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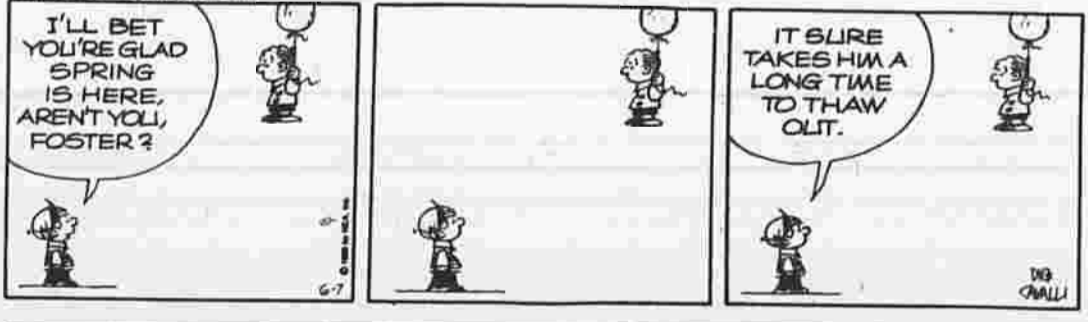
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Puzzles

ACROSS 3 Bore 4 Swedish clover 5 Rub 6 Shoshone Indian 9 Force (Lat) 12 Make muddy 13 Sloped 14 Turkish title 15 Rowing tools 16 Queso 17 Turtledove 18 Man's nickname 19 European apple 20 Kind of rock 21 They exist 22 Layer of eye (cont.) 23 Hawaiian timber tree 24 Fuel 25 Experience 26 Celebration 27 Conspire 28 Ask for alms 29 Energy 30 Supplement 31 Ledge 32 Tree 33 Air (comb. form) 34 Coastal area of Ethiopia 35 Cover with turf 36 New Zealand parrot 37 Pinch 38 Prus 39 Chart 40 Cannonball (sl.) 41 Metal 42 Birthdays figure 43 Chamber 44 Twist to one side 45 Joint 46 Parcel out 47 DOWN 1 Tallless amphibian 2 Peraining to dawn

ANSWER TO PREVIOUS PUZZLE
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I S E W B R A E M L I E
S W I M A I A
L I E M R A S P S
U S H E R R E S T
R E E R A R A W R Y
N E S R I G A R O E
U N I O N A G I S
D A N A W O L P I A H
O P T S R O D S L V I
A P E S A N T E E R
T Y R E P A N E T S

Astrograph

Your financial prospects look extremely encouraging in the year ahead, so don't be dismayed by early downward trends. They will be followed by an upward...

CANCER (June 21-July 22) Interference from an outsider could cause you to doubt an arrangement you've worked out with another. Stand by your agreement...

LEO (July 23-Aug. 22) Do not talk freely today about a confidential matter to a friend who has difficulty keeping secrets...

Bridge

A double scores on two errors by James Jacoby. Even if you believe fervently in signaling length in a suit, you should not get carried away...

Contest leaves Ragú officials red

OWENSBORO, Ky. - The odds of winning \$1,000 in a contest sponsored by Ragú Foods Inc. were supposed to be 1-in-385,000, but a misprint made the odds 1-in-1, and Ragú officials turned redder than their spaghetti sauce.

'Red' vodka get new hearing

CONCORD, N.H. - New Hampshire liquor commissioners said Friday they will reconsider their 1983 decision to boycott a Russian vodka to protest the Soviet attack on a commercial airliner.

Polluters may be charged by item

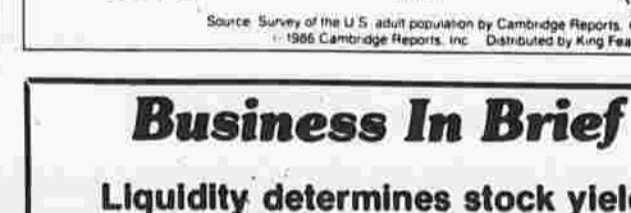
PROVIDENCE, R.I. - Rhode Island researchers have developed a computer model that will help government officials charge polluters for land they manage and every animal they kill.

BUSINESS

CAMBRIDGE REPORTS Public Opinion Highlights

Auto Fuel Economy Standards

Some people say that since gasoline supplies are now plentiful, fuel economy standards for automobiles should be lowered. Do you think the fuel economy standards should be lowered, or not?



Business In Brief

Liquidity determines stock yields

ROCHESTER, N.Y. - A new study has found that the liquidity of stocks - the ease with which they can be bought or sold - is a major determinant of the returns they yield.

Shift saves bank from lower rate

HARTFORD - First Connecticut Bancorp Inc.'s credit-card operations were transferred to its parent company's Rhode Island bank on Friday, exempting the cards from Connecticut's new lower interest-rate ceiling.

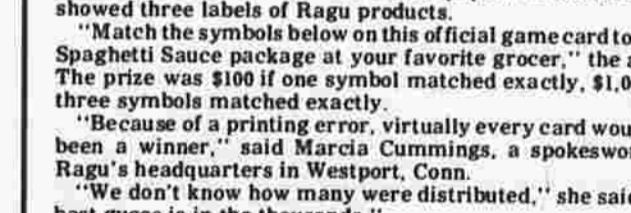
Soybeans higher, grains mixed

CHICAGO - Soybean futures prices were higher while the grains were mixed Friday on the Chicago Board of Trade.

Crude price falling again

Oil prices dropped below the \$12-a-barrel mark on the New York Mercantile Exchange Friday for the first time in six weeks.

Unemployment Rate



WASHINGTON - The nation's unemployment rate jumped back up to 7.3 percent last month, the government said Friday, with 45,000 more layoffs in the auto and all industries offsetting new low-paying fast food jobs.

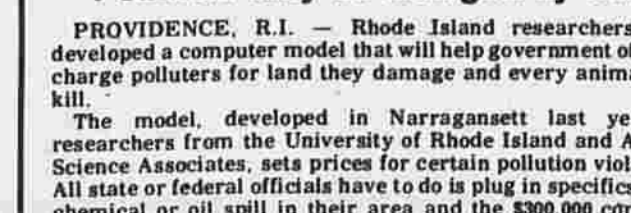
Erratic stock market hits new high

NEW YORK - Stock prices bounced around erratically Friday as the market absorbed the news of a rise in the unemployment rate.

Oil, auto layoffs spur rise to 7.3%

WASHINGTON - The nation's unemployment rate jumped back up to 7.3 percent last month, the government said Friday, with 45,000 more layoffs in the auto and all industries offsetting new low-paying fast food jobs.

Unemployment Rate Breakdown



While it's nice to have those jobs, Chimerine said, "most of them are minimum-wage and many are part-time. One of the things that is keeping the economy sluggish and income growth weak is that more and more people are being shifted from manufacturing into these low-paying jobs."

Oil, auto layoffs spur rise to 7.3%

WASHINGTON - The nation's unemployment rate jumped back up to 7.3 percent last month, the government said Friday, with 45,000 more layoffs in the auto and all industries offsetting new low-paying fast food jobs.

The number of jobless rose by 210,000 in May to nearly 8.6 million with all of the increase occurring among adult men, raising unemployment among them to 6.4 percent, the Bureau of Labor Statistics said.

With overall civilian joblessness rising 0.2 of a percentage point from April's rate, economists said the May figures were an indication of continuing sluggishness in the American economy.

Largely because lower mortgage rates triggered a housing boom and 106,000 new construction jobs - adjusted for seasonal variations - unemployment had decreased slightly in March and April from February's rate of 7.3 percent.

But construction hiring leveled off with just 21,900 new jobs last month as the market for office space, new hotels and commercial building showed signs of beginning to dwindle.

"The office boom is coming to an end. Stores and other commercial construction like hotels are overbuilt," said Lawrence Chimerine, president of Chase Econometrics, an economic forecasting firm based at Bala Cynwyd, Pa. "While interest rates are helping housing starts, the rest of the construction market just isn't there."

Chimerine said the May employment figures are weaker than most economists had expected. "It's just not tolerable for unemployment to continue at 7 percent or higher," he said. "But this economy is not very robust. Under the circumstances, we've been lucky that unemployment has not gone any higher."

The Reagan administration, which had predicted that civilian unemployment for all of 1986 would average 6.7 percent, focused its reaction on the report's disclosure that 200,000 new service jobs were created last month. "We expect to see continued employment gains in the 200,000-300,000 range over the entire second half of this year," said White House spokesman Larry Speakes.

"At the same time, we do not expect to see a repeat of the 622,000 workers added to the labor force; work force increases should drop to a more normal level of about 150,000."

Of the 200,000 new jobs, 30,000 of them were in the finance, insurance and real estate fields, reflecting the strong housing market. An additional 45,000 were in retail trade, 30,000 of them in restaurants and bars.

While it's nice to have those jobs, Chimerine said, "most of them are minimum-wage and many are part-time. One of the things that is keeping the economy sluggish and income growth weak is that more and more people are being shifted from manufacturing into these low-paying jobs."

Meanwhile, a loss of 30,000 oil and gas jobs numbers to more than 100,000 the number of people laid off in that industry since world oil prices began plummeting earlier this year.

Hardest hit by the energy and manufacturing job losses were Michigan and Texas, whose respective unemployment rates climbed from 8.2 percent to 9.8 percent and 8.5 percent to 9.6 percent in May.

However, large industrial states such as Massachusetts, Pennsylvania and New Jersey also showed unemployment increases of more than one-half a percentage point for the month.

Great Western Financial climbed 2 1/4 to 41; Imperial Corp. of America 1/4 to 19 1/4; H.F. Ammons 1 to 65, and Green Tree Acceptance 2 1/4 to 57 1/4.

But securities-industry stocks declined broadly on projections that earnings for the current quarter would be depressed by reduced stock trading volume and the bond market's recent slump.

Morgan Stanley fell 1 1/4 to 73 1/4; PaineWebber 3/4 to 37 1/4; Merrill Lynch 1 1/4 to 35 1/4; First Boston 1/4 to 54, and Salomon 1/4 to 51. Getty Petroleum, a regional distributor and retailer of gaso-

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World Cup may go on without English squad

By United Press International
MEXICO CITY — England, reduced to 10 players just before halftime, played a scoreless draw with Morocco Friday, and saw its chances of advancing to the second round of the World Cup diminish greatly.

The English, who won the championship in 1966, suffered a double blow seven minutes after the half when skipper Bryan Robson injured his shoulder and had to leave the field, and midfielder Ray Wilkins was expelled from the game for throwing a dissenting protest.

pressure was on the English to get two points against Morocco. Things started to go wrong when Robson was brought down inside the box in a challenge for the ball. He landed on his shoulder, which has troubled him for the past 18 months and nearly kept him out of the team, and was in obvious trouble when led off the field by the English medical staff.

Wilkins, who a minute earlier had been cautioned by Paraguayan referee Gabriel Gonzalez for a heavy tackle on a Moroccan, was given his marching orders for throwing the ball at the official after another stoppage. He had exchanged angry words with Gonzalez while Robson lay on the field awaiting attention.

Group F in Monterrey has produced only one goal in three games. Portugal is ranked first with two points from one match, and Morocco has two from two outings. Poland has one point from one game and England has one from two starts.

Now, where did that go
Jason Dion of Modern Janitorial follows through after swinging at a pitch in Thursday's American Farm Little League game against the Firefighters

Sports In Brief

Rec has summer basketball openings

There are currently two openings for teams in the Manchester Rec Department's men's summer basketball league. Teams, on a first-come, first-served basis, should contact Carl Silver at the Rec Department at 647-3088. Team entry fee is \$40 and minimum age for players is 15.

Cunningham completes year at W&M

WILLIAMSBURG, Va. — Pam Cunningham, of Manchester, a graduate of East Catholic High School, recently completed her second season as a member of the William and Mary women's golf team.

GHO to run June 22-28 in 1987

HARTFORD — The Canon Sammy Davis Jr. Greater Hartford Golf Open will be held June 22-28, 1987 at the Tournament Players Club of Connecticut in Cromwell. It was announced by '87 tournament chairman Robert Palmer.

East offering Hilltop Sports Clinic

Once again, East Catholic High will serve as host for the Hilltop Sports Clinic, which will offer instruction in basketball, football and soccer in the months of July and August.

Sabres to keep Scotty Bowman

BUFFALO, N.Y. — After an extensive study of the Buffalo Sabres hockey department, owners of the last-place club Friday said they will keep Scotty Bowman as director of hockey operations, general manager and head coach.

