

Evening Herald

77th Year, No. 7—Wednesday, August 29, 1984—Sanford, Florida 32772-1657

Evening Herald—(USPS 481-280)—Price 20 Cents

Woman Held In Throat-Slash Death Of Boyfriend

By Susan Loden
Herald Staff Writer

A 50-year-old Sanford woman has been charged with murder in the throat-slash killing of her male companion and was being held without bond in the Seminole County jail Wednesday.

Seminole County sheriff's investigators allege that Eula Mae Martin of 2351 Water Street, in

the Midway area, cut the throat of Cleveland Hall, 54, of Sipes Avenue, Sanford, during an argument at Ms. Martin's home. Hall died at Central Florida Regional Hospital, Sanford, about two hours after the Tuesday knifing, which occurred around 2:45 p.m.

Ms. Martin reportedly told sheriff's investigators that Hall was slashed in self defense, after he approached her with a knife

during a lover's quarrel.

Although there were two other people in the house at the time of the argument, deputies report that the others couldn't offer any information in the case. They said they had slept through the fatal fight.

Sheriff's deputy Joseph Waaser, the first officer on the scene, reported that Seminole County firefighters had arrived at the house first and that Hall

had been transported to Central Florida Regional Hospital before Waaser arrived.

When Waaser entered Ms. Martin's home he noted that the living room sofa and the floor in front of the sofa were soaked with blood. He reported finding a butcher knife on the floor in front of a refrigerator in that room.

Ms. Martin was interviewed at

her home by sheriff's investigators until the deputies received word at about 4:30 p.m. that Hall had died.

She was charged with murder at the Sheriff's Department at 5:13 p.m.

Sheriff's spokesman John Spolski said, because of the "unusual circumstances" of Hall's death, the case will be turned over to the Seminole

County State Attorney for further investigation.

Assistant State Attorney Emily Peacock said that within about three weeks investigators should have decided if the murder charge will stand or if Ms. Martin acted in self defense or if the killing might have been in some way justified. A grand jury may be called to hear the evidence in the case, she said.



John Mercer

Banker Joins Political Fray

John Y. Mercer, banker, civic leader and former school teacher, today announced his candidacy for the district 1 seat on the Sanford City Commission.

No one else has announced for that seat, now held by Commissioner Eddie Keith.

Keith can't run for re-election unless he moves into district 1, formed under a recent federal court order.

Saying there are crucial years ahead for Sanford, Mercer said "much planning and leadership is needed."

"I have helped Sanford grow working outside government in my 20 years here in Sanford," Mercer said. "Now, I would like to help Sanford grow working inside government."

Mercer, 62, of 800 Palmetto Ave., moved to Sanford more than 20 years ago and organized the old United State Bank of Seminole as chief executive officer. When U.S. Bank of Seminole merged with Florida State Bank to become Flagship Bank of Seminole he continued as president and chief operating officer until September, 1979 when he became vice president and manager of State Bank of Forest City. This bank was later purchased by Southeast Bank N.A. and he is vice president and manager there.

A native of Kentucky, Mercer served in the U.S. Army and Air Force during World War II, holds a bachelor's degree from Centre College in Danville, Ky., and a master's degree from Western Kentucky University. He is also a graduate of the School of Banking of the South at Louisiana State University in Baton Rouge. He taught math and science at Princeton, Ky. High School before moving to Florida.

While living in Ft. Meade he was a principal in the school system before becoming assistant vice president of the State Bank of Haines City.

He is active in the Rotary Club here and was honored in 1976 with a Paul Harris Fellow Award. He is an adjunct professor at

See MERCER, page 12A

Zoo Asks County For Repair Funds

By Donna Estes
Herald Staff Writer

Financial help for the Central Florida Zoo could be on its way from Seminole County. It all depends on the recommendations of two county advisory committees.

Al Rozon, executive director of the zoo, and Shyla Reich, president of the Central Florida Zoological Society, asked the county commission to allocate money to repair the large pavilion picnic area on the park property adjacent to the zoo.

An answer to their request was delayed until the county's parks and recreation advisory committee considers the request at its Sept. 20 meeting and makes a recommendation to the county commission.

Meanwhile, the county's Tourist Development Council has been asked to consider whether the county should seek special legislation to permit the levy of a 1 cent resort tax for financial support of the zoo.

The pavilion picnic area repair would cost \$57,800, including \$45,000 for materials and \$12,800 for labor.

Under the zoo society's lease arrangement with the county for the property, the zoo society is supposed to maintain and repair buildings at the site.

Rozon said the zoo's operating budget, now facing a shortfall, has no money available to repair the building.

Commissioner Bill Kirchhoff suggested referring the request to the parks and recreation advisory board for recommendation. He said the board should be asked to determine whether the pavilion should be repaired by the county now and whether the property used by the zoo south of U.S. Highway 17-92 should be turned into a county park after the zoo moves or is used for something else.

Kirchhoff urged that the parks and recreation board hold its September meeting at the pavilion so the board can inspect the building. Officers of the zoo society are to meet with the advisory board at the same time.

Mrs. Reich said a zoo move, if it is to come, could be 3, 4, or 5 years away. In the meantime, she said, the building in its

present condition is an "embarrassment" since it is seen by the some 160,000 patrons who visit the zoo annually.

The zoo is located on 21 acres of the property with the remaining 89 acres used as a park. Rozon said about 40 percent of the 89 acres is usable.

Commission Chairman Sandra Glenn, a member of the zoo society board of directors, said the society is searching for property which might be available for zoo relocation for the next year.

John Smith, president-elect of the zoo society, said the zoo will remain in its Sanford location for the foreseeable future.

Commissioner Bob Sturm said if the zoo moves, the site could be used for a county animal shelter. Kirchhoff said if the property isn't suitable for zoo animals, it wouldn't be any more suitable for a county animal shelter.

Rozon announced a symphony, sponsored by the Freedom Bank and the Florida Symphony Orchestra, will be held at the zoo on Nov. 17.



Herald Photo by Tammy Vincent

One Brick At A Time

Street department worker Johnny Bush hammers down bricks that will help transform Magnolia Street into a pedestrian mall as part of Sanford's downtown beautification project.

No Pet Quarantine In Seminole, But Care Urged

By Rick Brunson
Herald Staff Writer

A animal quarantine imposed on parts of Orlando, Winter Park and Maitland due to an outbreak of rabies in raccoons will not be extended into Seminole County. Seminole County Health and Human Services Director Dr. Jorge Deju said the rabid animals found in Seminole were not concentrated in one area as they were in Orange County.

"At this point we don't have any

conditions requiring a quarantine," Deju said.

An area stretching from Colonial Drive in Orlando to Horatio Avenue in Maitland was put under a 30-day quarantine Tuesday after Orange County health officials found three rabid raccoons in the area since mid-July.

The quarantine requires pet owners to keep their dogs and cats off the streets. Health officials fear of the pets are bitten

by a wild animal with rabies the illness could then be passed on to the pets owners.

Regardless of quarantine, Deju warned area residents should be careful whenever they spot a raccoon near their home because "large numbers" of them have rabies. Even if the animals look harmless they should be avoided, Deju said, because they often carry rabies without showing any of the symptoms, such as extremely aggressive behavior.

Being bitten by a rabid animal can result in headaches, fever, convulsions and death if not treated. Treatment consists of a series of seven vaccinations which cost about \$400, Deju said.

Of the 131 rabid animals captured last year, Deju said 56 were raccoons as compared with two cats and one dog. More people are taking raccoons as pets — a practice Deju said the health department does not recommend.

Shuttle Delayed

CAPE CANAVERAL (UPI) — The space agency delayed the first flight of the hard-luck shuttle Discovery from today to Thursday to make sure nothing was overlooked in "improvements" to its most critical electronic control circuits.

It was the third delay in two months for America's No. 3 space freighter, but this time the problem involved an error in computer programming, not in equipment aboard the new ship.

"We're not going to launch Discovery until its ready to launch," said Jesse Moore, associate NASA administrator for space flight.

Discovery's six disappointed crew members — who came within four seconds of blastoff June 26 — got the bad news Tuesday night.

Henry Hartafield, Michael Coats, Steven Hawley, Judy Resnik, Richard Mullane and

Charles Walker were told to revert to their launch day-minus-one schedule of briefings once again today.

The weather, often a concern for shuttle flights, was expected to be good for the new 8:35 a.m. launch time Thursday.

The revised timetable means the three communications satellites aboard the shuttle will be launched Thursday afternoon, Friday and Saturday and that the ship will land at Edwards Air Force Base, Calif. next Wednesday.

The problem that forced the new delay involved computer instructions for two timing devices that send electronic commands with split-second precision to various explosive devices. These ignite the ship's booster rockets and later jettison the twin burned out rocket casings and the spent external fuel tank.



Herald Photo by Tammy Vincent

Up Close

A Lake Monroe alligator, not camera shy, comes right up to the sea wall in at Manroe Harbor marina. The curious gator appeared to be about 10 feet long.

\$488,000 To Distribute

'Merit Schools' Money On Union Talk Agenda

Negotiators for the Seminole County School Board and the four unions representing all public school employees will go back to the bargaining table at 5 p.m. Thursday, at Lake Mary High School to talk about "merit schools" and how some \$488,000 in state money will be split among the employees.

Ernest Cowley, chief negotiator for the school system, said as many as 10 or 11 of the county's 41 schools may be designated "merit schools" because of their students achieving state test scores in the upper quarter of the state.

Under the school board plan to be presented to the "council of unions" — representatives of all four school employee unions — all teachers, clerical, custodians,

bus drivers and those in food service of the designated merit schools would share in the bonus payments from the \$488,000 allocated by the state to Seminole County.

He said the matter of how the money will be split must be formally approved by the school system and the unions by Oct. 1 and the state Board of Education must approve the method selected, or the \$488,000 will go back into the "state pot" and be distributed with other designated funds to other school districts.

"If schools are truly meritorious, it took the efforts of all the personnel at those schools," said Cowley, speaking out for the school board's preferred plan. —Donna Estes

Latest Indicators Show Economy Is Slowing Down

WASHINGTON (UPI) — The index of leading indicators, the government's sensitive economic barometer, fell 0.8 percent in July after a 1.3 percent decline in June, the Commerce Department said today.

The figures represent the first back-to-back declines since the recession began to fade in December 1981 and January 1982, new evidence that the economy is entering a period of slower growth.

In a separate report today, the department said international trade

drained a record \$14.1 billion out of the United States in July.

It was enough to make the seven-month 1984 total trade deficit \$73.8 billion, more than for all of last year, the existing annual record at \$69.4 billion.

Import purchases alone reached an all-time high of \$33.5 billion with export sales a comparatively anemic \$19.4 billion after seasonal adjustment.

The leading indicators, designed to show what will happen in the near future, and the trade report, showing deterioration that has already happened,

reflect growing problems for the economy's growth, which now appears to have peaked in the first half of this election year.

Six of the 10 leading indicators contributed to the decline in the composite index, led by a fall in building permits.

Also negative for the index were the pace of deliveries, declines in raw materials prices, lower orders for factory equipment, more claims for unemployment benefits and the month's

average of 500 common stock prices.

However four other indicators were positive. Orders for consumer goods increased, the average factory work week lengthened, the money supply expanded and more new businesses were formed.

Some analysts have worried that another recession could occur if high interest rates, a tighter monetary policy by the Federal Reserve and a sudden collapse of confidence in the dollar all coincide.

TODAY	
Action Reports.....	2A
Around The Clock.....	4A
Bridges.....	4B
Calendar.....	7A
Classifieds.....	4,7B
Comics.....	4B
Crossword.....	4B
Dear Abby.....	2B
Deaths.....	12A
Dr. Lamb.....	4B
Editorial.....	4A
Florida.....	2A
Horoscope.....	4B
Hospital.....	2A
Nation.....	2A
People.....	1,2B
Sports.....	9-11A
Television.....	5B
Weather.....	2A
World.....	12A

NATION IN BRIEF

Soviets Were Convinced KAL Flight Was Spying

WASHINGTON (UPI) — American officials are convinced the Soviet military ordered a Korean airliner with 269 people aboard shot down in the mistaken belief it was on a spy mission — but dismiss it as justification for the tragedy.

"You shouldn't shoot down a plane, even if it had been on an intelligence mission," an official said. "The United States doesn't use airliners for intelligence."

There were no survivors in the attack on the Korean Air Lines flight 007 on Sept. 1 in the Sea of Japan. Among those killed was Rep. Larry McDonald, D-Ga., one of 61 Americans aboard the plane.

The 747 had strayed over sensitive Soviet defense installations but officials said it was destroyed without warning by a Soviet fighter.

The Soviet allegation, prompted by recent statement made by a former foreign service officer, that KAL 007 was on an intelligence mission is "totally false," the official said.

Boy Dies As Parents Pray

COLUMBIA CITY, Ind. (UPI) — A fundamentalist couple who claim Jesus is their doctor face a maximum of 12 years each in prison for denying medical care to their dying infant boy.

A prosecutor said he hopes the potential jail sentences for Gary and Margaret Hall convince other members of a secretive Christian sect to violate their religious code, "obey the law" and take seriously ill children to doctors.

The Halls, the first members of the Faith Assembly sect to stand trial in Indiana for their beliefs, were found guilty of reckless homicide and child neglect in a brief trial Tuesday.

A jury spent little more than two hours rejecting the couple's Bible-inspired belief that medical care is evil. Jurors decided religion was no excuse for the Halls' failure to seek help before their 26-day-old son suffocated from pneumonia.

UAW: Who Do We Strike?

DETROIT (UPI) — United Auto Workers leaders pondered "Scrooge" contract proposals from General Motors Corp. and Ford Motor Co., trying to decide which firm — if any — will be the union's strike target this fall.

GM's offer of \$600 in lump sum raises for the first year of the contract may give the firm the inside track over Ford, which did not propose any form of wage hikes, if economics are a factor in union leaders' decision.

But the No. 1 automaker said it would continue to send work to outside sources — a practice called "outsourcing" that is detested by the union.

Neither GM nor Ford offered specifics on the union's chief goal of job security for its members.

FLORIDA IN BRIEF

Day-Care Center Fined In Sexual Assault Case

MIAMI BEACH (UPI) — A Jewish synagogue that runs a day-care center has been fined because of allegations that a 2-year-old child contracted a venereal disease after a sexual assault there by two maintenance men.

The \$1,615 fine was levied Monday by the state Department of Health and Rehabilitative Services. The HRS also placed the nursery school run by the Jewish temple put on "provisional licensure status," subjecting it to frequent unannounced inspections.

School officials said they were surprised by the penalties and did not know whether they would appeal to a state hearing examiner.

HRS District Administrator Jay Kassack said the penalties were levied for improper supervision of children outside the classroom.

Woman Punches Out Mugger

JENSEN BEACH (UPI) — A 115-pound woman whose hobby is weightlifting punched and kicked a large male would-be attacker several times before he turned and fled.

Kathy Bendel, a 28-year-old unemployed legal secretary, said she probably would not have been able to fight him off without the training she began two years ago while recovering from surgery to remove a ruptured disc in her back.

"I don't think he expected it," she said Tuesday. "All I knew was he was trying to hurt me, so I hurt him back."

Corrections

In the list of Alfred DeLattibeaudiere's campaign contributors listed in Monday's *Herald*, a \$200 contribution from the St. Matthew's M.B. Church of Sanford was inadvertently omitted.

DeLattibeaudiere is vying with Samuel Black in Tuesday's primary election for the Democratic nomination to the district 5 seat on the Seminole County Commission held by Republican Bill Kirchhoff.

An incorrect telephone number was listed in Tuesday's *Evening Herald* for information on 11 percent mortgages to be offered through the Orange County Housing Finance Authority.

The correct telephone number to call in Orlando is 423-5433. The mortgages are expected to be offered Sept. 15 in Seminole, Lake and Orange counties to first-time home buyers with valid sales contracts.

Cost Overruns Prompt Scrapping Of Four Nuclear Reactors

KNOXVILLE, Tenn. (UPI) — Despite a \$2.7 billion investment, the Tennessee Valley Authority plans to cancel four unfinished atomic reactors because of cost overruns projected at nearly \$14 billion, officials say.

The TVA Board was to meet today to act on a staff recommendation to cancel two reactors at the Hartsville Nuclear Plant near Nashville and two reactors at the Yellow Creek facility near Yuka, Miss.

The staff cited combined cost overruns of \$13.8 billion. It reported last month that finishing the construction

would cost more than what TVA — the nation's largest electric utility and once the nuclear industry's best customer — spent building its entire power system.

Nationally, eight reactors will have been abandoned this year with TVA's cancellations and 51 reactors have been scrapped since 1974 — the year after the Arab oil embargo lowered electricity demand. TVA already has canceled four other reactors.

No reactor has been ordered in the United States since the 1979 accident at Three Mile Island.

A spokesman for the pro-nuclear

Atomic Industrial Forum conceded more reactors in the United States are likely to be canceled this year because of the cost overruns.

"These are horrendous cost overruns but there is nothing inherently wrong with nuclear plants. It's a horrible thing and it has soured a lot of utilities against nuclear," said Atomic Industrial Forum spokesman Don Winston, who blamed the rising construction costs on new federal safety regulations and higher interest rates.

TVA's three-member board plans to write off over the next 11 years the \$4

billion spent on the agency's eight canceled reactors, including \$2.7 billion invested in the Hartsville and Yellow Creek reactors, agency spokesman Carl Crawford said.

The write-off will push up electric bills for the seven-state utility's nearly 3 million consumers about 2 to 4 percent each year for the next 11 years, Crawford said.

"We haven't seen any opposition. It's in the consumers' interest to cancel the reactors now," he said.

TVA once had 17 nuclear reactors under construction.

Accused Of Strangling Sister

Murder Suspect Won't Be Tried

By Deane Jordan
Herald Staff Writer

A Winter Park man is expected to escape criminal prosecution in the strangulation death of his psychiatrist sister who sometimes treated him.

John Ernest Ansley, 40, of 848 Miles Ave., is scheduled to appear before Seminole Circuit Judge Dominick Salfi at 9:45 a.m. Thursday to plead not guilty by reason of insanity in connection with the April 29 death of Dr. Mary Catherine Ansley, 51, of 121 Primrose Drive, Longwood.

Assistant State Attorney Steve Plotnick said the state will go along with the plea and not seek a trial because several

psychiatrists have testified that Ansley was insane at the time his sister was killed. Dr. Ansley had occasionally treated her brother, Plotnick said.

Four out of five psychiatrists testified that Ansley was insane at the time of his sister's death. The fifth psychiatrist believed Ansley was sane, Plotnick said.

He said it would not serve justice to try and prove in court that Ansley was sane, nor would the expense be justified.

Plotnick said he expects Salfi on Thursday to schedule a disposition date when Ansley will be committed to a hospital for psychiatric observation and therapy. He said such treatment would continue until Ansley is no longer considered a threat to

other people or himself.

