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**MANCHESTER** **SPORTS** **WEEKEND PLUS**

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Rice rallies Sox over Royals, 5-3 ... page 9

Life-guarding more than summer job ... magazine inside

## South Africa sanctions pass Senate panel

By Lawrence Knutson  
The Associated Press

WASHINGTON — The Senate Foreign Relations Committee on Friday overwhhelmingly approved sanctions against South Africa that ban new U.S. investment and prohibit Pretoria's airplanes from landing on American soil.

The vote was 15-2 for the bill, which also bars the importation of South African coal and uranium and sets up machinery for strengthening sanctions next year unless the white-controlled government makes progress to eliminate apartheid.

In addition, the legislation bans imports from corporations owned or controlled by the South African government, gives President Reagan authority to deny visas to Pretoria's leaders, and sets a non-binding date, authorizes him to sell U.S. gold to depress the world market price and reduce South African revenues.

Sen. Jesse Helms, R-N.C., and Larry Pressler, R-S.D., opposed the package.

"I think we have a good product to report to the Senate," said Sen. Richard Lugar, D-Ind., the panel's chairman. Lugar has resisted attempts to make the bill so strong that moderate senators would find themselves unable to support it.

He stressed the need to attract as many votes as possible to attain a two-thirds majority in the Senate, the margin required to override a presidential veto.

Reagan is opposed to stronger U.S. sanctions, but Lugar predicted the president would be "quite enthusiastic" about the committee-passed measure once he'd read it several times.

"We're off to a very strong start," said Sen. Edward M. Kennedy, D-Mass., a leading sanctions supporter. "I think the overwhelming vote in the committee is a clear signal to the White House on what is going to be the outcome of this struggle."

Sen. Alan Cranston, D-Calif., said he would like to see stronger sanctions and would try to add them during the Senate debate. He added, however, that he wanted a company pension. A lower deduction would be permitted company-covered workers with incomes between \$25,000 and \$35,000 (\$40,000 and \$50,000 for joint returns). No deduction would be allowed above those levels. And, unlike the Senate bill, it would not allow workers to make future, lower tax rates approved by the Senate. It includes higher personal exemptions and standard deductions than under present law.

Among other provisions:

- The full IRA deduction under present law would be continued only for workers not eligible for a company pension. A lower deduction would be permitted company-covered workers with incomes between \$25,000 and \$35,000 (\$40,000 and \$50,000 for joint returns). No deduction would be allowed above those levels. And, unlike the Senate bill, it would not allow workers to make future, lower tax rates approved by the Senate.

## House offers new tax plan

By Cliff Hoas  
The Associated Press

WASHINGTON — House Democratic tax writers today proposed a new tax overhaul plan that would strictly limit deductions for individual Retirement Accounts, consumer interest and medical expenses.

The plan, which is being presented to Senate negotiators as the latest bargaining position of the House, would reduce by about a million the number of couples and individuals who would face a tax increase next year, compared to the tax system within a few weeks.

The House offer would retain the

**TODAY'S HERALD**

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**Trade pact angers U.S. textile firms**

By Tony Czuczko  
The Associated Press

GENEVA — Negotiators agreed today to a five-year extension of the main international pact governing trade in textiles after a concession by the United States, the most important market for Third World exporters.

Though the Reagan administration hailed the agreement, it immediately provoked angry reaction by textile producers in the United States, where thousands of jobs and billions of dollars worth of business have been lost because of what U.S. manufacturers call a flood of cheaper imports.

"What our trade representatives have done is a betrayal of the

**CAMBRIDGE REPORTS** Public Opinion Highlights

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# Weekend Plus

MAGAZINE

**Lifeguard  
for life?**

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Dining out at The Hungry Tiger — page 109

Manchester Herald  
Aug. 2, 1986

# The story behind the story

By Josie

**Q. Please tell me everything about Sean Connery. I'm a big fan. W.P.P., Midland, Texas**

**A.** He's 55, from Edinburgh, Scotland, the son of a laborer and a domestic. The family was poor when he was growing up, so poor that he had to go to work delivering milk when he was 9, and his only means of escape was the local cinema; he watched westerns, adventure films and Flash Gordon sagas endlessly.

He dropped out of school when he was 13, joined the Royal Navy at 17 for a seven-year hitch (he was discharged after three and a half years due to an ulcer). He worked at a succession of jobs, among them trucker, cement mixer, bricklayer, lifeguard, coffin polisher and artist's model (sketches of him in the nude were discovered and auctioned a while back) until he tried bodybuilding. That led him into acting.

While representing Scotland in the 1950 Mr. Universe contest in London, he met the director of the musical "South Pacific," which was, at the time, a hit in that city's West End. The director needed a replacement for a chorus member, young Mr. Connery lied about his singing and dancing abilities, took intensive lessons in both in the following 48 hours, auditioned and got the job. He stayed with the musical for the next 18 months, but then decided that he wanted to go into drama.

He moved into the fringe



Sean Connery

theaters for training, and not long after got a major break when Jack Palance was forced to withdraw from a live TV production of "Requiem for a Heavyweight." He got the part and much critical praise. That led to other prestigious TV

productions such as "Anna Karenina" and "Age of Kings," his movie debut in "No Road Back" and in 1957, a Hollywood movie contract with Twentieth Century Fox. His Fox years weren't terribly rewarding. He was loaned out to

other studios for movies such as "Darby O'Gill and the Little People" and "Tarzan's Greatest Adventure" and lost among the action and other actors in the studio's epic "The Longest Day." In 1962, he asked for a release from the contract and later that year, now on his own, got the role that would make him internationally famous when author Ian Fleming handpicked him to play James Bond. His first film as 007 was "Dr. No," and his last, or so he thought at the time, was "Diamonds Are Forever" in 1971. He did, of course, return once more in "Never Say Never Again" in 1983.

He has worked hard to stretch his screen identity away from Bond, though, with varying degrees of success, in films such as "The Molly Maguires," "The Hill," "Marnie," "A Fine Madness," "Murder on the Orient Express," "The Wind and the Lion," "The Man Who Would Be King," "Time Bandits," "Outland" and the recent "Highlander." Next up is the film version of the acclaimed novel "The Name of the Rose" due out in late August. He's currently in production with "The Untouchables," playing the role of Vallone, Elliot Ness's partner.

He has an actor-son, Jason, with his first wife, actress Diane Cilento. He and second wife, Micheline, a French-Moroccan artist whom he met at a golf tournament in Casablanca (golf is one of his passions), live in Marbella, Spain.



Kiefer Sutherland

**Q. Please tell me about Kiefer Sutherland — his background, where he lives, if he has brothers and sisters, etc. Marcel L., Fredericton, N.B., Canada**

**A.** He's 18, the son of actor Donald Sutherland and Canadian actress Shirley Douglas and has a twin sister, Rachel. His parents split up when he was young and his mother moved the twins to Toronto when they were 10, causing him, as he admitted, some disorientation and loneliness.

He traveled to Los Angeles often to see his father and took up sports in the various schools he attended. His one constant, though, was acting: He appeared onstage in Los Angeles at 9, continued acting in school productions and read scenes at home. In 1983, his father got him a small role in a movie in which he was appearing, "Max Dugan Returns," and that did it. He decided immediately afterward that he was going to become a professional actor. He left home to pursue his career, something that didn't thrill his parents since he was 15 at the time, but reluctantly, they allowed it.

Soon after, he won his first starring role, in the movie "Bay Boy" opposite Liv Ullmann he recently followed it with the TV movie "Trapped in Silence" opposite Marsha Mason. Currently, he's filming "Lost Boys," a movie about teen-age vampires and has Rob Reiner's comedy-mystery "Stand By Me" due for national release in September. Right now, he's living in Los Angeles.

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



Anthony Hopkins

**Q. I've heard that Rob Lowe has AIDS. Could this be true? D.C. Pansey, Ala.**

**A.** We put the question to one of his closest associates and she was adamant that it was not true. "Tell people that they have nothing to worry about," she said. "It's just a rumor. We don't know who started it or why. It's a terrible thing to do." On the contrary, he's feeling fine and is pretty busy: Following the release of his movie "About Last Night," he's now in Texas shooting a movie, "Square Dance."

**Q. I was wondering whatever happened to Eddie Money. I never seem to hear anything about him. Lori Snelgrove, Conception Bay, Nfld., Canada**

**A.** The San Francisco Bay-area rocker is still in business. After a national tour in 1984 following the release of his album "Where's the Party?" he pulled back for a while to work on his next album, due out this month, and to do a few concert dates. He should be visible again, though, in August when he sets out on another national concert tour.

# Weekend Plus Magazine

Saturday, Aug. 2, 1986



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

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# It's time to scream: ENOUGH!

