

Evening Herald

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Crash Crushes Cyclist

Deane Jordan
Herald Staff Writer

A Sanford man was crushed to death Tuesday between a tractor-trailer and a trailer-towing pickup during a road-blocking accident at the Wekiva River bridge in west Seminole County.

In a separate incident, Florida Highway Patrol has released the names of three people killed late Monday in an accident east of Sanford.

Crushed to death in Tuesday's 1:05 p.m. accident was David Allen Hanzlik, 30, of 1750 Canal

Drive. He was killed when his 1986 Suzuki motorcycle was struck from behind and carried head-on into the pickup.

Driver of the 1984 Mack tractor was William Posey, 38, of 372 Hansom Parkway, Sanford. He was not injured. His passenger, Kelly Bradley, 26, of 125 Bethune Circle, Sanford, was taken to Central Florida Regional Hospital in Sanford where he was in satisfactory condition today. He was wearing a seatbelt.

Driver of the 1986 GMC pickup, which was towing a

trailer carrying more than two dozen cases of transmission fluid and oil, was William Cribbs, 57, of Plant City. He had minor injuries, according to FHP.

According to an FHP report, the tractor-trailer and motorcycle were westbound when the motorcycle slowed as it approached the Wekiva River bridge, the boundary between Seminole and Lake counties. The tractor-trailer swerved to avoid the motorcycle but struck it and carried it head-on across the bridge, crossing the center line into the trailer-towing

eastbound pickup. The motorcyclist was crushed between and under the vehicles. The tractor-trailer jackknifed on impact and blocked traffic. Emergency crews and investigators from both counties responded to the scene.

Hanzlik is the 22nd traffic fatality of the year in Seminole County.

The previous three fatalities occurred late Monday and involved men from Sanford, Longwood and Winter Springs, according to the FHP which



Herald Photo by Tommy Vincent

Longwood Slashes Budget

By Jane Casselberry
Herald Staff Writer

The proposed Longwood city budget for the 1986-87 fiscal year has been cut by \$298,010, saving taxpayers \$1.52 per \$1,000 assessed valuation in property tax.

The resulting budget of \$5.73 million fits the proposed tax rate of \$2.90 per thousand assessed valuation filed with Seminole County Property Appraiser Bill Suber on July 30.

The \$6.03 million budget originally proposed by City Administrator Ronald Waller called for a property tax of \$4.42 per thousand assessed property value.

Although the \$2.90 is the same rate as set last year, it will actually increase the amount of revenue because the value of taxable property in the city increased by \$24 million bringing the total taxable value to \$345 million — a 7 percent increase. The roll-back tax rate which would have provided the same amount of property tax revenue as last year (\$800,239) is \$2.68.

According to Waller the \$2.90 rate is expected to bring in \$957,000 and will cost the typical Longwood homeowner whose house is assessed at \$75,000, city real estate taxes of \$145.

About 120 homeowners in the city of 14,000 pay no real estate taxes because of the \$25,000 homestead exemption.

The proposed budget includes a general fund budget of \$4.1 million with the following subtotals recommended by the city administrator: police department, \$1.2 million; street department, \$1.1 million; fire department, \$844,091; city commission, \$40,488; city clerk's office, \$140,060; city administrator, \$63,911; city attorney's office, \$65,243; finance department, \$55,975.

Also under the budget are the following allocations: general services, \$190,412; code enforcement, \$26,166; city elections, \$2,500; Land Planning Agency, \$34,998; parks and recreation department, \$124,630; building, planning and zoning, \$130,187; and debt service, \$54,890.

Other funds in addition to the general

Citizens' Drug Danger Seminar



Preventative strategies are discussed by Sanford drug abuse prevention network members (left) Mayor Bettye Smith and Tom Roll, Seminole County Schools drug education director, while Sanford Crime Prevention officer Mike Rotundo (below) sets up drug-use paraphernalia for Tuesday evening's network seminar at the Sanford Civic Center. The session focused on how adults can identify and address young people's drug problems. Session speakers included drug abuse counselors, Sanford police and members of the Grace Apostolic Church.

Herald Photos by Tommy Vincent

OPEC Cuts Push Gas Prices Up

Area Gas Dealers Watch Competition

From Staff And Wire Reports

OPEC's decision to cut production by almost 4 million barrels a day sent crude oil prices soaring by more than \$3 a barrel on world markets and pushed up U.S. wholesale gasoline prices as much as 10 cents a gallon.

But two central Florida gasoline suppliers say competition in the marketplace will dictate where the price per gallon at the gas pumps will go.

"We're still looking at what happened yesterday and will try to react accordingly," said Don Reiss, a Pricing Specialist for Chevron, based in Plantation. He said that price increases of 2 to 2.5 cents per gallon became effective this morning for jobbers, who in turn resell the gas to other service stations and consumer accounts. He said the dealer tank wagon price paid by Chevron dealers had not in-

creased as of this morning.

"We've seen and heard of increases of between 7 and 10 cents in the wholesale market price per gallon. How much of that filters into the retail market remains to be seen," Reiss said.

"We don't go by the price of crude, but by the prices of competition," he continued. "We'll look at the competition and see what they're doing."

Eighty to ninety percent of the Southland Corporation's 102 7-Eleven stores in central Florida have gasoline pumps, making the company one of the largest suppliers in the area.

According to Southland spokesman Deborah Burket, 7-Eleven has an advantage because they own the gasoline company, CITGO, which supplies their stores with gasoline.

"Prices may go up 2 to 2.5

See GAS, page 6A

Judge: Comment Didn't Affect Sentence

By Deane Jordan
Herald Staff Writer

The statement attributed to a Casselberry drug dealer by his lawyer that he would prefer prison to undercover work where he would be "forced" to continue using cocaine did not influence the jail term he got,

according to a Seminole Circuit Judge. And, the law enforcement agency that arrested him says its informants aren't allowed to take drugs anyway.

Dale Edward Colson, 26, of 1215 Helen St., was sentenced Friday to a minimum mandatory sentence of three years in prison and a \$50,000

fine by Circuit Judge Kenneth M. Lefler. He could have received up to four and a half years. Lefler said he wished Colson "good luck" in his effort to kick his habit, but said the man's comments about avoiding possible undercover drug use did not influence him regarding the sentence.

The judge also said his "good luck" comment was meant to express skepticism the man would receive adequate drug rehabilitation treatment in prison. "I felt he wouldn't get the same opportunities for drug rehabilitation

See JUDGE, page 6A

Help For The Lonely

CARSON CITY, Nev. (UPI) — The Nevada Tourism Division reported that five communities along U.S. Highway 50 joined in a promotion poking fun at Life magazine, which suggested the stretch of road was the loneliest in the nation.

Division officials said Tuesday that Ely, Eureka, Austin, Fallon and Fernley will be passing out "Highway 50 Survival Kits" containing maps and other information. Tourists also will be able to get an "I Survived Highway 50" bumper sticker.

Ed Spear, a spokesman for the group heading the campaign, said he disagrees with Life magazine's assessment, but wanted people to know "we have a sense of humor about ourselves. Highway 50 is remote — but that's the fun of driving it."

King's Birthday Tribute Planning Begins

Sanford will formally mark Martin Luther King's birthday at the civic center on Jan. 17, and celebration organizers say planning efforts for the day will also demonstrate King's ideals by involving all segments of the community.

Organizers have also targeted the celebration and its planning as the foundation for a lasting King tribute—the establishment of a permanent sense of brotherhood in Sanford.

The King tribute is being spearheaded by Sanford's Human Relations Advisory Board which will hold its first

planning committee meeting Thursday morning at city hall.

Sanford commissioners called for the community tribute last winter, after deciding against a request that Martin Luther King's birthday be declared an official city holiday. The proposal had been made by local representatives of the National Association for the Advancement of Colored People.

Widespread community involvement will be sought during program preparations and for the celebration itself, said Lurleen Sweeting, Human Relations Advisory Board chairman.

Dr. Sweeting also said special events may be scheduled during the week leading up to the Saturday, Jan. 17, civic center tribute.

Community involvement for the overall effort "will truly represent the spirit of Martin Luther King," Dr. Sweeting said. "He stressed brotherhood and so are we. We want young, old, black and white to be a part of this. And we want the spirit of cooperation we're looking for to continue in Sanford long after Jan. 17."

In addition to contacting various organizations and indi-

See KING, page 6A

TODAY

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- Nation.....2A
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- Weather.....2A
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City Seeks New Pool Site

By Karen Talley
Herald Staff Writer

Sanford city commissioners let the airport authority "off the hook" Tuesday and took it upon themselves to pull the plug on their own proposal that the Sanford airport pool be opened as a municipal swim center.

During a joint session with the authority, commissioners said they preferred to look for a municipal pool elsewhere. In light of the authority's earlier indications of opposition to the airport pool proposal, the pool's lack of proximity to prospective patrons, and the nearly \$200,000 it would take for the city to assume swim center operation.

The pool will remain vacant until the land it lies

on is needed for industrial development. Airport Aviation Director J.S. "Red" Cleveland said after Tuesday's meeting.

City commissioners say they will wait for staff to finish surveys of potential pool sites, some of which are located in Sanford parks, before discussing the matter again.

Commissioners have also reaffirmed earlier indications that operation of a municipal pool in Sanford would be handled by an outside organization, such as the YMCA.

Three city commissioners expressed reservations about the pool proposal during the joint-session. The first to comment was Commissioner Bob Thomas, who had also called for the

See POOL, page 6A



Herald Photo by Tommy Vincent

From left, "Red" Cleveland, Kay Shoemaker and Mayor Bettye Smith

WORLD

IN BRIEF

OPEC Ministers Agree On Production Cuts, Price Goes Up

GENEVA (UPI) — OPEC oil ministers agreed to a two-month plan to cut production but its success in boosting oil prices may be short-lived unless it can enforce discipline and also win cooperation from non-member producers.

Petroleum analysts said world markets will scrutinize OPEC's every move for the slightest indication of any cheating on reduced output levels.

Oil prices soared by more than \$3 a barrel on world markets Tuesday in response to OPEC's surprise decision to slash production. Several U.S. oil companies raised wholesale gasoline prices by as much as 10 cents a gallon.

Oil stocks advanced sharply in the United States and Britain.

At their latest emergency conference, the OPEC oil ministers, after constant checks with their governments, agreed Tuesday to cut production to 18 million barrels a day for September and October.

Chess Champ Takes First Win

LONDON (UPI) — Anatoly Karpov is the second-ranking chess player in the world, but that says it all — No. 2.

There is a No. 1, of course, and he is fellow Soviet Gary Kasparov, a beguiling mixture of flamboyance and brilliance. The two are battling for the world chess crown that Kasparov currently wears.

The two disparate masters have finished four games of their 24-round, \$915,000 battle for the title. Three have ended in draws and one — Tuesday — in victory for 23-year-old Kasparov. Youth is having its day.

Karpov still has 20 games in which to wrest back the crown he lost to the brash upstart last November. But at the age of 35, the dour challenger is showing a shortage of imagination in his own strength, defense.

The two were scheduled to resume their war for the championship today with the fifth game at London's Park Lane Hotel, but the numbers through the first four matches were telling — 2 1/2 points for Kasparov, 1 1/2 for Karpov.

Botha Denounces Sanctions

JOHANNESBURG, South Africa (UPI) — Foreign Minister Roelof "Pik" Botha denounced British Commonwealth sanctions against apartheid and said Pretoria will tax imports shipped through South Africa to neighboring black states.

"You can rest assured that we are not going to take this lying down," Botha told a news conference in Pretoria Tuesday after leaders of seven of the 49 Commonwealth nations announced measures restricting trade with South Africa.

South Africa's neighbors depend heavily on the country's ports and transportation system. Black-ruled southern African states channel much of their import traffic through South Africa.

At a meeting of seven Commonwealth nations in London, leaders of Canada, Australia, India, Zimbabwe, Zambia and the Bahamas Tuesday adopted 11 sanctions, including severing air links with South Africa; banning imports of South African fruit, vegetables and uranium, and barring new bank loans to South Africa.

IRA Widens Assassination Threat

BELFAST, Northern Ireland (UPI) — The outlawed Irish Republican Army warned that anyone who provides services to British security forces — even the local milkman — will be added to its death list.

The warning Tuesday prompted pledges from Britain and the Irish Republic to take united action against the IRA.

She'll Ask For Economic Aid

Aquino Won't Postpone Visit To U.S.

MANILA, Philippines (UPI) — President Corazon Aquino has shrugged off suggestions that she postpone her trip to the United States, saying economic recovery, which depends on U.S. aid, could not wait.

"What is important is that we have faith and if we are convinced this is the right thing to do then we should go right ahead and do it," Aquino told a civic and religious group called Martha's Vineyard.

Aquino is scheduled to visit the United States for eight days beginning Sept. 15 at the invitation of President Reagan.

The 53-year-old president has said she plans to appeal for U.S. aid on her visit, the first since she was swept to power Feb. 25 in a civilian-backed military revolt that ousted

the Ferdinand Marcos regime. Specifically, she said she will plead to foreign creditors to try to ease interest rates and repayment schedules for the \$28.2 billion foreign debt amassed by Marcos, during his 20-year rule.

She also will appeal to Filipino-Americans to provide badly needed capital investments.

"Many people have told me that maybe I should postpone my trip to the United States," Aquino said.

"Unfortunately, the economic recovery program cannot wait until maybe next year."

Aquino also said she was asking businessmen in the central city of Cebu to meet

with her in Manila in a bid to defuse labor unrest in the country's third largest city.

She made the announcement when asked during the open forum when she would fire leftist Labor Minister Augusto (Bobby) Sanchez, whose pro-labor stand has alienated businessmen.

"Instead of zeroing in on certain personalities, I am still hoping that I can get management and labor to get together," Aquino said.

In a full-page advertisement in the nationally circulated Manila Times, 19 business groups in Cebu called "for a clear and unequivocal restatement by the government of its policy to promote the best interest not only of labor but also the business sector."

FAMILY DOLLAR

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SCHOOL DAYS SALE

 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">5⁹⁹</div> <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">7⁹⁹</div> <p>BOYS' KNIT SHIRTS OR JEANS Reg. To 8.99. Fashion jeans with embroidered back pockets. Collar knit shirts 8-18. BOYS' 4-7 KNIT SHIRTS..... 4.99</p>	 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">\$5</div> <p>COOL CANVAS CASUALS Compare Up To 7.99. Assorted styles and colors in men's, ladies', and girls' sizes.</p>	 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">3⁹⁹</div> <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">7⁹⁹</div> <p>GIRLS' 4 TO 14 TOPS OR JEANS Reg. To 8.99. Long sleeve screen-printed tops. Reg. To 8.99. Jeans with embroidered back pockets.</p>
 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">4⁹⁹</div> <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">5⁹⁹</div> <p>LADIES' WEAR Nylon/spandex teddies, sheer babydolls, full nylon slips, or big tee sleep shirts. HALF SLIPS..... 2.99 EXTRA SIZE BABYDOLLS..... 5.99</p>	<div style="font-size: 1.5em; font-weight: bold; margin: 0;">REGISTER NOW TO WIN A \$100 SHOPPING SPREE!</div> <p style="font-size: 0.8em; margin: 0;">No Obligation—Nothing To Buy—You Must Be 18 Years Old Or Older To Register Or Win—Void Where Prohibited By Law—Employees Or Agents Of Family Dollar And Their Families Are Not Eligible To Register Or Win—Only One Prize Per Household—You Do Not Have To Be Present To Win—Winners Are Solely Responsible For Any Taxes Incurred—Prizes Are Non-Transferable And No Substitution For Prizes Will Be Offered—The Odds Of Winning Are Based On The Number Of Entries Received To Register—You Must Use The Official Family Dollar Shopping Spree Sweepstakes Registration Form And Indicate In The Designated Space On The Form The Number Of The Store Where You Registered.</p>	

Soviets Must Be Chortling Over Grain Deal: Shultz

WASHINGTON (UPI) — In a rare break with President Reagan, Secretary of State George Shultz Tuesday blasted the decision to sell subsidized U.S. wheat to the Soviet Union.

Australia, angered by President Reagan's decision to sell the wheat, warned Monday the move would strain its ties with the United States and said it would meet with other wheat-selling nations to consider countermeasures.

"The approval by the administration of subsidized wheat sales to the Soviet Union has been met with dismay by Australia, which does not subsidize its wheat exports," said a statement issued by the Australian Embassy.

Reagan announced Friday the United States would sell 4 million metric tons of subsidized wheat to the Soviets, in part to give a boost to the sagging farm economy in the Midwest.

The Agriculture Department set the subsidy Monday at \$13 a ton.

The plan outlined by the department allows exporters to qualify for a bonus of government surplus crops worth \$13 for every metric ton they sell the Soviets under the Export Enhancement Program.

"We're subsidizing down to what are competitive levels," said Agriculture Undersecretary Daniel Amstutz.

The Soviets, said Shultz, "must be chortling" at having their purchases of American grain subsidized by the U.S. government.

He said the Soviets must be wondering "about a system that says we're going to fix it up so that American taxpayers make it possible for a Soviet housewife to buy American-produced foods at a price lower than an American housewife."

Australia has invited 11 other countries that do not subsidize their wheat exports to a conference this month to form a coalition to deal with the trading

practices of the Common Market countries and the United States.

"Australia has consistently argued that the massive subsidies paid by the European Community to its farmers and by the United States are corrupting international agricultural trade," the embassy said.

A delegation of Australian officials warned "the administration and Congress of the severe damage that heavily subsidized U.S. wheat sales to the Soviet Union will do to Australia's economy and the strain such sales will place on the U.S.-Australian relationship," the statement said.

"We're worried about the short term, the mid term and the long term," said Australian Agriculture Minister John Kerin, one of the visiting officials.

"Very few farmers can possibly make any money in the coming wheat season," he added. "We're going to have some real suffering in the countryside."

Kerin predicted the U.S. move would force a drop in the world price of wheat, saying it would "shade down to a little less than the Americans are quoting."

Senate Republican leader Robert Dole of Kansas met with Australian Ambassador Rawdon Dalrymple, and Australian legislators suggested the two countries work together to force other nations to follow fair trade rules.

