

Evening Herald

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Court To Hear Appeals Of 2 Condemned Killers

STARKE (UPI) — A federal appeals court blocked a scheduled double execution today, but one of the condemned killers only got a 24-hour reprieve and still could be put to death in Florida's electric chair.

Lawyers for James Dupree Henry were ordered to present their case at a hearing today before the 11th U.S. Circuit Court of Appeals in Atlanta.

The court gave Henry, 34, a stay of execution until 7 a.m. EDT Thursday, but his death warrant doesn't expire until noon Thursday and Florida officials could execute Henry if the Atlanta court rejects his appeal.

The federal appeals court granted an indefinite stay of execution Tuesday to Aubrey Dennis

Adams Jr., 26, of Ocala, who had also been scheduled to die today in the nation's first double execution in 19 years.

Adams, who is white, was sentenced to death for the 1978 killing of an 8-year-old Ocala girl.

The 24-hour stay granted to Henry late Tuesday may be a trend in the 11th Circuit. The court gave Ernest John Dobbert a temporary stay that expired two hours before his death warrant ran out on Sept. 7. After a hearing, the court rejected his appeal, refused to extend the stay and Dobbert was electrocuted.

In a final interview with reporters Tuesday afternoon, a somber Henry repeated his claim that he is innocent and expressed bitterness

about the death penalty.

"Innocent or guilty doesn't have much to do with my being here," he said.

"My being here has to do with a situation wherein there are people in Florida who wish to have their sadistic attitudes satisfied and this whole situation is for that purpose — to satisfy that need to kill."

Florida has electrocuted eight — six this year — of the 24 men who have been put to death in the United States since the Supreme Court lifted its death penalty ban in 1976.

Henry ordered a last meal of a dozen raw oysters with hot sauce because he said, "I never had any oysters before."

Coretta Scott King and the Rev. Jesse Jackson appealed Tuesday to Gov. Bob Graham to save Henry and Adams from the electric chair and halt executions in Florida. Graham, who has signed 86 death warrants since being elected in 1979, did not respond.

Henry, who is black, killed Z. L. Riley, 81, a black civil rights leader, during a robbery at his home on March 24, 1974.

Defense attorneys said Henry's death sentence was racially motivated. They argued unsuccessfully before the Florida Supreme Court on Monday that Henry was really condemned to die for wounding a white policeman while trying to avoid arrest.

Oviedo Police Struggle With Faulty Radios

By Rick Brunson
Herald Staff Writer

Oviedo police officers will have to make do with citizens band radios and faulty portable radios for another year until the city can afford to buy a \$25,000 communications system, Oviedo Police Chief Robert Hancock said Tuesday.

Four of the five portable radios were taken to a repair shop last week after they quit transmitting, Hancock said. This left the department's seven patrol cars with three mobile radios and one portable. The radios were spread out to the different shifts so no officers were without communication, but Hancock said there is a potential for danger to the officers and the citizens they serve unless the present system is updated.

"It hasn't hampered law enforcement yet," Hancock said. "The question is, how long it is before it does?"

The portables, which were bought used, Hancock said, are old and worn. Officers often have trouble communicating with the department because the radios do not transmit properly, Hancock said.

Calling in routine information like a license tag number or driver's registration is met with frustration because officers cannot reach the dispatcher, according to Hancock.

Beside not getting the information they need Communications Supervisor Carol Andrews said there is too much risk in not knowing an officer's status in the field.

"Any situation an officer is in when he can't reach the base is a potential hazard," she said.

Patrolman Michael Barabas said the officers depend on car-to-car communication for safety in the field. Using the chancy portables was dangerous he said, because "you couldn't get any help if you needed it."

On Monday, the Oviedo City Commission authorized Hancock to buy



Oviedo police officer Michael Barabas uses one of the portable radios that make communication difficult.

four more replacement portables, but he says that was only a "partial solution" to the problem. He said the department needs an updated, reliable communications system. Such a system would cost \$25,000; money that the city does not have.

Hancock does not fault the City Council, saying "You can't bleed the turnip. The money is just not available right now."

Commissioner Jane Dees said Monday that the police department should start getting more funding when revenues from impact fees start rolling in.

Hancock expects to get \$35,000 from the fees by Sept. 1985. When he does he said he will get the new radio system.

Deputy's Winnings On Job Bring Sheriff's Reprimand

A Seminole County sheriff's deputy is entitled to keep the money she won from an Orlando radio station while she was on guard duty at the Seminole County courthouse, but in addition to the \$300 prize she will be getting a letter of reprimand from her boss.

Sheriff's spokesman John Spolski said today that once the *Evening Herald* brought to Sheriff's John Polk's attention on Monday that deputy Sue Stephenson, 36, had won the cash by making a phone call on the sheriff's department toll-free line, and that a fellow worker at the courthouse was alleging that taxpayers were com-

plaining about Ms. Stephenson winning the contest while on duty, Polk ordered an investigation.

Ms. Stephenson won the money last week when she called WWKA-FM, Orlando, and correctly identified two songs the station had played in a promotional contest. The call was made after 6 p.m., while Ms. Stephenson listened to the radio at her duty station.

Spolski said that, although to his knowledge, the sheriff's department has not received a single call of complaint from the public related to Ms. Stephenson's participation in the contest, Polk is forced to reprimand her, because she was not concentrating on her duty and had used the department's phone line to make the call. The department, Spolski said, has no authority over whether or not Ms. Stephenson accepts her winnings.

"We had to acknowledge it. We can't make exceptions, because then other situations can develop. We have to set a precedent and let our deputies and detectives know that they can't be derelict and ignore their duty," Spolski said.

Although "her assigned duty and obligation to the taxpayer was not fulfilled to the extent that she participated in the contest while on the job," Ms. Stephenson's job is not in jeopardy, Spolski said.

She was not available for comment. The flap over her winning the contest, whether it is justified or not, Spolski said, appears as if it might be the result of jealousy on the part of a co-worker. The investigation into the incident is not complete, he added.

—Susan Loden

Clinic Opening Set For October

More Services For Indigents; New Health Lab

By Donna Estes
Herald Staff Writer

The "substantial completion" walk through inspection scheduled for Sept. 28 at the county's new \$2 million Department of Health and Human Services facility signals that the building will probably open by the end of October, Dr. Jorge Deju said today.

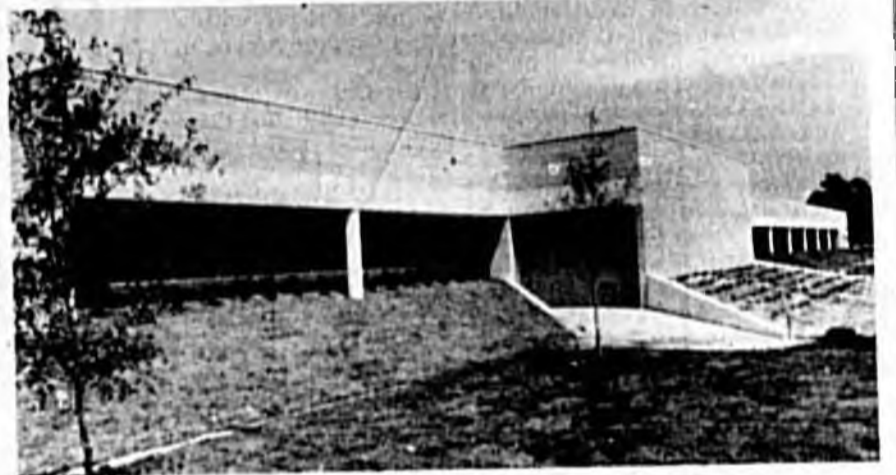
Deju, Health and Human Services director, said the 30,000-square-foot building will give more than three times the space the department has now.

The substantial completion walk-through is usually held about a month before opening to show that all major work has been done and only details remain, said John Percy, director of county services and development.

Under construction for a year, the facility is located on a 10-acre site on Airport Boulevard, west of U.S. Highway 17-92. The present health department building is located at 900 S. French Avenue and the administrative offices of health and human services leased at the Sanford Airport, Deju said.

The new facility will provide space not only for the needs of today but also for the public health needs of up to a decade from now, he said. And the site is sufficient in size to permit expansion of the structure, when necessary, he said.

The county has been operating the health and human services depart-



Herald Photo by Tommy Vincent

Seminole County's new Health and Human Services facility at Airport Boulevard, west of U.S. Highway 17-92.

ment with administration separated from one of the department's actual functions — public health services — and that is not good, Deju said.

Meanwhile renovations of the old health department facility on French Avenue, built in the early 1960's, will provide space for juvenile services, Percy said.

The new facility will provide more services to the medically indigent and the public, including an environmental health laboratory, meaning water and food samples can be analyzed on site; a medical laboratory; a pharmacy staffed by a pharmacist to provide medication to health department clients at cost and an x-ray unit to replace the one to twice monthly mobile unit that served the department, Deju said.

The building will have three dental

chairs, rather than two, and an auditorium that can be used by staff and by community organizations.

While the health and human services department has 68 employees and is in process of expanding to 76, Deju said the staff at the new facility will number 100 including the county welfare office staff, sanitarians, administration, nurses and physicians.

Percy said architects for the project are Helman, Hurley, Charbat & Peacock of Maitland, and general contractor is Gurley Construction of Orlando.

The building, furnishings and equipment together costs in the "neighborhood of \$2 million," Deju said.

See CLINIC, page 10A

Courtroom Scuffle Ends In Mistrial

By Deane Jordan
Herald Staff Writer

A clothes-ripping judge-damning demonstration in a Sanford courtroom Tuesday followed an hour later by a courtroom scuffle between the same defendant and four sheriff's deputies resulted in the mistrial of a south Seminole County man charged with robbery.

Circuit Judge Robert McGregor, who declared a mistrial after the verbally obscene, spit-flinging skirmish, set Oct. 5 for another trial.

Harold Earl Moore, 30, of 2561 Crawford Road, was on trial in courtroom C at 9:30 a.m. charged with a robbery that occurred in March 1982.

At the beginning of trial, according to Assistant State Attorney Donald Marblestone, McGregor politely asked Moore, who was dressed in blue prison garb, if he choose to wear his prison clothes to the trial rather than civilian clothes.

Marblestone, who is prosecuting the case, said McGregor was required to ask Moore if he freely chose to wear prison clothes while appearing in court. The judge must ask the question to determine if anyone was trying to



Harold Moore

influence the jury by denying Moore civilian clothes to wear.

According to several courtroom witnesses, Moore, who had refused to wear civilian clothes, became verbally abusive by shouting obscenities. He reportedly took off, crumpled and threw to the floor a blue blazer a public defender had loaned him and ripped open his blue khaki shirt, attempting to remove it.

At the same time, Moore was asking McGregor if he disliked his (Moore's) prison clothes, witnesses said. Moore was also reported to have spit and laid on the defense table and tried to take

his pants off. At the order of McGregor, Moore, who was handcuffed by deputies after the disturbance, was removed from the courtroom and the trial temporarily stopped.

An hour later, after the trial resumed, Moore, handcuffed, refused to sit down with Public Defender Don West, who Moore did not want for a defense counsel. Moore reportedly shoved the large defense table then rounded the table headed towards McGregor. Moore was grabbed by the handcuffs by a deputy, dragged to the floor and held on the courtroom carpet by four deputies who shackled him and then handcuffed him to a chair. Moore stands about 5-foot-9 and weighs about 200 pounds, according to deputies.

McGregor, who told the court stenographer not to move during the disturbance beside her and to record all that transpired, then declared a mistrial.

He told sheriff's deputies that when Moore is tried on Oct. 5, they can take whatever steps are necessary including a gag and a strait jacket to keep him restrained and quiet.

See SCUFFLE, page 10A

Doctors, Dentists Lost Millions

5 Nabbed In 'Ingenious' Fraud

ORLANDO (UPI) — A resort-referral investment scheme that bilked almost \$6 million from doctors and dentists nationwide was one of the most sophisticated frauds in Florida history, state officials said.

The masterminds of the scheme were charged Tuesday with more than 170 securities violations.

State Comptroller Gerald Lewis, who filed a civil complaint against the five people charged with operating the ring, described the scam as one of the largest he has encountered.

"It was a rather complicated scheme and a rather ingenious one," said Lewis.

Lewis said 140 doctors and dentists from across the United States, including nine in Florida, paid \$5.7 million into the scheme that was operated for six months in 1983.

Authorities said they had not determined the number of states involved.

The announcement Tuesday ended a year-long investigation into Orlando-based Varondo Corp., a firm that authorities say used an elaborate network of fraudulent companies to match condominium developers with real estate brokers who have interest in time-share condo investments.

