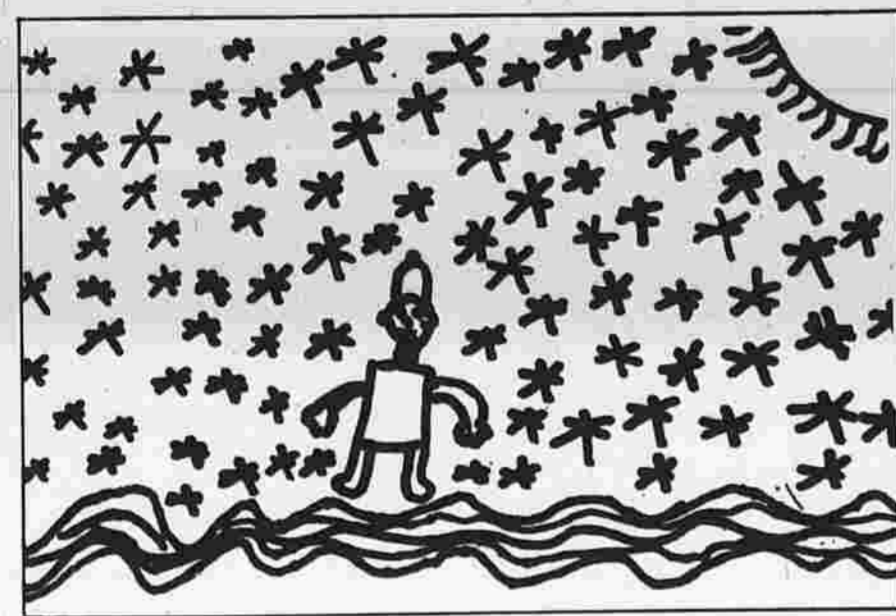


WEATHER



It won't happen today

Today: Sunny and a bit milder with highs 35 to 40 and a north wind less than 10 mph.

Season change hasn't shown yet

By William Rites
United Press International

A blast of frigid Canadian air Friday defied the start of spring, shattering record lows from Kentucky to Maine and endangering fruit and vegetable crops across the South.

The mercury dropped to 15 in Lexington, Ky., topping a century-old record of 16.

"It feels like winter," said Eddie Edwards, a 19-year-old messenger who wore sweat pants under his jeans.

The cold wave spread as far south as Lufkin, Texas, and Monroe, Miss., prompting freeze warnings for most of the Southeast.

Today's forecast

Connecticut, Massachusetts and Rhode Island: Saturday sunny and a bit milder with the high 35 to 40.

Extended outlook

Extended outlook for New England Monday through Wednesday:

Connecticut, Massachusetts and Rhode Island: Fair Monday and Tuesday.



Today In history

In 1968, President Lyndon Johnson recalled Gen. William Westmoreland (shown in this 1984 file photo) as commander of U.S. forces in Vietnam and made him Army chief of staff.

Almanac

Today is Saturday, March 22, the 81st day of 1986 with 294 to follow.

The morning stars are Mercury, Mars, Jupiter and Saturn.

In 1968, the leftist Sandinista government of Nicaragua announced it was under attack by some 1,200 rebels, supplied and supported by "Yankee imperialists."

McCavanagh won't seek Senate seat

By Alex Girrell
Associate Editor

State Rep. James R. McCavanagh, the Democrat who represents Manchester's 18th Assembly District, said Friday he has declined a suggestion that he run for the seat now held by Sen. Carl Zinsser, R-Manchester.

McCavanagh said Friday that he does not want to get involved in a primary within his party. He said he did not have any discussion with Cassano about the Senate race.

McCavanagh said that whoever runs against Zinsser should be able to devote all his resources to the effort and should not have to spend money on a primary fight.

Governor's aide rebuts statements

A spokesman for Gov. William O'Neill said Friday afternoon that a bill heard by the General Assembly's Energy and Public Utilities Committee Wednesday morning was "light years away" from three proposals the governor wanted the commission to consider.

In a letter received Friday morning by State Sen. Carl Zinsser, R-Manchester, a co-chairman of the committee, O'Neill sharply criticized the committee for failing to take up three bills the governor said were designed "to protect our citizens from the potentially devastating rate increases associated with the start of operations of the Millstone III nuclear generating facility."

But David J. McQuade, an administrative aide to the governor, said later in the day that the bill heard Wednesday would merely have provided a \$10,000 appropriation to state Consumer Counsel James F. Meehan to permit his staff to argue in favor of the governor's position before the Department of Public Utility Control.

The committee plan would not have provided for turning those measures into law, McQuade said.

He said the DPUC has already indicated that it does not have the authority under present law to carry out what O'Neill has recommended.

In his letter to Zinsser and Sen. David Anderson, the committee co-chairman, O'Neill called it "unconscionable" that the committee had "failed to recognize the importance of the measure."

One of them called for at least a five-year phase-in of the costs associated with construction of Millstone III.

Zinsser said Friday that the General Assembly last year passed a law authorizing the phasing in of the costs. McQuade said that law would permit phase-in for as short a time as three years, however.

The intent of the second measure was to require that carrying charges for the phase-in of the facility be shared equally by utility customers and shareholders.

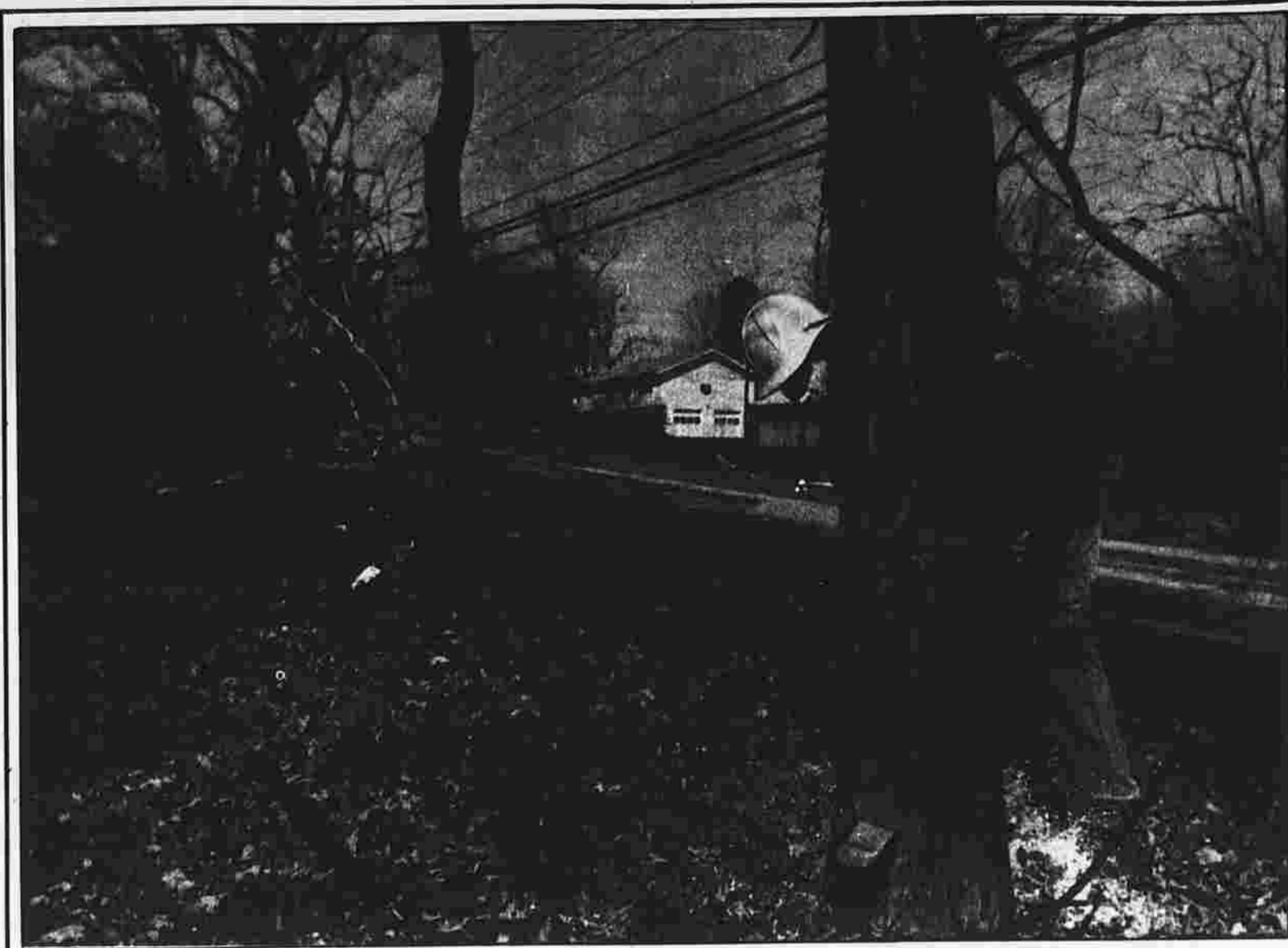
The third would have prohibited any shift during the phase-in of the utility company's revenue requirement from commercial and industrial residential power users.

"The fish in general is just a good food. It's low in cholesterol, low in salt and low in calories," she said.

In addition to reducing the risk of cancer, such factors reduce the risk of cardiovascular disease, Weiss said.

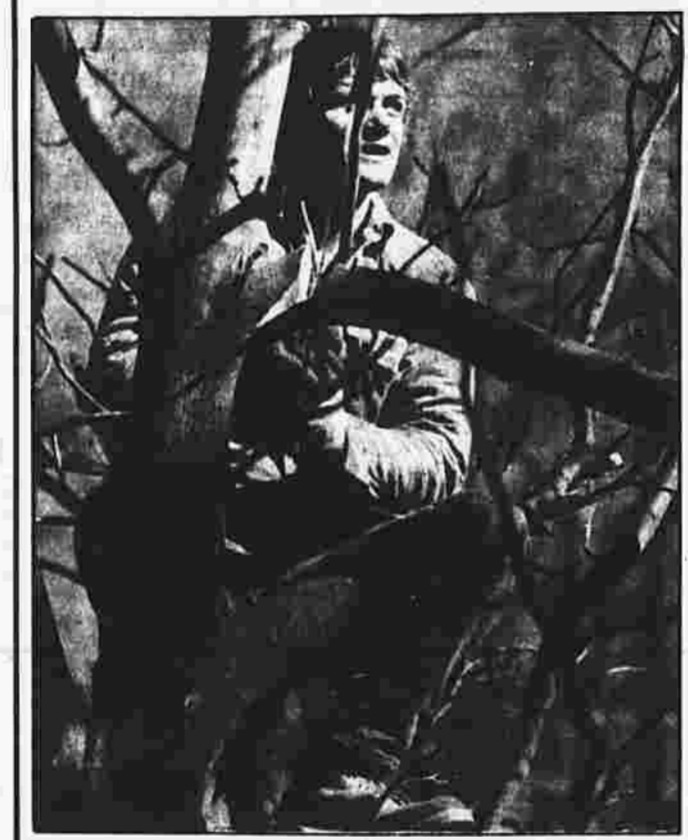
Pointing to the broccoli, she said: "You get a lot of mileage when you use broccoli. It's high in fiber, Vitamin A and C, and low in calories. It meets all the credentials."

Weiss explained how a person can determine the amount of Vitamin A in a food by its color.



Getting ready on Vernon Street

Workers from Hogue Land Clearing of Ledyard cut trees Friday to make way for the widening of Vernon Street.



Employees get taste of good health

Continued from page 1

The special meal, made up of fish and lots of high-fiber vegetables and fruit, was prepared by dietician Gloria Weiss and employees of the town Health Department to promote the American Cancer Society's new "Taking Control" program.

The program focuses on promoting healthier lifestyles to reduce the risk of cancer.

Pointing to the broccoli, she said: "You get a lot of mileage when you use broccoli. It's high in fiber, Vitamin A and C, and low in calories."

Weiss explained how a person can determine the amount of Vitamin A in a food by its color.

High-fiber foods are also recommended for reducing the risk of cancer, but Weiss cautioned against eating too much bran because it can cause digestive problems.

She also noted that it does not matter whether one eats canned, frozen or fresh fruit as far as the vitamin content.

In answer to a question posed by Dr. Robert Meyerson, the town's medical adviser, Weiss said that all the whole-grained breads are good.

Weiss recommended using only polyunsaturated fats, like corn, safflower and sunflower oils, because they tend to lower the cholesterol level in the body.

"Fats are really the culprit," she said. One gram of fat has nine calories, while one gram of sugar has four calories, she said.

Friday's meal was part of an ongoing program for town employees conducted by the Health Department through a state Health Department education and risk reduction grant.

PEOPLE

Star for McMahon

Actor Ed McMahon, the chuckling television sidekick on Johnny Carson's "Tonight Show" and co-host of "TV Bloopers & Practical Jokes," has been honored with a star in the Hollywood Walk of Fame.

The McMahon star, next to one dedicated to M.C. Fields, was the 1,244th implanted at Hollywood Boulevard and Vine Street.

McMahon arrived for the ceremony Thursday in a wagon drawn by the Clydesdale horses that are a trademark of Budweiser.

Texas treat

Singers Willie Nelson and Freddy Fender and performers Sandy Duncan, Tommy Tune, Gene Autry, Phyllis Ayers, Allen and Van Cliburn are on the guest list when the Texas Sesquicentennial hits the national airwaves.

The stars have been invited to take part in a two-hour show to be broadcast from Austin on ABC-TV on April 28, said Capitol Committee Inc. executive director George Bristol, who called it "the largest gathering of Texas superstars ever."

Proceeds from ticket sales for "Texas 150: A Celebration Special," at the Frank Erwin

Special Events Center at the University of Texas, will be used for the restoration of the state Capitol.

Gobs of gizzards

Authorities in Kansas City, Mo., have uncovered a scheme cooked up by a grocery store owner and a butcher who increased profits by mixing ground turkey gizzards with ground beef or pork.

Department of Agriculture agents said Stevenson's Food Mart was mislabeling the meat as "fresh ground beef" and "pork sausage."

The store was able to increase its profits by almost \$55,000 by mixing turkey gizzards, which cost 48 cents a pound, with beef that cost \$1.17 a pound and pork that cost 89 cents, prosecutors said.

Grocer William Stevenson and butcher Bennie Martin pleaded guilty to one count of gizzard mixing and the store pleaded guilty to two counts of the misdemeanor charges.

U.S. District Judge Howard Sachs fined the men and the store a total of \$4,000 and ordered Stevenson to perform 150 hours of community service work and make restitution in ground meat to three kitchens for the needy.

Stevenson was ordered to perform 100 hours of community service work.

Invoices showed the defendants bought 76,600 pounds of turkey gizzards from April 1983 to September 1984 to mix with meat, agriculture agents said.

New Reagan on TV

Michael Reagan is the latest presidential offspring to take up acting.

"I played the part of a state party chairman," Reagan, 41, the president's oldest son, said of his acting debut Thursday on CBS' "Capitol," the daytime soap opera set in the Washington world of politics and power.

"It was a case of getting a chance," he said after taping. "It was the first time that I've ever been asked to act. It was a great opportunity. I think I'll be doing more."

Wedding bells

ABC-TV anchor Kathleen Sullivan and architect Ralph Michael Kiner, son of former baseball great Ralph Kiner, have taken out a marriage license in the Riverside County clerk's office in Indio, Calif.

Kiner and Sullivan, both 32, applied for the license Monday. The wedding is set for April 13 in La Quinta and will be the first for both.

A good Bette

Bette Midler and NBC Productions have the new book by Jamie Fuster Boldnick titled "Winnie - My Life in the Institution."

The unusual story will become a TV movie in 1987 starring Midler, reports New York columnist Liz Smith. "Winnie" is the story of Wynna Sprockett, who was committed to a state home at age 6. To prove she was intelligent and not feeble-minded, Sprockett began writing her own book.

Dreyfuss sobers up

Richard Dreyfuss, the Oscar-winning actor who achieved superstardom before age 30, believes his early success drove him to drink and drugs.

Dreyfuss hit rock bottom when he over-taken a convertible and was subsequently arrested in the hospital for cocaine possession.

Now married and the father of a 2-year-old daughter, the actor has been through a drug rehabilitation program and has not had a drink or taken drugs since.

He is wearing, not looking like a jerk," he said.

Short sick spell

Seaman Crothers was hospitalized three days this week with flu-like symptoms, but has resumed work on the set of his new CBS-TV series "Morningstar, Eveningstar."

"Doctors say he's A-O-K," publicist Jerry Zenka said Thursday. "He's making a good well Sunday night so he was taken to Beverly Hills Medical Center with flu-like symptoms. He was released yesterday."

CAN YOU HELP?



NAME: JAMES ROWAN GRIFFIN
HEIGHT: 5' 5" WEIGHT: 95 LBS HAIR: RED
DATE MISSING: 04/02/82 FROM: COCKEYSVILLE, MARYLAND DOB: 05/31/64 LAST SEEN: At Dulany Senior High School at approximately 3:00 p.m.

Any information? Call 1-800-843-5678

Manchester Herald advertisement with subscription rates and contact information.



IACOCCA VICE — Chrysler Chairman Lee Iacocca, center, goes over his lines with "Miami Vice" stars Edward J. Olmos, left, and Michael Talbot on the set of the NBC show Thursday.

2 2 M A R 2 2

OPINION

Owning up to existence of acid rain

President Reagan's acknowledgement this week that acid rain exists can be regarded as nothing but welcome news, especially in the Northeast and Canada. But if the administration and the Congress don't move at a faster pace than the president, little will be done to slow the damaging spread of a major pollutant.

On Wednesday, Reagan held a friendly news conference with Canadian Prime Minister Brian Mulroney to announce that he would push for a \$5 billion program seeking environmentally sound ways to burn high-sulfur coal. The emissions resulting from the use of such coal in industry are widely thought to cause acid rain, which endangers lakes and forests.

When the White House at last admitted that acid rain "is a serious environmental problem in both the United States and Canada," the words surely came as music to the ears of beleaguered environmentalists and scientists. The problem is that it became clear in short order that the administration was ill-prepared to back its announcement up with substance.

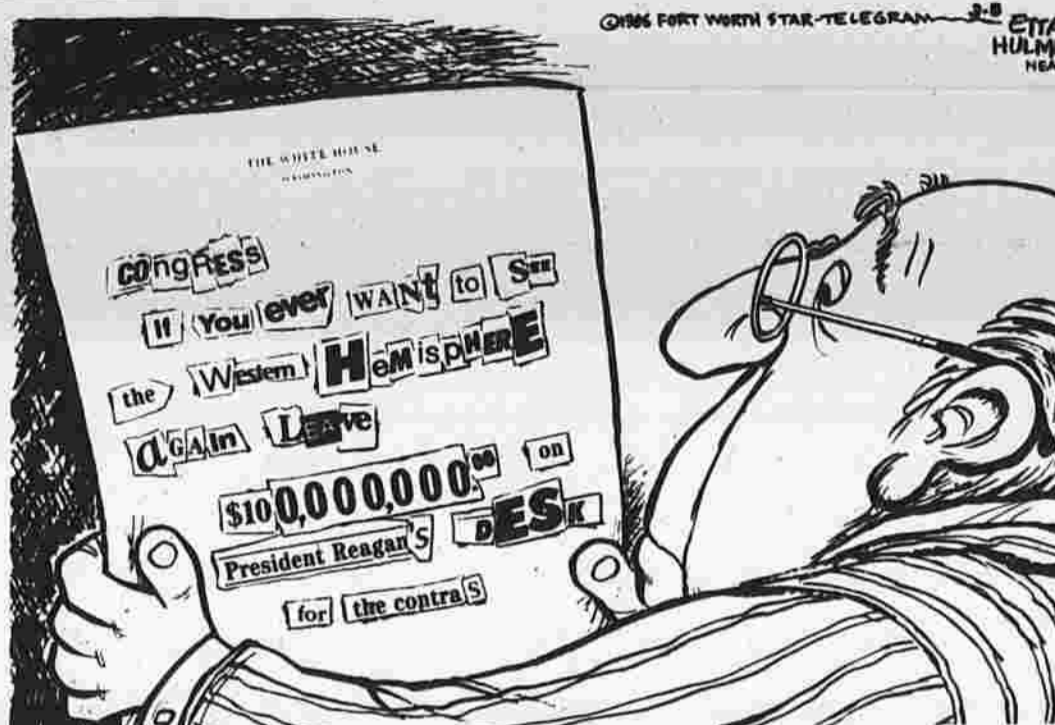
Until the news conference, the Canadians had been largely ignored by the White House as they sought a commitment on funding to fight acid rain. Indeed, the president himself had refused to admit that industry was the source of the problem, defying both logic and scientific evidence. At one point, he even blamed acid rain on forest fires.

And after the announcement, presidential spokesman Larry Speakes was unable to provide any details about the plan discussed by Reagan and Mulroney, leaving the distinct impression that one has yet to be developed. If that's true, the planning phase should proceed quickly.

While the United States has been ignoring acid rain, Canada has acted on its own to address the problem, committing funds and initiating a variety of programs. Reagan's belated admission of the problem's source should be the catalyst for a responsible approach to the program — one that has active support from private industry and all segments of the government.



Couldn't this wait until after "Wheel of Fortune"?



Odds favor Reagan on aid

By Donald M. Rothberg

WASHINGTON — The odds are that before the battle is over, President Reagan will win congressional approval for sending help to contra forces in Nicaragua, but the first skirmish went to the opponents of deepening U.S. involvement in the Central American civil war.

Thursday's House vote rejecting the \$100 million aid package came after a series of extraordinary lobbying efforts by the president, the sort of effort that usually produces a White House victory on a closely divided issue.

But this time it fell short. The explanation seemed to lie in a widespread wariness on the part of politicians and their constituents of becoming involved in the Nicaraguan conflict.

The question the president hasn't been able to answer is how much is enough? Can the contras win their war without continued U.S. aid, including military assistance?

Open Forum

MVD reported about itself

To the Editor: The following is a copy of a letter I recently sent to the General Assembly's Transportation Committee.

I was slightly amused and highly disturbed as I read the newspaper report on the Motor Vehicles Department study presented to the legislative Appropriations Subcommittee and sent to your committee.

Stethem's killers must be found and killed

Somewhere in the Middle East, under the protection of Syria or Libya or perhaps simply hidden by their relatives and friends, are the three men who last June hijacked TWA flight 847. Their names are Mohammed Hammadi, Ali Atwa and Hassan Izzal-Din. On June 15 at the Beirut airport, in the course of that hijacking, they put a gun to the head of Robert Stethem. 23, and blew him away, for the crime of being a member of the U.S. Navy.



William A. Rasher

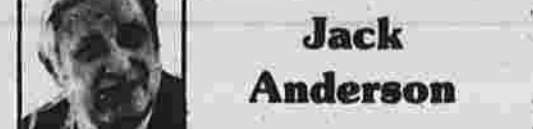
Outrage over the killing was widespread in the United States, and nowhere more so than among conservative supporters. There were ill-considered demands for instant and bloody reprisal, not against the killers (they hadn't even been identified yet), but against loosely described groups alleged to be supporting them — "the terrorist camps in the Bekaa Valley," etc. Aside from relieving the frustrations of their proponents, these spastic yelps for revenge served little purpose save to demonstrate how difficult it was to devise and execute a practical plan for reprisal.