Dole also sent letters to Agriculture Secretary Richard Lyng asking the administration to expand its price-cutting policy to corn, soybeans and other farm commodities, and to Australian Prime Minister Bob Hawke suggesting joint action. He told reporters he did not believe the wheat offer would hurt U.S.-Australian relations.

"They weren't strained when they took our markets. They shouldn't be strained when we're taking them back," Dole said.

\$110,000 SHOPPING SPREE SWEEPSTAKES REGISTER NOW TO WIN!

 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">6⁹⁹</div> <p>5 PC. BATH SET Rug, contour mat and tank, lid and seat cover.</p>	 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">\$1</div> <p>38 OZ. RINSO Regularly 1.39. Laundry detergent. Limit 2.</p>	 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">1⁰⁹</div> <p>2 LITER PEPSI Pepsi, Diet Pepsi, Pepsi Free, Diet Pepsi Free or Mountain Dew.</p>	 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">3 \$1</div> <p>5 OZ. BAR SOAP Reg. 39¢ Each. Shield deodorant soap. Limit 6.</p>
 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">6⁹⁹</div> <p>VINYL CAR MATS 4 piece set. In beige, black or clear.</p>	 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">10⁹⁹</div> <p>CARPET CAR MATS 4 piece set. In black, gold or blue.</p>	 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">84¢</div> <p>QUAKER STATE Reg. 1.09. Super Blend 10W30 motor oil. Limit 5.</p>	 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">2 \$1</div> <p>WONDERFOIL Multi-purpose 12" x 25' aluminum foil.</p>
 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">77¢</div> <p>3 SUBJECT COMPOSITION BOOK Reg. 1.49. 120 sheets.</p>	 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">1⁹⁹</div> <p>3 RING BINDER Regularly 2.27. Assorted color canvas binders.</p>	 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">3 \$1</div> <p>70 CT. COMP BOOKS Regular rule.</p>	 <div style="font-size: 2em; font-weight: bold; margin: 10px 0;">1⁹⁹</div> <p>64 CT. CRAYONS Brilliant color non-toxic crayons in box.</p>
<div style="font-size: 2em; font-weight: bold; margin: 10px 0;">4 \$1</div> <p>LUNCH BOX SNACKS Assorted potato chips and peanut candy bars.</p>		<div style="font-size: 2em; font-weight: bold; margin: 10px 0;">2 \$1</div> <p>PAPER PRODUCTS 51 ct. foam cups, 120 ct. napkins, 100 sheet towels.</p>	

Prices Good Through This Weekend. Quantities Limited On Some Items. No Sales To Dealers. Daily 9-7, Fri. 9-9 Sun. 1-6 Country Club Square Shopping Center 2459 Airport Blvd. At West 25th St., Sanford 413 East 1st Street At Sanford Ave., Sanford

Gandhi: Britain Compromising On Basic Values

LONDON (UPI) — Indian Prime Minister Rajiv Gandhi Tuesday condemned Britain's refusal to join the Commonwealth in imposing tough sanctions against South Africa and said London had compromised its democratic ideals in exchange for economic gain.

Gandhi and five other leaders of former British colonies agreed late Monday on 11 anti-apartheid measures including a ban on air links with South Africa and on fruit and vegetable imports.

They included eight measures proposed at the last full Commonwealth meeting in the Bahamas in October 1985 as well as three new proposals — a ban on new bank loans to South Africa, a ban on the import of steel, iron

and coal, and the withdrawal of all consular facilities in South Africa.

The eight sanctions proposed by the full Commonwealth last October and reaffirmed by the six leaders are:

A ban on air links, a ban on new investment, a ban on the import of agricultural goods, the end of double taxation agreements, the termination of all government assistance to and trade with South Africa, a ban on all government procurement in South Africa, a ban on government contracts with majority-owned South African companies and a ban on the promotion of tourism to South Africa.

Secretary-General Shridath Ramphal said it showed the Commonwealth "has chosen the option of credibility over unanimity. It marks the end of a

no-sanctions policy in the Commonwealth."

But British Prime Minister Margaret Thatcher stood apart and accepted only voluntary bans on new investment and promotion of tourism in South Africa and an expected European ban on coal, iron and steel imports.

At a news conference, Gandhi dismissed the measures adopted by Britain and said they will have no impact.

"Britain is not the leader anymore, not in the Commonwealth, and it's losing its position ...," Gandhi said. "Britain traditionally has always stood for certain principles and values. It has stood for human rights, dignity for democracy and we see now that Britain is compromising on these basic values for some economic gain."

He said he was sure the other 48 countries in the Commonwealth composed of former British colonies will adopt the sanctions approved in London by himself and the leaders of Canada, Australia, Zimbabwe, Zambia and the Bahamas.

The six nations plus Britain held a two-day meeting to consider actions against Pretoria because South Africa was deemed by the Commonwealth to have not moved fast enough to end apartheid.

The meeting concluded with what was called an "agreement to disagree," spelling out the differences in approach between Thatcher and the other six.

By making strictly limited concessions, Thatcher was able to avoid a

formal split in the organization — as some observers had thought might occur — but Gandhi said, "She's quite isolated today."

He said the Commonwealth leaders believed their sanctions "will have a very substantial psychological impact" but admitted that without Britain their economic impact will not be as much as desired.

Gandhi said Commonwealth leaders now hope the Senate "will come out strongly" for sanctions against Pretoria.

In Pretoria, a government spokesman said today President Pieter Botha had no immediate comment and was unlikely to comment at all on the Commonwealth meeting.

CALENDAR

WEDNESDAY, AUGUST 6

B-Slim Diet Club for behavior modification and improved self-image, 7-9 p.m., Lake Mary Community Center, Phone 862-0799 or 688-6783.

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

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

Altamonte Springs AA, 8 p.m., (closed), Altamonte Community Chapel, 825 State Road 436.

Casselberry AA, 8 p.m., (closed), Ascension Lutheran Church, Ascension Drive, Casselberry.

THURSDAY, AUGUST 7

Cardiovascular screening for Seminole County residents, 8 a.m. to 5 p.m., County Health Department, 240 W. Airport Blvd., Sanford. Call 322-2724 Ex. 370 for appointment.

Manna Haven serves free lunch for the hungry, 11 a.m. to 1 p.m., Monday through Friday, at 519 Palmetto Ave., Sanford.

Free blood pressure checks, 9 a.m. to 1 p.m., American Red Cross Seminole Service Center, 705 W. State Road 434, Suite C., Longwood. Tuesdays and Thursdays.

Employment help for senior citizens, 10 a.m., Casselberry Senior Center, 200 N. Lake Triplet Drive, Casselberry.

Non-denominational Bible study and prayer, noon, Cavalier Inn Restaurant, Highway 17-92, Sanford.

Tough Love/Parents With Love weekly daytime support group, noon, Suite 206, 900 Fox Valley Drive, Longwood (off Wekiva Springs Road).

REBOS AA, noon and 5:30 (closed), Rebos Club, 130 Normandy Lane, Casselberry.

Diabetes Series Update begins at Central Florida Regional Hospital, Sanford, and will run through August 7, 2:30-4 p.m. To pre-register call Nursing Education, 321-4500.

Heart of Florida Civitan Club for single men and women, dinner at 6:30 p.m., meeting at 7:30 p.m., Quince's Restaurant, 4000 E. Colonial Drive (1/4 mile east of Fashion Square). Meets second and fourth Thursdays.

International Training in Communication Greater Seminole Club (previously Toastmistress), 7:30 p.m., Altamonte Chapel Education Building on State Road 436, second and fourth Thursdays.

Sanford AA, 1201 W. First St., 5:30 p.m., closed discussion, and 8 p.m., open.

REBOS AA, noon, 5:30 and 8 p.m. (closed), Rebos Club, 130 Normandy Lane, Casselberry.

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

Overeaters Anonymous, open, 7:30 p.m., Community United Methodist Church, Highway 17-92, Casselberry. Newcomers meeting, 7 p.m. Call Jean at 830-0995. Also, 7:30 p.m., in the annex behind Florida Hospital-Altamonte, State Road 436, Altamonte Springs.

Tough Love, a parent support group for communication about handling rebellious teens

and "keeping your cool", 7:30 p.m. every Thursday, at the Families Together Community Resource Center, Suite 206, Sweetwater Square, Longwood. Open to the public.

FRIDAY, AUGUST 8

Central Florida Kiwanis Club, 7:30 a.m., Florida Federal Savings and Loan, State Road 436 at 434, Altamonte Springs.

Seminole Sunrise Kiwanis Club, 7 a.m., Airport Restaurant, Sanford.

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

Rebos AA, noon, Rebos Club, 130 Normandy Road, Casselberry (closed). Clean Air AA for non-smokers, first floor, same room, same place and time.

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

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

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

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

24-Hour Crossroads AA, 8 p.m. (open discussion), 4th Street and Bay St., Sanford.

The Arts Council of Greater Orlando, 1900 North Mills Avenue, Suite 2, Orlando, will host monthly *Culture Shock Seminars*. The first seminar will begin at 8 a.m. at the Arts and Community Service Center located at 1900 North Mills Avenue. For more information, call (305) THE-ARTS (843-2787)

Crealde Arts Inc., 600 St. Andrews Blvd., Winter Park, announces the opening Children's Art Camp Exhibit in the Gallery from 200 young artists ages 5-16, from 5-8 p.m. The show will run through Aug. 15. For more information, call 671-1886.

SATURDAY, AUGUST 9

Sanford Grace AA 11th Step (closed), 8 p.m., Grace United Methodist Church, W. Airport Boulevard, Sanford.

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

Casselberry AA Step, 8 p.m., Ascension Lutheran Church, Ascension Drive (off Overbrook), Casselberry.

Linch Publishing's offices, 1950 Lee Rd., Winter Park, at 10 a.m. and Attorney Bruce Floyd's office, 840 W. New York Avenue, DeLand, at 2 p.m. will answer questions regarding wills, living trust, and estate planning. The meetings are free but reservations are required. For more information call either 904-736-6900, DeLand, or 305-647-3025 Winter Park-Orlando.

The Jewish Community Center of Central Florida is sponsoring a mixed bowling party for young single professionals ages 25-40 at the Fairlanes Bowling Center, Casselberry. R.S.V.P. Richard 767-0872 or JCC at 645-5933.

Tutu Joins Hiroshima Commemoration

HIROSHIMA, Japan (UPI) — South African Bishop Desmond Tutu joined thousands of people Tuesday in remembering the world's first atomic bombing and called on world leaders to renounce nuclear war as "utter madness."

On the eve of the 41st anniversary of the Hiroshima bombing, relatives of the tens of thousands of victims held commemorations as the visiting Tutu, like many others, learned of the destruction caused by the Aug. 6, 1945, attack.

"I've heard how horrendous the atomic bomb was. Now I have seen for myself and I'm utterly devastated," said the Nobel Peace Prize laureate after touring Hiroshima's Peace Museum, which exhibits photographs of the dead and wounded, tattered remains of clothing and other objects ruined in the bombing.

Although there is no accurate death toll for the U.S. bombing that occurred in the closing days of the Pacific war, figures compiled by the Hiroshima city government show 130,000 people died within three months and 140,000 died in subsequent years. Hundreds of thousands of others were exposed to radiation.

Survivors like 73-year-old Heiji Hirasawa, whose wife died of leukemia — one of the many "atomic diseases" — and thousands of anti-nuclear activists from around the world gathered in Hiroshima for Wednesday's annual memorial service.

They prayed for the dead and held rallies and marches calling for peace and the abolition of nuclear arms.

Tutu was accompanied by other fellow participants in a peace conference being held in the city, including American Nobel Peace and Chemistry

laureate Linus Pauling. Three days after a U.S. B-29 plane dropped the world's first atomic bomb on Hiroshima, destroying the western port of

330,000, the scenic coastal city of Nagasaki suffered the same fate. World War II ended six days later on Aug. 15, 1945 with Japan's surrender.

of Nagasaki suffered the same fate. World War II ended six days later on Aug. 15, 1945 with Japan's surrender.



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Secret Wyeth Collection Revealed

NEW YORK (UPI) — A secret that artist Andrew Wyeth vowed to take to his grave was made public with the sale of a hidden collection of 240 of his works depicting a mysterious blond woman identified only as "Helga."

Even Wyeth's wife of 46 years, Betsy, knew nothing of the works until the artist became ill with influenza and, thinking he might die, broke his personal vow.

The New York Times reported today the drawings and paintings by Wyeth, 69, were completed at his home in Chadds Ford, Pa., between 1970 and 1985.

All but one depict a blond, blue-eyed woman named Helga, believed to be a neighbor, who is shown clothed and nude. The subject of the remaining painting is believed to be Helga's daughter, Carmen.

The existence of the artworks was made public Tuesday by Jeffrey Schaire, editor of *Art and Antiques* magazine. Photographs of some of the works, which include drawings and tempera and watercolor paintings, will be published in the September issue of the magazine.

Asked what she thought the paintings "were all about," Mrs. Wyeth said, "Love," Schaire said.

"I don't want them to be seen. There's an emotion in them that I feel very strongly about, and I don't want to stop that train of thought," the *Times* quoted Wyeth as saying.

"When you show it to someone, if they like it, you're stopped, and if they dislike it you're stopped — either way. Maybe someday they will be seen, but not until I'm dead."

The *Times* said the paintings are to be shown at the National Gallery in Washington from May through Labor Day of 1987.

Helga's daughter, Carmen.

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The Hungry Want Food Sans Religion

HUNTINGTON, W.Va. (UPI) — The homeless, obviously hungering more for food than righteousness, turned out in bigger numbers at the City Mission when the mandatory after-dinner sermon was abandoned.

When attendance to the sermon was a requirement, the evening meal normally attracted about 50 diners. Last week, the sermons stopped, and the table was filled with more than 100.

"I believe you can't give the Lord to people who don't want Him," said Darrel Koons, food manager and night chaplain. "So, I figure we'll give them the food and let the Lord do the rest."

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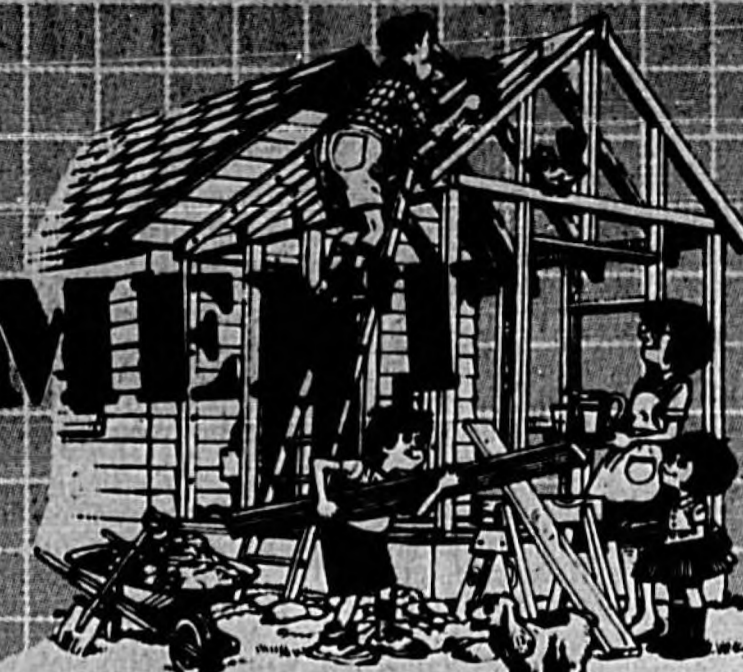
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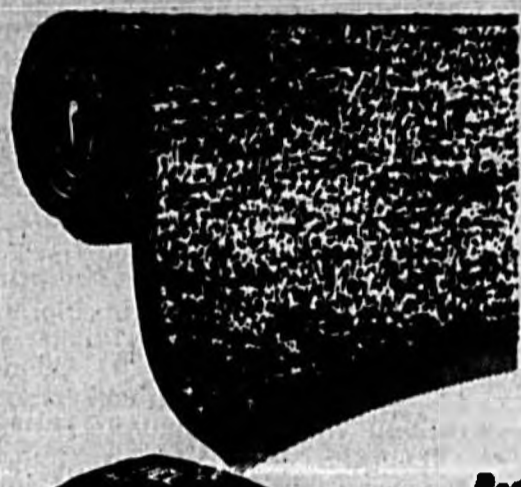
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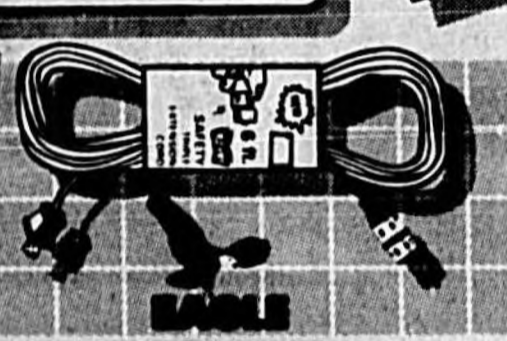
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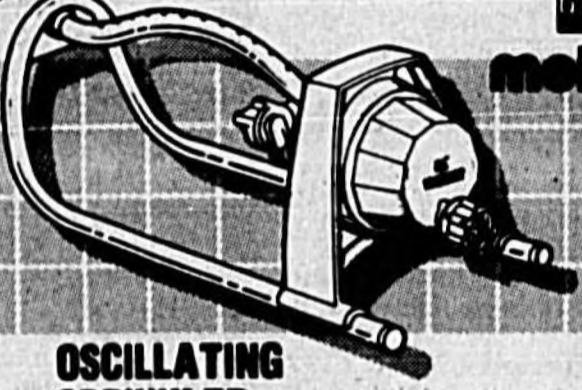
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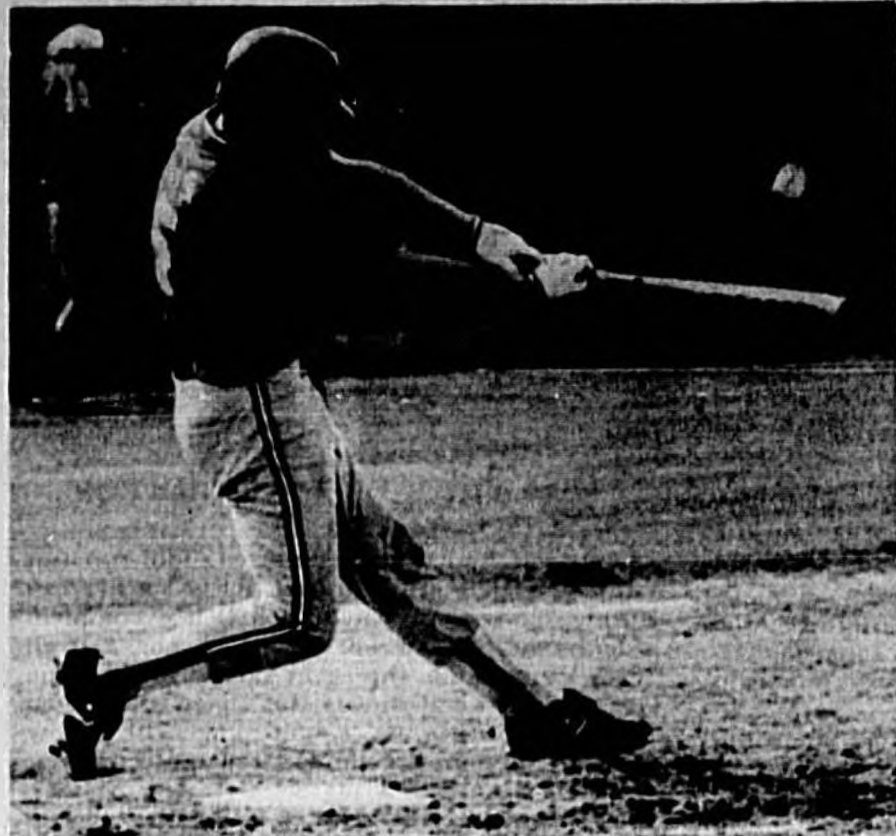
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Shakar, Carter Pitch Florida To Pair Of Wins



Mark Coffey broke out of an 0 for 12 slump Tuesday with an RBI single in the District 14 Nationals' 6-1 win over Texas in the Big League Southern Regional Tournament.