However, Lewis said none of the physicians received anything for their investments as the money "went into the pockets of the principals." Investigators said the scheme began in April 1983 with the distribution of direct mail advertisements to doctors and dentists nationwide. Investigators believe physicians were chosen because of their relatively high income.

See FRAUD, page 10A

Serious Crime Up

TALLAHASSEE (UPI) — The Florida Department of Law Enforcement said today serious crime increased by two-tenths of one percent during the first six months of this year, costing Floridians \$294 million.

FDLE Commissioner Robert J. Dempsey said incidents of murder and theft declined, but all other major crime categories were up from the first half of 1983. He said the .2 percent increase might indicate a reversal of the previous downward trend in statewide crime figures.

The FDLE crime report showed a drop in murders from 644 in the first half of 1983 to 590 in the first six months of this year. Larceny and theft reports also declined by 2 percent, from 200,751 to 196,683 for the first half.

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Man Jailed For 'Paddling' Woman, Knifing Officer

A 70-year-old Oviedo man has been charged with battery, aggravated assault and assault on a police officer after he allegedly hit a woman in the face with a boat paddle and threatened police with a knife.

An Oviedo policeman was cut on the thumb while trying to subdue and arrest the suspect.

Judy A. Wheeler, 36, of East Broadway, Oviedo, filed a complaint at the Oviedo police station at 9:42 p.m. Tuesday claiming that a man who was still at her home had just hit her in the face with a boat paddle. Police records did not give a motive for the assault.

When officers arrived at Ms. Wheeler's home, Henry Carrol Jr., who said he was asleep during the fight, invited them into his house to look for the man.

Officers Gillis McDaniels and Patrick Wilson reported finding the suspect in the bathroom. The man brandished an open pocket knife and advanced on the lawmen. A fight ensued and the officers reported mashing the man's hand with a flashlight to force him to drop the knife. McDaniels received a minor cut to his hand during the fight with the suspect who said, "he was going to kill someone and it could be one of us Oviedo police (the same) as any of the others in the house," police report.

Eugene Gibbs of P.O. Box 16, was charged and is being held in the Seminole County jail in lieu of \$5,000 bond.

FLATBED TRAILER STOLEN

A Sanford man told police that at 2:30 p.m. Friday, a man in a white pickup truck took a flatbed trailer from his yard.

A.C. Fish, 67, of 2554 S. Palmetto Ave., told police that the trailer was worth \$150. It was described as 7- to 9-foot wide and 21-foot long. It has one blue wheel and one silver wheel.

JUMPY BANDIT GETS COLD FEET

A Sanford convenience store clerk told police that a man brandishing a Pepsi bottle and wearing white gloves, tried to rob her. He was scared away by the noise of an ice machine when it turned on.

Edith Kern, 25, said a man entered the 7-11 store at 100 N. French Ave., at 3:44 a.m. Saturday and attempted to rob her with a Pepsi bottle. She said the noise of an ice machine turning on scared him, causing the bandit to throw the bottle down and flee.

The subject is described as a white male, 5-foot-10 to 6-feet tall, 150 to 160 pounds. He was last seen wearing a short sleeve blue dress shirt, blue jeans, brown cowboy boots, a cowboy hat with two feathers, white gloves, a gold watch, a necklace with a cross and a bandage on the inside of his right elbow.

He was also carrying a duffle bag, Ms. Kern said.

PIT BULL PILFERED

Someone took a \$250 pitbull from its owner's backyard, ac-

Action Reports

- * Fires
- * Courts
- * Police Beat

ording to a Sanford police report.

Agnes W. Riggins, 54, of 1120 Cypress Ave., told police that between 2 a.m. and 6 p.m. Saturday, someone took the dog from her yard. She said she raised the dog from a puppy and that it would let anyone pet it.

HIDDEN GUN CHARGE

An Oviedo man was charged with carrying a concealed .38-caliber revolver after he was pointed out to Casselberry police in the parking lot of a Casselberry bar.

Police report that employees of the ABC Lounge, U.S. Highway, 17-92 at state Road 436, indicated to them that the man was armed at about 12:52 a.m. Tuesday.

The suspect and his car were searched by the officers who reported finding the gun under the front seat of the man's car. Douglas Michael Cook, 24, of

2901 Walker Road, was being held in lieu of \$5,000 bond.

ROBBED EX-ROOMMATE

An Orlando man who allegedly took items from the home of a Casselberry woman after she ordered him to move out of her apartment following an argument has been charged with grand theft.

Casselberry police arrested the man at 8:30 p.m. Sunday at the home of Vicki Ann Jones, 19, of 1001 Esplando Way, after he had allegedly returned to Ms. Jones home to discuss the items which were taken from her home Saturday, police report. Jonathan Bradford Eckels, 18,

was charged in the case and has been released on \$5,000 bond.

DUI ARRESTS

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

—Jackie Ellis Gran, 21, of 3291 S. Sanford Ave., Sanford, was arrested at 4:28 a.m. Tuesday after his car failed to maintain a single lane on state Road 434, Longwood.

—James O. Nelms Jr., 25, of 210 Crystal Lake Ave., Lake Mary, at 9:57 p.m. Monday after his car failed to maintain a single lane on Crystal Lake Avenue, Lake Mary.

Thief Makes Off With Accordians Worth Over \$5,000

A thief took two accordians valued at over \$5,000 from the home of a Winter Springs man.

Patrick S. Robbins told Seminole County sheriff's deputies that one of the instruments is valued at \$5,000 and the other is worth \$500. Deputies have the name of a suspect who may have stolen the accordians from 143 La Paloma, Winter Springs, around 11 p.m. Monday.

Bradley Steven Calvert, 23, of 267 Tollgate Trail, Longwood, gave deputies the name of a suspect who may have stolen a pearl necklace, stereo system, wedding band and other items worth more than \$1,700 from his home Monday.

Frank J. Ceresoli, 74, of 1505 Pine Ave., Sanford, lost a silver plated tea server

valued at \$1,500 to a thief who broke into his home Monday, deputies report.

A burglar took almost \$2,000 worth of building equipment including a generator and two sections of scaffolding from a construction trailer at J. Byrons, Butler Plaza, state Road 434, Casselberry. The items belong to Palmer Electric, Winter Park.

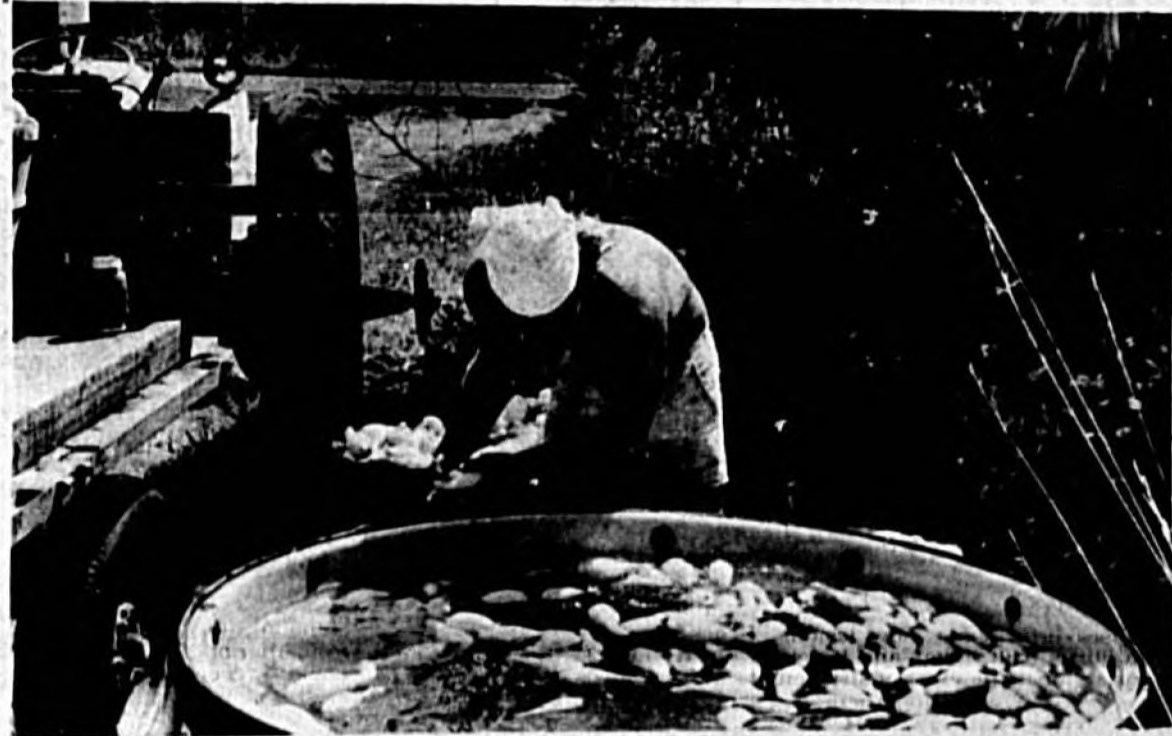
A \$922 kitchen range was stolen from a house being built by Greater Construction Co., state Road 434, Altamonte Springs, at 1850 Growly Circle, Longwood. The thief also did about \$600 damage to the home, deputies report. The burglary occurred between Friday and Monday.

Willie Troutman, 28, of 1251 Dunbar St.,

Lake Monroe, reported to deputies that a \$250 stereo was stolen from his truck while it was parked at the Imperial gas station at state Road 46 and Interstate 4, west of Sanford, Sunday or Monday.

A \$428 microwave oven was stolen from a house being built at 449 Wekiva Cove Road, Longwood. William C. Crump, of Longwood, reported to deputies that the oven was stolen from the ASC Homebuilders' house Friday.

Steve Israel, 40, of Altamonte Springs, reported to deputies that a thief stole a swimming pool pump, a sprinkler system pump and an air conditioner from a home he is building at 118 E. Greentree Drive, Longwood. The theft of the \$850 worth of items occurred Monday.



Herald Photo by Gregory Gahn

Squeaky Clean Squash

After unloading several baskets of squash from the tractor, Keith Bagges of Bagges Produce on Celery Avenue in Sanford dumps the vegetables in a big vat of water next to

his stand and gives them a good washing. Bagges says he likes his customers to have produce that's not only farm fresh, but squeaky clean as well.

Congress Considering Taxing Benefits

WASHINGTON (UPI) — It won't happen this election year, but Congress is taking its first, serious look at taxing fringe benefits such as pensions, insurance and day care, now provided free to millions of American workers.

"There's no need for anyone to get frightened about this," Rep. J.J. Pickle, D-Texas, said Tuesday as his Ways and Means Social Security subcommittee and another subcommittee opened hearings.

"All we want to do is examine the issues involved calmly, responsibly and thoroughly," Pickle said. He said no proposals are under consideration now.

The opening session heard Treasury and Social Security Administration officials warn that the dramatic growth of company-paid, tax-free fringe benefits threatens the government's ability to raise money.

Employers now may deduct standard company-paid fringe benefits as a business expense and those benefits are not included in employees' taxable income.

But tax-free benefits are growing faster than taxable wages, which means there is less income to tax at a time of ballooning federal deficits. President Reagan's pledge not to raise income tax rates puts pressure on Congress to find money elsewhere.

The Treasury estimates it lost \$64 billion in

1983 Social Security and income taxes because fringe benefits are tax-free and predicts it will lose \$78 billion in 1985.

Tax-free benefits will account for 34 percent of total compensation by 2060 if nothing is done, the Social Security Administration estimates.

Ronald Pearlman, acting assistant Treasury secretary, said the government is concerned the growth of tax-free fringe benefits "has caused tax rates to be higher than they would otherwise be."

If Social Security and income tax rates are not increased, "hard choices must be faced as to which fringe benefits can be granted tax-favored treatment," he said.

The administration wants a ceiling on tax-free health insurance and no tax breaks for "flexible spending arrangements," under which workers can set aside some salary to pay for tax-free benefits.

Harry Ballantyne, Social Security's chief actuary, said the current fringe benefit growth rate will cost Social Security the equivalent of a half percentage point of payroll tax over the next 75 years.

In addition, he said, because wages are shrinking as a proportion of total compensation, workers will get smaller Social Security benefits when they retire because benefits are based on actual wages paid.

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NOTICE OF BUDGET HEARING

The City of Sanford has tentatively adopted a budget for 1984-1985. A public hearing to make a FINAL DECISION on the budget AND TAXES will be held on September 24, 1984 at 7:00 o'clock P. M. in the City Commission Room at the City Hall in the City of Sanford, Florida.