Let's get back to old-fashioned honesty

By Joni Winn

I was all ready for bed, my face smeared with a cream that my husband, Glen, calls "sheep-dip," after a kind of tick-and-who-knows-what-other-parasites remedy that he recalls from his rather agricultural childhood in Cache Valley, Utah.

Those were the days when the scents of saddle soap, chicken feed, steer manure (and sheep-dip) clung to the boots of little farm boys as they sat in terrified silence through classes taught by spinster women with names like Miss Smitherbee. Anyway, Glen was expecting some calls through the night and thoughtfully volunteered to sleep upstairs. I chose this opportunity to wear a cold cream that reminds even me of the barnyard, and I was raised in the city.

But as I looked into the mirrors at my newly oiled complexion, a pair of guilty eyes stared back at me. I was recalling how I came by the cream in the first place. A cosmetics company had asked me, as a model, to coat my unsuspecting face with this stinking substance and then purr about its glossy sheen, its delicate fragrance. And I did. I told a baldfaced (and greasy-faced) lie. I sold out for money.

OK, maybe it wasn't selling out the way that judges take bribes or the way novelists hiding behind scented pseudonyms spice up their books with token sex scenes, but I felt a twinge of fakery all the same.

Last month I got pulled over. The interior of my car suddenly filled with a flashing crimson

light show.

"Yes?" I said, a word that comes easily when speaking to a man wearing a badge.

He told me I needed new stickers on my license plates. I heartily agreed. I was breaking the law with my old stickers? Positively gauche. I needed new ones immediately? Consider it done. I should also locate the registration, and keep it handy? Most certainly.

When he asked my occupation and I told him some of the magazines I write for, he proceeded to tell me what he hates about each one. Not only was his every opinion right, it was absolutely right.

Vote for his favorite candidate? The least I can do. Loan him \$20? Take \$50, as a gift. I mean, he didn't actually say those things, but if he had, I'd gladly have gone along.

And maybe this "anything-you-say" attitude is normal, just a harmless choice in one of the day-to-day situations we all experience. But compromising our ideals — however minimally — still chips away at our integrity and diminishes our character, one little bit at a time.

Almost sounds like a game show, doesn't it? Imagine a commentator pointing into the camera:

"Will you embezzle money from your company? Will you sue the other driver, even though you don't really have whiplash? Will you cheat on your taxes? Will you apply for a homeowner's damage loan even though your driveway was cracked before the flood? And, in your special showcase, will your refuse to defend an innocent co-worker, thus saving your own neck? We'll be right back to see just who will sell out



It came time to throw off all the pretensions

today!" Maybe you wouldn't do those things, but every day we are confronted with choices that tug at our honesty. Would we decry the slaughter of wildlife yet wear a sable coat? Would we date a jerk because he does, after all, drive a new Mercedes? Would we buy a rock album featuring artists who popularize drug abuse?

It isn't always the outright stealing or the blatant cheating that gets us. Sometimes it's the almost imperceptible splinters of dishonesty that work their thorny way under our skin. Eventually our very perception of what a sellout is becomes blurred and cloudy.

Then, before we can say "honesty is the best policy," we call in sick when we're not, we take office pens home, we knowingly write bad checks, we exaggerate the virtues of what we sell, we rob reputations by gossiping.

What has happened to us? Where's our backbone, our grit, our fight-for-the-principle policy?

In high school I took a class in ethics — a subject that belongs on every report card in America. My school no longer offers it, and the teacher has probably long since abandoned her noble profession in favor of more lucrative business such as real estate or waitressing. But while it lasted we were forced to embrace standards — any standards, but standards.

We debated whether professional athletes should endorse beer, whether a politician should vote for laws that benefit the biggest contributors, whether we should give back that dime to the phone

company. Should we allow someone to buy our convertible without mentioning the leaks?

The students didn't always agree, but we all thought about it. We made conscious decisions. We shunned the idea that watering down perfume was smart business; to us it was clearly rotten and dishonest. Today, you might get several strong arguments.

Larry Wolters put it well when he said, "A commentary on the times is that the word 'honesty' is now preceded by 'old-fashioned.'"

Years ago, an employee who reminded his boss that the latter had taken a couple of extra golf strokes on that last hole was rewarded for his courage and honesty. Today he's seen as an idiot. It's only a game. Why not let your boss win?

It used to be a couple couldn't sleep if they sold their home with crumbling plumbing. Today many folks giggle gleefully under the covers, delighted at pulling one over on some unwary dumbbell. (These same people usually fail to see the connection when their little Jamie sells his battered bike without mentioning its tendency to break the chain.)

Where are the people who used to know that the trouble with doing sneaky little things is that you end up feeling sneaky and little?

Occasionally you'll hear of one. "What's great about Joe is that he doesn't sell out." Such praise is heard in hushed silence, even awe, at the wonder of one who possesses a rare virtue indeed. He doesn't sell out — amazing. All the world is out chasing the buck and tossing out ethics like chewing-gum

wrappers, yet here's a man who stands firm and faces the storm. He must have been one of those rare teen-agers who survived peer pressure. Funny thing about peer pressure: We're all told it will disappear when we turn 21, but instead it dons more costly apparel and more clever disguises.

Have you ever faced a circle of acquaintances at a cocktail party and said boldly back at them, "No, I don't think the president is wrong" or "Staying home and raising kids is a challenge" or "I liked that movie" or "No, I don't want a drink" or "Being black is beside the point"?

It's as if the whole world is wearing the emperor's new clothes. We sell out for popularity, power, position and profit.

I washed the sheep-dip off my face and tossed the jar away. A plain, bare face stared back at me from the mirror. Unadorned, unpretentious, uncovered at last. It was a fresh face, an honest face. It was all the things cosmetics try to be but never are.

I think I'm going to like it. ■

5 Profiles



David Rocha/Manchester Herald

## Judy Geis

- Born** Nov. 13, 1941
- Marital status** married
- Occupation** assistant director, media relations Manchester Community College
- Favorite restaurant** Chuck's Steak House in Honolulu
- Favorite food** lobster
- Favorite beverage** wine
- Favorite sport** tennis
- Roots for** Miami Dolphins
- Idea of a good vacation** two weeks in the sun
- What you do to relax** sail
- Type of entertainment preferred** '50s rock 'n' roll
- Favorite entertainer** Neil Diamond
- Favorite actor** Tom Selleck
- Favorite song** "Wild Streams"
- Kind of music preferred** rock 'n' roll
- Favorite magazine** Time
- Favorite book** "Dragonriders of Pern"
- Favorite store in Manchester** D & L
- Pet** cat, Dusty
- Favorite spot in Manchester** MCC
- Car** '82 Buick
- Favorite color** red
- Last book read** "Iacocca"
- Pet peeve** people who take two parking spaces
- Favorite TV show** Magnum
- Best thing about Manchester** people
- Worst thing about Manchester** not enough stores

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# Lifeguard for life?

For Walt Adamy it's the perfect summer job



Walt Adamy keeps an alert eye on the swimmers at Globe Hollow Pool from his perch on the lifeguard stand. Adamy, 25, in his 10th year as a lifeguard, takes his summer job very seriously.

Sitting in the sun all day, bulging his muscles and flirting with the girls. This has been the image of the lifeguard.

But to 25-year-old Walt Adamy, who is in his 10th season as a lifeguard at Manchester's Globe Hollow Pool, lifeguarding is not only fun, but a commitment that he takes very seriously.

At age 15, Adamy became one of Manchester's youngest lifeguards. He worked his way up through the system and became the head lifeguard at Globe Hollow last year. He has been at Globe Hollow longer than any lifeguard.

"Can one really be a lifeguard for life?" Adamy was asked during an interview in his "office" — the dark,

crowded guard room at Globe Hollow. Adamy laughed and said, "No, probably not." But if he achieves his goal of becoming a full-time permanent teacher in the Manchester school system, lifeguarding will be the perfect summer job. "It beats painting houses," he said.

Adamy has been substitute teaching in the Manchester public schools since he graduated from the University of Connecticut with an economics degree in 1985. Last year, a six-week mathematics teaching assignment at Manchester High School convinced him that he wanted to be a teacher. Now he must return to college to do his student teaching to get his certification.

What Adamy likes about teaching school is also what he likes about lifeguarding: the kids.

"I like working with kids. If you don't like kids you wouldn't like this," he said. "It's good to watch them as they mature."

□ □ □

As a lifeguard, Adamy has always taught swimming lessons that the town Recreation Department offers for three sessions each summer. He prefers to teach the beginning swimmers. "The younger the better," he said. "I like to get in and play with them and get to their level."

But Adamy does not believe in pushing children to swim if

they are not ready. "When they are ready, they'll know."

He also expressed concern about parents who make their children so fearful of the water that they are afraid when it comes time to learn to swim.

"I believe in a positive attitude. Show them the water is something to respect, not fear," he said.

□ □ □

It is ironic that Adamy, a head lifeguard and swim instructor, never had a formal swimming lesson when he was growing up.