District 14 Big League Advances To Southern Region Finals

**By Scott Sander
Herald Sports Writer**
PEMBROKE PINES — Jay Carter and Steve Shakar both registered strong pitching performances Tuesday as the District 14 National Big League All-Stars, the Florida state champions, won a pair of games in the Southern Regional Tournament.
Carter turned in a stellar relief effort in an opening 5-4 win over Georgia while Shakar tossed a five-hitter in a 6-1 thumping of Texas late Tuesday night.
With the victories, Florida advances to the championship game on Thursday night at 6. Texas and Georgia play tonight at 7 to decide who faces Florida in the finals. The winner will also have to beat Florida twice.
One win will advance Florida to the Big League World Series which begins this weekend in Fort Lauderdale.
"It feels really good to win these games," Florida manager Howard Mable. "We didn't play our best in either of them but it still feels good."
Thanks to a five-hit pitching performance by southpaw Shakar, Florida stroled to a 6-1 victory over Texas.
"We were a different team tonight than in the morning," Mable said. "We had some big two-out hits and Shakar pitched an

Baseball
awesome game."
Shakar, who struck out three and walked just two, was very pleased with his outing.
"Our offense came alive and gave me great support," Shakar said. "I'm really happy. I've been throwing the ball well the last couple games."
Florida rapped out seven hits but they came at just the right times.
"Our hitting was very timely," Mable said. "We haven't been getting them in previous games but tonight we came out to play."
With the score 3-1 in the top of the fourth, Mike Pinckes unloaded a three-run homer off Texas pitcher Steve Ferguson to blow the game open.
"It was a curve ball and I hit it to straight center," Pinckes said. "Those fences are only 325 feet. He (Ferguson) hung it and I got most of it, enough to get over that dinky fence."
Florida broke on top with a pair of runs in the top of the first. With one out, Mark Merchant walked and stole second. Mike Hinde followed with the first of his three singles to drive in Merchant. Hinde took

second on the throw to the plate and Mark Coffey then broke out of his 0 for 12 slump with a single to center scoring Hinde.
Texas came back with their only run in the bottom of the first. After a walk and an error, Chris Whitelinger doubled to right driving in the run.
Florida blew the game open in the fourth. Second baseman Tim Bruehl led off with a single to left, stole second and took third on a passed ball. Jeff Watson followed with a single to center, scoring Bruehl. Shane Letierio then reached on an error with Watson taking second and Pinckes followed with his three-run blast to center.
Florida received an early Christmas gift in its first-round game Tuesday morning.
In the top of the eighth inning, with the score tied at 4-4, Bruehl walked, stole second and took third when the catcher's throw went into center field. After a strikeout, pitcher Carter came to the plate. Bruehl broke for the plate and Carter squared up to attempt the suicide squeeze. Carter missed the ball but, luckily, Georgia catcher Taco Vascales bobbled the ball, allowing Bruehl to score the winning run.
Florida, usually a potent hitting team, was held to six hits by Georgia's Jay Berkner.
See FLORIDA, Page 11A

Azalea Park Tops Texas Champs, 6-5

**By Chris Fister
Herald Sports Writer**
ALAMONTE SPRINGS — Be bold when you've got the hot hand.
The Texas state champions should have abided by that saying when they had a 5-0 lead and a chance to put Florida champion Azalea Park away in the third inning. Instead, Texas wound up snatching defeat from the jaws of victory.
After getting out of jams in both the third and fourth frames, Azalea Park rallied for six runs in the top of the fifth and rode the pitching of Tino Valerio the rest of the way en route to a 6-5 victory over Texas in the second game of the Junior Little League Southern Region Tournament before 301 fans at the Eastmonte Recreation Complex.
Azalea Park advances to tonight's winner's bracket game at 7:35 against West Virginia, a 3-1 winner of Arkansas in Tuesday's first game. In tonight's losers' bracket contest at 5:05, Arkansas and Texas will battle for survival.
Texas took advantage of four Azalea Park errors and four walks to take a 5-0 lead after two innings. Texas had two chances to blow the game open as it loaded the bases with no outs in the third and had runners at

Baseball
second and third with one out in the fourth. Both times, however, Texas could not push across a run.
Azalea Park, which left the bases loaded in both the first and second frames, finally broke through in the bottom of the fifth with six runs on three hits and five walks.
Kevin Jenny and Valerio both walked off Texas starter Mark Shields to lead off the fifth. Gavin Forbis then came on in relief but Greg Probst greeted him with a line single to left center to load the bases. Forbis then walked Edju Ewasko to force in Jenny with the first run and T o m m y ' K o b y ' Kohylarzyck also looked at four bad ones to force in Valerio.
Paul Wilson followed by ripping an 0-2 curve ball into left field for an RBI single, trimming Texas' lead to 5-3. Mike Hibbard then followed with another bases-loaded walk to score Ewasko to shave the lead to 5-4.
Forbis was then lifted with Brent Baker coming on in relief but Chris Jackson rapped a single to right to score Kohylarzyck to tie the score at

All-Star Roundup

BASEBALL: All-Star Tournaments	Saturday's game 10:00 a.m. — Florida-West Virginia winner vs. losers' bracket survivor, if necessary
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JUNIOR LEAGUE Southern Region Tournament At Alamoonte's Eastmonte Complex Tonight's games 5:00 p.m. — Texas vs. Arkansas 7:35 p.m. — Florida vs. West Virginia Tuesday's results West Virginia 2, Arkansas 1 Florida 6, Texas 5 Thursday's game 7:35 p.m. — Texas-Arkansas winner vs. Florida-West Virginia loser Friday's game 7:35 p.m. — Florida-West Virginia winner vs. losers' bracket survivor	BIG LEAGUE Southern Region Tournament At Pembroke Pines Tonight's game 7 p.m. — Texas vs. Georgia Thursday's game Florida vs. tonight's winner Friday's game Florida vs. tonight's winner, if necessary Tuesday's results District 14 Nationals (Florida) 2, Georgia 4 Georgia 5, North Carolina 2 Florida 6, Texas 1 Monday's result Texas 5, North Carolina 1

5-5. Baker then got the next hitter looking at a called third strike, but Jenny then smashed a long drive to center field and Wilson tagged at third and scored for a 6-5 Azalea Park lead.
Valerio, who relieved Wilson in the third, shut Texas out on five hits in his stint on the mound. Valerio was also the winning pitcher with Forbis taking the loss.
Texas jumped on Azalea Park early with one run in the first and four more in the second. In the first, David Rogers walked, took second on Shields' bunt, went to third on a wild pitch and scored when John Kilgore reached on an error.
In the second, Wayne Bartley led off with a walk. Mark Wood reached on an error and Baker singled to load the bases. Pinch

runner Michael Bailey scored the first run of the inning on Rogers' single to right. After Wood was forced at the plate on Shields' grounder, Kilgore drilled a single to left center to drive in Baker for a 3-0 lead and Rogers also scored on the play on an Azalea Park error. Shields then scored the fourth run of the inning when Tug Rix reached on an error for a 5-0 Azalea Park lead.
Texas got three consecutive walks to lead off the third inning but one was forced at the plate for the first out. Azalea Park got out of the inning when shortstop Shields speared Kenny's line drive and stepped on second for the double play.
Although Azalea Park came through with a big fifth inning, neither team was overwhelming in the clutch as Azalea Park left 11 runners on base and Texas left 10 men on.

West Virginia Downs Arkansas

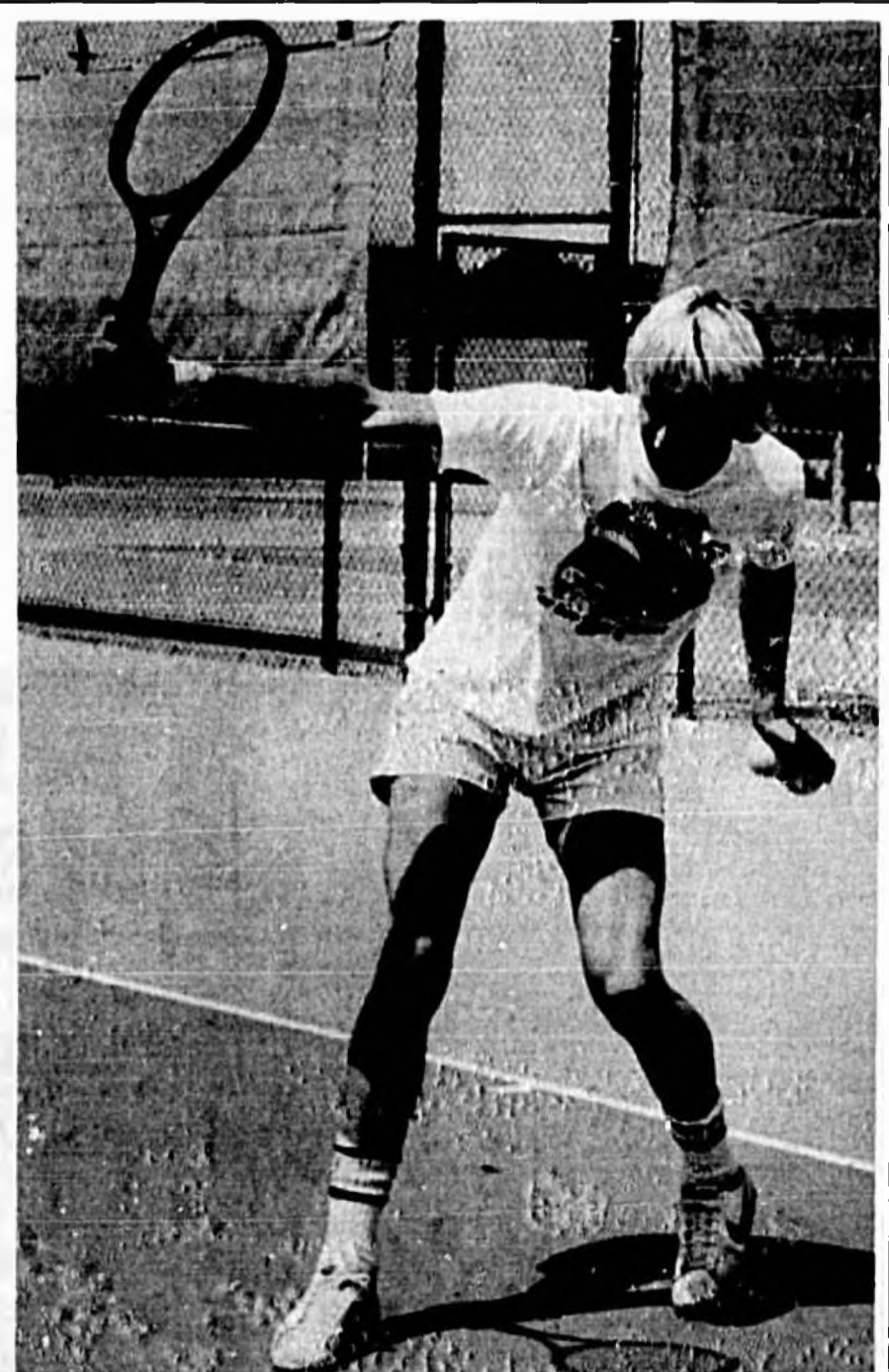
**By Mark Blythe
Herald Sports Writer**
ALAMONTE SPRINGS — Kevin Roberts of West Virginia threw a three-hitter Tuesday night to lift his team to a 3-1 victory over Arkansas in the opening game of the Junior Little League Southern Region Tournament before 401 fans at the Eastmonte Recreation Complex.
Roberts' curveball was enough to fool Arkansas all night as he fanned 10 and walked three while giving up just three singles. The defense also backed Roberts up with a stellar performance.
West Virginia will now advance to the winners' bracket game tonight at 7:35 against Florida champs Azalea Park. Azalea advanced with a 6-5 come-from-behind victory over Texas in Tuesday's first game.
The winner of the Southern Region Tournament advances to the Junior Little League World Series beginning Aug. 11 at Taylor, Mich.
West Virginia upped its record to 11-0 throughout the tourney as Arkansas dropped to 8-2.
Arkansas scored first with its only run in the top of the first frame. It was also the only time Roberts faced more than four batters in the same inning. JoJo

Baseball
Jackson started things off as he drew a walk and, after an out, moved up to second and went to third on Vary Russ' single. Jeff Mullens then reached on an error, the only one committed all night by West Virginia, to bring in the lone run for Arkansas.
Roberts was able to recover, getting a ground out and a strike out to get out of the inning with no further damage.
West Virginia tied the score in the bottom of the second. Steve Steele led things off with a single and went to second on a fielder's choice hit to short. After another out, Chris Barber picked up one of his two RBIs of the night by slapping a double to plate Steele.
In the third Steele started it off the very same way with a single, he then stole second and went to third on a wild pitch. Deron Godby then put a grounder down the third base line for a base hit to put West Virginia up 2-1. Godby then stole second and third. Mitch Black then walked to put runners on the corners. As Black was stealing second Arkansas catcher Mullens faked a throw to third
See WEST, Page 11A

Svantesson Yearns For Shot At Pro Tour

It was hot on the court — very hot. The temperature was in the high nineties. On the court, it must have been 105, what with the heat coming off the asphalt and the windscreens cutting off any breeze that might be around. It was a good day to be inside reading a book or watching TV.
The young man on the other side of the net was not reading a book and he was not watching TV. Instead he was running, straining, pushing his body and his mind, trying to improve his game just a little bit. He was working so very hard to try to gain a little edge on those thousands of players out there in the tennis world, all of those players with the same thing on their minds as he had — wanting, hoping and working so hard to reach their goal — to be a professional tennis player.
He just continued to work. Tobias Svantesson, a former Seminole Community College player, continued to move his feet, to use all the energy he could muster. After a while, dripping wet, face red and momentarily exhausted, he called for a break to rest for a few minutes, get some water and go right back to the drills.
This would be the routine for over two hours this day, every day, for a month. Added to this on-the-court routine would be lots of quickness drills, plenty of endurance running, Nautilus workouts and sit-ups and push ups. All of this to get ready to try to make it in the world of professional tennis, knowing full well that even with his great ability, lots of hard work and a great collegiate back-

ground, the chances are slim.
There are thousands of outstanding players out there trying to make it. Only about one hundred really make a good living at the game. To really make it big one needs to be in the top fifty. Fifty players out of maybe ten thousand who all think and hope that they can get to the top.
Svantesson seems better equipped than most to make it. His size is an advantage. He is 6-3 and weighs 190. Rock-solid and extremely strong, he has some other advantages that some of the "big," strong guys in tennis do not have. He is not only big and strong, he is very quick and agile. Covering the court is no problem for Tobias, and it seems there is no ball that he cannot get to.
He also now seems to have something that was lacking in his game in the past. He has developed the ability to concentrate deeply and to "lock in" on every point. This new mental outlook on the game comes from the realization that now that he has graduated from college, tennis is his job, his work. He is treating it in this manner and it's paying off.
Svantesson has the best overhead smash in tennis today. There simply is no one



Tobias Svantesson warms up his backhand at the Seminole Community College courts. The former SCC great is working toward a shot at the pro tennis circuit.

who can do the things with the overhead that he can. It's very hard, very deep and ultra-consistent. He can hit it from anywhere on the court. I have never seen an overhead that is as strong as this one. His serve
See CASTLE, Page 10A

USFL Founder Plans New League

Football
NEW ORLEANS (UPI) — The United States Football League may be sinking fast, but its founder is rising to the occasion to concoct yet another professional football league — this one with teams owned by the fans.
Dave Dixon, founder of the USFL and the Louisiana Superdome, said Tuesday he will start another pro league called America's Football Teams Inc.
"Sure we're confident we'll make it into being," Dixon said. "We've targeted the first weekend in March for startup. We're going to accomplish it."
Dixon explained the teams would be wholly owned subsidiaries with a portion of each ticket going toward purchase of stock. As an example a \$13.50 game would contain a stock stub of \$3.50 to transform fans into stockholders.
"If you think the Notre Dame student body is wildly partisan and super enthusiastic, what about a stadium where everyone present is an owner," Dixon said. "How wild will 60,000 owners be?" he joked.
The plan also would wipe out antitrust disputes and provide cost controls, he said.
The financially strapped USFL, stung by a jury award of just \$1 of the \$1.7 billion it was seeking in an antitrust suit against the NFL, announced Monday it would postpone its fall season.
The USFL, which once numbered 18 teams, was to have begun its first fall schedule in mid-September with eight teams. The league reportedly lost an estimated \$200 million during its first three seasons.
Fan-owned clubs would be

superior to the privately owned clubs of today, Dixon said, because the fan is the single most important ingredient to a football team.
Dixon said his newfangled league would contain clubs in New York, Los Angeles, San Francisco, Chicago, Philadelphia, Detroit, Texas and Florida or another city in the southeast.
Each team would have free expansion rights to any city interested in getting a piece of the action by simply selling season tickets, he said.
Dixon said he has been working on the new league for about a year and thinks he has lined up a television contract. He would not discuss details.
The USFL claimed during its 12-week trial in New York the NFL monopolized pro football and conspired to keep the USFL off network TV.
Dixon's proposed league would speed games to last only about 2 1/2 hours, instead of the traditional televised contest of almost 3 1/2 hours.
A championship "superseries" would decide the victor in a two-out-of-three format.
Dixon's proposed league would speed games to last only about 2 1/2 hours, instead of the traditional televised contest of almost 3 1/2 hours.
Fan-owned clubs would be

MAJOR-LEAGUE ROUNDUP

STANDINGS

NATIONAL LEAGUE

Table with columns for team, wins, losses, and percentage. Includes teams like New York, Montreal, Philadelphia, St. Louis, Chicago, Pittsburgh, Houston, San Francisco, Los Angeles, San Diego, Cincinnati, Atlanta.