Seminole County sheriff's deputies found the body of Ms. Ansley after her brother allegedly told Bushnell police that he had strangled and stabbed his sister.

Authorities in Bushnell, located in Sumter County, called the Seminole sheriff's department after Ansley made his confession. He had been arrested in that county following a traffic accident and was charged with willful and wanton reckless driving.

When deputies went to Ms. Ansley's home in The Springs, they looked through a window and saw her lying on the floor. She had been strangled by hand

and stabbed in the lower abdomen.

While being held in Bushnell, Ansley reportedly tried to hang himself with his jail-issued pants but was prevented from doing so by a Bushnell officer.

In a macabre sidelight, Ansley listed his sister as his next of kin when he was booked into the Seminole County jail. At the time, however, his sister had been dead for nearly two days.

Also, while Ansley was being booked, he allegedly tried to strangle Sgt. John Thorp and jail nurse Dorrie Milphs, according to sheriff's spokesman John Spolski. He was charged with battery on a law enforcement officer and is scheduled to appear in court next month.

Black Leaders Support Mondale

ST. PAUL, Minn. (UPI) — With chants of "We want Fritz, we want Fritz," the country's black leaders rallied around Walter Mondale Tuesday night and promised to "hit the ground running" in his behalf.

The group of almost 50 blacks, including two of Mondale's old adversaries — Jesse Jackson and Chicago Mayor Harold Washington — said all discord had been swept aside in a two-hour meeting that apparently was a cross between a pep rally and a revival.

The meeting apparently laid to rest speculation Jackson and other blacks might limit their support.

With the black support and an enthusiastic endorsement from former independent candidate John Anderson,

Tuesday turned into a buoyant day for a campaign that had suffered weeks of bad news with Geraldine Ferraro's financial disclosure problems.

Mondale seemed moved as most of the group crowded around him at a press conference to cheer and chant.

"For me, it's ... a terribly important emotional day," Mondale said. "All my life I've stood for civil rights. All my life I've believed it's a sin to discriminate."

Jackson, who had appeared somewhat tentative in his endorsement following a meeting earlier Tuesday with Mondale, said at the late evening press conference that he will campaign full tilt for Mondale in the weeks before the Nov. 6 election.

"We shall hit the ground running in a matter of hours, and certainly by Labor Day,

with all the force we can collect and muster," Jackson said.

Asked if he would campaign as hard for Mondale as he did for himself in the Democratic primaries, Jackson said, "I don't have as much time left, so I'll have to run three times as hard."

Numerous black mayors and congressmen attended the meeting with Mondale, including Atlanta Mayor Andrew Young who has called Mondale's inner staff "smart-assed white boys." Young did not attend the press conference.

Also included were civil rights leaders such as Coretta Scott King.

Those who attended the meeting said support was solid from the beginning, but the black leaders wanted to air their disappointments with the campaign and the Democratic National Convention.

\$2 Bill Led To Knife-Wielding Bandit's Arrest

A knife-wielding bandit who allegedly robbed a Fern Park 7-Eleven store was done in by a \$2 bill.

About 30 minutes after the 12:30 a.m. robbery today, Seminole County sheriff's deputies spotted a man who matched the description of the suspect at the Circus Circus lounge, U.S. Highway 17-92, Fern Park, and asked the deputy who was investigating the case to bring the store's clerk to the topless club to identify the suspect.

Deputies report that clerk Nancy Colby singled out the suspect as the man who had taken \$31 from the cash drawer at the store, 140 Oxford Road, and had threatened her with a steak knife during the holdup. She told lawmen that among the cash the bandit took was a \$2 bill which was stamped with the store's name. Deputies reported finding such a bill with some other cash in the suspect's car.

Richard Pace, 29, of Plantation Apartments, 2100 Howell Branch Road, Casselberry, was charged with armed robbery, aggravated assault and petty theft in the case. He was being held in lieu of \$10,000 bond.

Action Reports

- ★ Fires
- ★ Courts
- ★ Police Beat

Monday, someone slashed the tires on two of the business' trucks and two trailers. The vehicles were parked at Scovell Oil, 1407 S. French Ave. at the time.

Total damage caused by the knife-wielding vandal was estimated at \$600.

DUMPSTER LIFTED

Between 3 and 5 p.m. Saturday someone removed a large dumpster from a Sanford business.

Charles Ewing, of Industrial Waste Services, Longwood, reported the theft of the dumpster from Adcock Roofing, 800 S. French Ave.

The dumpster, which has the initials I.W.S. painted on it, is valued at \$700.

DUI ARRESTS

The following persons have been arrested in Seminole County on a charge of driving under the influence:

—Nicholas E. Hill, 19, of 808 Point Pleasant Place, Altamonte Springs, was arrested at 2:05 a.m. Monday after his car failed to maintain a single lane on state Road 436, Altamonte Springs.

—Warren William Corn, 28, of

Orlando, at 10:28 p.m. Monday after his car was seen weaving between other traffic on Pendleton Drive, Altamonte Springs. He was also charged with resisting arrest without violence after he allegedly struggled with the arresting officer.

—William Eilers Jon, 24, of 1000 Douglas Ave., Altamonte Springs, at 7:05 a.m. Saturday after he improperly changed lanes and cut in front of another vehicle while driving on Interstate 4, Lake Mary.

—Senaudo Martinez Lopez, 37, of 203 S. Wekiva Road, Apopka, at 1:15 a.m. Sunday after her car was involved in an accident on state Road 436, Altamonte Springs.

—Emily Bath Kuchenb'ood, 43, of 681 Kentia Road, Casselberry, at 10:42 p.m. Monday after her car, which was weaving, crossed the centerline of state Road 419 one mile west of Winter Springs.

—Charles Robert Anderson, 33; address not listed, at 8:32 p.m. Sunday after he was found asleep in his car which was parked in the emergency lane of Interstate 4, near Sanford. The car's flashing lights were on and the keys were in the ignition, a highway patrolman reported.

—Ernest Alfred Nelson, 65, of 521 Oak Lane, Maitland, at 9:17 p.m. Monday after an improper lane change on state Road 436, Altamonte Springs. He was also charged for that illegal lane change.

FIRE CALLS

The Sanford Fire Department responded to the following calls:

Monday

—8:14 a.m., 8th St. and Laurel Ave., fire. Oil seeped onto the hot exhaust of a car and caused smoke but no fire.

—8:37 a.m., 1200 Mangoustine Ave., rescue. A 68-year-old man was ill. He was transported to Central Florida Regional Hospital by ambulance.

—10:06 a.m., 2414 Grandview Ave., rescue. A 68-year-old woman fell and hit her head after an operation five weeks ago. There was no visual sign of an injury, though she complained of feeling very sick. She was transported to the hospital at her doctor's request.

—11:17 a.m., 1101 S. Park Ave., rescue. A 63-year-old man with possible heart attack was transported to the hospital by ambulance.

—12:20 p.m., 1318 Oleander Ave., rescue. A 75-year-old man was experiencing lower stomach pains. He had a kidney removed 7 years ago.

—3:28 p.m., 213 Villa Drive, rescue. A 78-year-old man with possible heart problems was transported to the hospital by ambulance.

—6:20 p.m., 20th St. and Mellonville Ave., rescue. Reported as auto accident, but the emergency response was cancelled while the unit was enroute.

WEATHER

NATIONAL REPORT: Paramedics used ice from the dairy barn to cool down 55 teenage marchers who collapsed at the Minnesota State Fair as record heat turned the Midwest into a steam bath. A tornado raked Homer, Ill. Tuesday night, seriously damaging at least a dozen homes and the town high school as the football team watched from the practice field. Showers and thunderstorms were scattered from the Great Lakes and Ohio and Tennessee valleys to the Gulf Coast, and over the central and southern Rockies. Temperatures soaring past 100 from Texas to the Dakotas set two dozen record highs.

AREA READINGS (9 a.m.): temperature: 76; overnight low: 69; Tuesday's high: 87; barometric pressure: 30.10; relative humidity: 93 percent; winds: northeast at 4 mph; rain: none; sunrise: 7:02 a.m., sunset: 7:50 p.m.

THURSDAY TIDES: Daytona Beach: highs, 11:48 a.m., 12:11 p.m.; lows, 5:13 a.m., 5:47 p.m.; Port Canaveral: highs, 11:40 a.m., 12:03 p.m.; lows, 5:04 a.m., 5:38 p.m.; Baysport: highs, 4:19 a.m., 4:53 p.m.; lows, 10:49 a.m., 11:02 p.m.

BOATING FORECAST: St. Augustine to Jupiter Inlet and out 50 miles: Wind northeast to east 10 knots or less becoming east to southeast tonight and Thursday. Seas less than 3 feet with a few showers or thunderstorms.

AREA FORECAST: Today mostly fair with a slight chance of afternoon thunderstorms. Highs near 90 with variable light

winds. Rain chance 20 percent. Tonight fair except for isolated evening thunderstorms. Lows in the lower 70s. Variable light wind. Rain chance less than 20 percent. Thursday partly cloudy with a 30 percent chance of afternoon thunderstorms and highs around 90.

HOSPITAL NOTES

Central Florida Regional Hospital
Tuesday
ADMISSIONS

Sanford:
Patricia K. Martin
Leonard G. Skates
Elizabeth A. Willis
Lewis Paul Oglesby, Lake Monroe
Pamela J. Cooper, Orange City
Linda M. Cohen, Delton

DISCHARGES

Lennie Martin, Sanford

STOCKS

These quotations provided by members of the National Association of Securities Dealers are representative inter-dealer prices as of mid-morning today. Inter-dealer markets change throughout the day. Prices do not include retail mark-up/mark-down.

Atlantic Bank..... 25 25 1/2
Barnett Bank..... 40 40
Florida Power & Light..... 30 1/2 unchanged

Fia. Progress..... 30 1/2 unchanged
Freedom Savings..... 11 1/4
HCA..... 48 48
Hughes Supply..... 19 1/2 20
Merrill's..... 17 1/2 17 1/2
NCR Corp..... 27 27 1/2
Plessey..... 26 1/2 unchanged
Scotty's..... 12 1/2 12 1/2
Southeast Bank..... 24 1/2 24 1/2
Sun Banks..... 26 1/2 26 1/2

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Home Delivery: Week, \$1.00; Month, \$4.25; 6 Months, \$24.00; Year, \$45.00. By Mail: Week, \$1.25; Month, \$5.25; 6 Months, \$30.00; Year, \$57.00.

Airport Crunch

Deregulation of the airline industry in 1978 brought consumers the benefits of vigorous competition — lower air fares and more flights. But these welcome benefits eventually produced an unwelcome problem — a crush of air traffic so heavy that several of the nation's largest airports simply cannot handle the current volume of flights without record numbers of delays.

Transportation Secretary Elizabeth Dole has interceded, asking the airlines to voluntarily limit the numbers of flights to six of the busiest airports or, failing to do so, face limits imposed, as a last resort, by the Federal Aviation Administration.

In truth, federal officials have little choice but to act. Flight delays at Kennedy International, La Guardia, Newark, O'Hare, Atlanta's Hartsfield, and Denver's Stapleton, among others, are creating chaos. It is nothing these days for flights departing at peak hours from the most crowded airports to be delayed an hour or more, with predictable consequences for travelers trying to make connecting flights. Last June, the FAA logged 40,852 flight delays, the largest number ever recorded for a single month.

The villain here is not deregulation or the airlines, but a shortage of airport capacity made evident sooner because deregulation has been such a success. In time, new runways will be added to some of the major airports and, in selected locations, whole new airports will be built. In the meantime, however, interim remedies are required.

In the spirit of deregulation, Dole wants the airlines to act on their own to pare the number of flights during peak flying hours at the six airports indicated. Accordingly, the federal government is prepared to support an Eastern Airlines request for immunity from anti-trust laws so that the air carriers can negotiate among themselves on flight reductions.

Fewer flights or more evenly spaced flights at hub airports are the obvious ways to cut delays now. Beyond this, the FAA should be hiring more air traffic controllers and modernizing its traffic-control equipment. In the long run, however, only additional airport capacity can preserve the full benefits of air deregulation, and get the millions of air travelers in this country to their destinations on time.

Fleeing Romanians

Here is the story of two Romanians who came to the United States.

One, a sports journalist covering the Olympics, wanted to escape a communist regime. He quickly was granted asylum.

The other was a church leader accused of anti-Semitic, fascist sympathies. He came here many years ago fleeing a dark past.

Under threat of deportation, Orthodox Archbishop Valerian Trifa recently left for Portugal.

Perhaps the archbishop, too, wanted a refuge from his government when he emigrated to the United States in 1950 and became an American citizen seven years later. But it was for reasons our government ultimately did not accept.

American foreign policy, while generally sympathetic to those seeking to flee Iron Curtain countries, demands more of an immigrant than a desire to escape communism.

And Trifa's alleged sins outweighed any ideological consideration.

He was accused of being a leader in the violent, anti-Semitic Romanian Iron Guard. In 1941 he made an inflammatory speech that sparked a four-day riot, during which 300 Jews and Christians were killed. When the Romanian government tried to prosecute him, the Nazi SS shielded Trifa.

When U.S. officials learned of his past, the Justice Department worked nine years to strip him of his citizenship, and in 1982 he was ordered deported.

Why so long? We are a country of law. Deporting a person requires evidence and lengthy procedures.

Our laws do, however, allow for quick extradition. Rather than letting Trifa find another safe harbor in Portugal, he should have been sent back to his native Romania, possibly for trial.

BERRY'S WORLD



"Yes, I AM bringing home a surprise for you from Dallas, as a matter of fact."



By Deane Jordan

The president of The Florida Bar has charged that the merit retention election process for Florida appellate judges will face "the sternest challenge" of its eight-year history because of a special interest group's announced opposition to the retention of two Florida Supreme Court justices.

Saying some disappointed Proposition One backers have "targeted" the justices who are up for a retention vote, Gerald F. Richman said that "to allow a single issue campaign to dominate a merit retention election without regard to the overall record and performance of the judge involved could destroy the entire concept of merit retention." He said if the targeting is successful, it could undermine judicial independence and prevent potential justices from serving.

ing. He did not name the justices.

Ten judges will run in Florida's fourth merit retention election this fall. The merit retention process for appellate court elections was incorporated into the state constitution by popular vote in 1976. The judges will not be opposed by other candidates. Instead, they are to be evaluated against their own performance, or merit, in office for the past six years.

Supreme Court justices will appear on the November ballot statewide.

Appellate judges appear only on those ballots within the geographical area of their court's jurisdiction. No one from the 5th District Court of Appeal, which serves Seminole County, is up for merit election.

Candidates for trial judgeships at

the county and circuit court levels are still elected in contested, but nonpartisan races where voters select the candidate of their choice.

Under the merit retention system voters decide whether to keep appellate judges in office for another six years. A majority yeas vote retains a judge in office. If a majority nay vote prevails, the judgeship becomes vacant and is filled by a candidate from a group selected by a judicial nominating commission and appointed by the governor.

Richman said previous statewide merit retention elections have shown the process works if it is understood by the public. But, he said, in past elections some voters have mistakenly thought judges were running against each other or were on the ballot for some other reason.

ANTHONY HARRIGAN

Number Two Spot Critical

In this election year, the vice presidential candidates are receiving more than ordinary attention. This is properly the case. If the Vice Presidency wasn't highly regarded in the past, this certainly isn't the correct attitude for our times. The Presidency has become so burdensome that the nation's Chief Executive needs to make effective use of the individual selected to the second highest constitutional office.

The choice of a Vice President is a major decision for the American people. President Theodore Roosevelt came to the White House after serving as Vice President in the McKinley administration. Theodore Roosevelt turned out to be one of the truly great American Presidents.

President Franklin D. Roosevelt made a decision of fateful importance when he chose Harry Truman to replace Henry Wallace as his Vice Presidential running mate in 1944. As President, Truman took many courageous stands, including the decision to use the atom bomb to end World War II. He authorized development of the hydrogen bomb in the face of furious opposition from pacifists and leftists, enabling the U.S. to gain that mighty defensive power a few months before the Soviets tested their H-bomb. He ordered the defense of the free nations of Western Europe. History would have taken a tragically different turn if Henry Wallace, a dupe of the Left, had been Vice President at the time of FDR's death.

Since Truman, Presidents have been making much more extensive use of their Vice Presidents. The responsibilities of the Vice President will increase in the years ahead. Therefore, it is all the more important that Vice Presidents be well prepared for their expanding duties.

Vice President George Bush's preparation for his office certainly commands notice. He was a Navy flier in World War II, a successful businessman, ambassador to the United Nations and the Peoples Republic of China, and director of the Central Intelligence Agency. This is a record of preparation that can be cited in a factual way without any suggestion of partisan political feeling.

The Vice Presidency is very important because it provides the vital element of continuity in our governmental system. Our system has a built-in constitutional, tested system for continuity of leadership when a President dies in office or is incapacitated. The lack of such a system is one of the great flaws and weaknesses in the Soviet system. A handful of men in the Soviet Politburo made the decisions as to continuity, and the changeover leaves the Soviet bureaucracy and people uncertain as to national leadership.

JACK ANDERSON

Curb Spending To Save Economy

WASHINGTON — Some terrible enervation of common sense and ordinary resolve in Washington has permitted a containable deficit to mushroom into an incalculable disaster.

The failure of government either to avert the calamitous deficit through precautions or to ameliorate its effect by timely treatment could tear the country asunder.

The interest alone on the exploding public debt has become an obstacle to the nation's economic well-being.

Reading the budget figures may cause the eyes to glaze over, but if the American people cannot absorb the intricate details, they won't escape the catastrophic results.

Each year, the deficit soars to ever higher altitudes. It is expected to ascend above \$180 billion in 1985; some economists fear it will reach \$220 billion in 1986.

Each new deficit, in turn, becomes another massive blast of



JEFFREY HART

The Newest Utopia

The other day, as it happens, I was having lunch with Howard Fast. He has published an enormous number of books, and probably attracted most notice with "Citizen Tom Paine" and "Freedom Road," and he has a new one out called "The Outsiders." He was a communist until 1956 brought Khrushchev's revelations about Stalin's crimes. He now considers himself "radical" and he is a Zen Buddhist. Over lunch, he was regretting the fact that we no longer have any utopians around, by which he meant that we would benefit from the presence of people who dream of social perfection.

I replied that I thought he was wrong, that we do have a species of utopian among us today — a gentler utopian than the old Stalinist variety, but a utopian nevertheless. Today's utopian, I said, believes in health food and peace, concern with gentleness, in making love not war and hugging your child today. This set of attitudes is utopian because it ignores the human predators loose in the world who require sterner methods of containment.

But I think now that I was probably not probing deeply enough, and I have found good reason for reflection in a new book by Rael Jean Isaac and Eric Isaac called "The Coercive Utopians," which describes a utopianism that goes far beyond granola, love beads, and anti-nuclear poses.

