometimes it is necessary to see a psychiatrist and a neurologist as well.

DEAR DR. LAMB — I love yogurt and eat it every week. What are the advantages of it, healthwise? I read an article that said people who eat lots of yogurt live longer. That is not why I eat it. I love it. My husband, who is 72, will not eat it because he thinks it is named after people who practice yoga. Is this true? He is a very dedicated religious man and therefore will not eat yogurt.

DEAR READER — Yogurt has been around for centuries. It was made from the milk of sheep, goats and camels before Christ was born and evidently not long after man first was able to become a herdsman. It is not named after people who do yoga. The word yogurt comes from the Turkish language while yoga comes from the Hindu.

It is good food but don't expect yogurt alone to prolong your life. Think of it in the same category as cottage cheese. It has the same values to your health as milk. Some has had some of the fat removed. So it is a good source of complete protein and the calcium so many people need from milk or milk products.

WIN AT BRIDGE

Bridge hand analysis showing North and West hands, vulnerable status, and dealer information.

internationalist, although he has never finished better than second in a world championship. John is the youngest at age 38, but has done remarkably well. In today's hand we find them bidding away merrily with the spade suit and very few cards. They did jam their opponents so that John wound up at three spades doubled. His two-spade call was one of those weak jump overcalls. In fact, it was so weak that the opposite South, who also used that type bid, merely passed. Bill raised John to three spades. East doubled to show good cards and to ask West to bid. But West converted the double into one for penalties by passing. He opened the five of spades. East took his king and led back a club. West won and played ace-10 of spades to get rid of dummy's trumps and eventually John was down two tricks to give East-West plus-200. At the other table, Edgar and Norman bid along without interference to reach three no-trump. This made for an overtrick and plus-430. This was a clear win for the team in this board-a-match event. (NEWSPAPER ENTERPRISE ASSN.)

By Oswald Jacoby and James Jacoby

Bill Root and John Pavlicek, the other half of the team that won the 1982 Reisinger, are Florida teachers and writers. Like Kaplan and Kay, Root has played successfully for many years and is a former

GARFIELD

by Jim Davis



ANNIE

by Leonard Starr