THE INDIVIDUALS AND ORGANIZATIONS that actually sponsored the hijacking and supported the hijackers are difficult, perhaps impossible, to identify. It is certainly far from clear that they are, or ever were, based in specific camps in the Bekaa valley or anywhere else. And the indiscriminate bombardment of Lebanese villages, on no better ground than that their inhabitants are Arabs, would merely shock and outrage the whole Middle East, damaging America's interests still further.

Some conservatives, therefore, counseled patience when the Reagan administration made it clear that it would not go along with such rash proposals. Revenge, we reminded the hotheads, is dish best eaten cold. There was no real need for hurry. There would be time to identify the actual killers, locate their hide-outs and arrange for their extermination.

SOME OF US — I, for one — were prepared to go a step further: If the three killers proved permanently beyond our reach, it should be possible to bring about the death of enough of their blood relatives and close friends to make the murderers regret their crime, and also to generate heavy communal pressures against further such conduct. (This, apparently, was what the Russians did when four of their people were kidnapped and one of them was killed, and it swiftly resulted in the release of the remaining three.)

President Reagan, however, decided against such indirect retaliation, feeling — perhaps



Jack Anderson

Feds pour money into 'black hole'

WASHINGTON — The Alaska congressional delegation is battling to preserve a \$40 million annual subsidy for the Tongass National Forest timber industry, which is dominated by two giant companies.

But environmentalists and some members of Congress think the subsidy is little more than a gigantic raid on the Treasury, especially considering the track record of the two largest corporate beneficiaries.

The Tongass Timber Supply Fund, included in the 1980 Alaska Lands Act, pays the Forest Service for roads and brush clearing operations to make harvestable timber more accessible to the lumber companies. The fund, set up in 1980, is due for its first review by Congress next month.

There are now 55 companies in this town — 55 companies! — offering seminars on Gramm-Rudman," he exclaimed.

HE CHUCKLED OVER a recent Time magazine piece that said Soviet Leader Mikhail Gorbachev's new arms control proposal had a "Gramm-ski-Rud-ski" ring to it and noted the recent Rudman profile in People magazine.

YOUNG CALLS THE FUND a "wilderness subsidy," explaining that the lands act excluded lumbermen from working in much of the best Tongass forests. To compensate for this deprivation, the government agreed to make the areas left open for logging more accessible to lumbering operations.

The real issue is the 6,000 jobs, direct and indirect, that might be lost if Congress decided to withdraw those prime timber lands without establishing a supply fund," a Stevens spokesman said.

That works out to a return on the Forest Service investment of less than half a cent on the dollar.

Some of the suggestions of this report should be addressed, such as issuing temporary registrations to "delinquent" taxpayers.

Robert A. Fraucher
125 Spruce Street

"It's a BOONDOGGLE," said Rep. James Weaver, D-Ore., one of the most outspoken critics of the Tongass fund. He points out that no similar fund exists for any other national forest.

Confidential file

Mancheater Herald

Mancheater Herald
Founded in 1861
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Budget law makes Rudman a media star

Granite State senator finds fame as sponsor of controversial budget-cutting bill

By George Lobenz
United Press International

WASHINGTON — Six publicity-mad months after becoming the middleman in the Capitol Hill trinity of Gramm-Rudman-Hollings, you might think Sen. Warren Rudman, R-N.H., would be a bit tired of being a household name.

Yet, despite literally hundreds of interviews, talk-show appearances and rubber-chicken banquet speeches, Rudman can still talk himself into a sincere lather defending his budget-balancing creation and condemning the profligate Uncle Sam.

"I'm fond of saying this town has got too many damn accountants and not enough philosophers," he explained. "The specifics of the bill are not nearly as important as the thrust of the bill."

Since the bill's passage in December, Rudman says those same pundits have focused on how to pick apart the mechanics of his legislative contraption while ignoring the power of its overarching goal of reducing the deficit.

"I don't think anyone has suffered unless we don't do our job," he said. "If the Congress doesn't do its job in 10 months, that is why people will suffer, not Gramm-Rudman."

Another firefighter and five residents were injured. The blaze broke out shortly after 2 a.m. in one triple-decker and quickly spread to four others on densely populated Mercer Street, fire officials said.

Firefighters Edward R. Connolly, 46, an aide to a district chief, was killed when the building at 9 Mercer St., where the fire apparatus was housed, suddenly collapsed, striking a dead tree which fell on Connolly and another firefighter.

Connolly was taken to Boston City Hospital where he died at 4:25 a.m. of multiple trauma. BCH Central administrator Christina Catino said.

Five houses were completely gutted in the blaze, and fire officials estimated damage at \$300,000.

Battling the fire was made particularly difficult by winds gusting up to 25 miles per hour and bitter cold temperatures which froze equipment, officials said.

Fire officials said the winds carried embers of the burning homes to distances of up to one-quarter mile away from the fire, setting smaller blazes throughout the neighborhood.

Officials were investigating the cause of the fire, but Corbett said it is believed to have been of an accidental nature.

EMERGENCY Fire — Police — Medical DIAL 911 in Manchester

Stick with the facts, not the fads.

For human sexuality information, the unmistakable source is The Kinsey Report by Dr. June M. Reinisch.

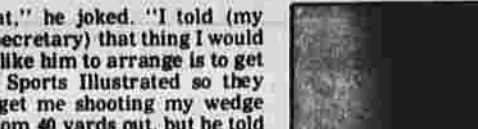
The Kinsey Report is the only column about sex backed by more than 40 years of ongoing research. Each question is answered with accurate information from the world-renowned Kinsey Institute.

Dr. June M. Reinisch, director of the institute, answers readers' questions in an easy-to-understand way. She gives facts, not opinions or advice. Facts you can trust.

The Kinsey Report has been a reliable source of sex information since it began in 1964. Now it's available here, every Saturday, in the Manchester Herald's Weekend Plus Magazine.



Mancheater Herald Your Voice in Manchester



BUDGET BALANCER WARREN RUDMAN

his name becomes household word

He said the howls of pain elicited by the Washington establishment — even conservatives — have grown entirely too comfortable with deficit spending. He points to a recent column by conservative columnist George Will bemoaning cuts at the Library of Congress.

"Tell George Will to go ask my people in New Hampshire whether they think the Library of Congress can be cut a little," said Rudman.

He is even more incredulous over complaining about cuts in congressional staff. "I have to laugh when I read the stories about everybody suffering because we have to cut staff around here," he said. "This place is bloated. It's bloated!"

In Rudman's mind, the same thing goes for the Pentagon. He said if Defense Secretary Caspar Weinberger is worried about cuts

Boat call termed costly hoax

BOSTON — A distress call from a boat which claimed to be sinking and another which confirmed its story — both named after television shows — was a hoax and cost taxpayers \$76,000, the Coast Guard said Friday.

Some rail workers return

BOSTON — Partial commuter rail service resumed on the North Shore Friday for the first time in more than a week but the strike by Maine rail workers continued to idle three lines north and west of the city.

Friendship Lodge #145, A.F. & A.M.

Annual PANCAKE FESTIVAL

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BUDGET BALANCER WARREN RUDMAN

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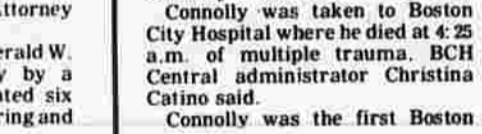
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Mancheater Herald Your Voice in Manchester

HAGAR THE HORRIBLE by Dik Browne



THE PHANTOM by Les Felt & By Barry



BLONDIE by Dean Young & Stan Drake



ON THE FASTRACK by Bill Holtz



MR. MEN™ AND LITTLE MISS™ by Hargreaves & Sellers



PEANUTS by Charles M. Schulz



U.S. ACRES by Jim Davis



CAPTAIN EASY by Crooks & Castle



ARLO AND JANIS by Jimmy Johnson



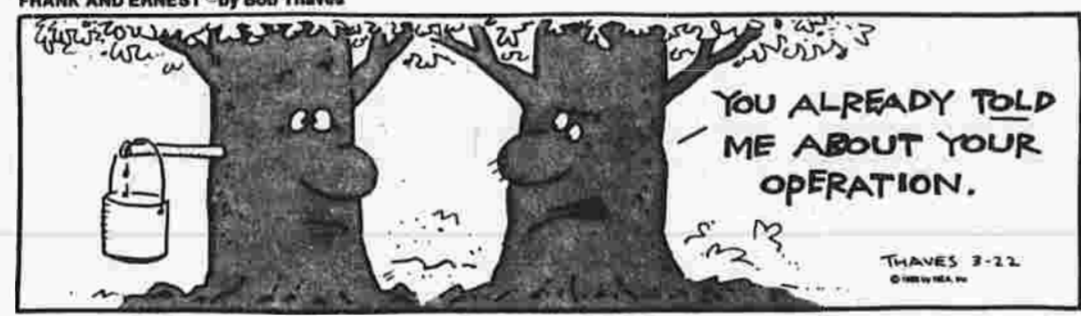
ALLEY OOP by Dave Graue



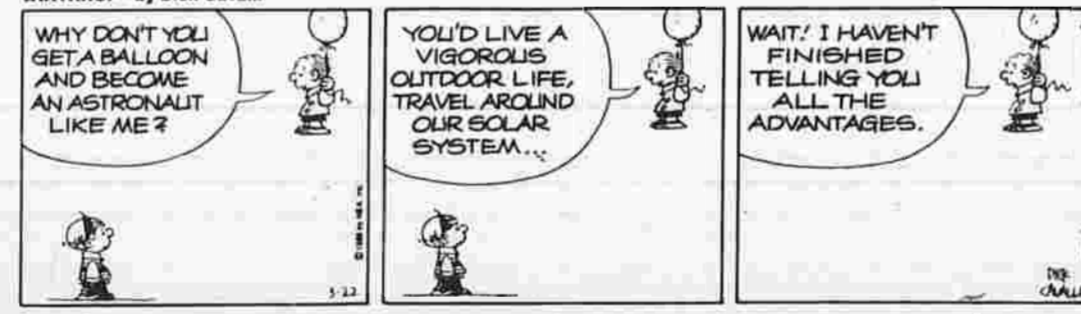
THE BORN LOSER by Art Saason



FRANK AND ERNEST by Bob Thaves



WINTHROP by Dick Cavalli



Bridge

Bridge section including a hand diagram with North-South and East-West cards, and a 'A package deal' article by James Jacoby.

Astrograph

Astrograph section with a 'Your Birthday' chart for March 23, 1986, and horoscope columns for Aries, Taurus, Gemini, and Cancer.

Puzzles

Puzzles section containing crossword puzzles with clues for 'Across' and 'Down', and a 'Celebrity Cipher' puzzle.

BUSINESS

Dynamics gets \$1 billion contract

WASHINGTON — A \$1 billion contract to build four nuclear-powered attack submarines has been awarded to the General Dynamics Corp. in a move that froze out the company's only competitor, the Newport News Shipbuilding and Drydock Co.

Newport News to have built the attack submarines, "which the Navy was unable to build. We don't have any comment on that," a Newport News spokesman said.

Program trading prompts Dow plunge

NEW YORK (AP) — The Dow Jones industrial average took its fourth-largest drop ever Friday in a stock market session wildly skewed by so-called program trading.

State, airport agency fight Eastern takeover

BOSTON (UPI) — The state's attorney general and the agency that runs Logan International Airport asked federal transportation officials Friday to halt the proposed takeover of Eastern Airlines by Texas Air.

Business In Brief

Psychotherapists open offices

Advertisement for psychotherapists opening offices in Manchester, featuring photos and text for Gary Messacar and Mary Beth Waldron.

Atlas Mobil goes all-electronic. The Atlas Manchester Mobil gasoline station at 250 W. Middle Turnpike has introduced Connecticut's first totally electronic Management Control System with Multi-Grade Dispensers.

IT'S EASTER Take A Chance To Win A Bunny!

When you want personal attention, consult a professional. The professionals at Manchester Honda have one thing in mind: making sure that your satisfaction is the cornerstone of their careers.

IRA Don't Forget! Deadline is April 15th. Manchester State Bank. "Your local Hometown Bank"

REGAL'S "Your Quality Men's Shop" HAGGAR Expand-O-Matic® Golf Slacks... Still the most comfortable slacks you've ever worn! \$29.90

REGISTER TO WIN A GIANT EASTER BUNNY Deposit At Main Office. Name, Address, Phone

Westown Pharmacy 445 Hartford Rd. OPEN 7 DAYS A WEEK 643-5230

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22

CLASSIFIED ADVERTISING 643-2711

33 CONDOMINIUMS FOR RENT

Manchester — One bedroom, second floor, remodeled, wall to wall, safe area, no pets. Security lease. \$425 plus utilities. 528-0776.

Manchester — One bedroom Condo for rent. \$450 monthly, appliances, air conditioner, newly decorated. 646-9710 days. 525-0884 evenings.

34 HOMES FOR RENT

Manchester — Cute One bedroom house near Main Street. \$350, security & references required. Call after 11am. 643-1499.

35 STORE AND OFFICE SPACE

Manchester — Prime downtown store or office space. Approximately 1750 square feet with utilities. 668-1447.

Office Space — 500 sq. ft. Heat included. \$200 per month. Call 649-5334 or 643-7175.

474 Main Street, the center of town. 3 rooms, first floor. Call 646-2426 weekdays, 9-5.

36 RESORT PROPERTY

Vermont — Cottages for rent. Beautiful Lake Memphremagog, Newport, Vermont. Modern housekeeping cottages. Sandy beach, good fishing, especially in June (Salmon). Call Windsor Locks, CT. 668-7846.

37 INDUSTRIAL PROPERTY

Manchester — Industrial space, 1,500 square feet. Also 3,000 square feet storage. Tully Real Estate. 643-0005.

38 MISCELLANEOUS FOR RENT

Manchester — Keeney Street exit, 1-384. Storage space available. 500 to 6,000 sq. ft. Ideal for distributor, parts supplier in retail warehousing. 232-5903.

39 ROOMMATES WANTED

Roommate Wanted — Professional female to share newer Condo in Manchester. \$300 monthly plus 1/2 utilities. Call Wendy after 5pm. 643-6472.

91 CARS FOR SALE

Merchandise

71 HOLIDAY/SEASONAL

Snowblower, Snowbird, 22", 3 1/2 Hp. \$175. J.C. Penney 10 cu. ft. Chest freezer. 6 years old. \$180. 649-1847.

72 ANTIQUES/COLLECTIBLES

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Open Tues.-Sat. 10am-5pm

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73 CLOTHING

Pick up extra cash for those clothes in your attic that your children have outgrown. Place an ad in The Classifieds. Call 643-2711.

74 FURNITURE

Protect Your Treasured Dining Room Table with custom fit table pads. Guaranteed. Superior workmanship. Some styles with decorator colors. I'll come to your home to measure your table with no obligation. Lisa, 236-1808, leave message.

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91 CARS FOR SALE

76 MACHINERY AND TOOLS

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20 Gallon Fish Tank with accessories. Also 3 sharks and 2 angelfish. 289-1062 evenings.

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87 MISCELLANEOUS FOR SALE

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27% width-256
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88 TAG SALES

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91 CARS FOR SALE

88 TAG SALES

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91 CARS FOR SALE

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1977 Cutlass Supreme — As is. \$400 or best offer. 649-4246, ask for Mike.

1974 Dodge Dart Swinger — Not running. Good for parts. Best offer. 643-5296.

91 CARS FOR SALE

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92 TRUCKS/VANS FOR SALE

1979 Ford Cube Van — Runs great, body needs work. \$1,200 or best offer. See at Al Steffert's, 445 Hartford Road, Manchester.

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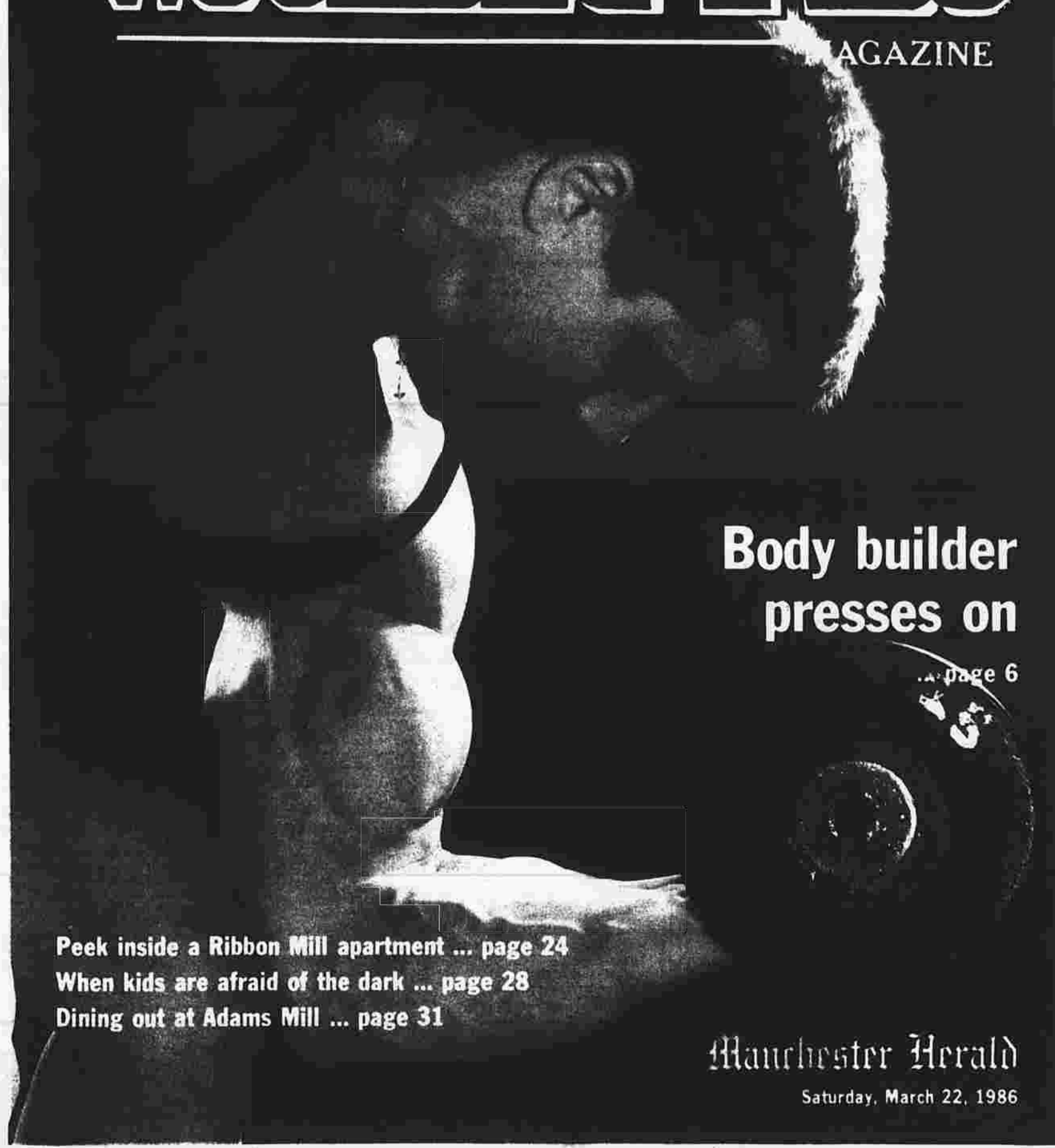
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Weekend Plus

MAGAZINE



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presses on**

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Manchester Herald

Saturday, March 22, 1986

2 Between the Lines



Catherine Deneuve

Q. Could you please tell me everything about the French actress Catherine Deneuve: where was she born, what films has she made, what is she doing now? Nicole Bonet, Dowagiac, Mich. A. She was born October 22, 1943 in Paris, the third of four daughters of Maurice Dorleac and Renee Deneuve, both successful actors. She was frail and shy as a child — she still considers herself somewhat reserved — and spent most of her time with her sister, actress Francois Dorleac. She attended a strict Catholic school and the exclusive Lycee La Fontaine and was shielded from the theater world by her parents.

She did, however, make a few brief film appearances while in her teens, most notably with sister Françoise in "Les Portes Claquent" and "Ce Soir Ou Jamais." When she was 17, she met director Roger Vadim, the man credited with the "creation" of Brigitte Bardot, and he cast her in his film "Vice and Virtue." Two years later, in 1962, she gave birth to his son, Christian (who is also now pursuing a career as an actor), but refused to marry him, not believing particularly in the institution of marriage. A certain amount of controversy, not surprisingly, followed.

Meanwhile, in 1964 her career took a sharp upward turn with her appearance in the film "The Umbrellas of Cherbourg." For the first time, as she explained it, she felt that she could act, a finding confirmed when she was awarded the Best Actress prize at the Cannes Film Festival.

A number of films followed in quick succession, among them "Male Companion," Roman Polanski's "Repulsion" (he cast her

because, as he said, he needed an "angelic girl who could kill a man with a razor") and "The Young Girls of Rochefort" with sister Françoise.

The following year, 1967, Françoise was killed in a car accident, an event that devastated Deneuve and put strain on her two-year marriage (she made an exception to her belief just once) to British photographer David Bailey.

They split up in 1968 and were divorced in 1970. After the tragedy, she threw herself into her work and turned in what many consider some of her finest performances in the films "Belle de Jour," "Mayerling" and "Tristana."

Her American film debut occurred in 1969 in "The April Fools" with Jack Lemmon, followed by "Hustle" with Burt Reynolds. Most of her recent films, with the exception of "The Hunger," have been done in France, however, including her most recent: "Love Songs" with Christopher Lambert and "The Scene of the Crime" currently filming.

Her appearances on commercials have been pretty constant in America, and she now has her own product to plug: her perfume, Deneuve.

She lives in Paris with her daughter, Chiara, 14, the daughter of actor Marcello Mastroianni, and has recently been chosen to be the physical embodiment of Marianne, the French symbol of the Republic. (She replaces Brigitte Bardot, the previous Marianne.) The Marianne likeness is displayed in town halls over France.

The story behind the story

By Josie

Q. I would like to know whether Phoebe Snow is still singing. Debbie End, Paterson, N.J.

A. Indeed she is. She just finished the western leg of "The Brand New Me" tour — Seattle through California — and is currently recording a new album, which should be out later this year.



John Stossel

Q. Could you tell me a little bit about John Stossel from "20/20." I think he's gorgeous. Marilyn Neal, Modesto, Calif. A. He's 38, from Chicago and a Princeton graduate with a B.A. in psychology. He was heading to business school after Princeton when he was offered a job as a general assignment reporter at the Portland, Ore., NBC affiliate; he took it and later, at his boss's suggestion, he became a consumer reporter.

He did so well at it that he never went on to business school, and in 1973 was hired as a consumer reporter by the CBS station in New York. ABC noticed, and since 1980 he's been with that network.

Anything you'd like to know about prominent personalities? Write to: Josie, Between the Lines, King Features Syndicate, 235 E. 45th St., New York, N.Y. 10017.

Q. Please tell me about Tim Curry. I think he's sensational. Julia Penn, Midland, Texas

A. He's 39, the son of a naval Methodist chaplain and his wife, was born in Cheshire, England, but because of his father's profession, the family moved to Hong Kong when he was 6 months old. They returned when he was 3, but he left home again at 12 to go to boarding school after his father died.

He graduated from Birmingham University with honors in English and drama in 1968, and within a few months he had bluffed his way into the original London cast of the musical "Hair." He decided to do some serious theater following that, so he spent six months with the Glasgow Citizens Theater before returning to London.