AMERICAN LEAGUE

Table with columns for team, wins, losses, and percentage. Includes teams like Boston, Milwaukee, Toronto, Detroit, Kansas City, Cleveland, Baltimore, Philadelphia, St. Louis, Chicago, Oakland, Texas, Seattle.

Angels Rap 18 Hits, Thrash Twins, 13-1

United Press International For lack of worthy relievers, the Minnesota Twins lost again.

The California Angels collected 18 hits and 11 walks off five Twins pitchers Tuesday night on the way to a 13-1 victory over Minnesota. The Angels extended their lead to 2 1/2 games over the Texas Rangers in the American League West. The Twins dropped to 46-80 and trail California by 11 games.

"We had no bullpen," said Twins manager Ray Miller. Wally Joyner hit a two-run homer, his 22nd of the season, and Bob Boone drove in four runs to support Mike Witt's three-hitter. The Angels snapped a three-game losing streak.

Witt, 12-7, struck out seven and walked none in notching his 10th complete game, tops in the American League. Allan Anderson, 3-4, who lasted two innings, took the loss.

"What do you call it when you don't waste anything — economical with pitches?" Angels manager Gene Mauch said. "Good pitchers finish what they start."

Boone drove in four runs on a ground out, a double and two walks with the bases loaded. The 11 walks by the Twins pitchers was a season high.

"I think the last time I walked three times in a game, I was in the third grade," Boone said. "I don't like looking like that in front of the home folks," Miller said. "I couldn't leave (reliever Frank) Pastore out there to get killed or leave (reliever Juan) Agosto out there to get embarrassed."

"You can't throw the ball for anybody. You just bring 'em in," Miller said.

Royals 6, Blue Jays 6 At Toronto, Angel Salazar went 3-for-4 with a pair of RBI and Kansas City scored five runs in the third inning. Winner Scott Bankhead, 5-5, worked seven innings and allowed five runs on seven hits to get the victory. Steve Farr got the last out for his sixth save.

White Sox 3, Red Sox 1 At Boston, Carlton Fisk hit a two-run homer and Richard Dotson had a no-hitter for five innings, helping the White Sox spoil the return of Dennis "Oil Can" Boyd. Boyd, 11-7, in his first start since being suspended for his July 10 walkout, went 7 2-3 innings. Richard Dotson improved to 8-12.

A.L. Baseball



Mike Witt and Carlton Fisk

Tigers 6-11, Indians 5-9 At Detroit, Lou Whitaker started a four-run first with a leadoff home run and finished a five-run third with a two-run shot to help Detroit complete a double-header sweep. In the opener, Darrell Evans smacked a three-run homer to pace the Tigers. The sweep moved the Tigers into fourth place in the AL East, a half-game behind New York and five games behind first-place Boston.

Orioles 9, Rangers 3 At Baltimore, Jim Traber and Larry Sheets smashed back-to-back home runs and Fred Lynn and Jim Dwyer had two RBI apiece to spark the Orioles. Storm Davis, 8-8, boosted his career record to 10-0 against the Rangers by scattering eight hits over eight innings. Jose Guzman, 8-11, took the loss.

Brewers 2, Yankees 1 At New York, Cecil Cooper slapped an RBI single to left field to score Paul Molitor from second base in the 10th inning, lifting the Brewers. It was Milwaukee's fifth-straight triumph over the Yankees. Dan Plesac, 7-6, picked up the victory and Dave Righetti, 7-6 took the loss.

A's 10, Mariners 4 At Seattle, Dave Kingman blasted two home runs and Jose Canseco and Mickey Tetletien hit one each, powering Oakland. Kingman hit his 25th and 26th homers. Canseco his 25th and Tetletien his third. The homers backed Curt Young, 8-7. Jim Beattie dropped to 0-6.

BOX SCORES

Twins' American League Roster

By United Press International

(First Game)

CLEVELAND DETROIT

Box score for Cleveland vs Detroit game 1. Lists players like Bernard, Butler, Thorton, Carier, Hall, Tabler, Snyder, Franco, Jacoby, Nison, Castillo, Allanson, Bando, Totals.

(Second Game)

CLEVELAND DETROIT

Box score for Cleveland vs Detroit game 2. Lists players like Bernard, Butler, Nison, Carier, Thorton, Franco, Jacoby, Bando, Allanson, Totals.

Totals

Summary box scores for various games including Cleveland vs Detroit, Philadelphia vs St. Louis, Texas vs Baltimore, Philadelphia vs St. Louis, Atlanta vs Boston, Chicago vs Boston, Milwaukee vs Chicago, Houston vs Los Angeles, Houston vs Los Angeles, Houston vs Los Angeles.

PHILADELPHIA ST. LOUIS

Box score for Philadelphia vs St. Louis game 1. Lists players like Redus, Stone, Samuel, Schmitt, Wilson, Hayes, Russell, Jelts, Madson, Hernandez, Gorman, Gross, Totals.

PHILADELPHIA ST. LOUIS

Box score for Philadelphia vs St. Louis game 2. Lists players like Redus, Stone, Samuel, Schmitt, Wilson, Hayes, Russell, Jelts, Madson, Hernandez, Gorman, Gross, Totals.

ATLANTA BOSTON

Box score for Atlanta vs Boston game 1. Lists players like Conagales, Boston, Baines, Halstrom, Hullett, Marmian, Pisk, Gullion, Cruz, Virgil, Romero, Totals.

ATLANTA BOSTON

Box score for Atlanta vs Boston game 2. Lists players like Conagales, Boston, Baines, Halstrom, Hullett, Marmian, Pisk, Gullion, Cruz, Virgil, Romero, Totals.

HOUSTON LOS ANGELES

Box score for Houston vs Los Angeles game 1. Lists players like Duran, Wells, Ryal, Davis, Bass, Cruz, Halcher, Knapper, Puhl, Lopez, Smith, Totals.

HOUSTON LOS ANGELES

Box score for Houston vs Los Angeles game 2. Lists players like Duran, Wells, Ryal, Davis, Bass, Cruz, Halcher, Knapper, Puhl, Lopez, Smith, Totals.

HOUSTON LOS ANGELES

Box score for Houston vs Los Angeles game 3. Lists players like Duran, Wells, Ryal, Davis, Bass, Cruz, Halcher, Knapper, Puhl, Lopez, Smith, Totals.

HOUSTON LOS ANGELES

Box score for Houston vs Los Angeles game 4. Lists players like Duran, Wells, Ryal, Davis, Bass, Cruz, Halcher, Knapper, Puhl, Lopez, Smith, Totals.

HOUSTON LOS ANGELES

Box score for Houston vs Los Angeles game 5. Lists players like Duran, Wells, Ryal, Davis, Bass, Cruz, Halcher, Knapper, Puhl, Lopez, Smith, Totals.

HOUSTON LOS ANGELES

Box score for Houston vs Los Angeles game 6. Lists players like Duran, Wells, Ryal, Davis, Bass, Cruz, Halcher, Knapper, Puhl, Lopez, Smith, Totals.

Braves' Speck Gets First Win

United Press International Atlanta pitcher Cliff Speck received his first starting role as a stand-in for Zane Smith Tuesday night and forgot his lines.

He remembered how to pitch, however. Speck, making his first major-league start, combined with Ed Olwine on a six-hitter in the Braves' 3-2 victory over the San Diego Padres.

Speck, called up from Richmond of the Triple-A International League July 27, was a last-minute replacement for Smith, who was bothered by an inflamed tendon in the middle finger of his left hand.

He pitched 5 2-3 innings and surrendered one run on five hits to gain his first major-league decision. He struck out four and walked three.

"I don't know how you're supposed to act," Speck said. "If you're supposed to act happy, I am."

Olwine, who gained his first

N.L. Baseball

Cardinals 7, Phillies 4 At St. Louis, Bob Forsch won his fifth consecutive start with a six-hitter over 8 1-3 innings, and Tom Herr drove in three runs to pace the Cardinals. Forsch, 11-6, had two hits, including a double, and scored twice. The 36-year-old right-hander struck out four and walked one.

Cubs 8, Mets 5 At Chicago, pinch hitter Jerry Mumphrey belted a three-run homer in the eighth inning to lift the Cubs to their fourth straight victory over the Mets and make a winner of reliever Lee Smith, 7-7. Reliever Roger McDowell fell to 9-6. Ron Cey has reached base eight straight times.

Expos 3, Pirates 0 At Pittsburgh, Andre Dawson doubled in a run and Dennis Martinez threw a four-hitter for his first National League victory. The right-hander, 1-3, walked none and struck out two in his first complete game and fifth start as an Expo. Mike Bielecki, 6-7, took the loss.

Astros 10, Dodgers 2 At Los Angeles, Billy Hatcher hammered a grand slam and Denny Walling smacked two home runs to snap the Dodgers' eight-game winning streak. The victory extended the Astros' lead over the Dodgers in the National League West to 6 1-2 games.

Riley's Interception Lifts Oilers Over Rams

ANAHEIM, Calif. (UPI) — Avon Riley intercepted Steve Bartkowski's first pass as a Ram and returned it 97 yards for a touchdown, and Warren Moon connected with Drew Hill for a 61-yard scoring play Tuesday night, leading the Houston Oilers to a 17-14 exhibition victory over Los Angeles.

Tony Zendejas added a 39-yard field goal as the Oilers held the Rams scoreless in the second half in the preseason opener for both clubs.

Charles White caught an 11-yard TD pass from Bartkowski and ran 8 yards for another second-quarter score for the only points for the defending NFC West Champions. The 1979 Heisman Trophy winner rushed 24 times for 95 yards.

The Rams had a chance to go ahead early in the fourth quarter, but quarterback Steve Dils fumbled a snap at the Houston 2. Los Angeles got the ball at the Oilers' 32 with 2:35 to go when rookie Allen Pinkett

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fumbled, but Dils coughed up the ball once again when sacked by blitzing Keith Bostic with 1:51 remaining. Houston starting quarterback Moon played the first half, completed 8-of-12 passes for 130 yards. BUCS TRIM ROSTER TAMPA (UPI) — The Tampa Bay Buccaneers reduced their training camp roster to 83 Tuesday by waiving five free agents. The Buccaneers, who open their pre-season schedule Saturday night against St. Louis, released wide receivers Deverick Lampley, Tony Curtis and David Boatwright, running back Derrick Spurling and defensive back Raymond Polk. The only unsigned Tampa Bay player carried on the roster is fourth-year guard Joe Shearin.

Cook Of The Week

Years Of Good Cooking Pass From Generation To Generation

By Dorothy Greene
Herald Correspondent

Yes, there is such a place called Sheboygan, Wis., and our Cook Of The Week, Vernice McCarty of Sanford, along with her lovely family, is a welcome transplant to these parts.

"We lived in the same house until I was eighteen years old," Mrs. McCarty recalls, "and when I was little I liked to play with dolls. I had about eight dolls and really enjoyed playing house. All I ever wanted to be was a mother." It isn't hard to see how her maternal instincts combined with her homemaking skills have helped Mrs. McCarty become a very capable wife and mother to her husband, Mark, and pretty daughters, Windy and Grace.

"My grandmother is the one who really influenced my cooking," Mrs. McCarty explains. "She was a German cook and she loved to bake." As a single parent, Mrs. McCarty's mother had to return to work when Vernice was very young and she spent a great deal of time with her grandmother who lived "upstairs" in the same house. Recalling one of her first cooking experiences, Mrs. McCarty laughs, "I made brownies on my own while my Mom was away and I used a pan that was too big. They got hard and as flat as a pancake and I just threw them away. I made such a mess that my Mom was really mad when she came home."

Mrs. McCarty was sweet sixteen when she met Mark at a dance. After dating for two years they were married and, along with Vernice, Mr. McCarty gained her pet dog, Peggy. "I always had a dog," says Mrs. McCarty, "and Peggy came with me when I got married. Take me, take my dog," she laughs.

Many of her grandmother's recipes that Mrs. McCarty had collected had never really been put to use before she got married and she only experimented a little bit at home before then, so "One of the hardest things to do was have everything ready at the same time," she says. "It was really trying on my own that got me started." Attending Bible study classes and other church functions have played an important part in making her "cook" an expert in the kitchen. "Everyone would bring treats and we had all those pot luck dinners and sharing recipes with other women really increased my interest. I really enjoy cooking now, and baking; that's my favorite thing," says Mrs. McCarty.

Now that Mrs. McCarty's mother, Ruth Reinbacher, has moved to Sanford to be near her daughter and grandchildren, Grandma enjoys babysitting with the girls, and Vernice enjoys the close family relationship. And, as is usually the case with young families, there is always something interesting to do. "We like to go roller skating," says Mrs. McCarty. "And every Wednesday we go to the rink. We go to the movies and to the library, and we also like to spend weekends at the beach." Good, wholesome fun is the order of the day and the McCarty girls are a shining example of caring, loving parents. Mark McCarty, a self-employed building contractor,

Vernice McCarty mixes an enticing Midwestern dish to serve her family and friends. 'I'm not a fancy cook,' says Mrs. McCarty 'I like simple recipes.'

Herald Photo by Tommy Vincent



looks forward to being greeted by his girls when he comes home from a long work day.

Somehow a childhood isn't complete without a collection of family pets and Windy and Grace have their share. Polly, the 14-year-old parrot, was around before the girls were even born, but then there is Pepper the yorky, Sam the turtle, and Smokey the cat to lend a variety to the household.

Mrs. McCarty is proud of the fact that her daughters are learning to cook at an early age. "Windy cooks and Grace really helps a lot with baking. She really loves to bake," says Mrs. McCarty. "One night a week Windy will do her own cooking. She has a cook book for kids and she'll pick something out and make her own meal. She makes her own list. I'll give her the money and she does her own grocery shopping. Of course, I sit and wait for her at the front of the store. They're real easy recipes, like casseroles or macaroni and cheese. Then we write how good it was and how it went, so when she gets bigger we can give it to her."

Another learning experience for Mrs. McCarty's daughters is their little backyard garden, which Windy says has "corn and flowers" right now, but each year will bring more as they gain more knowledge of gardening.

Once in a while Mrs. McCarty will remember how much she misses her hometown in Wisconsin, but is happily looking forward to her family's 4th year as Central Floridians. "We came from a small community of about 900 people,"

she says, "and everybody knew each other so that when you went to the grocery store or anywhere, it was more of a social time. Everyone got together, but here you just can't do that. Backhome, we had a real big dining room with a farmer's table that sat 12 people comfortably, and we had that filled almost all the time. We had a lot of company and people coming to dinner all the time and that was really nice. I enjoyed that."

The McCarty's are a church-oriented family and are active members of the Grace Fellowship Baptist Church in Longwood. Mrs. McCarty is presently teaching at the Vacation Bible School and, along with some assistance from Windy, helps in the church nursery. She also is a substitute Sunday school teacher, working with third and fourth graders. Just back from a trip to Chattanooga, Tenn., with six ladies from her Bible Study group, Mrs. McCarty is enthusiastic about her participation at a Precept Upon Precept Ministries seminar there.

During the school year, Mrs. McCarty is a home room mother at Pinecrest Elementary School, Sanford, and joins the students on field trips and helps with classroom parties. In the fall, when Windy enters the fifth grade, and Grace begins her first grade studies, Mrs. McCarty will once again be a busy mother.

"I'm not a fancy cook," says Mrs. McCarty. "I like simple recipes. At potluck dinners at church, lots of times we're assigned a certain dish. Someone will bring the meat, another will bring the dessert, but usually I make a casserole of

green beans, mashed potatoes and ground beef; it's like Shepherd's Pie." A favorite recipe for barbecue sauce was given to Mrs. McCarty by her mother-in-law and she says it's the best in the world. "I just mix it in a measuring cup; no cooking or anything," she says, "and it clings to your meat, too. You can use it for chicken, ribs, or anything."

Mrs. McCarty's Broasted Potatoes are a nice addition to any meat dish and can be cooked separately in their own pan allowing about 2 potatoes per person. Sharing another delicious family favorite, 7-Layer Casserole, Mrs. McCarty explains that it was handed down to her by her grandmother and is good and easy for pot luck suppers.

Below is a list for your own recipe file:

SHEPHERD'S PIE

- 2 lbs. ground beef
- 1 medium onion, chopped
- 1 can green beans
- Mashed potatoes

Brown ground beef, with onions, in large skillet. Drain. Spread beef and onions on bottom of 9 x 13 inch baking pan. Add layer of green beans (or peas and carrots). Make enough mashed potatoes, fresh or instant, to cover top of casserole dish. (Uses about 10 fresh potatoes.) Bake in 350 degree oven until potatoes are nicely browned. Serves 6 to 8.