In a brilliant set of sentences, a review of this book, Robert James Bidinotto, gives the source of the coercive utopians: "Collectivism doesn't spring from the grass roots of society. Rather it condenses within the philosophical smog layer enshrouding the universities, and descends upon society in a corrosive downpouring of proposals, experts, and organizations. Collectivism is the acid rain of academia."

The "coercive utopians" described in the Isaacs' book believe that an ideal social order must be imposed by government coercion, because they know that the general population will never go for it. They believe that American society "is deeply flawed, indeed hateful. And if one has to identify the single aspect of American life they find most repugnant, it is our economic system."

The Isaacs' book is really an exploration of Joseph Sobran's collectivist "Hive," in which various kinds of bees perform different tasks but never sting one another.

There are the National Council of Churches and the assorted Catholic Left groups that preach "liberation theology" and fund Marxist terrorists in the Third World. There are the environmental ideologues such as Amory Lovins, Barry Commoner and Jeremy Rifkin, who seeks a "conservative" society and a "Spartan" lifestyle. Since that kind of thing would never be voted in, coercion is implicit in the ideal. There are the innumerable and interlocking study groups and think-tanks, which are interminably apologizing for Soviet behavior and condemning everything outside the Soviet orbit: the Institute for Policy Studies, the Center for Defense Information, the Fund for Peace, and so forth. There is Ralph Nader, disdainful of profit and productivity. There is the bogus "Peace" movement, whose unverifiable and unachievable nuclear freeze is now part of the Democratic Party's platform.

This kind of collectivism, explicit sometimes, sometimes implicit, is heavily funded by the great capitalist foundations. The Rockefeller Brothers Foundation, for example, has funded the Bay Area Institute, an offshoot of the Institute for Policy Studies.

— High interest rates have made U.S. exports so expensive that overseas sales have fallen 14 percent since 1981. This has resulted in the loss of 1.3 million jobs. So anyone whose livelihood depends on exports must worry about job security.

The public record is littered with warnings about the danger of continued federal overspending. By the end of the decade, for example, just the interest costs on the government debt would be an estimated \$219 billion — almost half of the \$563 billion that the government expects to collect in personal and corporate income tax in 1989.

Budget director David Stockman told congressmen he doubted that they "could think of enough taxes to raise or enough spending to cut to offset that explosion of debt-service cost."

The key to the problem can be found inevitably in Congress — in its reluctance to recognize the onrushing danger. In the refusal of its members to expend political

ROBERT WALTERS

Just Common Folk ...?

DALLAS (NEA) — Dallas businessman Trammell Crow lives in a society of Texas plutocrats who measure their wealth in "units" — each equivalent to \$100 million. In local parlance, he is worth "five units."

During the Republican National Convention here, Crow offered his thoughts about being selected to deliver a welcoming address to the delegates.

"When I was accorded this honor," explained Crow, "my reaction was: 'Why me? I'm not a politician or a party leader. I'm just a concerned citizen and a businessman.' Then I realized that ordinary Americans are what our party is about."

Crow may fit the convention's definition of a "concerned citizen" and an "ordinary citizen" but he doesn't qualify under any other standard. The world's largest developer and leaser of commercial real estate, Crow has a personal fortune estimated at \$500 million, which makes him one of the country's richest men.

Crow was hardly a typical participant in the convention, but in many respects, he personified the materialism, elitism and insularity which were so vividly displayed here.

Almost 20 percent of the delegates had family incomes which exceeded \$100,000 last year, according to surveys conducted by CBS News and NBC News. Nationally, only about 1 percent of all households are in that bracket.

The median family income of the convention delegates was \$58,000 — about twice as high as the comparable national figure of \$24,580. Fewer than 1 percent of all delegates were blue-collar workers.

The unrepresentative character of the convention extended well beyond those standard demographic measurements. The process of drafting the party's platform, for example, was marked by repeated displays of ideological arrogance on the part of conservative extremists who cannot be considered, under any rational standard, to be in the mainstream of either the Republican Party or the nation's political process.

No less an authority than President Reagan's daughter Maureen publicly complained about the "Neanderthals" on the Platform Committee who summarily rejected the views of those with whom they disagreed on the issues of abortion and the proposed Equal Rights Amendment.

"The vast majority of elected Republicans and women support ERA and are pro-choice," said Ms. Reagan. "This Platform Committee has taken the attitude that only they know what is truly right. It's an exclusionary process."

capital or take political risks for economic stability, in its unwillingness to tangle with the determined special-interest groups of left, right or center.

The solution depends on America's political capacity to resolve what is at the bottom of a problem of self-discipline. But in political affairs, it takes a catastrophe to motivate Congress.

I fear the catastrophe won't be long in coming unless millions of Americans raise a howl loud enough for Congress to hear. There is much for them to howl about.

The Grace Commission, headed by the indomitable Peter Grace, has documented government waste running into the hundreds of billions of dollars. Enough tax money is wasted, lost or stolen, he tells me, to wipe out the fearsome deficit.

We invite you to sign a protest and mail it to Citizens Against Waste, P.O. Box 1000, Ben Franklin Station, Washington, D.C., 20044.



Donations For Health

Sanford Kiwanis Club member Ashby Jones, left, presents a check for \$250 to club president Ron Jernigan as donation toward the organization's World Health Fund. Jones and member Joe Orift (not shown), who gave \$200, are helping to support, through the Kiwanis International Foundation, a program that promotes basic hygiene and sanitation, provides first aid and immunization and trains health care workers in Bolivia, Indonesia and Gambia.

Japan Aging Fastest Of All

By Michael Ross
UPI Senior Editor

TOKYO (UPI) — Longevity has always been venerated by the Japanese but now, for the first time, long life is also posing serious problems.

Because of a nearly 50 percent increase in life expectancy and an even larger drop in birth rates since the post-war baby boom, Japan is aging faster than any other nation on Earth.

By the end of the century the percentage of people reaching their twilight years in the Land of the Rising Sun will be the highest in the world.

This will not only place a tremendous and, many fear, insupportable burden on Japan's social security system, but will deprive it of one of its biggest advantages over other countries — the youth of its population, now the youngest of any industrialized nation.

Although the graying of society is not a phenomenon unique to Japan, it threatens doubly calamitous for Japan because of the pace at which it is occurring.

"A process which took over 100 years in Europe is taking place in only 30 years in Japan," said Kinji Kawamura, a prominent Japanese journalist. "This will put a severe strain on our institutions and tax our ability to cope."

Unlike Western Europe or to a lesser extent the United States, Japan has so far escaped the financial burden of old age. Only 9.8 percent of its population of 119.5 million is 65 or older compared with 11.4 percent in the United States, 15.2 percent in Britain and 18.6 percent in Sweden.

But by next year Japan's percentage of old folks will nudge past 10 percent, by 1990 it will exceed the United States, by the year 2000 it will surpass Sweden and by 2020, demographers calculate, nearly one out of every four Japanese will be over age 65.

Japan is aging quickly because prosperity has brought about lifestyle changes that have lowered the birth rate to a fraction of its initial post-war level.

Since 1947, the date of Japan's first post-war population survey, the statistical average for the number of children in a Japanese family has fallen from five to 1.77.

A same time, life expectancy has risen from 50.06 years for men and 53.96 years for women to 74.22 for men and 79.68 for women — the highest in the world.

At present, every old age pensioner in Japan is supported by the payroll contributions of seven people who work — what demographers call the dependency ratio. But by the time the aging process peaks in 35 years, the figure will have shrunk to a little more than two.

This presents the government with the unpalatable long-choice of either raising taxes and employee contributions to social security schemes or lowering benefits in the future.

If benefits remain unchanged, the Ministry of Finance calculates, those who work will eventually have to contribute 35 percent of their incomes just to keep social security solvent.

But the financial impact of an aging society affects far more than social security.

Economists fear an older work force may be less productive and so undermine Japan's economic success.

Sociologists worry that the aging process also will erode the values and practices that have created Japan's much-touted work ethic. The most important of these — life-time employment and the seniority system — already show signs of cracking under the strain.

In Japan, life-time employment has meant that a youth entering a company could count on staying with the same firm until retirement while his progress up the ladder was pre-ordained by a seniority system that paced promotions and wage increases to age, minimizing competition and therefore friction between co-workers.

The system has worked well thus far. But in order to make room for new workers, it has meant that companies have had to be rigid in their enforcement of a mandatory retirement age of 55.

This was sufficient when life-time employment was introduced back in the Meiji era and lives were much shorter. "But now that people are living so much longer, retirement at 55 is no longer life-time employment," said Mariko Bando, the author of Japan's first white paper on women and an expert on the problems of the aged.

Retirement at 55 also poses special problems for the aged because payoffs under the national pension scheme do not begin until age 65. Most people reaching retirement age face a traumatic 10-year gap that their small, supplementary company pensions cannot bridge.

Many seek re-employment elsewhere or, increasingly, are "re-hired" by their original firms — but nearly always at a drastic reduction in salary and for far lesser jobs.

To cope with this, many companies are edging up their retirement age to 60. But this creates a promotional bottleneck slowing the rise of younger workers to the top.

To deal with this problem, companies increasingly are experimenting with a promotional system based on merit rather than seniority. But this, Bando said, is not without complications.

"We Japanese have come to expect our companies to take care of us. Our loyalty and morale to work are based on this. If it changes, if lifetime employment and promotion are no longer ours by right, then our loyalty and morale will also erode," she said.

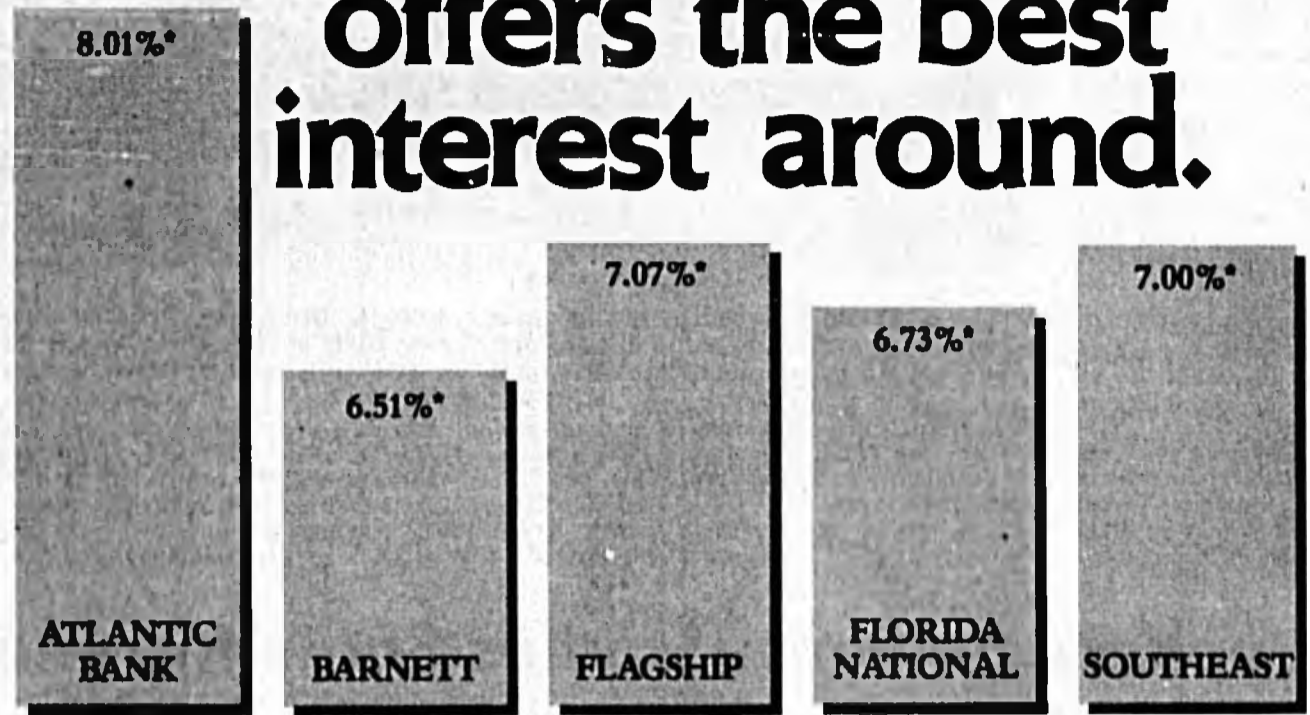
What is taking place, as society ages and companies become less able to act as womb-to-tomb guarantors of social welfare, is a gradual "westernization" of the work ethic, Bando believes.

"Big changes are taking place," she said, "and they will affect all of us."

While no one is sure what the effects of these changes will be, everyone involved with the issue seems to agree that Japan is not prepared to cope with them. The remedial measures taken so far have met with resistance.

A government bill to relieve some of the pressure on the already strapped national health insurance system by making workers pay 10 percent of their medical expenses encountered strong opposition in the Diet, Japan's parliament. It finally squeezed through, but only after Prime Minister Yasuhiro Nakasone put so much personal prestige on the line that his November re-election chances were pegged to its passage.

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Auto Fatalities On The Rise

NEW YORK (UPI) — Auto fatalities on the nation's highways are back on the rise after a three-year decline, an insurance industry survey showed.

The Insurance Information Institute survey, also showed accidents and injuries increasing. The survey covered 14 states and government data representing 54 percent of the nation's drivers.

In June, highway fatalities were up 7.9 percent over the previous year, the survey showed. For the first six months of the year, fatalities increased 5.6 percent from the same period in 1983, the survey said.

For the first quarter of 1984, auto injuries jumped 7.8 percent and auto accidents were 10.4 percent higher than in the same period last year.

Institute economist Sean Mooney said stable gasoline prices and lax attention to the 55 mph speed limit contributed to the increases.

U.S. drivers traveled 5 percent more in the first five months of 1984 than a comparable period in 1983, Mooney said. In addition, statistics show 54.1 percent



Increased driving, spurred by stable gasoline prices, and a disregard of the 55 mph speed limit are contributing to a rise in fatal

auto accidents like this one nationwide, a new study shows. Three people died in this crash Friday on Interstate 4 near Sanford.

of the nation's motorists exceeded the 55 mph limit in 1983 compared to 52.6 percent in 1982, he said.

Among the states surveyed, Washington had the best record

on injuries, with a decrease of 1.8 percent in the first quarter this year. The best accident record was posted in California, which showed a decrease of 3.7 percent.

States surveyed were Arizona, California, Georgia, Illinois, Indiana, Missouri, New York, Ohio, Pennsylvania, South Carolina, Tennessee, Texas, Virginia and Washington.

Job Seekers Beware: Studies Show Income And Payrolls Differ Dramatically By Region

WASHINGTON (UPI) — Income comparisons among regions of the country can look far different if welfare, unemployment benefits and other sources other than payrolls are left out.

The dramatic contrast between two different income measures was demonstrated Monday by the Commerce Department and the Labor Department.

Job seekers would be well advised to note the differences. The Commerce Department reported New England led the way among regions with total income 11 percent above the national average.

However, the Labor Department — measuring only payrolls in the same six New England states — found them to be averaging 9 percent less than the national average in 1983, a 20 percent difference.

More contradictions were to be found in some of the seven other regions of the country.

The Commerce Department says its version is the big picture because it includes welfare and unemployment benefits that

would not necessarily be sources attractive to those seeking the best opportunities.

Anyone traveling to New England on the basis of its leading performance in the Commerce Department report could arrive to find payrolls far less generous than the area they left.

For the Plains states of Kansas, Minnesota, North Dakota, Nebraska, Missouri, Iowa and South Dakota, the Commerce Department's found total income 3 percent below the national average in 1983.

But for those people on a payroll, the Labor Department, in its narrower gauge, found wage and salary income in the Plains states to be a lot further below average — 12 percent.

In the Far West, where the Commerce Department found all 1983 income of any type to be 10 percent above the national average, the Labor Department finds only a 1.1 percent advantage in payroll totals. The region includes California, Nevada, Washington and Oregon.

Great Lakes states income was 1 percent under the average in 1983 when welfare,

unemployment benefits and dividend income were totaled. But payrolls alone were 1.2 percent above the average, the Labor Department said.

The two reports were closer in remaining regions.

In the Southwestern states of Texas, Oklahoma, Arizona and New Mexico the Commerce Department said income was 3.3 percent below the national average. The Labor Department's payroll study found it 3 percent below average.

Rocky Mountain states income from all sources was 5 percent below average in the Commerce Department report while payroll income alone was down 5.5 percent according to the Labor Department.

The biggest group, Southeastern states, which stretches from Florida to Arkansas and Virginia, had income 13 percent below the national average from all sources in 1983 and an 11.2 percent disadvantage in payrolls.

Income in the Middle Atlantic states and the District of Columbia was 2 percent above average in both studies.

Florida's College Students Endorse 33 Legislative Hopefuls; Only 3 Republican

TALLAHASSEE (UPI) — Thirty-three state legislative candidates from college communities — all but three of them incumbents — have been endorsed by the Florida Student Association.

Tom Abrams, a former Florida State University student body president who heads the FSA, said the group made its endorsements on the basis of voting records in Tallahassee and advice from state campuses in the legislative districts of candidates.

Almost half the 33 endorsed candidates — 15 of them — have no opposition in the primaries next Tuesday nor the Nov. 6 general election.

Although only three of the FSA-backed candidates are Republicans, Abrams and FSA lobbyist Ed Suarez said party affiliation was not a factor in the endorsements.

Suarez said the association has set up voter registration programs at each college campus. He said more than 12,000 students have registered to vote this year, and that the FSA hopes to register 20,000 before Nov. 6.

"We want to give a message to the legislators and the students of Florida," he said. "That message is that students are now involved."

"Tuition went up \$12 million last year and the Board of Regents is asking for \$7 million a year for the next two years," said Abrams. "We know there has to be periodic increases, but we want legislators with an open mind and an open door, who'll support a stable tuition policy."

He said student body presidents of state institutions will designate "political point

'Some of our policymakers are blindly seeking the upper quartile of education and taking with them only the upper class of students.'

—Tom Abrams, Florida Student Association head

persons" to get each FSA-backed legislator five campaign volunteers. He said that even unopposed candidates could use some student support for research and community contact on education issues and bills involving young people.

Unlike past election years, Abrams said, the students will not fight the increase of Florida's drinking age from 19 to 21 — now that Congress has threatened to withhold federal highway funds from states not making 21 the drinking age within two years. Instead of mounting a lobbying effort on that lost cause, he said, the students will oppose tuition increases and any testing that discriminates against minority students.

He said the students will also urge lawmakers to increase scholarship aid at state campuses.

"Some of our policymakers are blindly seeking the upper quartile of education and taking with them only the upper class of students," said Abrams.

Gov. Bob Graham has set a state goal of putting Florida among the upper one-fourth of states in student achievement.