He was performing at London's Royal Court Theater in 1973 when he was offered the role of Frank N. Furter in the stage version of "The Rocky Horror Show." He took it, played it onstage in London, New York and Los Angeles and, as the world knows, on film.

Later, he appeared as Bill Sikes in CBS's remake of "Oliver Twist," as Mozart in the Broadway production of "Amadeus" and the Pirate King in the London version of "The Pirates of Penzance."

In between stints onstage, he also appeared in the films "Annie," "Times Square," "The Ploughman's Lunch" and the recent "Clue." He also recorded three albums. Currently, according to his agent, he's onstage at London's National Theater and plans to be there for the rest of the year.



Tim Curry

Q. Could you please settle an argument between my wife and me? I say the O.J. in O.J. Simpson stands for O Jesus. My wife says that they're just letters. Who's right? Les Farley, Kahului, Maui, Hawaii A. You're both wrong, although your version is pretty colorful. The O.J. stands for Orenthal James.

Weekend Plus Magazine

Saturday, March 22, 1986



- 2 **Between the Lines:** The story behind the story.
- 4 **Trends:** Reflections on a mid-life crisis.
- 6 **Cover Story:** John Januszkiewicz of Coventry puts new meaning in the phrase, "Press the flesh."
- 9 **Profiles:** Lisa Collier. **Mailbox:** Our readers comment.
- 10 **Sexuality:** Most husbands and wives remain faithful, a study in the Kinsey Report shows.
- 11 **Exercise:** You can fight flab while you sit at your desk.
- 12 **At the Movies:** Freddy is nasty and nice ... Film capsules.
- 13 **Weekend Television:** An eight-page pullout section with program schedules for Saturday and Sunday.
- 21 **Music:** How teens learn to Rush ... Turntable tips.
- 22 **On the Road:** All you need to find mpg is a full tank.
- 23 **The Image Workshop:** Put some splash into your wardrobe with accessories.
- 24 **On the House:** A young couple show off their apartment in the Ribbon Mill.
- 27 **The Curious Shopper:** Consumers sometimes find "easy to open" isn't.
- 28 **Insights into Childhood:** Kids need to learn that their beds are safe.
- 29 **Medicine:** Facing surgery without fear.
- 30 **Dining In:** Iceberg is just the tip of the lettuce.
- 31 **Dining Out:** Restaurant critic Sondra Astor Stave visits Adams Mill.

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Do you have any questions or comments about Weekend Plus Magazine? We'd like to hear from you. Please address your letters to: Weekend Plus Magazine, P.O. Box 591, Manchester, Conn. 06040.

Cover photography by David Bashaw



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Reflections on a mid-life crisis

The years sneaked up on me and my looks

By Peggy Taylor

I happened in May of my 42nd year. Standing in front of two bathroom mirrors, studying myself in front and in profile, I suddenly realized that I was growing old.

My face had a tired, shiny look that no amount of makeup could camouflage; it was shadowy, rough and a little bloated around the chin. My forehead, once barely lined, now showed discernible grooves; my jawline, once well delineated, was now blurred. The corners of my mouth, once smilingly linear, now curved downward; my cheeks, once taut and firm, were now beginning to sag.

The French describe it perfectly — they call it "le coup de vieux," that unmistakable metamorphosis they see in someone who has suddenly aged. "Il a pris un coup de vieux," they unflatteringly say — "Old age has caught up with him." Or with her. Or in this case, with me.

What did I expect? Why the surprise, the shock? I had, after all, been around for 42 summers. Did I really expect to forever look 16? Did I really expect to arrive at 50 jowl and wrinkle free? Did I really expect to go on forever being Daddy's little girl?

Yes, as a matter of fact, I did. So accustomed had I become to passing for someone 10 years younger that I took it for granted that this masquerade would continue. Why, only last December when I went home for Christmas, my apparent youthfulness moved friends to marvel that I had "reversed the aging process." Five feet 3½ inches, 110 pounds, size seven — I could fit into my 14-year-old niece's blue jeans.

Young men still ogled me on the street. Taxi drivers still honked their horns as I waited on corners. Men still glanced approvingly as we passed each other at crowded intersections. Not a little flattered, I wanted to keep things that way.

Now, however, on this critical May morning, the bubble burst. Misery of miseries, the jig was up. I now looked my age. And my disgrace, to my dismay, was not even symmetrical — one side of my face subtly sagged



'That wrinkle wasn't there last week'

... Continued

more than the other did. How had it happened? Where lay the fault? Over the past 10 years hadn't I taken care of myself well enough? Hadn't I dieted, exercised, gotten enough sleep, forsaken french fries, salt, sugar and drunk two cups of carrot juice a day? Wasn't this regimen supposed to keep me young forever?

I became fixated on the aged and aging. I walked the streets of New York City expressly to observe the ravages time wrecks on faces. I scrutinized the doleful looks, the drooping cheeks, the flaccid folds of flesh. Neither man nor woman did I see — only pendulous pouches, furrowed brows, progressive stages of facial collapse.

My eye was drawn, here to the nascent jowls of the 40-year-olds, there to the full-fledged wattles of the elderly. In 20 years would I look like that? I closed my eyes and shuddered.

My repulsion was so intense that from that day, when out on the street, I could not pass a side-view mirror of a parked car without peering at myself. "That wrinkle wasn't there last week," I noted, monitoring every millimeter of facial slippage. I seemed so distraught to strangers that one stopped to say, "Miss, don't worry, you look all right."

I spoke with friends — my contemporaries as well as older women. How were they grappling with this calamity? With revolt? Despair? Or with equanimity? One friend, Janet, annoyed by my distress, scolded me for my shallowness, my immaturity. She loved being 40, was glad to have "lived," was convinced that only the inner woman counted.

I telephoned Ruth, a friend in her 60s. How was she bearing up? Not well, she confessed. Since the day her grandson asked, "Grandma, why do you look so old?" she recoiled whenever she looked in a mirror.

I spoke to a friend, Sandra, whom I suspected had done something about her looks. She was 54 but seemed at least 10 years younger. Yes, she had had a facelift, an eyelift, a necklift — the works. "Expensive, to be sure," she admitted, "but it was

worth every dollar. If need be, I'll have a second round in 10 years when I start slipping again."

The operation had been simple, short, painless and effective — a couple of incisions, a night in the clinic, and she returned to the world looking 40. Would I one day follow her example to appease not just my vanity but my fundamental self-esteem? "But you look wonderful," Sandra insisted. "You don't need a facelift...yet."

But Cathy, another friend in her 50s, admonished me to "age with dignity and not fear death." Who feared death? I simply dreaded this insidious prelude to it.

Having consulted friends, I decided on a plan of attack. Not ready for this "coup de vieux," I would resist.

At the Nature Foods Center in my apartment building, I purchased a veritable arsenal of natural cosmetics — a new 12-step line that promised me the "Skin of My Life." I would, henceforth, 1) with citrus cleansing cream wash my face; 2) with sea kelp facial grains scrub it; 3) with a clay and ginseng mask tighten its pores; 4) with lemon astringent tone it; 5) with elastin concentrate firm it; 6) with bee pollen-jojoba cream moisturize it; 7) with ginseng-collagen enrich it; and 8) with high-potency E cellular formula nourish it.

As for the rest of my body, I would forsake soap and 9) wash it with aloe vera bath gel; 10) stimulate it with spearmint leaf scrub; 11) soothe it with French massage formula; and finally 12) protect it with pH-balanced body lotion.

Oh, my lips. How could I forget my lips? For them, nothing less would do than cantaloupe-flavored lip balm. It mattered not that for the rest of my life I would devote 40 minutes every morning to these ablutions. At stake was my irreplaceable youth now ebbing from me.

My body. It was time to take stock of my aging anatomy. Naked before the mirror I stood and took inventory: breasts passably firm and still aloft; stomach still flat and unsagging; thighs and buttocks cellulitic but with cellulite reasonably contained. Owing to the fact that

"My eye was drawn, here to the nascent jowls of the 40-year-olds, there to the full-fledged wattles of the elderly. In 20 years, would I look like that?"

I was a pianist, no flabby underarm flesh...yet.

When that appeared, I'd poison myself, I promised.

As for my hair, only one gray strand. My body, it seemed, was holding up better than my face was. So much so that an admirer (and connoisseur of female contours) commended and reassured me that I still had "a few good years left."

My hands. I'd like to forget my hands. These were the giveaways, the truth-tellers, the spillers of all beans. No one could look at my hands and not guess my age. Thin-skinned with bulging veins, they seemed as withered and as wizened as those of my grandmother.

But still I would resist. I began going to the hairdresser more often and changed hairstyles. I requested a layered cut to divert the eye from my sagging jaw. I began wearing brighter colors and ruffles. The plain, rust-colored dress I'd once loved now had to be discarded.

To fight dehydration in the summer, I fanatically protected myself from the sun. I ventured out only during the coolest hours, then sought out the shady side of the street. A white, ruffled parasol was my constant companion in July. Who cared if amused passersby chuckled?

I became a regular reader of women's magazines — something I had once disdained. I now needed some sisterly succor and commiseration, needed to know if others were suffering from mid-life blues.

Wading through "How To Get, Hold, Win Back Your Man" and "How To Keep Him From Walking All Over You," I found the article for women my age: "Over 40 and Loving It."

All the movie stars interviewed therein seemed to have been doing just that. No depression, no revolt, no anger, no paranoia. Was there really no one else out there who was over 40 and loathing it?

The hushed and elegant world of beauty salons became part of my life. Mine specialized in "European Skin Care" and was situated on the third floor of a midtown-Manhattan office building. From across the street I could see its flow of clients through a gleaming panoramic window. In a corner stood a white baby grand piano begging to be played.

Taking the elevator, I rode up three flights to suite 301. I was trying to salvage the unsalvageable, retrieve the irretrievable. But nothing could halt my quest for rejuvenation.

A soft-spoken receptionist with a Russian accent greeted me warmly. I would later learn that all the "estheticians" here were Russian, although the owner of the salon was

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"I became fixated on the aged and aging. I walked the streets of New York City expressly to observe the ravages time wrecks on the face."

American. A Russian maid offered me a frosty pina colada.

After a few minutes I was introduced to my esthetician, Olga, who ushered me through a low-ceilinged, labyrinthine corridor to my treatment room. Delicately smelling of rose water, it was oval shaped and decorated in gray and coral. The sheets of my treatment bed were light coral; the plush blanket and treatment robe a darker hue.

Bouquets of silk orchids graced the shelves, and the startling silence of the cubicle denied the existence of a bustling world below. Here, for an hour a woman could forget her cares and indulge her fantasies and illusions. Here her mid-life blues could be assuaged. Here all was calm, suavity and well-being.

In heavily accented English, Olga ordered me to undress and change into a short, strapless terry robe. She gave me a matching headband with which to protect my hair, then told me to lie on the treatment bed and wait for her to return.

I had come to Olga for a "facelift," although I knew that, outside of surgery, there was no such thing. Spotting the kit of vials and jars that she was to use, I noticed that even the makers of the product named it not a "facelift" but a "beauty lift."

It didn't matter. Simply being here was bliss. Olga would take care of me — massage me, pat me, stroke me, rub me, lift my sagging spirits. Beauty salons were not for lifting faces; they were for lifting morale. And when Olga returned I would obey her every order, bask in the touch of her fingers, relish the pressure of her expert hands. Bliss, feminine bliss. I would luxuriate in its sheer voluptuousness.

When Olga returned, she scolded me good-naturedly. I had transgressed the cardinal rule — a woman should not wait until she's in her 40s to begin serious skin care. "We are not miracle workers," she warned, then confirmed that yes, my skin was losing its elasticity.

"Skin care," she continued with conviction, "is a necessity, not a luxury." When I sheepishly asked what I could expect from these five weeks of "lifts," she noncommittally replied that some women had

"seen some results." She then began the "lift," which fascinated me: skin penetration, tissue activation, cell oxygenation, circulation stimulation — all aided by massage electrodes and high frequency devices.

High technology to the rescue of women's vanity. I lay there absorbing it all, sanguine and grateful. Toward the end of the procedure Olga applied the "lifting mask." Then she left me alone in the semidarkness, alone to meditate on my mask, on my "coup de vieux," on the futility of it all.

The results? Imperceptible, of course, although immediately and for a few hours afterward, my face seemed smoother and firmer. It indisputably had a glow that younger, uncared-for skins lacked.

Lifted, however, it was not. It was still my 42-year-old face with its lines, its folds, its blurred jawline and its forming jowls.

Would this cure me of my revolt? Make me acquiesce to the inevitable? Not at all. After five weeks of "lifts," I would return to my beauty palace once a month — for the ambience, for the grand piano, for the silk orchids, for the situation.

Lying under my mask on subsequent visits, I tried to philosophize. Wasn't there anything to be said for being over 40? Anything?

Hadn't the passage of four decades brought me if not the proverbial wisdom, at least a certain composure and self-assurance? Hadn't it given me the time to master a number of talents? Time has made these talents possible. Couldn't it then be considered an ally as well as an enemy?

Still musing under my hardening mask, I thought of my 52-year-old friend, Cathy, who, when questioned along with my other friends, confessed to being "tired of trying to look young." Tired of the hair dyes, tired of the hairdos, the dieting, the exercising, the dissembling. She had had it. Nature could now run its inexorable course.

She's wise and brave. I'm not. I'll combat creeping decrepitude with every jar of moisturizer in my vanity case.

"lifts," she noncommittally replied that some women had

Why John presses on

All his friends call him 'the Screamer'

His face is a mask of pain, with eyes squeezed shut and eyebrows furrowed. "Eeerrgh. Ugh," he groans.

His lips curl in on themselves and he bares his teeth. His jaws are clenched. "Eeerrgh. Ugh," he groans.

His forehead turns beet red. His beard and mustache twitch. "Eeerrgh. Ugh," he groans.

This is John Januszkiewicz Jr.'s idea of a good time. Januszkiewicz, who lives in Coventry, is a competitive body builder. He's one of the two dozen men who work out almost every day at Gibson's Gym on East Middle Turnpike, preparing for contests with names such as "Mr. New England," "Mr. Olympia," "The Great Bodybuilding Expo," and "The Power Man."

People at the gym have nicknamed Januszkiewicz "The Screamer." At 5 feet 6 inches tall, he's considered fairly small for a body builder. He competes at a weight of 198 pounds. On a good day, he can lift 370 pounds.

□ □ □

But this kind of power lifting really doesn't interest him. "It's nothing. Really all just a matter of technique," he says. "Anyone could learn."

For Januszkiewicz, the weight lifting is simply a means to an end: competing against other men, physique for physique, muscle for muscle. He took the Mr. Connecticut title three years ago, and the East Coast Cup a year later. After a year without a major competition, he's back on a competitive course, starting with the Central & Western Connecticut Bodybuilding Championships to be held in Meriden on March 29.

Although he's exhausted, it's hard for Januszkiewicz to contain his enthusiasm when he speaks about the contest atmosphere.

"You're out there, and the judges ask you to strike a pose. Every muscle is tense. You're



John Januszkiewicz helps his wife, Jean, adjust the weights on a machine which strengthens the thigh muscles.

flexing everything — your hamstrings, your neck, all of you," Januszkiewicz says. "It's like, you're wearing the results of all that work. No, I guess, you are the results. It feels really good."

At 10 on a Saturday night, when other young men might be buying a round at a pub or sitting in a darkened movie theater, Januszkiewicz is seated at a black-leather-and-chrome device, called a Pecta. It's designed to increase the size and strength of the pectoral muscles.

Tonight it is loaded with 110 pounds of metal weights, which

Januszkiewicz is expected to hoist by pressing on a pair of vertical bars with his forearms and elbows. Through half-closed lids, he stares at himself in the wall-to-wall mirrors which surround him. Muscles ripple. Tension. Release. Tension. Release.

A slender blonde woman is standing nearby, offering encouragement. "Come on. Come on. Pound it. Pound it. You can do it. You can do it."

At 5-foot-11-inches, Jean Januszkiewicz, 22, is a head taller than her husband. She is her husband's training partner, nutritionist and chef. A body

builder herself, she was manager of Gibson's when she met John. They have been married for four months.

"At first the relationship was strictly professional," says her husband. "She's the best training partner I've ever had. She matches me, lift for lift, and rep for rep."

□ □ □

The Januszkiewiczes share more than an interest in body building. Both came to the sport after very serious automobile accidents. In 1978, he drove off the railroad bridge in Coventry, after falling asleep at the wheel.

"It was six months before I could even do a sit upon my own," he says.

More recently, Jean was the passenger in a car driven by an intoxicated friend. The driver was unharmed in the crash, but Jean lost one eye, and had to undergo extensive reconstructive plastic surgery.

Both say they looked for an activity which would allow them to regain strength after their accidents. Both chose body building.

The Januszkiewiczes were married in November. "We kind of thought about getting married right here at the gym," says Jean. "But we finally decided on a pretty, really traditional kind of a wedding — but with all our gym friends there." The hardest part was finding traditional clothing to fit — always a problem for body builders, they say.

□ □ □

Jan left her full-time position at the gym, cutting back to a three-hour-per-day position at Mansfield Training School.

"Really, my full-time job has been taking care of him," she says. "Feeding a body builder is no easy task."

On an average night, the cooler which her husband takes to his job as a night shift machinist will contain four or five tuna sandwiches (made with low-calorie mayonnaise), a huge salad in a plastic bowl, a banana, two pears, a box of raisins, a couple of bran muffins, and any leftovers which happen to be in the refrigerator.

To complicate matters, the Januszkiewiczes, like many other body builders, are committed to eating a diet that's completely devoid of processed foods. To make her pizzas, which she generally serves once a week, Jean starts with fresh tomatoes, a chunk of round steak and a bag of flour.

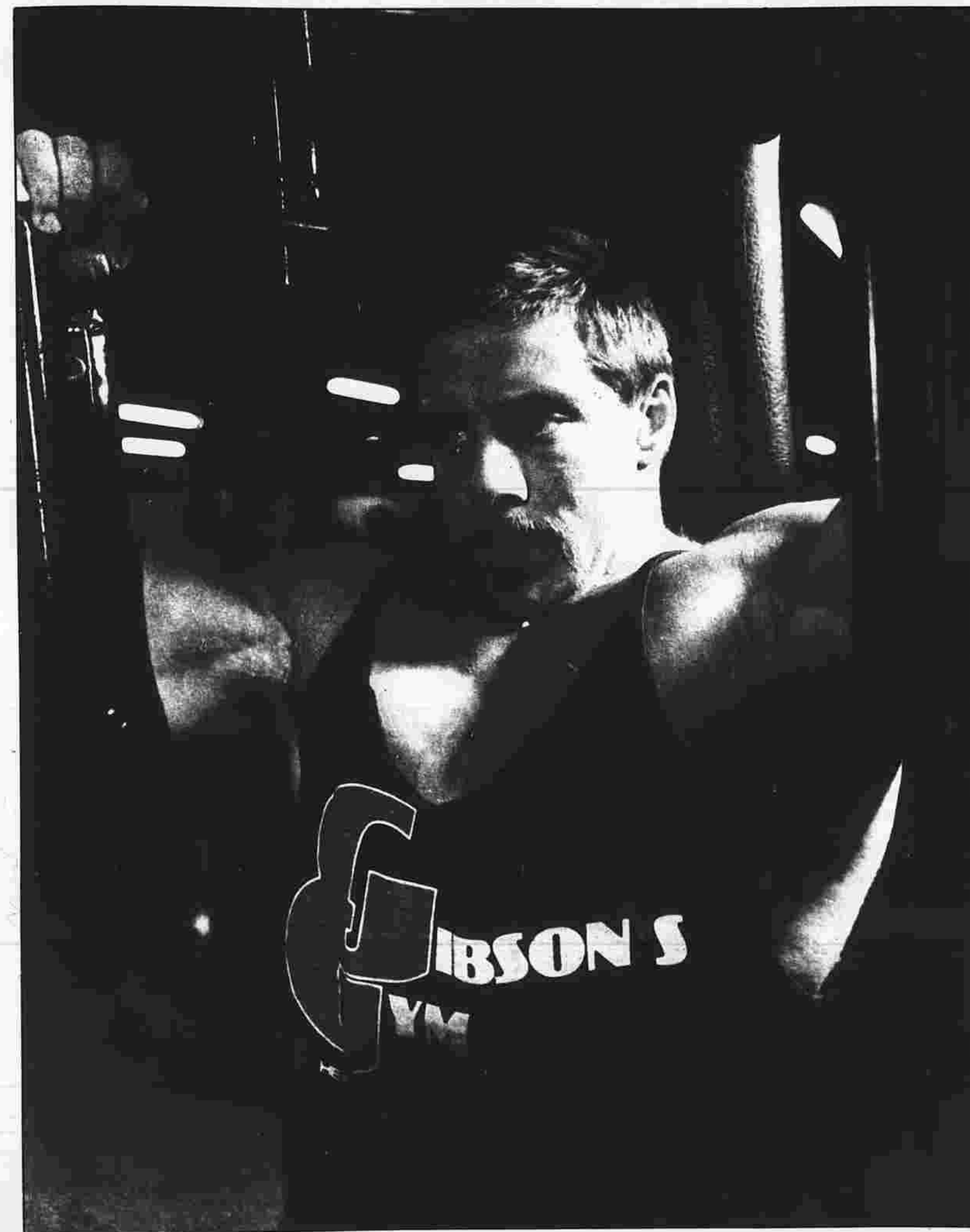
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In preparing each of these

Continued ...

Story by Nancy Pappas
Photos by David Bashaw

Januszkiewicz works to build up his arm muscles. There's usually pain before muscle gain, he says.





Far left, Januszkiewicz does chin-ups to improve back development. Judges at body-building contests check for both size and symmetry of muscle. Left, Januszkiewicz works on a machine to improve the chest muscles.

Body building is a whole way of life

... Continued

elements — or anything else which John is to eat — she weighs out each ingredient on the computer-scale which sits on her kitchen counter at all times. The computer can then give her a breakdown on the vitamins, fats, carbohydrates and calories she is feeding her husband.

There are times when a weight gain is desirable and others when weight loss is necessary. There are high carbohydrate weeks, when extra energy is needed for training; then there are weeks when the carbohydrates are strictly limited.

"You go into 'carb deprivation' because you're trying to get rid of the fat layer that's just below the skin," said Januszkiewicz. This is necessary, say body builders, because judges look for a body that is not smooth looking. The ideal is to have each of the muscles stand out separately.

"A winner will appear on the stage as the ideal form of the human body, but with great exaggeration," says Bob Van Cleve, of Hughie's Weight Room on Hartford Road.

Further definition to the muscle is achieved by depriving the body of almost all liquids in the week before the contest. "That's so your muscle groups will stand out more, and so will the blood vessels," says Januszkiewicz.

Unfortunately, the food-and-water yo-yo has side effects for the body builder. "A lot of times, it makes you spacey. Like you just can't concentrate on what's going on," Januszkiewicz says. That "spacey" feeling cost him a competition last year, in Virginia. "I was having diet delirium," he recalls. "I started getting cramps. Let me tell you, I was dead done over. It was awful."

Such diet behavior is a matter of concern to researchers like Dr. David Camaione, chairman of the department of Sports and Leisure Studies at the University of Connecticut. Carbohydrate deprivation can affect the central nervous system; dehydration — a potentially serious health risk — can result from prolonged physical exertion with no liquid intake.

But body builders like

Januszkiewicz claim they are careful about such techniques, and know how to walk that fine line between danger and success. "You're not going to be a winner if you're not going to take some risks," says Greg Highcamp at Zak's Fitness World in Newington, one of the area's best known body building establishments.