Reds' co-owners want Schott out

CINCINNATI — Several co-owners of the Cincinnati Reds want to oust majority owner Marge Schott, the Cincinnati Post reported Friday.

Bruins trade Pederson to Canucks

BOSTON — The Boston Bruins traded the free-agent rights to center Barry Pederson in exchange for Vancouver right winger Cam Neely and Vancouver's first-round selection in the 1986 or 1987 draft, the Bruins announced Friday.

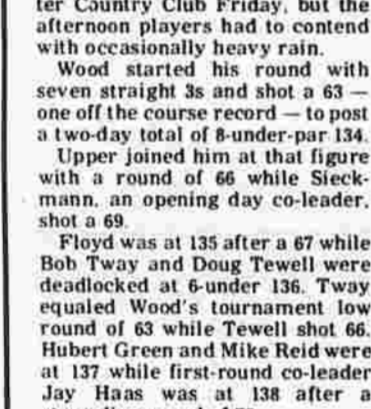
Three in lead at Westchester Classic

By Mike Robson
United Press International

HARRISON, N.Y. — Willie Wood, Brett Upper and Tom Sieckmann, all looking for their first tour title, shared the 36-hole lead at the rain-soaked Westchester Classic Friday.

Ray Floyd, a 24-year veteran, was one shot behind the leaders after calling a penalty stroke on himself because his ball moved a fraction of an inch as he prepared to putt at the third hole.

Tom Sieckmann finds himself freed on the par-5 ninth hole during second round action Friday at the Westchester Classic.



UPI photo

Inkster plays it cool on hot, humid day

By Joe Clafini
United Press International

MALVERN, Pa. — Juli Inkster, overcoming the afternoon heat and humidity, fired a five-under-par 67 Friday to set a tournament record with a two-round total of 9-under 135 and take a four-stroke lead in a \$450,000 LPGA tournament.

St. Louis Cardinals: from the top to bottom

By Warren Hayes
United Press International

ST. LOUIS — The team with the best record in baseball last year has become more acquainted with last place this season.

The St. Louis Cardinals won the National League's East Division with a 101-61 record last year and took the NL playoff in six games. This year, things have changed.

Inkster, whose 4-under 68 was good for a two-stroke lead after the first round, held a four-stroke lead over Mary Beth Garman, who overcame a double bogey on No. 1 to shoot a 3-under 69 for a two-round total of 5-under 132.

Inkster at 142. Geddes shot a 70. Benz a 71 and Alcott a 72 on Friday. Tour rookie Ok-Hee Ku and 12-year veteran Bonnie Lauer were eight shots off the pace at 143. Ku shot a round of two-under 70 to go with her one-over 73 Thursday.

"I was trying to go out and shoot under par," she said. "I bogeyed the 10th and I was upset. On the 11th, I hit into the trees, but made a good par with a good putt. I made a good par on 12 with a 20-foot putt, and that got me going. After that, I got my rhythm."

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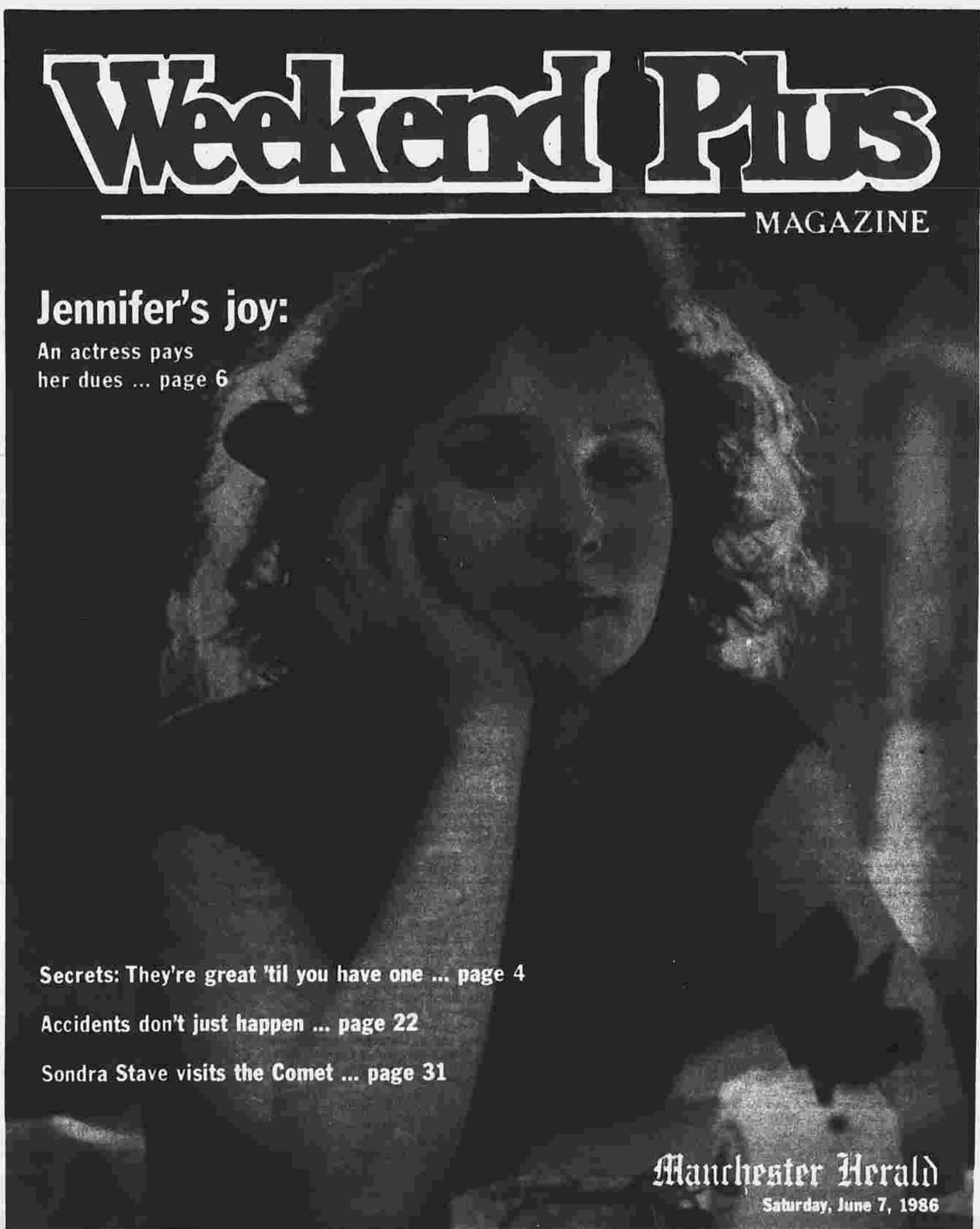
An actress pays
her dues ... page 6

Secrets: They're great 'til you have one ... page 4

Accidents don't just happen ... page 22

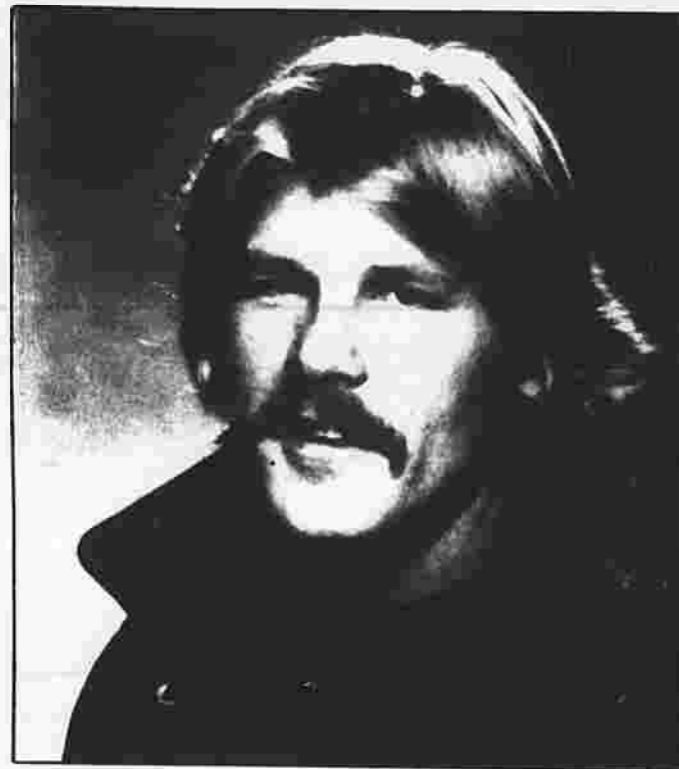
Sondra Stave visits the Comet ... page 31

Manchester Herald
Saturday, June 7, 1986



The story behind the story

By Josie



Nick Nolte

Q. I've admired Nick Nolte's work for years, but I've never read anything about him. Please help. Betty Ann Jones, Northfield, N.J.

A. He's 45, from Omaha, the son of a housewife-turned-antique-dealer and a semipro football player-turned-traveling-salesman. Because of his father's job, the family moved every couple of years. The only constant he had in the succession of unfamiliar schools was sports, specifically football.

Football got him through a number of colleges as well and he was heading for the NFL when he began to realize that he didn't really have the skills to make it (or the discipline — he was kicked off a couple of squads and had a drinking problem as early as high school) and dropped out of college.

A friend steered him toward acting instead, and he was soon deep into repertory theater and stock. He wound up in Los Angeles with a part in a William Inge play called "The Last Pad," which got a lot of publicity when the author committed suicide two days before the opening.

Offers for film and TV followed; the one he took, for the miniseries "Rich Man, Poor Man," made him a TV star. He then headed straight into movies: "The Deep," "Who'll Stop the Rain," "North Dallas Forty," "Heart Beat," "Cannery Row," "48 HRS.," "Under Fire," "Teachers," "The Ultimate Solution of Grace Quigley" and "Down and Out in Beverly Hills." Next up is "Extreme Prejudice," a drama about the Texas Rangers, to be followed by the drama "Weeds."

He's been married three times, to actress Sheila Page, dancer Sharyn Haddad and currently, to Becky Linger. They're expecting their first child this summer.

Q. Did David Birney ever live in Cincinnati under the name of David Kaufman? Oma H. Bynum, South Bend, Ind.
A. No, he grew up in Cleveland as David Birney.



Justine Bateman

Q. Could you please tell me where Justine Bateman grew up and what she's doing now. W.M., Orland Park, Ill.; S.K., Fresno, Calif.

A. She grew up in Woodland Hills, Calif., which technically makes her a Valley Girl, the group designated by her friend Moon Zappa, although she vigorously denies it (and, in fact, recently bought a house in the Hollywood Hills to underscore that denial). Besides "Family Ties," she's up for a couple of movie roles right now and may do some more producing — she tried that role out by producing a play last year.

Q. Is Erin Moran, the actress who played Tabitha on the series "Bewitched," the same Erin who plays the stepmother on "Silver Spoons"? Claire Weinman, Atlantic City, N.J.

A. No, that actress was Erin Murphy. Erin Moran was on "Happy Days" and the actress on "Silver Spoons" is Erin Gray.

Q. Could you settle a question — is Lew Ayers Robert Wagner's father? Mrs. C. Parente, Union City, N.J.

A. No, Wagner's father was a steel company executive.

Q. Please tell me who had the leads in the movie version of "Brigadoon." I say Gene Kelly and Cyd Charisse, but my friends disagree. M. McAndrew, Scranton, Pa.

A. You're right; the three leads were Kelly, Charisse and Van Johnson.

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.



Fred Dryer

Q. Please tell me about Fred Dryer of NBC's "Hunter." Mary R. Staudi, Manchester, Conn.; Sherry Rosinsky, Green Bay, Wis.

A. He's 40, 6'6", from Hawthorne, Calif., a former football defensive end who spent 13 seasons in the NFL with the New York Giants, the New England Patriots and last, the Los Angeles Rams, from which he was unceremoniously (and, as he claimed in a lawsuit, unjustly) dropped in 1981.

While in the game, though, he had something of a hippie reputation. He lived for a time in his Volkswagen van, wore his hair shoulder-length and drank wheat-germ-and-celery cocktails way before it was fashionable. He was also widely known as a joker — he used to dress up like a reporter, attend NFL press conferences and ask embarrassing questions.