Unopposed candidates endorsed by the student association were Sen. Bill Grant, D. Madison; Betty Casler, D. Tampa; and Gwen Margolis, D. North Miami Beach, and Reps. Bo Johnson, D. Milton; James Harold Thompson, D. Quincy; Al Lawson, D. Tallahassee; Herb Morgan, D. Tallahassee; Sid Martin, D. Hawthorne; Jan Mills, D. Gainesville; Tim Jamerson, D. St. Petersburg; John Grant, R. Tampa; Debby Sanderson, R. Fort Lauderdale; Walter Young, D. Pembroke Pines; Mike Abrams, D. Miami; and Michael Friedman, D. Miami Beach.

The students endorsed former Sen. John Bronson, D. Pensacola, to unseat Sen. W.D. Childers, D. Pensacola, in the extreme west Florida District 1 Senate race. Others with only primary opposition endorsed by the FSA were Reps. Helen Gordon Davis, D. Tampa; Willie Logan, D. Opa Locka; and Virginia Bass, D. Pensacola.

The students also endorsed Sen. Pat Frank, D. Tampa, who has no primary opposition but faces a Republican in November. In the House, FSA-backed candidates with only general election opposition were Reps. Rich

ard Crotty, R. Orlando; Mary Figg, D. Lutz; Steve Press, D. DeRay Beach; Peter Deutsch, D. Plantation; Tom Gustafson, D. Fort Lauderdale; Art Simon, D. Miami; and Betty Metcalf, D. Coral Gables.

Six candidates with both primary and general election opposition backed by the FSA were Sen. Jack Gordon, D. Miami Beach; former Rep. George Sheldon, D. Tampa; newcomer Bill Loiry, D. Sarasota; and Reps. Anne MacKenzie, D. Fort Lauderdale; Jeff Reeves, D. Miami; and Tom Toblason, D. Cantonment.

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- Prosecuted the Assaid-McDougall child torture-murder case. As a result, recent legislation passed that made tougher penalties for child abusers.
- Endorsed by Police Chiefs of: Altamonte Springs, Longwood, Sanford, Oviedo and Winter Springs
- 8 1/2 years Assistant State Attorney (January 1976 til Present)
- Service to Seminole County for 10 years

COUNTY WIDE ELECTION, SEPT. 4th

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Auto Emissions Tampering 'Disturbingly High'

WASHINGTON (UPI) — U.S. motorists are putting as much as 8,000 extra tons of lead into the air each year by illegally pumping leaded gas into their cars and disconnecting auto emissions controls, the government says.

In a study, the Environmental Protection Agency surveyed 1,800 cars in six states and found more than one-fourth of 1975 to 1983 model automobiles "had at least one emission control device tampered with."

"The tampering is pouring into the atmosphere additional hydrocarbons, carbon monoxide and nitrogen oxides," said EPA Administrator William Ruckelshaus. This is worsening urban smog and aggravating respiratory problems that afflict millions of Americans, the agency warned.

The report comes less than a month after the

EPA, citing "overwhelming" evidence of a health threat to children, proposed to cut the amount of lead in gasoline by 91 percent by 1986.

The agency's 1983 "Motor Vehicle Tampering Survey" also found that 14 percent of the vehicles "were subject to fuel-switching" — use of leaded gas in cars requiring more costly unleaded fuel.

Leaded gas sells for about 7 cents a gallon less than unleaded fuel.

"This level of fuel-switching could mean an additional 8,000 tons annually of lead entering the environment through automobile emissions each year," said Ruckelshaus.

The government estimates 60,000 tons of lead get into U.S. air each year — most of it from leaded gasoline combustion in motor vehicles.

The added toxic lead pollution could be

increasing exposure to children and fetuses, which can cause retardation and nervous system disorders, the study said.

The agency stressed that while motorists "misfuel" cars with leaded gas or tamper with pollution controls to save money and improve engine performance, "fuel-switching actually costs car owners about 19 cents a gallon because of reduced engine performance and increased maintenance expense."

The 26 percent rate of tampering and 14 percent rate of illegal leaded gas use are "minimum estimates," the EPA stressed, "determined from brief inspections covering only the most readily observable forms of tampering and fuel-switching."

The survey was conducted in Arizona, California, Colorado, Illinois, Kansas and Texas.

It cautioned against assuming the figures can be applied nationally, saying the problem varies from one region to another and is worse in areas without mandatory vehicle inspection programs.

Ruckelshaus said the lead cutback was largely prompted by growing estimates of the number of newer cars being illegally misfueled with leaded gas.

Leaded gasoline still accounts for 45 percent of motor fuel sold in the United States, but virtually all cars built since 1981 — and many built since 1975 — have catalytic converter pollution controls that only accept unleaded gasoline.

Mother's Milk Best For Premature Babies

WASHINGTON (UPI) — The milk of mothers of premature babies produces certain acids that are exactly what early-born infants need to develop their brains and nervous systems, researchers say.

Joel Bitman, an Agriculture Department chemist who helped discover the difference, said recent studies showed it is important a premature infant receive its own mother's milk rather than milk collected from other nursing mothers.

The researchers found milk from mothers delivering babies one to three months early has nearly twice as many long-chain polyunsaturated fatty acids as milk from mothers delivering full-term babies.

The fatty acids are vital to

growth of brain cells and formation of linings around nerve centers, Bitman said.

Bitman, who works at the department's Agricultural Research Center in Beltsville, Md., also said milk from mothers with premature babies also was found to be easier to digest because it has nearly 70 percent more of the easily assimilated medium-size fatty-acid molecules.

Those molecules provide more energy for growth than milk from full-term mothers.

Bitman said the uniqueness of premature milk was previously unknown because earlier studies of mother's milk were based on pooled milk samples.

The research also uncovered a previously unsuspected milk storage problem.

"Current methods of handling and storing human milk may not preserve these special qualities," Bitman said.

Lipase, an enzyme present in human milk but not in most other milks, causes the important fat molecules to decompose even at conventional freezer temperatures.

Normally, the enzyme is activated by bile salts in a baby's stomach, but freezing and thawing also were found to activate it.

The only way to avoid that breakdown, Bitman said, is to freeze the human milk at minus 94 degrees Fahrenheit.

The researchers reached their conclusions from studying the composition of breast milk from mothers of 46 premature babies and six full-term babies.

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SANFORD

CALENDAR

WEDNESDAY, AUGUST 29

Humane Society of Seminole County, U.S. 17-92, Sanford, program about the use of animals in live research, 7:30 p.m. Speaker will be Holly Jensen of the National Vivisection Society. She will show a film titled, *Tools For Research*. The public is invited.

Jewish Community Center, 851 N. Mattland Ave., Mattland, Scouting Round-Up, 7:30 p.m. A program to acquaint parents and children with the various scouting programs. For more information, call 645-5933.

Altamonte Springs AA, closed, 8 p.m., Altamonte Springs Community Church.
Casselberry AA, closed, 8 p.m., Ascension Lutheran Church.

Sanford Born to Win AA, 1201 W. First St., 8 p.m., open.

THURSDAY, AUGUST 30

Sanford-Seminole Jaycees, 7:30 p.m., Police Benevolent Hall, 800 W. Seminole Blvd., Membership Night. Guest speaker will be Tom Najjar, former state president of the Jaycees. Membership is open to men and women between the ages of 18-35. Refreshments will be served.

SISTER, noon, Holiday Inn, Sanford lakefront.

Seminole Rebekah Lodge 43, 8 p.m., Odd Fellows Hall, 1007 1/2 Magnolia Ave., Sanford.

Sanford AA, 1201 W. First St., 8 p.m., open, speaker.

Sanford 24-hour AA, 8 p.m., closed, Second and Bay Streets.

Alanon meets same time and place.

Oviedo AA, 8 p.m., closed, First United Methodist Church.

Lake Mary Rotary Club, 8 a.m., Mayfair Country Club.

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 Rotary Club, noon, Sanford Civic Center.

Seminole Democratic Executive Committee, 7:30 p.m., Seminole County Agri-Center.

Greater Seminole Toastmasters Club, 7:30 p.m., Greater Seminole Chamber of Commerce, Mattland Avenue, Altamonte Springs.

Pankhurst, noon, Casselberry Woman's Club, Overbrook Drive, Casselberry.

FRIDAY, AUGUST 31

Sanford Chamber of Commerce, 400 E. First St., Candidate Coffee, 7:45 a.m., with Judge Roger Dykes, incumbent candidate for judge.

Optimist Club of South Seminole, 7:30 a.m., Holiday Inn, Wymore Road, Altamonte Springs.

Wekiva AA (no smoking), 8 p.m., Wekiva Presbyterian Church, SR 434, at Wekiva Springs Road, closed.

Longwood AA, 8 p.m., Rolling Hills Moravian Church, SR 434, Longwood, Alanon, same time and place.

Tanglewood AA, 8 p.m., St. Richard's Episcopal Church, Lake Howell Road, Alanon, same time and place.

Sanford AA Step, 8 p.m., 1201 W. First St., closed.

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UNDERWEAR
Soft 100% cotton. Absorbent, comfortable in packages of 3.

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MEN'S LEVI'S JEANS
Cotton denim jeans w/5 pockets. Boot or straight legs. 28-38.

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17.91 Reg. 23.88
20" BOX FAN
3 speed fan has 5 wing blades and plastic safety grill. Cools up to 4 average sized rooms.

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Multicolor vinyl strap lounge and matching chair. Sturdy tubular frame.

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Cotton denim jeans w/5 pockets. Boot or straight legs.

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Men's 100% cotton shirts w/3 pocket styling. S-XL.

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Canvas uppers and cushioned insoles. Men's 7-12, boys' 2 1/2-8, youths' 10-12.

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Women's beaded moccasins with crepe sole. 5-10

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Notebook filler paper 200 sheets 5-hole 8x10 1/2" (limit 2)

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125 REBATE

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LESS MFG'S MAIL-IN REBATE	-125
YOUR FINAL COST	238

Limit 2 rebates per family.

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PREMIUM GREEN FERTILIZER

31+ units of nutrients. Contains no fillers or sand. Provides nutrition for your lawn. 50 lb. bag.

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SCOTTY'S SALE PRICE	388
LESS MFG'S MAIL-IN REBATE	-100
YOUR FINAL COST	288

Limit 1, rebate per family and limit 5 bags per rebate.



Scotty's SPRAY ENAMEL

In white and colors. 12 oz. net weight.

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DOORSET II

Contains single cylinder deadbolt and entry lockset. No. TYLO 690TX3.

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16 oz. No. 0241N. 14 oz. No. 0245N.

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In clear, brown or paintable white. 10.3 fl. oz.

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SCOTTY'S SUPER SAVER PRICE	339
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PRICE CUT 15%

Green SYNTHETIC TURF CARPET

6' and 12' widths.

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4 cubic foot capacity. No. KB-4.

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5' 8" x 2' x 4" panel with insulated backing. These panels are washable. 10-year limited warranty against sagging and warping.

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White and colors.

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52" Romano CEILING FAN

Four wood blades, antique brass housing, 3-speed pull chain. Light adaptable with reversing switch.

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Cushion-backed. No-wax. 12' width.

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Prefinished BUNGALOW PANELING

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

Your Choice:

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Kraft-Backed FIBERGLASS INSULATION

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

R-11	3 1/2" x 15"	R-19	6" x 15"
	3 1/2" x 23"		6" x 23"
Sq. Ft.		Sq. Ft.	
15¢		26 1/2¢	

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

Bundle	789	Bundle	759
Square	23.67	Square	22.77

SHEATHING PLYWOOD

CDX sheets. Agency approved.

3/8" x 4' x 8'	6.79
1/2" x 4' x 8' (3 ply)	7.99
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PEOPLE

Evening Herald, Sanford, Fl. Wednesday, Aug. 29, 1984-1B

Cook Of The Week

Artist From The Word 'Go' Creates Colorful Culinary Masterpieces

By **BRENDA LOWE**
HERALD CORRESPONDENT

Rosita Lopez was born in Moca, Puerto Rico but lived in many different towns as a child. Her father's job as a police officer involved transfers which led the family to a variety of places on the island. This enabled Rosita to make lots of friends and enjoy a wide range of experiences.

She says her childhood was joyful, free and close to nature. As part of a close-knit, loving family, traditional spiritual values were instilled in her at an early age.

In the town of Hadillo, which is near the sea, Rosita first became a dedicated beachcomber. She says she was like the little sandpipers, always in motion.

At St. Joseph High School in San German, Rosita says she was popular and involved in many activities. She won awards for poetry recitation, painting and dancing. Her favorite dance was the rumba. She was an official dancer for coronations and floor show productions. Rosita also sang with a local orchestra.

One of the customs of the time was for the young ladies to be serenaded by their beaux. Once, Rosita was serenaded by an entire orchestra which was set up on the back of a truck.

After high school, Rosita attended Inter-American University where she received her bachelor's degree, with art as her major. While still in Puerto Rico, she had a private art studio for 10 years. One of her favorite students was color-blind, but with her guidance and his desire to learn, he went on to become an art teacher himself.

In 1975, Rosita and her husband, Armando, moved from Puerto Rico to Hampton, Va. After his retirement from the military, they both were counselors for the 700 Club in Virginia Beach,

Va., for six years.

Rosita and Armando have two children and six grandchildren who visit them as often as possible at their lovely lakeside home in Lake Mary where they have lived since 1981.

Their home is filled with beautiful antiques and, of course, Rosita's paintings and handwork. Since she is also an interior decorator, she says she made all her draperies. Armando makes all the frames for Rosita's paintings.

Currently, Rosita is in charge of the Spanish ministry at First Assembly of God Church which includes teaching the Spanish children, Bible study, and sermon preparation. She has also painted several murals in the church.

Her recipes feature the plantain. As well as being versatile, they are easy to prepare. Rosita says that plantains may be obtained in most area supermarkets, as well as at the Spanish-American Market on State Highway 46.

Following are some of Rosita's favorite plantain recipes, sure to be a break from the ordinary. (NOTE: All recipes serve 4-6.)

PINON DE AMARILLO (PLANTAIN MEAT PIE)

6 plantains (very ripe, almost black)
1 pound of lean ground beef
1 chopped onion
2 cloves minced garlic
1 large green pepper
1 cube beef bouillon
1 teaspoon oregano
1/2 teaspoon cumin
1 can cut-up string beans (or frozen)
1 cup shredded Cheddar cheese
8 chopped green olives
Cut off both tips of the plantains and cut in two halves. Bake them in a 350 degree oven, with the skin on, until tender, about 15 to 20 minutes. Mash the pulp, after removing the skin. Make a



Herald Photo by Tammy Vincent

Rosita Lopez shares recipes using plantains

crust with the pulp by spreading it into a Pyrex mold that has been greased with butter. Make sure the mold is 3 to 4 inches tall. Leave two plantains for later.

Brown the ground beef, then add the onion, peppers, oregano, cumin, olives, garlic and beef bouillon. Drain the beef and fill the crust with it.

Add a layer of green beans. Mash the leftover plantains and spread over beans to make a final layer. Sprinkle with cheddar cheese and bake in 350 degree oven until cheese melts.

Serve in slices with your favorite salad.

AMARILLO DULCE (SWEET PLANTAIN)

4 plantains (very ripe, almost black)

2 tablespoons butter or margarine
1/2 cup sugar (granulated or brown)
1/4 cup water (white wine may be substituted for water)
1 teaspoon cinnamon

Peel the plantains and cut in halves. Brown them in a frying pan with the butter. After browning, add sugar and cinnamon and water (or wine). Simmer until very tender.

BAKED PLANTAINS

4 plantains (very ripe, almost black)
Cut the tips off the plantains and cut in halves, with skin on. Bake in 350 degree oven for fifteen to twenty minutes. May be used as a vegetable.

Publix Offers Free Kits For Identification Of Children

Publix Super Markets, Inc., and the Florida Sheriff's Association announced this week a major state-wide Child Identification Project. All 225 Publix Supermarkets and the 21 Food World stores will have available at the customer service counter a parent-administered fingerprint card (see copy attached).

Parents and grandparents are urged to stop at Publix to pick up a FREE child identification kit. It's simple to use and includes: fingerprinting materials and instructions, a personal history record form, an area for the child's photograph, and some guidelines for protecting children. The kit will be administered by the parents and will be kept in the home. "We know parents are very

concerned about the missing children problem in our state," said Mark Hollis, Publix President. "We hope that the guidelines will help prevent the problem. But if a child is missing, we believe that this kit will be of some help to Law Enforcement officials."

Publix, which has a state-wide reputation for being family oriented, has worked closely with the Florida Sheriff's Association to assure a kit which is easy to use and yet contains sufficient information to be helpful to the law enforcement agencies if a child is missing.

Kits will be available at Publix and Food World stores through the month of September.

SCC Sets Leisure Time Classes

The Leisure Time Program at Seminole Community Colleges announces the following classes will begin the week of Sept. 10. Registrations are being accepted in the Registrar Office at SCC.

SLIM 'N TRIM (morning, afternoon and evening classes) — An exercise program involving all types of exercises such as calisthenics, slow stretches and barre exercises. Designed to increase flexibility, endurance and energy, to create more awareness of proper diet, to lose inches and improve posture.

AEROBIC DANCE/EXERCISE (evening class) — A physical fitness course involving vigorous exercise to music. Different routines are taught with the emphasis on dancing for movement and exercise.

YOGA (evening class) — Techniques are taught for development and maintenance of physical and mental health through exercise and meditation.

GOLF I (evening class) — Designed to teach the student the basic techniques of playing golf — how to hold the club, stance and swing. Students should bring a four or five iron to the first class meeting.

INSTRUMENT PILOT GROUND SCHOOL (evening class) — The course will review Private Pilot regulations and prepare students to successfully complete the Instrument Pilot or Instructor examination. The course meets Federal Aviation regulations for satisfactory completion of the Biennial Flight review and Instrument Competency certification.

PRIVATE PILOT GROUND SCHOOL — (evening class) — This course will cover principles of flight, function of controls, aircraft and engine operation flight instrument, aircraft performance, weather information, radio navigation, and FAA regulations.

CLIMB YOUR FAMILY TREE/GENEALOGY RESEARCH (morning class) — This is a basic course in genealogy research in American ancestry. Units treat finding and searching genealogical source records at home, in libraries and in record repositories; extracting and documenting genealogical evidence; interpreting and evaluating evidence; and maintaining orderly family records.

TRANSFERRING MOVIE FILM & SLIDES TO VIDEO TAPE (evening class) — Modern technology now makes it possible to transfer movie film and 35mm color slides to video tape at low cost. This course explains the equipment required, setting up for the transfer, dubbing sound, adding titles and graphics and editing. This is a demonstration class; students will

be shown how to make the transfer, but no student films and slides will be transferred.

BREAD DOUGH ART (evening class) — Involves making bread dough. Includes ornaments, bread baskets, unique plaques and novelty items for the kitchen, bathroom or any room.