But the aberrant diets are not the only risks taken by some body builders. Many are known to take anabolic steroids. These prescription drugs which help to increase muscle mass. Since few physicians will prescribe these drugs for athletes, most are obtained through illegal channels.

Januszkiewicz says that he has never used steroids, although he does not rule out the possibility of trying them in the future. "Pretty much all of the big names are using steroids," he says. "When you go to seminars with them, they are talking about steroids, as part of their training regime. They act like it's really no big thing."

It's not just the big names who are using the drugs. Pierre, owner of Gibson's Gym, says that he's aware that many of his members use steroids. "I don't advocate it, but I don't stop it either," says Pierre. "I'm not going to be a policeman. What they do on their own time is their business. They're all big boys."

"Big" is an understatement, in some cases. Using a steroid — a drug which allows the rapid build-up of muscle tissue — an athlete who tips the scale can add 50 to 60 pounds of muscle in the space of one to two months, according to Camaione.

At a club where the T-shirts say "Land of the Giants" and "Think Big" — rather than "Think Slim" — this is no laughing matter. "If you could take a couple of pills, and be practically guaranteed that you'd be a better, stronger competitor in the sport of your choice, wouldn't you do it?" asks Jay McNulty, who owns Natural Bodies Gym and Aerobic Center in East Hartford. "Of course. And in 80 percent of the cases, a

steroid man will beat the natural man."

Nevertheless, McNulty is dead set against drugs. He expels all members who use them. "When you weigh the risks — you're talking liver damage, hair loss, enlarged male nipples, atrophy of the reproductive organs, cancer — it's ridiculous to even consider."

The lights were burning late on Saturday at Gibson's Gym. At 11 p.m., the Januszkiewiczes were still going strong. "When you get into this body building, it's your whole way of life," Januszkiewicz says. "Your whole social life changes. Like on a Friday night, when you might have said, 'Come on, let's go out for a pizza and a pitcher of beer,' now you can't do that anymore."

The Januszkiewiczes spent Thanksgiving Day and Christmas Day at the gym. "I always make this first, and everything else second," he says. "It's hard on you mentally. And it's hard to fit in the other things, the rest of your life. But if you have it, this hunger, this thirst to win, then it's the only way to go."



David Bashaw/Manchester Herald

Lisa Collier

Age 32
Born March 21, 1954
Occupation homemaker, fabric saleswoman
Marital status married
Favorite restaurant Adams Mill Restaurant
Favorite food Italian
Favorite beverage tea
Hobby crafts
Roots for Philadelphia teams
Idea of a good vacation nice, quiet beach
What you do to relax watch TV, read
Type of entertainment preferred concerts
Favorite actor, actress Bruce Willis
 Cybil Shepard
Favorite book "The Thorn Birds," by Colleen McCullough
Kind of music preferred soft rock
Favorite magazine Country Living
Favorite store in Manchester D & L
Favorite spot in Manchester Wickham Park
Car Cavalier, Chevrolet
Favorite color green
Last book read "If Tomorrow Comes," by Sidney Sheldon
Favorite TV show "Moonlighting"
Best thing about Manchester people
Worst thing about Manchester roads

Mailbox

Second opinion

It's Saturday night and your office is closed so I cannot call to question. I can only hope that the Film Capsules in Weekend Plus are syndicated so that our local film critics cannot take credit for the sad and terribly inaccurate review of "Murphy's Romance." I'd love to request a second opinion.

The fact is that I've even spent money on toll calls to ensure that my friends — single mothers like myself — see this movie. Perhaps it's perspective. I found Sally Field's character to be without bitterness, whereas your critic labeled her bitter. Having been where Emma is — on more than one occasion with the economy and non-supportive ex-husbands such as they are — I saw her attitude as one fit for the challenges and circumstances presented to her.

The womanizer ex. played well. I agree, deserves only so much understanding and indulgence, on the screen or in life itself. I enjoyed the entirety: the spoof, the fantasy, and its relativity to reality, as it may present new hope to some of us cynics who have left the order of romanticism. Murphy redeems his species. No, I am no more bitter than Emma!

The boy doesn't hate school. He is simply disappointed that the school has no computers. I'd forward the 99 cents so your critic can seize the opportunity to reconsider, courtesy of the UA Theater. Or else, when you make remarks like "Sally, we don't like you." Speak for yourself!

There are folks out there who need this movie. What's nuisance to you was therapy for me.

Debbie Stence
Manchester

It wasn't dark

I just wanted to write to you about an article that you ran about the Jared Cone house in the March 8 Weekend Plus. I was quite disturbed about something that was printed and I just wanted to set the record straight.

It was said that "for years the house was so dark, and we've opened it up." It's true that the Smiths have opened up the house to the public. However, by no means was the house ever dark! My family and I lived in the house for 19 to 20 years. My sisters, brother and I grew up in that house where there was nothing but love and laughter. We had good times, sad times, and entertained our friends in that house. It was a very happy place and a wonderful place for a family to grow up together.

The house for my sisters, brother, and myself and friends holds nothing but warm, loving memories. The house at 25 Hebron Road was always a bright, warm, well-groomed home, bustling with activity.

I just wanted you and your readers to know that the majestic old house always has been (even before the Early family), and I hope it will always continue to be, a very happy and special place.

Robin C. Early
Bolton

P.S. I wish the Smiths all the luck in the world. However, I feel they shouldn't give a false impressions about a very special old place. ■



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Most marriages are monogamous

Woman worries that her future husband won't be faithful

By Dr. June Reinisch

DEAR DR. REINISCH: I'm planning to get married, and already I find myself feeling insecure about the relationship. I worry that my fiancé will be unfaithful. He has no idea how upset I am about these feelings. Are there any successful marriages in which the male is completely faithful to the wife?

DEAR READER: Research shows that most American marriages are monogamous. In a recent study, Dr. Philip Blumstein and Dr. Pepper Schwartz of the University of Washington found that 74 percent of husbands and 79 percent of wives had been monogamous.

Their data differ somewhat from other recent studies, which reported that only about 50 percent of males and 60 percent of females were monogamous. But the incidence of sexual activity outside marriage seems to have remained relatively stable since Kinsey reported in 1948 that about 70 percent of husbands and 80 percent of wives had no extra-marital sex.

The general impression from the surveys is that there's a great likelihood of being in a monogamous marriage. This is a much more conservative picture of sex and marriage than the image currently presented by the media.

Another finding of the Blumstein and Schwartz study was that many people share your worries about monogamy and what non-marital sex would do to their marriage.

Even though the vast majority of spouses felt monogamy should be a goal, there was less agreement on what would happen if one or both partners



didn't live up to that ideal. Some felt that if there was sex outside the marriage there would be no effect on the primary relationship. Others felt that even one incident of infidelity would mean the end of trust, love, commitment — and the relationship.

What turned out to be important were the "rules" a couple made about their relationship. There were some couples whose rules included the idea that sex with other partners didn't detract from their commitment or their feelings about each other. In contrast, the rules for more traditional couples entailed severe consequences for unfaithfulness.

In any case, these personal values should be discussed so that each spouse clearly understands how the other feels. What often happens is that a couple agrees to traditional rules, then doesn't discuss it again. If extra-marital activity occurs, it is handled by deception rather than by discussion and reconsideration of the rules of the relationship.

Whether these data about monogamy are linked to having a "successful" marriage isn't clear.

Research on happiness in marriage has found that the majority of those husbands who have sex outside the marriage say they are happy with the quality of their marriage and their sex lives with their wives.

Most viewed the extra-marital activity as sexual encounters with little or no emotional involvement.

The situation appears to be quite different for many wives who have sex outside marriage. The majority report becoming sexually involved because they felt a lack of love or other ingredient in the marriage. In one study, only 6 percent of non-monogamous wives said they were happy in their marriages.

AIDS test

DEAR DR. REINISCH: What are the symptoms of AIDS? Can a blood test tell if you have the disease?

DEAR READER: The warning signals of AIDS (Acquired Immune Deficiency Syndrome) are difficult to list because of the way the virus behaves.

AIDS doesn't act like diseases with a standard incubation period and clearly defined symptoms. With chicken pox, for example, headache and fever appear about three weeks after exposure, followed in a day by a distinctive-looking rash.

Instead, the AIDS virus lowers the body's ability to fight off infections (the immune reaction) caused by other, more traditional agents such as viruses, fungi and protozoa. For this reason, symptoms that have been noted among advanced cases of AIDS are those for the diseases that overwhelm the body, such as a form of pneumonia and rare type of cancer.

But the following symptoms have been noted among AIDS patients and should be discussed

“What turned out to be important were the 'rules' a couple made about their relationship. There were some couples whose rules included the idea that sex with other partners didn't detract from their commitment or their feelings about each other.”

with a physician: enlarged, hardened or painful lymph nodes (often called "glands") in the neck, armpits and/or groin; appearance of purplish or discolored lumps, rashes or growths on or beneath the skin or mucous membranes (inside the mouth, anus, nasal passage or under the eyelids); a thick, persistent, white coating on the tongue or throat; weight loss of more than 10 pounds in less than two months without a change in diet or activity; persistent fever or "night sweats"; a persistent cough and shortness of breath not related to smoking or a cold; persistent diarrhea; easy bruising or unexplained bleeding; profound fatigue unrelated to physical exertion, lack of sleep, stress or psychiatric disorder; and unexplained neurologic symptoms (such as memory loss, change in gait or blurring of vision).

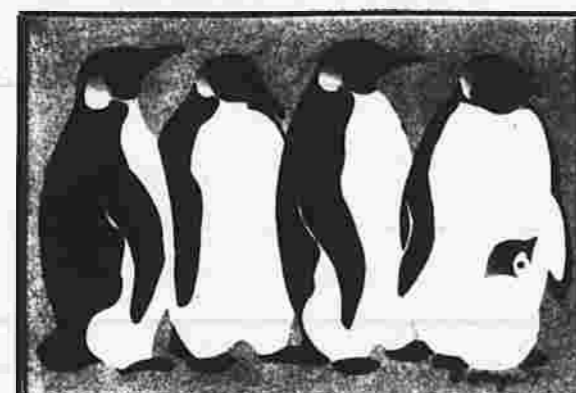
It must be emphasized that these same symptoms can and do appear in diseases that have nothing to do with AIDS. There are tests to determine if a person has been exposed to the AIDS virus or has become immune deficient (lost the ability to fight disease).

The most common screening test is for exposure to the HTLV-III virus (currently thought to cause AIDS). This blood test is widely available either free or inexpensively from state, county or city departments of health or clinics.

If a positive result is found, more sophisticated testing can be done, since the test is not thought to be 100 percent accurate.

Each person taking the HTLV-III test should ask how the records are handled and whether the results are fully protected for confidentiality and anonymity within the requirements of federal and state law.

Send questions to Dr. Reinisch in care of the Kinsey Report, P.O. Box 48, Bloomington, Ind. 47402. Volume of mail prohibits personal replies.



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Fighting flab while you sit at your desk

By Adele Greenfield

Whether it's cushy or sturdy, swivel or stationary, a chair is just a chair — until you turn it into a piece of exercise equipment.

Exercise at the office? Why not? When you can't get to the gym, you can sneak in your stretches and isometrics, inconspicuously... at your desk. I do it all the time. Besides toning and strengthening your muscles, you will increase your flexibility. And, as you get the circulation going, you'll feel better, more energetic. Using your desk and chair as exercise props can ease tension and boost your productivity throughout the day.

There are a hundred different things you can do, some of which are so sneaky even your closest co-worker won't know for sure. Here are a few you can try while you're sitting down. Make sure that you keep your back straight for each exercise. You don't have to do them in any special order. See what feels good and then adapt it to your needs.

STRETCHING

1. Turn your head slowly as far as you can to the right, hold

for a few seconds, then turn to the left and hold. Repeat four times, then relax for six seconds.

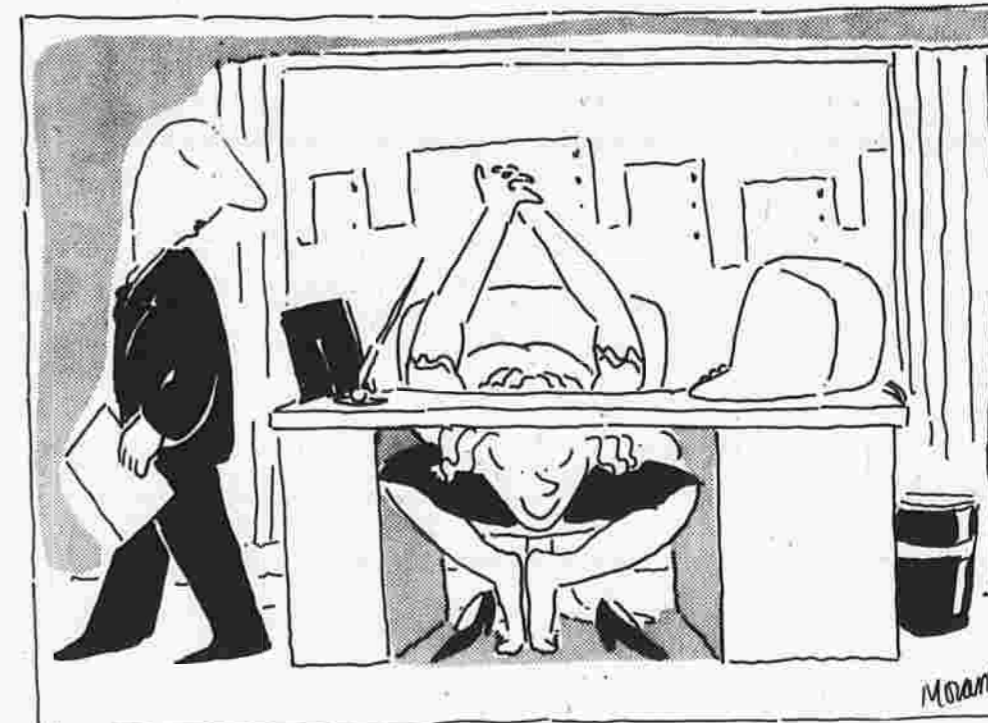
Now, slowly lower your chin to your chest, then raise your chin toward the ceiling. No fast or jerky motions for this one. Again, repeat four times and then relax for six seconds when you're done.

Do the same diagonally to the right and to the left. Don't ever whip your head around in circles, at least not until you've warmed up by doing this exercise several times. Even then, don't whip the head. Be gentle. Physical therapists warn that you can cause neck injuries. Movements should be slow, allowing for a good, long stretch.

2. Move your shoulders forward as if they could touch in the center of your chest; now raise them toward your ears and then bring them back. Hold for about three seconds, then let them down.

As you do, imagine you are carrying a pail of water in each hand. When you're done with each circle, relax your muscles for three seconds. Repeat this as many times as you wish.

3. Slowly raise your shoulders toward your ears. Hold for five to 10 seconds, then release until



they are relaxed. Feels terrific, doesn't it?

4. Working on the hands, curl your fingers, beginning with the pinkie, and make a loose fist. Repeat at least five times on each hand. With a little practice, you can speed up the rhythm. This is an especially good one if your job demands a lot of writing.

5. Hold your hands out straight in front of you and, by stretching, pull your fingers and thumbs as far apart as you can so that each hand becomes a large fan.

6. Bend your elbows by your sides, bend them and rotate your wrists forward, then backward. Then raise your elbows and rotate your forearms, too. Some researchers believe that this type of movement of the joints can prevent arthritis.

7. Moving down to your feet, repeat the preceding exercise — on the right foot and the one on the left, rotating your ankles.

8. With both hips even (your weight evenly distributed), sit

upright and slowly twist your rib cage (waist to shoulders) as far to one side as you can. Hold for six seconds and then relax for six seconds. Repeat 10 times on each side.

9. Place both arms behind you (around the back of the chair if possible), clasp your hands and, with elbows straight, raise your arms as high as you can and hold the stretch for six seconds. Relax for three seconds. Repeat four times.

You may have to lean forward for this one, but don't bend your back or you could put pressure on your spine, which may eventually cause problems.

10. As if you were picking up a pencil on the floor beside you, lean all the way over to one side and touch the floor. The trick is to keep both seat bones firmly on the chair. Feel the lengthening of your muscles. Do it on the other side and repeat about four times.

11. With your knees straight, stretch your legs out in front of

you, raise them (under the desk, if you can), flex your ankles and pull your toes up toward the ceiling. This is great for stretching the backs of the legs. Hold for five to 10 seconds and relax for three seconds. Repeat six times.

12. Do the preceding exercise and, with your back perfectly straight, lean forward from the hips. Hold for about 10 seconds and relax for three seconds. Again, repeat six times. It's like having a rod from the base of your spine to the top of your head. ■

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9:30PM Pro Wrestling
[CNN] Newsmaker Saturday
10:00PM World Cup Skiing
[18] Record Guide
10:30PM MOVIE: 'The Last of Sheila' A widower invites six Hollywood personalities aboard his yacht for a deadly game of whodunit to see who killed his wife James Coburn, Joan Mackett, Richard Benjamin 1973
11:00PM MOVIE: 'Harry and Tony' A 72-year-old man makes a cross-country trip with his best friend, a cat. Art Carney, Ellen Burstyn 1974
11:30PM Cats and Dogs (CC)
12:00AM MOVIE: 'Bar' Rate in the city drums are befriended by a young musician. Lee Harcourt Montgomery, Joseph Campanella, Arthur O'Connell 1972
12:30AM El Mundo del Box
1:00AM MOVIE: 'The Kids Are Alright' The history of the British rock band The Who is traced through interviews and concert footage. The Who 1979
[ESPN] 1986 National High School Cheerleading Championship
[HBO] MOVIE: 'Rascals and Robbers: The Secret Adventures of Tom Sawyer and Huck Finn' Tom Sawyer and Huck Finn overhear a plot against the townspeople to cheat them out of \$15,000. Patrick Cradon, Anthony Michael 1974
2:10PM [CNN] Health Week
[CNN] Special Report
2:30PM Great Decisions
3:00PM Hunter
3:30PM Barney Miller
[CNN] Style With Elsa Klensch
[MAX] MOVIE: 'The Bridge on the River Kwai' A hardened, resolute British officer, who is a captive of the Japanese, drives his men to build a bridge as therapy. William Holden, Alec Guinness, Jack Hawkins 1957
[TMC] MOVIE: 'Heat and Dust' A young Englishwoman in India retraces the sensational career of a great aunt. Julie Christie, Christopher Cazenove 1983. Rated R. In Stereo.
3:45PM MOVIE: 'A Song Is Born' Professors, who are compiling a history of music, become involved with a night club singer wanted for murder. Danny Kaye, Virginia Mayo, Benny Goodman 1948.
4:00PM MOVIE: 'The Bear' Open Coverage of this \$150,000 PBA event is featured from North Olmsted, OH. (90 min.)
[11] Star Games
4:15PM MOVIE: 'It Started in Naples' An American lawyer and a young Italian woman fight for custody of an orphaned boy. Clark Gable, Sophia Loren, Vittorio De Sica 1960
[DIS] Wonderful World of Disney
[ESPN] Golf: 'Vintage Invitational Second Round'
3:10PM [CNN] Your Money
[DIS] Wonderful World of Disney
3:15PM MOVIE: 'Chinatown' A small-time private investigator gets mixed up in a case which involves graft and murder. Jack Nicholson, Faye Dunaway, John Huston 1974
3:30PM High School Basketball: Girls Finals
3:30PM Tennis: Faine-Webber Tennis Classic Coverage is featured from Ft. Myers, FL. (90 min.)
[11] Raino Salvaje
[CNN] Special Report
4:00PM To Be Announced
[11] Dance Fever
4:00PM MOVIE: 'Flood' Two helicopter pilots rush to the aid of flood victims Robert Culp, Martin Milner, Richard Basehart 1976.
4:15PM MOVIE: 'Rascal Dazzle' A dazzling display of rascality and high jinks starring the best-known, best-loved gang in the world is narrated by Jerry Lewis. Spink, Ailiff, Daris 1980
4:30PM MOVIE: 'Adios, Sabata' A tough character seeks out an Austrian colonel in order to get a bag of gold dust worth a million dollars. Yul Brynner, Dean Reed 1971.
4:45PM PELICULA: 'Las Fieras'
[11] Star Search
[DIS] MOVIE: 'Tax' An easy-going and vulnerable 15-year-old is caught in an emotional tug-of-war as he tries to grow up without parental guidance. Matt Dillon, Jim Metzler, Ben Johnson 1982. Rated PG
[HBO] MOVIE: 'Brainstorm' A scientist creates a machine enabling one human being to experience every sensation experienced by another. Louise Fletcher, Christopher Walken, Natalie Wood 1983. Rated PG
[USA] Dick Cavett (R)
4:10PM [CNN] Sports Close-up
4:30PM ABC's Wide World of Sports
[11] Puttin' on the Hits
[CNN] Big Story
4:55PM MOVIE: 'The Corn Is Green' A headstrong school teacher in a Welsh mining town refuses to allow her prize pupil to forfeit his Oxford scholarship. Katherine Hepburn, Ian Saylor, Bill Fraser 1979.
5:00PM Greatest American Hero
[11] Fame
[11] Spec: 1999
[22] Capitol Journal Hodding Carter hosts this weekly news magazine which reports on Congressional activities
5:00PM Golf: 'The USA & G Golf Classic Coverage is featured from New Orleans, LA'
[11] Streethawk
[CNN] Newsweek
[ESPN] Thoroughbred Racing: Jim Beam Sprint Stakes
[TMC] MOVIE: 'Norma Rae' A woman working in a textile mill finds new meaning in her life when she joins the fight for unionization. Sally Field, Beau Bridges, Ron Leibman 1979. Rated PG. In Stereo.
[USA] MOVIE: 'Franchise Plot of Dr. Fu Manchu' A Scotland Yard sleuth is on the trail of a villain who has stolen the crown jewels. Peter Sellers, Sid Caesar, Helen Mirren 1980
5:30PM NewsCenter
[11] Victory Gardens

[CNN] Newsmaker Saturday
[ESPN] Speedweek
[MAX] Comedy Experiment: Michael Davis: Life of the Party
5:45PM [DIS] DTV
6:00PM Eyewitness News
[11] Action News
[11] Jim Beam Stakes Tape Delayed
[11] Good Times
[11] International World Championship Wrestling
[22] Star Trek
[22] Saint Patrick's Mass
[22] Art and Antiques Auction
[30] 48 Hours
[30] White Shadow
[41] El Show De las Estrellas
[41] Fame
[CNN] Newsweek
[DIS] The Mind's Eye: The Experience of Learning Alvin Sargent explores the complex system of how the mind processes visual information with Bruce Jenner and Oliver Reed (80 min.)
[ESPN] Women's Basketball: 1986 NCAA Women's Basketball Championship
[HBO] MOVIE: 'Romancing the Stone' A macho adventurer reluctantly teams up with a timid romance writer in a search for her kidnapped sister and a fabulous stone. Michael Douglas, Kathleen Turner, Danny DeVito 1984. Rated PG
[MAX] MOVIE: 'Sinbad and the Eye of the Tiger' Sinbad sails into a world of swords and sorcery and confronts a menacing sabretoothed tiger. Patrick Wayne, Jane Seymour, Margaret Whitling 1977. Rated G
6:30PM CBS News
[11] Small Wonder
[11] ABC World News Saturday
[11] Championship Wrestling
[11] Gimme a Break
[30] NBC Nightly News
[30] ABC News
[41] Charlyon
[CNN] Pinnacle
7:00PM [11] Agronsky and Company
[11] Too Close for Comfort
[11] Wheel of Fortune
[11] Jeffersons
[11] Essence
[22] Solid Gold
[22] Muppet Show
[22] Best of Family Feud
[22] It's a Living
[22] Barney Miller
[22] Novela: Cristal
[22] MOVIE: 'The Maltese Falcon' Sam Spade's pursuit of the fabulous falcon, a few murders and hard-hearted love make up this thriller. Humphrey Bogart, Mary Astor, Sydney Greenstreet 1941.
[22] Dance Fever
[DIS] MOVIE: 'Spy Busters' An American exchange student learns a secret that Iron Curtain agents are willing to kill for. Kurt Russell, Glenn Corbett, Patrick Dawson 1989
[TMC] MOVIE: 'Cimarron' A frontier family builds an empire in the American West. Richard Dix, Irene Dunne, Estelle Taylor 1931
[USA] Three's a Crowd (R)
7:05PM [CNN] Sports Saturday
7:30PM [11] The Other Connecticut
[11] Archie Bunker's Place
[11] Jeopardy
[11] News
[11] At the Movies
[11] In Search of...
22 As Schools Match Wits
30 Price Is Right
30 We Don't Knock!
30 What's Happening Now
[CNN] Investigative Report
[USA] Cover Story
8:00PM [11] Airwolf Hawke and a group of paraplegics on a camping trip are threatened by a deranged mountain man (80 min.)
[11] MOVIE: 'Lilies of the Field' A young man helps five refugees build a chapel in a barren wasteland. Sidney Poitier, Lila Skala, Lisa Mann 1963
[11] The Red Fox Show (CC) At attempts to find a husband for his money-hungry ex-wife.
[11] MOVIE: 'The Night They Took Miss...'
Continued...