He also became interested in acting while still in football and in 1980 began acting professionally in such projects as "The Kid from Nowhere," "Starmaker," "Girls Life" and "Cannonball Run II." He tested for, and obviously didn't get, Ted Danson's role in the series "Cheers." He did, of course, get "Hunter," and now he's branching out to feature films.

His new project, which started shooting last month in Israel, is an action movie called "Death Before Dishonor," in which he plays a marine who destroys a Middle East terrorist base singlehandedly.

On a calmer note, he's married to former Playboy Playmate Tracy Vaccaro and they have a daughter, Caitlin.

Weekend Plus Magazine

Saturday, June 7, 1986



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- 2 **Between the Lines:** The story behind the story.
- 4 **Outlook:** Secrets are great until someone sticks you with one.
- 5 **Profiles:** MCC's Robert Manning. One more time.
- 6 **Cover Story:** Manchester's Jennifer Joy used to sing her brother to sleep. Now she sings for a living.
- 9 **Insights into Childhood:** Going to the doctor needn't be a frightening experience.
- 10 **Sexuality:** In this week's Kinsey Report, a woman who had a tubal ligation wants to reverse the procedure.
- 11 **Sexuality:** Dr. Kuriansky compares sex with exercise.
- 12 **At the Movies:** The message of "Cobra" ... King of the character actors ... Film capsules.
- 13 **Weekend Television:** An eight-page pullout section.
- 21 **Music:** Charity fests are hot ... Tossing celebrity to the wind ... Turntable tips.
- 22 **Behavior:** Accident-prone people are not just "unlucky."
- 24 **Celebrity:** Arnold Schwarzenegger has gone from hunk to actor.
- 27 **Health:** Here are some amazing fat and thin facts for the weight-conscious.
- 28 **On the Road:** Engine rebuilding isn't for everyone.
- 29 **The Curious Shopper:** Pistachio ice cream isn't naturally green.
- 30 **Dining In:** You can give your family a month's worth of great salads.
- 31 **Dining Out:** Hartford's Comet is visited by Sondra Stave.

Correction

A computer mix-up caused a portion of Robert Manning's Profile to be in error in the May 31 edition of Weekend Plus

Magazine. The correct profile appears on page 5 of this week's edition.

Weekend Plus Magazine: A weekly supplement to the Manchester Herald, published Saturdays by the Manchester Publishing Co., 16 Brainard Place, Manchester, Conn. 06040.

Richard W. Cosgrove, Publisher
Adele Angle, Weekend Plus Editor
Lee Enderlin, Advertising Sales, 646-0654

Editorial services by King Features Syndicate, 235 E. 45th St., New York, N.Y. 10017.

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 Gary Tucker/Manchester Herald

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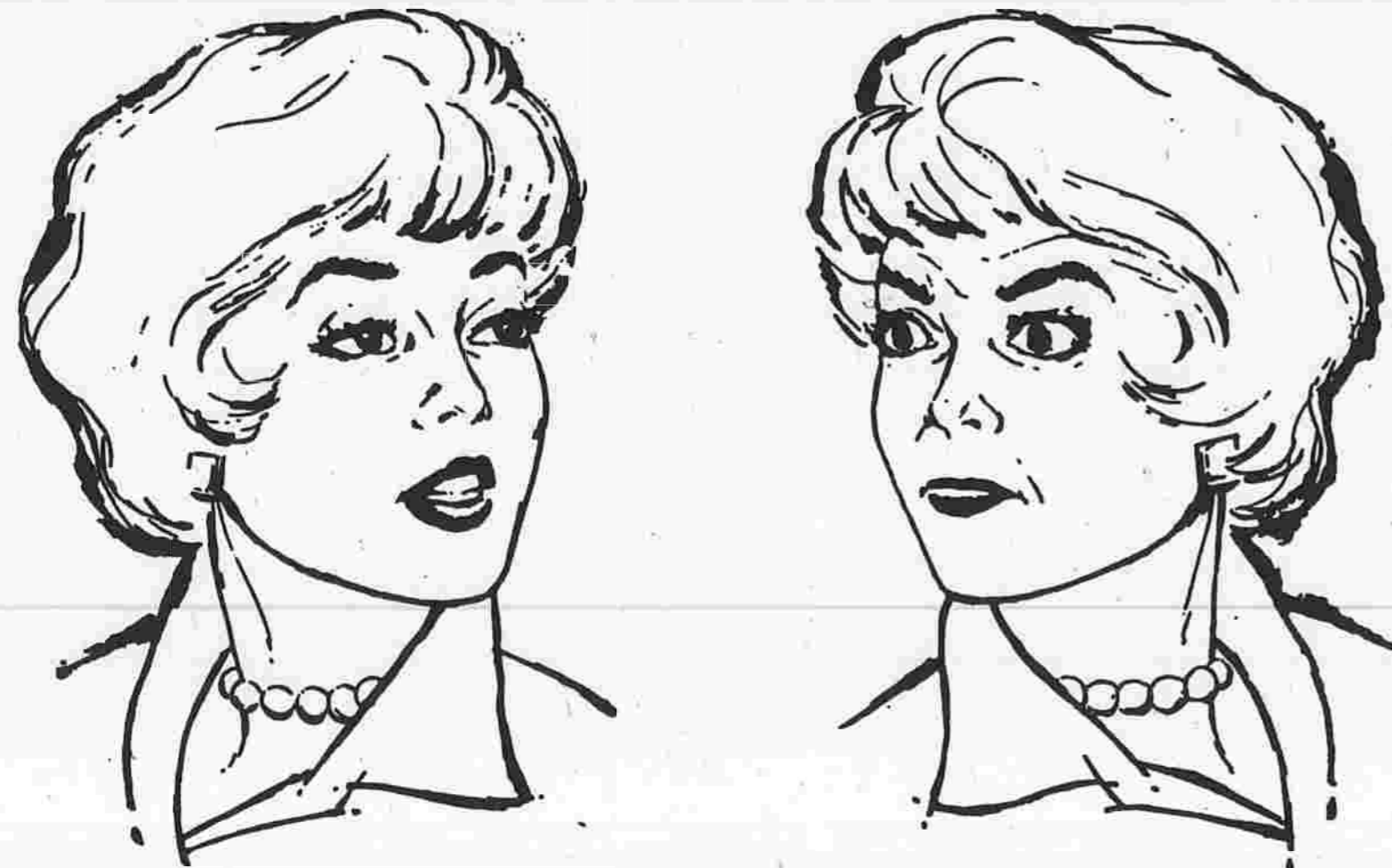
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Secrets / The problem is trying to remember what to do once you possess one

By Sarah Overstreet

A wise person once said, "No one tells a secret to only one person." I guess that makes secret-keeping rather a futile issue, doesn't it? Whoever tells you a secret — and swears that you are the only one she is telling and that if you tell it she will know it — will probably tell it to five other people before 48 hours have passed.

So, if someone who is not

supposed to know the secret turns up knowing it, you have a one-in-five chance of standing accused of the crime. And if the secret-teller is the kind who would rather punish all suspects than let the guilty party go free, your innocence will be merely something to console yourself with while you're getting over your hurt feelings. All of this is just to say that even listening to secrets is a pretty risky business, while telling them is downright dangerous. After several major

bruises and scrapes, I've finally begun to understand the wisdom of the maxim, "What you don't want told, don't tell." I learned it first at the tender age of 8, when I told my best friend, and only my best friend, what I'd be wearing in the Halloween costume parade the following day. When no one in the class had guessed my identity, and I was so close to the giant all-day-sucker prize for best costume that I could taste it, my soon-to-be-former best friend shouted out my name.

I continued to re-learn the treacherous lesson throughout grade school, junior high and college. I'd just about have it learned, when I'd fall once again for an innocent gaze and the phrase, "Why, I'd never tell anybody!" from a friend or lover. Pretty soon I'd be blurting out the one thing that could send me into analysis if people were to find out.

Invariably, people found out, and I entered analysis. It was a sure thing, and perhaps one could say that, in this age of uncertainty, it is nice to at least be able to count on one

immutable law. But nevertheless, I began to keep things to myself.

I have a wonderful friend whose one teeny-tiny little fault happens to be forgetting that people tell her not to tell things they tell her not to tell. As much as I hated to, I had to revoke her secret privileges 13 years ago for forgetting I told her not to tell anyone about one of my love affairs, and in front of a group of people ravenous for the morsel.

Now, don't get me wrong; I love to hear secrets as much as anyone I know. I love them from the first sweaty anticipation of the possibility of knowing them, through the rapture of actually hearing them, to the I-know-something-you-don't-know, self-satisfied gloat that follows.

And seriously, most of us grow out of the ego need to tell anything that carries enough weight to make someone exact promises from us not to tell.

But this doesn't make secret-telling any safer. The real problem is not in the telling, or even the hearing: The real

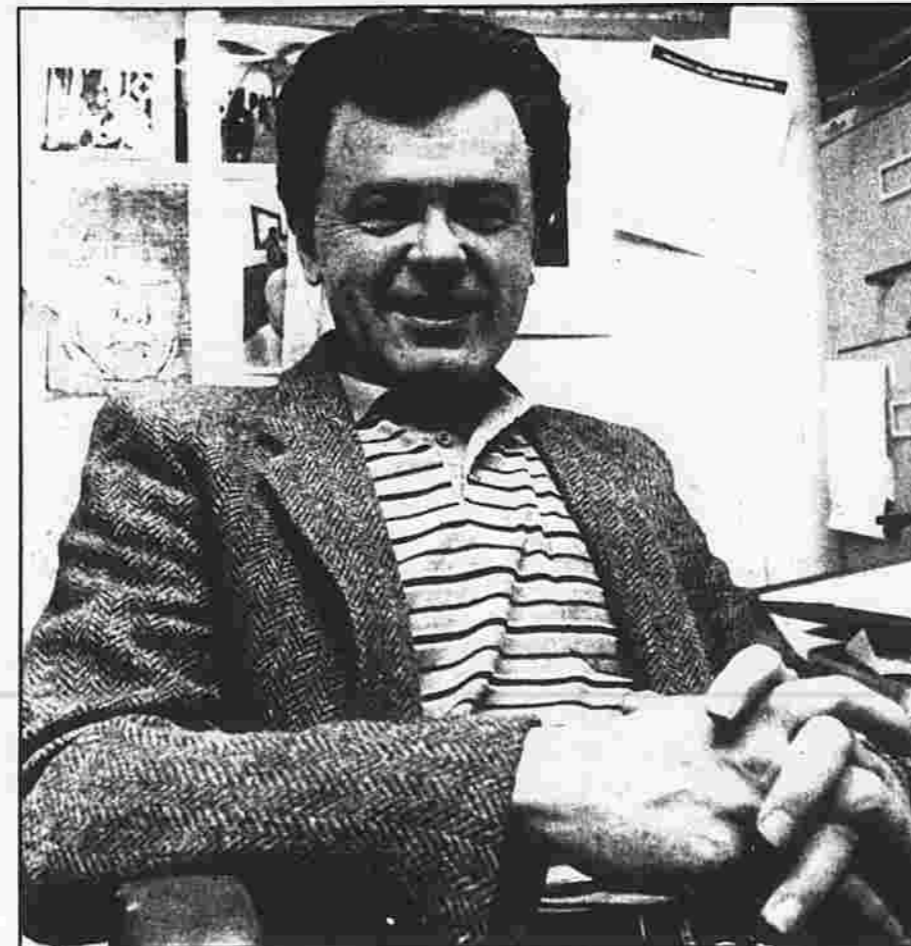
problem is in the remembering what to do — or not to do — with secrets after one has heard them.

Secrets are like items one puts somewhere and then must remember later where that somewhere is. The brain is the root of all this secret trouble. When someone is telling us a secret and we're looking into his or her soul through his or her dead-level gaze, we think we'll never forget how we're supposed to treat this information. And after a few weeks or even months have gone by, the brain will still be capable of instant recall of every lurid detail, word-for-word, in technicolor.