His parents, Edward and Marge Adamy, had an in-ground pool in their back yard on East Maple Street, and that's where his father taught him to swim when he

was 6 or 7 years old. He became a member of the town swim team for several years.

But formal lessons were required when Adamy decided to become a lifeguard.

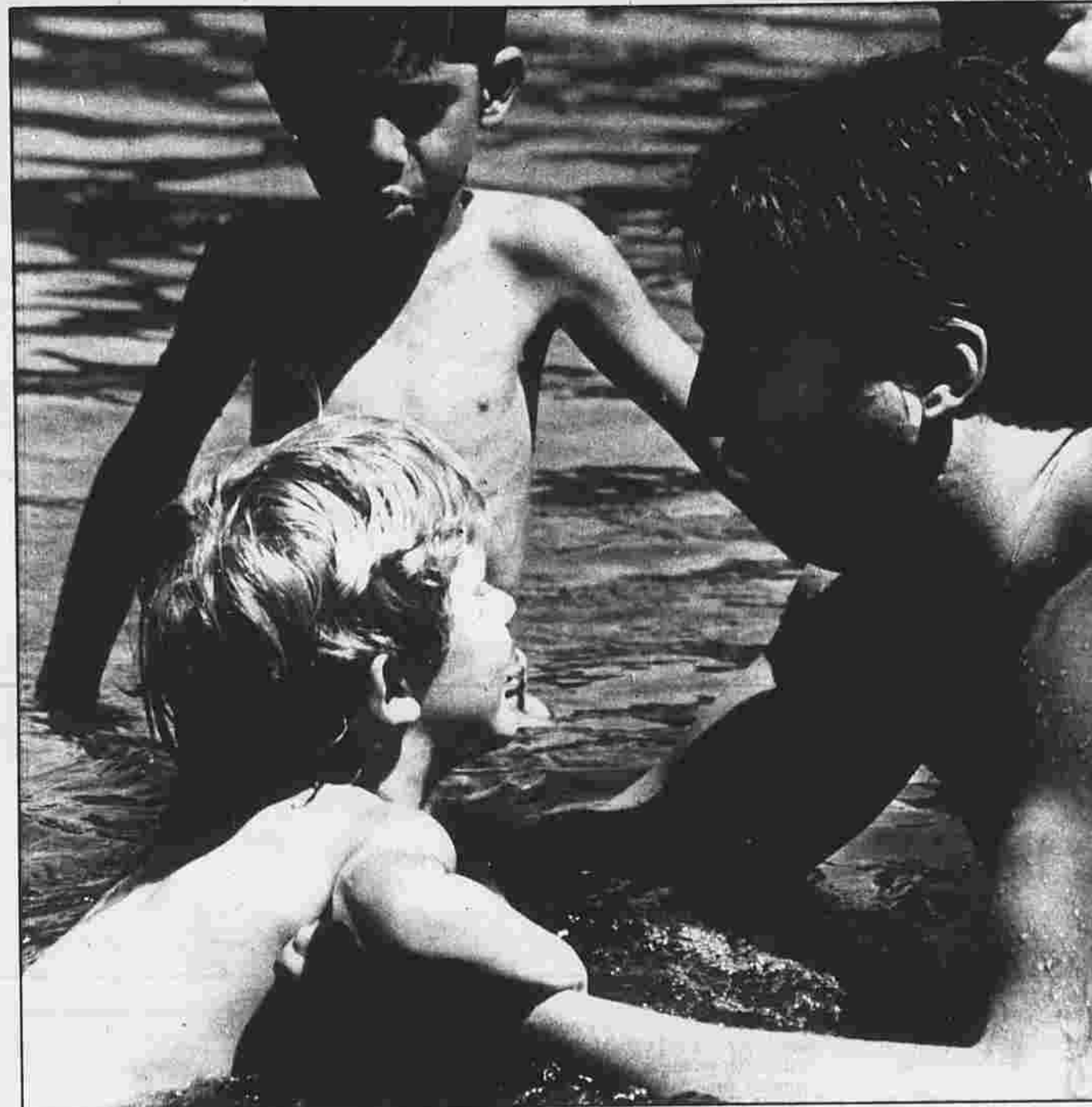
All Manchester lifeguards must pass an advanced lifesaving course, which is the minimum state standard. And the town prefers that lifeguards also have a Water Safety Instructor's certificate to teach swimming, Adamy said.

The certificates have to be renewed every three years, unless the lifeguard is teaching every year. As head lifeguard, Adamy this year increased the requirements for his staff of 10 regulars at

Continued . . .

Story by  
Susan Vaughn

Photos by  
David Rocha



Head Lifeguard Walt Adamy gives 4-year-old Bobby Columbe of Manchester one of his first swimming lessons at Globe Hollow Pool. Mohammed Kaneshka Azimi, 6, is waiting his turn.

. . . Continued

Globe Hollow: They must do daily 500-yard conditioning swims so that they will be prepared if they have to "make a save."

Lifeguard Stacey Tomkiel agreed that the conditioning was a good idea. "We really need it," she said.

□ □ □

Adamy showed extra concern for his lifeguards' health by acquiring safari hats to protect them from the sun. The threat of skin cancer caused by overexposure to the sun is bringing the end of the "lifeguard tan," Adamy said. Lifeguards no longer try for the darkest tan, but instead cover up as much as possible.

"I use Number 15 sunscreen," said Kathy O'Neill, who is assistant head lifeguard at Globe Hollow.

Also, to protect the guards from what Adamy describes as an "eye-boggling" job, he puts them on rotating shifts with a half-hour each on two different chairs, then a half-hour rest.

Adamy also insists that his guards eat lunch everyday and drink plenty of fluids to keep them from passing out in the hot sun. One female lifeguard used to pass out regularly because she was trying to diet, he said.

Another improvement that Adamy helped bring about this year was a pay raise. Until this summer, lifeguards, including the head guards, had been

working for \$4 to \$4.50 an hour. But recreation staffers convinced the town directors that their job was worth more. The raise of about \$2 an hour brought Manchester's lifeguard pay to the level of neighboring towns, said Adamy.

"We probably would have had to close pools if we hadn't raised the pay," he added. The town once had trouble filling lifeguard jobs.

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As the other lifeguards came into the guard room at Globe Hollow, it was obvious there was an easy camaraderie, among them. Guard Ed Ciarcia teased Adamy about 15-year-old girls having

crushes on him, but added seriously. "He does his job without being too mean and cruel."

"It's like a family here," Adamy said of his staff. "Everyone wants to be here even though it's the biggest pool and the hardest one to guard."

"Globe has different circumstances and more saves than the other pools. We have had four (saves) already this year," he said early in the season. But Adamy added that in the 10 years he has been a lifeguard at the pool, none of the saves required mouth-to-mouth resuscitation. And he did not know of anyone ever drowning at Globe Hollow.

To prepare his guards for the varying circumstances at

Globe, which was formed by damming one of the town's reservoirs, he has an orientation at the beginning of the swimming season. He alerts them to the hazardous areas of the huge pool, which is especially difficult to guard because the bottom is not visible like that of the smaller town pools.

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The most important advice Adamy has for other lifeguards? Be constantly alert and aware of the other lifeguards.

"They have to be alert and recognize when a hazard is about to happen," he said. Lifeguards are told to watch

Continued . . .



A group of beginning swimmers listen as Walt Adamy starts a swimming lesson at Globe Hollow Pool.

## There's more to lifeguarding than getting the perfect tan

... Continued

for the swimmer, who is not that strong, trying to reach the raft.

Other situations, such as parents trying to take their children out too far, require lifeguards to be firm, but judicious. "The parents are good about that," said Adamy.

The baby-sitting aspect of the job can be a problem. So can the big groups of children from day camps. But for the most part, the children are easy to discipline once a lifeguard has earned their respect, Adamy said.

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The hottest days are the hardest days for lifeguards, when everybody swarms to the pools to cool off. This year's Fourth of July weekend was one of the biggest ever for

attendance at Globe Hollow, with 3,000 passing through the gates on just one day, said Adamy.

Lifeguards are not always so popular on days like that. Adamy recalled how the guards were booed by the crowd on a particularly hot Monday evening, when pool hours ended at 7:45 and the guards had to close the area.

Globe Hollow draws more than just Manchester residents, too, said Adamy, because it is one of the largest pools in the area, and Manchester is one of the only towns in the area that does not charge people to swim in the town pools.

People who don't speak English, or deaf people, who don't understand what the lifeguards are saying to them, can pose problems, too. "We use hand signals then," Adamy said.

Keeping the large pool clean is another of Adamy's responsibilities as head lifeguard. He checks the chemical balance of the water and chlorinates the pool twice a day. Occasionally, he or another guard has to go out to the dam to restart the siphons that run the circulatory system.