WEEKEND PLUS, Saturday, March 22, 1986

Saturday, Continued

Beautiful! An airliner is hijacked and five beauty contest finalists are held for ransom. Chuck Connors, Henry Gibson, Stella Stevens 1977.
[11] MOVIE: 'Rabooos' An unsophisticated girl marries a wealthy widower and lives in the shadow of his first wife. Joan Fontaine, Laurence Olivier, George Sanders 1940.
[19] MOVIE: 'Death Watch' A woman wishes to die naturally in a futuristic society where death by natural causes has been eliminated. Roy Scheider, Harvey Keitel, Dean Stanton 1982.
20 MOVIE: 'Yankee' A young American soldier falls in love with a British woman during World War II. Richard Gere, Vanessa Redgrave, Lisa Eichhorn 1979.
22 Neil Carter...Never Too Old to Dream Neil Carter hosts this musical look back at the 1920's, 40's, 60's and 80's, with guests Phyllis Diller, Harry Anderson and The Four Tops. (60 min.)
24 Art and Antiques Auction
28 MOVIE: 'Airport '77' A private jumbo jet crashes lands at sea, trapping its occupants beneath the ocean. Jack Lemmon, Lee Grant, James Stewart 1977.
[11] Geo-A Ticket to the World
[DIS] MOVIE: 'The Champ' A struggling boxer gains strength and inspiration from his son. Jon Voight, Faye Dunaway, Ricky Schroder 1979. Rated PG.
[TMC] MOVIE: 'Terms of Endearment' (CC) A mother and daughter learn to understand each other over the course of thirty years. Shirley MacLaine, Jack Nicholson, Debra Winger 1983. Rated PG
9:10PM [11] Showbiz Week
9:30PM [22] 227 Brenda discovers that her ancestor was a Civil War coward (R). In Stereo
[CNN] This Week in Japan
[HBO] Ray Bradbury Theater: 'The Town What No One Got Off A man who dreams of a rural paradise finds that it is not what he imagined.
[USA] MOVIE: 'Curse of the Cat People' A child becomes obsessed after visiting an old woman in a haunted house. Simone Simon, Kent Smith, Jack Holt
8:30PM [11] LIGHTS! CAMERA! Action Awards A preview of Hollywood's big night featuring film clips and interviews with Oscar nominees Meryl Streep, Harrison Ford and Whoopi Goldberg.
9:00PM [3] MOVIE: 'Private Benjamin' A spoiled rich girl, looking for a better way of life, is conned into joining the Army. Goldie Hawn, Eileen Brennan, Armando Assante 1980. (R)
[11] Fortune Dana (CC) Fortune and Perfect Tommy go undercover in prison.
[22] Golden Girls The tranquility of the household is threatened when Dorothy's boyfriend makes a pass at Blanche. (R). In Stereo.
[22] MOVIE: 'Citizen Kane' A wealthy playboy is ruined by personal scandal. Orson Welles, Joseph Cotten, Ruth Warrick 1941.
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9:35PM [MAX] MOVIE: 'Oh God! You Devil' (CC) A struggling rock star sells his soul to the devil for a chance at success. George Burns, Ted Wass, Ron Silver 1984. Rated PG.
10:00PM [11] News
[11] The Love Boat (CC) A psychic passenger predicts the end of the world during the cruise, a ghost arranges a romance between his widow and her former lover, and a man about to be married to a woman also aboard the ship. (60 min.)
[11] Superstars of Wrestling
[11] Beckley Millionaire
[22] 00 Remington Steele A man, thinking himself fatally ill, frames himself for murder to give his wife the reward money, but needs Laura and Remington's help when he becomes cured. (60 min.)
[11] El Samsur Fugitivo
[11] Route 66
[ESPN] Evening News
[ESPN] Women's Basketball: 1986 NCAA Women's Basketball Championship
[HBO] World Championship Boxing Pinklon Thomas vs. Trevor Barkick.
10:30PM [11] Black News
[11] Independent News
[11] Alfred Hitchcock Presents
11:00PM [11] Eyewitness News
[11] MOVIE: 'Mildred Pierce' An ambitious woman and her selfish daughter fall in love with the same man. Joan Crawford, Ann Blyth, Eve Arden 1945.
[11] Off Track Betting
[11] Tales from the Darkside
[11] Avengers
[22] NewsCenter
[22] Art and Antiques Auction
[22] MOVIE: 'Empire of the Ants' A colony of ants grows to enormous size, devouring the clients of a real estate swindler in the Everglades. Joan Collins, Robert Lansing 1977.
[11] It's a Living
[CNN] Pinnacle
[CNN] Night Flight
11:20PM [TMC] MOVIE: 'Around the World in 80 Days' Phineas Fogg sets out to win 20,000 pounds sterling if he can complete a trip around the world in 80 days. David Niven, Shirley Maclaine. 1956.
11:30PM [11] Deje View
[11] Dick Clark's NiteTime
[11] MOVIE: 'Night of the Laughing Dead' The heirs to a wealthy landowner's estate have to figure out a mystery before they can collect their inheritance. Ray Milland, Frankie Howard 1975.
[11] The Honeymooners
12:00AM MOVIE: 'Two for the Seesaw' A man running away from himself and his former wife becomes romantically involved with a girl from Greenwich Village. Robert Mitchum, Shirley Maclaine 1962.
12:00AM Saturday Night Live In Stereo.
12:00AM MOVIE: 'The Adding Machine' After an accountant is tried and electrocuted for the murder of his boss, he finds himself in the next world. Phyllis Diller, Milo O'Shea, Billie Whitelaw 1969.
[11] MOVIE: 'The Woman Hunter' A wealthy woman is haunted by the fear that an international jewel thief and murderer is on her trail. Barbara Eden, Robert Vaughn, Stuart Whitman 1972.
[CNN] Sports Tonight
[DIS] MOVIE: 'Track of the Giant Snow Bear' A young teen-aged Eskimo boy struggles to become a great hunter and a man.
[HBO] MOVIE: 'Missing in Action II: The Beginning' (CC) A POW escapes his Viet Cong captors and wages war against an enemy that greatly outnumbers him. Chuck Norris 1985. Rated R.
[MAX] MOVIE: 'Perfect Timing' A high-fashion photographer gives up money for happiness when he decides that taking pictures of babies and old ladies is more meaningful. Stephen Markie, Nancy Cunniff, Paulette 1984.
12:00AM [11] Dempsey and Makepeace
[11] The Untouchables
[11] Sabados Musicales
[CNN] Newsnight
[ESPN] SportsCenter
12:30AM [11] Mad Movies with the L.A. Connection
[11] MOVIE: 'The Alpha Incident' By potential, an alien organism with the ability to destroy Earth is released into the environment. Ralph Meeker.
[CNN] Style With Elsa Klensch
[ESPN] College Baseball: Tournament NCAA Division II Championship
12:45AM [30] MOVIE: 'Terror by Night' Jewel thieves go after a fabulous diamond that Holmes and Watson are delivering to its new owner. Basil Rathbone, Nigel Bruce 1948.
1:00AM [11] Meiba Mooza's Love Songs In Stereo
[11] Twilight Zone
[30] CNN News
[30] Buzzards
[MAX] MOVIE: 'Teachers' (CC) A burned-out but gifted teacher faces complex problems when his aging, overcrowded school is sued for awarding diplomas to an illiterate student.
1:10AM [CNN] Health Week
[HBO] MOVIE: 'Tutti Turf' (CC) The new kid in town invites trouble when he makes a play for a gangster's girlfriend. Richard Dreyfuss, Kim Richards, Paul Mones 1984. Rated R.
1:15AM [11] MOVIE: 'All the Rivers Run' Part 1 of 3
1:30AM MOVIE: 'Witches Mountain' A news photographer accepts an assignment to photograph a legendary place called Witches Mountain.
[11] Independent News
1:45AM ABC News
[CNN] Newsmaker Sunday
2:00AM [11] At the Movies
[CNN] Money Week
2:30AM [11] ABC News
[11] MOVIE: 'How Do I Love Thee?' The story of the tempestuous marriage of an atheist and a fundamentalist and their son who is caught in the middle. Jackie Gleason, Shelly Winters, Maureen O'Hara 1970.
[CNN] Sports Tonight
[ESPN] SportsCenter
[TMC] MOVIE: 'Cimarron' A frontier family builds an empire in the American West. Richard Dix, Irene Dunne, Estelle Taylor 1931.
2:50AM [MAX] MOVIE: 'Bachelor Party' (CC) A carefree school bus driver's pals decide to throw a wild pre-wedding party for him. Tom Hanks

WEEKEND PLUS, Saturday, March 22, 1986

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Sunday, March 23

6:00AM (3) For Our Times
 (5) Black News
 (9) In Depth
 (11) Insight
 (18) CNN Headline News
 (20) Insights
 (28) Millionaire Maker
 (31) Latin Tempo
 [DIS] Donald Duck Presents
 [HBO] MOVIE: 'Bye Bye Birdie' A rock 'n' roll singer, who is about to be drafted, gives a farewell TV performance. Janet Leigh, Dick Van Dyke, Ann-Margret. 1963.

6:10AM [CNN] Showbiz Week
6:30AM (3) Agronsky and Company
 (5) Young Edition
 (8) Breakthrough
 (9) New Jersey People
 (11) Christopher Close-Up
 (18) 20 Minute Workout
 (20) World of Gospel
 (30) Ring Around the World
 (61) Connecticut Now
 [CNN] Style With Elsa Klensch
 [DIS] Mousercise
 [MAX] MOVIE: 'Curse of the Pink Panther' The world's worst detective is hired to find the missing inspector Clouseau. Ted Wass, David Niven, Robert Wagner. 1983. Rated PG.

7:45AM (1) Davey & Goliath
7:00AM (3) We Believe
 (5) Hour of Power
 (8) Dialogue
 (9) Face Off
 (11) Old Time Gospel
 (18) Carascolendas
 (20) World Vision
 (22) 61 Jimmy Swaggart
 (30) It's Your Business
 (38) Kenneth Copeland
 [CNN] Daybreak
 [DIS] Contraption
 [ESPN] Winning Golf Tips from Sam Snead and Bub Goaty
 [TMC] MOVIE: 'Hamlet' Murder and madness plague the young prince in Shakespeare's classic. Sir Laurence Olivier, Jean Simmons, Stanley Holloway. 1948.

[USA] Sunday Cartoon Express
7:30AM (3) Barrio
 (8) Make It Real
 (9) Hispanic Horizons
 (18) Day of Discovery
 (30) What About Women
 (40) Little House on the Prairie
 (41) El Club 700
 [CNN] Big Story
 [DIS] Welcome to Pooh Corner
 [ESPN] SportsCenter

8:00AM (5) Jimmy Swaggart
 (8) Celebration of the Eucharist
 (9) It Is Written
 (11) Frederick K. Price
 (20) He-Man & Masters of the Universe
 (22) Robert Schuller
 (24) Sesame Street (CC)
 (30) Expect a Miracle
 (38) The World Tomorrow
 (41) El Ministerio de Jimmy Swaggart Presents
 (61) Voltron
 [CNN] Daybreak
 [DIS] Good Morning Mickey!
 [ESPN] Winston Rodes
 [HBO] MOVIE: 'The Cannonball Run' A strange mix of people compete in a coast to coast race, doing anything to win. Burt Reynolds, Farrah Fawcett, Dom DeLuise. 1981. Rated PG.

8:30AM (3) Up Front
 (8) The World Tomorrow
 (9) Day of Discovery
 (20) Kidtime
 (30) Hour of Power
 (38) Hackle & Jackie/Deputy Dewy
 (40) Davey & Goliath
 [CNN] Crossfire
 [DIS] Dumbo's Circus
 [MAX] MOVIE: 'Detective' An English priest becomes involved in a crime. Alec Guinness, Joan Greenwood, Peter Finch. 1954.

8:45AM (4) Sacred Heart
9:00AM (3) Comment

(5) MOVIE: 'Lil' A sixteen-year-old French orphan regains her zest for living when she joins a carnival puppet show. Leslie Caron, Mal Ferrer, Jean-Pierre Aumont. 1953.

(8) In Touch Ministries
 (9) Oral Roberts
 (11) Pound Puppies
 (18) Kenneth Copeland
 (20) Little House on the Prairie
 (22) Expect a Miracle
 (24) Sesame Street (CC)
 (30) Porky & Bugs
 (38) The World Tomorrow
 (41) La Santa Missa
 (61) Super Sunday
 [CNN] Daybreak
 [DIS] Adventures of Ozlie and Harriet
 [ESPN] Outdoor Life

9:30AM (3) Face the State
 (8) Point of View
 (11) Heathcliff
 (22) Day of Discovery
 (30) Celebrate
 (38) Tennessee Tuxedo
 (40) Rev. David Paul
 (41) Nueva York Ahora
 (61) Fantastic World of Hanna-Barbara
 [CNN] Evans and Novak
 [DIS] Donald Duck Presents
 [ESPN] Fishin' Hole

10:00AM (3) CBS Sunday Morning News
 (8) Barnaby Jones
 (9) Sunday Mass
 (11) Super Sunday
 (18) Peter Popoff
 (20) Leave It to Beaver
 (22) Choice of Salvation
 (24) Mr. Rogers' Neighborhood
 (30) Sacrifice of the Mass
 (38) Underdog
 (40) W. V. Grant
 (41) Secret City
 [DIS] MOVIE: 'Treasure Island' Based on the novel by Robert Louis Stevenson. A young boy with a secret map joins Long John Silver and his pirate crew to scout the seas for ships laden with valuable cargo. Bobby Driscoll, Robert Newton. 1950. Rated G.

[HBO] Fraggles Rock: Wonder Mountain (CC)
 [MAX] MOVIE: 'The Deep' A young couple vacationing in Bermuda becomes involved in intrigue and terror, centering around two sunken ships. Jacqueline Bisset, Nick Nolte, Robert Shaw. 1977. Rated PG.

[TMC] MOVIE: 'Amadeus' Court composer Antonio Salieri details the life of his long-time rival, Wolfgang Amadeus Mozart. Tom Hulce, F. Murray Abraham, Jeffrey Jones. 1985. Rated PG in Stereo.

10:10AM [CNN] On the Menu
10:30AM (8) Meet the Mayors
 (11) Three Stooges
 (18) Telephone Auction
 (20) MOVIE: 'Tarzan the Magnificent' Tarzan captures a gang that has terrorized the jungle. Gordon Scott, Bette St. John. 1960.
 (24) Owl TV (CC)
 (38) Batman
 (40) What's Happening Now
 (41) Tamas y Debates
 (61) Kids, Inc.
 [CNN] Newsmaker Sunday
 [ESPN] Speedweek
 [HBO] HBO Family Playhouse: Tucker and the Horse Thief A father disguises his 12 year-old daughter as a boy for her safety. (60 min.)

10:45AM (5) MOVIE: 'Butch Cassidy and the Sundance Kid' A couple of legendary outlaws refuse to surrender to a changing America. Paul Newman, Robert Redford, Katharine Ross. 1969.
 (61) Jewish Life
10:50AM [ESPN] Auto Racing '86: Formula One Grand Prix of Brazil Live.
11:00AM (8) This Week in Connecticut
 (9) David Toms Show
 (11) FTV
 (22) Real to Real
 (29) Supersoccer
 (39) Adeline
 (38) Three Stooges

tv puzzle

ACROSS
 1 Mark Danning on "Hotel"
 5 Alan or Robert
 9 Tree
 10 Prevaricate
 12 Tom on "The Jeffersons"
 15 Actor Vennera
 18 Colors
 20 Asleep
 21 Explosive
 22 Paraphernalia
 24 Hal — "Our Gang" comedies
 25 Danny —
 28 Wharf abbr.
 31 Dry
 32 Air
 34 Pertaining to the navy
 37 She's Mrs. Garrett
 39 Military address abbr.
 41 Takes advantage of
 42 Challenge

DOWN
 2 "— Can Wait" (clue to puzzle answer)
 3 "Webster" star, init.
 4 American abbr.
 5 Actor Baldwin
 6 Long Island abbr.
 7 Delirious
 8 Comedian Little
 11 Dough raiser
 13 "— of the Blue"
 14 Punch on "CHiPs"
 16 Artery (clue to puzzle answer)
 17 Cert. Lab. Asst.
 19 Richard Roundtree role
 23 "Scarecrow's" partner
 26 Danish money
 27 Emcee Joan —
 29 "Foley Square" co-star
 30 Girl in Munich, abbr.
 33 Oxford English Dictionary abbr.
 35 Michele and Bruce
 36 Actor Everett
 38 Monogram for Elson
 40 "The Keystone St."

30 Conversations With
31 Round Caro
37 Nova: The Rise of a Wonder Drug (CC) The true story of the man who worked behind the scenes to develop penicillin is told. (60 min.)
41 MOVIE: 'All the Rivers Run' Part 1 of 3. A strong-willed woman named Philadelphia Gordon forges a place for herself in the male-dominated society of late 19th-century Australia. Sigrid Thornton, John Waters. 1983.
 [CNN] News Update
11:15AM (4) Para Gente Grande
11:30AM (3) Face the Nation
 (8) This Week With David Brinkley
 (9) 30 The World Tomorrow
 (11) MOVIE: 'Abbott and Costello Meet the Invisible Man' Bud and Lou, private detectives, try to prove that their invisible client, a fighter, is innocent of his manager's murder. Bud Abbott, Lou Costello, Arthur Franz. 1951.
 (18) New Wilderness
 (22) Young Peoples Special: Buddies
 (40) This Week With David Brinkley (CC)
 [CNN] NFL Preview
 [HBO] MOVIE: 'Without a Trace' When a small boy doesn't return home from school, his mother and a compassionate cop embark on a seemingly hopeless search. Judd Hirsch, Kate Nelligan, Stockard Channing. 1983. Rated PG.
11:40AM [DIS] DTV
12:00PM (3) CBS Sports Sunday: World Figure Skating Championships
 (9) Hour of Power
 (18) Greatest Sports Legends
 (29) MOVIE: 'The Cheyenne Social Club' A cowboy learns that he has inherited a Wyoming social club from his late brother. James Stewart, Henry Fonda, Shirley Jones. 1970.
 (32) Hogan's Heroes
 (38) McLaughlin Group
 (39) What About Women
 (40) MOVIE: 'Cannonball' In a free-for-all car race from L.A. to New York, two drivers tear up the rules and burn up the road. David Carradine, Robert Carradine, Bill McKinney. 1976.
 (47) Modern Maturity
 [CNN] Newsday Worldwide
 [DIS] Ferdinand the Bull
 [MAX] MOVIE: 'Arthur' A young millionaire falls in love with a girl from the wrong side of the tracks. Dudley Moore, Liz Ingham, Sir John Gielgud. 1981. Rated PG.
 [USA] Tennis: Virginia Slims Women's Championships Joined in Progress Live.
12:30PM (8) High School Bowl
 (18) Que Pasa, USA?
 (22) Meet the Press
 (29) Fourth Estate

30 Spotlight on Government
37 Medalline Cooks
 [CNN] CNN Investigative Report
 [DIS] Nook, The Orphan Elephant A young Cambodian boy must return a baby elephant back to the jungle after creeps havoc in the boy's village.
1:00PM (8) Telenovela: Easter Seeds Rehabilitation Center
 An Argentinean doctor, Che Guevara, turns to violence in the pursuit of his own apocalyptic vision. Omar Sharif, Jack Palance, Barbara Luna. 1969.
 (11) MOVIE: 'Bugsy Malone' An all-kid cast presents a spoof of the Roaring Twenties movie musical and gangster pictures. Jodie Foster, Scott Bakula, Florie Dugger. 1976.
 (18) MOVIE: 'Goldwyn Follies' A young girl falls in love with a handsome, adulterous man. Phil Baker, Zorna Zorn. 1938.
 (22) St. Patrick's Day Parade
 (23) Connecticut Lawmakers
 (30) Wild Kingdom
 (40) Let's Go Bowling
 (41) Punto de Encuentro
 (57) Firing Line
 (61) MOVIE: 'All the Rivers Run' Part 2 of 3. A strong-willed woman named Philadelphia Gordon forges a place for herself in the male-dominated society of late 19th-century Australia. Sigrid Thornton, John Waters. 1983.
 [CNN] Newsday Worldwide
 [DIS] Disney's Legends and Heroes
 [ESPN] Gymnastics: McDonald's International Mixed Pairs Championship
 [TMC] MOVIE: 'Rocky' A small-time boxer and street punk in Philadelphia battles against overwhelming odds to make something of himself. Sylvester Stallone, Talia Shire, Burgess Meredith. 1976. Rated PG.
1:15PM (5) MOVIE: 'The Adventures of Robin Hood' Swashbuckling Robin is busy robbing the rich, aiding the poor, and riding England of Prince John's tyranny and wooing the hand of lovely Maid Marian. Errol Flynn, Olivia de Havilland, Basil Rathbone. 1938.
1:30PM (3) College Basketball Championship Doubleheader: Regional Finals
 (23) Present!
 (30) Tennis: Paine-Webber Tennis Classic Coverage is featured from Ft. Meyers, FL. (2 hrs., 30 min.)
 (40) Wild Kingdom
 [CNN] Money Week
 [HBO] MOVIE: 'Desperately Seeking Susan' (CC) A suburban housewife loses her memory and adopts a new wave persona. Rosanna Arquette, Madonna, Aidan Quinn. 1985. Rated PG-13.
2:00PM (3) MOVIE: 'The Odd Couple' A sloppy man and a fussy man share an

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Continued...