ADVICE TO THE PUBLIC: If a person decides to appeal a decision made with respect to any matter considered at the above meeting or hearing, he may need a verbatim record of the proceedings, including the testimony and evidence, which record is not provided by the City of Sanford. (FS 286.0105)

City of Sanford, Florida
H. N. Tamm, Jr.
City Clerk

Publish: September 19, 1984

NOTICE OF PUBLIC HEARING FOR THE PROPOSED ANNUAL BUDGET FOR THE CITY OF SANFORD, FLORIDA.

Notice is hereby given in accordance with Chapter 129.03(3)(b), Florida Statutes, that a Public Hearing will be held in the Commission Room at the City Hall in the City of Sanford, Florida, at 7:00 o'clock P. M. on September 24, 1984 to consider the annual Budget for the fiscal year of October 1, 1984 to September 30, 1985.

THE PROPOSED OPERATING BUDGET EXPENDITURES OF THE CITY OF SANFORD, FLORIDA ARE 11.2 PER CENT MORE THAN LAST YEAR'S TOTAL OPERATING EXPENDITURES.

PROPOSED MILLAGE LEVY: 3.4444 MILLS

1. General Fund Budget	
Cash Balance Forward	\$ 123,138.00
Anticipated Receipts	6,538,047.00
Total	\$6,661,185.00
Proposed Expenditures	
Administrative	\$ 870,799.00
Public Safety	3,555,653.00
Public Works	1,466,366.00
Recreation & Parks	656,022.00
Special Projects & Expense	112,345.00
Total	\$6,661,185.00
2. Federal Revenue Sharing Budget	
Anticipated Receipts	\$ 327,335.00
Proposed Expenditures	\$ 327,335.00
3. Refuse budget	
Cash Balance Forward	\$ 32,000.00
Anticipated Receipts	806,200.00
Total	\$ 838,200.00
Proposed Expenditures	
.....	\$ 838,200.00
4. Water & Sewer Utility Budget	
Cash Balance Forward	\$ 488,751.00
Anticipated Receipts	2,409,600.00
Total	\$2,898,351.00
Anticipated Expenditures	\$2,898,351.00

All parties in interest and citizens shall have an opportunity to be heard at said hearing.

ADVICE TO THE PUBLIC: If a person decides to appeal a decision made with respect to any matter considered at the above meeting or hearing, he may need a verbatim record of the proceedings, including the testimony and evidence, which record is not provided by the City of Sanford. (FS 286.0105)

H. N. Tamm, Jr., City Clerk
City of Sanford Florida

Publish: September 19, 1984

Evening Herald

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Nicaraguan Misadventure

It appears to be true, as the State Department, the CIA and the White House claim, that the two Americans killed when a rebel helicopter was shot down over Nicaragua on Sept. 8 were only soldiers of fortune. Presumably they weren't on the CIA payroll, had no connection — official or unofficial — with the agency. And maybe they would have been there, on a rebel mission against a Nicaraguan military training camp, even if Congress hadn't refused to expand official U.S. assistance to the contra guerilla war against the leftist government of Nicaragua.

In short, maybe it's just another of those incidents that's more the stuff of paperback fiction than of political high drama. But the Reagan administration, by its dogged determination to go on fueling this pointless guerilla action against the will of Congress and of a majority of Americans, and against all common sense, has created an atmosphere of suspicion that won't go away until this country's policy toward Nicaragua starts to make some kind of sense.

Does it make sense, for example, to wage a proxy war that has no chance of success but which brings international criticism of such a cynical enterprise? Does it make sense to sustain such a war and at the same time allow unfettered trade between the two countries? Does it make sense to proclaim that all Washington wants is for the Sandinistas to restore democracy and leave their neighbors alone while allowing the CIA to direct the mining of Nicaraguan harbors?

Congress approved \$24 million in aid to the contras for fiscal 1984, but wisely refused to appropriate \$21 million in supplemental assistance sought by the administration for the same period. The issue will come up again soon, when the administration plans to seek \$28 million for fiscal 1985. Congress should refuse any appropriation, except the modest sum it would take to extricate the contras from their hopeless mission. Only by shutting down that war, and by taking steps to discourage the private support now being funneled to the contras by right-wing organizations in this country, can the administration hope to achieve any success in the ongoing talks with Managua and bring an end to the mutual hostility that carries the everpresent threat of a wider war.

Soviet Shakeup

Moscow's sudden announcement that Marshal Nikolai Ogarkov, former chief of the Soviet general staff, has been demoted and made head of the Voroshilov Academy of the General Staff in Moscow came as somewhat of a surprise.

There was no earlier indication that the Soviet chief of staff was on the outs politically. Quite the contrary; Ogarkov had a very high professional reputation as a non-nonsense officer.

In hindsight, there do appear to have been some policy or military doctrine disputes that could have led to Ogarkov's downfall. He made recent policy statements that indicated that more Soviet military spending should go to conventional forces rather than to strategic weapons. That is against the grain of current policy. It is also possible that Ogarkov is being given the blame for the poor showing of the Soviet army in Afghanistan.

However, Ogarkov's dismissal may have as much to do with intra-Kremlin politics as with defense policy. Even though it is a dictatorship, the Soviet Union still has a very strong tradition of civilian control over the military. Since taking office in 1977, Ogarkov had — by Soviet standards — unprecedented public exposure, including interviews with foreign newsmen and his conduct of the Soviet press conference on the downing of the KAL 007 last year.

As with Premier Nikita Khrushchev's sacking of Soviet Chief of Staff Marshal Georgi Zhukov (the most respected Soviet general of World War II) in 1957, Ogarkov's firing may have been due in part to a fear by civilian party leaders that Ogarkov was becoming too politically powerful and influential.

BERRY'S WORLD



WILLIAM RUSHER Geraldine Ferraro's Dilemma

NEW YORK (NEA) — Underlying the current furor over the Cuomo-Ferraro position on legalized abortion is one important unrecognized fact: The Roman Catholic bishops, or at least some of them, have decided to blow the whistle at last on various liberal politicians who have been getting away with posing as faithful Catholics while simultaneously supporting abortion.

Why have the bishops decided to act on this subject at this particular time? Because the question has ceased to be a matter of mere intellectual inconsistency and become a burning issue based on a grim fact: Since abortions were extensively legalized by the Supreme Court in *Roe v. Wade* in 1973, there have been about 15 million legal abortions in this country, many of them financed by such "progressive" states as New York and California. These operations, which abortion opponents sincerely believe amount to the brutal extinction of innocent human lives, are now proceeding at the brisk pace of 1.6 million every year.

The problem is what to do about politicians who profess to be Catholics, and serenely reap the often considerable political benefits of that status, then turn around and squarely oppose the Catholic position on abortion. Geraldine Ferraro is our model here. Right after her nomination for vice president, *People* magazine quoted her as saying, "My husband, my children and I are churchgoing Catholics. We feel very strongly about our religion." And yet, as the 1984 Almanac of American Politics admiringly put it: "She was able to get away with supporting government-financed abortions for the poor."

How does she do it? Her explanation is glib: "My foremost duty as a public official is to uphold the United States Constitution, which guarantees freedom of religion. I cannot fulfill that duty if I seek to impose my own religion on other American citizens."

At Notre Dame, New York Gov. Mario Cuomo argued, quite rightly, that a public official of the Catholic faith should not be expected to tow the Catholic line on the whole series of public issues on which his church has positions (e.g. contraception), but on which a pluralistic society can only proceed by a larger consensus. But the church certainly has the right to define a particular stand — in this case opposition to abortion — as doctrinally central to its teachings, and to ask politicians who do not support it to stop bidding for Catholic votes on the grounds of a shared faith.

After all, the Catholic church is entitled to participate in the development of that national consensus, too.

JACK ANDERSON

Health Provider's Exemption Denied

WASHINGTON — No one needs to be reminded that the costs of federally funded health care are soaring into the stratosphere. Many companies that provide the equipment and services needed to treat Medicare and Medicaid patients charge top dollar whenever they can get away with it.

To prevent this unconscionable profiteering on the misery of the nation's sick and needy, the Department of Health and Human Services has laid down certain regulations intended to keep some kind of control over runaway costs. One of these prohibits "sweetheart" deals between health providers and subcontractors that inflate the cost of goods and services.

This is the story of a major health provider's request for an exemption from the sweetheart-deal rules — and its rejection by HHS after an investigation by the agency's inspector general.

The exemption was sought late

The dynamic duo has struck again. Linda Evans and Doralne Harrington have been named Volunteers of the Year for 1984 by the Dividends, Seminole County Schools' volunteer program.

Both have logged 1,087 hours each in the last two years, helping children at Geneva Elementary School improve their learning skills. In addition to helping in the classroom, they have presented numerous community resource programs all over the county. They assisted in the fingerprinting program for the youngsters and organized and ran the Math Superstars Program.

In other Dividend news, the mentorship program is entering its second year in Seminole County schools. The program, unique to Florida, matches local retirees with special abilities and experience in certain

fields with students who are considered bright and creative. Then, according to Jo Starks of Dividends, "these one-on-one partnerships explore each other's interests; then they plan and schedule the execution of a project to be shared with others."

The results of these "magic matches," she says, are lasting friendships and the expanding of the children's minds and experience.

There will be a workshop on developing children's potential Oct. 4 at Sandlodo United Methodist Church, Interstate 4 and state Road 434. This free workshop will be held from 9-11:30 a.m. and will feature Mrs. Vanda Williamson, Palm Beach County, as speaker. Parents, teachers or anyone else interested may attend.

On Oct. 5, there will be a presentation on the materials and

methods used in the reading program in Seminole County schools. The free program will be held in the Willa Tusawilla Plaza, Red Bug and Tusawilla roads. Numerous new and used items including television sets, lamps, cars, clothes and other items donated by local businesses will be auctioned off at 3:30 p.m. All proceeds will go to the school's Silver Regiment Marching Band. For more information call Cindy Russell at 678-5840.

Lake Howell High School will be having an auction Oct. 6 at the Willa Springs Plaza, Red Bug and Tusawilla roads. Numerous new and used items including television sets, lamps, cars, clothes and other items donated by local businesses will be auctioned off at 3:30 p.m. All proceeds will go to the school's Silver Regiment Marching Band. For more information call Cindy Russell at 678-5840.

ROBERT WALTERS Sinking Of The 'Float'

WASHINGTON (NEA) — The oft-promoted but long-delayed checkless, cashless society is rapidly emerging — in a form which will cause many consumers to rue its arrival.

Linking virtually all retail customers' financial transactions directly with their bank accounts will be the "debit card," a plastic card superficially identical to a credit card.

There is, however, one very important difference: When a store makes a sale to a customer using a debit card, the purchase price is immediately debited to the buyer's account and credited to the merchant's account.

Credit cards, on the other hand, have a built-in "float" — the period between the purchase and the actual transfer of funds from buyer to seller — which typically ranges from 30 to 45 days. Those who pay by check enjoy the benefit of a shorter float, usually from two to four days.

Thus, there's little enthusiasm among consumers for debit cards — and that's one reason why their introduction in the late 1970s was a marketing disaster.

Nevertheless, the banks which issue debit cards and the businesses which accept them now have mounted a new campaign to gain consumer acceptance because all-electronic transactions using debit cards are cheaper to process than any other form of payment.

One survey of service station expenses in handling an \$18 gasoline purchase found that it cost 54 cents to handle a cash payment, 60 cents to \$1 for a check, \$1 for a credit card — and 10 cents for a debit card.

Automatic teller machines or ATMs already are in thousands of banks and are rapidly spreading to shopping centers, supermarkets, airports and other locations. Millions of bank depositors have been persuaded to rely upon them, as an alternative to dealing directly with tellers, for making deposits, withdrawals and intra-account transfers.

When the Federal Reserve Bank of Atlanta recently surveyed the 35 largest grocery and convenience store chains in the Southeast, it found that two-thirds of those stores expected to have ATMs installed within the next two years.

The instrument used to gain access to ATMs is a debit card — although banks have carefully avoided identifying it as such and instead have promoted its ability to provide "instant cash."

But ATMs located in retail outlets also are only one step away from the cash register — the point of sale or POS — where merchants can instantly collect the full purchase price from customers' bank.



JEFFREY HART

Religion In Politics

Walter Mondale's tactic of pushing the "religion" issue into the foreground of his campaign has several goals. When Mondale and Ferraro talk about the "separation of church and state" they are really using code words. They are talking about Reagan's appeal to conservative religious groups, notably but not only the fundamentalist Protestants as represented by the Rev. Jerry Falwell.