MEAT LOAF

- 2 lbs. ground beef
- 3/4 cup Italian bread crumbs
- 1 egg
- 1 onion, diced
- 1/4 cup catsup
- 1/4 cup water
- 1 tsp. garlic powder
- Salt and pepper to taste

Thoroughly mix all ingredients together and shape into loaf. Place in regular loaf pan or microwave pan. Bake at 350 degrees 1 hour, or microwave on high power for 11 to 15 minutes, turning dish occasionally. Let stand 3 to 5 minutes before serving. Good with Broasted Potatoes. Serves 4 to 6.

BROASTED POTATOES

Clean and peel potatoes, allowing 2 potatoes per person. Cut in fourths. Melt 1 stick butter or margarine in baking pan. Sprinkle Lawry's seasoned salt in melted butter. Place potatoes in pan and coat with seasoned butter. Bake at 350 degrees for 45 minutes to 1 hour.

7-LAYER CASSEROLE

(From Grandma to me)

- 1 cup uncooked rice
 - 1 cup whole kernel corn, drained
 - 1 can (15 oz.) tomato sauce, reserving 1 cup for top
 - 1/2 cup water
 - 1/2 cup each, onion and green pepper, chopped
 - 1 lb. ground beef, uncooked
 - Salt and pepper
 - 4 strips bacon
- Place rice in baking dish; add corn. Sprinkle

See COOK, 2B

Nutritious And Tasty Meat Substitutes Make Vegetarian Diets Interesting

By Angela Woodhull
Herald Staff Writer

Many people are under the impression that vegetarians eat vegetables only. But there are many meat substitutes that help make the vegetarian diet interesting and well-balanced. If practiced correctly, the meatless diet can help a person lose weight, feel more energetic, and look healthier. A vegetarian-type diet was recommended recently by the American Cancer Society. And a healthy diet of fresh vegetables, fruits, whole grains, and meatless protein foods can also decrease a person's cholesterol level, thereby lowering the chances of heart disease.

Here are just some of the meatless protein sources vegetarians typically use:

TOFU: Tofu is a curd made from soy beans. It is white and has a rather bland flavor. There are three kinds of tofu—soft, medium, and extra firm. Because of its neutral flavor tofu can be used to make anything from puddings to meat-like cutlets. By blending honey and chopped bananas to soft tofu you can create a custard. Medium-firm tofu can be scrambled, like eggs or ground beef, or used as a soft cheese substitute in lasagna. Mixed with mayonaise and spices tofu becomes a great sandwich spread. Extra firm tofu can be fried, baked, or broiled and used to make tofu Parmesan or tofu patties.

TEMPEH: Tempeh is a mixture of cultured soy beans and grains. It generally comes in a

square slab about one half inch thick. Tempeh has a crunchy, nutty flavor when sliced thin and lightly fried in olive oil or butter. Ground tempeh, mixed with rice, spices and tomato sauce can be used to stuff green peppers, tomatoes, or make a "meat" loaf.

WHEAT GLUTENS: Wheat glutens generally come in cans and are pre-flavored to taste like beef, chicken, or pork. You can stir-fry glutens with vegetables or make a gravy and serve them as you would any meat dish.

GRAIN/LEGUME COMBINATIONS: By combining grains and legumes (beans) a complete protein is formed. There are endless combinations—rice and beans, peanut butter and bread, peas and noodles, potatoes and

limas, lentils and macaroni, black beans and wheat berries. These combinations take little preparation time and are very inexpensive to purchase.

CHEESE: Cheese is an excellent meat substitute. You can create a variety of casseroles by combining grains, vegetables and cheeses. Sliced, cold cheese can be used as a quick summer side dish with fresh garden salads or fruit combos. Other dairy products that are good sources of protein include milk, yogurt, ice cream, and cheesy sauces.

Many vegetarians also eat eggs and seafood occasionally. With such a variety of tasty, wholesome foods available, it is easy to see why many people are incorporating vegetarian meals into their traditional diets.

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Festival To Help March Of Dimes

The Sons of Italy are distributing 88 canisters at Italian restaurants throughout Central Florida to raise funds for the Central Chapter of the March of Dimes.

The canisters will be out through mid-October when the Italian Street Festival will be held at Church Street Station on Oct. 16, 17 and 18. At the festival, Al Martino will sing "Daddy's Little Girl" to Katie Ludwig. Lake Mary, Central Florida Chapter's March of Dimes 1986 Poster Child, Rick Ruffo is serving as Chairman of this year's Italian Street Festival.



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Microwave Magic

Lite Meals With Oriental Appeal

Oriental food has great appeal to many, partly because it is "lite" as well as being tasty, attractive and requires short cooking time.

The microwave can be used for most oriental food preparation and the vegetables will be tender-crisp with beautiful color and the meats will be done but moist and tender. These recipes have been adapted for the microwave oven, but recipes that you have can also be adapted easily by following the amounts, time and power settings from micro-recipes with oriental flair.

A restaurant favorite that you can prepare at home: uses chicken and snow pea pods.

MOO GOO GAI PAN

4 chicken breasts
2 tablespoons oil
3 ounces snow peas
1/2 cup mushrooms, thinly sliced
2 tablespoons green onions, thinly sliced
1/2 cup water chestnuts
1 cup water
2 teaspoons instant chicken granules
2 tablespoons soy sauce
2 teaspoons cornstarch
1/2 teaspoon ground ginger
1/2 teaspoon pepper

Skin and bone chicken and cut into bite-size pieces. Mix chicken and oil in glass casserole. Microwave on 100% power 8-10 minutes. Let stand covered 5 minutes. Add snow peas, mushrooms, green onions and water chestnuts. Microwave on 100% power 4-5 minutes. Remove from microwave. In a 2 cup glass measure place water, instant chicken bouillon granules, cornstarch, soy sauce and spices. Microwave on 100% power 2-3 minutes or until thickened. Stir every minute. Pour over chicken and stir gently.

Another oriental dish that uses just one whole chicken breast for two servings is this colorful Kung Biew Chicken. Remember when using the dried mushrooms they need to be soaked in water to be reconstituted before they can be hot or mild depending on the amount of red pepper used.

KUNG BIEW CHICKEN

1/2 cup dried mushrooms*
1 large whole chicken breast, skinned, split boned
2 tablespoon cold water
1 teaspoon cornstarch



Midge Mycoff
Home Economist
Seminole
Community College

2 tablespoon soy sauce
1 clove garlic, minced
1 large green pepper, cut in 1/2 inch pieces
1/2 cup bamboo shoots
2 tablespoons chopped peanuts
1/4 teaspoon crushed red pepper
1 tablespoon cooking oil
Soak mushrooms in enough warm water to cover for 30 minutes; squeeze to drain well. Chop mushrooms, discarding stems. Cut chicken into bite-size pieces. Blend cold water into cornstarch; stir in soy sauce. Set aside. In 8x8x2-inch baking dish, combine garlic, green pepper, bamboo shoots, peanuts, red pepper, and oil. Microwave on 100% power 4-6 minutes or until tender, stirring once.

Remove vegetables from baking dish. Add chicken. Microwave on 50% power 2-3 minutes, or until done stirring once. Drain off liquid.

Stir soy sauce mixture; stir into chicken. Microwave on 100% power for 1-2 minutes or until thickened and bubbly, stirring twice. Stir in vegetables and mushrooms. Microwave covered, on 100% power for 1-2 minutes, or until mixture is heated through. Makes 2 servings.

Oriental cooking makes the most of small amounts of meat or poultry. One pound of beef serves four.

BEEF ORIENTAL

1 pound sliced flanksteak
2 cups shredded green onions
8 cloves garlic, minced
2 tablespoons oil
2 teaspoons sesame oil
1/2 teaspoon salt
Marinade:
4 tablespoons soy sauce
1 tablespoon dry sherry
1 teaspoon black pepper
3 tablespoons cold water

2 tablespoons cornstarch
1 teaspoon sugar
1 tablespoon oil
Slice the flanksteak in very thin slices across the grain while meat is partially frozen. Combine marinade ingredients in bowl, add sliced beef, mix thoroughly and set aside for at least 30 minutes. Microwave the oil, garlic and beef, covered, about 3 minutes on 100% power. Stir in 2 tablespoons soy sauce. Microwave green onions, covered, 1 minute and stir in meat. Microwave 1 minute longer, add 2 teaspoons sesame oil. Serve with rice.

This recipe is for an Americanized, modernized stir-fry that can have dinner on the table in 15 minutes.

ALL AMERICAN STIR-FRY

1 pound ground beef or pork
3 tablespoons soy sauce
3 tablespoons sesame seed oil
8 cups shredded cabbage
2 carrots, sliced thinly, diagonally
3-4 green onions, sliced thinly
2 cloves of garlic
Dash of ginger
Microwave on 100% power ground beef 5-6 minutes, stir to break up lumps. Add 1 tablespoon each of soy sauce and sesame seed oil. Cover and set aside. Combine cabbage, onions, carrots, garlic, 2 additional tablespoons of soy sauce and sesame oil. Microwave covered 4-5 minutes until lightly steamed (not soft). Combine vegetables with meat and add a dash of ginger, salt, pepper, additional soy and sesame oil to taste.

Microwave stir-fry methods are good for most vegetables. Other squash can be substituted for the zucchini in this recipe.

CHINESE ZUCCHINI

2 tablespoons salad oil
2 cups onions, sliced
2 cups zucchini, sliced
1 clove garlic
2 tablespoons brown sugar
2 teaspoons water
2 teaspoons soy sauce
1/2 teaspoon Accent
Combine first 5 ingredients in casserole. Cover. Microwave on 100% power 2-3 minutes. Stir. Recover and microwave 3 minutes. Add remaining ingredients, stir. Cover. Microwave 3 minutes, or until tender crisp.



97th Birthday Celebration

The Fellowship class of the First Baptist Church, Sanford, recently honored one of its eldest members with a birthday celebration. Mrs. Frances Golson, 97, has been a member of the First Baptist Church since Jan. 24, 1923.

Spas Offer New Ways Of Eating

By JOHN DeMERS
UPI Food Editor

There was a time when healthy eating meant wheatgerm and dieting meant carrot sticks. But at the nation's most elegant spas, today's diners can eat lean with Tandoori chicken en brochette or veal with porcini mushrooms.

This evolution marks a major step forward in the marriage of dining and fitness, which have long been estranged because of the blandness of low-calorie foods.

Often, the results of gourmet innovation and careful preparation seem little short of a miracle. Dishes with far more luxury than most people enjoy in a week are less destructive to the diet than a single dose of fast food.

"The basis is to take classical dishes," said Chef Alan Barone of the Sonoma Mission Inn and Spa, "and replace the ingredients that are high in fat, high in sugar and high in salt, and still not lose the tastes and textures of those classical dishes."

Spas, in a very real sense, exist as much to reshape the mind as the body. In all corners of the country — in Victorian mansions or metropolitan hotels, in English castles or sleepy mountain glens — spas strive to develop a healthier self-image then work to strengthen it with diet and exercise.

The ultimate goal is a permanent change of lifestyle, and just as exercise regimens must be continued at home, so should fitness cuisine. Luckily, some top spa chefs have published fine guides to this style of cooking.

FRESH HERB DRESSING

1 1/2 cups water
2 tsp Irish moss powder (available at health food stores)
2 small garlic cloves, chopped
2 Tbsp fresh lime juice
1 Tbsp fresh lemon juice
1/4 tsp white pepper
2 Tbsp plus 2 tsp olive oil, preferably extra-virgin
1/4 Tbsp plus 2 tsp white wine

vinegar
1 1/2 Tbsp chopped fresh basil
1 1/2 tsp each minced fresh dill, coriander, tarragon and chives
1 small shallot, chopped
1 tsp Vegit seasoning (available at health food stores)
1 Tbsp chopped fresh parsley
Put water into a blender or food processor. Add the Irish moss powder and blend for 1 minute.

Pour into a medium saucepan and bring to a boil over high heat, stirring constantly. Boil, stirring, for 2 minutes. Pour into a small bowl and let cool until set to a firm gel.

Put the gelatin into a blender or food processor. Add all the remaining ingredients and process until smooth and creamy, about 5 minutes.

BAKED STUFFED EGGPLANT

3 small eggplants, about 1 pound each
1 onion, chopped
4 shallots, chopped
1 clove garlic, finely chopped
1/2 cup stock of your choice
2 cups fresh mushrooms, finely chopped
1/4 cup chopped fresh parsley
1 tsp dried oregano
1/4 tsp freshly ground black pepper
1/4 tsp dried basil
6 ounces low-fat mozzarella cheese, shredded

Preheat oven to 400 degrees. Wash eggplants but do not peel. Cut in half lengthwise and hollow out, leaving a quarter-inch rim. Place shells in baking dish and bake until almost done, about 35 minutes. Leave oven on at 400 degrees.

Finely chop onions of eggplant. Simmer in shells, shallots and garlic, uncovered, with a little stock as necessary until transparent. Add mushrooms, chopped eggplant and seasonings. Simmer uncovered until vegetables are tender.

Spoon eggplant and mushroom mixture into pre-baked eggplant shells. Top with shredded cheese. Bake until hot throughout and cheese has melted. Place under broiler for a few minutes if additional browning desired. Serve immediately.

...Cook

Continued from 1B

with salt and pepper. Add 1/2 can water and tomato sauce, less 1 cup. Add layer of onions, then green pepper and ground beef. Sprinkle with salt and pepper again. Blend 1/4 cup water with remaining 1 cup tomato sauce. Pour over top. Cover with 4 strips bacon. Cover and bake 1 hour. Uncover and bake for 30 minutes or until bacon is crisp. Serves 6 to 8.

BARBECUED PORK STEAKS

Allowing 1 medium pork steak per person, prepare as follows: Brown steak on both sides along with sliced onions in large skillet. When steaks are nicely browned, add 1/4 cup red cooking wine, 1 small can of mushrooms (or fresh). Cover and simmer 45 minutes. About 10 minutes before serving, pour barbecue sauce over steaks and heat through.

BARBECUE SAUCE

1/2 cup catsup
3 Tbls. brown sugar
1 Tbls. soy sauce

1 1/2 tps. salt
1 1/2 tps. chili powder
Mix together in 1 cup measure. Do not cook. Makes a delicious, smooth sauce that will cling to your meats.

CHOCOLATE DOT CAKE

Combine:
1/2 cup salad oil
2 envelopes pre-melted baking chocolate
Add:
1 egg
1 cup sugar
1/2 tsp. salt
1 1/4 cups flour
1/2 tsp. baking soda
1/2 tsp. vanilla
3/4 cup water (add last)
Beat until smooth. (I mix by hand, not mixer) Spread evenly in greased 9 in. square pan. Sprinkle with 1/2 cup chocolate chips. Arrange pecans on top. Bake at 350 degrees for 30 minutes. Recipe may be doubled for a 9 x 13 inch baking pan.



Getting Married?

Engagement and wedding forms are available at the *Evening Herald* offices to announce these events. The forms may be accompanied by professional black and white photographs if a picture is desired with the announcement.

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All Time Favorite

Add Spices To Make A New Stew

By Aileen Claire
NEA Food Editor
 An old-fashioned beef stew is an ideal way to use fresh vegetables. What better time for an occasional stew than while late spring and summer vegetables are plentiful?
 Using one basic recipe, you can create stews in different styles by changing some seasonings and adding a different ingredient or two. With ease, you can have Southwestern, German, Italian, French or South American stew. Consider a stew for a camping or fishing trip breakfast with biscuits or muffins and plenty of hot coffee.

OLD-FASHIONED BEEF STEW
 2 tablespoons vegetable oil
 2 pounds lean boneless beef, cut into 1 1/2-inch pieces
 2 tablespoons all-purpose flour
 2 cups water

2 cups chopped fresh tomatoes
 1/2 cup chopped onion
 1 teaspoon minced garlic
 1 teaspoon salt
 1/4 teaspoon oregano leaves, crushed
 1/4 teaspoon ground black pepper
 6 cups fresh vegetables cut in 1-inch pieces, including new potatoes, zucchini, carrots and celery
 In a Dutch oven or large saucepot heat oil until hot. Add beef. Brown well on all sides, about 15 minutes. Stir in flour; cook and stir for 2 minutes. Add water, tomatoes, onion, garlic, salt, oregano and black pepper. Cover and cook slowly until meat is tender, about 1 1/2 hours. Add vegetables. Simmer, covered, until vegetables are tender, about 20 to 25 minutes. This kitchen-tested recipe makes 6 portions.

Variations:
Southwestern Beef Stew: Add 2 tablespoons chili powder and 1/2 teaspoon ground cumin with the seasonings.
Beef Stew Provencale: Replace water with 1 tablespoon grated orange peel, 1 teaspoon thyme and 1 bay leaf.
German-Style Beef Stew: Replace oregano with 1 tablespoon caraway seed and 1 teaspoon dill seed. Serve topped with sour cream.
South American Beef Stew: Add 1/4 teaspoon crushed red pepper and 2 ears of fresh corn cut into chunks along with the vegetables.
Italian Beef Stew: Replace water with red wine; increase garlic and oregano to 2 teaspoons each and add 8 ounces Italian sausage links cooked and cut in 1-inch pieces along with the vegetables.



Alternate spices for an around-the-world eating experience

How Does Smoking Kill?

Let Us Count The Ways

DEAR ABBY: You recently listed some famous people who died from lung cancer as a result of smoking. Smoking also kills in other ways — emphysema and heart damage, for example.
 Add these famous lung cancer casualties to your list: Jesse Owens (he took up smoking after having won four gold medals for track at the 1936 Olympics), Walt Disney, Dick Powell, Sen. Richard Russell of Georgia, Frank Loesser (composed "Guys and Dolls"), Jacqueline Susann, Thomas Mann (the chain-smoked cigars), Chet Huntley, Duke Ellington, Gypsy Rose Lee, Zeppo Marx, Dick Haymes, Josef Krips (conductor, San Francisco Symphony), Peter Lisagor (distinguished journalist) and Illinois' Sen. Everett Dirksen, whose last words were, "Give me a cigarette."
 Some heavy smokers who escaped lung cancer but died of emphysema including King Zog of Albania (six packs a day), Galla Cureli (world-renowned opera singer), Tallulah Bankhead, Richard Arlen, Errol Garner and, ironically, R.J. Reynolds, who made his fortune from tobacco.