Sunday, Continued

- 4:30 Star Search
- 4:30 El Capulin Colorado
- [HBO] MOVIE: 'The Flamingo Kid' (CC) A plumber's son discovers the world of the rich when he spends the summer at a cabana boy at a Long Island Country Club. Matt Dillon, Richard Craven, Hector Elizondo. 1984. Rated PG-13.
- [USA] Last of the Wild
- 4:00PM [3] MOVIE: 'Moby Dick' Based on the novel by Herman Melville. The captain of the whaler "Aquaed" becomes caught up in a bloodthirsty quest for vengeance against an elusive white whale. Gregory Peck, Richard Basehart. 1956.
- 4:22 MOVIE: 'Prudence and the Pitt' A comedy of the not so very marry-go-round of uncontrolled birth in the pill society. David Niven, Deborah Kerr, Judy Geeson. 1958.
- 4:22 Firing Line
- 4:22 Golf: The USF & G Golf Classic Coverage is featured from New Orleans, LA. (2 hrs.)
- 4:22 PELICULA: 'La Banda del Polbo Maldito' Valentin Trujillo, Armando Silvestre, Hilda Aguilar
- 4:22 Smithsonian World: American Pie (CC) The largest airplane show in America is featured along with a look at the different architectural styles of American churches. (60 min.)
- [DIS] Man on Wheels Donald Duck and Goofy demonstrate some of the do's and don'ts of driving.
- [ESPN] MISL Soccer: Baltimore at San Diego
- [MAX] MOVIE: 'Kind Hearts and Coronets' An enterprising black sheep of a family decides to dispose of eight of his relatives. Alec Guinness, Dennis Price, Joan Greenwood. 1949.
- [USA] The Master
- 4:30PM [3] Old Couple
- 4:30 To Be Announced
- [CNN] Evans and Novak
- 5:00PM [3] World Cup Skiing
- [3] Black Sheep Squadron
- [3] It Takes a Thief
- [3] Catalogue
- [3] Harry O
- 4:30 Wide World of Sports: WBA Crutcherweight Boxing WBA Crutcherweight Champion Dwight Muhammad Qawi meets Leon Spinks. (60 min.)
- 4:30 The Shakespeare Hour Hosted by Walter Matthau. Twelfth Night, Twelfth Night. Sebastian arrives and is mistaken for his disguised sister. (60 min.)
- [3] It's a Living
- [CNN] Newswatch
- [DIS] MOVIE: 'The Love Bug' Looking for a new owner, a Volkswagen with human qualities chooses a former race driver and his girlfriend. Dean Jones, Michele Lee, Buddy Hackett. 1969. Rated G.
- [USA] Alfred Hitchcock
- 5:30PM [3] Tony Brown's Journal Tony Brown discusses issues of special interest to the black community.
- [3] What's Happening Now
- [CNN] Newsmaker Sunday
- [HBO] Fraggle Rock: Wonder Mountain (CC)
- [TMC] MOVIE: 'Chariots of Fire' Two men, one a devoutly religious Scot missionary and the other the son of wealthy Jewish parents, compete for the honor of representing their country in the 1924 Olympics. Ben Cross, Ian Charleson, Dennis Christopher. 1981. Rated PG. In Stereo.
- 5:45PM [3] MOVIE: 'Murder on the Orient Express' Inspector Poirot sorts through a trail of glamorous and eccentric suspects to find the killer of an art dealer with a shady past. Albert Finney, Ingrid Bergman, Sean Connery. 1974.
- 6:00PM [3] Eyewitness News
- [3] 30 40 News
- [3] Police Story
- [1] MOVIE: 'Valley Girl' When a prom queen candidate starts dating a punk rocker, her friends try to dissuade her. Nicholas Cage, Frederic Forrest, Colleen Camp. 1983.
- [1] Dempsey and Makepeace
- [2] Small Wonder
- [2] NewsCenter
- [2] Sneak Preview
- [2] Buchanan H.S.
- [4] Musicalismo
- [3] Undersea World of Jacques Cousteau
- [3] Fama In Stereo
- [CNN] Newswatch
- [ESPN] Golf: Vintage Invitational Final Round
- [HBO] MOVIE: 'Bye Bye Birdie' A rock 'n' roll singer, who is about to be drafted, gives a farewell TV performance. Janet Leigh, Dick Van Dyke, Ann-Margret. 1963.
- [MAX] MOVIE: 'Jesus' The life of Christ is told according to the Gospel of Luke. Brian Deacon, Rivka Nolim. 1979. Rated G.
- [USA] The Monroes
- 6:30PM [3] CBS News
- [3] Muppet Show
- [3] Too Close for Comfort
- [2] NBC Nightly News
- [2] Family Classic: Rebecca of Sunnybrook Farm
- [2] I Remember Barbara
- [2] ABC News
- [2] Inside Business
- 7:00PM [3] 60 Minutes
- [3] The Disney Sunday Movie: Disney Goes to the Oscars (CC) Tony Danza hosts this salute to the Oscar-winning films from the Disney studios. (60 min.)
- [3] Street Hawk
- [3] Blue Knight
- [3] Solid Gold
- [2] Punky Brewster Punky seeks advice from Marvelous Marvin Hagler when she battles the school bully, a girl named Moose. (R). In Stereo.
- [2] Wild Side
- [2] Quincy
- [2] Novela: Cristal
- [2] Wild America: Cutthroat Part 1 An exploration of the home of the cutthroat trout is presented.
- [2] Peoples
- [DIS] MOVIE: 'Genevieve' Two couples compete against each other in an antique auto race. Diane Sheridan, John Gregson, Kay Kendall. 1954.
- [USA] Virginian
- 7:05PM [3] Sports Sunday
- 7:30PM [2] 30 Silver Spoons Stuffy Dexter attempts to adopt a cool lifestyle when he falls for singer Whitney Houston. (R). In Stereo.
- [2] Newton's Apple (CC)
- [2] Cats and Dogs
- [2] Cinderella Animated
- 8:00PM [3] MOVIE: 'Dallas: The Early Years' (CC) The origins of the Barnes-Ewing rivalry are witnessed as Jock Ewing wins Miss Ellie from 'Digger' Barnes in the 1930's and the feud reaches a climax in the 1950's. David Grant, Molly Hagen, Hoyt Axton. 1986.
- [3] MOVIE: 'Firefox' (CC) A Vietnam war flying ace is sent to Russia to steal a high tech jet which could tip the balance of power in the Cold War. Clint Eastwood, Freddie Jones, David Huffman. 1982. (R).
- [3] David Tom Show
- [1] Lifestyles of the Rich and Famous
- [1] Name of the Game
- [2] MOVIE: 'A Time for Love' Two separate love stories deal with a businessman who changes his lifestyle and a rock singer who can't change. Jack Cassidy, Bonnie Bedelia, John Davidson. 1973.
- [2] Amazing Stories A actor playing a mummy in an on-location horror movie causes a town-wide panic when he frantically leaves the set in costume to be with his wife, who is about to give birth. (R). In Stereo.
- [2] Nature: Death Trap (CC) Plants with carnivorous habits are seen consuming animals for nutrition with deadly efficiency. (60 min.) In Stereo.
- [3] Maude
- [1] Siempre en Domingo
- [1] American Treasure: A Smithsonian Journey Gene Kelly hosts this look at America's heritage and achievements through the treasures of the museums of art, history and science of the Smithsonian Institution. (90 min.)
- [CNN] Prime News
- [ESPN] SportsCenter
- [HBO] MOVIE: 'The Breakfast Club' (CC) A group of high school students learn several things about themselves when they are forced to spend a Saturday together in detention. Judd Nelson, Ally Sheedy, Anthony Michael Hall. 1984. Rated R.
- [MAX] MOVIE: 'Arthur' A young millionaire falls in love with a girl from the



DALLAS: THE EARLY YEARS

Molly Hagan portrays Miss Ellie and Dale Gribble plays Jock Ewing in "Dallas: The Early Years," a three-hour drama chronicling the feuds and fortunes of the legendary "Dallas" characters during their early years. It airs **SUNDAY, MARCH 23** on CBS.

CHECK LISTINGS FOR EXACT TIME

- 1:20AM [MAX] MOVIE: 'Who'll Stop the Rain' A Vietnam veteran tries to pull off a big drug deal to save his ruined life. Nick Nolte, Tuesday Weld, Michael Moriarty. 1978. Rated R.
- 1:30AM [3] David Suskind
- [3] Independent News
- [3] ABC News
- [CNN] Newsnight Update
- [HBO] MOVIE: 'Up the Creek' Four college students try to bring some glory to their school by competing in a raft race against a team of ruthless men. Tim Matheson, Jennifer Runyon. 1984. Rated R.

- 1:40AM [TMC] MOVIE: 'Rocky' A small-time boxer and street punk in Philadelphia battles against overwhelming odds to make something of himself. Sylvester Stallone, Talia Shire, Burgess Meredith. 1976. Rated PG.

- 1:45AM [3] Man About the House

- 2:00AM [1] Star Games
- [ESPN] Road Racing: Manufacturers Hanover Corporate Challenge Championship Coverage from New York, NY.

- 2:15AM [3] CBS News Nightwatch Joined in Progress

- 2:30AM [CNN] Sports Tonight
- [ESPN] SportsCenter

- 3:00AM [1] MOVIE: 'Once Upon a Time' An actor, recalled by the Army, is assigned to find a man who gave a jeweled pendant to a wealthy debutante. Lillian Randolph, Robert Montgomery, Ann Blyth. 1949.

- [1] MOVIE: 'The Destroyers' A Government agent is assigned to investigate a robbery at an electronics firm which has just perfected a laser ray gun. Richard Egan, Patricia Owens, John Ericson. 1967.

- [CNN] News Overnight
- [ESPN] Golf: Vintage Invitational Final Round
- [USA] Millionaire Maker

- 3:10AM [HBO] MOVIE: 'Paris, Texas' After a reunion with his son, a man sets out to find the wife he left behind years ago. Harry Dean Stanton, Nastassja Kinski. 1984. Rated R.

- 3:30AM [3] World Vision

- [MAX] MOVIE: 'Gimme an F' Camp Beever's crooked owner has a nefarious scheme to expand his cheerleading camp empire world-wide. Stephen Shellen, Mark Keyton, Jennifer C. Cooke. 1984. Rated R.

- 3:45AM [TMC] MOVIE: 'Red Shoes' A lovely ballerina winds up in a bitter struggle between her career and marriage. Moira Shearer, Anton Walbrook, Marjorie Gornig. 1948.

- 4:00AM [CNN] Larry King Overnight
- [USA] Creating Wealth with Government Loans

- 11:45PM [3] Entertainment: This Week Preview of the 58th Annual Academy Awards, including film critic Leonard Maltin's historical examination of past Academy Award trends. (60 min.) In Stereo.

- [8] ABC News

- 11:50PM [HBO] MOVIE: 'The Cannonball Run' A strange mix of people compete in a coast-to-coast race, doing anything to win. Burt Reynolds, Farrah Fawcett, Dom DeLuise. 1981. Rated PG.

- 12:00AM [3] Africa: Tears of Famine

- [3] Jimmy Swaggart
- [1] Star Trek
- [2] Hogan's Heroes
- [3] Mass Council of Rabbis
- [5] Latin Tempo
- [CNN] Newsnight
- [ESPN] Bodybuilding: 1985 Mr. Universe Competition: Competition from Sweden. (2 hrs.)
- [USA] Keys to Success (R)
- 12:30AM [5] Naked City
- [3] Sports Machine
- [2] Dr. Gape Scott
- [DIS] Scheme of Things
- [USA] Millionaire Maker
- 12:45AM [3] Robin's Nest
- 1:00AM [1] Music City, U.S.A.
- [1] MOVIE: 'Tammy and the Bachelor' A backwoods girl and her grandfather nurse the pilot of a crashed plane back to health. Debra Reynolds, Leslie Nielsen, Mala Powers. 1957.
- [1] Tales from the Darkside
- [3] More Real People
- [CNN] Crossfire
- [USA] Second Cash Flo Expo
- 1:15AM [3] George and Mildred

It's time for the Oscars

By Andrew J. Edelstein

On Monday, ABC airs the 58th annual Academy Awards presentation from the Dorothy Chandler Pavilion of the Los Angeles Music Center. The ceremony will be co-hosted by Jane Fonda, Robin Williams and Alan Alda.

Films nominated for Best Picture are: "The Color Purple," based on Alice Walker's novel about the emotional liberation of a rural black woman; "Prizzi's Honor," John Huston's hard-edged comedy about the Mafia; "Witness," about a Philadelphia detective who lives among the Amish while investigating a murder; "Out of Africa," a lush love story based on Isak Dinesen's memoirs; and "Kiss of the Spider Woman," which portrayed the complex relationship between two South American prisoners.

The nominees for Best Performance by a male in a leading role: Harrison Ford ("Witness"), James Garner ("Murphy's Romance"), William Hurt ("Kiss of the Spider Woman"), Jack Nicholson ("Prizzi's Honor") and Jon Voight ("Runaway Train").

Best performance by an actress in a leading role: Anne Bancroft ("Agnes of God"), Whoopi Goldberg ("The Color Purple"), Jessica Lange ("Sweet Dreams"), Geraldine Page ("The Trip to Bountiful") and Meryl Streep ("Out of Africa").

Making its debut on CBS on Tuesday is "Morningstar-Eveningstar," a new comedy-drama co-produced by Earl Hammer ("Falcon Crest," "The Waltons") and former TV programming mogul Fred Silverman.

The series focuses on a group of retirement home residents who must share quarters with a group of youngsters who move in when their orphanage burns down. The cast includes such veteran performers as Kate Reid, Sylvia Sydney, Teresa Wright, Scatman Crothers, Jeff Corey and Mason Adams.

"The show is a call for generational understanding," says Hammer. "Old and young is a natural coupling, because both segments of society are disenfranchised in many ways — decisions are made without them."

Three new ABC sitcoms also debut next week: "Perfect Strangers" (debuting Tuesday) stars Bronson Pinchot ("Beverly Hills Cop") as a Mediterranean immigrant who unexpectedly arrives on the doorstep of his distantly related American cousin, played by Mark Linn-Baker ("My Favorite Year").

"Mr. Sunshine" (debuting Friday) stars Jeffrey Tambor as a blind college professor who tries to remain independent despite his handicap. Henry Winkler (the Fonx from "Happy Days") is the sitcom's co-executive producer. It replaces the venerable "Diffrant Strokes," which has most likely breathed its last.

Finally, Danny Arnold, who created the memorable cop sitcom "Barney Miller," has developed "Joe Bash," a new sitcom also debuting Friday.

Veteran character actor Peter Boyle ("Joe," "Young Frankenstein") stars as a New York City policeman nearing retirement, who's teamed with a new partner: a young by-the-book officer (Andrew Rubin of "Hometown"). "Joe Bash" replaces "He's the Mayor," which is going on hiatus. ■

Video hits

NEW YORK (AP) — The following are the most popular video cassettes as they appear in this week's issue of Billboard magazine. Copyright 1986, Billboard Publications Inc. Reprinted with permission.

Videocassette sales

1. "Jane Fonda's New Workout" (Karl-Lorimar)
2. "Return of the Jedi" (CBS-Fox)
3. "Rambo: First Blood Part II" (Thorn-EMI)
4. "Beverly Hills Cop" (Paramount)
5. "Pinocchio" (Disney)
6. "Jane Fonda's Workout" (Karl-Lorimar)
7. "The Best of John Belushi" (Warner)
8. "The Wizard of Oz" (MGM-UA)
9. "Miami Vice" (MCA)
10. "Prime Time" (Karl-Lorimar)

Videocassette rentals

1. "Rambo: First Blood Part II" (Thorn-EMI-HBO)
2. "Mask" (MCA)
3. "St. Elmo's Fire" (RCA-Columbia)
4. "Prizzi's Honor" (Vestron)
5. "Mad Max Beyond Thunderdome" (Warner)
6. "Teen Wolf" (Paramount)
7. "Weird Science" (MCA)
8. "Return of the Jedi" (CBS-Fox)
9. "Beverly Hills Cop" (Paramount)
10. "Gremlins" (Warner)

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Weekdays

- 5:00AM (3) (18) (23) [USA] Varied Programs
(3) CNN Headline News
(1) Life of Riley
(1) [CNN] Crosfire
5:30AM (1) Varied Programs
(1) Independent News
(1) Agriculture Today
(1) Jim & Tammy
(1) Morning Stretch
(1) [CNN] Showbiz Today
6:00AM (3) CBS Early Morning News
(1) New Zoo Revue
(1) World News This Morning
(1) Jimmy Swaggart
(1) [29] Varied Programs
(1) [29] News
(1) Bugs Bunny
(1) 20 Minute Workout
(1) ABC News This Morning
(1) El Club 700
(1) Cartoon Carnival
(1) [CNN] Daybreak
(1) [DIS] Mickey Mouse Club
(1) [ESPN] Aerobics: Bodies in Motion
(1) [USA] Heartlight City
6:30AM (3) Daybreak
(1) Fat Albert & Cosby Kids
(1) 700 Club
(1) Great Space Coaster
(1) 20 Minute Workout
(1) Woody Woodpecker
(1) NBC News at Sunrise
(1) Porky & Bugs
(1) El Ministerio de Jimmy Swaggart
(1) [3] Robotch
(1) [CNN] Business Day
(1) [DIS] Mousercise
(1) [ESPN] Varied Programs
6:45AM (3) News
(1) [2] Weather
7:00AM (3) CBS Morning News
(1) Inspector Gadget
(1) [4] Good Morning America (CC)

Channels

Table with 3 columns: Channel Name, Location, and Channel Number. Includes WFSB Hartford, CT (3), WNEW New York, NY (1), WTNH New Haven, CT (1), WDR New York, NY (1), WPIX New York, NY (1), WNCN Charlotte, NC (1), WTXN Waterbury, CT (1), WWLP Springfield, MA (1), WEDH Hartford, CT (1), WTVT Tampa, FL (1), WWSB Boston, MA (1), WGBS Springfield, MA (1), WXTV Paterson, NJ (1), WGBY Springfield, MA (1), WTC Hartford, CT (1), CNN Cable News Network (1), ESPN Sports Network (1), HBO Home Box Office (1), CINEMAX Cinema (1), TMC Movie Channel (1), USA USA Network (1)

- (1) The Jetsons
(1) Cerritoslandia
(1) She Ra Princess of Power
(1) Today
(1) Sesame Street (CC)
(1) Voltron
(1) Mundo Latino
(1) Jayce and the Wheeled Warriors
(1) [CNN] Daybreak
(1) [DIS] Good Morning Mickey!
(1) [ESPN] Nation's Business Today
(1) [USA] USA Cartoon Express
7:30AM (3) Woody Woodpecker & Friends
(1) Straight Talk
(1) Healthcliff
(1) Lancelot Link
(1) He-Man
(1) He-Man & Masters of the Universe
(1) Voltron in Stereo
(1) [DIS] Welcome to Pooh Corner
(1) [ESPN] Varied Programs
8:00AM (1) [3] Challenge of the Go-bots
(1) [3] Brady Bunch
(1) Inspector Gadget
(1) [2] Mr. Rogers' Neighborhood
(1) Transor in Stereo
(1) [DIS] Donald Duck Presents
8:30AM (1) [1] The Flintstones
(1) [3] Romper Room
(1) [3] Scooby Doo
(1) [3] Romper Room and Friends
(1) [3] Healthcliff
(1) [3-2-1, Contact (CC)
(1) [3] Sesame Street (CC)
(1) [DIS] Dumbo's Circus.
9:00AM (3) \$25,000 Pyramid
(1) [3] News
(1) [3] Leave It to Beaver
(1) [3] Partridge Family
(1) [3] Ghost and Mrs. Muir
(1) [3] Jimmy Swaggart
(1) [3] Journal
(1) [3] Headline Chasers
(1) [3] Hoy Miemo
(1) [3] Mr. Rogers' Neighborhood
(1) [DIS] New Animal World: Ambossel: Struggle for Survival
10:00AM (3) Hour Magazine (R)
(1) I Love Lucy
(1) Sally Jessy Raphael

- (1) My Favorite Martian
(1) Sanford and Son
(1) Julie
(1) 700 Club
(1) Family Ties
(1) Instructional Programs
(1) [DIS] Varied Programs
(1) Barney Miller
(1) Flying Nun
(1) [USA] Candid Camera
10:30AM (3) Make Room for Daddy
(1) Divorce Court
(1) My Favorite Martian
(1) Best Talk in Town
(1) 20 Minute Workout
(1) [2] Sale of the Century
(1) Alice
(1) [3] Varied Programs
(1) Phyllis
(1) [USA] Gong Show
(1) [3] Price is Right
(1) Divorce Court
(1) A Perfect Match
(1) Bewitched
(1) What's Hot, What's Not
(1) Good Housekeeping
(1) I Dream of Jeannie
(1) [3] Wheel of Fortune
(1) [3] Bruce Forsyth's Hot Streak
(1) [3] Grandes Novelas: Abandonada
(1) Tony Randall
(1) [USA] That Girl
11:30AM (3) All in the Family
(1) [3] New Love American Style
(1) I Dream of Jeannie
(1) Inday News
(1) [3] CNN Headline News
(1) Bewitched
(1) [3] Scrabble
(1) [3] Love Connection
(1) [USA] Varied Programs
12:00PM (3) Eyewitness News
(1) [3] First Edition News
(1) [3] News
(1) [3] Odd Couple
(1) Merv Griffin
(1) [3] Varied Programs
(1) [3] Super Password
(1) [3] Break the Bank
(1) [3] Ryan's Hope
(1) [3] Sesame Street (CC)
(1) [3] Perry Mason
(1) [3] You and Me, Kid
(1) [USA] Calliope Children's Programs
(1) [USA] Movie
12:30PM (3) The Young and the Restless
(1) [3] Midday with Bill Boggs
(1) [3] Loving
(1) [3] Varied Programs
(1) [3] Search for Tomorrow (CC)
(1) [3] Dick Van Dyke
1:00PM (1) [3] All My Children
(1) [3] Joker's Wild
(1) [3] [DIS] Movie
(1) [3] Days of Our Lives
(1) [3] Instructional Programs
(1) [3] Beverly Hillsbillies
(1) [3] Mia Hoespedes
(1) [3] Dick Van Dyke

- 1:30PM (3) As the World Turns
(1) Hour Magazine (R)
(1) The Tac Dough
(1) [3] Varied Programs
(1) [3] Andy Griffith
(1) [3] Green Acres
(1) I Love Lucy
(1) [3] Another World
(1) [3] Heckle & Jeckle/Deputy Dawg
(1) La Rival
(1) The Munsters
(1) [3] News Day
(1) [USA] Alive and Well
2:30PM (3) Capitol
(1) [3] Woody Woodpecker
(1) Dating Game
(1) M.A.S.K.
(1) [3] Great Space Coaster
(1) [3] Porky & Bugs
(1) [3] Magic of Oil Painting
(1) [3] Varied Programs
3:00PM (3) The Guiding Light
(1) [3] Jayce and the Wheeled Warriors
(1) [3] General Hospital
(1) Hawaii Five-O
(1) The Jetsons
(1) [3] Mod Squad
(1) [3] Scooby Doo
(1) [3] Santa Barbara
(1) [3] Angelica
(1) [3] French Chef
(1) [3] Voltron in Stereo
(1) [3] [CNN] International Hour
(1) [3] Dumbo's Circus
(1) [USA] Joker's Wild
3:15PM (1) [3] Varied Programs
(1) [3] She Ra Princess of Power
(1) Transformers
(1) [3] G.I. Joe
(1) [3] Wild, Wild World of Animals
(1) [3] Challenge of the Gobots
(1) [3] Wild World of Animals
(1) [3] Gobots
(1) [DIS] Welcome to Pooh Corner
(1) [USA] Bullseye
4:00PM (3) Jeffersons
(1) [3] He-Man & Masters of the Universe
(1) [3] Sale of the Century
(1) [3] Vegat
(1) [3] G.I. Joe
(1) [3] Brady Bunch
(1) [3] Transformers
(1) [3] Divorce Court
(1) [3] Sesame Street (CC)
(1) [3] Quincy
(1) [3] Cudde as Culpable de Amor
(1) [3] M.A.S.K.
(1) [3] News Day
(1) [DIS] Mickey Mouse Club
(1) [USA] Chain Reaction
4:30PM (3) Three's Company
(1) [3] Thundercats
(1) [3] People's Court
(1) [3] Good Times
(1) [3] Mork & Mindy
(1) [3] WKRP in Cincinnati

answer

ANSWER crossword puzzle grid with letters filled in. Includes clues like 'VICTOR FRENCH'.