Other less glamorous aspects of the lifeguard's job are to clean the bathrooms, sweep out the grass and sticks from the pool and pick up the dirty diapers along the shore.

But when Adamy gets tired of the so-called glamorous job of lifeguard, he switches from his safari hat to his chef's hat as a cook for Pagan Caterers. He has also done that job for 10 years, and he said he is always in demand when his family has parties. ■



Walt Adamy dons breathing apparatus when he chlorinates Globe Hollow Pool twice a day. Keeping the pool clean isn't the most glamorous part of the lifeguard's job. Rowing the boat is Eric Johnson, who has been a lifeguard for five years.

# WEEKEND TELEVISION

## Saturday, Aug. 2

**5:00AM** (1) CNN Headline News  
(11) U.S. Farm Report  
[CNN] Crossfire  
[ESPN] Auto Racing '86: American Racing Series From Toronto, Ontario, (60 min.)  
[TMC] MOVIE: "Forever Young"  
**5:30AM** (1) CNN Headline News  
(11) Independent Network News  
(18) Agricultural News  
[CNN] Showbiz Today  
[MAX] George Stevens: Great Moments in American Film  
**6:00AM** (3) Up Front (R)  
(5) Young Edition  
(8) Davey & Goliath  
(9) David Toma Show  
(11) It's Your Business  
(18) CNN News  
[CNN] Daybreak  
[DIS] Donald Duck Presents  
[ESPN] U.S. Olympic Festival Coverage of track and field and men's soccer finals. (2 hrs.)  
[HBO] MOVIE: "Forever Darling" The marriage of a scatterbrained wife and her long-suffering husband is saved by the arrival of a guardian angel. Lucille Ball, Desi Arnaz, James Mason. 1956.  
[MAX] MOVIE: "Adventures of Buckaroo Banzai: Across the 8th Dimension" Crimefighter Buckaroo Banzai battles an invasion of aliens from the eighth dimension. Peter Weller, John Lithgow, Ellen Barkin. 1984. Rated PG.

**6:15AM** (1) MOVIE: "Invasion: UFO" Deep beneath the moon's surface is a sophisticated tracking system that will intercept and destroy alien ships attacking earth. Ed Bishop, George Sewell. 1970.  
**6:30AM** (3) Kidsworld (R)  
(5) The World Tomorrow  
(8) Face-Off  
(11) Josie and the Pussycats  
(18) 20 Minute Workout  
(20) Insight / Out  
(30) Mr. T  
(38) World of Photography  
(41) El Club 700  
[CNN] CNN Investigative Report  
[DIS] Contraption  
[TMC] MOVIE: "The Catered Affair" A woman uses her husband's life savings to give her daughter the kind of wedding that she never had. Bette Davis, Ernest Borgnine, Debbie Reynolds. 1956.

**7:00AM** (1) Sign On  
**7:00AM** (3) Captain Bob  
(5) Terrahawks  
(11) New Jersey People  
(11) M.A.S.K.  
(18) MOVIE: "The Golden Idol" Bomba battles a band of killers after a valuable golden idol treasured by a group of natives is stolen. Johnny Sheffield, Anne Kimbell, Paul Guilfoyle. 1954.  
(20) [USA] Jimmy Swaggart  
(22) Barney Bear & Friends  
(30) Ring Around the World  
(38) Newsmakers

(40) Abbott and Costello  
(41) Follow Me  
(41) Jayce and the Wheeled Warriors  
[CNN] Daybreak  
[DIS] Mousercise  
**7:30AM** (3) Dungeons and Dragons  
(5) Wonderama  
(8) In Depth  
(11) M.A.S.K.  
(30) Spiderman  
(38) It's Your Business  
(40) Abbott and Costello  
(41) GoBots  
[CNN] Sports Close-up  
[DIS] You and Me, Kid  
[HBO] MOVIE: "Curse of the Pink Panther" The world's worst detective is hired to find the missing Inspector Clouseau. Ted Wass, David Niven, Robert Wagner. 1983. Rated PG.  
**8:00AM** (3) The Wuzzles (CC)  
(5) Popeye  
(8) 40 Pink Panther and Sons (CC)  
(9) In the Black  
(11) One on One  
(20) Bullwinkle  
(22) 30 Snorks  
(24) Sesame Street (CC)  
(38) Wall Street Journal Report  
(41) Los Polivoces (60 min.)  
(61) M.A.S.K.  
[CNN] Daybreak  
[DIS] Care Bears  
[ESPN] Australian Rules Football '86 (60 min.) (R)  
[MAX] MOVIE: "Topper" An auto accident turns George and Marian Kirby into madcap ghosts. Cary Grant, Constance Bennett, Roland Young. 1937.  
[USA] Alive & Well!

**8:30AM** (3) Berenstain Bears  
(5) Rainbow Brite  
(8) 40 Littles (CC)  
(9) Meet the Mayors  
(11) FTV  
(18) Record Guide  
(20) Underdog  
(22) 30 Gummi Bears (CC)  
(38) Robotech  
[CNN] Big Story  
[DIS] Good Morning Mickey!  
[TMC] MOVIE: "Garbo Talks" An eccentric middle-aged woman enlists the aid of her son to fulfill her dying wish to meet Garbo. Anne Bancroft, Ron Silver, Carrie Fisher. 1984. Rated PG-13.

**9:00AM** (3) Muppet Babies  
(5) Popples  
(8) Bugs Bunny/Looney Tunes Comedy Hour  
(9) BJ & Lobo  
(11) MOVIE: "Sherlock Holmes in Washington" The microfilm of a stolen document is hidden in a match box. Basil Rathbone, Nigel Bruce, George Zucco. 1943.  
(20) Whiz Kids  
(22) 30 Smurfs  
(24) Sesame Street (CC)  
(38) Ask the Manager  
(41) Nuestra Familia  
(47) Yankee Woodlot  
(51) Lost in Space  
[DIS] Welcome to Pooh Corner  
[ESPN] Revco's World Class Women (R)  
[USA] Go For Your Dreams: Cash Flow Expo

**9:10AM** [CNN] Health Week  
**9:30AM** (1) Ulysses 31  
(3) America's Top Ten  
(30) Andy Griffith  
(41) New Jersey Hispano  
(47) Rod & Reel  
[CNN] Money Week  
[DIS] Donald Duck Presents  
[ESPN] Tennis Magazine (R)  
[HBO] MOVIE: "Weird Science" Two young boys cause chaos when they decide to bring their science project to life. Kelly



CAN LAST SEASON BE TOPPED? — Cybill Shepherd and Bruce Willis helped turn "Moonlighting" into a certified hit this past season. But will "Moonlighting," which made its name by breaking rules, run out of rules to break? "Moonlighting" airs Tuesdays on ABC.

LeBrook, Anthony Michael Hall, Ian Mitchell-Smith. 1985. Rated R.  
**10:00AM** (3) Hulk Hogan's Rock 'n' Wrestling  
(5) I Love Lucy Marathon (8 hrs.)  
(8) Left A-Lympics (CC)  
(9) Solid Gold  
(20) Space: 1999  
(30) Greatest American Hero  
(34) Mr. Rogers' Neighborhood  
(38) Maverick  
(41) Reino Salvaje  
(57) Motorweek  
(61) Wrestling (60 min.)  
[DIS] Wind in the Willows  
[ESPN] Outdoor Life (R)  
[MAX] MOVIE: "Beyond the Poseidon Adventure" Additional survivors turn up on a capsized ocean liner, and thieves are found to be looting what remains on the ship in this sequel to "The Poseidon Adventure." Michael Caine, Sally Field, Telly Savalas. 1979. Rated PG.  
[USA] Keys to Success  
**10:10AM** [CNN] Showbiz Week  
**10:30AM** (1) 40 Ewoks/Droids Adventure Hour  
(11) Puttin' on the Hits  
(22) 30 Punky Brewster  
(24) Newton's Apple (CC)  
(41) Super Libro  
(57) Presental  
[CNN] Style With Elsa Klensch  
[DIS] MOVIE: "Katy" The colorful adventures of Katy, a curious caterpillar who wants to see what life is all about.