For one thing, Mondale is signaling the major Jewish organizations that Reagan is trying to "Christianize" America. During the primary campaign, Mondale lost a lot of ground with the Jewish organizations and their leadership because of his pusillanimity in handling the Rev. Jesse Jackson, of "Hymietown" fame, and because of Jackson's relationship to the blatantly anti-semitic Louis Farrakhan. Mondale is trying to recover his lost ground here with his "Christianization" theme.

Now no one really believes that Reagan is out to turn America into a Christian theocracy. Even if he wanted to do so, and he doesn't, Reagan would not have the power to bring that about, or even make a start toward it. We are operating here in the realm of symbols and of status. What Mondale is really signaling is that if he is elected president he will appoint Supreme Court justices who will oppose Nativity displays in Pawtucket, R.I., and ban the singing of "Silent Night" in public school auditoriums. To some people, those symbols are very negative, and Mondale is signaling that he opposes them.

During the primary campaign, Mondale also lost a lot of ground among the constituency that came to be known as the Yuppies, whose champion was Gary Hart. In fact,

Mondale may have made a major mistake in picking Geraldine Ferraro instead of Hart as his vice presidential running mate. After all, Hart got about as many votes during the primaries as Mondale did, he appeals to a distinctive constituency, and he buried Mondale in the climactic primary in the crucial state of California. But, in Joan Didion's phrase, Mondale now has to play it as it lays and he has to appeal to those Yuppies — the Young Upwardly Mobile Professionals.

These people don't like Jerry Falwell. They are not great Bible readers. If they need an abortion or a little pot they want them to be readily available. They would regard any sort of censorship as medieval. They are educated and skilled and moving into the higher tax brackets, and they voted for Gary Hart because they understand that Walter Mondale has designs on their bank accounts. When Mondale issued his famous promise to "raise taxes," this constituency knew exactly what he meant. That is, he meant a large "income transfer" from the high-tech and skilled job holders to the low-tech "Rust Belt" and to the welfare underclass. The Yuppies understand that Mondale was bought and paid by the AFL-CIO, and that when Gary Hart flattened him in New Hampshire, it was the AFL-CIO, and its probably illegal campaign contributions — that saved his political life. Polls taken during the primaries indicated that many of the Yuppies would vote for Reagan if Hart lost to Mondale, and Mondale is now trying to frighten them with Jerry Falwell.

Mondale's use of the "religion" issue also addresses a growing Catholic problem, which might be put succinctly as The Pope Is Not a Liberal.

last year by National Medical Care Inc. of Waltham, Mass., the nation's largest provider of life-sustaining kidney dialysis treatment. HHS auditors discovered that one of the corporation's subsidiaries, Erika Inc., sold dialysis supplies to another subsidiary, the Artificial Kidney Center of Queens, N.Y., at prices from 22 percent to 56 percent above the going rate.

As a result, the auditors found, Erika made \$181,671 in excess profits in 1977 on that deal alone. Erika also netted \$4.3 million in excess profits during 1981 from sales to its corporate siblings, according to the still-unreleased IQ report.

Under federal regulations, such corporate incest is permissible only if the company can prove that the charges were "comparable" to the going rate, and that a "substantial" part of the company's business is with unrelated firms.

Erika flunked both tests, according to the auditors.

Data it submitted on 1981 sales showed that the company did more than half its business outside the corporate family. The HHS investigators concluded that the correct figure was only 46 percent.

As for comparable prices, the auditors looked at Erika's charges to its parent corporation's 170 clinics and to other, unrelated clinics and concluded: "Contrary to NMC's assertions, sales to related organizations were at generally higher prices than sales to unrelated organizations."

NMC Vice President Timothy I. McFeeley urged HHS not to release the information gathered by the inspector general. It's easy to understand the company's concern. For example:

The company claimed that Erika actually charged NMC clinics an average of \$21.93 less for dialysis machine filters than it did to unrelated clinics. The IG reviewed four filter models and found that Erika had in fact charged

clinics in the corporate family anywhere from \$38.08 to \$83 more per filter, for an excess profit of \$1.3 million.

The company claimed its clinics paid only 84 cents more for blood-line sets from its Erika subsidiary; the auditors found the markup averaged \$8.46, for an excess profit of \$271,683 on that item.

A spokesman told my associate Tony Capaccio that the company could not appeal the rejection of its exemption request. Though he conceded the audit was done legally, he said, "The problem is with the regulations themselves."

In his letter to the IG, McFeeley called the audit "a colossal waste of tax money." But if HHS had allowed the higher prices resulting from NMC's sweetheart deal with its subsidiary, they would have affected the federally established reimbursement rate for kidney dialysis treatments nationwide.



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PEOPLE

Evening Herald, Sanford, Fl. Wednesday, Sept. 19, 1984-1B

Cook Of The Week

Mother-In-Law Recipes Guaranteed To Please

By Brenda Lowe
Herald Correspondent

Whew! It's pouring down rain, you just walked through the door and the telephone's ringing. It's your mother-in-law and she says she'll be "right over."

Panic?
Not today, because Cheryl Burch has "mother-in-law" recipes guaranteed to please and they don't take a lot of time. What a relief!

Cheryl says that she was a "Navy brat who lived all over" until she moved to Sanford at the age of six. Her father was stationed at the old Sanford Naval Air Base, and after his retirement the family decided to make Sanford their permanent home.

Activity is the by-word at the Burch household, which includes husband Terry and their three children. When Cheryl isn't attending to duties as a registered nurse in the intensive care unit at Central Florida Regional Hospital, she is involved with her sorority, Beta Sigma Phi.

She was a past Valentine Charity Ball chairman and now represents the sorority on the city council. The Sanford Gymnastic Association is also a beneficiary of Cheryl's talent and creativity. She is a board member and chairman of the building fund.

When it comes to food, Cheryl says, "I love to cook and eat everything God calls food! I read cookbooks the way other people read novels and I would rather cook at home than go out. I love all food, from the exotic to the ordinary."

This works out beautifully because Cheryl and her family vacation each year in Key West where they get shrimp, lobster and conchs. They round out their seafood supply by getting oysters at Turtle Mound in New Smyrna Beach. Terry brings home an abundant supply of fresh fish and game. With three large volumes of recipes that she has collected, there is almost no limit to Cheryl's repertoire.

At present, Cheryl is redecorating their home with love-



Cheryl Burch serves pie for dessert

ly antiques and her own handcrafts add a special touch. When time permits, Cheryl says that she likes to can and pickle whatever fruits and vegetables are in season. She also hopes to have a garden of her own someday.

Here are Cheryl's "mother-in-law" recipes. Even if you don't have a mother-in-law, these quick palate-pleasers are great for all of today's busy cooks.

(Note: Cheryl always takes a recipe to bridal and baby showers as an extra gift. A great way

to share!)

CHICKEN LORRAINE SOUP

2 cans cream of chicken soup
1 cup milk
1 package frozen, chopped broccoli

Combine all 3 ingredients in pan. Heat slowly and stir, blending well as broccoli thaws. Broccoli should cook 30 minutes, til tender. Makes 4 hearty servings.

TERRY'S OYSTER APPETIZERS

3 dozen cold-pack or fresh oysters (never frozen)

1 8-ounce jar Ragu spaghetti sauce

Half slice bacon for each oyster
Rinse oysters well. Wrap each one in half slice bacon, secure bacon with toothpick. Top each oyster with 1 teaspoon of Ragu sauce. Broil until bacon is crispy. Serve hot.

APPLE-SAUSAGE PANCAKES

This is great when Mom decided to spend the night!
Regular box of pancake mix
1 chopped apple, peeled
1/4 teaspoon cinnamon
1/4 teaspoon nutmeg

Package of sausage links (enough for 4-6 servings), fried and drained

Mix pancake mix according to directions. Add chopped apple, cinnamon, nutmeg and blend well. Pour mixture into a greased 8 or 9 inch pan. Arrange cooked sausage links, pinwheel-fashion, on top of mix. Bake at 375 degrees for 20-25 minutes. Serve with syrup.

GRAPEFRUIT ALASKA

1/2 grapefruit
1 tablespoon vanilla ice cream for each half grapefruit
Meringue, any recipe

Top each half grapefruit with 1 tablespoon of vanilla ice cream. Cover with meringue. Bake at 450 degrees for 1-3 minutes.

FABULOUS FUDGE

3 six-ounce packs of semi-sweet chocolate bits
1 can Eagle brand condensed milk

1/2 teaspoon vanilla extract
pinch salt
1/2 cup chopped nuts (optional)

Melt chocolate bits in double-boiler. Remove from

heat. Add the Eagle Brand Milk, smooth. Turn into wax paper-lined pan and cool.



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Something For Everyone At Sidewalk Art Show

THE FALL FOR ART, 12th annual sidewalk art show sponsored by the Sanford-Seminole Art Association will be held on the shores of Lake Monroe on Saturday, Oct. 27 and Sunday, Oct. 28, from 10 a.m. to 5 p.m. each day. There will be entertainment throughout the show and art association president Bob Garcia promises an outstanding event with something for everyone, according to Frances Lyon.

Categories for the show include: oil, acrylic, mixed media, watercolor, graphics, pastel, drawing, photography, crafts and sculpture. Qualified judges will award the prizes. The show rules and application for showing are available by contacting Garcia, 750 Pampas Grass Court, Lake Mary 23748. Spaces are still available.

The SSAA is a non-profit organization that has been a part of Seminole County for 25 years and one of the purposes of the organization is to help develop a civic interest in all phases of art so that the cultural growth of the community may keep abreast of its economic development and to create civic pride. The association boasts that several of the charter members continue to be active in the organization, Mrs. Lyon says.

The first meeting of the '84-'85 season was held this month in the Sanford Civic Center with a covered dish dinner followed by a critique of paintings and other art media conducted by Joseph Mathieux. A charter member of the association, Mathieux is an accomplished painter and art critic.

Membership in the organization is open to residents who are interested in creative art and its appreciation. Young artists are encouraged to become junior members of SSAA and they are welcome at meetings and de-

monstrations, etc. A SPRING FOR ART is held in Sanford Plaza each year in which junior artists participate. The Association also has a scholarship fund, named in honor of the late John Hodge. Scholarships are awarded each year after the scholarship committee makes its selection from applicants, thus

helping to further the art education of the recipients.

The Sanford-Seminole Art Association is fulfilling its purpose in promoting an inspiring and friendly atmosphere among those who are interested in creative art and its appreciation, according to Mrs. Lyon.

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Hospital Offers To Help Plan A Safe Halloween For Children



DEAR ABBY: It's a little early to be thinking about Halloween, but I know you prepare your column several weeks in advance so I'm writing you now.

For several years, we at Mercy Hospital in Charlotte, N.C., have watched the fun of Halloween being replaced by fear and dread among parents as more incidents of candy tampering are reported in the news media.

We don't want to see this tradition of Halloween come to an end, so we hope hospitals around the country will pick up on our idea in an effort to make Halloween safer for children and more enjoyable for parents.

This year, for the 10th consecutive year, Mercy Hospital in Charlotte and the Mercy Urgent Care Center in Pineville, N.C., will offer free X-rays of candy for children in our area.

Over the year, hundreds of families have taken advantage of this offer. X-rays, as you probably know, will detect only metal or solid objects in candy or fruit. X-rays will not detect poisons or drugs, however, so parents should still check their children's candy for signs of tampering; discoloration, or torn or punctured wrappers.

I'm happy to say we have never found anything in any of the candy or fruit that has been checked at Mercy. We have, however, heard of reports of candy tampering in this area of North Carolina.

We hope other hospitals across America will join us in this project at Halloween.

Yes, it costs the hospital some



Dear Abby

money for the X-ray equipment and film. But our staff donate their time, and our hospital volunteers help coordinate it. Last year, Eastern Airlines donated baggage tags that we used to make sure each child got the right bag of candy returned. (There were several hundred people coming to our emergency department in just a few hours, so you can imagine the opportunity for chaos.)

I'm sorry for the length of this letter, but I know many, many parents read your column, and they are the ones who have to look out for the safety of their children.

If other hospitals want more information about how to organize their own Halloween safety project, they can write me at Mercy Hospital, 2001 Vail Ave., Charlotte, N.C. 28207.

Thank you, Abby. With a little luck, we can make Halloween safe for all children everywhere.

PHIL WHITESELL,
VICE PRESIDENT,
PUBLIC RELATIONS

Club Helps Lighthouse Children

Nancy Crawford, representing the Junior Woman's Club of Sanford Inc., presents a \$200.00 check to Barry Mason, resident director of the Lighthouse in Geneva, a home for abused and neglected children, ages 12-17. The woman's club encourages other organizations to join them in contributing to the support of the Lighthouse, according to a club spokesman, Rosalie Morace. For information, call Mason, 349-5099.