21 Music

How teens learn to Rush

By Ethlie Ann Vare

Nearly 18,000 high schools around the country will be receiving a free "motivational learning kit" courtesy of the rock band Rush.



Video Beat

The controversial "yuppie-porn" movie "9 1/2 Weeks," made by the "Flashdance" folks, finally got out to the theaters.

The top 10 music video-cassette sellers currently: 1. Madonna, "The Virgin Tour" 2. "Motown 25: Yesterday, Today, Forever" 3. Chicago Bears.

Still, one thing "9 1/2 Weeks" has all over "All My Handcuffs" is a killer soundtrack, due for release on Capitol.



Ted Nugent

Ethlie Ann Vare tunes into rock for Newspaper Enterprise Association.

Turntable tips

NEW YORK (AP) — The following are Billboard's hot record hits as they appear in this week's issue of Billboard magazine.

Hot singles

- 1. "These Dreams" Heart (Capitol)
2. "Sara" Starship (Grunt)
3. "Secret Lovers" Atlantic Starr (A&M)
4. "Rock Me Amadeus" Falco (A&M)
5. "R.O.C.K. in the U.S.A." John Cougar Mellencamp (Riva)
6. "Kyrie" Mr. Mister (RCA)
7. "Nikita" Elton John (Geffen)
8. "King For a Day" Thompson Twins (Arista)
9. "What You Need" Inxs (Atlantic)
10. "Kiss" Prince & The New Power Generation (Paisley Park)

Top LP's

- 1. "Whitney Houston" Whitney Houston (Arista) — Platinum
2. "Promises" Sade (Portrait) — Platinum
3. "Heart" Heart (Capitol) — Platinum
4. "Scarecrow" John Cougar Mellencamp (Riva) — Platinum
5. "Welcome to the Real World" Mr. Mister (RCA) — Platinum
6. "The Broadway Album" Barbra Streisand (Columbia) — Platinum
7. "Brothers in Arms" Dire Straits (Warner Bros.) — Platinum
8. "The Ultimate Sin" Ozzy Osbourne (CBS Associated)
9. "Knee Deep in the Hoopla" Starship (Grunt) — Platinum
10. "Once Upon a Time" Simple Minds (A&M-Virgin) — Gold

Country singles

- 1. "What's a Memory Like You" John Schneider (MCA)
2. "Don't Underestimate My Love For You" Lee Greenwood (MCA)
3. "100 Chance of Rain" Gary Morris (Warner Bros.)
4. "She and I" Alabama (RCA)
5. "Your Memory Ain't What It Used to Be" Mickey Gilley (Epic)
6. "Cajun Moon" Ricky Skaggs (Epic)
7. "We've Got a Good Fire Goin'" Don Williams (Capitol)
8. "You're Something Special to Me" George Strait (MCA)
9. "In Over My Heart" T.G. Sheppard (Columbia)
10. "1982" Randy Travis (Warner Bros.)

Adult contemporary singles

- 1. "These Dreams" Heart (Capitol)
2. "Secret Lovers" Atlantic Starr (A&M)
3. "Nikita" Elton John (Geffen)
4. "Sara" Starship (Grunt)
5. "Overjoyed" Stevie Wonder (Tamla)
6. "Only One" James Taylor (Columbia)
7. "Silent Running" Mike & The Mechanics (Atlantic)
8. "How Will I Know" Whitney Houston (Arista)
9. "Tender Love" Force M.D.'s (Warner Bros.-Tommy Boy)
10. "Now and Forever" Anne Murray (Capitol)

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22 On the Road

All you need to find mpg is a full tank

By Richard Harris

Japanese automakers seized a major part of the U.S. car market in the 1970s for one simple reason: fuel economy. Today, however, Detroit has made a comeback in the gas-mileage competition.

Of the most fuel-efficient cars sold in the United States, according to the 1985 Environmental Protection Agency (EPA) ratings, 47 percent were American-made (compared to 33 percent Japanese and 20 percent German). The top-rated cars (Honda's Civic Coupe HF and Chevrolet's Sprint) tested at over 45 miles per gallon — fuel efficiency unheard of 10 years ago.

EPA mileage ratings are based on laboratory tests, not on-the-road tests, and in past years they've been notoriously inaccurate, if not downright misleading. In 1985 however, the EPA started making its test figures more realistic by reducing them 10 percent (city) and 22 percent (highway). The ratings are a handy way of comparing new cars. But they



Keeping Your Car Alive

won't tell you how much gas your own car will actually use.

The federal government may need laboratory tests to rate a car's gas mileage, but you don't. All you need is a full tank of gas. If your car's speedometer has a "trip meter," you can reset it to zero when you fill your tank. Otherwise, write down the mileage shown on your odometer.

Then, the next time you fill your tank, write down how many gallons you put in. That (by strange coincidence) is how much gasoline you've used since the last time.

Now, read the mileage shown on your trip meter, or write down your odometer reading and subtract the mileage you

wrote down last time. That will tell you how many miles you've traveled since the last fill-up. Then divide the miles you've driven by the gallons you've used to find out your car's average gas mileage (miles per gallon, or "mpg").

Why bother doing all this arithmetic? There are two good reasons:

First, knowing your car's mpg helps you plan cross-country trips. (Should you buy expensive "last-chance-before-the-desert" gas? Or are you sure you can make it to Phoenix on the gas in your tank?)

Second, calculating your mileage every time you buy gas will give you a barometer of your car's mechanical condition and your driving skill. If your car's engine is in perfect tune, if its tires are inflated to the right pressure and if its carburetor is adjusted properly for the altitude and weather conditions, the car will get its best possible gas mileage. When you see the gas mileage going down, you know it's time for a tuneup.

But the biggest factor in fuel economy is the driver. Quick starts and stops, high or erratic speeds or "lugging" or "over-revving" the engine by driving in the wrong gear will cut gas mileage. These kinds of driving habits also result in excess wear and tear on your car's engine, so it's fair to say that better drivers get better gas mileage.

But don't get me wrong. Cadillacs are not the thirstiest gas guzzlers on U.S. highways today. That honor goes to the Rolls-Royce Camargue and Corniche-Continental, both with overall EPA mileage ratings of 8 mpg. And remember that the government figures are always optimistic.

So, if you're ever asked the trivia question, "How many miles per gallon can you get in a Rolls-Royce?" you'll know the correct answer: "If you have to ask, you can't afford one."

And technology is coming to the aid of those people who are confounded when they try to figure out their own mpg. Digital-readout mileage monitors first appeared on Cadillac dashboards in 1980, and they're now becoming common on upscale compacts. These devices will tell you at a glance (or at the push of a button) the exact mileage your car is getting at the moment, its average mpg for the trip, how many gallons are left in the gas tank, and how far you can go before you run out.

But many of the cars with digital readouts are also among the cars with the worst gas mileage. Cadillac, which pioneered the devices, has

raised its recent EPA mileage ratings to a still-unimpressive 16-19 mpg. If you keep track of your mpg whenever you buy gas and have a nimble mathematical mind (or a programmable pocket calculator), you can quickly figure most of the information the digital readouts tell you — even if you don't own a Cadillac.

But many of the cars with digital readouts are also among the cars with the worst gas mileage. Cadillac, which pioneered the devices, has

23 The Image Workshop

Spruce up suits with accessories

By Sandi Hastings



A suit remains the best way for professional women to dress, experts say. And this spring it's easy to update your suited look. Use this guide to buy accessories and individualize your professional wardrobe.

- Color trends**
- Radiant color puts pow in dressing (green, red, khaki, black, navy, white, orange)
 - Wear black and white or navy and white plus bright to create the look and feel of energy
 - Wear a bright-colored jacket or blazer over neutrals
 - Mix white and ivory
 - Wear pale pastel plaids with solids
 - Mix and blend the soft colors — don't contrast
 - Wear pink — the new neutral — with lemon and tans instead of ivory

- Best suits for spring**
- Subtle plaids in unmatched patterns
 - Separates as well as suits

- Jackets to buy**
- Longer, narrower jackets with emphasized shoulders (fingertip length or longer)
 - Double-breasted jackets (can be worn open)
 - Collarless jackets
 - Unconstructed jackets

- Skirts to buy**
- Streamlined, slim skirts
 - Pleated skirts
 - Semi-circle skirts
- NOTE:** The correct hemline for spring is what looks best on you. Your skirt should hit either above the top curve or below the bottom curve of your calf. Never in between.

- Blouses-sweaters**
- Uncluttered look is important
 - Crew-neck blouses and sweaters are best
 - Sleeveless turtlenecks (leave jackets on)
 - Sweater sets instead of jackets

- Important accessories**
- Belts (especially ones with metal buckles)
 - Chain straps on handbags

- Gloves
 - Metal buttons on jackets
 - Scarf in breast pocket of jacket
 - Light-hued stockings
- Shoes**
- Spectators
 - Patent leather heels
 - Slingbacks
 - Two-tone shoes (many colors to choose from)
 - Bright colors
 - Pastel heels

- Jewelry**
- Silver (especially hammered)
 - Big and bold-style earrings
 - Wide bracelets
 - Geometric necklaces and pins

Do you have a question for The Image Workshop? Write to Sandi Hastings at Weekend Plus, P.O. Box 591, Manchester, Conn. 06040.



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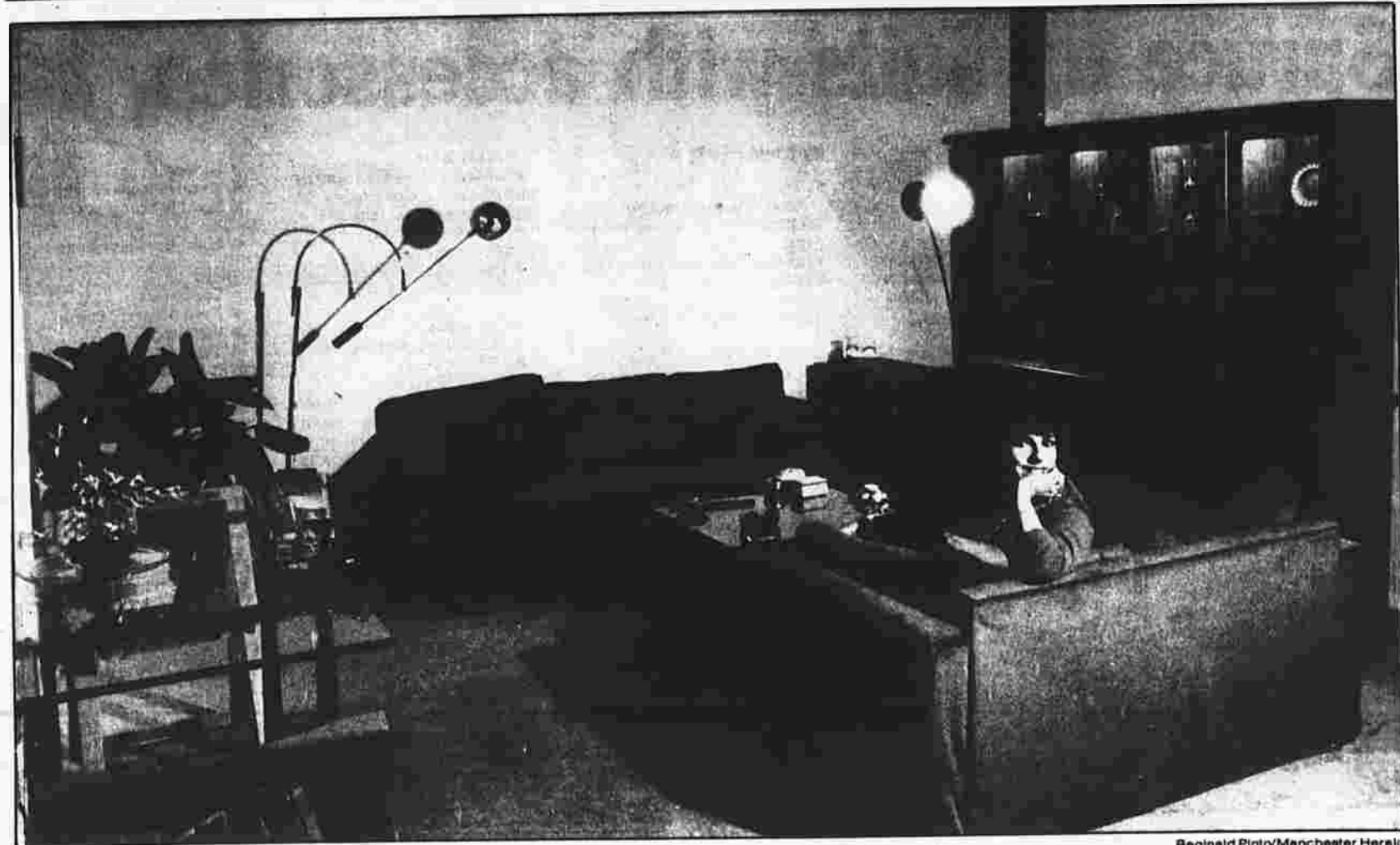
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24 On the House



Reginald Pinto/Manchester Herald

Liara Hirth relaxes in the living room of her apartment in the Ribbon Mill.

At home in the mill

Couple decorates with the future in mind

By Susan Plese

Nineteenth-century Cheney workers who toiled in the Ribbon Mill on Pine Street would be surprised at the transformation of their workplace.

But they wouldn't be disappointed, at least not in one young couple's apartment on the third floor of the newly renovated mill. Liara Hirth and Michael Petersen have outfitted a former employee changing room in the 104-unit apartment complex with a large desk and mounted bookshelves, making it into a comfortable study. And a former bathroom provides spacious closet space in the same room.

Many newlyweds set up house with a mixture of mother's basement cast-offs and Salvation Army finds. But Hirth, director of marketing and product development for Landmark Bank and CityPlace in Hartford, bought all her

furnishings.

She and her fiance, a builder, chose their furniture and accessories carefully, with an eye to the future. Virtually everything in their small apartment is functional as well as attractive. Many pieces will assume new roles in the house they plan to build in about two years.

"This is the first apartment I made major purchases for, and I feel comfortable," says Hirth. "Everything I purchased was not for an apartment, but for a home." A teak two-piece living room wall unit, for example, will eventually be used in a dining room — the top of the unit as a china closet, the bottom as a serving table.

Similarly, a drop-top teak desk along another wall in the living room serves now as a bar in the well-planned space. And a piano in a triangular-shaped corner of the room can be pressed into service as a party

food buffet. Covered with black cloths, mirrors and candles, "it looks gorgeous," Hirth says.

□ □ □

Wall-to-wall carpeting in a warm honey beige was installed before occupancy. "I had my color scheme in mind even before I saw the apartment," says Hirth. She chose first the teak units, then picked up a solid gray-blue color scheme in a sofa and loveseat.

Accents are provided with a chrome floor lamp and a glass-topped chrome table along the wall next to the kitchen. Wooden-slat folding chairs offer seats for dining.

"I've always believed in subtle colors," Hirth says. "I don't like patterns and I don't like prints. And I don't like a lot of knickknacks."

And, in fact, the apartment decor is understated. "Less is more," Hirth says. "If you go with quiet colors, you create

more space." The two-bedroom apartment has small square footage, she notes, but appears more spacious than it is.

In addition to use of color, the feeling of openness has been created architecturally. Ceilings are 14 feet high, and the mill's original floor-to-ceiling arched windows have been preserved. All apartments are equipped with vertical louvered blinds that give a consistent appearance to the building from the outside.

□ □ □

The high ceilings, with large pipes exposed and painted black, have not created any unusual problems for the couple. Petersen installed a white paddle fan in the living room, which circulates heat in the winter and cool air in the summer. "It's been real helpful," Hirth says.

Several walls are made of the original brick, making it

difficult to hang artwork or shelves. Petersen solved that problem in the study, however, by mounting a bookshelf into the brick with screw anchors, which fasten the unit securely.

The couple had only one concern when they leased the apartment — fear that storage would not be sufficient. "But we have more than enough," Hirth says. The apartment includes seven closets, one of which is a large, walk-in space adjacent to the master bedroom. Petersen has outfitted the closets with custom-made storage dividers.

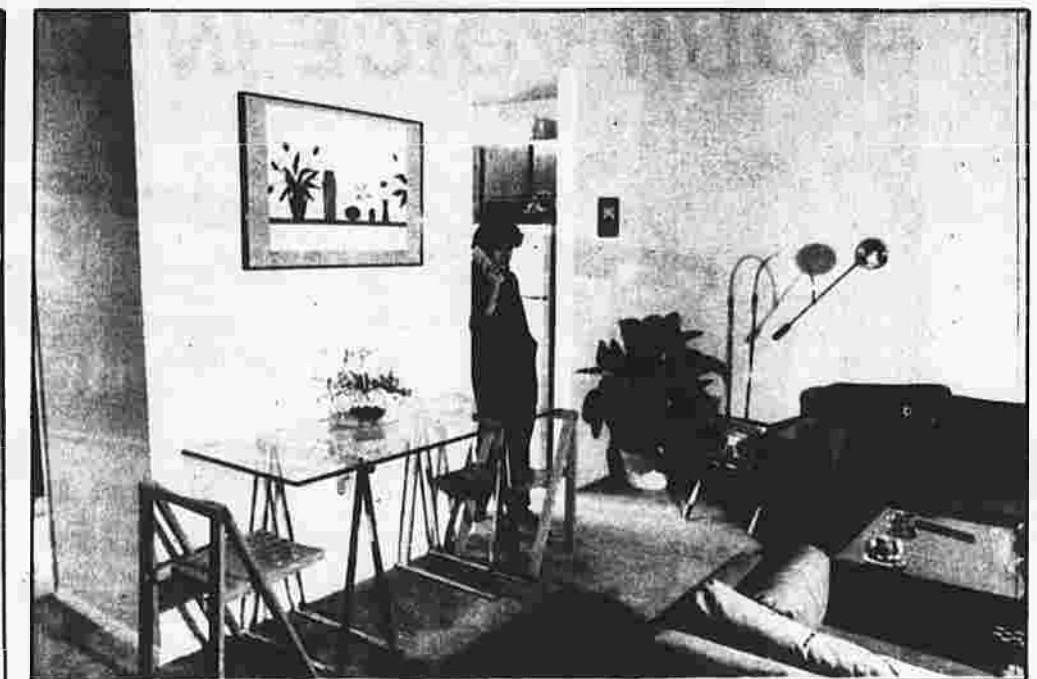
"I have so much space in the kitchen," Hirth adds. "I like to cook and I like to entertain, and I still have empty cupboards." The L-shaped kitchen, accessible from both the hall and living room, includes a built-in pantry. Hirth has several suggestions for young couples planning to

Continued ...

25 On the House



Reginald Pinto/Manchester Herald



Reginald Pinto/Manchester Herald



Reginald Pinto/Manchester Herald

The 14-foot ceilings in the Ribbon Mill create spaciousness. Above, Hirth stands at the entrance to the apartment's kitchen. Left, a piano is pressed into service as a table when the couple entertains.

... Continued

furnish a first apartment, based on her recent experiences. "Buy sturdy, well-made and durable (furniture)," she says. "Don't buy a lot of colors. Concentrate on simple, basic colors. Plan the rooms before you buy the furnishings, and only furnish for the space you have. Don't over-furnish. Wait for the house." ■

Do you have a home you'd like to see reviewed here? Write to Susan Plese at Weekend Plus Magazine, P.O. Box 591, Manchester, Conn. 06040.

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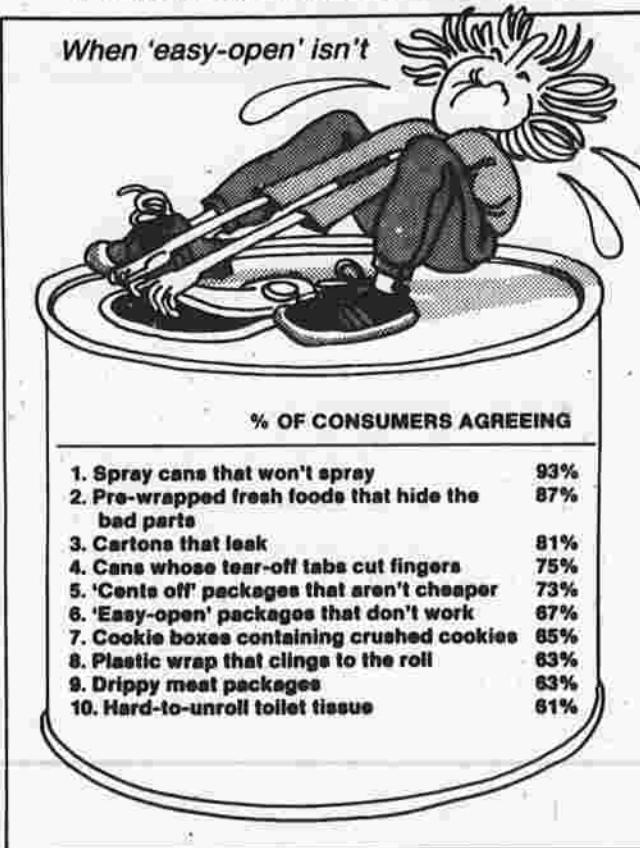
Is Any Other Voice Loud Enough?

Manchester Herald

27 The Curious Shopper

PACKAGING PEEVES

When 'easy-open' isn't



Shoppers fault a variety of packaging, as this Consumer's Digest poll shows.

Newspaper Enterprise Association

By Sonja Heinze

OPENING VACUUM-SEALED CAPS

I bought a small jar of Prego Spaghetti Sauce which was vacuum sealed. For 15 minutes I tried opening the jar—running it under hot water, prying it with a knife, banging the top down on the counter. I worked at it with such passion I twisted a muscle in my neck. I finally had to give up and eat something else. No man around to help. Have you a secret formula for opening these jars?
Linda Gay of Campbell Soup Company's consumer department reminds us that the vacuum seal is required by the Department of Agriculture and is designed to maintain product wholesomeness and to deter product tampering. She didn't offer any secret formula, however, for opening their jars.

The basic idea is to get a little air into the jar so you can stop the vacuum action, but I agree that this can be difficult because of the way some jars are constructed. I've sometimes used a screwdriver.

Any readers with a secret formula for opening stubborn jars please pass them along.