[ESPN] John Fox Outdoors (R)  
[TMC] MOVIE: "Summertime" A middle-aged spryster vacations in Venice and falls in love with a married man. Katharine Hepburn, Rossano Brazzi, Darren McGavin. 1955.  
[USA] Crafts Video Magazine  
**11:00AM** (3) Richie Rich  
(11) All-Star Wrestling (60 min.)  
(11) Soul Train  
(18) 12 O'Clock High  
(20) Wrestling (60 min.)  
(22) Alvin & the Chipmunks  
(24) National Geographic Special: Ballad of the Irish Horse (CC) Take a look at Irish horses and meet those who train and ride them. (60 min.) (R) In Stereo  
(38) Three Stooges  
(41) Lucha Libre SIN (60 min.)  
(47) Say Brother  
(51) World Class Championship Wrestling (60 min.)  
[ESPN] Top Rank Boxing from Atlantic City, NJ (2 hrs.)  
[HBO] MOVIE: "The Sword of the Valiant" A young squire has one year to solve a riddle or forfeit his life. Sean Connery, Miles O'Keefe, Trevor Howard. 1980. Rated PG.  
[USA] Best of Money, Money  
**11:30AM** (3) Kid's World  
(8) T.V. Auction  
(22) 30 Kidd Video  
(40) Super Powers Team: Galactic Guardians  
(57) Tony Brown's Journal  
[CNN] Baseball '86

[USA] Hollywood Insider (R)  
**12:00PM** (3) Puttin' on the Hits in Stereo  
(8) WWF Championship Wrestling (60 min.)  
(9) Whiz Kids  
(11) Pro Wrestling USA (60 min.)  
(18) MOVIE: "The Bowery Champs" The gang solves a murder. Leo Gorcey, East Side Kids. 1944.  
(20) MOVIE: "Welcome to Hard Times" The mayor of a small town is forced into a showdown. Henry Fonda, Janice Rule. 1967.  
(22) Mr. T  
(24) Rod & Reel  
(30) Black Perspective  
(38) MOVIE: "The Culpepper Cattle Company" A youngster's confrontation with cattle rustlers and killers turns into a fight for his life. Gary Grimes, Billy Green Bush. 1972.  
(41) Lo Mejor de la Copa Mundial Repeticion de los juegos de soccer realizados en Mexico. (2 hrs.)  
(47) Sesame Street (CC)  
(51) MOVIE: "Shalako" European aristocrats on a hunting tour of the West have a run-in with Apaches. Sean Connery, Brigitte Bardot, Stephan Boyd. 1968.  
[CNN] Newsday  
[MAX] MOVIE: "The Red Light Sting" (CC) A scheme requires a government agent to pose as the owner of a brothel in an effort to break the mob's grip on prostitution.  
Continued ...

Channels		
WFSB	Hartford, CT	(3)
WNEH	New York, NY	(8)
WTNH	New Haven, CT	(8)
WOR	New York, NY	(8)
WPIX	New York, NY	(11)
WHCT	Hartford, CT	(18)
WTXX	Waterbury, CT	(20)
WWLP	Springfield, MA	(22)
WEDH	Hartford, CT	(24)
WVIT	Hartford, CT	(30)
WSBK	Boston, MA	(38)
WGBB	Springfield, MA	(48)
WXTV	Paterson, NJ	(41)
WGBY	Springfield, MA	(37)
WTCI	Hartford, CT	(41)
CNN	Cable News Network (CNN)	(MAX)
ESPN	Sports Network (ESPN)	(MAX)
HBO	Home Box Office (HBO)	(MAX)
CINEMAX	Cinemax Channel (CINEMAX)	(MAX)
TMC	Movie Channel (TMC)	(MAX)
USA	USA Network (USA)	(USA)



# 'Heartburn' is delicious

By Bob Thomas

Sex, marriage and deception among the intelligentsia provide the themes of "Heartburn," a delicious new comedy-drama boasting the giant talents of Meryl Streep, Jack Nicholson and Mike Nichols. It is fresh, funny and delightfully cynical in its view of modern-day morality. If the ending seems bitter, well, life can be like that. Nora Ephron adapted the film from her best-selling novel, which may or may not have been based on her broken marriage to journalist Carl Bernstein, who helped cover the Watergate scandal with Bob Woodward.



Cinema Review

Nicholson and Kathleen Turner eyed each other assessingly at a wedding. This time Nicholson, a hotshot political columnist, does it with Meryl Streep, a well-known food writer. By nightfall they share a bed.

Whatever the source, Miss Ephron has an acute ear for the language and follies of the New York publishing world and the Washington political scene, around both of which her life revolved.

Both have been divorced, both are wary of marriage. Streep's qualms continue as guests grow restless at the wedding. In a hilarious sequence, she is given pep talks by her therapist, father, best friends and the bridegroom-to-be himself.

The opening of "Heartburn" is oddly similar to "Prizzi's Honor," in which Jack

Streep leaves her career behind to face the gross incompetence of house-rebuilders and the backbiting of Washington society. She gives birth to one baby, then another before discovering that her husband's roving eye, which she had been warned about, has focused on a tall Washington social figure.

Bob Thomas reviews movies for The Associated Press.

# Comic directs a comedy

By Bob Thomas

HOLLYWOOD (AP) — Among the amazing number of comedy artists who emerged from Chicago in the 1970s, none is more versatile than Harold Ramis. A man who looks and sounds like your friendly neighborhood accountant.

Adolph Caesar.

With his quiet manner and scholarly glasses, Ramis is regularly ignored by celebrity hunters. Not by movie studios, however. He has been involved in various capacities with some of the biggest comedy hits of recent times.

Like most comedians, Ramis is a worrier, and he found reason for concern as he awaited the release of "Club Paradise": "I finished the picture last July, and it was delayed for release this summer. Meanwhile, three other comedies about island resorts came out: "The Last Resort," "Water" and "Hot Resort." My heart stopped each time one of them was released. Fortunately for us, all of them failed."

He was the whimsical partner of Dan Aykroyd and Bill Murray in "Ghostbusters." He has co-written "National Lampoon's Animal House," "Meatballs," "Stripes," "Ghostbusters" and Rodney Dangerfield's current winner, "Back to School." He also directed as well as co-wrote "Caddyshack" and "National Lampoon's Vacation."

Harold Ramis grew up in Chicago thriving on radio serials, television comedy and Saturday and Sunday movie matinees that featured seven cartoons, a feature and a chapter of the "Dick Winslow of the Navy" serial.

Now comes "Club Paradise," which Ramis wrote with Brian Doyle-Murray and also directed. The Warner Bros. release stars Robin Williams as a Chicago fireman who invests in a ruined Caribbean resort. Also involved in the comedies are Peter O'Toole, Rick Moranis, Twigg, Eugene Levy and the late

Ramis's golden touch may well do the trick for Robin Williams, whose movie roles have never matched the brilliance of his impromptu comedy performances (example: his emceeing of this year's Oscarcast).

easy to do, because it surprises the other actors, who don't know what their cues are. But when it works, it can be inspiring."

"I felt that Robin has never been seen as himself in films," observed Ramis. "He's not as quirky as he was in 'Garp' or 'Moscow on the Hudson,' nor is he a schlemiel, as in 'The Survivors.' In 'Popeye' he was hidden. Trying to get an actor to be himself is tough. They much prefer to play other roles."

"My father, who was a grocer, loved comedy, especially the Marx Brothers and Laurel and Hardy," Ramis recalled.

Ramis joined the famed Second City troupe in Chicago during the turbulent times of the late 1960s.

Fitting Williams' quicksilver wit into the script required planning: "I made a deal with Robin — after I got one take the way the script was written, he could then improvise. That's not

# Film capsules

**About Last Night ... (R)** — Rob Lowe, Demi Moore, James Belushi, Elizabeth Perkins. (Drama) What seems like a one-night stand — two Yuppies meet in a bar, then race home to display their ample sexual gymnastics — is actually a poignant tale. This couple wants to be in love, despite interference by friends who insist commitment is a '80s faux pas. Ed Zwick has made a self-assured feature film debut, but what makes the film real is the acting. Lowe sheds in his Brat Packer image and turns in an unabashed performance, but Demi Moore steals the film. Baring her soul (when not baring her breasts), Moore proves that the talents she exhibited in "St. Elmo's Fire" were not fluke. **Grade: B.**

**At Close Range (R)** — Sean Penn, Christopher Walken, Mary Stuart Masterson. (Drama) Sean Penn lives in the rural South with his tired grandmother, broken-down mother and foolish brother. Then one day, dad comes back to town — with money, flashy cars and the promise of success. But there is one small problem: Dad is a thief. Walken infuses his role with a delicious evil, and Penn, who must make some rather brutal decisions, has never been better. The last 20 minutes are devastating. Not for the entire family. **Grade: B.**

**Big Trouble in Little China (PG-13)** — Kurt Russell, Kim Cattrall, Dennis Dun, James Hong, Victor Wong. (Comedy Adventure) Twentieth Century-Fox bills this as a "mystical action adventure comedy kung-fu monster ghost story." Sounds like trouble? You bet. Russell plays pig salesman Jack Burton who, caught among underworld Chinatown ghosts, battles creatures with such foreboding names as The Sewer Monster, One Ear and Needles. There are special effects, inane dialogue and more special effects. John Carpenter has too much to work with here; he compensates by directing with a manic pace. If there was more focus — and less frenzy — "Big Trouble" would have been a big, fun film. **Grade: C.**