SHORT STORY WRITING FOR BEGINNERS (evening class) — This course is designed to acquaint the aspiring writer with the basic techniques of writing with emphasis on theme, plot, scenes, characterization, and dialogue. Marketing of material, writing the query letter, article

writing and book reviewing. **COMMUNITY CHORUS** (evening class) — Offers a wide variety of types and periods of choral literature. Designed primarily as a form of recreation and cultural enrichment for college students and members of the community.

Crotty Named To Dean's List

Included among Tufts University students named recently to the dean's list were David A. Crotty of 150 Spring Cove Trail, Maltland.

Tufts University, established in 1852, as an enrollment of 7,000 students on campuses in Boston, Medford, and Grafton, Mass.

WILLIAMS FISH MARKET

This Weeks Specials

COUPON OF THE WEEK **MULLET ONLY** **79¢** WITH COUPON

CRABS MED. 79¢ LB. **LG.** 99¢ LB.

NILE PERCH \$1.25 **SHEEP HEAD** \$1.25

CAT FISH \$1.25 **FLOUNDER** \$1.25

TROUT \$1.25 **CROAKERS** \$1.25

TURTLE MEAT \$2.25 **LG. SHRIMP** \$7.25

FRESH WATER BREAM \$1.75

RED SNAPPER \$3.25

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GOOD THUR., FRI., SAT., AUG. 30-31 SEPT. 1

Sale 50% OFF STOREWIDE

SUMMER MERCHANDISE
Shorts • Tops • Swimsuits
Slacks • Dresses
SHOP EARLY WHILE SELECTION IS GOOD!

Lois' Place

116 W. FIRST ST.
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DOWNTOWN SANFORD
Sanford's Most Unique Boutiques

All Sales Final
Cash, Checks
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Roasted Red Pepper Dip makes a tasty appetizer

Red Pepper Dip Will Add Spice To Party Fare

If you're looking for a dip that's different, then try Roasted Red Pepper Dip. It couldn't be simpler. Make the dip ahead and refrigerate for at least one-half hour before guests arrive.

Serve with raw vegetables, such as cucumbers or turnip slices, or with Italian sesame breadsticks.

ROASTED RED PEPPER DIP

1 jar (7 ounces) roasted red peppers
1/2 cup Italian-style bread

crumbs
1/4 teaspoon garlic powder
1 cup dairy sour cream
In the container of an electric blender place roasted peppers. Blend at high speed until pureed, stopping blender and scraping down sides of container if needed. Pour into a small bowl. Stir in bread crumbs, garlic powder and sour cream; stir well. Cover and refrigerate at least 30 minutes before serving. Serve with raw vegetables or breadsticks.

Taco Quiche Top Winner In Cookoff

Taco Quiche, a south-of-the-border delight, won top honors and \$500 for Joyce Downs of Valrico at Florida's First Egg Cookoff held Aug. 16-17 in Tampa Bay Center.

Down's spicy concoction placed first in a field of 10 contestants. Her recipe will be Florida's entrant in the National Egg Cooking Contest to be held later this year in Chicago, where the first place winner will receive \$4,000. Downs is a housewife and grandmother.

Other top winners were: second place — Catherine Boxberger, Orlando, "Easter Pie", \$250; third — Doris Reynolds, Naples, "Frittata Hot or Cold", \$100; fourth — Corky Sanborn, Boca Raton, "Creamed Eggs and Mushrooms in Salmon Crust", \$50; and fifth — Lorraine Gooze, Dania, "Egg and Orange Sauce", \$50.

Other finalists were: Jean Gentile, Ridge Manor, "Deviled Egg Pasties"; Robert Wick, Altamonte Springs, "Eggsellent Broccoli Bake"; Jeannette Branson, St. Petersburg, "Creamed Egg Puff Supreme"; Johanna Borg, Port Richey, "Egg Pizza for all Seasons"; and Pat Howard, Temple Terrace, "Luncheon Delight".

Contestants and their guests enjoyed expense-paid stays in Tampa for the two-day event. Their recipes were chosen from about 1,000 entries in the contest.

For a free brochure containing all 10 contestants' recipes, send self-addressed, stamped envelope to EGG CONTEST RECIPES, Florida Poultry Feder-

ation, 5415 Mariner St. Suite 105, Tampa, FL 33609.

The cookoff was sponsored by the Florida Poultry Federation and Florida Department of Agriculture & Consumer Services to promote Florida eggs.

TACO QUICHE

8 soft corn tortillas
2 pounds lean ground beef
1 medium purple onion, chopped
1 clove garlic, pressed
1 teaspoon chili powder
1/4 teaspoon oregano leaves
1/4 teaspoon ground cumin
1/4 teaspoon thyme leaves
1/4 teaspoon salt
4 cups Monterey Jack cheese, shredded (about 1 pound)
8 eggs
2 1/2 cups milk
1/2 pint dairy sour cream
2 tomatoes, sliced
1 small head lettuce, shredded
Whole ripe olives

Line lightly greased 13 x 9 x 2-inch pan with tortillas, tearing them to fit, if necessary. Brown ground beef and onion, pour off drippings. Add garlic, chili powder, oregano, cumin, thyme and salt, stirring to combine. Spoon beef mixture into pan lined with tortillas. Top with cheese. Beat eggs and milk together and pour on top of beef mixture in pan. Bake in moderate oven (350 degrees F.) 1 hour or until set. Spread top with sour cream and top with tomatoes and lettuce. Top with olives. Cut into serving-size pieces. Serves 8.

Joyce Downs
Valrico, FL

Gift From Kitchen

Loaf Of Bread Is Special

When a gift is in order and the decision is difficult, a loaf of homemade bread could be the perfect solution.

These bread recipes are made with buttermilk, an ingredient that is often essential to true "southern" baking. Imaginative cooks have long valued the tenderness and flavor given to breads by buttermilk. Whether baked for your family or given to someone special, you're certain to enjoy preparing these bread recipes!

WALNUT CHEESE BREAD

Yield: 1 loaf

2 1/2 cups sifted all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder
1 1/4 teaspoons salt
1/2 teaspoon dry mustard
1/2 teaspoon baking soda
Dash cayenne
1/4 cup (4 tablespoons) butter
1 cups shredded Cheddar cheese
1 egg, slightly beaten
1 cup buttermilk
1/2 teaspoon Worcestershire sauce
1 cup chopped walnuts
Resift flour with sugar, baking powder, salt, mustard, baking soda and cayenne. Cut in butter with pastry blender. Stir in cheese. Mix together egg, buttermilk and Worcestershire sauce. Stir into dry mixture until just moistened. Add walnuts; mix well. Turn the stiff dough

into a buttered and floured 8 1/2 degree F. oven for 55 minutes. Let stand 10 minutes. Turn out top. Bake in preheated 350 on wire rack to cool.

25¢ OFF DUKE'S MAYONNAISE. SPREAD IT AROUND.



Duke's is the only leading mayonnaise with no artificial preservatives or sugar added. And now we've even subtracted something, 25¢.

New! 100% Pure Juices



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Now enjoy Fruit n' Apple, Fruit n' Citrus, Fruit n' Grape, Fruit n' Berry. They have a natural advantage over drinks that add sugar and other things. No added sugar. No preservatives. No artificial colors. Nothing but the pure goodness of nature itself. Enjoy them at breakfast. With meals. As a snack. After working or playing hard. Anytime. They're made for the healthy way you live.

100% Pure. 100% Natural. 100% Delicious. **TREE TOP**

SAVE 20¢

New Tree Top Fruit Juices. 40 oz. bottle or 6 oz. 6 pack, any flavor.



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SAVE 20¢

New Tree Top Fruit Juices. 12 oz. frozen, any flavor.



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Mr. Retailer: See Top and return this coupon by handing to your cashier. This coupon is valid only on the purchase of one Tree Top Fruit Juice 40 oz. bottle or 6 oz. 6 pack. Cash value 1/20¢. Offer expires August 31, 1984. Good only on the purchase of one Tree Top Fruit Juice 40 oz. bottle or 6 oz. 6 pack. Any other use constitutes fraud. Limit one coupon per purchase. Offer expires August 31, 1984.

Mr. Retailer: See Top and return this coupon by handing to your cashier. This coupon is valid only on the purchase of one Tree Top Fruit Juice 12 oz. frozen bottle or 6 oz. 6 pack. Cash value 1/20¢. Offer expires August 31, 1984. Good only on the purchase of one Tree Top Fruit Juice 12 oz. frozen bottle or 6 oz. 6 pack. Any other use constitutes fraud. Limit one coupon per purchase. Offer expires August 31, 1984.



BEETLE BAILEY

by Mort Walker



THE BORN LOSER

by Art Sansom



ARCHIE

by Bob Montana



EEK & MEEK

by Howie Schneider



MR. MEN AND LITTLE MISS

by Hargreaves & Sellers



BUGS BUNNY

by Warner Brothers



FRANK AND ERNEST

by Bob Thaves



GARFIELD

by Jim Davis

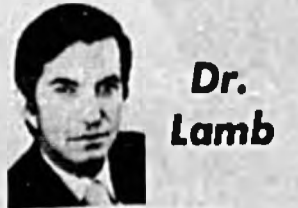


GARFIELD

by T. K. Ryan



Shellfish Higher In Salt Than Red Meat Or Fish



Dr. Lamb

DEAR DR. LAMB — Does shellfish such as shrimp, stone crabs or clams affect someone with high blood pressure? Some medics claim shellfish is high in sodium.

DEAR DR. LAMB — Does shellfish such as shrimp, stone crabs or clams affect someone with high blood pressure? Some medics claim shellfish is high in sodium.

DEAR DR. LAMB — While many people who have high blood pressure do better with sodium restriction, some authorities feel that, to do any good, the restriction in most cases has to be so severe that it is counterproductive. But a sensible limitation of sodium is probably wise.

DEAR READER — Your concern is quite understandable. I wanted to include your letter in the column as a warning to others not to neglect a mole that changes in any way, particularly if it enlarges or bleeds. Early diagnosis and early treatment can save lives.

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Many shellfish do contain more sodium than beef, chicken or fish. That doesn't mean you can't use them. Just use them in moderation, and when you use shellfish, use foods with it that are relatively low in sodium.

To illustrate the relative values, shrimp contains about 140 mg. of sodium per 100 grams (3-and-a-half ounces), soft clams about 38 mg., hard clams 205 mg. Those are values for the meat only. But canned crab contains nearly 1,000 mg. Lobster contains about 200 mg. of sodium per 100 grams.

A similar weight of raw lean beef contains only 65 mg. of sodium, chicken a little less and flatfish about 70 mg.

The fat in fish may actually be beneficial. It differs from the polyunsaturated fat you find in almost all other food products. It may help to lower a person's cholesterol.

Many more people with high blood pressure seem to benefit more from eliminating any extra body fat than from simply restricting sodium. Most shellfish are low-calorie foods and are useful in that regard.

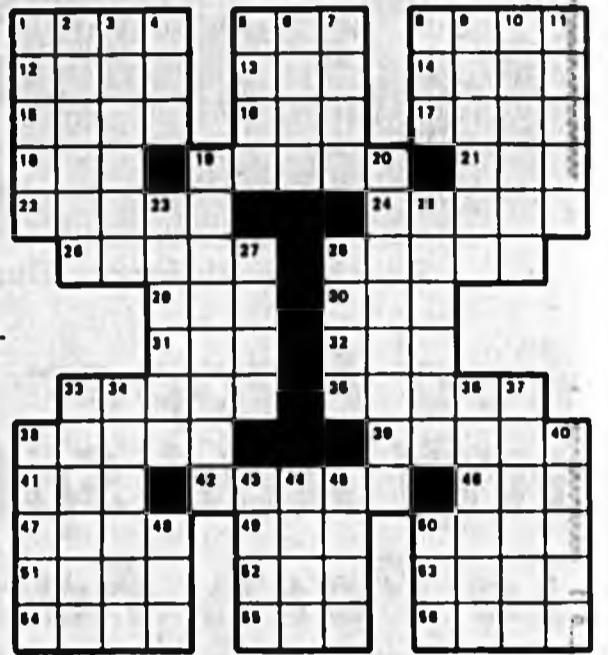
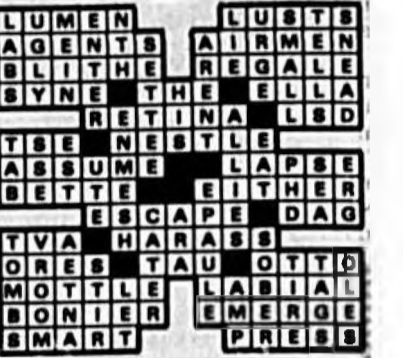
You will want to know the calorie content, fat and cholesterol content of commonly used fish and shellfish, which are included in The Health Letter 11-12. Fish and Shellfish as Health Foods.

DEAR DR. LAMB — What should be done about a brown mole on the soft part of my grandson's left cheek? It is where he will have to shave. The mole has begun to grow white

ACROSS 56 Looked at

- 1 Cricket term
2 Ululates
3 Bring out
4 Stage need
5 Above
6 Protective ditch
7 Persian nymph
8 English broadcasters
9 Accumulation of waste
10 Innate skill
11 Talks
19 Ill-tamper
20 Ancient Italian
23 Worlds
25 Blind
27 Much
28 Render void (Scot.)
33 Debated
34 Stuck together
36 Bird
37 Mark down
38 Swearword
40 Grew wan

Answer to Previous Puzzle



WIN AT BRIDGE

By James Jacoby
In the sophisticated world of tournament bridge, strong two-bids are few and far between. Most experts prefer using weak two-bids in diamonds, hearts and spades, liking their pre-emptive effect. With strong hands they will open with two clubs, or with one club when played as forcing. I always prefer playing strong two-bids because it is easier to bid two-suited hands in a natural manner. So it was here. South showed both his suits. Then, although the bidding by North promised nothing, he jumped to five hearts. What did that mean?

asking North if he had anything useful in either of the opening bidder's suits. North couldn't have a better card than the heart king and was delighted to bid six. In fact, a grand slam would be a favorite, only requiring a three-two split of the defenders' clubs. Since South was only in six, he took a safety play to guarantee the contract. After winning the spade ace, he played ace of clubs and next a low club. Now trumping the third club high established the suit, since declarer still held the king.

Bridge hand details including North, South, West, East cards and a vulnerable North-South deal.

HOROSCOPE

What The Day Will Bring...
YOUR BIRTHDAY AUGUST 30, 1984
Although you may have been tagged as cautious and conservative in the past, things will change in the year ahead. Your pioneering instincts will be aroused and you'll be a trailblazer.
VIRGO (Aug. 23-Sept. 22) Your warmth and enthusiasm are your greatest assets today. You'll know how to inspire hope in the hearts of those you care for. The Matchmaker wheel reveals your compatibility to all signs, as well as show you to which signs you are best suited romantically. To get yours, mail \$2 to Astro-Graph, Box 489, Radio City Station, New York, NY 10019.

Just remember to repay their favors at a later date.
SCORPIO (Oct. 24-Nov. 22) You are now in a cycle where you will be very lucky in any dealings you have with persons who could help advance your present plans. Be hopeful.
SAGITTARIUS (Nov. 23-Dec. 21) Lady Luck will be busy working behind the scenes on your behalf today. She's focusing on things that relate to your career and income.
CAPRICORN (Dec. 22-Jan. 19) Your hopes have a chance of being filled beyond your expectations today. Concentrate on matters that are truly meaningful to you and others.
AQUARIUS (Jan. 20-Feb. 19) Do not be intimidated by competitive situations today. You have luck and reserve to draw upon which your adversaries lack.
PISCES (Feb. 20-March 20) Although the other party may lead you to believe otherwise, you're the one who has the upper hand in negotiating an

Important agreement today.
ARIES (March 21-April 19) This is the time to implement changes that you feel could benefit you careerwise. Dare to be a bit bold if circumstances warrant it.
TAURUS (April 20-May 20) You have the rare ability today to bring together acts of unrelated people for a common purpose that will benefit everyone concerned.
GEMINI (May 21-June 20) Completing distasteful tasks that you temporarily shelved will give you a sense of achievement today. Once begun, they may even prove pleasurable.
CANCER (June 21-July 21) This is a good day to take care of outstanding social obligations. Just about anything you plan should turn out to be fun.
LEO (July 23-Aug. 22) Financial trends should start making an upward turn as of today. However, wait until you have the cash in hand before going on a spending spree.



Brunch

Use Imagination To Host Festive, Economical Fete

A brunch is one of the most fun and economical ways to entertain. Bright colors set the mood. The pace is relaxed. And, with a menu that features specialties of the season, you can serve a crowd without spending a bundle.

Since the food takes center stage, the table setting can be kept simple. Use familiar serving pieces in creative ways. Stemmed glasses are perfect for both juice and salad dressing. A favorite casserole can be dressed up inexpensively with colorful napkins. Flowers from the garden make an attractive centerpiece.

When planning the menu, be imaginative. Treat guests to a spectacular assortment of seasonal fruits. California Fresh Fruit Platter works equally well as an eye-opener or a refreshing dessert. Red, ripe strawberries, now at peak quality and lowest price, share the spotlight with pineapple, kiwi and bananas. Accent the naturally sweet fruit with a tangy yogurt dressing laced with maple flavored table syrup.

Brunch entrees can be tailored to fit any theme and any size gathering, but regardless of the number, one should be elevated to "star" status. For economy and versatility, few entrees can outshine the egg, particularly when it is presented in the guise of Baked Egg & Corn Bread Casserole. Old-fashioned corn bread, crumbled and combined with cheese and crisp bacon bits, serves double duty as a nest for the eggs and as a golden crumb topping.

On a lighter note, a puffy Asparagus Souffle combines eggs with now affordable fresh asparagus. Enriched grits contribute a unique flavor and texture to this impressive main course idea.

For best value when buying eggs, select the next largest size if the price difference is less than seven cents per dozen. And, take advantage of specials. Eggs may be stored several weeks in the refrigerator.

Some of your guests may prefer heartier fare, and Sherried Turkey with Barley Pilaf is sure to satisfy. A great use for leftover poultry, this appealing entree combines the distinctive flavor and chewy texture of barley with a topping of turkey and vegetables in a sauce made extra easy with canned soup.

Other menu elements can be equally varied. Prepare creamy, rich Cheese Blintzes the night before and refrigerate until baking time. Original pancake mix makes short work of the tender crepes. Serve with or without dollops of sour cream and fruit preserves. And, homemade breads are always welcome. Wholegrain Sally Lunn features the hearty flavor and wholesome texture of rolled oats in the form of an easy-to-prepare batter bread.

Other brunch and breakfast ideas are free for the asking in "Stretching Food Dollars." This guide to good eating from The Quaker Oats Company is filled with all kinds of exciting recipes along with money-saving shopping tips, food storage charts, nutrition information and much more. For your FREE copy, send name and address to: QUAKER "Stretching Food Dollars," P.O. Box 11257, Dept. R, Chicago, IL 60611.