Please tell me how to rid my carpeted closet of silverfish. I store all kinds of bedding in this closet, as well as old quilts and photograph albums. Leora Swenson, Seguin, Texas

Silverfish, bugs which can't even swim but have been named

for their appearance, chew ragged holes in paper, eat cereals, dead insects, linen, cotton, silk and the paste and glue used in bookbindings. They hide and lay their eggs in wall cracks and behind baseboards. They will do a number on photo albums.

You will have to empty out the closet, air out the quilts and go through the albums to rid them of any bugs. Bernice Lifton advises in "Bug Busters" to get some technical boric acid (Roach Prufe) and blow the powder into baseboard crevices and cracks with a bulb duster. Sprinkle the stuff all over the floor.

You can also devise a trap. Take a small glass jar and cover the outside with masking tape so the silverfish can climb up to the side of the jar. They're then supposed to fall into the jar but won't be able to climb out because it's too slippery. Put the trap in a corner of the closet. It will be several weeks before the situation is under control.

ARE RAW OYSTERS ALIVE?

When you eat raw oysters, are you eating them alive?

Yes, Robert Robinson, in "The Essential Book of Shellfish," writes, "It's been said that the bravest man in the world was the first man who ate an oyster. More likely, he was one of the hungriest." The oysters are eventually killed by your stomach acids.

SPRING WATER'S SAFETY

We are buying spring water for drinking. It comes in one-gallon plastic jugs. Is this safe for drinking water? Also, should it be refrigerated? Albert Gunzenhauser, Buena, N.J.

You didn't mention the brand name of the water you're buying, nor anything else on the label. There are now more than 500 brands of bottled water being sold in the U.S.

Dr. Robert Harris of the Environmental Defense Fund suggests that you write to the bottler for information as to the origin of the water, what minerals it contains and how it's processed. Ask for recent bacterial test results.

Ideally, bottled water should be unprocessed and bottled directly from a spring in a nonindustrial area. In "The Nutrition Book" by Jane Brody, the author states that such waters would be labeled "natural spring water bottled directly from the source," or some equivalent statement.

Brody warns that if the label says "spring fresh," "spring type" or "spring pure," it's not spring water at all but actually processed tap or well water. Consumers should be aware of the fact that three-quarters of the bottled water sold in this country is not natural mineral water but rather water that comes from local taps and is then processed in one way or another.

Keep bottled water in the refrigerator.

PREPARING HERRING

I enjoy herring in cream sauce. How is this fish treated before it's put into the sauce? Mrs. S. Wichlinski, Stamford, Conn.

Richard Juhl, president of Lyon Food Products in Minnesota, says, "It's really quite simple. We cure our herring in vinegar, spices and sugar as we normally do for pickled herring. It's then drained and mixed with dairy sour cream to which we add a small amount of spice and sugar. The mix should be about half cream and half herring."

Juhl says he likes his creamed herring best covered with a grating of coarse black pepper.

READER'S FEEDBACK: MICROWAVED PET FOOD

Eve Hoopes, Fresno, Calif.: "For the past 20 years we have made all dog and cat food from frozen meat, and the pets will always choose it defrosted or warmed in any way other than the microwave. Because of their attitude, my lovely new Quasar is used only in emergencies."

The reader is referring to a column in which someone asked if it was true that dogs won't eat food cooked in microwave ovens, and my response included assurance from a veterinarian who stated that he cooks food for his dog in his microwave, the dog loves it, and that pets in general seem to thrive on it.

One logical reason for your pets' refusing to eat meat defrosted in a microwave could be that the meat only seemed to be defrosted because it was partially cooked on the outside but was actually internally still frozen.

Safeway Stores advises the following when defrosting in a microwave: "Low power is recommended. You don't want to cook the food on the outside before it has thawed on the inside. Some ovens have a setting labeled 'defrost.' The power cycles on and off at this setting. Remove the food you're defrosting and let it stand the same amount of time it was microwaved. This way the heat penetrates without cooking the outside." ■

If you have a consumer-oriented question, send it to Sonja Heinze, Weekend Plus Magazine, P.O. Box 591, Manchester, Conn. 06040.

Nighttime is an event in kids' lives

By Fred Rogers with Barry Head

Nighttime and darkness... as long as there have been human beings, the fading of light and the onset of darkness has probably touched off tremors of uncertainty. Myths, superstitions and folktales the world over reflect the rhythms of lightness and darkness.

For some people, of course, night becomes familiar, even a friend, a time to hunt or go to work. Even for the "nocturnal" humans, though, I feel quite certain that there was a time in early childhood when coping with darkness and sleep time posed a challenge — the old challenge of coping with a separation from the caregivers to whom they still felt tightly bound.

So much of the world's folklore grows out of human's earliest feelings, even those most of us grow up to forget. Those feelings sometimes emerge in young children's everyday problems — as they may have been doing in this family:

"My children are 4 and 2," a mother wrote, "and bedtime is a major problem in our house. Our older child, particularly, hates to go to bed, and they both wake up often at night — sometimes as many as four or five times each. When they get up, they expect me to sleep with them. I made the mistake of doing so years ago, and now I can't seem to break them of the habit. I used to think that their nighttime waking was because I wasn't home all day, but even though I spend my days home now, they still don't sleep well."

Nighttime is an event in children's lives, and it may help to realize that — and prepare for it. A time of calmness, reassurance and closeness can be really important. For many children, the safest and most comforting place in the world is a loving lap; the most settling sound, the sound of a beloved voice. A time for talking, or reading or singing?

Perhaps, but one thing's for sure: Expecting children to make a sudden switch to bedtime from the stimulation of roughhousing

or TV is asking more than most of them can give. Children need to learn that their beds are safe places to be...and safe places to be alone. That's hard to learn if an awakening or even a scary dream leads into Mom and Dad's bed or to Mom or Dad leaving their bed to come sleep with you.

Children certainly need the reassurance that you or someone they trust will be nearby all night, but parents generally find it works out better in the long run to insist gently that a child go back to his or her bed, even if they stay in their child's room, in a chair or rocker, for a while. That can be a time to talk about a nightmare, if a child can and feels like it. Children often need a grownup's repeated assurance that a dream is only a dream.

Why is night? That's a question children can wonder about, and it can be helpful to children to have their caregivers talk about it. They may like to know simple things about the stars and the moon. They may like to know that when night

"You might want to make a game with your child about all the kinds of people who are working while we're resting."

comes for us, day is coming for other people somewhere else.

When we're going to bed, other people are getting up, ready to work and play, but soon they'll need a time to rest, to stop working and playing. Then it will be out turn to wake up and get going again. It can help to hear that everyone needs rest, that it's a time for people's bodies to take care of themselves and to grow.

And children often like to know that even when it's nighttime and dark and most people are going to bed, there are always some people awake to look after our neighborhoods while the rest of us sleep — people who work the telephone, policemen and firemen, people who take care of buildings and

the doctors and nurses who take care of sick people.

You might want to make a game with your child about all the kinds of people who are working while we're resting.

I wonder if that's one reason that many children find nightlights so reassuring: They're reminders that there is still light somewhere and people around the corner who are using it for their work and play. Nightlights may also be reminders that light hasn't vanished forever and that before long the sun will come around to us again.

Facing surgery | Now is not the time to become a prisoner of your emotions

By Jodi Vernon

Like most of us, you probably assume that an operation is something that happens to other people. But it's possible that one day you will hear your doctor say you will undergo surgery.

Your muscles tense, your heart pounds, your stomach churns and beads of perspiration dampen your clothing. On a scale from one to 10, your anxiety registers 11.

Fear and anxiety are normal human responses when one is faced with the unknown; it is the flight-or-fight response, warning you of possible danger. However, your body is a finely tuned organism, and emotional and physical states are delicately interdependent.

Psychological arousals can induce harmful physiological results, such as increased heart rate, blood pressure and muscle tension, to name a few. During surgery you need your body to work for you, not against you. In short, now is not the time to become a victim of your emotions.

"It is helpful to get rid of looming fears of the unknown and to put unrealistic anxieties in perspective," advise Dr. Paul J. Melluzzo and Eleanor Nealon in their book, "Living with Surgery: Before and After" (Holt, Reinhart & Winston). "When you're worried about everything possible, it's hard to come to grips with the specifics and plot your most effective course."

What is the most effective course in planning for surgery and reducing fear? First, discuss all your questions with the

surgeon. Operations range from bunion removals to brain surgery; consequently, risk factors, degree of pain, method of treatment, possible complications and recuperation times vary with the type of surgery performed.

The major dangers of surgery are cardiac arrest, wound infection, pneumonia, blood clots and bleeding, though the risks vary with the operation and patient's condition," warns Dr. Harvey J. Sugerman, assistant professor of surgery at the Medical College of Virginia, in Richmond.

Next, you should secure a second opinion. You may think your doctor is the best in his field, but he isn't infallible. Also, many professionals disagree with each other as to the best method of treatment.

There might be a chance of solving your particular problem with an alternative method. Don't be afraid to ask your physician for a referral. As Dr. George Crile, emeritus consultant in surgery at The Cleveland Clinic and author of "Surgery" (Dell), points out, "A person's body is his or her own, and it is you, the patient, not the doctor, who has the final say about how that body will be treated."

In addition to getting your doctor's referral, talk to others who might be aware of the best-qualified surgeon for your problem.

According to Natalie Rogers, author of "Surgery: Yes or No?" (Arco), one out of every five operations is performed unnecessarily. A second opinion can prevent an inaccurate diagnosis. Several insurance companies, such as



Go to your doctor armed with a list of questions.

Blue Shield and others, encourage second opinions for this very reason.

If the second opinion confirms that surgery is absolutely necessary to reduce your pain, improve your health or save your life, you will want to know what to expect and how to cope with the ordeal.

First, what can you expect from your hospital stay? According to Dr. Melluzzo and Nealon, "The hospital-focused schedule can be irritating and exhausting, as well as fearsome."

Rogers is even less enthusiastic. She explains that hospital personnel are often involved in power plays that are condescending to the patient; that hospital meals are low in

nutritional value and taste; and that infections, such as staphylococcus, provide further health hazards.

It is true that for a few days your life will be directed by unfamiliar rules and regulations. This can create either more or less anxiety, depending on your personality. Some people actually find hospitalization enjoyable. It's a time when they are relieved of everyday responsibilities, and members of the hospital staff are seen as surrogate mothers who can pamper them with tender loving care.

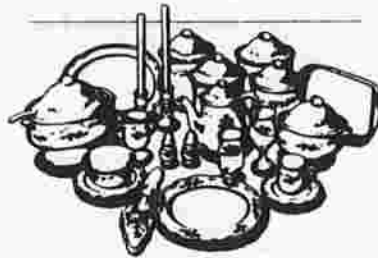
If, on the other hand, you're an individual who resents the role of dependent patient, your pent-up emotions can cause a great deal of distress. Knowing

your rights can minimize your frustration and help you to relax.

For instance, in 1973 the American Hospital Association adopted the Patient's Bill of Rights. A copy of these rights can be obtained from your hospital. "Knowing what is in the Bill of Rights helps a patient become assertive," says Brenda Scott-Mead, a therapist at the Anxiety Treatment Center, in San Diego.

Generally, your admission into the hospital is likely to take place one to two days before surgery. "After admission," says Rogers, "you will not have time to entertain too many somber thoughts, since you will be subject to a battery of routine laboratory tests."

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Iceberg is just the tip of the lettuce

Americans crunch 25 pounds of this green stuff a year

By Ted Larsen

"My salad days, when I was green with judgment..." — "Antony and Cleopatra," William Shakespeare, 1607

Not so very long ago a salad meant one thing: iceberg lettuce, lots of noisy, bland, iceberg lettuce. Thankfully, times and tastes have changed for the better as more and more cooks discover the soft quiet of Boston lettuce, the rosy hue of red leaf, or the soldierly stance of romaine. While the Age of Salad Enlightenment is upon us, few realize that after 5,000 years we are still eating the daisies.

In the past decade it's become increasingly trendy to consume salads in the name of health. Nothing new. As long as 5,000 years ago, the Pharaohs of ancient Egypt were consuming lettuce leaves drenched in herbs and ordered their tombs decorated with lettuce drawings.

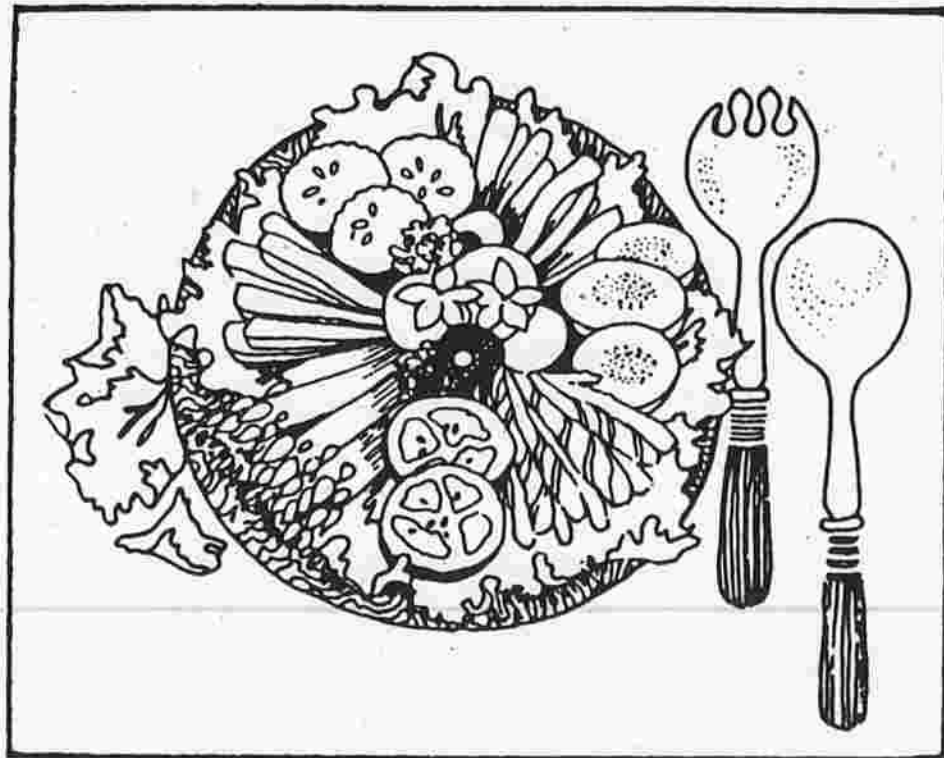
Roman Emperor Augustus felt he recovered from a near-fatal illness because of lettuce. He even commissioned a monument to the physician who prescribed the unusual cure. The name comes from the Latin, "lactuca," for milk, referring to the milky sap that often oozes from a freshly cut bunch. The ancients felt it had tremendous healing powers and was a powerful aphrodisiac.

Lettuce (along with endive and dandelion) are members of the daisy family, the second largest group of flowering plants. As a food, lettuce was originally cultivated in the Mediterranean and did not come to England till the 1400s, when it was dubbed "letus." Many historians believe the first plants were brought to these shores by Christopher Columbus.

There are three major varieties of lettuce, of which "head lettuce" is still the most popular. It not only includes the old salad cliché, iceberg, but also the more subtle Boston and Bibb (John Bibb was an amateur gardener who developed the strain.)

Leaf lettuce is the second category, which includes salad bowl and red leaf. Romaine and Cos occupy the third grouping and draw their names from the Old French word for Rome and the Greek island of Kos.

With salads now a daily dining ritual for millions, it's strange to realize the lettuce did not become a commercial crop until the 20th century when demand made it profitable to grow. We have certainly made up for lost time — last year



Americans ate an average of 25 pounds each.

I'm beginning to feel the real reason for this powerful lust has eluded me for decades. When "average" citizens crunch down 25 pounds a year, there has to be a story behind the story. I'll bet the romantic Romans were right after all. Some serious lettuce research is in order. I'll keep you posted.

It's a shame that lettuce has been so type-cast as only a salad ingredient. It can play so many other roles...very well. Try this delicate soup.

LETTUCE SOUP

1 head lettuce, any variety, washed and torn apart
1 cup onions, thinly sliced
1 cup celery, thinly sliced
1/2 cup carrots, thinly sliced
4 tablespoons unsalted butter
2 tablespoons flour
6 cups chicken stock, fresh or canned
salt
pepper
croûtons

Melt butter in 3-quart sauce pan and gently cook onions, celery and carrots until slightly tender. Do not brown. Add flour, mix well and cook an additional 2 minutes. Add

chicken broth and bring to a boil. Reduce-heat and simmer 7 minutes.

Slice well-washed lettuce and add to soup. Cook 5 more minutes. Season with salt and pepper to taste. Serve in bowls, with crouton garnish.

Serves 6.

HINTS

The slightly sharp tang of romaine is a nice variation from the more mild varieties of lettuce.

Leeks make a nice variation from plain onions; fennel can be substituted for celery.

To make an elegant cream soup, cook as directed. Before adding lettuce, place soup in a blender. On high speed, blend until contents are pureed. Return to saucepan, straining through a fine sieve if you wish.

Add 1/2 cup instant mashed potatoes and sliced lettuce. Cook 5 minutes, stirring occasionally. Add 1 cup heavy cream. Simmer 3 minutes; do not boil. Adjust seasonings before serving.

Named after its creator, Tijuana restaurateur Caesar Cardini, this zesty salad is one of the best in the business. After years of experimenting, I found the perfect blend. Try this impressive production on guests who love garlic.

CAESAR SALAD

2 garlic cloves, peeled
1/2 cup olive oil

1 tablespoon red wine vinegar

1 teaspoon anchovy paste
1/2 teaspoon Dijon mustard
1/4 lemon, juiced
black pepper

1 egg, boiled for one minute

1/4 pound Parmesan cheese, fresh grated

1 head romaine, washed and broken into fork-sized pieces

Using a fork, vigorously rub garlic into large wooden salad bowl for 2 minutes, to free as much garlic oil as possible. Discard pulp. Pour oil into bowl slowly, working it well around sides with a fork to dissolve oil. Add anchovy paste and mix with oil.

Add vinegar and mix strongly to make a smooth emulsion. Add mustard, lemon juice and continue mixing. Grind in black pepper and stir. Add 2

tablespoons grated cheese. Add romaine to salad bowl followed by one-minute egg. Toss greens until thoroughly covered with dressing. Sprinkle more cheese on plates and top with remainder of cheese.

Serves 4.

HINTS

For the perfect Caesar Salad it is absolutely necessary to follow each step precisely, with no short cuts. This is one of the

rare recipes where accuracy is a must.

Some people prefer 4-6 drops of Worcestershire sauce added to dressing in bowl.

Two whole anchovies can be mashed in bowl when recipe calls for anchovy paste.

Americans rarely think of lettuce as a cooked vegetable, but Europeans often do. This dish makes a fine accompaniment for roast chicken, pork or veal.

BRAISED LETTUCE

1 large head iceberg lettuce
3 slices bacon
1 carrot, finely chopped
2 shallots, finely chopped
2 tablespoons unsalted butter

salt
pepper

2 cups beef stock, fresh or canned

1 tablespoon parsley, dried

1/2 bay leaf

1/2 teaspoon thyme, dried

Preheat oven to 350F. Cut lettuce head into quarters, remove damaged leaves and wash well. Remove thickest part of central core. Bring water to a boil in a large pot and add lettuce sections. Blanch for 2 minutes to wilt.

Remove and plunge into cold water for a minute. Shake out extra moisture and drain. Chop bacon into small pieces and sauté over medium heat until wilted. Drain all but 1 tablespoon of bacon fat, reserving bacon pieces. Add butter to bacon fat and melt. Add chopped carrots and shallots. Cook over medium heat until slightly soft, about 2 minutes. Do not brown.

Butter a baking dish large enough for the lettuce sections and cover bottom with sautéed carrots and shallots. Add bacon pieces and arrange lettuce segments on top. Season with salt and pepper. Add beef broth and herbs.

First cover lettuce with a layer of waxed paper or kitchen parchment, then tightly cover entire pan with aluminum foil. Pierce top twice with a dinner fork to create vent holes and place in oven. Cook 1 hour. Remove bay leaf and serve with melted butter. Serves 4. ■

Adams Mill

By Sondra Astor Stave

Adams Mill Restaurant is in a carefully redone paper mill purchased by Peter Adams in 1863. The restoration was done by the restaurant owners, Brad Morton and Tony Scarpace, at the time of purchase in 1982. The original brick walls were cleaned and the wooden floors were taken up, turned over and laid on the diagonal. With the addition of an assortment of hanging plants, the surroundings provide a pleasant environment to complement the impressive work being done in the kitchen.

Adams Mill portions compete favorably with any restaurant we have visited recently. Despite our bringing our largest appetites, prudence dictated that some of our main dishes be bagged for deferred pleasure.

The excess of riches begins with the menu itself: There are three pages of appetizers and five of main dishes in addition to daily specials. Since most sound inviting, deciding becomes almost a chore. The best of our opening selections was the fried zucchini. It arrived in a substantial but greaseless batter, and the vegetable inside was moist and succulent. A

sour-cream dipping sauce was a pleasant accompaniment. The portion was easily large enough for two to share.

Three kinds of potato skins were offered. The bacon and cheese variety tasted as if they would have been excellent if they had been served hotter. The sour cream dip here seemed unnecessary.

Onion soup in a crock came with a blanket of cheese that was more quiltlike in its thickness. Broth, onions and cheese, while not the best ever tried, all tasted as they should.

Grilled mussels came in a copious portion with a sinful amount of garlic-scented melted butter. This dish would have been better had it been cooked for a shorter time. The smaller shellfish arrived just a trifle dried out. On our next visit, we look forward to trying the teriyaki beef strips.

A choice of three salads precede all dinners. Caesar salad was pleasant, as was the garden salad, which had touches of meat under our choice of a well-seasoned blue cheese dressing. But easily, the star of the salad sweepstakes was the spinach, with its fresh and tender greens and abundance of real bacon. The slightly sweet

onion poppyseed dressing was a lush addition.

A generous portion of seafood marinara arrived on an equally generous amount of linguine. At first, we were unsure about the sauce as it was covered by melted cheese. The seafood mix included shrimp, scallops and finny cousins, all well cooked and seasoned.

A chicken breast Antavio must have been removed from an impressive-sized fowl. It was filled with spinach, sausage and nuts and then napped with a mushroomed wine sauce. The accompanying rice pilau included welcome bits of onions and peppers.

A combination of filet mignon and scallops allowed one to try two preparations on one plate and both shone. The tender but meaty tasting steak was cooked rare as requested and the scallops were enhanced by a scallion butter sauce and crumb topping.

Dozens of other main dishes, the offerings heaviest in seafood, include steak and veal Oscar. I was delighted to be told, when I inquired whether the asparagus for these were fresh or canned, that no canned food was ever used. The waiter

seemed almost hurt that I would even suggest such a possibility. Despite the appealing choices, only intense curiosity and my sense of responsibility to my readers made consideration of dessert seem appropriate. A chocolate fudge cake was satisfying if not memorable. Apple crisp had a nice balance of apples to brown sugar crumb topping. Good vanilla ice cream accompanied.

Adams Mill is open daily serving lunch, dinner and Sunday brunch. Appetizers range from \$2 to \$5; main dishes cluster at \$10 to \$13, resulting in a three-course dinner for two costing about \$45 before tax and tip. The bonus is what you bring home, which in our case, provided a delicious light supper the next night. Judging by the crowded dining room on a recent Thursday evening, our appreciation of Adams Mill is shared by many others. ■



A table is set for diners at Adams Mill Restaurant.

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By Susan Vou
Herald Report

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