The brain, however, will have misfiled the peripheral details, especially the key phrase, "Don't tell this to anyone, but..." The brain will not remember if this information is the kind one is not supposed to tell anyone under any circumstance, or was it passed on with qualifiers? ■

Robert Manning

Age 52
Occupation artist, Manchester Community College fine arts professor
Marital status single
Favorite food my own spinach lasagna
Favorite sport tennis
Roots for Celtics, Red Sox
Idea of a good vacation making paintings of stone walls on Aran Island, off Ireland's west coast
What you do to relax read
Type of music preferred classical
Favorite actor, actress Bela Lugosi
Favorite book "The Source," by James Michener
Favorite quote "I can resist anything but temptation," Oscar Wilde
Favorite store in Manchester Exposure, Center Street
Pet peeve giving make-up exams
Pets dog, cat, 2 birds, 10 chickens, a beehive
Favorite spot in Manchester Manchester Racquet Club
Car 1980 Chevette
Favorite color white
Last book read "Aztec," by Gary Jennings
Favorite TV show Masterpiece Theater
Best thing about Manchester It's close to my South Windsor home.
Worst thing about Manchester It's 2½ hours from New York City.




Reginald Pinto/Manchester Herald

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Manchester's Jennifer Joy contemplates an acting and singing career. Here she's pictured in her bedroom in her parents' Manchester home.

Story by Nancy Pappas

Photos by Gary Tucker

Jennifer's joy

A young actress pays her dues

When Jennifer Joy was small, she often sang herself to sleep. Her big brother Jeffrey, who shared the bedroom with her, did not appreciate it.

"A bad review, and at such a tender age!" recalled Joy, with a smile. "Actually, I guess I drove him crazy. I mean, there he was, trying to get to sleep, and I just wouldn't keep quiet."

This spring, as a director in Illinois handed Joy \$160, her first paycheck for a full week's work on the professional stage, the 22-year-old actress from Manchester thought back on that long-ago time.

Fortunately, her brother's bad reviews did not deter her. She continued to sing, dance and act. "I was Miss Irrepressible," she said.

There were talent shows and church solos, dance recitals and school chorus performances, beauty pageants — she's been Miss Greater Vernon twice — roles in dramas and musicals. Most critics were far kinder than her brother Jeffrey, who is now in the Navy, and a big fan of his sister's.

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Over the past decade, reviewers have described Joy as "an enormously gifted performer" and "multi-talented," and her voice as one of "startling clarity."

For 10 years, hers was a face — and a voice — familiar to Manchester audiences. She moved from the innocence of 12-year-old Rebecca in "Our Town" at Manchester Community College to worldly-wise Guinevere in the Manchester High School production of "Camelot" to the overtly sexual and highly sophisticated Carla in The Producing Guild's "9." In between came starring roles in local productions of "The Fantastiks," "Carousel," "Carnival," "Cole," "Music Man," "Fiddler on the Roof" and more.

Joy attended Bennet Junior High, MHS and then the

secretarial science program at MCC. She did just enough work to get by. Her policy, she said, was to pick up as much information as possible during classes, then strictly curtail the amount of time spent on homework.

After-school hours were spent in dance lessons with Betty Jane Turner and vocal coaching with Peter Harvey, working on lines for her shows or attending auditions. When she graduated from MCC, she went to work in a law office and continued her pursuit of theatrical roles.

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"It would have been oh-so-easy just to stay right here in Manchester, where I was comfortable," she said. "I was very lucky. I was well known around here. I rarely went to an audition where I didn't get the part that I wanted."

"For Jen, it was becoming the proverbial 'big fish in a little pond' situation," said Bob Richardson, chairman of the department of arts and communications at MCC.

Richardson worked with Joy in four shows, then became her accompanist for her solo work in churches and at senior citizens' centers in the area.

But the "big fish" was not content to remain in the little pond. So early in 1986, she stuffed her Volkswagen with clothing and makeup, dance shoes, and tapes, and headed for Rock Island, Ill., where a chorus part in "Joseph and His Amazing Technicolor Dream Coat" awaited. It was full-time work in a professional show.

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"You can't imagine the changes in my life when I made that move," said Joy, who returned to Manchester in May for a three-week visit. "I think I've always lived a pretty quiet life. You might even have called

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Joy does a dance split on her parents' porch in Manchester.

'I was Miss Irrepressible'

Continued ...

it "protected." I was kind of different, kind of low-key."

But in Rock Island, high-energy hijinks prevailed in the house operated by the theater, where 15 cast members lived, worked and partied together.

"There were parties absolutely every night and every party had a theme," said Joy. "There were Southern belle parties, and '50s parties and polyester parties, where we would all hit the thrift shops and buy up the tackiest polyester outfits we could find. When we ran out of other themes, we would just rent a couple of VCR movies and build our parties around those."

After a few weeks, Joy found she needed to get away from these after-performance events, which would continue until the wee hours of the morning. "I like parties, but this was just too much," she said.

So every few weeks, she would withdraw to a friend's apartment, where she could quietly soak in a hot tub, read a few magazines, or sip wine by candlelight.

"I think the people at the actors' house understood. They could see that I was needing a little space. Maybe I'm kind of

strange," she said.

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It was not the first time that Joy has felt herself set apart from her peers. Joy remembers walking through the halls at Manchester High School and having what she calls "misfit fits."

"I would walk down a hall of lockers, and feel like I wanted to jump right into one of them," she said. "I would really feel like I was out of touch with everything that was happening at school. Fortunately, that didn't last real long. I'd snap out of it."

Joy still corresponds with many of the friends she made in the MHS Roundtable Singers and in the school's drama club, Sock & Buskin. "But the bunch of people I hung around with, we were the school oddballs. We could just do our own things, and no one really bothered us."

Even a peer group of "oddballs" gives a support structure. And the directors in the Manchester area often knew of Joy through her father, James Joy, a respected community theater actor.

"I left all of that when I went to Illinois. I went from living some place all my life, knowing just about everyone, to knowing just about no one," Joy said.

"You can get cases of the lonelies so bad, you just don't know what to do about it."

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But being "different" has rarely been a problem for Joy, she maintained. "That's just part of being an actor. You know you're different from everybody else, from 'normal' people. I think it's that you're more sensitive to what's going on inside of people."

She also is untroubled by her rather unconventional appearance. "It used to bother me," the former beauty queen said. "I wanted a smaller behind, a bigger top. Or I'd think about having a different nose, a smaller mouth."

"There are still some days that I look in the mirror and say, 'Oh, No!' But most of the time I'm pretty happy with the equipment that's been dealt out to me."

But if the fairy godmother of actresses should happen to make an appearance, Joy said she'd ask for longer legs and more hair. "You can't imagine the work I do on this scrawny mop, and I still don't get it to do what I want."

This summer will be a busy

... Continued



Joy tap dances on the kitchen floor of her parents' home. She's practiced tap dancing here since she first began lessons.



Joy pursues a favorite pastime: reading movie books.

At MHS, she suffered from 'misfit fits'

Continued ...

one for Joy. When the run of "Joseph" was nearly through, she landed a spot in a summer-stock company in a resort on a lake in Indiana. Through the summer, she will appear as Ruby in "Dames at Sea," star as Sarah in "Guys and Dolls," do the humorous role of Pegine in "Mame" and the tiny part of Mrs. Yellowfeather in "Annie Get Your Gun."

On her second day at the theater, the Enchanted Hills Playhouse, she was named the dance captain of the company, which means that she will teach and drill the other dancers. And in her so-called "spare time" she may do a few weeks of matinees in the theater's children's shows.

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These hectic months will give her a great deal of good experience, but very little to take to the bank. In the Midwest, a summer-stock actress gets a

free apartment, and \$100 a week, said Joy. "But I'm still going to send home \$100 a month for my savings account," she vowed.

The savings will take Joy to Europe, she said, for a season of singing in small clubs or cabarets. It's a dream she shares with a friend from the Rock Island theater, one they hope to realize next spring.

But her real goal is to become a card-carrying member of Actors Equity, the union which represents professionals in the business. With that, she hopes to do a soap opera, several national show tours, and then some plays on the East Coast.

"She's got the possibility, more than almost anyone else I've ever known," said Lee Hay, a teacher at MHS. "It takes being in the right place at the right time. But if there's a chance for anyone, there's a chance for Jennifer." ■



Going to the doctor

By Fred Rogers
with Berry Head

Children do have to go to the doctor, but of course they may wonder why just as they're likely to wonder about the whys of many ways their parents try to protect them. A doctor's becoming part of a young child's life marks a significant step for everyone concerned: the sharing of care. That step is hard for some children to accept, but both parents and doctors can make it easier.

One way is to try to help a child understand that parents and doctors are a caring team. There is a trust between them. That trust can be a crucial bridge for children, one that leads from trust of parents to trust of other important adults in their lives, other adults their parents trust.

Another way is to let children know that doctors can be mothers and fathers, too. They may have children of their own for whom they care in a parental as well as professional way.

Of course not all doctors are parents, but all doctors were children once and can

understand how children feel. They were children who grew up wanting to help people stay healthy when they're well and get better when they're sick.

It can take time for children, in the clinical atmosphere of a doctor's office, to realize that the people looking after them have feelings — just as all people do.

That makes me think of a story of a little girl who didn't want to go for a check-up because, as she said, "the finger-prick lady wasn't nice to me last time." Her mother suggested that maybe the technician had been having a bad day, that maybe she had wakened feeling grumpy about something.

When the time came for the check-up — and the finger prick — that was the first thing the little girl asked when they walked into the technician's lab: "Are you feeling grumpy today?" When the technician laughingly reassured her that she was feeling fine, the girl held out her finger, ready to cooperate.

Children need truth, for it's through truth that children can learn trust. Some truths are easy

and reassuring for grownups to give: For instance, stethoscopes and otoscopes do not let doctors hear or see a person's thoughts. (That's something many children are really concerned about.)

Other truths are harder: Needles do hurt a little. But it's also a truth that the hurt they cause quickly goes away. Knowing what to expect in unfamiliar situations is helpful for all of us, particularly if some of what we have to expect is going to be hard to bear.

Invasions of personal privacy can be upsetting for children as well as grownups. There's certainly nothing "silly" about a child's reluctance to strip naked in a doctor's office. We need to acknowledge that reluctance, but it may help overcome a child's hesitancy to let that child know he or she can be a helper in the doctor's work and that "you'll be able to put all your clothes back on just as soon as the doctor's finished." ■



Children need to know that the doctor and parents are a team.

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Eighty to 90 percent of all accidents are brought about by people's unconscious conflicts.

Help for the accident prone

By Jules Archer

Amory came home to find Dorothy limping around on a bandaged leg. She told him tearfully that she had been carrying blankets in from the laundry and couldn't see Stevie's electric trains. Wonder was she hadn't cracked her skull. She'd warned Stevie at least a dozen times to put his trains away when he was finished playing with them. "If you'd just be firm with that child, Amory," she said in hurt tones, "instead of spoiling him so!" Dorothy's father, a retired psychologist who lived with them, warned her privately that she was showing signs of an accident syndrome. She was incredulous until he explained how accidents may unconsciously be invited to solve emotional problems.

"Look at the mileage you got out of yours," he said. "You haven't been exactly happy about all the time Amory has

been spending with Stevie, have you? Well, your accident won't you Amory's special attention and sympathy. It also made him mad at Stevie for causing it. That broke up any buddy session between them for tonight. And you don't have to feel guilty — because you've already punished yourself by having an accident."

Skeptical but impressed, Dorothy carefully guarded against any further accidents. Facing up to her jealousy of the close relationship between her husband and son, she was gladly welcomed when she joined some of the things they did together. "Eighty to 90 percent of all accidents do not happen 'by accident,'" reported Dr. J. Cotter Hirschberg, Colorado mental health authority. "They are brought about by people's unconscious conflicts... Mostly they are purposeful in character."

Dr. Hirschberg made a study of Colorado miners to find personality differences between those who had a high record of

accidents and those who had few or none. He discovered that the accident-prone group worried a lot about home problems and job security and felt anger toward their gang boss.

One miner was hurt seven times — each time when assigned to work in a shaft where his father had been killed. Another miner had an accident every time his wife had threatened to leave him.

Psychiatrists describe the accident-prone adult as likely to be aggressive, impulsive, touchy, resentful of authority, excitement-loving and bored with responsibility. As a child he often suffered from over-strict demands by parents and has learned to substitute excuse for performance.

Accident-proneness may also be a temporary affliction. "There are times when all of us are in a state of increased susceptibility to having an accident," explains Dr. Sanford G. Rogg of Dupont's Medical Division, "without this

necessarily being a life-long pattern of behavior." Our resistance is lowest when we're emotionally upset by guilt, worry, anger or depression.

The importance of understanding accident-proneness, and what we can do about it, would be hard to overestimate. Last year more than four million Americans hurt themselves in home accidents, and almost two million more were injured on the job.