**Club Paradise (PG-13)** — Robin Williams, Peter O'Toole, Rick Moranis, Jimmy Cliff. (Comedy) This is a Club Med for the big boys: Dope, drink, women donning and doffing their bikinis. This is also bad comedy. Director Harold Ramis ("Caddyshack") fails to ignite this tale of Chicago fireman Jack Moniker who, suffering from burnout, invests his pension and disability money into rejuvenating a tacky island colony into a Garden of Eden. What could have been a funny movie is simply a bland stretch of amusing one-liners and many unfunny moments. Williams' vapid character forces him to act manic, and '80s icon Twigg graces the landscape in a thankless role. **Grade: C.**

**Ferris Bueller's Day Off (PG-13)** — Matthew Broderick, Mia Sara, Alan Ruck. (Comedy) Every high-school senior thinks he can conquer the world. Ferris Bueller does — and makes it look easy. Ferris convinces his parents he's sick, gets his girl out of class and borrows a Ferrari from his best friend's dad. His principal is on the trail but he is no match for the quick-witted charmer. Ruck, who finally steps out of Ferris' shadow, is endearing. If you take a day off to see this clever escape, prepare to be envious; Ferris makes better use of his time. **Grade: B-plus.**

**Labyrinth (PG)** — David Bowie, Jennifer Connelly, Toby Froud, Shelly Thompson. (Fantasy) Every child's nightmare is to be swooped up by demons; this terrific film is a variation on that terror. Sarah resents caring for her brother and wishes goblins would take him away. They do. Jim Henson's creatures populate this nifty film — and they're not Bert and Ernie. Henson (with help from executive producer George Lucas) advances puppetry to an awesome level. The creatures — not Bowie and certainly not Connelly — are the real stars. **Grade: B-plus.**

**Running Scared (R)** — Billy Crystal, Gregory Hines, Steven Bauer, Joe Pantoliano. (Comedy-Adventure) You've seen it before — in better movies. Two Chicago detectives bungle a case and are asked to take a vacation (thus the obligatory Key West sequence). But wait! — they ain't down yet. The audience is bombarded with shoot-em-ups, blaring "Miami Vice"-style music, sexual escapades and endless-car chases. One mistake was to pilfer from "Beverly Hills Cop" and "48 HRS.," but the major problem is lack of chemistry between Crystal and Hines. **Grade: C.**

# David Lee overdoes it

By Ethlie Ann Vare

David Lee Roth must have given up all hope of resurrecting his movie project, "Crazy from the Heat," because he put half the planned soundtrack on his new album, "Eat 'Em and Smile" (a bad-taste title and every sense of the word).

But he certainly hasn't given up his tendency to overdo everything he does.

Take his LP press release, for instance. Every major album of any sort sent out for review comes with an artist bio and black-and-white photo. Roth's comes with: a black-and-white photo, a personal letter from Dave, liner notes and a handful of colored feathers.

We're still working on the significance of the feathers. Some fear that Roth has (smilingly) eaten Tweetie Bird.



Video Beat

Richard Blade, host of the syndicated clip shows "Video One" and "Video Beat," (clever title, that) will play a — surprise — video-clip show host in the upcoming movie "Spellcaster."

The horror-sweepstakes comedy revolves around teenage winners of a videoclip show sweepstakes who find out that they have to collect their prize in a haunted castle. Adam Ant makes a cameo appearance in the flick due for early '87 release.

David Bowie's "Changes," used as the background music for a Diaperine baby-wipes commercial, was the cleverest choice of rock music for a TV ad in living memory. Unfortunately, it was also used without the artist's knowledge or permission, according to his management. While the ad agency that made the spot says it paid \$10,000 for rights to the song, they might have to pull the commercial until the matter is straightened out.

More rock movie tie-ins: Ireland's iconoclastic Pogues are planning to make a film with off-the-wall director Alex ("Repo Man") Cox. Lead singer Shane MacGowan says it will be a spaghetti western, of all things.



David Lee Roth

Ethlie Ann Vare tunes in to rock for Newspaper Enterprise Association.

And Rhino Records has signed a development deal with New World Pictures to make a film based on the fictional career of Big Daddy, the novelty band who were supposedly "held captive in Laos for 24 years by mistake."

The group has released two delightful albums of '80s hits reproduced in classic '50s fashion. Band members would play themselves in the movie, tentatively titled "Stranded in the Jungle."

Heavy metal fans can bang their heads to the television as well as to the stereo with three new videocassette releases: Metal Blade Records has just created a video division, whose first releases are an hour-long concert tape of Christian metalheads Stryper ("Live in Japan") and a 71-minute concert tape of Lizzie Borden ("The Murderess Metal Show"). Also out for the home market is "The Ultimate Ozzy," from the self-proclaimed madman Ozzy Osbourne.

Keith Richards is using his waiting-for-Mick leisure time constructively: He's working on a solo album. Rumor has it that Steve Van Zandt's E Street Band replacement, Nils Lofgren, will accompany Richards on guitar.

Felicitations to Bob Geldof, who capped his eventful year by marrying his long-time companion, Paula Yates. The couple tied the knot in Las Vegas. ■

# Turntable tips

Hot singles

- 1. "Glory of Love" Peter Cetera (Warner Bros.)
- 2. "Sledgehammer" Peter Gabriel (Geffen)
- 3. "Danger Zone" Kenny Loggins (Columbia)
- 4. "Papa Don't Preach" Madonna (Sire)
- 5. "Invisible Touch" Genesis (Atlantic)
- 6. "Mad About You" Belinda Carlisle (I.R.S.)
- 7. "Love Touch" Rod Stewart (Warner Bros.)
- 8. "Nasty" Janet Jackson (A&M)
- 9. "We Don't Have to Take Our Clothes Off" Jermaine Stewart (Arista)
- 10. "Opportunities" Pet Shop Boys (EMI-America)

Top LPs

- 1. "Top Gun" Soundtrack" (Columbia) — Platinum (More than 1 million units sold.)
- 2. "So" Peter Gabriel (Geffen)
- 3. "Invisible Touch" Genesis (Atlantic)
- 4. "Control" Janet Jackson (A&M) — Platinum
- 5. "True Blue" Madonna (Sire)
- 6. "Love Zone" Billy Ocean (Jive) — Platinum
- 7. "Winner in You" Patti LaBelle (MCA) — Platinum
- 8. "Whitney Houston" Whitney Houston (Arista) — Platinum
- 9. "Like a Rock" Bob Seger & The Silver Bullet Band (Capitol) — Platinum
- 10. "The Other Side of Life" The Moody Blues (Polydor) — Gold (More than 500,000 units sold)

Country singles

- 1. "Nobody in His Right Mind Would've Left Her" George Strait (MCA)
- 2. "Rockin' with the Rhythm of the Rain" The Judds (RCA-Curb)
- 3. "You're the Last Thing I Needed Tonight" John Schneider (MCA)
- 4. "Savin' My Love for You" Pake McEntire (RCA)
- 5. "Strong Heart" T.G. Sheppard (Columbia)
- 6. "Will the Wolf Survive" Waylon Jennings (MCA)
- 7. "Count on Me" The Statler Bros. (Mercury)
- 8. "Heartbeat in the Darkness" Don Williams (Capitol)
- 9. "On the Other Hand" Randy Travis (Warner Bros.)
- 10. "I've Got a New Heartache" Ricky Skaggs (Epic)

Adult contemporary singles

- 1. "Glory of Love" Peter Cetera (Warner Bros.)
- 2. "You Should Be Mine" Jeffrey Osborne (A&M)
- 3. "Invisible Touch" Genesis (Atlantic)
- 4. "Your Wildest Dreams" The Moody Blues (Polydor)
- 5. "Love Touch" Rod Stewart (Warner Bros.)
- 6. "Words Get in the Way" Miami Sound Machine (Epic)
- 7. "The Captain of Her Heart" Double (A&M)
- 8. "Dancing on the Ceiling" Lionel Richie (Motown)
- 9. "There'll Be Sad Songs" Billy Ocean (Jive-Arista)
- 10. "In the Shape of a Heart" Jackson Browne (Asylum)

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# Family-style stress adds weight to kids

## Kids use food as tranquilizer

By Frances Sheridan Goulart

**"J**ust imagine being on a diet and eating French toast, or pancakes in the morning, pizza, tacos or roast beef for lunch, corn on the cob, watermelon, peanut butter, frozen desserts and, oh, those weekly barbecues with hot dogs and hamburgers... (and still) get on the scale in privacy once a week and know I was losing weight," wrote one teen-ager camper after an eight-week stay at one of the Weight Watchers International Slim Down Camps for kids.

She had cause for rejoicing. She was 17½ pounds lighter thanks to WWI's 1,200-calorie-a-day diet for teen-agers.