FRESH FRUIT PLATTER

- One 8-ounce carton (1 cup) plain yogurt
 - 1/4 cup maple flavored table syrup or lite syrup
 - 2 tablespoons lemon juice
 - 1/4 teaspoon cinnamon
 - 2 medium bananas, peeled, sliced
 - 2 cups halved strawberries
 - 2 cups pineapple chunks
 - 2 kiwi or small oranges, peeled, sliced
- Combine yogurt, syrup, 1 teaspoon lemon juice and cinnamon; mix well. Chill until ready to use. Dip banana slices in remaining lemon juice. Arrange with remaining fruit on platter or individual plates. Garnish with mint leaves, if desired. Serve with yogurt dressing. Makes 12 servings.

CHEESE BLINTZES

- 2 cups ricotta or dry curd cottage cheese
- One 3-oz. pkg. cream cheese, softened
- 1/4 cup sugar
- 1 teaspoon vanilla
- 3 eggs
- 1 cup milk
- 3/4 cup original pancake mix
- 2 tablespoons oil
- 2 tablespoons margarine,

melted
In small mixer bowl, combine ricotta cheese, cream cheese, sugar and vanilla. Beat at medium speed on electric mixer until smooth. Cover; chill until ready to use.

Combine eggs, milk, pancake mix and oil; mix until smooth. Let stand 5 minutes. Lightly grease a 6 to 7-inch crepe pan or

See BRUNCH, Page 2C

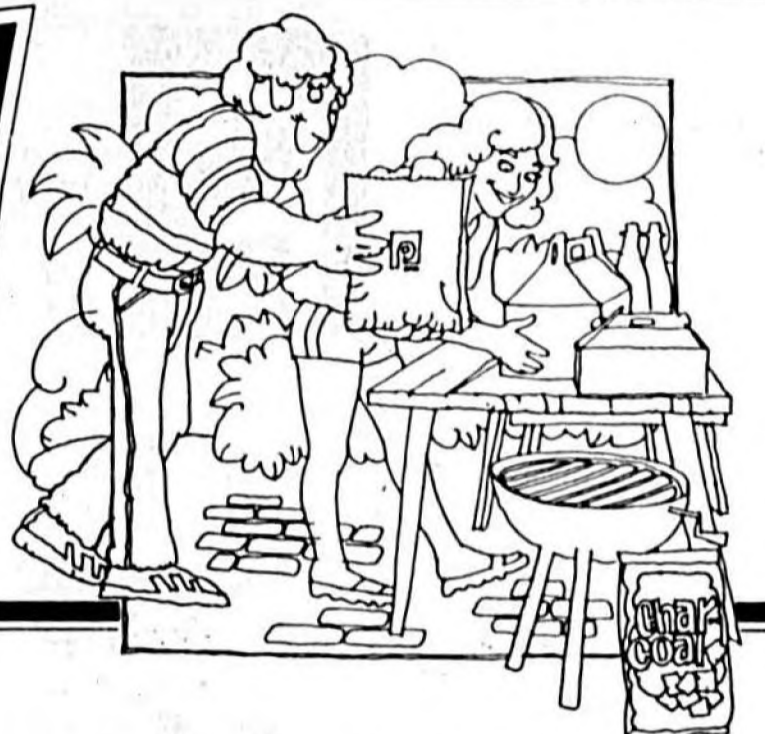


Fresh Fruit Platter and Baked Egg & Corn Bread Casserole set the pace for a brunch

HURRAH!

Before you take off for the long holiday weekend, fill up at Publix first. For cookouts in the park, or picnics at the beach, everything you'll need to celebrate summer's last hurrah is at Publix.

It's the little things that make the difference at Publix.



THIS AD EFFECTIVE:
THURS., AUGUST 30 THRU WED., SEPTEMBER 5, 1984...

"Young 'n Tender" Government-Inspected, Shipped D&D, Fresh Not Frozen, Premium Grade

WHOLE FRYERS 59¢ per lb.

YOUNG 'N TENDER

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Lager or Light **Old Tap Beer** six-pack, 12-oz. cans **\$1.37**
(Limit 4 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

Assorted Flavors Reg. or Diet **Publix Drinks** 2-liter bots. **69¢**

Bush's Showboat **Pork & Beans** 42-oz. can **39¢**
With One SAH Stamp Price Saver Certificate

Publix Real **Mayonnaise** 32-oz. jar **59¢**
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Gold Medal All Purpose, Self-Rising or Unbleached **Flour** 5-lb. bag **39¢**
With One SAH Stamp Price Saver Certificate

Publix Ozonated **Drinking Water** gal. jug **9¢**
With One SAH Stamp Price Saver Certificate

Bounty Designer, White & Decorated or Assorted **Paper Towels** large roll **69¢**

Charmin Yellow, Blue, White, Pink or Green **Bathroom Tissue** 4-roll pkg. **69¢**
With One SAH Stamp Price Saver Certificate

Betty Crocker Assorted **SuperMoist Cake Mixes** reg. pkg. **79¢**

Black Tower **Liebfraumlch Wine** 1.5-liter bot. **\$7.99**

Assorted Flavors **Publix Premium Ice Cream** half gallon **\$1.99**

Frozen Chicken, Turkey or Beef **Banquet Pot Pies** 8-oz. pks. **4 \$1**

Fleischmann's Quarters **Light Corn Oil Spread or Regular Margarine** 1-lb. ctn. **89¢**

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Publix Teller FOR 24 HOUR CONVENIENCE YOU CAN BANK ON. HONOR



...Brunch Is A Fun, Easy Way To Entertain

Continued From Page 1C
 skillet; heat over medium-high heat. For each crepe, pour about 2 tablespoons batter (one half of a ¼ cup dry measure) into hot, prepared pan; immediately tilt pan to coat bottom evenly with thin layer. Cook 45 seconds or until top looks dry. Turn; continue cooking about 20 seconds. Stack crepes between sheets of wax paper.

Heat oven to 325 degrees F. Grease 13 x 9-inch glass baking dish with about 1 teaspoon melted margarine. Spoon 2 rounded tablespoons filling into center of each crepe. Fold 2 sides over filling; fold up ends to form a rectangle. Place blintzes in prepared dish; brush with remaining margarine. Bake 20 to 25 minutes. Serve with sour cream and strawberry preserves, if desired. Makes 12 blintzes.

*Note: Or, cover tightly and refrigerate until ready to bake, or overnight. Uncover; proceed as recipe directs.

BAKED EGG & CORN BREAD CASSEROLE

One pan corn bread, cooled, crumbled*
 1½ cups (6 oz.) shredded cheddar cheese
 12 slices bacon, cooked, crumbled
 8 eggs
 ¼ cup milk
 ½ cup margarine
 1 tablespoon chopped chives

Heat oven to 350 degrees F. Grease 11 x 7 glass baking dish. Combine 4 cups crumbled corn bread, cheese and bacon. Lightly press onto bottom of prepared dish. Make 8 evenly-placed depressions in corn bread mixture. Break 1 egg into each depression. Pour milk over top of casserole. Cover loosely with foil. Bake 30 to 40 minutes or until eggs are of desired doneness. Melt margarine in skillet; add remaining crumbled corn bread and chives. Stir over medium heat until crumb mixture is golden brown. Sprinkle over baked casserole. Makes 8 servings.

*CORN BREAD
 1 cup enriched corn meal
 1 cup all-purpose flour
 4 teaspoons baking powder
 ½ teaspoon salt
 1 cup milk
 1 egg
 ¼ cup vegetable oil
 Heat oven to 425 degrees F. Grease 8-inch square baking

pan. Combine dry ingredients; add milk, egg and oil; beat about 1 minute or until smooth. Pour into prepared pan. Bake 20 to 25 minutes or until golden brown.

SHERRED TURKEY WITH BARLEY PILAF

3 cups water
 ½ cup regular barley
 ½ cup sliced green onions
 3 tablespoons margarine
 1 tablespoon chopped parsley

2 cups cooked, chopped turkey or chicken
 1½ cups cooked leftover vegetables or one 10-oz. pkg. frozen mixed vegetables
 One 10½-oz. can condensed cream of chicken soup
 ½ cup water
 ¼ cup sherry or additional

water
 ¼ teaspoon pepper
 Bring water to a boil; stir in barley. Reduce heat; cover. Simmer 50 to 60 minutes or until barley is tender, stirring occasionally. Drain. Saute onion in margarine; add barley. Continue cooking over medium heat 5 minutes. Stir in parsley. Keep warm for serving. Combine turkey, vegetables, soup, water, sherry and pepper; cook over medium heat until heated through. To serve, spoon turkey mixture over barley pilaf. Makes 8 servings.

WHOLEGRAIN BALLY LUNN

1 pkg. active dry yeast
 ½ cup water (110-115 degrees F.)
 ¼ cup milk

½ cup margarine, melted
 ½ cup sugar
 ½ teaspoon oil
 1 cup quick or old fashioned oats, uncooked
 3 eggs
 2¾-3 cups all-purpose flour
 Grease 10-inch plain or fluted tube pan. Dissolve yeast in warm water. In large mixer bowl, combine milk, margarine, sugar and salt; stir in dissolved yeast, oats and eggs. Add 1 cup flour; beat at medium speed on electric mixer until smooth. Stir in enough remaining flour to make a stiff batter. Cover; let rise, in warm place until double in volume, about 1 hour. Stir dough down; pour into prepared pan. Cover; let rise until double in volume, about 1 hour. Heat

oven to 400 degrees F. Bake 25 to 30 minutes or until golden brown. Cool 5 minutes; remove from pan. Serve warm. Makes one 10-inch round loaf.

ASPARAGUS SOUFFLE

2 tablespoons parmesan cheese
 2 cups asparagus, cut into 1-inch pieces, cooked, drained, or one 10-oz. pkg. frozen cut asparagus, thawed
 1 cup milk
 ½ cup enriched quick or regular grits
 2 tablespoons margarine, melted
 ½ teaspoon salt (optional)
 ¼ teaspoon nutmeg
 4 eggs, separated
 Heat oven to 350 degrees F. Grease 1-qt. souffle dish; coat

bottom and sides with 1 tablespoon parmesan cheese. Place asparagus, milk, grits, margarine, salt and nutmeg in blender or food processor. Blend until smooth. Cook over medium heat about 5 minutes or until thickened. Stir small amount of asparagus mixture into egg yolks; return to asparagus mixture, stirring constantly. Remove from heat. Beat egg whites until stiff peaks form. Fold into asparagus mixture, stirring constantly. Remove from heat. Beat egg whites until stiff peaks form. Fold into asparagus mixture. Pour into prepared dish; sprinkle with remaining parmesan cheese. Bake about 35 minutes or until puffy and golden brown. Makes 6 servings.

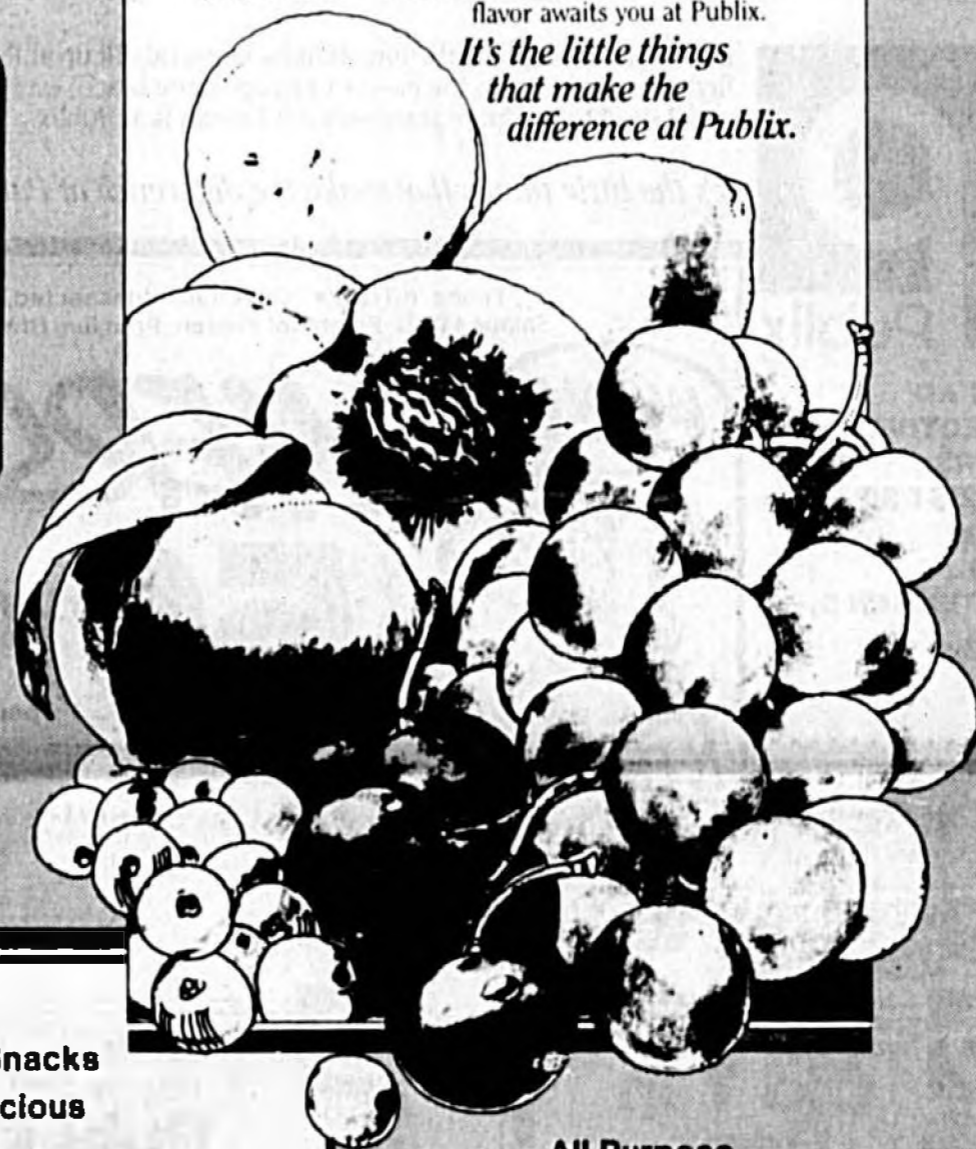


THIS AD EFFECTIVE: THURS., AUGUST 30 THRU WED., SEPTEMBER 5, 1984 ...

Sweet.

Plump nectarines, sun-ripened grapes, sweet cherries, juicy melons — summer's bounty. A veritable garden of flavor awaits you at Publix.

It's the little things that make the difference at Publix.



Made From Concentrate, Tropicana
 100% Pure Chilled
Orange Juice
 half gallon
\$1.69

Roast on the Grill,
 Tender Sweet
Yellow Corn
 10 \$1.39
 for

For Breakfast, Snacks
 or Dessert, Delicious
Golden Bananas
 25¢
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All Purpose
Red Potatoes
 5.99¢
 lb. bag

Dairy
 Kraft Sliced Cheese Old English 8-oz. \$1.29
 Kraft Chunk Style Cheese Aged Swiss 12-oz. \$2.49

Candy
 Kraft Marshmallows 2 10-oz. bags 99¢

Ice Cream
 Publix Twin Pops 12-pk. 99¢
 Assorted Weight Watchers Treats 8-pk. \$1.99

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For Salads or Slicing, Large Size
Tasty Tomatoes
 per lb.
59¢

King of the West
 Ripe Sweet, Large Size
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\$1.49
 each for

For Snacks or Salads,
 California Thompson
Seedless Grapes
 per lb.
69¢

Sunny Slope Farms,
 Ripe Juicy
Fresh Peaches
10 \$1
 for

Perk Up Brown-Bag Lunches

Combine your favorite pickles with such high-protein items as cream cheese, eggs or mushrooms and include one or two with each luncheon menu. These may be made on the weekend and refrigerated for eating throughout the week.

SWEETLY PICKLE-STUFFED CELERY

1 package (3 ounces) cream cheese, softened
 ¼ cup grated Cheddar cheese
 2 ribs celery (about 10 inches long)
 6 small whole sweet gherkin pickles
 Blend cheeses. Fill celery with cheese. Arrange pickles over cheese. To serve, cut between each pickle. This kitchen-tested recipe makes two servings.

EGG SALAD STUFFED DILLS

4 whole refrigerated dill pickles
 2 hard-cooked eggs
 2 tablespoons mayonnaise
 1 tablespoon sweet pickle relish
 Hollow out dill pickles with vegetable corer. Combine remaining ingredients. Stuff dill pickles with egg-relish mixture. This kitchen-tested recipe makes 2 servings.

PICKLE-EGG "SANDWICHES"

4 hard-cooked eggs, sliced lengthwise
 1 tablespoon sweet fresh cucumber pickle liquid
 ¼ cup sweet fresh cucumber pickle slices
 Drizzle egg yolks with pickle liquid. Top 2 egg halves with pickles. Close with remaining egg, re-forming egg shape. Skewer with toothpick. This kitchen-tested recipe makes 2 servings.

DILL-CAPPED MUSHROOMS

1 can (3 ¼ ounces) tuna, drained and flaked
 1½ tablespoons mayonnaise
 1 tablespoon sweet pickle relish
 8 large mushrooms (about ¼ pound), stems removed
 8 dill pickle slices
 Combine tuna, mayonnaise and pickle relish. Fill mushroom caps with tuna-relish mixture. Top with dill pickle slices. This kitchen-tested recipe makes 2 servings.

Produce
 Great Stuffed with Cream Cheese, Crisp
Fresh Celery 2 large stalks 89¢
 Fresh Tender
Green Beans 16-oz. 49¢
 For Your Cooking Needs, Zesty Yellow
Cooking Onions 2-lb. bag 79¢
 Red Ripe Juicy Sweet Whole, 16-lb. avg.
Watermelon each for \$1.99
 Top Your Steaks with Florida Grown Tasty
Fresh Mushrooms 16-oz. 89¢
 Minute Maid Chilled
Lemonade or Fruit Punch half gal. 69¢

Plants & Flowers
 Assorted Colors, Fresh Cut
Mini Carnations per bunch \$3.99



Cajun Specialty Is A Perfect Dish For Split Shift Dining

Most families face at least one night a week when everyone is eating on a different schedule. Plan for that night. Prepare one large quantity recipe and freeze half in single servings. Freezing in portions rather than in one large casserole shortens reheating time and cuts down on waste. It also allows you to reheat only as many servings as needed.

Cajun Chicken 'N Rice Creole lends itself perfectly to this style of split shift dining.