Ballet Guild Calls Auditions

Ballet Guild of Sanford-Seminole announces 1984-1985 auditions for dancer members will be held Sunday, Sept. 23. Auditioning dancers should register at 12:30 p.m. for their 1 p.m. audition class which will be conducted by Christian Faust.

Faust is currently director of the dance department of the Florida School of the Arts in Palatka. He is a former dancer with the Ballet Metropolitan and the Dallas Ballet.

Aspiring dancers should be at least 10 years of age by Dec. 31 and must have had at least two years of classical ballet training. Female dancers wishing to audition on Sunday should wear black and pink and bring ballet and pointe shoes if they are advanced to that stage. Male dancers should wear black or black and white.

The Ballet Guild is a non-profit civic organization chartered by the State of Florida in 1969.

Seminole County's own Ballet Company will be beginning its 17th season this year.

Craft Fair

Over 75 Central Florida craftsmen are to be featured in the fifth annual Goldenrod Craft Fair, to be held Saturday, Oct. 6, on the grounds of the Goldenrod Civic Center on Palmetto Avenue one block south of Aloma. Hours are 9 a.m. to 4 p.m. The fair will offer a wide variety of unique and original crafts for holiday giving or personal use.

As an added attraction free fingerprinting will be offered by the WCPX TV Channel 6 community service team between 10 a.m. and 2 p.m., under the guidance of the Orange County Sheriff's Department. Bingo will be played in the civic center, and food and refreshments will be sold throughout the day at nominal cost. Free parking is available to the public.

The annual event is held as a fund raiser for improvements at the Goldenrod Civic Center and is sponsored by the Goldenrod Civic Club. Rain date for the outdoor event is set for Oct. 13. For further information call 678-8080.

Garden Circle

HIBISCUS CIRCLE

The Hibiscus Circle of Garden Club of Sanford held the September meeting and covered dish luncheon at The Garden Club. Mrs. Leona Barnhart and Mrs. John Stankiewicz were hostesses.

Mrs. T. B. Middleton, devotional leader, read a poem. Mrs. Gordon Brisson gave tips on what to do in the garden this month. She also gave a list of plants and how they can be multiplied.

VETERINARY SERVICES ANNOUNCEMENT
The Office of Dr. G. D. Manley and Dr. Craig Brakeman is Pleased To Announce That Full-Time Veterinary Service Is Now Available To Residents Of Sanford And Western Seminole County To Serve Your Large Animal Needs. If We Can Be Of Service To You, Please Call Us On The Toll-Free Line And We Will Promptly Attend To Your Animals Needs.
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Lose 10, 20, 30 or more lbs. You decide!
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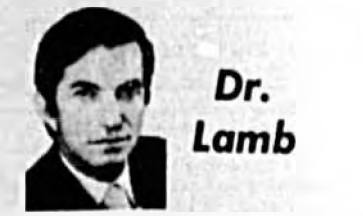
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Fear Of Failure Could Cause Sexual Problem



Dr. Lamb
aggravating your neck and back. The exercise program will depend entirely on what is wrong. Send your questions to Dr. Lamb, P.O. Box 1551, Radio City Station, New York, N.Y. 10019

DEAR DR. LAMB — I have a rather embarrassing problem. Recently, my fiancée and I decided it was time for us to have sex. During our pre-sex fooling around, I maintain an erection. However, just prior to having intercourse, I lose the erection, and it is difficult to revive.

DEAR READER — You may be the victim of a lack of confidence. Just because a man has been sexually active before does not mean he can't lose his confidence. It is often called a "fear of failure."

How do you overcome that? One way is: Don't force yourself to have sex. Instead, enjoy a close, intimate, loving situation, with the understanding that it is not going to lead to sex at that time. As you get used to loving and being loved, your confidence may be restored, and eventually, when you are ready, Nature will do the rest.

If that doesn't work, then you might consider seeing a doctor. Just because you are young doesn't mean you couldn't have a medical problem causing impotence. The fact that you have normal early responses does suggest that you have all the normal mechanisms and that you really have a psychological basis for impotence.

I have discussed some of the psychological aspects of impotence in "The Health Letter 18-6, Help for Impotence."

DEAR DR. LAMB — I am 32 and basically in good health, but I am 10 pounds overweight so I enrolled in a very strenuous aerobic program. I have been going for two months and have lost the 10 pounds and then some. The exercise is doing wonders for me, but I have a bad lower back and neck that hurt after every exercise.

DEAR READER — Congratulations on your success. Exercise is a very important way to help lose unwanted body fat and improve your health, but it can also be harmful if not done properly. Some individuals have problems that dictate what kind of exercise they can do.

ACROSS

- 1 Iron (Ger)
- 6 Careened
- 12 Menly
- 13 Linn
- 14 Slow (mus.)
- 15 City in New Jersey
- 18 Medicinal plant
- 17 Shaping form
- 18 Silkworm
- 19 Bang
- 20 Pertaining to dawn
- 24 Gaudy
- 28 Extract
- 27 Wave (Sp)
- 30 Hindu deity
- 32 Female saint (abbr.)
- 33 Away from
- 34 Sport of shooting clay pigeons
- 35 Urchin
- 36 Unsophisticated
- 38 Poet Ogden
- 40 Ancient name of Vich
- 41 Married
- 42 Hindu deity
- 46 Trudge
- 48 Rolled out
- 49 Clothing fabric
- 52 Heated discourse
- 53 Overthrows
- 54 Out of bed
- 55 Matched group of china (2 wds)
- 56 Yellow fever mosquito

DOWN

- 1 Downy duck
- 2 Teheran native
- 3 Cue
- 4 Director Kazan
- 5 Recent (pref)
- 6 Zoom
- 7 English count
- 8 Got away from
- 9 Japanese currency
- 10 East Indian wood
- 11 English river
- 12 Jardiniere
- 17 Rankled
- 19 Horseleathers (sl)
- 21 Remove from office
- 22 Official records
- 23 Lack
- 25 French river
- 26 Ingats
- 27 Mrs. Charles Chapin
- 28 Cookout
- 29 Monkshood
- 31 Decipher
- 37 Fumes
- 39 Crossbreed
- 41 Most unfavorable
- 43 Humble
- 44 People of ancient Iran
- 45 Arabian port
- 47 Jazira
- 48 Ireland
- 49 Experienced person
- 50 First woman
- 51 Pasture land
- 52 Chinese temple

Answer to Previous Puzzle

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

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WIN AT BRIDGE

By James Jacoby

South knew something about planning the play at trick one. He could see a heart loser and a diamond loser. However, East had bid two clubs and should hold the diamond ace as part of his values for that overall. If East had fewer than four diamonds with the ace, the contract could be made. Our thoughtful declarer won the club ace, discarding a heart. A diamond was played from dummy, won by the queen, and another diamond was led to East's ace, dummy playing low.

South trumped the king of clubs return, entered dummy with a spade and played a third round of diamonds. If the diamond ace came up, the hand would be over. Such was not to be. East played the jack of diamonds, and the contract was eventually down one when a heart trick had to be lost.

The key to success is using the ace of clubs at the right time. That is not at the first trick. Declarer should play low from dummy and trump the opening lead. He now plays a spade to the queen and a low diamond. East must duck; otherwise both the diamond king and the club ace will provide heart discards. When South wins the queen of diamonds, he can play another spade to dummy and cash the club ace, throwing his small diamond. He returns to his hand by ruffing a club or a diamond and plays his A-K-3 of hearts. West wins the third heart but South will be able to trump his fourth heart in dummy and make the contract.

NORTH ♠ 10 9 4
♥ K Q 8
♦ 8 7 2
♣ K 6 5 3
♦ A J 2

WEST ♠ 4 3
♥ J 10 6 4
♦ 10 8 3
♣ 8 7 4 3

EAST ♠ 7
♥ Q 5
♦ A J 9 4
♣ K Q 10 8 5

SOUTH ♠ A J 10 9 6 5 2
♥ A K 9 3
♦ Q 7
♣ - - -

Vulnerable: North-South
Dealer: North

West	North	East	South
10	26	20	20
Pass	3 NT	Pass	3♥
Pass	3♠	Pass	6♣
Pass	Pass	Pass	Pass

Opening lead: ♠3

HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY
SEPTEMBER 20, 1984

Take advantage of any opportunities you get this coming year to join worthwhile organizations. Many valuable contacts can be established that can help you in other areas of your life.

VIRGO (Aug. 23-Sept. 22) Social involvements should work out pleasantly for you today, as long as they are not overly expensive. When going out on the town, leave your credit cards at home. The areas in which you'll be the luckiest in the year ahead are revealed in your Astro-Graph predictions for the coming year. To get yours mail 81 to Astro-Graph, Box 489, Radio City Station, New York, NY 10019. Be sure to state your zodiac sign.

LIBRA (Sept. 23-Oct. 23) An important objective can be achieved today, but be extremely careful you do not step on the toes of others in order to accomplish your aim.

SCORPIO (Oct. 24-Nov. 22) If you have points you want to get across to others today, do not be coy or beat about the bush. However, make certain you state your case diplomatically.

SAGITTARIUS (Nov. 23-Dec. 21) You have the ability today to improve upon the basic ideas of associates. If your efforts turn out successfully, be sure to share the credit.

CAPRICORN (Dec. 22-Jan. 19) Partnership situations hold promise today, but only if you and your cohorts are in total agreement, down to the smallest of details.

AQUARIUS (Jan. 20-Feb. 19) It's important today that you establish reasonable objectives for yourself. You're capable of doing a lot but you still have your limitations.

PISCES (Feb. 20-March 20) In order to maintain a harmonious relationship with a valued friend today, it's best that you don't pry into matters he or she wishes to keep secret.

ARIES (March 21-April 19) To achieve maximum productivity today, you'll have to keep your nose to the grindstone. However, still take time to be of service to those who need you.

TAURUS (April 20-May 20) Your fertile imagination will furnish you with good ideas today, but you must implement them yourself, not delegate them to others.

GEMINI (May 21-June 20) Your financial prospects are beginning to brighten a bit, but do not use this as a signal to loosen your purse strings for extravagant expenditures.

CANCER (June 21-July 22) Self-interests can be successfully promoted today, provided you do not permit negative thinkers to dissuade you from your purpose.

LEO (July 23-Aug. 22) Your potential for personal acquisition looks good today, but there is also a danger you could let what you gain slip through your fingers.



Quiche

Hearty Entree With Delicious Ethnic Accent

Time was when many thought of quiche as one of those foreign dishes about which only gourmets knew. However, times have changed and most Americans now know it as a hearty, cheese-custard, main dish. Americans have adopted quiche as one of their favorite entrees.

Freezing the cheese mix as well as the pie crust is an American idea that fits in with today's busy lifestyles. You can mix at leisure on those days when you feel like stocking the freezer or after finding cheese at a bargain price. The mix keeps up to three months. Twenty-four hours before you plan to serve, let it defrost in the refrigerator. Just stir the filling before pouring into a pie shell.

With so many American cheeses available, it's easy enough to vary quiche. U.S. made, Italian-type mild Mozzarella and sharp Parmesan give quiche an ethnic accent. Another interesting innovation consists of three natural cheeses, Cheddar, Swiss and Monterey Jack. They blend well together to provide a popular flavor combination.

PASTRY CRUST

Yield: 2 pastry shells
 2 cups all-purpose flour
 1/4 teaspoon salt
 6 tablespoons butter
 4 tablespoons lard
 6 to 8 tablespoons cold milk
 Combine flour and salt. Cut in butter and lard until mixture resembles coarse crumbs. Gradually add milk, 1 tablespoon at a time, mixing just until dough holds together. Shape into a ball. Divide in half. Roll out each half on a lightly floured surface to a 13-inch circle. Line two 9-inch pie plates with dough. Trim and build up edges with a high flute. Freeze several hours; then if planning to freeze for any length of time, wrap with freezer paper. Leave frozen until ready to use. (Unbaked pastry shells may be frozen up to 3 months.)

NOTE: A frozen prepared deep dish pastry shell may be substituted for homemade crust. Use as recipe directs.