The unlucky ones among us seldom suspect that they may be the secret authors of their own misfortune. One New York doctor tried to explain to an accident-prone woman patient that her wounds were self-inflicted as part of an undeclared cold war against herself. "Ridiculous!" she scoffed. Flouncing indignantly out of his office, she slid into her car and slammed the door shut on her foot.

Commenting on cases of this kind, Dr. George O. Baehr, clinical psychologist of the

Industrial Relations Center, University of Chicago, declares, "There is sound scientific evidence for the existence of the accident-prone syndrome."

There was no medical recognition of this syndrome until 1926, when a German doctor named Marbe proved statistically that the more accidents a person has had, the more he is likely to have in the future. During World War II a study of Air Force pilots found that where a flier had two closely-spaced accidents, he would continue to have many more.

A recent study of 38,000 accidents was completed by Dr. M.S. Schulzinger, injury specialist, who found that between 80 and 90 percent had been caused by the accident syndrome.

He also reported several curious findings. Over half of the repeaters had their accidents at the same time of day. Some

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Our own conflicts can cause mishaps

Continued...

had them on the same day of the week or month — usually a day of special significance to the injured. Others kept hurting themselves only in the same part of the body.

"Most accidents were observed to conform to a pattern," Dr. Schulzinger concluded, "and are thus frequently predictable."

Accidents are unconsciously sought for the indirect, hidden satisfactions they bring. Some of these goals are: escape from a hard-to-handle situation; a vacation from responsibilities, self-pity to ease feelings of inadequacy; martyrdom to make others feel sorry. Often a person has an accident when he feels particularly angry or disgusted at himself.

"The power and tenacity of self-hate is astounding," observed the late Dr. Karen Horney, "even for the analyst who is familiar with the way it operates."

Self-sabotage becomes more difficult the moment you compel this drive to operate openly. One housewife who began to suspect herself of the accident habit faced her mirror each morning and asked herself aloud, "Now, what happy little accident shall we enjoy today? Slipped knife? Ladder fall? Stove burn? Hurry up so we can phone Sis and tell her all about it."

Victims of persistent accidents prefer to blame bad luck or an unkind fate, collecting sympathy while their self-injury mechanism goes undetected. Try conceding that perhaps you may be setting your own booby-traps, and keep a sharp lookout for them.

"Patients who have the danger pointed out to them," observed the late Dr. Flanders Dunbar, specialist in psychosomatic medicine, "do not succumb to it."

Dr. Dunbar's studies of the accident-prone revealed intense resentment of authority, a carry-over of hostile feelings as a child toward stern parents. When frustrated, these individuals react with silent rage, becoming rigid with tension. Like a spring coiled too tightly, this tension may explode in a burst of impulsivity.

When you're overtired, don't make yourself pay a dangerous price for the right to rest without feeling guilty. If you stagger on with reckless inefficiency, you may welcome an accident to release you from the bonds of conscience. A coffee break or 20 minutes with a magazine is a wiser solution.

William James, the American psychologist, observing that emotions cause muscular tension and ignite impulsive action, suggested that you can reverse

undirected activity ending in an accident.

Accidents frequently follow impulsive decisions and angry movements. Dr. Thomas N. Jenkins, director of psychological services of the Analysis Corporation, warns that the person who hurts himself repeatedly is one who won't heed or realize the need to act prudently. When you're accident-prone, you need to count to 100, not just to 10.

If you're feeling emotionally upset, write down your feelings or talk them out with your spouse or a close friend. When you release steam that way, it can't build up dangerous muscular tension and drive you toward an accident.

Reject any impulse or decision that involves risk. To cool down quicker, ask yourself, "Am I so worked up over this because it reminds me of the way my parents used to boss me around?" And: "How important will this seem to me in another eight weeks?"

Sometimes a woman may hurt herself as a way of punishing someone close to her. If a wife feels neglected or rejected, she may be unconsciously tempted to have a small accident. One bride of five months fell down the cellar steps carrying a basket of wash. "I just wanted to scare Joe," she admitted to her doctor, "and see if he really cared about me."

Watch out for the risks of inattention to chores when you feel worried or upset. One housewife discovered that when she was mad at herself about anything, she often let her attention shift from tricky tasks like slicing a roast, or testing bath water until it ran hot, so that she frequently cut or scalded herself.

When you're overtired, don't make yourself pay a dangerous price for the right to rest without feeling guilty. If you stagger on with reckless inefficiency, you may welcome an accident to release you from the bonds of conscience. A coffee break or 20 minutes with a magazine is a wiser solution.

William James, the American psychologist, observing that emotions cause muscular tension and ignite impulsive action, suggested that you can reverse

this chain reaction. Whenever you feel keyed up, lie or sit down, slump deliberately, relax every set of muscles in your body, one by one. You will soon feel too calm to rush off to find an accident.

The accident-prone person often suffers from feelings of inferiority and anonymity. "Repeated accidents focus attention in his direction," points out Dr. J. H. Hege, medical director of the Ohio Oil Company. "The attendant notoriety provides him with a sense of importance equivalent to that of the great scientist, musician or politician who makes the daily headlines."

If you sense that your accidents fit into this category, short of psychiatric help you would need a crash program to raise your self-esteem. Steps in the right direction would be learning new skills, joining committees, cooperating in efforts which will earn praise and public mention.

Dr. Hege also points out that accidents are more apt to occur when you live impulsively from day to day. Try to avoid acting on the spur of the moment, without planning. Non-accident types work steadily toward long-range goals.

Don't shrink from open expressions of anger at your family. When you don't discharge your piled-up resentment outward, Freud points out, you turn it against yourself. Try to air your grievances promptly, then kiss and make up afterward. Going for a spin "to cool off" is a reckless and dangerous way to work off your frustrations. Stay away from the wheel when you feel like murdering somebody.

Guilt may be driving you to punish yourself with accidents. Dr. Albert Ellis, New York psychotherapist, advises, "Admit your wrong-doings, regret their occurrence, discover the reasons behind them and set about eliminating them in the future. Leave guilt and self-blame to the neurotics."

Ease guilt feelings by giving yourself a fair trial: "All right, I don't spend enough time on housework. But I spend four hours a week typing sales reports for my husband. And I play with little Mary an hour every day." Case dismissed!

You don't have to feel guilty about those hostile thoughts you sometimes have toward those you love. If you accept them calmly, you won't need to punish yourself with an accident.

The search for new and better ways to fight the accident syndrome is still going on. At Harvard University Health Services, where a new study is under way, Dr. B.G. Ferris Jr.

"One miner was hurt seven times — each time when assigned to work in a shaft where his father had been killed. Another miner had an accident every time his wife had threatened to leave him."

offered some preliminary observations:

"There isn't any doubt that most accidents represent, to some degree, an unconscious invitation to self-injury. Unfortunately, many people with

a medical record of frequent injury refuse to acknowledge this evidence that they are accident-prone. Those who do, however, become more careful and usually stop having accidents."



"Last year more than four million Americans hurt themselves in home accidents, and almost two million more were injured on the job."

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Gentle giant

This star has gone from hunk to actor

By Jane Ardmore

He was programmed for success from the beginning — to be strong and to be gentle. "Not unusual," he says in his strong but gentle voice. "Many times, big strong men are sensitive inside and very understanding of children. My father, for example, he was 6'2", weighed 220 and was physically superb. He trained constantly, lifting weights, and was European champion at curling (a sport practiced on ice with the player making a heavy plate literally fly across the ice)."

Does Schwarzenegger remember seeing his father in action? "See him! By the time I was 15, I was competing. From the time I was 3, he was teaching me — to run, to play soccer, to exercise correctly and as soon as possible, to lift weights. He was a great influence on my life, the one who taught me self-discipline, who forced me to educate myself."

"When I was a schoolboy" — attending a Catholic school in Graz, Austria, where Schwarzenegger was born in '47 — "he and my mother would come to the school every month to check on how I was doing. He felt language was very important. I started studying English when I was 10. Then in high school it was our second language."

"My parents were responsible people and were close to me and to my brother, who died 13 years ago. Our father was a body builder, we were body builders. My father lived long enough to see me win the Mr. Olympia crown three times. Two months before his death, he watched me win this world body-building championship. He

was so proud and excited. Too bad he couldn't have lived to see what is happening to me now." What is happening now is the release of "Raw Deal," first production of De Laurentiis Entertainment Group Inc., starring Schwarzenegger as Kaminsky, a one-time FBI agent who has been forced to resign because of excessive brutality in his handling of a criminal who had molested, mutilated and murdered a child.

"I can understand how that could get to a guy," he says, his hazel eyes reflective, "and the prosecutor was looking for any excuse to get rid of me anyhow; he's a pretty evil man. So I'm working as a small-town sheriff and not happy, when I'm asked to infiltrate a Chicago gangster organization, wipe it out and find out who is the FBI leak. If I complete the operation successfully, I'll get back to the FBI. Of course, the operation is successful; the prosecutor who nailed me is the leak."

Schwarzenegger has, in the 11 years since he retired from body-building competition, accomplished what might seem an impossible transition from "hunk" in action-packed movies such as "Conan the Barbarian" and "Conan the Destroyer" to a successful actor in "The Terminator" (which made Time magazine's Ten Best List of 1984) and "Commando," one of 1985's top grossers, which earned him ShoWest's Career Achievement Award.

Did his father ever dream he would become an actor? "He thought I was acting all my life," laughs Schwarzenegger. "But he had no idea I'd be paid for doing it. I had no idea either. I had dreams and visions like all kids and one of them was to come to America and visit Los Angeles." It happened in November



Actress Kathryn Harrold appears at a cocktail party with Arnold Schwarzenegger. He recently married Maria Shriver.

'68, when at the age of 21, he came to compete in another world championship event — he won the Mr. Olympia title seven times, and Mr. Universe five — and then came on to Los Angeles (which he considers the center of body building and fitness interest).

He stayed to write for the magazine Muscle and Fitness and enrolled at UCLA to study English, math and business administration. He later went on to earn his degree in business and international economics at the University of Wisconsin.

"I'd always dreamed of Los Angeles and I loved it, loved the mentality, the open-mindedness, the spirit of America is so free! I love the way this country welcomes new ideas, so different from Europe. I love the whole economic system which is

young and inspirational."

He continues, "You can see it in the leadership of this country and I'm glad to be a part of it. I became a citizen three years ago. In fact, I feel as if in a life before this, I must have lived in this country. I feel so at home here. The things that have happened to me could never possibly have happened anywhere else in the world."

One of the first things that happened was that, as Mr. Universe, he appeared on the Merv Griffin Show and promptly received a call from Lucille Ball. She had seen him on the show and asked him to be on her show, "Happy Anniversary and Goodbye," with Art Carney.

"There was a director on the show," Schwarzenegger says, "but it was Lucy who really

directed me, explained to me about projecting, and everything else I didn't know. It was a live show with a live audience and although I'd been performing in a way before live audiences all my life, it was quite another thing to be playing someone else and having lines which had to be pulled off so they were funny. She has kept her eye on my career ever since, she and her husband, Gary Morton. They've been great and so supportive."

"I was surprised and delighted to start out with such geniuses — Lucy and Art Carney. He played the husband who had just walked out on her. And I was the masseur, the Italian masseur in tank top and shorts, called in because Lucy's girlfriend felt she should get

... Continued

Schwarzenegger relishes Los Angeles

Continued...

herself in shape and knock the world dead!"

He still didn't know he was heading for stardom, Hollywood variety. "Pumping Iron" was a film strictly on body building about which he has since written four best-selling books; but "Stay Hungry," in which he played opposite Jeff Bridges and Sally Field, won him a Golden Globe Award as the best newcomer in films, which in turn led to "Conan."

"When a major studio spends 20 million dollars to film an epic like 'Conan the Barbarian' and another 10 million to promote it, it's very gratifying," he says. "It makes you feel serious about the business. And then to follow it with a sequel. And 'The Terminator,' a science-fiction film which allowed me to appear for the first time with clothes on, gave me still further encouragement. The message I got was that I could be sold without showing my muscles."

Which doesn't mean that he has stopped training. He works out daily at the World Gym in Santa Monica, which at 6'2" weighed 250-260 pounds when he first came to America is now 220 and is being honed to 215 for this upcoming role in "Hunter," because, since it is being filmed in the jungle (in Mexico), I should not look too healthy.