Dear Abby

forever.
PAMMYRICK, DENVER

DEAR PAM: My heart goes out to you. Please accept my deepest sympathy. Thank you, Pam, for writing so that others may be spared the tragic loss that you and your family have suffered.

DEAR ABBY: I know that you get mail about all kinds of subjects, but this has been bugging me for months. What's with those white stockings so many of the ladies are wearing now? Nurses don't even wear the ugly things anymore. At first I thought they were support hose and wondered why suddenly so many women had varicose veins. White stockings aren't at all flattering to the legs, and do nothing for the wearer's outfits.
 Do you think this is just a passing fad, and soon beautiful sheer nylons the color of natural flesh will once more return to flatter the ladies' legs?

HATES WHITE STOCKINGS
DEAR HATE: I hope so.

(Is your social life in a slump? Lonely? Get Abby's updated, revised and expanded booklet, "How to Be Popular" — for people of all ages. Send your name and address clearly printed with a check or money order for \$2.50 and a long, stamped (39 cents) self-addressed envelope to: Dear Abby, Popularity, P.O. Box 38923, Hollywood, Calif. 90038.)

GILBERT VAN VRANKEN, CLAREMONT, CALIF.

DEAR MR. VAN VRANKEN: Read on for a letter I knew was sure to come:

DEAR ABBY: You added to the current cigarette scare that is now sweeping the country by printing a long list of people who had supposedly died from smoking. Why not give equal time to a few people who smoked for years and lived to a ripe old age — Winston Churchill and Eubie Blake, to name two? And George Burns is still going strong.

WILLIAM HORN, VERNON, CONN.

DEAR READERS: I recently recounted in my column this bizarre accident: A toddler wandered off during a picnic and was later found dead in an ice chest containing just enough

melted ice to have drowned him. I said, "If this happened once, it could happen again." Many readers wrote to thank me.

A few days later I received a letter from "Bonnie from Carson" whose good friends had just lost a 14-month-old grandson in another equally freak accident. His sitter had strapped him into his high chair and went outside for "a few minutes." When she returned, she discovered that the child had wiggled himself down and hanged himself on the strap. Bonnie repeated my admonition: "If it could happen once, it could happen again."

Recently I received this letter:
DEAR ABBY: I am the mother of the child who died as a result of a freak accident in his high chair.

Abby, my baby did not "wiggle himself down and hang himself on the strap." The strap that went between his legs to hold him up had broken, causing the child to slip down, catching his neck so that he strangled on the high chair tray!

I just want to warn others to never leave a child alone, for even a few minutes. A minute is all it takes for a child to be lost

Students Named To Dean's List

Seven area residents have been named to the dean's list at Western Carolina University, Cullowhee, N.C., for the 1986 spring semester, according to an announcement by Dr. Yvonne Phillips, interim vice chancellor for academic affairs at WCU.

Students who achieve a 3.0 or above quality point average out of a possible 4.0 are eligible for the dean's list. Local students are: Gretchen A. Gosline, Fern Park; Ellen E. Criger, Longwood; Linda J. Stewart, Longwood; Jeffrey S. Thorn, Longwood; David R. McCoy, Oviedo; Laura L. Grace, Sanford; Wiley A. Rarden, Sanford.

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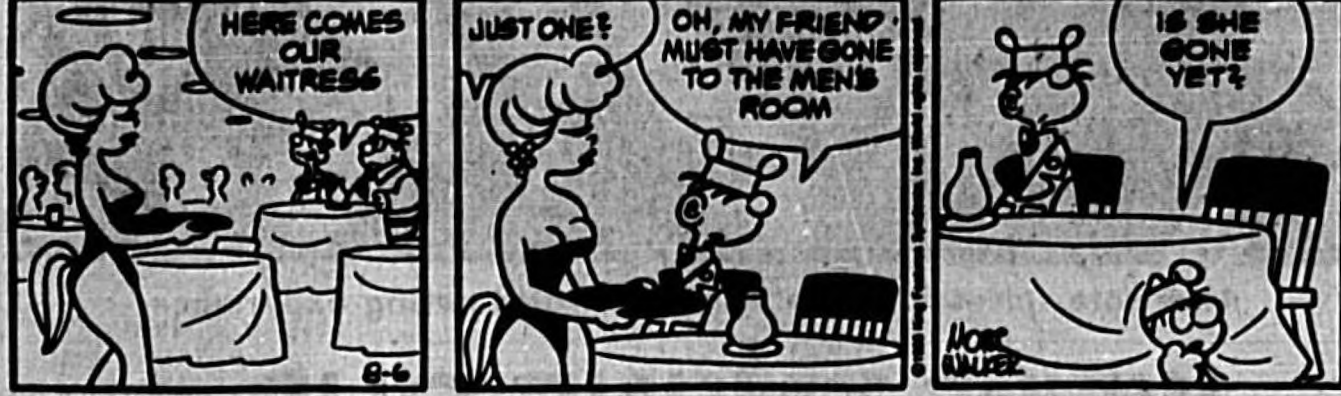
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BEETLE BAILEY by Mori Walker



THE BORN LOSER by Art Sansom



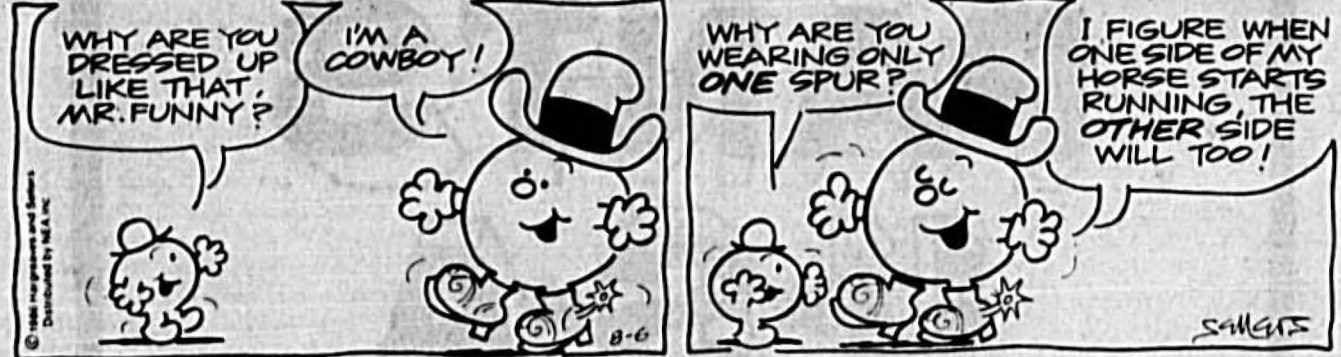
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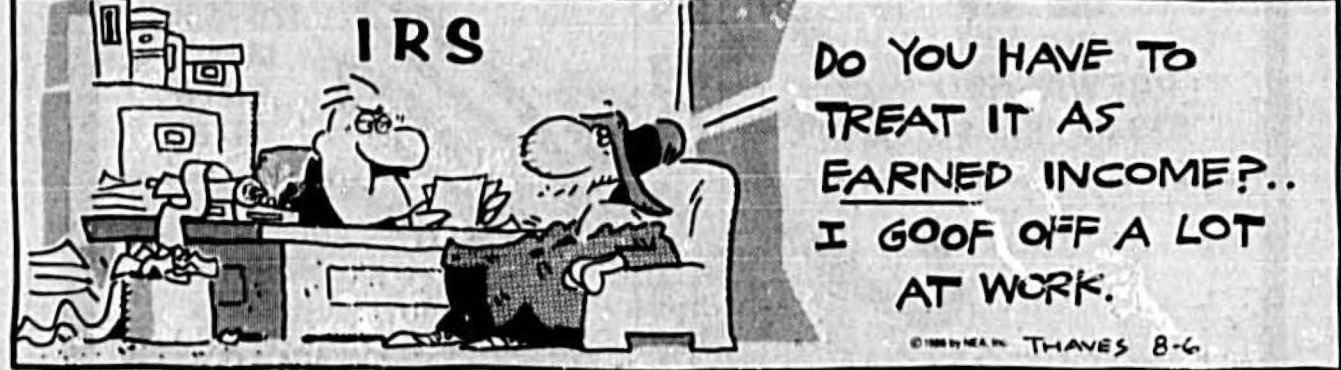
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Heart Ailment Is Progressive

DEAR DR. GOTT — Where can I get information on restrictive cardiomyopathy with cardiac amyloidosis? I've been told that it's very rare, and no one feels that I can make it much longer.

DEAR READER — Amyloid is an amorphous deposit that can infiltrate almost any organ of the body, causing malfunction. I regard amyloid much like the gummy residue that builds up in automobile carburetors or on the jets of a fuel-injection system. In cars, this deposit produces poor engine performance; in the human body, amyloid acts in similar fashion to reduce kidney, heart, nerve, intestine or liver performance. It appears with age.

When the heart muscle is affected by amyloid — hence, the term cardiomyopathy — the heart can neither fill adequately with blood nor eject that blood. Cardiac function is therefore restricted. There is no known cause of this condition and no effective medical treatment, except for a heart transplant. Cardiac amyloidosis is a progressive, serious heart disease that increases in severity as time passes.

The National Health Information Clearinghouse (P.O. Box 1133, Washington, DC 20013-1133) might be able to supply you with more information. Its telephone number is 1-800-336-4797 or 703-522-2590.

DEAR DR. GOTT — I have a daughter who is an alcoholic. For the past six months she has had no feeling in her feet up to her ankles. What causes this condition? What will happen if it goes untreated?

DEAR READER — You do not mention whether your daughter is a recovering alcoholic or if she has continued to drink. If she is recovering, I believe that she should see a neurologist, who can investigate the cause of her problem. In a non-drinker, a form of nerve damage — perhaps due to a pinched nerve or other nerve disorder — could cause loss of sensation in her feet.

If she is actively drinking, alcohol is the probable culprit. Alcohol can cause neuropathy, a type of nerve malfunction that may be improved when the alcoholic becomes sober and improves his or her nutritional state by eating balanced meals. Therefore, the answer to your question depends to a large degree on your daughter's present behavior. Untreated neuropathy from any cause can progress to weakness and disability, so the issue needs to be promptly addressed.



Dr. Gott

Send your questions to Dr. Gott at P.O. Box 91428, Cleveland, Ohio, 44101.

ACROSS

- Old English coin
- Baseballer Nolan Ryan
- Noun suffix
- Ancient name of Vish
- Wing (Fr.)
- Vegetable with spears
- Vegetable with spears
- Cry of pain
- Southern state (abbr.)
- Roasted snuff
- Hawkeye State
- Squashed out
- Evaluate
- Commercial
- Flad
- Labor group (abbr.)
- Newspaper article
- Shark
- Using speech
- Atop
- Thailand
- Author of "Picnic"
- Look (flirtatiously)
- Biblical king
- Chinese currency
- Vegetable with spears
- Vegas
- Soregas
- Cry of pain
- Southern state (abbr.)
- Roasted snuff
- Hawkeye State
- Squashed out
- Evaluate
- Commercial
- Flad
- Labor group (abbr.)
- Newspaper article
- Shark
- Using speech
- Atop
- Thailand
- Author of "Picnic"
- Look (flirtatiously)
- Biblical king

DOWN

- Inrequent
- Part of the ear
- Smallest particle
- Medical suffix
- Economic indicator (abbr.)
- Plant firmly
- Golden
- Nocturnal birds
- Part of the ear
- Smallest particle
- Othello villain
- Chew
- Story
- Carry
- Betrayer (sl.)

WIN AT BRIDGE

By James Jacoby

When the opening lead is an obvious singleton, a good rule is to win the trick and draw trumps quickly. But there are exceptions.

Why didn't South, with all his high-card points, make a slam try after North's jump to three spades? The answer is that they were playing limit raises, so North had no more than 12 points. Slam was therefore unlikely, and South merely bid game. But as careful as South was with his bidding, he was careless with his play. Following today's rule, he won the ace of hearts and drew trumps. Then he played another heart. East won and, surprise, played a diamond. Declarer had to try the queen, losing to the king, and went set in a contract he should have made.

Although it may go against the grain, declarer should let the heart 10 hold trick one. No matter what happens after, declarer will be able to draw trumps and play ace and a heart.

Although East will now win the lead and attack diamonds, South can rise with the ace and shed the diamond queen on dummy's fifth heart. What if East had the club ace? Then West could play a club to his partner's ace, and a diamond back would set the contract. But remember, East would have to hold the club ace, and West would have to know to play clubs. Even under these circumstances, declarer would certainly be as well off as he was before, when he haphazardly grabbed the first heart trick.

NORTH 8-4-86				WEST 8-4-86				EAST 8-4-86				SOUTH 8-4-86			
♦ A J 9 7				♦ 4 3 2				♦ K 10 8 4				♦ A 7 4 2			
♥ 9 8 5 3				♥ 10				♥ K J 8				♥ A Q			
♠ 8 2				♠ K J 9 5 4				♠ 10 8 7 3				♠ A Q			
♣ K 4				♣ A J 8 7				♣ 10 9 6 3 2				♣ Q 5			
Vulnerable: North-South															
Dealer: South															
West	North	East	South												
Pass	3 ♠	Pass	4 ♠												
Pass	Pass	Pass	Pass												
Opening lead: ♥ 10															

HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY AUGUST 7, 1986

People you've met in your chosen field of endeavor will play helpful roles in making you more successful in the year ahead. The more you share, the more you'll receive.

LEO (July 23-Aug. 22) Your possibilities for turning a profit are likely to be a bit stronger today than tomorrow. Go for the gold now. Trying to patch up a broken romance? The Matchmaker set can help you understand what it might take to make the relationship work. Mail \$2 to Matchmaker, c/o this newspaper, P.O. Box 91428, Cleveland, OH 44101-3428.

VIRGO (Aug. 23-Sept. 22) If you are in a sociable mood today, don't wait on your friends to arrange an activity. Put something together yourself and you'll attract willing companions.

LIBRA (Sept. 23-Oct. 23) A matter that is personally important to you should be finalized today, if you are in a position to do so. Don't let it drift any longer.

SCORPIO (Oct. 24-Nov. 22) This is the right day to clear the air between you and a close friend. You can now say exactly what's on your mind without being misunderstood.

SAGITTARIUS (Nov. 23-Dec. 21) You deserve remuneration and recognition, and you could get them today. If you don't receive them now, they will come your way in the very near future.

CAPRICORN (Dec. 22-Jan. 19) Actions you take today on a project you're involved with will have far-reaching effects. Thank goodness, you're in a positive frame of mind.

AQUARIUS (Jan. 20-Feb. 19) There are indications that you may benefit today from a successful venture initiated by someone else. There's room for you in the picture.

PISCES (Feb. 20-March 20) Partnership arrangements should work favorably for you today. Team up with someone who is as capable as you; two heads are better than one.

ARIES (March 21-April 19) Today at work, instead of waiting to be told what to do, take direct action in your area of responsibility. Initiative is essential.

TAURUS (April 20-May 20) Someone you've become romantically interested in lately will respond to your charms today. Don't be bashful about making your presence felt.

GEMINI (May 21-June 20) If there is a situation you want to alter in order to help your family, don't wait for time to make the changes. It's your move.

CANCER (June 21-July 22) Your judgment is very sound today, so once you make a decision, don't be afraid to act on it. Indecisiveness will only work against you.



Sick Of Mindless TV?

British Television A Vast-er Wasteland

By Mark Schwegel
UPI TV Editor

LONDON (UPI) — Americans who gripe about endless summer reruns, silly sitcoms, mindless soap operas and Rambo-like cop shows should be very thankful they don't live in Britain, where television is a four-letter word.

There is this myth that British television is far superior to that on America's screen, chock full of culture, class and wisdom, but here now is the truth of it: they'd rather you tune out than tune in.

Indeed, British TV executives seem to do everything in their power to make you switch the set off. This makes for outstanding library attendance, but not a very nice night at home in front of the box.

The worst thing about British television is that you have to pay cash for it. It is illegal to simply buy a television, plug it in, raise the antenna and tune in "Miami Vice."

You must first obtain a license, which costs about \$80 a year. If you fail to obtain a license there is a good chance you will be busted by the truck patrol. TV cop trucks equipped with sensing devices patrol neighborhoods to detect lawbreakers and bust offenders.

Of course, Americans pay for television, too, by having to endure commercials and pay a higher price at the grocery store. But can you imagine writing a check to NBC just so your children can watch "The A-Team?"

Money raised from the license fee funds the two government-run stations, BBC 1 and BBC 2. There are also two commercial channels, Thames television (channel 3) and another called simply "Channel 4."

Each channel starts its day at a different time and ends its day at a different time. Switch the set on at noon and you may find nothing but music, with news headlines filling the screen. Some channels do not kick in until 3 p.m. Sign off is usually about midnight, although some programs run to 1 a.m. or so.

If that's not confusing enough, some programs take up an entire day on one channel, or begin on one channel and finish on another.

The worst thing about British television is that you have to pay cash for it. It is illegal to simply buy a television, plug it in, raise the antenna and tune in 'Miami Vice.'

We have Lassie, they have "My Favorite Sheepdog," or a show that could be called that. For days on end recently, a program about the Scottish National Sheepdog Trials aired on television, with updates about which sheepdog and which shepherd was leading the pack.

The object was for the sheepdog to chase a herd of sheep around a field until it got them all in a corral. This does not make for exciting TV, unless you are a dog lover and sheep hater.

Another example of weird things one can see on British TV is "Body Talk," a show about the human body. One recent show was devoted to "the knee" and it came complete with a doctor who parachuted into the audience to demonstrate knee stress and a six-foot model of that particular body part. This was prime-time television.

Also in prime time was a show about the wildlife that inhabits the grounds behind Buckingham Palace.

Sports is a strange beast in Britain. For example, the English will have programs about the art of darts, or cricket or, beat of all, snooker.