ITALIAN QUICHE (8 servings)

6 ounces hot Italian sausage, casing removed
 1/2 cup chopped onion
 1/4 cup chopped green pepper
 4 teaspoons flour
 1 teaspoon Italian seasoning
 1/4 teaspoon salt
 1/2 teaspoon pepper
 1 1/2 cups (8 oz.) Shredded Mozzarella cheese
 2 cups light cream OR half and half
 1 tablespoon cornstarch
 4 eggs, slightly beaten
 1 unbaked frozen 9-inch pastry shell
 6 cherry tomatoes, halved
 1 tablespoon grated Parmesan cheese

Cook sausage, onion and green pepper until sausage is browned and crumbly; drain well. Stir in flour and seasonings. Stir in Mozzarella cheese. Stir a small amount of cream into the cornstarch until smooth. Add remaining cream and eggs; mix well. Pour over cheese-sausage mixture; mix well. Place mixture in 2-quart freezer container. Cover and freeze. (Quiche mixture will keep frozen up to three months.) Thaw quiche mixture in refrigerator 24 hours. To bake, preheat oven to 375°F. Stir thawed quiche mixture. Pour into frozen pastry shell. Bake 40 to 45 minutes, or until knife inserted near center comes out clean. Place cherry tomato halves in spoke fashion forming six spokes on top of baked quiche. Sprinkle with Parmesan cheese. Let stand 10 minutes before serving.

TRIPLE CHEESE QUICHE (8 servings)

1 tablespoon butter
 1/2 cup sliced green onion
 3/4 cup (3 oz.) EACH shredded: Cheddar, Swiss, Monterey Jack cheeses
 2 cups light cream OR half and half
 1 tablespoon cornstarch
 4 eggs slightly beaten
 1/2 teaspoon EACH: salt, pepper
 1 unbaked frozen 9-inch pastry shell
 Sauté green onion in butter until tender, about 3 minutes. Combine sautéed onion and cheeses. Stir a small amount of cream into cornstarch until smooth. Add remaining cream, eggs and seasonings. Pour over cheese mixture; mix well. Place mixture in 2-quart freezer container. Cover and freeze. (Quiche

mixture will keep frozen up to three months.) Thaw quiche mixture in refrigerator 24 hours. To bake, preheat oven to 375°F. Stir thawed quiche mixture. Pour into frozen pastry shell. Bake 40 to 45 minutes, or until knife inserted near center comes out clean. Let stand 10 minutes before serving.



The mix for cheese quiche can be frozen in advance and keeps up to three months



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7 days a week

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Pork
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 per lb.
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THURS., SEPT. 20
THRU WED.,
SEPT. 26, 1984...

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Keepsake Occasions

Cherished Celebrations Call For Elegant Foods To Offer 'Best Wishes'

If wedding bells will be ringing soon, many cherished celebrations are sure to be coming along the way. Engagement announcements, bridal party get-togethers and even a warm welcome home from the honeymoon are only a few of those very special moments which will never be forgotten. To make any of these occasions extra memorable, offer your best wishes by hosting this elegant brunch created by The Lipton Kitchens.

Start by treating your guests to **Peaches 'N Almond Cream** made with almond pleasure herbal tea. With just a whirl of the blender, this rich and fruity beverage promises to be an eye opener.

Then show how easy omelets for six can be with **Sensational Pinwheel Omelet**. This cleverly rolled omelet has a delicious spinach-ham filling tucked inside and **Golden Mushroom-Wine Sauce** drizzled over the outside. The sauce is tastefully seasoned in one convenient step by golden mushroom soup mix.

For a lusciously grand finale, serve **Berries Au Chocolate**. This spectacular creamy raspberry custard is handsomely presented on a chocolate base. It's a perfect choice for entertaining since its unflavored gelatine base allows you to make it well in advance of your elegant affair.

Of course, you don't have to put this menu on hold until you hear wedding bells. This festive brunch is perfect not only for special celebrations, but also for times as casual as a weekend get-together of close friends.

PEACHES 'N ALMOND CREAM

2-1/2 cups boiling water
5 almond herbal tea bags
1 can (16 oz.) sliced peaches in heavy syrup, drained
2 cups (1 pt.) vanilla ice cream
2 teaspoons lemon juice
In teapot, pour boiling water over almond herbal tea bags; cover and brew 5 minutes. Remove tea bags; chill.
In blender, combine tea, peaches, ice cream and lemon juice. Process at high speed until blended. Makes about 6 servings.

BERRIES AU CHOCOLATE
1/2 pint fresh raspberries
1 envelope unflavored gelatine
7 tablespoons sugar
2 eggs yolks
1 egg
1 cup (1/2 pt.) light cream or half and half
3 tablespoons orange liqueur
2 teaspoons vanilla extract
1/2 cup whipping or heavy cream, whipped
4 squares (1 oz. ea.) semi-sweet chocolate, melted
Reserve 6 raspberries for garnish
In medium saucepan, mix unflavored gelatine with sugar; blend in egg yolks and egg beaten with light cream. Let stand 1 minute. Stir over low heat until gelatine is completely dissolved, about 5 minutes. Stir in liqueur and vanilla. Pour into large bowl and chill, stirring occasionally, until mixture mounds slightly when dropped from spoon.

Fold in whipped cream, then raspberries. Turn into six 1/2-cup molds or bowl; chill until almost firm. Evenly top each mold with hot melted chocolate, tilting molds to spread chocolate and cover gelatine completely; chill until firm. To serve, unmold onto serving dishes. Garnish with reserved raspberries and, if desired, additional whipped cream and mint leaves. Makes about 6 servings.

SENSATIONAL PINWHEEL OMELET
10 eggs
1/2 cup water
1 package (10 oz.) frozen chopped spinach, thawed and drained
1-1/2 cups shredded cheddar cheese (about 6 oz.)
1/2 pound thinly sliced cooked ham
Golden Mushroom-Wine Sauce*
Preheat oven to 350°
Beat eggs with water; pour into wax paper-lined 15-1/2" x 10-1/2" x 1" jelly roll pan. Bake 20 minutes or until golden. Loosen egg from sides of pan; turn onto second sheet of wax paper. Let cool 5 minutes; carefully remove wax paper.
Combine spinach with cheese; evenly arrange ham and spinach mixture on egg. Roll, starting at 10-1/2-inch end, jelly-roll style. Return to jelly-roll pan and bake

15 minutes or until cheese is melted. Serve with **Golden Mushroom-Wine Sauce**. Makes about 6 servings.

*Golden Mushroom-Wine Sauce— In medium saucepan, blend 1 envelope golden

mushroom soup mix, 1/2 teaspoon dill, 1-1/4 cups mild and 1/4 cup dry white wine. Bring to the boiling point, then simmer, stirring constantly, until sauce is thickened, about 5 minutes. Makes about 1-1/4 cups sauce.



Omelet, Berries Au Chocolate and almond cream perfect menu



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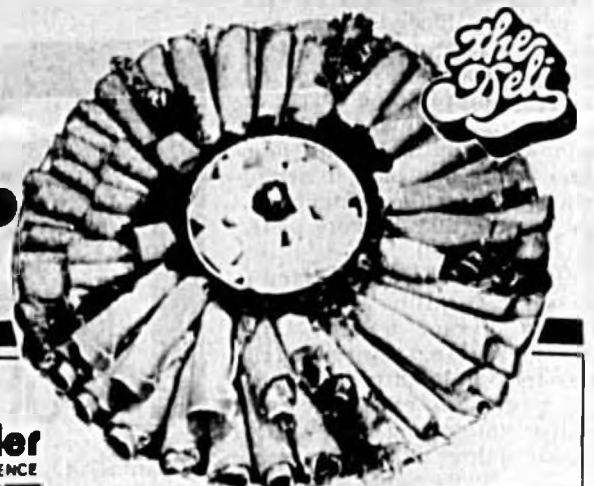
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Northern White or Assorted **Bathroom Tissue** 6-roll pkg. **99¢**

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1 lb. can **\$2.79**
(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

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

Assorted Publix Premium Brand **Ice Cream**
half gallon ctn. **\$1.99**

Plain or Peanut Milk Chocolate **M & M's Candy**
16-oz. bag **\$1.99**

Richly Seasoned Chutney A Sauce To Relish

Apple or spicy raisin chutney are piquant additions to favorite meats



A chutney is a sauce or relish of East Indian origin made of both sweet and sour ingredients. The richly seasoned fruits and vegetables were enjoyed with curries or rice dishes of the Far East.

We've discovered that they're just as good with American hamburgers, pork chops or roast fowl.

This is the season to put up some chutney for use with holiday foods.

WORCESTERED APPLE CHUTNEY

- 3 pounds tart green apples
- 1 pound onions

- 1 quart cider vinegar
- 1 1/2 pounds dark raisins
- 1 pound dark brown sugar
- 1/4 cup Worcestershire sauce
- 1 tablespoon grated lemon peel
- 2 tablespoons fresh lemon juice
- 2 teaspoons salt

Peel, core and dice apples (makes about 3 quarts). Place in a large heavy sauce pot. Peel and chop onions (makes about 3 cups); add to apples in sauce pot along with vinegar. Mix well.

Bring to the boiling point. Reduce heat and simmer, uncovered, until apples cook down

lightly, about 15 minutes. Stir in remaining ingredients. Return to the boiling point. Reduce heat and simmer, uncovered, stirring frequently until mixture is thickened, about 1 hour.

Pack, hot, into hot sterilized canning jars leaving 1/4-inch head space. Seal with caps and screw lids; immerse into a steam pressure canner or deep kettle with enough boiling water to come 1 inch above jars.

Cover and simmer for 15 minutes. Remove and complete the seal if necessary. This kitchen-tested recipe makes about 2 1/2 quarts.

SPICY RAISIN CHUTNEY

- 2 cups cider vinegar
- 1 1/2 cups packed brown sugar
- 1 large onion, chopped
- 1 clove garlic, minced
- Grated peel of 3 oranges
- 1 teaspoon salt
- 1/2 teaspoon each allspice and ground cloves
- 1/4 teaspoon cayenne (optional)
- 1 cinnamon stick
- 1 can (13 1/2 ounces) pineapple tidbits, undrained
- 3 oranges, peeled and cut up
- 2 apples, peeled, cored and coarsely chopped
- 1 1/2 cups raisins
- 1 cup chopped nuts

In large kettle combine all ingredients except fruits and nuts. Bring to boil. Boil 5 minutes; then add pineapple, oranges, apples and raisins. Simmer uncovered over medium heat, stirring occasionally until thickened — about 40 to 45 minutes. Stir in nuts. Pour into hot sterilized jars and seal. Place jars on rack in large kettle, covering with water 1 inch above tops of jars.

Bring to boil. Boil, covered, 5 minutes. Remove jars; tighten lids if necessary, and cool.

NOTE: Omit hot water bath process if chutney is to be used within a month or so. Refrigerate instead. This kitchen-tested recipe makes about 5 cups.

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Chunk Tuna
6.5-oz. can

19¢

With One S&H Stamp Price Saver Certificate

Blue Plate Real
Mayonnaise
32-oz. jar

79¢

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Gold Medal All Purpose, Self-Rising or Unbleached
Flour
5-lb. bag

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With One S&H Stamp Price Saver Certificate

Breakfast Club Grade A Florida
Large Eggs
per dozen

29¢

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Dairi-Fresh Milk
gal. size

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Dairy

- Mazola Regular Corn Oil Quarters 1-lb. ctn. **99¢**
- Kraft Squeeze Parkay (Plastic Squeeze Bottle) Margarine 1-lb. bot. **99¢**
- Pickwick Sourdough Muffins 12-oz. pkg. **39¢**
- Pillsbury Big Country Buttermilk, Buttery or Southern Style Biscuits 3 5-ct. cans **89¢**
- Kraft Grated Parmesan Cheese 8-oz. can **\$2.29**
- Kraft Individually-Wrapped Sliced Cheese Food: Sharp or Light 'n Lively 8-oz. pkg. **99¢**
- Kraft Sliced Cheese Deluxe American 12-oz. pkg. **\$1.79**
- Kraft Chunk Style Sharp or New York Sharp Cheddar Cheese 12-oz. pkg. **\$2.39**
- Seakrest Light 'n Lively or Small Curd Cottage Cheese 16-oz. cup **\$1.09**

Egg, Pumpkin, Onion or Plain Frozen Lender's
Bagels
12-oz. pkg.

5¢

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2-lit. bot.

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- Lean Cuisine 11 1/2-oz. pkg. **\$1.49**
- Birds Eye Cool Whip 8-oz. bowl **79¢**
- PictSweet Broccoli Spears 2 10-oz. pkg. **99¢**
- Gorton Crunchy Fish Sticks 20-oz. pkg. **\$2.79**
- 20-oz. pkg. **\$2.59**
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- (40c Off Label) Signal Mouthwash 24-oz. bot. **\$1.99**
- Maximum Strength Bayer Aspirin 60-ct. **\$1.99**
- Liquid Maalox Plus 12-oz. bot. **\$2.10**

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- Publix Fudge Bars 12-pk. **99¢**

BUY ONE... GET ONE FREE

(Regularly \$2.59 Each!)
Frozen 14-oz. Pepperoni or 15-oz. Deluxe Chef Saluto
Pizza
10.5-inch size

Food Lover's Guide To Paris

"The Food Lover's Guide to Paris" is an infectious affectionate review of every aspect of food in Paris.