America's Prince of Weights, not unlike Britain's Prince of Wales, has also found time along the way for romance and marriage, which have been well covered in the media — the girl with whom he fell in love and who became his wife in a wedding-of-the-year at Hyannis Port in April, was Maria Shriver of the Kennedy family, herself a co-anchor on CBS's Morning News Show.

They met at a tennis tournament in '77, and for the young man from Austria it was instant. "She is a gorgeous girl and I always felt, from the very first, that we would marry, that she was the perfect one for me. We see things the same way. We communicate easily. The joy

we have just in being together, the teamwork, the reassurance we give each other — we have supported each other totally from the day we met."

"No matter where our jobs have taken us, we always spend weekends together. 'Raw Deal' was filmed in Chicago and North Carolina. 'Hunter' is filming in Mexico near Puerto Vallarta.

"We ski together, dance, swim. She is a wonderful tennis player who beats me all the time. That was not surprising in the beginning because I wasn't a good tennis player, but now I'm a pretty good player and she still beats me.

"She also exemplifies today's woman in America, which has been a great re-education for me. I arrived in America just as the big movement for liberation was under way. There was nothing like that in Europe and I loved the idea. I had always felt that women should be equal in sports, that it was so important that they be able to compete on the same level as men and for the same kind of prizes as men.

"I started promoting women in sports in 1977 when I co-produced Ms. Olympia." As a matter of fact, the minute Arnold Schwarzenegger stopped competing professionally, he started promoting what had been called the Mr. Universe contest. He'd never thought the competition had been handled properly or had received sufficient media or television coverage. He wanted to raise the stakes and make it a much more important event and also to have women competing.

"I've been involved with management ever since I have just finished producing The Men's Professional World Body Building Competition and The Ms. International Contest in Columbus, Ohio — events which were sold out a month in advance — and will be handling the '86 Mr. Olympia competition."

His early training, the influence of his father, is still apparent. Best man at his wedding was his long-time friend Dr. Franco Columbu... "the fellow who came to

America with me. We've been friends since 1965 in Munich."

"Franco is the real success story, twice winning the Mr. Olympia title as the strongest man in the world in his category (180 pounds). He came to this country without a word of English and no educational background and has gotten his doctor's degree in chiropractic and has become successful. He is now manufacturing food supplements as well, and is successful at that.

"Business methods are very different in America. I admire Franco for his skill and perseverance." Something Arnold Schwarzenegger understands, having been programmed for success himself. He probably has more bows to his arrow than any actor in Hollywood. It isn't that he doesn't trust stardom, it's just that with his health, his energy and his discipline, he can do so much more.

"I keep busy," he admits. "Always, from the first dollar I made in this country, I've been

investing in real estate — it's the only way to go. I do careful research, I have the academic background, and most important, I know where to get information quickly. So, I have my real estate business, my work as a producer of body-building competitions, my career as an actor, and of course, my relationship with Maria. "Family is most important. "She is a gorgeous girl and I always felt from the very beginning that we would marry, that she was the perfect one for me. We see things the same way. We communicate easily. The joy we have just in being together, the teamwork, the reassurance we give each other — we have supported each other totally from the day we met."

How could I feel otherwise with the mother and father I had and the home I came from? Unfortunately, my father could not live to see all that has happened; but my mother has. She visits me here in America every spring at my house in Santa Monica with the flowers and the garden and tennis court. This year, she had the added joy of attending our wedding."

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Manchester Herald

"My parents were responsible people and were close to me and to my brother, who died 13 years ago. Our father was a body builder; we were body builders. My father lived long enough to see me win the Mr. Olympia crown three times."

Nine in ten Manchester area readers prefer the Manchester Herald for local news over any other print publication.

If you live in Manchester then the Herald's the newspaper for you because it's the only one that's geared expressly to the needs of the community. A recent survey conducted by First Market Research of Boston pointed out that the Herald's major strength is in its local news coverage and its intimate focus on the Manchester area. According to the study, nearly nine in ten readers say they read the Herald for the local news and nearly seven in ten say that local news is the most important strength of the paper.



The same study shows that the Manchester Herald is rated quite highly in terms of space devoted to selected local issues in its Opinion pages. Nearly eight in ten readers find that the space devoted to viewpoints on local issues to be more than sufficient in explaining the issues. This extensive coverage provides readers with the depth of information they need to make reasonable decisions on key local issues that may impact on their lives today, or in the future. In turn, the Letters to the Editor column allows readers an opportunity to vent their views on an issue. One of the most important news categories in the minds of most Manchester area residents is local news, with nearly 75% rating the Manchester Herald very high in this coverage area.

Paying attention to the needs of its readers is the number one priority of the Manchester Herald. They feel it is their responsibility to listen to what residents in Manchester have to say. They're especially interested in hearing any comments you may have about the service you get from the Herald. They guarantee prompt delivery and courteous, efficient service on all billing matters. If you're not satisfied, they want to know about it. If you let them know how they can improve the paper for you, their readers, then they will continue to be your voice in Manchester.



Manchester Herald

"YOUR VOICE IN MANCHESTER"

Source: First Market Research of Boston, January, 1986.

Trivia for dieters:

Here are 24 amazing fat and thin facts for dedicated dieters

By Frances Sheridan Goulart

You can never be too rich or too thin, as they say. One reason why 79 million Americans who don't think we can win the riches game are fighting the battle of the bulge.

If you're part of the hate-your-weight population, here's food for thought:

- Where the fat is at: 15 percent of your total weight is skin; 7 to 9 percent is blood; the rest is your fat.
- Pickles were Cleopatra's favorite diet food.
- AC/DC calories: If all the energy to keep the fat of the land fat for a week were used for electricity, it would keep Boston, Chicago, San Francisco and Washington, D.C., plugged in.
- A laugh burns up the calories in half a stick of gum.
- Eighty-five percent of all the Pima Indians in Arizona are too fat for their deerskins (it's genetic).
- Planetary corpulence: If you weigh 100 pounds on earth, you'll weigh 264 pounds on Jupiter.
- Greta Garbo's favorite diet snack was Swedish crackers and unsalted butter.
- Nibble, nibble, scribble, scribble: The poet Lord Byron chewed tobacco to ward off snack attacks between pentameters.
- Classy but lo-cal: Jackie O's favorite low-calorie (500) meal: a glass of champagne and one large potato heaped with fresh caviar.
- Baby fat: The average Caucasian newborn weighs 8 ounces more than the average non-white newborn.
- A kiss burns six to 12 calories; sexual intercourse is good for nine.
- There are more than 28,000 diets on public record.
- Fat phobia: 190 out of 500 Americans call "getting fat" their greatest fear, says the Diet Workshop.
- The world's thinnest people are cachectics. Cachexia — similar to anorexia — causes weight losses of up to 65 percent of total body weight.
- A 160-pound person burns about 285 calories in a three-mile, hour-long walk.
- Merv Griffin's diet secret: raw fruit three times a day.
- Per capita consumption of butter is five pounds; margarine, 11.
- The human body contains enough fat to make seven bars of soap.
- Ten foods with less than 10 calories: one cup Chinese cabbage, one stalk celery, one large maraschino cherry, six raw peeled cucumber slices, three average leaves iceberg lettuce, two large leaves looseleaf lettuce, one tablespoon chopped parsley, one average green boiled pepper, four small raw radishes, five sprigs raw watercress.
- Why you should have had a V-8: A 150-pound man will gain three pounds twice as fast as a 50-pound boy.
- Hungry as a bear: Polar bears in the Bronx Zoo eat two and a half pounds of chicken, four to five pounds of fish, one and a half pounds of grass, 20 pounds of bear chow a day. Their favorite drink is ice-cold club soda.
- The world's most caloric dessert is an "ice cream" called Natloda eaten by Alaska's Ten'a Indians. You need one pound of bear, one pound moose tallow and two cups seal oil for one batch.
- Children are 20 to 30 percent heavier than they were 100 years ago (and 10 percent taller).
- Two ways to lose two pounds in 12 months: Skip 15 potato chips or pass up half a donut a week.
- The fattest fat man on record tipped the scales at 1,069 pounds. John Brower Minnoch of Seattle, Wash., had to be buried in a coffin the size of a piano case.
- Readers losers: It takes one calorie of food energy to read 650 words.
- "You can eat as much as you like as long as you don't swallow." — Archie Moore.
- Rich men are fatter than poor men and rich women are thinner than poor women.
- The world's slimmest slim jims suffer from Simmonds Disease. They weigh 65 percent less than they should.
- Sixty-five percent of the U.S. population starts a new diet at least once a year.
- Fat kids eat twice as fast as thin kids and twice as often when they're afraid.
- Supermarket aerobics: Grocery shopping for 10 minutes burns the calories in a half-ounce slice of bologna.
- The average woman gains three pounds every 3 years after age 25 — starting at the hips and thighs.
- Pigging out? Wait until next March 1; that's National Pig Day, according to Chase's Calendar of Annual Events.
- One out of every 20 U.S. secretaries eats a full 650-calorie meal at noon, says the U.S. Commerce Department.
- Pudgy prejudice: Fat kids



The average Caucasian newborn weighs 8 ounces more than the average non-white newborn.

- are two-thirds less likely to be admitted to the college of their choice than thin kids.
- Chewing the fat: Pure animal fat is the world's most caloric food (930 per three and a half ounces).
- Waisting away: A tape measure is a good emergency scale — ¼ inches more at waist, hips or abdomen means five pounds.
- Obesity boom: The average American eats 10 tons of food in the course of a lifetime.
- Fat on the line: The average weight for a National Football League lineman is 260 pounds.
- Diet secrets from the People's Republic of China: Daily supplements, dried Chinese apricot, Chinese quince and dried peony root with glehnia-root flavoring.
- The average fat man has a pot belly.
- Calorie-counting in the chocolate capitols: Belgium and Luxemburg consume more

- calories per day per capita than any country in the world (3,645). Lowest intake is in Ghana (930).
- If you live 80 years, you'll burn a total of 90 million calories per each pound of body weight.
- If you're "morbidly obese," you weigh 50 percent too much. U.S. has 1 million M.O.'s.
- Family fat: If one parent tips the scales, the chances your offspring will, too, is 40 percent. If both parents are heavy, make that 80 percent.
- You have to stand around five to six hours to burn 500 calories.
- Burger-burnoff: It takes 15 minutes of running to burn calories in one fast-food sandwich.
- Fat men and thin women have the most stable marriages; husky males and economy-sized females, the shakiest.
- Fastest way to gain one

- pound: Have 4¼ Burger King Double Whoppers with cheese at a sitting (3,600 calories).
- A 15-minute strip-tease burns 36 calories.
- "We never repent of having eaten too little." — Thomas Jefferson. ■

Engine rebuilding isn't for everyone

By Richard Harris

Do-it-yourself engine rebuilding isn't for everyone, as I tried to tell my Uncle Fred.

We all thought Uncle Fred's old car had gasped its last. The odometer had rolled over from 99,999 miles to zero so long ago that nobody could recall exactly when that momentous event took place.

For years, his car had barely managed to chug to the crest of each hill, usually followed by a parade of fuming motorists. The knocking sounds from under the hood kept growing louder, and one day the car couldn't make it up a hill anymore.

Uncle Fred ran classified ads to sell the car, but the rare prospective buyer who managed to get the engine started was always alarmed by the racket (sounding like a gang of leprechauns with little sledgehammers trapped inside the motor) and promptly departed "to think about it."

I suggested that Uncle Fred sell the parts from his relic, but he interrupted my explanation of how to do it. "Nope," he said. "I guess I'll do an engine rebuild on 'er."

An engine rebuild is serious business — the most difficult do-it-yourself car repair you can undertake (except major transmission work, which only a professional should attempt). But Uncle Fred claimed he had bought a book containing simple step-by-step instructions for rebuilding his car's engine.

An engine rebuild, or



"overhaul," may include re-machining or replacing any or all moving parts in the engine, from valves and pistons right down to the crankshaft. You may have to remove the engine from the vehicle (often there's no way to know until you've already disassembled the upper half of the engine). The engine in Uncle Fred's car (an early Japanese import) weighed over 200 pounds. I warned him ...

A week later, Uncle Fred invited me inside his garage. Half the contents of the car's engine compartment were lined up along one wall — about 300 belts, hoses, bolts, nuts, washers, brackets and parts — the smaller stuff in dozens of neatly labeled baggies. The head was off the engine, and I could see down the cylinder holes.