On a recent night there was sadness on BBC 2. It was the finals of "Pot Black '86," the last edition of the longest-running snooker program on television. Snooker is an odd form of billiards, which like darts, is a national pastime in England.

After a shot, the TV snooker player would frequently sit down, light up a cigarette and swig some beer. Can you imagine an American football player rushing to the sidelines to slug down a cold brew? Miller would be pleased.

No wonder American television dominates the British airwaves. "The Cosby Show," "Cheers," "Miami Vice," "Dynasty," "The A-Team," "Ko-

jak," "Hill Street Blues" and "St. Elsewhere" fill gaps in programming.

But even with American screen aid, there is no rhyme or reason to the programming. "The Cosby Show" might be followed by a documentary about life aboard a cargo ship.

Everything on British television is not awful. Indeed, when the Brits get serious they can give any American network a run for its money in the quality department. "Robin of Sherwood" is an example of one wonderful series. So is "EastEnders," the most popular show on British television.

"EastEnders" is like "Dynasty" except there are no rich people, no designer dresses, no Joan Collins. It is a soap for and about the urban poor, not the suburban rich, and the action is centered around a pub, "The Queen Vic," and a vegetable stand.

The British outdo us in some arenas, especially when it comes to nudity. They have no compunctions about using naked women in TV commercials, for example, but then maybe British advertisers feel they need to go to extremes to grab the attention of viewers snoring through sheep dog trials.



Tale Of Discovery

Gabriel Byrne stars as explorer Christopher Columbus in the epic 6-hour mini series "Christopher Columbus" to be rebroadcast by CBS in two parts beginning tonight.

Top TV Tonight

- 7:30
PBS, "The MacNeil/Lehrer NewsHour."
- 8 pm
CBS, "Christopher Columbus" — A mini-series about the life of the legendary explorer, from his mid-twenties to his fifties — with Gabriel Byrne and Oliver Reed.
- NBC, "Highway To Heaven" — Jonathan and Mark, as high school teachers help motivate two students.
- 8:30 pm
PBS, "You Gotta Have Art: 'Potters at Work.'" (R)
- 10 pm
PBS, "Remembering The Bomb" — Features the stories of two Americans who played key roles in planning the atomic bomb attacks at Hiroshima and Nagasaki.
- 11 pm
PBS, "Visible Target" — A look at the Japanese-American evacuation of internment camps in World War II.

Utah Mementoes En Route To Philadelphia Mayor

SALT LAKE CITY (UPI) — Philadelphia Mayor Wilson Goode, quoted this week as asking, "Who ever heard of Utah?" should soon be receiving in the mail a garbage bag filled

with Utah memorabilia and a U.S. map.

After Philadelphia 76er basketball star Julius Erving announced he

was joining the Utah Jazz National Basketball Association franchise, Goode remarked, "Julius Erving does not belong in Utah? Who ever heard of Utah? Where is it anyway?"

TONIGHT'S TV

- WEDNESDAY**
- EVENING**
- 8:00
 (1) NEWS
 (11) JEFFERSON
 (19) BACHELOR / LEHRER NEWS
 (1) FATHER KNOWS BEST
 (1) HAPPY DAYS
 8:30
 (1) NBC NEWS
 (1) CBS NEWS
 (1) ABC NEWS
 (1) TOO CLOSE FOR COMFORT
 (1) GOSPER PYLE
 (1) LAVENDER & BISHLEY
 7:00
 (1) 100,000 PYRAMID
 (1) PM MAGAZINE
 (1) JEOPARDY
 (1) BARNEY MILLER
 (1) ALIBI
 (1) GOOD TIMES
 7:05
 (1) GREEN ACRES
 7:30
 (1) ENTERTAINMENT TONIGHT
 (1) PERFECT MATCH
 (1) WHEEL OF FORTUNE
 (1) BEBOP
 (1) SAUNDERS AND SON
 (1) ALL IN THE FAMILY
 8:00
 (1) HIGHWAY TO HEAVEN
 (1) CHINESE OPERA
 (1) GIBBY
 (1) MOVIE "Rio Lobo" (1971)
 (1) MOVIE "The Man" (1972)
 (1) MOVIE "The Man" (1972)
 (1) MOVIE "The Man" (1972)
 1:00
 (1) MOVIE "The Man" (1972)
 (1) MOVIE "The Man" (1972)
 (1) MOVIE "The Man" (1972)
 (1) MOVIE "The Man" (1972)
- THURSDAY**
- MORNING**
- 5:00
 (1) DRANDED (TUE)
 (1) CBS NEWS
 (1) BEVERLY HILLS 90210
 (1) THIS WEEK IN COUNTRY MUSIC
 (1) 2'S COUNTRY (TUE-FRI)
 (1) HOLLYWOOD AND THE STARS (TUE)
 (1) CBS NEWS
 (1) ANDY GRIFFIN
 8:00
 (1) NBC NEWS
 (1) SALLY JESSY RAFAEL
 (1) EYEWITNESS DAYBREAK
 (1) GOOD DATS
 (1) CBS NEWS
 (1) MY FAVORITE MARTIAN
 8:30
 (1) CBS NEWS
 (1) ABC NEWS
 (1) ABC NEWS

Food Theatres

BACK TO SCHOOL

HAUNTED HOUSE

JASON LIVE FRIDAY THIRTEENTH PART 5

HOUSE

Food for Thought

by Bill Painter

Low-fat, high-flavor chicken: remove skin and visible fat. Smear chicken with your favorite mustard (herb and pepper flavorings are great here) and roll in fresh bread crumbs. Bake on a rack in a 375° oven 45-60 minutes.

Rich risotto from the Piedmont area of Italy is flavored with RED wine that's been simmered with minced garlic, as well as beef or chicken stock. Liquid is added slowly to short grain rice until the rice is tender and the whole dish creamy.

Very IN — flowers in the salad. Nasturtiums have been popular for ages to add color and a special tang. Restaurants also serve violets, calendulas, borage, and Johnny-jump-ups. Beware garden chemicals.

Freeze fruit-flavored yogurt in 3-ounce paper cups. Add poppica sticks for easy eating.

Super side dish — chopped apple in sauerkraut. Cook apple gently in butter, then add sauerkraut and a little brown sugar.

Delicious dessert follows delicious everything else at COLONIAL ROOM RESTAURANT

J's MEATS

WESTERN BEEF
 WISCONSIN PORK
 COCKIN' GOOD BEEFS

SIRLOIN STEAK 1.99 Lb.

FRESH GROUND BEEF 99¢ 5 Lb. Pkg.

FRESH, LEAN GROUND CHUCK 1.49 Lb. 5 Lb. Pkg.

BACON WRAPPED FILET MIGNON 2.99 Ea. 8 Oz.

BEEF SHORT RIBS 89¢ Lb.

RIBEYE STEAK 1.99 Ea. 8 Oz.

LEAN BEEF CUBE STEAK 2.19 Lb.

HOMEMADE BULK SAUSAGE 1.09 Lb.

Prices Good Thru Sat., 8-16-86
 OPEN MON.-SAT. 9-6
 LONGWOOD PLAZA
 Hwy. 17-92, 1/4 MI. N. of 434
 339-7337
 We Accept Food Stamps.

Wednesday Special

3 Piece Dinner!

\$2.59

3 pieces of golden brown Famous Recipe Fried Chicken, mashed potatoes and gravy, creamy cole slaw and two fresh, hot biscuits.

Bring A Bucket Home!

\$13.99

15 pieces of golden brown Famous Recipe Fried Chicken, 1 pint mashed potatoes and 1 pint gravy, 2 pints creamy cole slaw and 12 fresh, hot biscuits.

Famous Recipe FRIED CHICKEN

A Taste of the Country

SANFORD 1905 FRENCH AVE. HWY. 17-92

CASSELBERRY 41 N. HWY. 17-92

Featuring... THURSDAY'S DAILY SPECIAL

FRIED CHICKEN SERVED WITH CHOICE OF TWO VEGETABLES, ROLL OR CORNBREAD. \$2.50
 Reg. \$3.55 Served 37 P.M.

Colonial Room

115 East First St.
 Downtown Sanford Florida
 7:00 AM - 7:30 PM Closed Sun.
 Enter Thru Touchdown's Drug Store

Who says the food's good at COLONIAL ROOM

Just ask your friends who've dined with us.



Make the grade with Publix!

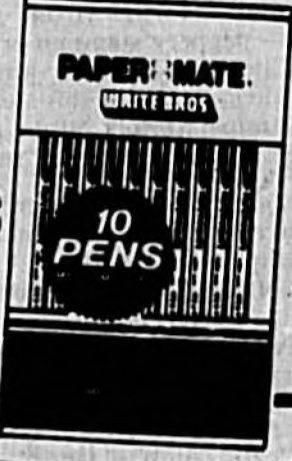
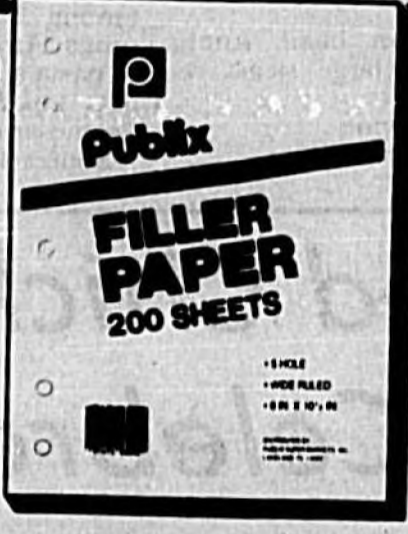
We make it convenient to stack up on school supplies while you stock up on groceries. Publix is your supermarket for Back to School. We have everything you need to help put your students at the top of the class. Plus an assortment of lunch boxes featuring a cast of lively, colorful characters.

Publix Filler Paper
200-ct. pkg.
69¢

Trapper Portfolio
each for
29¢

Write Brothers Paper Mate Pens
10-pk. pkg.
99¢

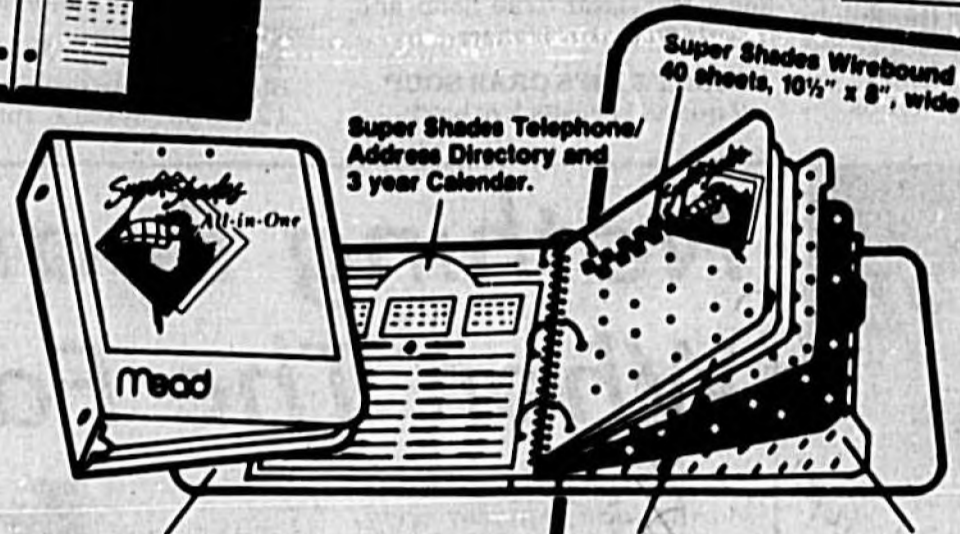
Crusader Erasable Typing Paper
40-ct. pkg.
59¢



Aladdin Assorted School Lunch Kits
each for
\$4.99



PUBLIX RESERVES THE RIGHT TO LIMIT QUANTITIES SOLD.



Mead Scholar Set, Super Shades Binder or Trapper Keeper
each for
\$3.99

Super Shades binder with 1 1/2" metal rings and clip.

Super Shades Notebook Paper, 40 sheets, 10 1/2" x 8", wide ruled.

5 Super Shades Index Dividers.

With Pockets, Brief Folders 3-pk. pkg. **69¢**

3-Ring Vinyl Binder each for **\$1.79**

3-Ring Blue Canvas Binder each for **\$1.99**

Paper Mate Liquid Paper each bot. **79¢**

Blue or Black Stic or Biro Bic Pen 10-pk. pkg. **89¢**

With Free Pencil, Bic Ultra Fine, Bright Liner, or Roller Pen 3-pk. pkg. **99¢**

Boston Pencil Sharpener each for **\$1.99**

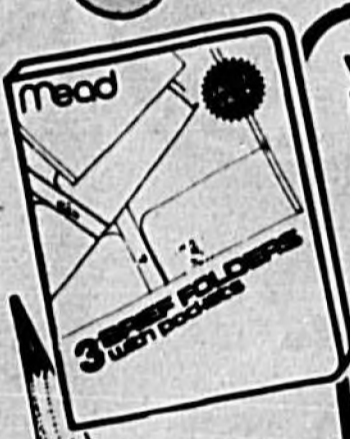
3-M (3" x 3") Post-it Note Pad 3 for **\$1**

Scotch #104 (1/2 inch) or #105 (3/4 inch) Magic Tape each for **59¢**

Write Wright 3-Subject Notebook ... 120-ct. size **79¢**

Crayola Crayons 24-ct. pkg. **99¢**

5-pk. Erasable or 4-pk. Slick Stick Roller Scripto Pen
each pkg.
99¢



Crusader Filler Paper 100-ct. pkg. **59¢**

Crusader Filler Paper 300-ct. pkg. **\$1.09**

Crusader College Filler Paper 100-ct. pkg. **79¢**

Crusader (3" x 5") Index Cards each pkg. **39¢**

Crusader (7" x 11 1/4") Alphabet Pencil Tablet each for **39¢**

Futuristics Portfolio each for **39¢**

Fantasy Notebook 4 for **\$1**

80-ct. Kneepad Legal, Quadrille Pad, Top Wire Notebook, 100-ct. Kneepad Refiller or 140-ct. Kneepad Steno each for **\$1.09**

2-Pocket Portfolio Data Keeper each for **\$1.09**

Master Combination Lock 3 for **99¢**

each for **\$2.49**



Five Star 2-Subject Notebook
100-ct. pkg.
\$1.19



3-Subject Notebook
150-ct. pkg.
\$1.79

5-Subject Notebook
200-ct. pkg.
\$2.29

THIS AD EFFECTIVE: THURS. AUG. 7 THRU WED., AUG. 13, 1986 ...

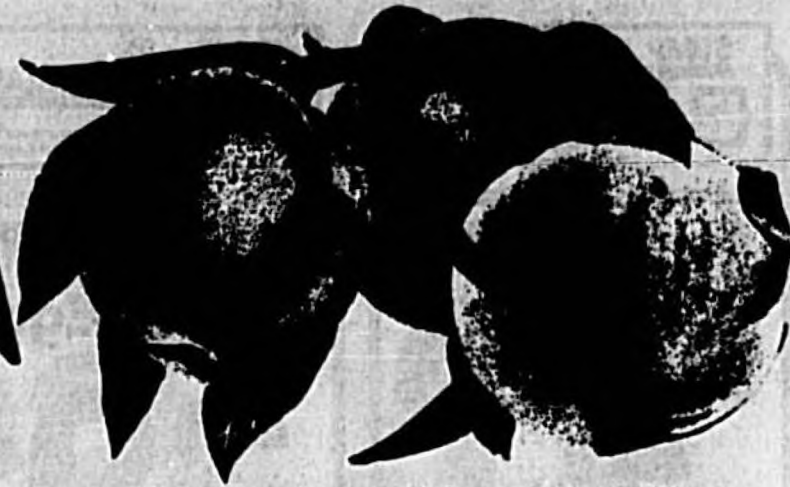


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ROTATION DIET



Lose up to a pound a day and never gain it back.

It's the diet and fitness sensation that's sweeping the country, and now it's here! Visit the Rotation Diet Station at your neighborhood Publix for a free diet program and details.



Young 'N Tender, Gov't-Inspected, Shipped D&D, Fresh Not Frozen, Premium Grade Fryer Wings or Leg Quarters \$ 89¢

Seafood

Fresh Frozen Ocean Perch Fillet \$ 89¢

Dairy

Dairi-Fresh Lowfat Cottage Cheese \$ 1.79
Kraft Chunk Style Mild or Medium Cheddar Cheese ... \$ 1.44
Wisconsin Cheese Bar Cheese - Colby Jack, Monterey Jack, Medium Cheddar, Mild Cheddar Horn, or Mozzarella \$ 1.00

In Water Star-Kist Light

Chunk Tuna
2 6.5-oz. cans **\$1**

Reg. or Decaffeinated Instant Coffee
Folgers 8-oz. jar \$4.29
Skippy Creamy or Super Chunk Peanut Butter 28-oz. jar \$2.49

Frozen Food

Birds Eye Green Peas 10-oz. pkg. 59¢



Thomas 6-pk. English Muffins 12-oz. pkg. 89¢
Publix Special Recipe Buttercrust Wheat or White Bread 20-oz. loaf 69¢

Be Sure To Pick Up Your Free Copy Of Rotation Diet Pamphlet #3 This Week At Publix.

Ripe. Sweet. Western Jumbo Honeydews each for **\$1.59**

In Water or Oil, Star-Kist Light
Chunk Tuna 2 6.5-oz. cans \$1
Campbell's Pork & Beans 3 16-oz. cans \$1
Hidden Valley Original Ranch With Bacon or Original Ranch Salad Dressing 8-oz. bot. 99¢
Campbell's Mushroom Soup 2 10.75-oz. cans 88¢
Huggies 66-ct. New Born, 40-ct. Overnight, 48-ct. Medium Convenient Pack, or 33-ct. Large Convenient Pack Diapers each pkg. \$8.89
Kraft Dinner Macaroni & Cheese 7.25-oz. box 39¢
Kellogg's Cereal Special K 18-oz. box \$2.49
Wise New York Deli Potato Chips 7-oz. bag \$1.29
Carr's Swiss Gold Nutlogs 7-oz. pkg. \$1.79

Candy

Nestle Chunky Delux Nut, King Size Almond Candy Bar, White Choc. With Almond, or Nestle Crunch 5-oz. each 99¢
Plain or Peanut, Milk Choc. M & M's Candy 16-oz. bag \$1.99

THIS AD EFFECTIVE: THURS. AUG. 7 THRU WED., AUG. 13, 1986 ...