Following is one of about 50 recipes offered in "The Food Lover's Guide to Paris." Author Patricia Wells, a self-confessed chocolate freak, said, "I've never found anyone who'd turn them down."

CHOCOLATE MACAROONS

- 3 1/2 ounces bitterweet chocolate
- 1 teaspoon vanilla
- 2 large egg whites
- 1 cup blanched almonds, toasted and ground to a fine powder
- 1/4 cup sugar
- 1 tablespoon unsalted butter for buttering baking sheet

Filling:

- 1 1/4 oz bitterweet chocolate
- 2 tablespoons "creme fraiche" (available in U.S. gourmet shops) or heavy cream, preferably not ultrapasteurized.

Preheat oven to 275 degrees F. In a small saucepan over very low heat, or in a double boiler, melt 3 1/2 ounces of chocolate with the vanilla.

In the bowl of an electric mixer on slow speed, mix the egg whites, almonds and sugar until well blended. With the machine still running, add the melted chocolate mixture, and continue beating until thoroughly mixed.

Butter a baking sheet. Spoon the batter onto the baking sheet, allowing one heaping tablespoon of batter for each macaroon.

Bake for about 15-18 minutes, or just until the macaroons are set. They should be slightly firm but not dry. Transfer macaroons to a rack to cool.

Meanwhile, prepare the filling. In a small saucepan, over very low heat, melt 1 1/4 ounces chocolate. Add the heavy cream and stir until well blended. Set aside to cool.

When the macaroons and the filling have cooled, spread a heaping teaspoonful of the filling on half the macaroons and cover each with a second macaroon, making a sort of sandwich. The macaroons may be served immediately and, preferably, within a few hours.

Yield: 10-12 filled macaroons.

Olive Oil & Vinegar Dressing
Newman's Own 8-oz. bot. **\$1.19**

Birds Eye Frozen Broccoli/Carrots/Water Chestnuts, Broccoli or Brussels Sprouts or French Cut Green Beans with Cauliflower & Carrots
Farm Fresh Mixtures 16-oz. bag **\$1.29**

Ripe Sweet Large Western
Cantaloupe
each for **79¢**

California
Red Seedless Grapes
per lb. **79¢**

- Minute Maid Brand Chilled Orange Juice 64-oz. size **\$1.89**
- Fresh Tender Broccoli large bunch **99¢**
- Crisp Juicy New Crop Red Delicious Apples 3-lb. bag **89¢**
- Ripe Sweet Tasty Western Honeydews each for **\$1.49**
- For Salads or Slicing, Large Size Tomatoes per lb. **49¢**
- Great For Snacks Flavorful Stanley Prunes per lb. **39¢**
- All Purpose Red Potatoes 5-lb. bag **89¢**
- Sno White Western Cauliflower large heads **\$1.29**
- Perfect For Salads, Crisp Green Cucumbers & Bell Peppers 5 for **\$1**

50¢ OFF With This Coupon ONLY Meat or Beef
Sunnyland Jumbo Franks 1-lb. pkg.
(Limit 1 Per Family Please, With Other Purchases of \$7.99 or More, Excluding All Tobacco Items) (Effective Sept. 20-26, 1984)

75¢ OFF With This Coupon ONLY Frozen
Steak-Umm Sandwich Kit 15-oz. pkg. **\$2.44**
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Limit 2 with \$5.00 or more purchase each size.

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99¢
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Limit 1 with \$5.00 or more purchase each size.

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\$1.00
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SAVE 30¢ ON 2. BRANSON CHICKEN or TURKEY Pot Pies . . . 2 1/2-oz. \$1.00

SAVE 50¢

TROPICANA 100% PURE PREMIUM ORANGE JUICE
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HARVEST FRESH U.S. No. 1 WHITE POTATOES
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\$1.29
 3 4-LB. PKGS.

ZELLWOOD FARMS HARVEST FRESH Mushrooms . . . 1-LB. PKG. \$1.59

SAVE 20¢

SUPERBRAND ASSORTED FLAVORS SHERBET or ICE CREAM
\$1.29
 HALF GAL.

HARVEST FRESH BARTLETT Pears 1-LB. 59¢

DELI

WITH EGG JUST LIKE HOME MADE POTATO SALAD
59¢
 1-LB.

1/2 CUP or MORE 2 EACH WINGS. BREADED, CRISP, CRISPY THIGHS Fried Chicken . . . 1/2 CUP \$2.99

Hangtown Fry A Real Forty Niners Delight

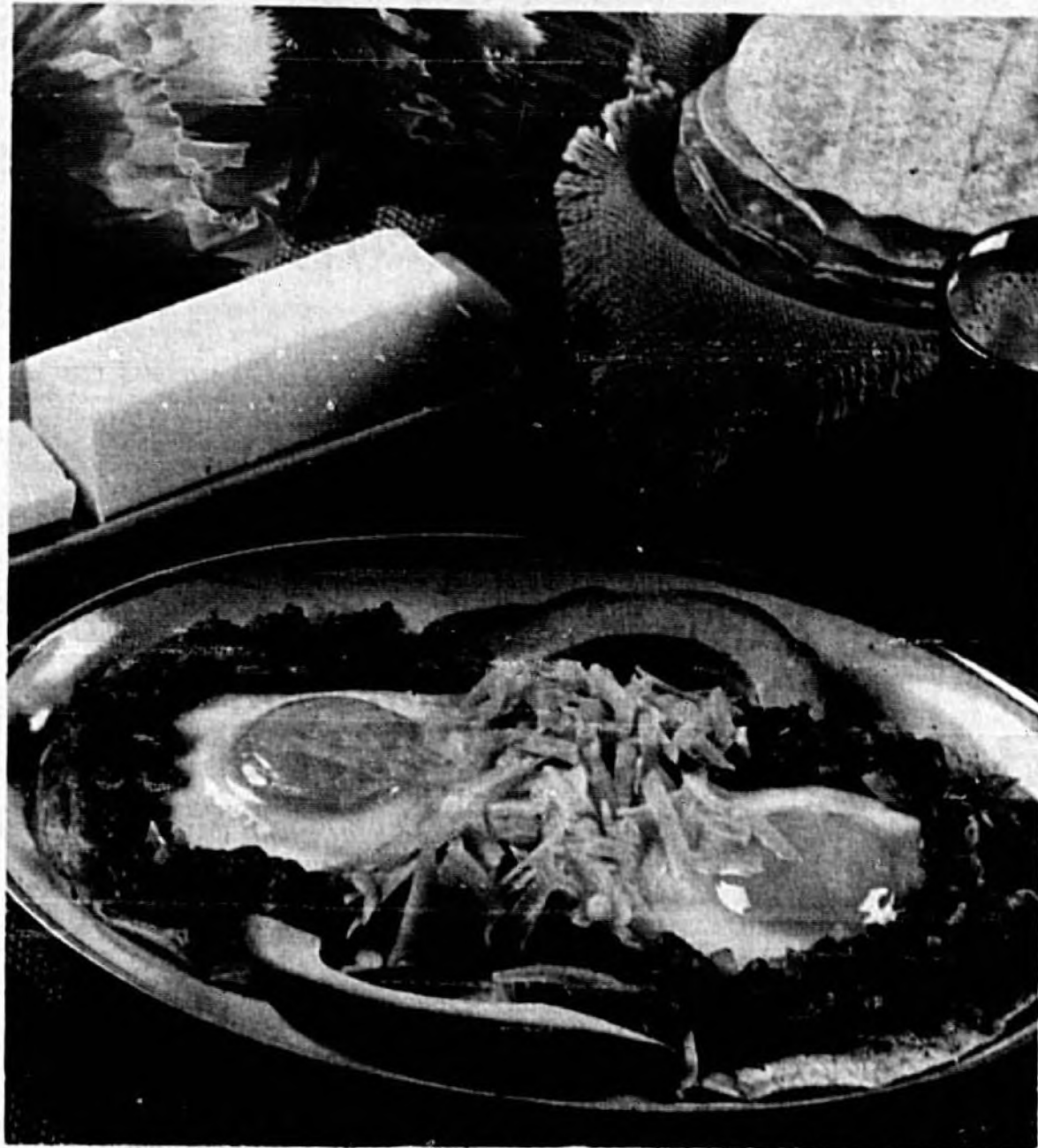
When it comes to creating a expensive yet simple meal in a hurry few chefs can rival the ingenuity of the Cary House Hotel in Hangtown, California whose sole claim to fame is an oyster dish with the unlikely name of Hangtown Fry.

- Dash pepper
- 1 beaten egg
- 2 tablespoons butter or margarine
- 6 eggs
- 1/2 cup milk
- 1/4 teaspoon salt

In 10-inch skillet melt the butter or margarine over medium heat. Cook oysters in butter till edges curl, about 2 minutes on each side. Beat the 6 eggs with the milk and the 1/4 teaspoon salt. Pour into skillet with oysters. As egg mixture begins to set on bottom and sides, lift and fold over with wide spatula. Continue cooking and folding for 4 to 5 minutes or till eggs are cooked throughout. Remove from heat. Makes 3 or 4 servings.

- HANGTOWN FRY**
 12 medium-sized shucked oysters
 3 tablespoons all-purpose flour
 1/4 teaspoon salt

Pat oysters dry with paper toweling. Combine flour, the 1/4 teaspoon salt and the pepper. Dip oysters into the 1 beaten egg, then into the flour mixture.



Huevos Rancheros make an interesting meal

Travelers In Mexico Get Second Wind With Tasty Huevos Rancheros

Travelers in Mexico may enjoy an eye-opener of coffee and rolls, but this "first breakfast" is often followed by a heartier "second breakfast." To sustain tourists for long hours of sightseeing the second breakfast may feature Huevos Rancheros.

These Mexican country-style eggs are served fried on tortillas with a well-flavored tomato sauce.

- HUEVOS RANCHEROS (Eggs, Ranch Style)**
 6 servings (1 egg each)
 2 tablespoons butter
 1/2 cup EACH: finely chopped onion and green pepper
 1 clove garlic, minced
 1 can (1 lb., 12 Oz.) plum tomatoes, drained, cut up
 1/2 teaspoon salt
 1/2 teaspoon cilantro OR dried parsley, crushed

- 1/2 teaspoon pepper
- 6 packaged soft corn tortillas (6 inches in diameter)
- Butter
- 6 eggs
- 1 cup (4 oz.) shredded Cheddar Cheese
- Avocado slices, if desired

Melt butter; saute onion, green pepper and garlic until tender, but not browned. Add tomatoes, salt, cilantro and pepper. Simmer, uncovered, 15 minutes or until sauce is thickened. Lightly brown tortillas on both sides in a small amount of butter in a skillet until heated through and softened but not crisp. Keep warm on oven-proof platter, covered with foil. (Do not hold longer than it takes to fry eggs or tortillas will toughen.) Fry eggs in butter, sunny side up. Place an egg in center of each tortilla; surround with tomato sauce

mixture. Sprinkle with cheese. Garnish with sliced avocado, if desired.

- Serving Size: 1 egg portion
- Calories per serving: 279
- Protein 13g, fat 18g, carbohydrate 18g
- Calcium 220mg, riboflavin (B2) .29mg

- MEXICAN BRUNCH CHOCOLATE**
 6 servings (1 cup each)
 1 1/2 quarts chocolate milk
 1 teaspoon rum extract OR 1/2 teaspoon angostura bitters
 Heat milk to serving temperature. Remove from heat. Stir in extract or bitters. Whip until frothy and serve.
 Serving size: 1 cup
 Calories per serving: 189
 Protein 7g, fat 8g, carbohydrate 23g
 Calcium 251 mg, riboflavin (B2) .36mg

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Here's a way to save 25¢ while you're cutting down on sodium in your diet. Use this coupon to try new Kellogg's Low Sodium Raisin Bran cereal.

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FREE Hungry Jack Biscuits!
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Bake a \$40,000 Bake-Off® Contest winning recipe.