Some kids aren't so lucky. What's wrong when the perfect calorie-prudent diet from your kitchen, a kid's camp, or even the family doctor doesn't do the job? Why does one kid faced with the same snacks, school menus and sporting chances wind up with pre-adolescent spread and another one wind up without it?

If you've counted out inertia, allergies, sugar addiction, an unbalanced diet and heredity, stress could be the answer. Like the kids it fattens up, stress comes in all shapes and sizes, but family-style stress tops the list.

Cultural stress is a good fatter-upper, but it can't hold a candle to family-style stress. A

parent dies, mom joins the office force, family funds run out, and overnight it seems your calm thin-as-a-whistle 10-year-old turns into an emotional fatty-fatty-two-by-four.

Stress signals include "headaches, bellyaches, explosive crying and insomnia... (even) increased accidents," says Dr. David Elkind, a professor of child study at Tufts University. Hold the pratfalls and migraines for some kids and add compulsive snacking and weight gain that goes with it for others.

According to Dr. Claude H. Miller of New York City's Post Center for Mental Health, children who feel unloved often use food as a replacement for affection they don't get from a non-demonstrative parent. The always-hungry child is often an always-hurried one who uses food as a tranquilizer.

He's often the offspring of a parent who is a Type A stressed adult, says child psychologist Leon Tec, M.D., director of Connecticut's Mid-Fairfield County Child Guidance Center.

"Type A parents are often inactive, smoke, may be overweight, drink too much liquor and coffee and have hypertension. Type A behavior is more common in fathers than in mothers, but as more women obtain high-level positions, the number of Type A women is increasing. Type A parents resist change and prefer to be hard driving than to feel fear, guilt and sadness." Type A parents produce Type A kids, but it's



preventable.

How can you tell if your child's weight is up because stress has him down? Check the amount of stress in his life, suggests Dr. Elkind. In order of the impact they can have on a child and his eating are the top 10 kid stressors:

- Parent dies
- Parents divorce
- Parents separate
- Parents travel as part of job
- Close family member dies
- Personal illness/injury
- Parent remarries
- Parent fired from job
- Parents reconcile
- Mother goes to work

"But two small stresses can equal one big one. Mom going to work and dad getting fired," says nutritionist Betty Kamen of the Huntington, N.Y., Stress Center, "can have all the impact of one big stress such as death or divorce."

What helps? Besides such tried and true TLC tactics as a surprise trip to the movies, a day at the zoo, a long soak in a hot bath or just talking the problem through, a diet that's higher in stress-reducing food helps, says Kamen.

That means fruit in place of ice-cream floats, raw salads instead of fast-food coleslaw and any snack that's low in fat, high in B vitamins and protein-rich (lowfat milkshakes, broiled fish, yogurt) make the list while anything that's good for just calories, fat and sugar (fast foods, convenience foods, junk foods) doesn't.

And don't be a parent who cares but isn't there. "Beginning at age 11, kids want to be with their peer groups. They don't want to be isolated from their friends, but the majority of absentee parents don't want their children to have friends over when the parents aren't home so kids often choose to hang out in fast-food places," says Thomas Long, professor of education at

The Catholic University of America. "Latchkey kids" tend to be breakfast skippers, says Long, and that's bad. Skippers are usually late-day snackers.

According to a survey of 9- to 13-year-olds conducted by Clemson University food science professor Robert Borgman, kids who eat a daily breakfast have a significantly lower blood pressure than those who don't.

And it isn't just the missing morning egg that matters. It's the missing morning ritual. "Breakfast indicates a stable home where nutrition is important," says Borgman. "What the kids ate didn't seem to matter as much as the daily routine of a morning meal."

But parents who are there and who aren't getting divorced or changing jobs can be fattening, too. In fact, your loving family may be loving your child right into obesity. It starts early.

"There is evidence that at 2 months," says the 1980 "British Encyclopedia of Medicine and Health Annual," "that the average U.S. baby is consuming 135 percent of the RDA for calories." It's this kind of infant-stuffing that increases a child's fat cell and count for life — from a norm of 25 million to an abnorm of 100 billion. And fat cells, unlike brain cells, never fade away. They are always there ready for another food fix.

Nothing, in fact, is more contagious than family fat, in the opinion of Dr. Robert Thompson, head of the pediatric endocrinology division of the University of Iowa's Hospitals, and Clinics.

"Childhood obesity is often a vicious circle. The child overeats because his parents encourage it, then he is teased by his peers because he is fat, discouraged and rejected, he takes out his frustration the only way he knows how — by eating."

The only thing that works is a change for the better in the way the entire family eats, not for a week but for the life of the family, suggests Thompson. One thing that never works is putting your child on a stricter diet while the rest of the family continues eating the same amount and same types of fat-producing foods they've always eaten.

You don't need a computer to shape up family menus either. Nutritious meals are automatically low in fat if they include more legumes such as peas, beans and lentils, fresh fruits and vegetables, low-fat animal products (reduced fat cold cuts and cheeses, lean ground beef with less than 20 percent fat, lean fish, etc.) and whole-grain breads. A weekly family weigh-in can be very encouraging when pounds start dropping off, too, suggests Thompson.

Another problem is posed by the loving food-loving family that cooks from scratch when those high calories are coming from home cooking that's healthy, but inappropriate to a larger child's lower calorie requirements.

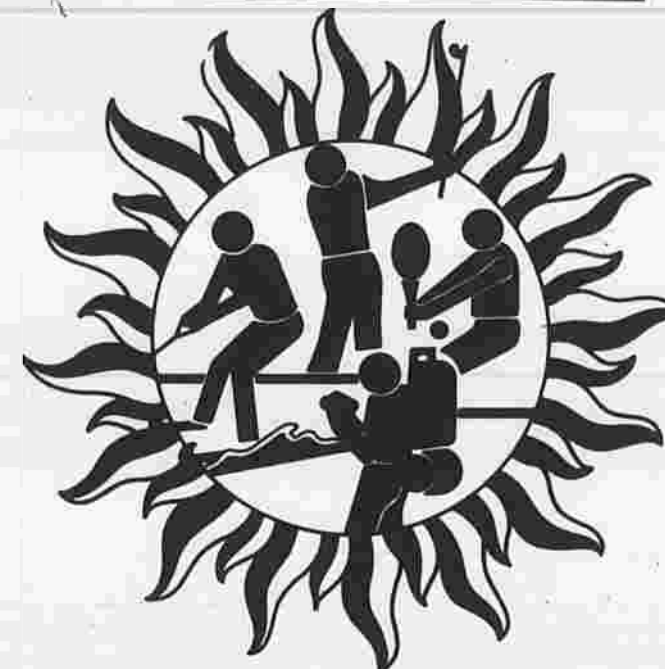
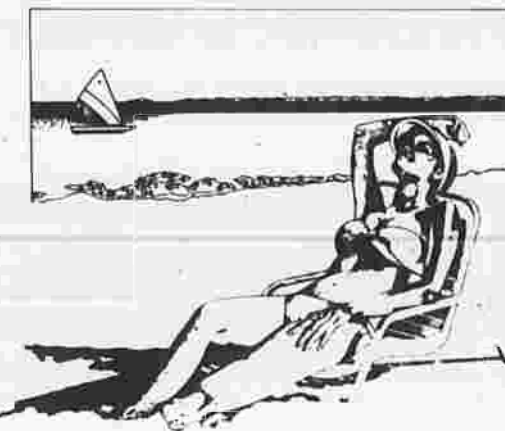
Don't forsake your strudel or your cannelloni. If Weight Watchers can dish up low-calorie pizza, burritos and Italian ices that kids love, so can you. The trick is to check out the calories in those family classics, then cut them down by 1) serving them less often; 2) serving small portions and 3) cutting the calories by reducing the sugar (use powdered milk in place of half the sugar in any baked dessert), using skim, not regular milk (skim-milk cheeses), whipped butter in place of the real stuff and leaving out the salt. ■

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# Let's talk toast

## Try a state-of-the-art catch-and-carry breakfast

By Janet Lorimer

It's one of "those" mornings. The alarm clock purposely shut itself off in the night, so you oversleep. When you do wake up, you rush out of bed and promptly trip over a chair that's lying in ambush. An alien creature has devoured all the clean socks in the house and when you dash into the shower, you discover that the soap ran away with the shampoo. It's a conspiracy, right? Of course you won't have time for breakfast. Or will you?

That's where the catch-and-carry breakfast comes in. You just catch the critter in one hand and carry it out the door. It's easily the nicest thing that can happen to you on one of "those" mornings.

Let's talk toast. No, not just any old piece of toast. The following recipes are state-of-the-art toast.

### CHEESE TOAST

2 slices whole-wheat bread  
 1/2 cup grated cheese (try a mix of Cheddar and Jack)  
 1/2 cup sliced fruit (bananas, apples)  
 1/2 cup cooked, shredded chicken  
 tad of butter

Slip bread into toaster. Butter each slice of toast as it pops up. On top layer fruit and/or chicken. Top with grated cheese. Microwave for about 30 seconds on High setting or until cheese melts, or place under the broiler in a conventional oven until cheese melts.