The Natural Snack, Red Flame or Thompson White Seedless Grapes per lb. 79¢
Colorful Fresh Cut Mini Carnations each bunch \$2.99

Tropicana 100% Pure, (Premium Pack), Chilled Orange Juice ... half gal. \$1.69
Good Source of Vitamin C & A, Tender Fresh Broccoli large bunch 99¢
Ripe, Juicy Fresh (2-Inch Size) Peaches per lb. 39¢
Fresh, Tender Sno-White Cauliflower large head \$1.29
Seald-Sweet Brand, (No Sugar Added), Chilled Grapefruit Sections or Citrus Salad .. 3 8-oz. cups \$1.99

Heavy Duty Laundry Detergent Fresh Start 67-oz. bot. \$6.29
All Purpose Spray Cleaner Fantastik 22-oz. bot. 99¢
Assorted Flavors 9 Lives Soft Moist Cat Food 18-oz. pkg. \$1.39
Assorted Varieties Cat Food 9 Lives 3 6-oz. cans \$1
Jerky Treats Beef or Liver Dog Treats 6-oz. pkg. \$2.19
9 Lives Super Supper or Tuna & Eggs Crunch Meals Dry Cat Food 3.5-lb. bag \$2.49
Meaty Bones Small or Beef Large Dog Biscuits 18-oz. pkg. \$1.39

Polk, Highlands, Orange, Lake, Seminole, Osceola Co. Cherry Coke, Coca Cola Classic, Mr. Pibb, Mello Yello, Lipton Tea, Tab or Reg. or Diet: Caffeine Free Coke, Sprite, Minute Maid Orange or Lemon-Lime, A&W Root Beer or

Coca Cola
8-pk. \$1.89
12-oz. cans

Natural Light or Busch Beer
12-pk. \$3.75
12-oz. cans

(Limit 2 Please, With Other Purchases of \$7.50 or More, Excluding all Tobacco Items)

Cabernet Sauvignon, Merlot, Chablis Blanc, Riesling
Avia Wine
1.5-liter bottle \$3.89

COUPON
50¢ OFF
With This Coupon ONLY
2-pk. of C or D Cell,
1-pk. of 9-Volt, 4-pk. of AA
Duracell
Alkaline Batteries
(Effective Aug. 7-13, 1986) C



COUPON
70¢ OFF
with this coupon only
Publix Automatic Drip or Regular Perk, 1-lb. bag
100% Colombian Coffee
(Limit 1 Please, with Other Purchases of \$7.50 or more, Excluding all Tobacco Items)
(Collier, Hernando, Charlotte, Citrus, Highlands, Hillsboro, Lake, Lee, Manatee, Polk, Orange, Osceola, Pasco, Pinellas, Sarasota, Seminole) (Effective August 7-13, 1986) C

Assorted Paper
Gala Towels
large roll
59¢

Reg. Scent, Liquid
Clorox Bleach
gal. bot.
99¢
(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

Stamp Price Specials
 Buy 1 with each item \$2.03 Stamp Price Special Certificate

Fresh Homogenized Publix Milk
 gallon size
\$2.03

(2% Low Fat, 1% Low Fat or Skim, Gallon Size Available with One S&H Stamp Price Cover Certificate)

Stamp Price Specials
 Buy 1 with each item \$0.39 Stamp Price Special Certificate

Breakfast Club Grade A Florida White Large Eggs
 per dozen
39¢

Stamp Price Specials
 Buy 1 with each item \$0.69 Stamp Price Special Certificate

Swift Premium Assorted Brown 'N Serve Sausage
 8-oz. pkg.
69¢

Stamp Price Specials
 Buy 1 with each item \$0.19 Stamp Price Special Certificate

From Concentrate, Sacramento Tomato Juice
 48-oz. can
19¢

Stamp Price Specials
 Buy 1 with each item \$0.29 Stamp Price Special Certificate

Heinz Tomato Ketchup
 14-oz. bot.
29¢

Stamp Price Specials
 Buy 1 with each item \$1.19 Stamp Price Special Certificate

Reg. or Unscented Tide Detergent
 42-oz. box
\$1.19

Stamp Price Specials
 Buy 1 with each item \$0.25 Stamp Price Special Certificate

Northern Paper Print Napkins
 140-ct. pkg.
25¢

Stamp Price Specials
 Buy 1 with each item \$0.59 Stamp Price Special Certificate

Soft Prints or Assorted Aurora Bath Tissue
 4-roll pkg.
59¢

BE A BIG SHOT

20 X 30 — \$15.99
 16 X 20 — \$10.99



Great gift for parents, grandparents, kid's room or dorm!
 Available from 35mm negative or slide.
 Limited time offer. Not available in conjunction with any other promotional offer.

GIANT PHOTO POSTERS

Bonus Prints

With every roll of Kodacolor VII color print film or D19 film you purchase, you get two sets of quality prints and a FREE roll or disc of Kodak's color print film!

FREE FILM



Veal Shoulder Chops
 per lb.
\$1.89

Swift Premium Boneless
Canned Ham
 3-lb. can
\$4.99

Deli

Louis Rich Turkey Pastrami, Turkey Salami, or **Turkey Ham** qtr. lb. **59¢**
 Tasty Hickory Hill Beef Summer Sausage, Beef Thuringer or **Salami for Beer**... qtr. lb. **79¢**
 Reg., Lower Salt or Beef **Cooked Salami**.... qtr. lb. **69¢**
Baked Beans..... per lb. **89¢**
 Hot From The Deli **Veal Parmesan** ... per lb. **\$3.89**
 Hot From The Deli **Corn Souffle** per lb. **\$1.99**
 Tasty Alouette (Plain Only) **Baby Brie**..... 17-oz. pkg. **\$4.69**
 Deli-Baked **Pineapple Pie**..... each for **\$2.29**
 Delicious New Orleans **French Bread**..... per loaf **79¢**
 Great-Tasting Deli **String Cheese**..... per lb. **\$3.29**

Great Tasting Veal Scallopini.. per lb. **\$6.99**
Publix Mild or Hot Pork Sausage..... 1-lb. roll **\$1.99**

Seafood

Gulf Maid (Frozen) **Squid**..... per lb. **\$1.99**
 Country Skillet (Frozen) **Catfish Fillet**..... per lb. **\$3.79**

THIS AD EFFECTIVE: THURS. AUG. 7 THRU WED., AUG. 13, 1986...

Walt Disney Fun-To-Read Library

This week's feature
VOLUME 4 Big and Little, Same and Different
\$2.59

99¢ BANTAM BOOKS.

Danish Bakery

With the purchase of a 3-tier or larger Wedding Cake (Value to \$15.00) **Free Wedding Cake Ornament** (Effective August, 1986)
 (Regular Price \$1.29 ea. Dozen), A Delightful Summertime Treat!
Sugar Cookies..... Buy 1 doz., Get 1 doz., **FREE!**
 Delicious, Nutritious **Bran Bread**..... each loaf **89¢**
 Items above available at Publix stores with in-store bakeries only.
 Items below available at all Publix stores & Danish Bakeries.
A Wonderful Addition To Your Diet Pineapple Bran Muffins..... 6-ct. pkg. **\$1.59**
Tender Danish With Pecans Danish Pecan Ring..... each for **\$1.99**

Get the facts about MEAT NUTRI-FACTS

The next time you visit your Publix meat department, help yourself to a free copy of our Meat Nutri-Facts brochure. It's a valuable source of information about the nutritional value of fresh meat, and a guide to your good health and well-being.

Meat Composite	
CALORIES	236 12
TOTAL FAT	12.9g 19
CHOLESTEROL	69mg 23
SODIUM	36mg 12
PROTEIN	26g 54
IRON	2.8mg 18
ZINC	4.7mg 32
THIAMIN	12mg 8
NIA	3mg 15
B-12	2 mcg 43

Publix Beef, Gov't.-Inspected Eye Round Roast per lb. **\$2.97**
Publix Beef, Gov't.-Inspected Key Club Steak... per lb. **\$2.57**
Publix Beef, Gov't.-Inspected Flank Steak..... per lb. **\$2.97**

Publix Beef, Gov't.-Inspected Boneless **Bottom Round Roast**
 per lb.
\$1.37

1/4 INCH TRIM

In the Publix meat department you'll find professional meat cutters who take extra steps to make sure you take home the **LEANEST CUTS POSSIBLE**. Our steaks and roasts, pork and lamb are trimmed to not over **1/4 INCH AVERAGE**. That saves you money. Because less fat means more value for your food dollar.

Dairy

Mrs. Filbert's Golden Qtrs. **Margarine**..... 2 1-lb. ctns. **\$1.09**
 Ballard Buttermilk or Oven Ready Sweetmilk **Biscuits**..... 4 10-ct. cans **75¢**
 Breyers Blueberry, Black Cherry, Peach, Raspberry, or Strawberry **Yogurt**..... 2 8-oz. cups **95¢**
 Sargento Italian **Grated Cheese**..... 8-oz. can **\$1.89**
 Land O Lakes Qtrs. Reg. **Margarine**..... 1-lb. ctn. **55¢**
 Garlic & Herb, Pepper, French Onion, or Garden Vegetable **Alouette Cheese Spread**..... 4-oz. size **95¢**
 Kraft Mild or Sharp Cheddar or Mozzarella **Shredded Cheese**..... 4-oz. pkg. **83¢**
 Dairi-Fresh Small or Large Curd or Schmierkase **Cottage Cheese**.... 2-lb. cup **\$1.79**
 Kraft Sliced Cheese **Deluxe American**... 16-oz. pkg. **\$2.49**

Frozen Food

Bacardi Pina Colada or Strawberry **Daiquiri Mix**..... 6-oz. can **79¢**
 Roman Meal **Waffles**..... 12-oz. pkg. **99¢**
 Chef Saluto 14-inch Super **Deluxe Party Pizza**..... 26.75-oz. pkg. **\$3.49**
 Weaver's Italian or Original **Chicken Roundlets**..... 12-oz. pkg. **\$1.99**
 Armour Boneless Short Ribs With BBQ Sauce **Dinner Classic**..... 10-oz. pkg. **\$3.39**
 Armour 10-oz. Seafood Newberg or 11.5-oz. Shrimp Americana **Dinner Classic**..... each pkg. **\$2.99**
 Banquet 6.5-oz. Nuggets, 7.5-oz. Patties, or 9-oz. Wings **Chicken Platters**... each pkg. **\$1.29**
 Kraft LaCreme **Whipped Topping**..... 8-oz. bowl **79¢**
 Wakefield **Snowcrab Meat**..... 6-oz. pkg. **\$4.99**



Publix Ice Cream
Sara Lee Frozen Pound Cake
 10.75-oz. pkg. **\$1.59**

PUBLIX RESERVES THE RIGHT TO LIMIT QUANTITIES SOLD.

Health & Beauty

With Pump, Reg. or Kids Toothpaste **Aqua-fresh**..... 4.6-oz. pump **\$1.29**
 Long Lasting Scented **Anti-Perspirant Dial Spray**..... 4-oz. can **\$1.69**
Tablets Efferdent..... 60-ct. pkg. **\$2.29**
Pain Medicaton Advil..... 24-ct. bot. **\$1.99**

Swift Brookfield **Butter Quarters**
 1-lb. ctn.
\$1.69



This Ad Effective At These Locations Only where shopping is a pleasure, 7 days a week

SEMINOLE CENTRE
3609 ORLANDO DRIVE SANFORD
LONGWOOD VILLAGE CENTER, LONGWOOD

Use the convenient automatic teller at Publix, it's... **Publix**

Health & Beauty



Save on your family's favorite brands!

Hair Care...

Regular or Unscented Ultra Hold Non-Aerosol Pump or Regular Unscented

Final Net Hair Spray

4-oz. size **\$1.29**

Regular **Agree Shampoo or Conditioner**

15-oz. bottle **\$1.99**



Pain Relief...

Safe, Effective Relief

Bayer Aspirin

24-ct. pkg. **99¢**



Pleasant Tasting Non-Constipating Antacid & Anti-Gas

Mylanta II

12-oz. bottle **\$2.99**



30 mg **Sudafed Tablets** 24-ct. pkg. **\$1.99**

Eye Care...

Sterile Solution for Soft & Gas Permeable Lenses

Flex Care 12-oz. bottle **\$3.49**

Eye Drops For Allergy & Colds Eye Relief

Visine AC 0.5-oz. bottle **\$1.99**

Oral Hygiene ...

(50¢ Off Label) Freshens Your Breath!

Scope Mouthwash

32-oz. bottle **\$2.99**



Regular or Mint Pump

Aim Toothpaste 4.5-oz. pump **\$1.29**

Liquid Denture Cleaner

Denclenz 2-oz. pkg. **\$1.99**

Skin Care ...

Liquid Oil of Olay 4-oz. bottle \$4.59	Cleanses Your Skin	Olay Beauty Cleanser 2-oz. bottle \$1.59	Extra Moisturizing Skin Lotion	Soft Sense 10-oz. bottle \$1.49	Ointment	Neosporin 0.5-oz. tube \$1.99	Tinted or Clear Medication	Clearasil 0.65-oz. tube \$2.19	Anti-Bacterial	Clearasil Soap 3.25-oz. size \$1.29	Medicated	Ammens Powder 6.25-oz. size \$1.89	Mennen	Baby Magic 4-oz. size \$1.29
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For Foot Care	Tinactin Spray 3.5-oz. size \$2.99	Extra Strength Appetite Depressant Capsules with Vitamin C	Dexatrim 40-ct. pkg. \$5.39
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Shaving ...

Extra, Lime, Reg., Special or Skin Conditioning

Edge Shave Gel 7-oz. can **\$1.39**

Fits Trac II Razors, Publix Cartridges

Twin Blades 9-ct. pkg. **\$1.69**

Mennen

Afta Shave 3-oz. size **\$1.99**

THIS AD EFFECTIVE: THURS., AUG. 7 THRU WED., AUG. 13, 1986 ...

Publix Reserves The Right To Limit Quantities Sold.

where shopping is a pleasure. 7 days a week



DOUBLE MANUFACTURER'S COUPONS EVERYDAY

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

1. Limit one coupon per item.
2. A limit of three coupons for the same item will be doubled per customer. An entire amount of that item must be redeemed for this value only.
3. If the value of the coupon, or the double value of the coupon, exceeds the retail price of the item, the customer is limited only to the retail value of the item. (No cash back.)
4. Customers must adhere to all manufacturer's purchase requirements stipulated on the face of the coupon. Expired coupons will not be honored.
5. This offer excludes 50c coupons, Winn-Dixie coupons, other retailer coupons, refund certificates and items excluded by law.

EXAMPLE OF REDEMPTION VALUES
 25c Coupon — 50c Value
 50c Coupon — \$1.00 Value
 75c Coupon — \$1.00 Value



PRICES GOOD
AUG. 7-9, 1986

WINN DIXIE

America's Supermarket™

BACKYARD AMERICA

REGULAR & LIGHT COORS BEER
 6 PAK 12-oz. CANS
\$2.39
 Limit two 6-paks with \$5.00 or more purchase excl. cigs.

COUNTRY PRIDE
 COUNTRY PRIDE USDA GRADE 'A' FRESH FRYER THIGHS \$1.05 or
FRYER DRUMSTICKS
 LB.
\$1.09

FRESH SWEET & JUICY SOUTHERN PEACHES
 4 LBS.
\$1.00

USDA CHOICE WHOLE & UNTRIMMED BONELESS CHUCK
 20 TO 25 LB. AVG.
 LB.
\$1.47

FLAVOR OF THE MONTH SUPERBRAND BUTTERSCOTCH ROYALE ICE CREAM
 HALF GAL.
99c
 SAVE 60c

DELI-BAKERY
BIL MAR TURKEY BREAST
 LB.
\$2.99
 AVAILABLE ONLY IN STORES WITH DELIS

BUY ONE GET ONE Free!
 18-oz. SIZE \$2.99 ASSORTED VARIETIES DANO'S GOURMET PIZZAS

BUY ONE GET ONE Free!
 12 PAK \$2.99 JELLO CHOCOLATE COVERED CHOCOLATE OR VANILLA PUDDING POPS

DEEP SOUTH REAL MAYONNAISE
 QT. JAR
99c

SUPER BONUS SPECIALS

SUPER BONUS SPECIAL
 SUPERBRAND GRADE 'A' LARGE EGGS
 DOZ.
29c
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 7-9, 1986

SUPER BONUS SPECIAL
 PLUS DEPOSIT DIET PEPSI, PEPSI FREE, SUGAR FREE PEPSI FREE, MT. DEW
PEPSI COLA
 8 PAK 16-oz. BTLs.
99c
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 7-9, 1986

SUPER BONUS SPECIAL
Chock Full O' Nuts COFFEE
 1-LB. BAG
\$1.99
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 7-9, 1986

SUPER BONUS SPECIAL
FAB DETERGENT
 42-oz. SIZE
99c
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 7-9, 1986

SUPER BONUS SPECIAL
 W-D BRAND SLICED TURKEY VARIETY PACK
 12-oz. TRAY
\$1.39
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 7-9, 1986

SUPER BONUS SPECIAL
CORONET ASSORTED BATH TISSUE
 8 ROLL PKG.
\$1.39
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 7-9, 1986

SUPER BONUS SPECIAL
WELCH'S GRAPE JUICE
 64-oz. SIZE
\$1.39
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 7-9, 1986

SUPER BONUS SPECIAL
Land O' Sunshine BUTTER
 1-LB. PKG.
\$1.39
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 7-9, 1986

SUPER BONUS SPECIAL
Dixie Crystal SUGAR
 5-LB. BAG
98c
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 7-9, 1986

SUPER BONUS SPECIAL
OAK CREEK SLICED BACON
 1-LB. PKG.
89c
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD AUGUST 7-9, 1986