"What do you think?" Uncle Fred asked as I thumbed the ridge inside a cylinder to judge its wear.

He would need to take it to a machine shop to see about re-machining, and he might also take along some other large parts such as the crankshaft. As

long as the engine had to come out, I suggested, why not trade it in on a rebuilt engine? Sure it would cost more, but ...

Uncle Fred shushed me. He was on the phone renting a "cherry picker" hoist to pull the engine out and a trailer to haul it down to a machinist recommended by local garages and hot-rod shops. Once he had dragged the engine down there, he saw the wisdom of letting them finish rebuilding it. (He said it was because they had a special tool to replace the pistons, which would save him the trouble of renting one.)

He has now reassembled, reinstalled and reconnected the engine. "I did it myself," he says proudly. The rebuild took five weeks and cost less than half what a garage would have charged if he'd driven the car there and left it. Or about the price of a new color TV and VCR. Worth it? We'll see. I am willing to admit that, with perseverance, willingness to get extremely greasy, plenty of tools and his instruction book, maybe Uncle Fred did know what he was doing all along.

Maybe. Right now all the neighborhood kids are standing around his driveway as Uncle Fred makes a show of searching for the starter key. "Makin' ready to fire 'er up" for the first time. With luck, the old car will purr like a kitten. Otherwise, he'll be puzzling for weeks over what went wrong. He may even have to disassemble the engine again.

Okay, hold your breath. Here goes ... ■



Alas, pistachio gets its color from a bottle

By Sonja Heinze

Why is pistachio ice cream green?

Although there's a tiny vivid green kernel inside the pistachio nut, this is not why the ice cream is green. It's artificially colored. Is this really necessary?

In a statement prepared by the Certified Color Manufacturers Association, the use of artificial food colors is defended:

"When Americans sit down to Sunday dinner, they expect the peas to be green, strawberry-flavored gelatin to be red, butter to be yellow and pistachio ice cream to be green.

"While most people are not aware of it," the statement explains, "many foods would not exist as we know them without added colors. There are hundreds of products eaten by Americans every day that contain color additives, including many bakery goods, beverages, frozen foods, cereals, packaged dinners, candies, jellies and syrups.

"Butter and lemon-flavored cake must be yellow, mint-flavored jelly green, imitation or natural orange drink orange. In some foods such as fruits and vegetables, deep colors are associated with maturity."

Michael Jacobson of the Center for Science in the Public Interest, writing in "Eater's Digest," reminds us that some of these colors, coal tar dyes, are made from coal. Although

the colors currently in use in food are approved by the Food and Drug Administration, Jacobson says that "in view of the repeated hazards associated with coal tar dyes, one might assume that the dyes now in use have been thoroughly tested. That is not the case."

Granted, nobody would want to eat a gray hot dog or tan lemon Jello, but in many cases coloring is unnecessary and, Jacobson contends, "signals a deficiency or absence of natural and often nutritious ingredients whose colors the synthetic dyes seek to imitate."

KEEPING FROZEN TURKEY
I have had a turkey in my freezer for over a year and it looks as good as when I put it in. Can I use it? A reader in Scranton, Pa.

The National Turkey Federation advises that you use your turkey within six months, but if the turkey has been frozen at temperatures below zero degrees Fahrenheit, it can be stored without detectable deterioration for much longer. There should be no change in quality for up to 12 months if it has been stored in its original wrapping. Beyond a year the bird will not spoil, but the quality may gradually deteriorate.

Studies have been done on turkeys kept frozen for up to four years under the best conditions and they were still excellent. Under ideal conditions it's almost impossible to detect

any difference between a frozen turkey and a fresh one.

ALLERGIC REACTIONS TO FROZEN VEGETABLES
I have severe food allergies.

When I eat some frozen green vegetables such as green beans or mixed Italian vegetables, my mouth swells. The symptoms don't occur when I eat broccoli or spinach. No ingredients are listed on the package of beans other than beans and salt. Could there be preservatives in certain green vegetables and not in others? Agnes Alisio, Philadelphia, Pa.

If an additive, such as a preservative, is an ingredient in a product, it must be listed on the label. There would be no point in adding preservatives to plain frozen vegetables because the vegetable is adequately preserved by the freezing process. Although the vegetables are washed before they are frozen, there could be the smallest trace of a pesticide lingering on the beans and you could be particularly sensitive to it.

If I were you, I would buy fresh beans, preferably grown organically, wash them well and prepare them in your usual manner. If the same symptoms appear, you could have your answer. To be more scientific, have someone else prepare a batch of frozen beans and a batch of fresh beans, and eat them at different times without knowing which is which.

Take your findings to a medical doctor specializing in allergies to obtain conclusive proof. Many people are convinced they are allergic to certain foods when indeed they are not.

READERS' FEEDBACK:
TUNA FISH SANDWICHES

In response to a reader's request for suggestions to make a more interesting tuna salad for sandwiches, here are some of the many ideas sent in by readers:

M.L. Chase, Colorado Springs, Colo.: "My favorite



mixture is tuna, chopped hard-boiled egg, sweet pickle relish, chopped green onions, a few chopped green olives, shredded Cheddar cheese and mayonnaise or salad dressing."

Mrs. Chase would also like to know if any readers know how to make the "starter" for something called a 30-Day Cake, or if anyone in Colorado Springs has some starter to give away.

Jeanette O'Donnell, Andalusia, Ill.: "I add hard-boiled eggs, sweet pickles, onions, raisins and diced carrots, plus mayonnaise."

Erika Newton, Bakersfield, Calif.: "To the large can of tuna, add sweet pickles, a stalk of celery, diced; 1/2 bell pepper, diced; 1/2 medium red onion, diced; 2 large hard-boiled eggs, grated; 2 teaspoons prepared mustard; 2 teaspoons

Worcestershire sauce; a teaspoon pepper and mayonnaise. We like this sandwich grilled."

D. Poole, Clovis, Calif.: "Here are my ingredients for tuna sandwiches: mayo, mustard, garlic powder, pepper, chopped onions, chopped green peppers, chopped sweet pickles and a little of the juice, celery, olives (chopped) and hard-boiled egg. To all this, add a tablespoon of medium salsa. For adults, add chopped jalapeno peppers or juice. Try this tuna mixture on green salad instead of dressing." ■

If you have a consumer oriented question, send it to Sonja Heinze, Sunday Woman Plus, 235 East 45th Street, New York, N.Y. 10017.

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30 Dining In

Easy salads, dressings and spreads

Here are 30 ways to put salad on the menu for 30 days

By Frances Sheridan Goulart

Got a minute? That's all it takes to make a salad. Make it two minutes and you've got dressing, too. Go for three and you can chill a salad spread. Here are 30 ways to put salad on the menu for the next 30 days:

Mix and match ingredients below with the suggested 30-second salad dressing or use the storebought dressing of your choice:

1. Spinach, leaf lettuce, young dandelion greens, radishes, snow peas and scallions plus 1 tablespoon crushed fennel seed, oil and vinegar. Dress with Fast French or Tomato Plus Dressing.
2. Oak-tip or buttercrunch leaf lettuce, basil and sliced pears (dried or fresh). Add lemon juice or lemon vinegar.
3. Chopped mint, basil, parsley, cherry tomato halves, scallions, feta cheese. Dress with One-Minute Vinaigrette.
4. Oak-tip leaf lettuce, sesame seeds, grapefruit sections. Drizzle with Roquefort-on-the-Quick or a dash of raspberry vinegar.
5. Chard or kale, Bibb lettuce, hard-cooked sliced egg, chickpeas or nasturtium blossoms. Splash with balsamic vinegar or Fast French Dressing.
6. Watercress, Boston or Bibb, red onion rings, walnuts, basil or tarragon. Add Fast Tamar Dressing.
7. Leaf lettuce, fresh raspberries or blueberries, and sprouts or pumpkin seeds. Sprinkle with lime juice and sesame oil or One Fruit Salad Dressing.
8. One-Step Sesame Potato Salad: Mix well 2 1/2 cups leftover cooked potatoes. Toss with 2 tablespoons roasted sesame seeds, 1 teaspoon crumbled dillweed. Bind with Hurry-Up Thousand Island.
9. Turkey or tofu, avocado, lentil sprouts, radicchio or arugula. Toss with 10-Calorie Dressing or Fast Tamar Soy Sauce.
10. Avocado cubes, shredded Cheddar, minced leek, shredded iceberg. Dress with Quick Curried Mayo.

30-SECOND DRESSINGS
Combine ingredients below in amounts given or to taste. Use on greens of your choice.

1. **Fast Tamar:** 1/4 teaspoon cayenne, 1/4 teaspoon dry mustard, 1 teaspoon tamar soy sauce, 1/2 teaspoon garlic flakes, juice of 1/2 lemon. Blend 10 seconds. With blender running, add 1/2 cup salad oil.

2. **Fast French:** One egg yolk,

1/2 teaspoon paprika, pinch dry mustard, 1 tablespoon honey, 1/4 cup red wine vinegar. Process in blender 10 seconds. With blender running, add 1/4 cup sunflower oil in a slow stream until dressing thickens. Use on any mixed green or fruit salad.

3. **Quick Curried Mayo:** 2 tablespoons boiling water or broth, 1 teaspoon curry powder. Simmer over low heat 10 seconds, stirring. Add to 1/2 cup mayonnaise. Cool.

4. **10-Calorie Dressing:** 1 pound pot cheese or uncreamed cottage cheese, 1 crushed garlic clove, 1 tablespoon chopped parsley, salt to taste (opt.); add skim milk to thin. 10 calories per tablespoon.

5. **Roquefort-on-the-Quick:** Process 2 ounces Roquefort cheese at room temperature, 1/2 cup milk, 1 tablespoon sour cream, juice of 1 lemon in blender until smooth.

6. **One-Minute Vinaigrette:** 3 cloves garlic, crushed, or to taste, 1 cup olive or peanut oil, 1/4 cup sherry or white wine vinegar, 1 teaspoon Dijon mustard, 1/2 teaspoon freshly ground black pepper, 1/4 cup parsley sprigs. Process in blender or food processor 10 seconds.

7. **Tomato Plus:** two parts cubed tomatoes, one part diced pineapple. Optional: green olive oil or finely sliced avocado.

8. **Hurry-Up Thousand Island:** Add 2 tablespoons chili sauce to 1 cup mayonnaise along with chopped peppers and chives.

9. **One Fruit Salad Dressing:** A splash of Italy's famous extrapotent gourmet balsamic vinegar. Try it on fresh whole strawberries with sorrel.

10. Got one bottle of good white wine vinegar? You've got nine dressings you didn't know about. Add any 1 to 2 cups of the following fresh herbs to 1 quart of vinegar (the longer they steep, the better they taste):

fresh violets (for fruit salads) chives (vegetable or fruit salads) blue borage flower (herb salads) tarragon (for seafood and meat salads) savory, rosemary (for meat and bean salads) marjoram, dill (for poultry salads) coriander seeds (for fruit salads) basil (cheese and vegetarian salads) orange or lemon mint leaves (fruit and seafood salads)

30-SECOND SALAD SPREADS
Combine ingredients as directed or suit yourself. Use on



Salads are a summer staple. Try developing a few new ones.

breads, crackers or salad-side chips; stuff into celery stalks, cherry tomatoes or green pepper wedges; spread on lettuce leaves and roll up for a portable salad snack, or scoop over layered lettuce and serve as pate substitutes.

1. Mash a few slices of ripe banana. Sprinkle with cayenne or a salt substitute. Sprinkle with toasted sesame.

2. Mix almond or cashew butter, lime juice, and grated carrots or sweet potato.

3. **Peanut Pate:** Chop 1 cup "lite" peanuts in blender. Mix in 1 teaspoon horseradish sauce, 1/2 cup yogurt, process until creamy.

4. **One-half cup diet cream cheese,** 1/2 teaspoon grated orange rind, 4 tablespoons chopped pecans with uncreamed cottage cheese. Fork-mash and spread on thinny-thin slices of fruit nut bread.

5. Puree 2 hard-boiled eggs, 1/4 cup shredded Cheddar, 2 minced green onions, with raw spinach or watercress leaves. Spread on 2-calorie slices of raw sweet potato or zucchini.

6. Mash tofu and grated radish or alfalfa sprouts with cold brown rice. Spread on rippled snack chips.

7. **Blender-grind smoked almonds, celery, yogurt.** Spread on rice wafers, whole wheat pita or stuff romaine leaves and roll.