Country Apple Coffee Cake

- 1 1/2 cups chopped, peeled apples
- 10-oz. can Hungry Jack® Refrigerated Flaky Biscuits
- 1/2 cup firmly packed brown sugar
- 1/2 teaspoon cinnamon
- 1/2 cup light corn syrup
- 1 tablespoon Parley™ margarine
- 1 1/2 teaspoons whiskey, if desired
- 1 egg
- 1/2 cup pecan halves or pieces
- GLAZE: 1/2 cup powdered sugar, 1/2 teaspoon vanilla, 1 to 2 teaspoons milk

Heat oven to 350°F. Grease 9-inch round pan. Sprinkle with 1 cup apples. Separate dough into 10 biscuits. Cut each into 4 pieces; arrange point side up. Bake 20 minutes. Top with remaining apples. Combine brown sugar, cinnamon, corn syrup, margarine, whiskey and egg; beat 2 minutes. Stir in pecans; spoon over biscuit pieces. Bake at 350°F. for 35 to 45 minutes or until deep golden brown. Blend glaze ingredients; drizzle over warm cake. Store in refrigerator. 6 to 8 servings.

MAIL-IN OFFER:

BUY: two 10-biscuit (or four 5-biscuit) size cans of Hungry Jack Biscuits, plus 3 pounds of your favorite apples.

SEND: UPC codes from two 10-biscuit (or four 5-biscuit) size cans of Hungry Jack Biscuits, plus cash register tape with costs of both biscuits and apples circled; with this completed certificate to:

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Deep Dish Pizza Goes For Status Of Gourmet

Some 1.6 billion pizzas are consumed every year in the fifty states. So popular are these yeast dough concoctions that different versions vie for the consumer's attention: Neapolitan, Sicilian and deep dish.

Deep dish pizza, also known as "Chicago-style," is prepared in a heavy skillet or pie/cake pan. Now found across the country, the Midwest specialty is topped with every imaginable assortment of ingredients and is easily a meal in itself. Quality flavoring can make it a "posh pizza," worthy to be served by gourmet establishments. Fortunately, the aficionado can easily feed a passion for the hearty creation by making it at home.

Deep Dish Pizza Piraeus gives this dish a Greek flavor and a vivid savoriness, with spinach, feta cheese and black olives in the topping and the tangy zest of Tabasco pepper sauce and garlic in the seasoning. Drain the spinach thoroughly, squeezing out excess moisture before adding it to the topping. This will help avoid a soggy crust.

Deep Dish Pizza Napoli celebrates the home of the pizza, Naples, and the surrounding Campania region. Campania produces fine tomatoes and eggplants, and typical herbs there include oregano, mozzarella cheese, a local staple. Sweet Italian sausage and piquant Tabasco pepper sauce provide exuberant flavor, a distinguishing characteristic of Neapolitan cuisine.

A substantial meal, a dish with gourmet possibilities and a highly successful American adaptation of Italy's most popular food export, deep dish pizza is a delicious, new way to enjoy one of America's favorite foods.

DEEP DISH PIZZA PIRAEUS
2 tablespoons olive oil
1 cup chopped onion
1 clove garlic, minced
1 package (10 ounces) frozen, chopped spinach, thawed, drained
1 cup sliced fresh mushrooms (1/4 pound)
1/2 teaspoon red pepper sauce
Pastry for a 2-crust pie
1/2 cup sliced black olives
1 cup cherry tomatoes, cut in halves
1/2 pound feta cheese, crumbled
1/2 pound mozzarella cheese, cut in strips
1 can (2 ounces) anchovy

fillets, drained (optional)

In a large skillet heat oil; saute onion and garlic until tender. Remove from heat. Stir in spinach, mushrooms and Tabasco sauce. On a lightly floured board, roll pastry into a 14-inch circle. * Fit pastry into a 9x2-inch round layer cake pan, with excess pastry hanging over the edge. Spoon half the spinach mixture evenly into the prepared cake pan; sprinkle with half the black olives, tomatoes, feta cheese and mozzarella cheese. Layer remaining ingredients into pan. Add anchovies, if desired. Bake in a 375 degrees F. oven 30 to 35 minutes until crust is golden brown.

YIELD: 4 servings.
*To make deep dish pies to serve two, use half the amount of ingredients and bake in two 7-inch cake pans or skillets.

DEEP DISH PIZZA NAPOLI
1 pound sweet Italian link sausage, cut in 1/2-inch pieces
1 small eggplant, diced (2 cups)
1 medium-size green pepper, thinly sliced (1 cup)
1 large onion, sliced (1 cup)
1 can (16 ounces) tomatoes, undrained
1 teaspoon dried leaf oregano
1/4 teaspoon red pepper sauce
Pastry for a 2-crust pie
1/2 pound mozzarella cheese, cut in strips
1/4 cup grated Parmesan cheese

In a large skillet saute sausage until cooked through; remove; reserve. In same skillet combine eggplant, green pepper, onion, tomatoes, oregano and Tabasco sauce. Cook over medium heat, stirring occasionally, until vegetables are tender (about 7 minutes). Stir in reserved sausage. On a lightly floured board, roll pastry into a 14-inch circle. * Fit pastry into a 9x2-inch round layer cake pan, with excess pastry hanging over the edge. Spoon half the sausage mixture evenly into the prepared pan; cover with half the mozzarella cheese; sprinkle with 2 tablespoons Parmesan cheese. Layer remaining ingredients into pan. Bake in a 375 degrees F. oven 30 to 35 minutes until crust is golden brown.

YIELD: 4 servings.
*To make deep dish pies to serve two, use half the amount of ingredients and bake in two 7-inch cake pans or skillets.



Deep Dish Pizza Piraeus gives the popular dish a Greek flavor and a vivid savoriness, with spinach, feta cheese and black olives in the topping and the tangy zest of hot pepper sauce and garlic in the seasoning.

DENNIS & KATHY'S FAIRWAY

LOCALLY OWNED AND OPERATED BY DENNIS & KATHY GRINSTEAD
2690 S. ORLANDO DR. SANFORD 323-4950
STORE HOURS 7 DAYS A WEEK 6 A.M. TO 10 P.M.
"A HELPFUL SMILE IN EVERY AISLE."
WE WELCOME FOOD STAMP SHOPPERS

Coca Cola Products
8-16 Oz. Bottles
Plus Dep.
\$1.29

Prices Listed In This Ad Good From Thurs. Sept. 20, Thru Wed. Sept. 28.

 USDA Choice Beef Full Cut Round Steak \$1.69 Lb.	 Fresh Boston Butt Pork Roast \$1.29 Lb.	 Solid Head-Fresh Wisconsin Lettuce 59¢ Each	 Hyde Park-Quartered Margarine 3 1-Lb. Slick Pkgs. \$1
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WE CARRY ONLY USDA CHOICE BEEF & FRESH PORK "No Frozen Pork"
WE OFFER A FULL SERVICE MEAT COUNTER WHERE YOU MAY SELECT YOUR INDIVIDUAL CUTS OF MEAT
PRODUCE-BURSTING WITH FRESHNESS

 Florida Premium Whole Fryers 59¢ Lb.	 USDA Choice Boneless Rump Roast \$2.09 Lb.	 Wisconsin Russet Potatoes 5 Lb. Bag 99¢	 Golden Ripe Bananas 4 Lb. \$1
Smoked Turkey Ham Lb. \$1.49	Sliced Beef Liver Lb. 79¢	Medium Yellow Onions 3 Lb. Bag 89¢	Crisp Michigan Carrots 4 1-Lb. Bags \$1
Fresh Cut Pork Steak . . . Lb. \$1.49	Horned Corned Beef Bristle Lb. \$1.59	North Carolina Red Delicious Apples . . . 3 Lb. Bag 99¢	Fresh Field Tomatoes Lb. 59¢
Peeled & Deveined Shrimp Lb. Pkg. \$3.49	New Zealand Shoulder Lamb Chops Lb. 99¢	FREEZER FILLER USDA Choice Boneless 8-12 Lb. Arg. Whole SIRLOIN TIPS Lb. \$1.79	
Giant 10 Lb. Pkg. Ground Beef \$11.90	Bar-S Thrifty Sliced Bacon Lb. 99¢		
Bar-S Tasty Bologna . . Lb. 99¢	Bar-S Tasty Dogs Lb. 89¢		

!!SAVE ON THIS WEEK'S DOUBLE DISCOUNT SPECIALS!!

Sunny Morning Large Grade A Eggs WITH 1 Filled D. Dis. Cert. 19¢ Prices Ending 9/28/84	Pat 1% Plastic Or Vitamin D Paper Ctn. Milk WITH 2 Filled D. Dis. Cert. FREE Prices Ending 9/28/84	Jiffy Mix Corn Muffin 8 1/2 Oz. Box 2 Boxes FREE With 1 Filled D. Dis. Cert. Prices Ending 9/28/84	Fresh-Solid Wisconsin Lettuce WITH 1 Filled D. Dis. Cert. 19¢ Prices Ending 9/28/84	Fresh-Single Pound Ground Chuck WITH 1 Filled D. Dis. Cert. \$1.49 Lb. Prices Ending 9/28/84
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LYSOL SALE 12 Oz. Lysol Spray Or Spray II \$2.09 12 Oz. Lysol Dec. Cleaner \$1.79 12 Oz. Lysol Basin Tub & Tile Cleaner . . . \$1.29 12 Oz. Lysol Disin. Reg. or Pine \$1.79 12 Oz. Lysol Pine Action \$1.19 12 Oz. Lysol Toilet Bowl Clvr. 79¢ 12 Oz. Park Beauty Fresh . . \$2.19	Old Milwaukee Beer 6-12 Oz. Cans \$1.79 Kai Kan-Chicken Or Turkey Cat Food 8 1/2 Oz. Can 4/1 Showboat-15 Oz. Can Pork & Beans . . . 3/1 All Flavors Fayo Pop 16 Oz. Bottles 4/1 Purex Laundry Detergent 42 Oz. Box 99¢ New From Kraft-Shells & Velveeta Cheese 12 Oz. Box 99¢	Donald Duck Fresh Orange Juice 84 Oz. Ctn. \$1.39 Borden Fruit Drink Gal. Jug 89¢ Hyde Park-Corn, Peas, or Cut Green Beans 16 Oz. Bag 69¢ All Varieties Jenos Pizza 16 Oz. Pkg. \$1.19	King's Pride Pastrami Lb. \$2.89 Fresh Macaroni Salad Or Cole Slaw Lb. 79¢ Deli Boiled Ham Lb. 1.99 16 Oz. Loaf Buttercrust Bread 79¢ 8 Inch Size Apple Pie \$1.59
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Banana Bread Packed With Tasty Nutrition

Greet your youngsters with a back-to-school treat — banana oatmeal yeast bread.

Nuts and oats give this moist bread added nutritional value. The kids will enjoy it toasted and topped with peanut butter.

BANANA OATMEAL YEAST BREAD

Dough:
6 3/4 to 7 1/4 cups All-purpose flour
1 cup quick or old fashioned oats, uncooked
2 packages active dry yeast
2 teaspoons salt
1 1/4 cups milk
3/4 cup firmly packed brown sugar
1/2 cup butter or margarine
1 cup mashed very ripe bananas (about 3 bananas)
1 cup chopped walnuts or pecans
2 eggs, beaten

Cinnamon-Sugar Topping:
2 tablespoons granulated sugar
1/2 teaspoon cinnamon
1 egg, beaten

For dough:
In large bowl, combine 1 cup flour, oats, undissolved yeast and salt; mix well. In small saucepan, stir together milk, sugar and butter over medium heat until butter is almost melted and liquids are very warm (120 to 130 degrees).

Gradually add to dry ingredients; beat 2 minutes at medi-

um speed of electric mixer, scraping bowl occasionally. Add banana, nuts and eggs; beat at medium speed 2 minutes. Stir in enough remaining flour to make stiff dough.

Knead on light floured surface 8 to 10 minutes or until dough is smooth and elastic. Grease large bowl.

Shape dough to form a ball; place in prepared bowl, turning once to coat surface of dough. Cover; let rise in warm place about 1 1/2 hours or until double in size.

Punch dough down. Cover; let rest 10 minutes. Grease two 9-by-5-inch loaf pans. Divide dough in half; roll out each half to form 15-by-9-inch rectangle. Roll up tightly, starting with narrow end; pinch together ends and seam to seal. Place prepared pans.

For cinnamon-sugar topping:

In small bowl, combine cinnamon and sugar; mix well. Brush loaves with egg; sprinkle with cinnamon mixture. Let rise in warm place about 1 hour or until double in size.

Heat oven to 350 degrees. Bake loaves 25 minutes. Cover loosely with foil. Continue baking 25 to 30 minutes or until bread sounds hollow when tapped.

Remove from pans; cool completely on wire rack before slicing. Makes two 9-by-5-inch loaves.