For additional busy work week recipes, order The Reynolds Wrap Kitchens' *Short Cut Cooking* brochure. This free brochure contains tips and recipes for split shift dining, last minute dinners, dinner on your

own, and more. Write to: The Reynolds Wrap Kitchens Short Cut Cooking Brochure P.O. Box 27003 Dept. FE-15 Richmond, VA 23261

CAJUN CHICKEN 'N RICE CREOLE

8 chicken legs
8 chicken thighs
Paprika
Garlic powder
1 1/2 cups finely chopped onion
2 cloves garlic, finely chopped
1/4 cup vegetable oil
1 1/2 cups uncooked rice
2 cans (16 oz. each) whole tomatoes
1/2 cup tomato sauce or juice
1 cup green pepper strips, 1 1/2 inches long
1 cup sliced celery
1 teaspoon salt
1/2 teaspoon thyme leaves
1/4 teaspoon black pepper
1/4 teaspoon cayenne pepper
1 bay leaf, broken in half

Place chicken, skin side down, on foil-lined broiler pan. Sprinkle with paprika and garlic powder. Place 6 inches from heat source and broil 15 to 20 minutes on each side or until cooked. Remove from oven. Decrease oven temperature to 350 degrees F. While chicken is cooking, saute onion and garlic in vegetable oil in a large skillet or Dutch oven. Push onion and garlic to one side. Add rice and stir-fry 2 to 3 minutes over medium-high heat. Add tomatoes, gently breaking them up with back of spoon, tomato sauce, green pepper, celery, salt, thyme, black pepper, cayenne pepper and bay leaf. Bring to a boil; simmer 5 minutes. Remove bay leaf. Spoon rice and tomato mixture into a Reynolds Redi-Pan roaster/baking pan (11 3/4" x 9 3/4" x 2"). Arrange cooked chicken thighs, skin side up, along sides of pan; place drumsticks in a row down center of pan. Cover pan tightly with aluminum foil; place on supporting pan. Bake 50 minutes or until chicken and rice are tender. For 4 servings, place 4 cups rice and 8 chicken pieces on serving platter. Makes: 8 servings.

To Freeze 4 Individual Servings:

Tear off four 14-inch squares of heavy duty aluminum foil. Place 1 cup rice mixture and 2 chicken pieces on center of each square. Bring 4 corners of foil up together in a pyramid shape. Fold edges together in a series of locked folds, pressing air out. Mold tightly against food. Label, date and freeze on a baking sheet. When frozen, remove baking sheet. To serve, preheat oven to 425 degrees F. Place frozen bundle on baking sheet. Bake 45 minutes or until heated through.

Freeze tasty chicken and rice dish for a future meal-pleaser

Publix will be open regular store hours Labor Day, Monday, September 3rd.

U.S.D.A. Choice Boneless Beef Full Cut

Round Steak

\$1.59

per lb.



U.S.D.A. Choice Beef
Sirloin Tip Roast per lb. \$2.79
U.S.D.A. Choice Beef Round
London Broil per lb. \$2.79
Beef
Cubed Steak per lb. \$2.49

Breakfast Club
Grade A Florida
Large Eggs
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Lender's Egg,
Pumpkin, Onion or
Plain, Frozen
Bagels
12-oz. pkg.
5¢
With One S&H Stamp
Price Saver Certificate

Meat

"Young 'n Tender", Gov't.-
Inspected Shipped D&D,
Fresh Not Frozen, Premium Grade
Whole Fryers per lb. 59¢
Cut Up Fryers per lb. 69¢
Chicken Breast with Ribs per lb. \$1.89
Chicken Thighs or Drumsticks per lb. \$1.29
Chicken Wings per lb. 69¢

Seafood

Seafood Treat, Fresh
Whole Salmon per lb. \$2.19
Seafood Treat, Fresh
Salmon Steaks per lb. \$2.99
Seafood Treat, Fresh
Salmon Fillet per lb. \$3.99

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THIS AD EFFECTIVE: THURS., AUGUST 30 THRU WED., SEPTEMBER 5, 1984...

10.8-oz. Combination,
10.3-oz. Pepperoni
or 10.75-oz. Cheese
Jeno's Pizza
10-inch size
99¢

THESE ITEMS GOOD IN ORANGE, LAKE, SEMINOLE & OSCEOLA CO. ONLY!

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six-pack, 12-oz. cans
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Coca-Cola
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Assorted Natural Foods
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50¢ OFF
With This Coupon ONLY
3-lbs. or more
Family Pak Cubed Steak
(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective Aug. 30 - Sept. 5, 1984)

50¢ OFF
With This Coupon ONLY
Kraft Plain Cheez Whiz
1-lb. jar
\$1.97
(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Effective Aug. 30 - Sept. 5, 1984)



Pocket Pies Fast

Homemade desserts are still a special treat. But with busy schedules, more cooks enjoy preparing items that freeze well.

PRUNE-CHEDDAR POCKET PIES

12 ounces (about 2 cups) pitted prunes
1/2 cup warm water
1 teaspoon nutmeg
2 teaspoons grated lemon peel
1 package (11 ounces) pie crust mix
1 cup shredded sharp Cheddar cheese
1/4 cup cold water
1 egg, beaten

In electric blender combine prunes, warm water and nutmeg. Blend until almost smooth, turning on and off and scraping sides of container as needed. Stir in lemon peel; set aside.

In bowl combine pie crust mix and cheese. Add cold water. Toss just until evenly moistened. Form dough into 12 equal balls. For each turnover roll a ball of dough into a 5-inch circle. Spoon 2 tablespoons of the reserved prune mixture onto center. Fold over and pinch edges to seal completely.

Place on baking sheet. Brush with egg and prick several times with fork. Bake in 400-degree oven about 20 minutes until lightly browned and crisp. Transfer to rack to cool. Serve warm or at room temperature.

After cooling, turnovers may be wrapped and frozen. Thaw before unwrapping. If desired, reheat in 350-degree oven about 10 minutes. This kitchen-tested recipe makes 1 dozen.

Quarter Sliced
Pork Loin
per lb.
\$1.59

Deli

Zesty Cole Slaw per lb. 89¢
Fresh-Baked Dutch Apple or Apple Pie each for \$1.79
Tasty Norwegian Jarlsberg Cheese per lb. \$4.79
Hot From The Deli! Stuffed Green Peppers per lb. \$2.99
Stuffed Cabbage per lb. \$2.99

Pickwick
English Muffins
3 12-oz. pkgs.
\$1

LAST WEEK TO COMPLETE YOUR COLLECTION OF STRAWBERRIES 'N CREAM STONEWARE

Frito-Lay 7-oz. Reg. or 6.5-oz. Bar-B-Q, Sour Cream & Onion or Bacon & Sour Cream
Ruffles per lb. \$1.09
Eagle Snacks Cantina Tortilla or Nacho Chips 7-oz. per lb. \$1.14
Nabisco Assorted Snack Crackers 7.8 to 10-oz. per lb. \$1.19



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Publix
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We will be open on Monday, September 3rd Regular Store Hours.

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24 HOUR STORES WILL
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AUG. 30-SEPT. 5, 1984



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2 1/2-LBS. & DOWN
L.B.

SAVE 71¢ - PINKY PIG FRESH PORK
COUNTRY STYLE SPARERIBS L.B. **\$1.48**

SAVE 40¢

PREMIUM GRADE FRESH
FRYER LEGQUARTERS
43¢

10 LBS. OR MORE
L.B.

PREMIUM GRADE FRESH
FRYER LEGQUARTERS L.B. **58¢**

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SUPERBRAND GRADE 'A'
LARGE EGGS
18¢

DOZ.

WITH ONE FILLED SUPER BONUS CERTIFICATE
GOOD AUG. 30-SEPT. 5, 1984

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REYNOLDS ALUMINUM
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25-FT. ROLL

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GOOD AUG. 30-SEPT. 5, 1984

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STAR-KIST CHUNK LIGHT
IN OIL or WATER
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6 1/2-oz. CAN

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SUPER BONUS SPECIAL

HELLMANN'S
MAYONNAISE
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GOOD AUG. 30-SEPT. 5, 1984

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BAR-B-Q SAUCE
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12-oz. BTL.

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GOOD AUG. 30-SEPT. 5, 1984

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HICKORY SWEET
BACON
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SUPERBRAND
HOMOGENIZED or LO-FAT
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GOOD AUG. 30-SEPT. 5, 1984

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BUY ONE GET ONE FREE! PARTY PIZZA AND GET ONE 16-oz. DANO'S PEPPERONI or COMBINATION PIZZA FREE!

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BUY ONE GET ONE FREE! 1 1/2-LB. Pkg. \$1.49 FILBERT'S SPREAD

SAVE 81¢

W-D BRAND USDA CHOICE BEEF
SIRLOIN TIP ROAST
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L.B.

W-D BRAND USDA CHOICE BEEF ROUND BONELESS SIRLOIN TIP **Steak \$2.18**

SAVE 30¢

HICKORY SMOKED PORK SHOULDER ARM
WHOLE PICNIC
99¢

L.B.

HICKORY SWEET SLICED Bacon \$1.89

SAVE 55¢

REGULAR or LIGHT
BUDWEISER BEER
6 \$2.18

12-oz. CANS

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DIET PEPSI, PEPSI FREE, SUGAR FREE PEPSI FREE, 1ST. DET. OR

PEPSI COLA
\$1.18

8 12-oz. CANS

Pepsi Cola \$1.18

SAVE 91¢

HARVEST FRESH No. 1 ALL PURPOSE
WHITE POTATOES
10 \$1.58

10-LB. BAG

HARVEST FRESH Mushrooms \$1.88

U.S.D.A. CHOICE BEEF

SAVE 91¢

USDA CHOICE WHOLE UNTRIMMED BEEF
BONELESS DELMONICO
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W-D BRAND USDA CHOICE BEEF BONELESS STEAKS \$4.88

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DEL MONTE'S CHIPS & SAUCE Pizza \$1.89

MIX OR MATCH

DEL MONTE REGULAR OR NO SALT 16-oz. CUT GREEN BEANS, FRENCH STYLE BEANS, 17-oz. WHOLE KERNEL CORN, EARLY GARDEN PEAS, CREAM STYLE CORN OR 15-oz. SPINACH

DEL MONTE VEGETABLES
2.88¢

CANS

ALL VARIETIES BETTY CROCKER TUNA OR Hamburger Helper \$1.98

SAVE 15¢

ALL VARIETIES
GOLD MEDAL FLOUR
88¢

5-LB. BAG

SAVE 15¢ ALL VARIETIES BETTY CROCKER Cake Mixes \$1.78

SAVE 50¢

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DELICIOUS APPLES
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3-LB. BAG

HARVEST FRESH Bartlett Pears \$1.68

SAVE 61¢

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30-LB. BAG

ADDITIONAL ONE CHARCOAL Lighter \$1.28

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MR. BIG
6-ROLL BATH TISSUE or 3 ROLL TOWELS
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PKG.

MR. BIG (MTH) & ROLL PKG. Napkins \$1.38

SAVE 59¢

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HAMBURGER or WIENER BUNS
3 \$1.19

11-oz. PKGS.

SUPERBRAND FUDGE BARS OR Twin Pops \$1.98

SAVE 71¢

TROPICANA 100% PURE (WHITE CARTON)
ORANGE JUICE
\$1.98

HALF GAL.

SAVE 71¢ ON 4 - SUPERBRAND BUNS STYLE Yogurt \$1.98

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CATALINA SLICED TO ORDER
BOILED HAM
\$2.29

L.B.

WHITE OR YELLOW AMERICAN Cheese \$2.89

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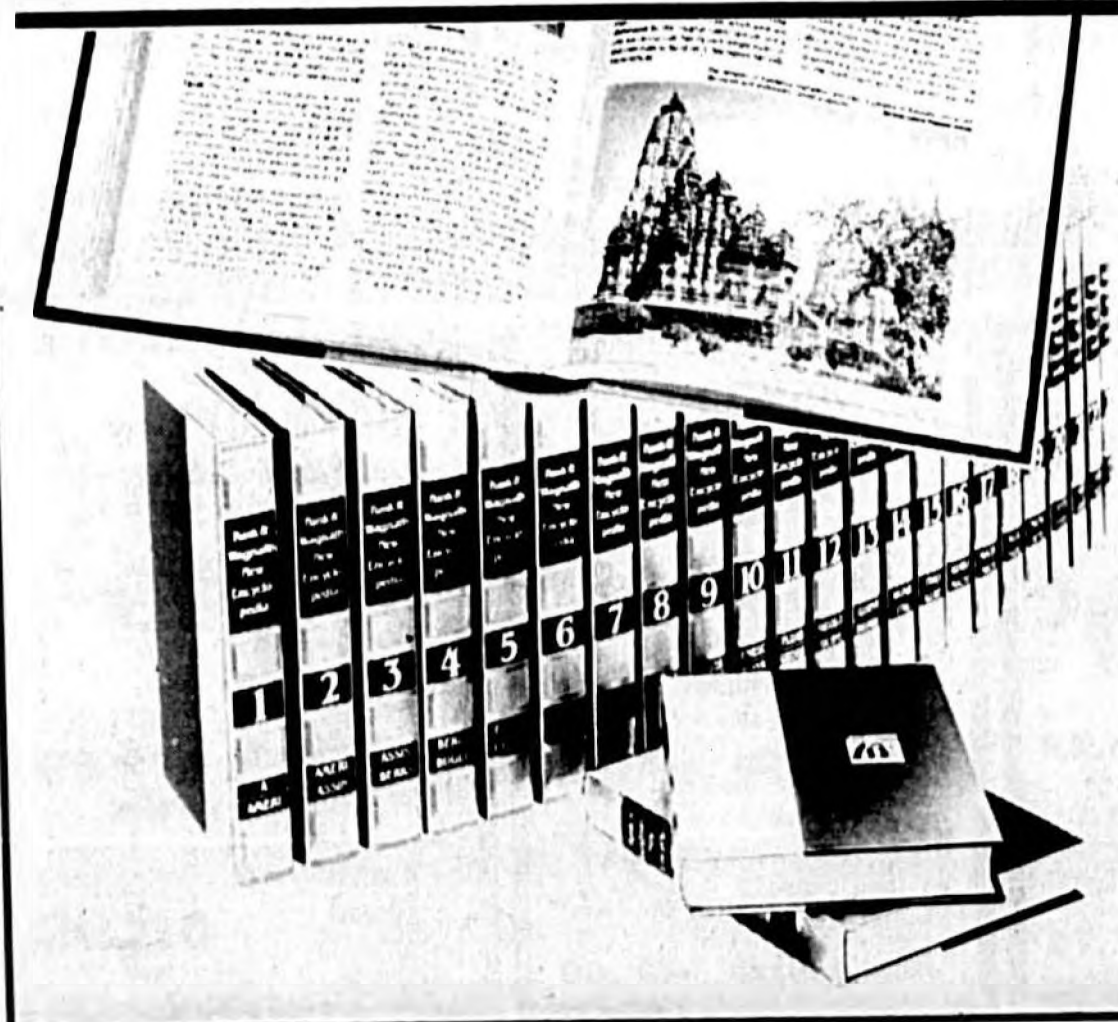
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We're trying to keep the cost of a good education down.

Give Party Platter Some Real Panache

Entertaining! Everyone loves it, but it you sometimes find yourself preferring to avoid the mess and bother, here's the ideal menu for you. It's almost as simple as serving crackers and cheese but special touches give this party platter some real panache. Our selections will appeal to those who lean toward the light, the fresh and the easy approach to serving flavorful foods to favorite friends.

This snack menu centers around a make-ahead pork roast filled with a savory stuffing of juicy California table grapes, mushrooms and herbs, served chilled and thinly sliced in the Italian manner. A smooth but robustly flavored spread of premium Danish cheese (Fontina, soft ripened blue-veined and cream cheese with herbs and spices) and an assortment of Distinctive Crackers from Pepperidge Farm are the perfect accompaniments for the easy party menu.

For a simple but lavish look,

use a generous hand with fresh bunches of green, red or blue/black grapes from California, whole wedges of Danish cheese and baskets of English Water Biscuits, Sesame Crackers, Hearty Wheat and Cracked Wheat crackers. All these foods maintain their fresh presentation for the duration of the party, an added bonus because the host or hostess can spend time with guests instead of in the kitchen.

The time is now and the party is ready to go. Open a chilled bottle or dry white wine, light

plisner-style beer or sparkling mineral water and remind yourself. When it's this easy, entertaining is fun for all!

COLD GRAPE STUFFED PORK ROAST
 1 cup finely chopped onion
 1 clove garlic, minced
 3 strips bacon, finely chopped
 Olive oil or oil
 1 1/2 to 2 cups seedless grapes
 1 cup each chopped mushrooms and soft bread crumbs
 1 egg, beaten
 1/4 cup minced parsley
 Thyme, crushed

Rosemary, crushed
 Salt and pepper
 1 (2 1/2 to 3 lb.) boneless pork loin roast
 Clusters of red, green or blue/black grapes
 Sauté onion, garlic and bacon in 1 tablespoon olive oil until onion is tender and bacon is crisp. Stir in grapes, mushrooms, bread crumbs, egg, parsley, 1/2 teaspoon thyme, 1/4 teaspoon rosemary and salt and pepper to taste. Open pork roast and lay fat side down; slice through thickness of pork horizontally being careful not to cut

thorough end of pork. Open pork to lie flat; spread grape mixture over pork. Roll-up lengthwise; tie with string every 2 inches. Brush with oil and sprinkle with thyme and rosemary. Place on rack in roasting pan; roast, uncovered, at 375 degrees F. 1 1/2 hours or to internal temperature of 170 degrees F. Cool. Cover and refrigerate. Slice to serve. Garnish with grape clusters. Makes 8 to 10 servings.

CHEESE & WINE SPREAD
 8 ounces Danish Fontina cheese, cubed and at room temperature

3 ounces Danish Cream Cheese with Herbs and Spices, at room temperature
 2 ounces blue-veined cheese from Denmark, crumbled and at room temperature
 1/4 cup dry white wine
 1 tablespoon packed parsley leaves
 1 teaspoon Dijon mustard
 Assorted crackers
 Combine all ingredients except crackers in blender or food processor. Blend until smooth and thoroughly combined. Serve with crackers. Makes 1 1/2 cups spread.

Cookie Treats

With cries of "I'm starving" and "What's to eat?" the home-from-school set dally bursts through the door. From coast to coast, the scene is the same: the "munchies" have struck and hungry kids can hardly wait another minute.

When dinner time seems light years away, a youngster's after-school snack attack demands prompt satisfaction. A glass of milk and a help-yourself home-made treat — preferably portable — are a time-honored answer. Bar cookies are favorites of on-the-go eaters and the Kraft Kitchens have created two new ones for the '84-'85 school year. Both recipes, one a baked bar and one no-bake type, streamline preparation with a "secret ingredient" — Kraft marshmallow creme. Long a favorite for luscious desserts and confections of all kinds, it's a snackmaker's standby as well.

Chocolate Creme Bars start with a packaged chocolate cake mix. Then marshmallow creme teams up with cream cheese to sweeten and lighten the filling for the brownie-like bars. The recipe makes two dozen.

If you're already using the "secret ingredient" in your snack treats or would like to try creating an original snack recipe, you could garner a prize in the 1984 Kraft Marshmallow Creme "Easy Secret Ingredient" Recipe Contest.