8. **Cauliflower Couscous Pate:** Blend 4 cups steamed well-done cauliflower pieces, 4 cups steamed couscous or brown rice while hot. Then combine 2 teaspoons salt, 1/2 teaspoons granulated garlic, 1/2 teaspoon onion powder, 1/2 teaspoon ground nutmeg and 1/4 teaspoon ground white pepper. Mix all

ingredients together with the couscous mixture.

9. **Confetti/Herb:** Blend chopped nasturtium blossoms, geranium leaves or violets, or carnation petals into 1 cake of cream cheese or mashed tofu.

10. **Citrus Chevre:** Combine 4 ounces soft goat cheese, 2 ounces smoked salmon, chopped dillweed and lemon juice to taste. Spoon into endive leaves. Roll and munch for lunch. ■

31 Dining Out

The Comet

By Sondra Astor Slave

If you've ever wondered what a diner would be like if it were designed for the Yuppies of the 1980s, you can find out by visiting the Comet at 267 Farmington Ave., Hartford. Until three years ago, it was the Aetna, an apt name since that insurance company is just next door.

But now it is the Comet, and it does shine like a heavenly body. While the outside looks like serviceable aluminum, inside it is chrome with an art deco sophistication. Black-and-maroon chairs are set off by starched white table linens and mirrors. The whole effect is stunning.

The Comet is open for lunch Monday through Friday from 11:30 a.m. to 2:30 p.m. From then until closing, which is around midnight Monday through Saturday (they open at 6 a.m. on Saturday), the dinner menu is available. The bill of fare is an eclectic one. Not only does it borrow from areas as diverse as Italy, India and Indonesia, but it also offers a full complement of little dinners (somewhat like the Spanish tapas) as well as full-sized main dishes, soups, salads and sandwiches.

□ □ □
We determined that we could

sample the widest variety of offerings by concentrating on the small dishes. We found that the range was broad in quality as well.

A cup of soup of the day, pureed carrot, was an auspicious beginning. While it might have been served hotter, the blend of carrot and cream was deftly seasoned and definitely had a homemade taste.

Next came a sausage turnover with ricotta cheese and flaky pastry, and a pleasantly chunky sauce. The meat and cheese provided both textural and flavor counterpoint and the generous size would have made it appropriate for a luncheon entrée. (It does, in fact, appear on the lunch menu.)

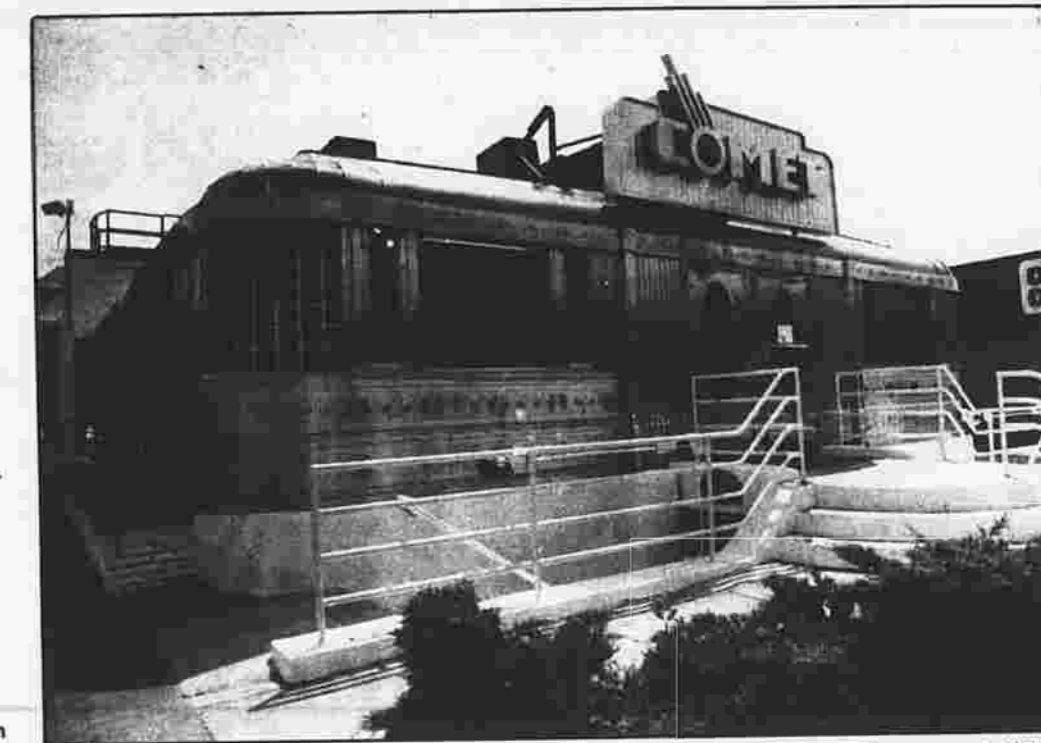
The broiled chicken breast was supposed to be marinated in an Indonesian spice blend. If this was done, the marination was brief or the mixture lacked oomph as the breast did not make the kind of declarative statement we expected. It was pleasant but it lacked character.

A broiled pork chop was an example of truth in labeling. The chop appeared on the plate nude with the exception of some leaves of lettuce. Its plain presentation but adequate preparation left one with little to either applaud or criticize.

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The Comet
267 Farmington Ave., Hartford, 241-8200

Hours: Monday to Thursday, 11:30 a.m. to 11 p.m.
Friday 11:30 a.m. to midnight, Saturday 6 p.m. until midnight, Closed Sunday.
Reservations accepted
Dress: Casual acceptable.
MasterCard, VISA, American Express, and Diners Club.



Gary Tucker/Manchester Herald

The Comet on Farmington Avenue in Hartford is next door to the Aetna Insurance Co.

Fresh eggplant with curried vegetables and nuts was disappointing. While the stuffing was crisp and flavorful, the eggplant shell was still at least 15 minutes of baking away from enjoyable eating. Eggplant, like potatoes, should not be served crunchy at the center.

Risotto with chicken livers and sausage was short on liver but generous with spicy ground pork. Here, as in other area restaurants, the term risotto is abused as the rice did not have the creamy sauce and al dente grain that the true preparation should.

A portion of fried zucchini was small but the vegetable fingers were well cooked and the orange mustard dip was pleasantly pungent. We found ourselves using the excess for dipping lettuce and the pork chop.

The vegetable of the day was fiddlehead ferns, a good spring offering. This was one of the stars of the meal, spiked with garlic and cooked crisp tender.

Bread is included with the regular-sized dinner entrees but must be ordered with the smaller dishes. As a "come along" the room-temperature, french-type bread would be adequate. As a "paid for" addition, its pale taste disappointed.

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The small tossed salad was typical of its type. The creamy dill dressing, however, smooth and well-seasoned, was better than average.

For those who desire a more usual-sized plate of food, the Comet offers dinner portion of sirloin steak, sauteed shrimp,

two kinds of chicken, and pasta, seafood and other daily specials.

Our little appetites served to whet our appetites and we found as we concluded that we were hungry for something sweet. Best of the desserts was the mud pie. A sizable double layer of smooth coffee ice cream was separated by frozen fudgy chocolate and topped by room temperature chocolate sauce. It was a total success. ■

Do you know of a restaurant you'd like to see reviewed here? Write to Weekend Plus, P.O. Box 591, Manchester, Conn. 06040.

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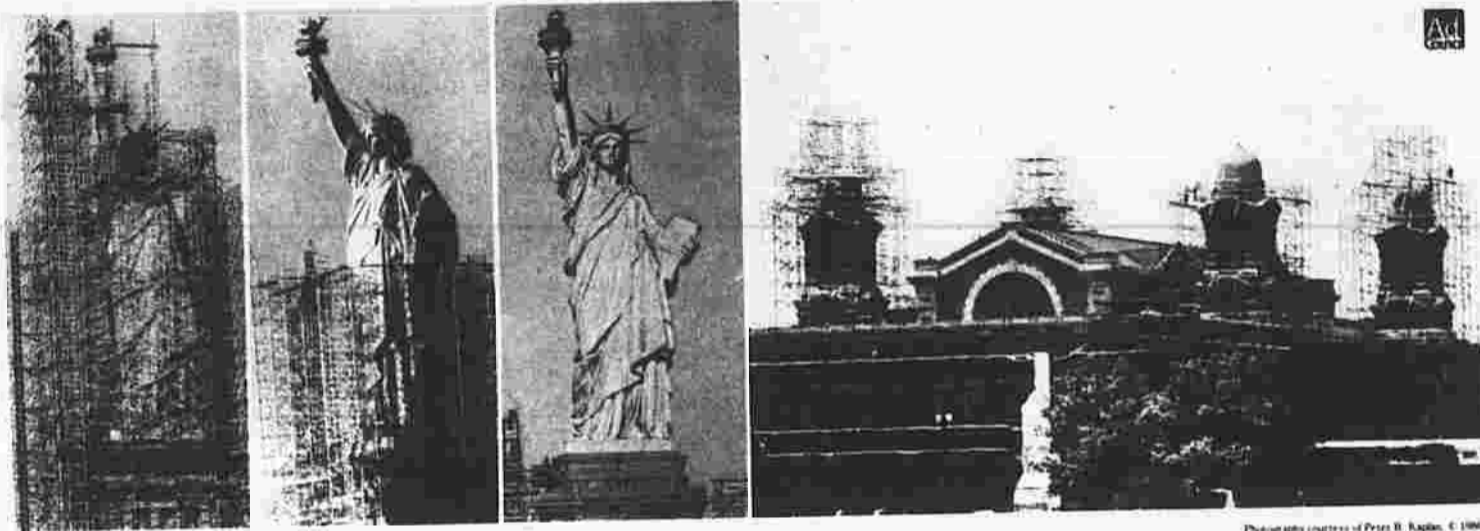
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Dinner Specials Weekly

A report to the American people on the progress of the Statue of Liberty- Ellis Island restoration.



Photographs courtesy of Peter B. Kaplan, © 1986

As the scaffolding around the Statue comes down, it's going up just a half a mile away on Ellis Island. Here the work is just beginning for the second half of this great project that began nearly three years ago.

We can be proud of what we have accomplished.

The Torch of Liberty has been completely rebuilt by French and American workers starting from scratch. It's an exact duplicate of the torch that was installed in 1886.

A monumental achievement

In addition, we've strengthened every part of the Statue. We've removed the rust, replaced 1,800 corroded iron armatures with stainless steel, and repaired or replaced the rivets that bind the skin to the framework.

A new spiral stairway leads up to the crown, as well as a new emergency elevator. And you'll be able to visit an expanded American Museum of Immigration where the name of every contributor is listed in a permanent registry.

July 4, 1986, the day of the Centennial Celebration, will climax a monumental achievement of volunteerism at work. The restoration of the Statue is on time. And paid for. And so is the upcoming celebration. The Lady will be ready for the great unveiling. And with your continued support we will be able to turn our full efforts to finishing the job on Ellis Island.

**The Statue of Liberty was the symbol of freedom.
But Ellis Island was the reality.**

Although the years have been hard on the Lady with the Torch, they've been much harder on Ellis Island. The Great Hall, where almost half of all Americans can trace their ancestry is in ruins. It's here in the Great Hall the restoration work is beginning.



A staircase, similar to the one the immigrants climbed, will be built and the Great Hall, where formal medical and legal inspections were held, will be restored.

On the second and third floors, a library and museum will contain memorabilia the immigrants brought from their homeland. An oral history room will permit visitors to hear their actual voices as they relate their experiences.

And we'll provide facilities enabling the aged and handicapped to visit throughout the building.

Liberty will be reborn. Ellis Island will be restored.

The progress of the restoration is an affirmation of the American people's belief that these symbols stand for America's future, not just its past. It's a tribute to the generosity of everyone from school children to giant corporations who reached into their pockets to get this work off to such a good start.

When the work is done, Ellis Island will be a living monument to the courage of our forefathers who came here and helped build a country. It must not die.

That's why I'm asking you to join me in this great campaign. We need your support and your contributions to continue. Together we will Keep the Dream Alive."

Lee A. Iacocca

Lee A. Iacocca, Chairman

Statue of Liberty-Ellis Island Foundation, Inc.

Send your tax-deductible contribution to: The Statue of Liberty-Ellis Island Foundation, Inc., P.O. Box 1986, New York, N.Y. 10018.

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