Entries are being accepted now through Sept. 30. There are three categories in which you may submit recipes — "Festive Fruits," "Frozen Favorites," and "Chocolate Challenge." Almost any original, easy recipe is a potential winner, from breakfast food to late night snack. Complete rules for the recipe contest follow, or you can write for the rules by sending your name and address to:

RULES
 Kraft Marshmallow Creme "Easy Secret Ingredient" Recipe Contest
 P.O. Box 11192
 Chicago, IL 60611
CHOCOLATE CREME BARS
 1 two-layer German chocolate cake mix with pudding
 1/2 cup Parkay margarine, melted
 1/2 cup milk
 1 cup chopped walnuts
 1 8-oz. pkg. semi-sweet chocolate pieces
 1 7-oz. jar marshmallow creme
 1 3-oz. pkg. cream cheese, softened

Combine mix, margarine and milk; mix well. Press half of cake mixture onto bottom of greased 13 x 9-inch baking pan. Bake at 350 degrees, 8 minutes. Sprinkle walnuts and chocolate pieces over crust. Combine marshmallow creme and cream cheese, mixing at medium speed on electric mixer until well blended. Pour over chocolate pieces, spreading to edges of pan. Top with teaspoonfuls of remaining cake mixture; press gently into marshmallow creme mixture. Bake at 350 degrees, 20 minutes. Cool slightly; refrigerate. Cut into bars.
 2 dozen.
 Variation: Substitute chocolate cake mix for German chocolate cake mix with pudding.

PEANUT BUTTER CRUNCH BARS
 1/2 cup chunk style peanut butter
 1 7-oz. jar marshmallow creme
 3 cups raisin bran flakes
 Melt peanut butter in medium saucepan over low heat, stirring until smooth. Add marshmallow creme; stir until well blended. Remove from heat; stir in cereal. Press into greased 9-inch square pan. Cool; cut into bars.
 18 bars.



U.S.D.A. TOP CHOICE	PER POUND	
Sirloin Steak	\$2.89	
U.S.D.A. TOP CHOICE	LB	
T-Bone or Porterhouse Steak	\$3.69	
U.S.D.A. TOP QUALITY LEAN MEATY	LB	
Fresh Pork Spare Ribs	\$1.39	
CUMBERLAND GAP TOP QUALITY	LB	
Boneless Dinner Hams	\$1.99	
Market Style Sliced Bacon	LB	
FAMILY SIZE PKG.	\$1.39	

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ALL STORES OPEN 7 A.M.



U.S.D.A. GRADE A
Whole Fryers
 PER POUND
49¢
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MEAT DAIRY DELI IN STORE DELI/BAKERY

<p>On Cor COOKED BREADED Meat Patties</p> <p>FAMILY SIZE PKG. LB</p> <p>\$1.19</p> <p>LEAN FRESH FAMILY SIZE PKG. Ground Chuck ... 1.89 MEAT & SERVE MR. GLOUCESTER FRIED Fish Sticks ... 2 LB PKG. 1.39</p> <p>BUY-1 GET-1 FREE</p> <p>J.K. BRAND COOKED MEAT PATTIES 1 LB PKG. OR TYSONS FRYER LIVE BS 8-OZ PKG.</p>	<p>PANTRY PRIDE PURE Orange Juice</p> <p>HALF GALLON CARTON</p> <p>ORANGE YOU SMART</p> <p>\$1.59</p> <p>LIGHT & LIVELY Sealtest YOGURT . . . PACK 1.79 CHEESE LOAF Kraft Velveeta 2 LB 3.69 PANTRY PRIDE SLICED American 13-OZ PKG. 1.49 16-OZ CUP Axelrods SOUR CREAM99</p>	<p>LAND O' FROST ASSTD. Chipped Meats</p> <p>MIX OR MATCH 25-OZ PKG.</p> <p>3/\$1</p> <p>SKINLESS MEAT OR BEEF Ball Park FRANKS 1 LB PKG. 1.79 SKINLESS MEAT OR BEEF Frank's 1 LB PKG. 1.79 FOR DINNER Mr. Turkey FRANKS PKG. 1.09 BAKED HOT OR MILD Sunnyland 1 LB SAUSAGE PKG. 1.99</p>
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CATERER'S **Solid White Turkey Breast**

HALF POUND **\$2.19**

LEAN **Bolled Ham** HALF LB **1.39**
 ALL MEAT **Oscar Mayer** SOLOMONA HALF LB **.99**

YOUR CHOICE HOT & SPICY OR REGULAR COUNTRY PRICE **Fried Chicken** . . . 30 PIECE BATCHEL **8.99**

FRESH BAKED **White Bread** . . . 16-OZ **.69**
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24 COUNT **Actifed Tablets** . . **1.49**
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 COMAIR ULTRA HOLD HAIR SPRAY 7-OZ, EXTRA BODY CONDITIONER 16-OZ OR EXTRA BODY **Conair SHAMPOO** . . . 16-OZ **.99**
 CHOCOLATE OR VANILLA **Slim Fast** POWDER . . 16-OZ **5.99**

PANTRY PRIDE **Hamburger or Hot Dog Buns**

8 PACK

2/79¢

PANTRY PRIDE **Bread** KING SIZE . . 3 20-OZ LOAVES **1.49**
 PANTRY PRIDE **Bar-B-Q** BREAD . . 2 12-OZ **1.09**
 PARTYPLATE OR **Cloverleaf** ROLLS PACK **.69**
 4 PACK **Beebo Jelly Roll** . . . **.79**

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CRISP & TASTY COMBINATION OR PEPPERONI **Jeno's Pizza** . . . 16-OZ FROZEN **.89**
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 SLICED TURKEY, BEEF PATTY WITH MUSHROOMS OR SALISBURY STEAK **Morton** FAMILY MEALS . . . 35-OZ FROZEN **1.79**
 CANADIAN BACON, SAUSAGE OR HAMBURGER **Jeno's Pizza** . . . 10-OZ FROZEN **.89**

Milwaukee's Best Beer

8 PACK 12-OZ CANS

\$1.45

Real Sangria Wine 750 ML. **\$2.49**

Carlo Rossi 3 LITER **\$5.99**
 CHARLES PINK CHARLES PINK OR ROSE

Microwave Magic

Freeze Favorite Foods To Enjoy On Busy Days

Using your microwave oven and your freezer can be an economical time saving use of both of these appliances. The microwave/freezer team is especially convenient for the working person. You can prepare food in less hectic times such as the weekend and store in the freezer.

The microwave will speed preparation at a busier time. You can also take advantage of sales on meats and vegetables and stock up. Another good advantage that I have found is that I can control the size of the servings. The food industry has done this very effectively with such frozen entrees as Lean Cuisine and Dinner Classics.

The microwave safe containers



Midge Mycoff

Home Economist
Seminole Community College

that these commercial foods come in are reusable and are great for making your own frozen dinners.

These recipes are for 4-6 servings. If you are calorie conscious, divide the food into six equal portions before you freeze it. Try this technique with some of your favorite recipes.

BEEF STROGANOFF
8 ounces fresh mushrooms,

cut in half
1 medium onion, chopped
1 tablespoon fat (Butter or margarine)
1 1/2 pounds beef round, cut into thin strips
1/4 cup white wine (apple juice can be used)
1/2 cup tomato juice
2 teaspoons instant bouillon granules (beef)
1/2 teaspoon salt
1/4 teaspoon pepper
3 tablespoons all-purpose flour
1/2 cup sour cream
1 tablespoon catsup
In 3-quart casserole place mushrooms, onions, and butter; cover. Microwave on 100% power 4-8 minutes or until onion is tender. Stir in beef, wine, tomato juice, bouillon, salt and

pepper. Cover and microwave on 100% 5 minutes. Reduce power to 50%. Microwave 20-30 minutes, or until beef is tender; stir several times during the cooking.

Spoon into freezer containers. Label and freeze. When ready to serve defrost and reheat. Blend flour, water, sour cream and catsup into the meat juices and serve over noodles or rice.

INDIVIDUAL SALMON LOAVES

1 can (15 1/2 ounce) pink salmon, drained and flaked
2 eggs
1/4 cup saltine cracker crumbs
1/4 cup milk
1 teaspoon chopped chives
1/2 teaspoon grated lemon peel
1/2 teaspoon salt
1/2 teaspoon pepper
Mix salmon, eggs, cracker crumbs, milk, lemon peel, salt and pepper. Press evenly into four (6 ounce) foil-lined custard cups. Freeze until firm. Remove with foil from custard cups. Wrap, label and freeze. Do not freeze longer than one month.

To serve: unwrap and place in 4-6 ounce custard cups. Microwave on 50% power 15-20 minutes, or until set and no longer moist in center. Remove from cups top side up. Cover to keep warm while preparing sauce.

SAUCE:

2 teaspoons butter
2 teaspoons cornstarch
1/2 cup water
1 tablespoon fresh snipped parsley
1 teaspoon grated lemon peel
1 teaspoon lemon juice
1/4 teaspoon sugar
Dash of pepper

Place butter in a 2-cup measure. Microwave on 100% power 30-45 seconds or until butter melts. Stir in cornstarch. Blend in remaining ingredients. Microwave on 100% 1 1/2-2 1/2 minutes, or until thickened, stirring every 30 seconds. Pour over loaves to serve.

This chicken entree can be frozen in individual servings or as a whole to serve 4-6 persons. It is attractive if served green noodles.

TOMATO-MUSHROOM CHICKEN

1 cup sliced fresh mushrooms
1 medium onion thinly sliced
2 tablespoons oil
1 clove garlic, minced
1 can (16 ounces) whole tomatoes

1 can (16 ounces) tomato paste
1/4 cup dry white wine
1 small bay leaf
1 teaspoon dried basil leaves
1/2 teaspoon salt
1/4 teaspoon pepper
3 whole boneless chicken breasts, skin removed, cut into 1 1/2 inch pieces

In 3-quart casserole combine mushrooms, onion, oil, garlic; cover. Microwave on 100% power 5-8 minutes, or until onion is tender. Stir once. Stir in remaining ingredients; cover. Microwave on 100% power 10-15 minutes, or until chicken is no longer pink, stirring 2-3 times. Spoon into freezer containers. Label and freeze.

To Serve: Remove from container and place in 2-quart casserole. Microwave on 100% for 18-20 minutes, or until hot, breaking apart with fork. Stir well. If defrosting and cooking individual servings, there is no need to remove from freezer container and the microwaving time is 8-8 minutes per pound.

The first microwave cooking class of the fall term will begin on Tuesday, Sept. 4, at 7 p.m. Registration is taking place now. Register in person at Seminole Community College, or call for information at 323-1450 ext. 460.

Fine Beef Takes Taste Of Venison

NEW ORLEANS (UPI) — Chef Michel Marcats, the South's only member of the Maitres Cuisiniers de France, suggests a different way of serving fine beef to guests during late summer and autumn.

TENDERLOIN (Venison Style)

One whole beef tenderloin (about 3 pounds after trimming)
3 shallots
2 cups red wine
1 cup good homemade brown gravy (or a good packaged brown gravy, such as Knorr's)
2 Tbsp cider vinegar
1 pinch allspice
1 Tbsp crushed black pepper
Cut the tenderloin in half lengthwise and marinate, refrigerated, for three days with chopped shallots, red wine, crushed pepper, a pinch of allspice and vinegar. Sauté the tenderloin in butter until medium rare and cut into slices about half an inch thick.

After removing beef from pan, pour in the marinade and reduce to a third. Add the brown gravy, heat together to blend flavors and pour over meat.

Enjoy Your Labor Day Leisure!

PLUS... THURSDAY, AUG. 30, ONLY

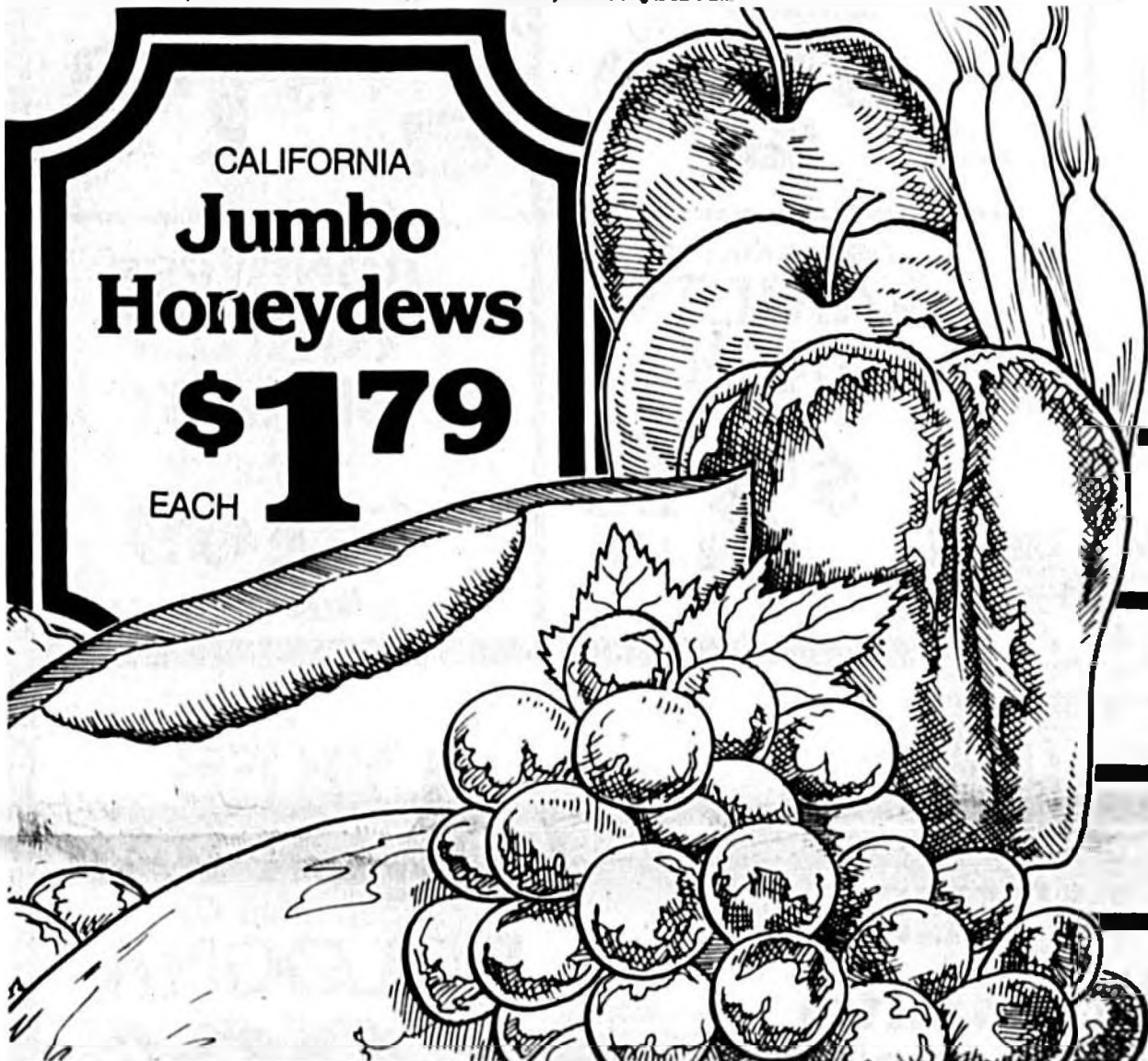
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Diet Guru Practices What She Preaches

By **PATRICIA McCORMACK**
UPI Health Editor

NEW YORK (UPI) — Diet guru Sybil Ferguson practices what she preaches, even when tempted by the wines, butter and rolls, rich sauces and high-calorie desserts at one of the nation's most famous restaurants.

Mrs. Ferguson, founder of the Diet Center, and Rexburg, Idaho's most famous citizen, dined at New York's glittery Four Seasons recently on bass broiled dry "with a squeeze of lemon on the side," string beans and a green salad touched up with oil. She drank what she recommends everybody drink eight glasses of — water.

"Eat on a schedule, eat on time," Mrs. Ferguson said, winking as she repeated one of

the Diet Center commandments. She looked at her watch. It was 6 p.m. Dinnertime.

The diet lady from potato country was in the Big Apple to discuss publication of a recipe book. Her first book, "The Diet Center Program — Lose Weight Fast and Keep It Off" (Little-Brown, \$14.95) was on the New York Times Best Seller list for four months.

Mrs. Ferguson, 50, now weighs 142. She is 5 feet, 5 inches tall.

"I am large boned," she said, and backed up that claim by noting she wore a size 8 1/2 shoe and had a wrist circumference of 7 3/4 inches.

The story of how she won her battle with blubber 14 years ago and stayed in the victory column all these years starts with how

she came to weigh 186 pounds at the age of 19.

"I was married at 18 and had my first baby at 19," she said.

"I gained 55 pounds. Then I had four more babies, one each of the next four years."

The weight stayed on until she got it off at age 36, following a formula she devised by "becoming my own nutritionist." That is the Diet Center program that has helped over 4 million men, women and children to take it off and keep it off.

Mrs. Ferguson said surveys conducted by the Diet Center show that 84 percent of dieters who have reached goal weight on the program have maintained the loss up to three years.

Formerly-fat Ferguson said she was fed up with diets that

don't work when she started delving into "a better way" to fight obesity.

"I was on grapefruit and egg diets, banana diets, you name it," she said.

It was when she needed surgery that Mrs. Ferguson discovered the root of her obesity nearly a decade-and-a-half ago.

"The doctor said I was malnourished," she said.

"One-hundred and eighty-six pounds and undernourished. Imagine."

"I think all overweight people are."

"I was just counting calories all the time. I came to believe that counting calories must be the wrong way to go about losing weight if it makes you suffer from malnutrition."

Staples in Mrs. Ferguson's

calorie-count were candy bars, pies, cakes. A diet of calories from such sources leaves little room for nutritious foods the body needs. That's how many calorie counters following a similar course sabotage their bodies.

Mrs. Ferguson said.

"I had a background in sound nutrition," she said, citing training by the Women's Relief Society of the Church of Jesus Christ of the Latter-day Saints. The Mormon society teaches church women skills in many areas of homemaking, including nutrition.

"I was feeding my family the right things," she said, adding that it's impossible to do otherwise when following Mormon dietary ways.

Mainstays are fresh fruits and vegetables, whole grains, very

little red meat — dietary guidelines that on many points agree with dietary programs suggested in recent years by cancer and heart disease researchers.

"I knew proper nutrition," Mrs. Ferguson said. "But where I personally was concerned, I did not heed it."

During her fat period Mrs. Ferguson said she was feeding the children along Mormon dietary guidelines. Her husband ate salads, broiled red meat and fish.

"But I liked spaghetti and rich sauces," she said.

"But that wasn't all connected to my weight problem. I don't think. Research says the home-maker is under the most stress. Stress has something to do with overweight."

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