The whole process takes mere minutes. Just wrap the results in a paper towel or napkin and carry them out of the door.

Now don't automatically screech when you read the ingredients for the next goodie. It really is delicious. Try it before you pass judgment.

### AVOCADO TOAST

3 slices whole-wheat bread  
 1/2 ripe avocado  
 salt and pepper  
 tad of butter

Plp bread into toaster with one hand while you wash, slice open and deseed the avocado with your other three hands. Butter toast and carefully spread on a lovely thick layer of avocado. Season with a dash of salt and pepper and eat.

### PEANUT BUTTER TOAST

2 slices whole-wheat bread  
 1/4 cup peanut butter, plain or crunchy  
 2 tablespoons honey  
 tad of butter

Toast bread and butter it. Cream together peanut butter and honey and spread it on toast. You could just spread on the peanut butter and then drizzle honey over it, but you might find honey dripping through your fingers. Creaming the peanut butter and honey together first helps avoid this.

### COTTAGE CHEESE TOAST

2 slices whole-wheat bread  
 tad of butter  
 1/4 cup cottage cheese (small curd is best)  
 salt and pepper to taste

Toast and butter bread. Spread on a layer of cottage cheese and season with salt and pepper. For a dash of extra color, sprinkle on a pinch of paprika, too.

You can even chop up a scant 1/2 teaspoon of finely minced onion or chives and stir them into the cottage cheese. If you do, pack along a bottle of mouthwash.

I've recently discovered that if you have some bananas that are about to cross over the border from "peak of perfection" ripeness into "mushy never-never land" ripe, you can make a wonderful breakfast topping.

### BANANA TOAST

3 slices whole-wheat bread  
 2 slightly overripe bananas  
 tad of butter

Melt a little butter in a small frying pan. Peel and slice bananas and saute in butter, mashing them as they cook, until they are soft and golden brown and on the mushy side

(sounds strange, tastes divine). Toast and butter the bread and spread cooked banana over it. If you want to get exotic, sprinkle a dash of nutmeg on top. Oh, and on those calm, peaceful, take-it-easy mornings when you make waffles or pancakes, the banana topping is ideal.

If you like sauteed fruit, try sauteing apples or fresh pineapples or peaches or strawberries. Or put them all together.

### TROPIC BREAKFAST STARTER

1/2 cup of any or all of the following:  
 fresh peaches, bananas, berries, apples, pineapple, pears  
 a little butter

Melt butter in saucepan and add fruits. Saute until tender and golden.

Now, here are just a few of the taste-tempting uses for your Tropic Breakfast Starter.

- Mix it with some plain yogurt, grab a spoon, and go.
- Pop it into a pocket (pita) bread, top with grated cheese, warm in the microwave until cheese melts, and go.
- Add it to some cottage cheese and go.

Even though you don't anticipate having "those" mornings, you might like to make life simpler by preparing the sauteed fruit the night before and storing it in the refrigerator. Next morning, just reheat.

Speaking of pitas, I like to think they were invented by someone who had one of "those" mornings. Well, maybe not, but what could be more convenient for the catch-and-carry breakfast?

### EGG AND CHEESE IN A POCKET

4-6 hard-boiled eggs  
 2 tablespoons butter  
 2 tablespoons whole-wheat flour  
 1/4 cup milk, more

if needed  
 1/2 cup grated Cheddar cheese  
 dash garlic powder or salt and pepper  
 4 whole-wheat pitas

Peel and grate eggs. Set aside. In small saucepan, melt butter over medium heat. Add flour, stirring well. Slowly add milk, stirring well until you have a thick white sauce. Continue cooking until it is smooth and thick.

Add the cheese, cooking until cheese is melted. Add the grated egg and stir it through sauce, then season with garlic powder or salt and pepper. Spoon mixture into pitas and heat in microwave for about 30 seconds on High setting.  
 Serves 4.

Half the breakfast battles can easily be fought the night before. For example, make the egg-cheese sauce mixture (above) the night before and just reheat. If you have leftover chicken or beef from dinner, shred it and store it in the refrigerator in a covered container. Slice up fruits or mushrooms in preparation for the early mornings crazies. If you did your homework, you're all ready to build this delicacy-on-the-run!

### MUSHROOM-CHICKEN FILLING

butter  
 2 cups fresh mushrooms, sliced  
 1/2 cup cooked, shredded meat  
 2-3 eggs  
 4 pitas

Quickly melt some butter in a small pan. Toss in the mushrooms and saute until golden brown. Stir in the meat and break in the eggs, stirring until everything is well mixed and egg is thoroughly cooked.

Divide mushroom mixture between the four pitas and stuff! Heat for a few seconds in the microwave or a hot conventional oven and serve.

Makes 4 hearty stuffed pitas.

Now we come to a real favorite with the kids. Hey, I know a 45-year-old "kid" who thinks this breakfast delight is utterly top drawer.

### FRIED EGG SANDWICH

8 slices whole-wheat bread  
 butter  
 4 eggs

4 slices of your favorite cheese (optional)  
 4 slices nitrite-free bacon, cooked and crumbled (optional)

Toast and butter the bread. Set aside. Melt a little butter in a frying pan and fry the eggs. (Remember, you got smart the night before and sliced the cheese and cooked and crumbled the bacon, didn't you?)

Now to assemble the sandwiches: On four slices of toast lay slices of cheese and/or sprinkle some bacon crumbles and top each with one egg. Top with the remaining four slices of toast.  
 Feeds 4 hungry "kids."

### QUICK APPLESAUCE

6 cups apples, cored and sliced but not peeled  
 1/2 cup water  
 1-2 tablespoons honey, or to your taste  
 1 teaspoon cinnamon

Place all ingredients in a 1 1/2-quart micro safe bowl. Cover and microwave on High setting for 13 minutes. Pour cooked apples and all liquid into blender and puree on High speed. Serve warm or chilled.

Makes about 2 cups. Now obviously you aren't going to make applesauce on one of "those" mornings, but if you made it the night before, grab some plain yogurt, toss in some granola and some applesauce, give it a quick stir and you're out the door with your breakfast in your hand.

Too many people view breakfast as an either/or proposition. Either it has to be complicated and fancy or they go without it. You need to eat breakfast, even on "those" mornings.

There's no excuse for not eating breakfast, even on "those" mornings.

# The Hungry Tiger

By Sondra Astor Stave

On a steamy July day, food that lends itself to nibbling, or in the parlance of the middle 1980s "grazing," seemed far more appealing than the thought of a standard meal. We remembered that The Hungry Tiger at 120 Charter Oak St. had such a menu, so on what may have been the hottest day of the summer, we visited for dinner.

The Tiger is as much a bar as restaurant and the menu suggests a wide variety of food of all types. On the Monday night that we were there, we found that Mexican food was featured (it is also a specialty on Tuesdays) and that which we sampled was the highlight of our meal. An appetizer of quesadilla primo provided two grilled flour tortillas, separated by Cheddar cheese, chilis and bacon, and served with a red salsa that was flavorful as well as hot. Cut into wedges, it made for tasty eating.

One could not complain about value in a huge hunk of bland fried mozzarella. But quantity is not always quality; you can easily have too much of an only acceptable preparation.

Much more satisfying was a combination basket of fried vegetables. The lightest of batters barely covered wonderfully succulent mushrooms, palate singeing zucchini spears, chicken tidbits and onion rings. The horseradish sauce was

properly spunky; the Bing cherry sauce left us puzzled at its sweetness. But, with the exception of the chicken, this fried bonanza could easily go it alone.

The dinner salad makes the basic lettuce and tomato taste more interesting by adding curls of purple cabbage. The blue cheese dressing was standard; the house special, a creamy Italian, was heavy on the mustard and tasted like a soft pate made of deviled eggs.

Burgers are offered with six varieties of accompaniments, or you can create your own combination. A Tigerburger added Swiss cheese, sauteed mushrooms and bacon to a most enjoyable juicy meat patty served on a hard roll. French fries were excellent, with crisp exteriors and just a tinge of oiliness.

Chilis rellenos were unavailable so we tried the tostada salad which proved to be a most acceptable substitute. A huge tostada shell was filled with tortilla chips, meat, beans and cheese and topped with avocado puree and sour cream. The contrast of textures and flavors was totally satisfying.

The standard dinner entrees were least successful. Problems were aggravated when our order was confused, and our willing but harried waitress brought a second stir-fried chicken casserole to the table, in lieu of the stuffed chicken breast

we ordered.

The chicken pieces were pleasant enough but the vegetables were overcooked, emphasizing that "stir fried" and "casserole" are really contradictory terms. Further, the baked potato served with it seemed an inappropriate mating.

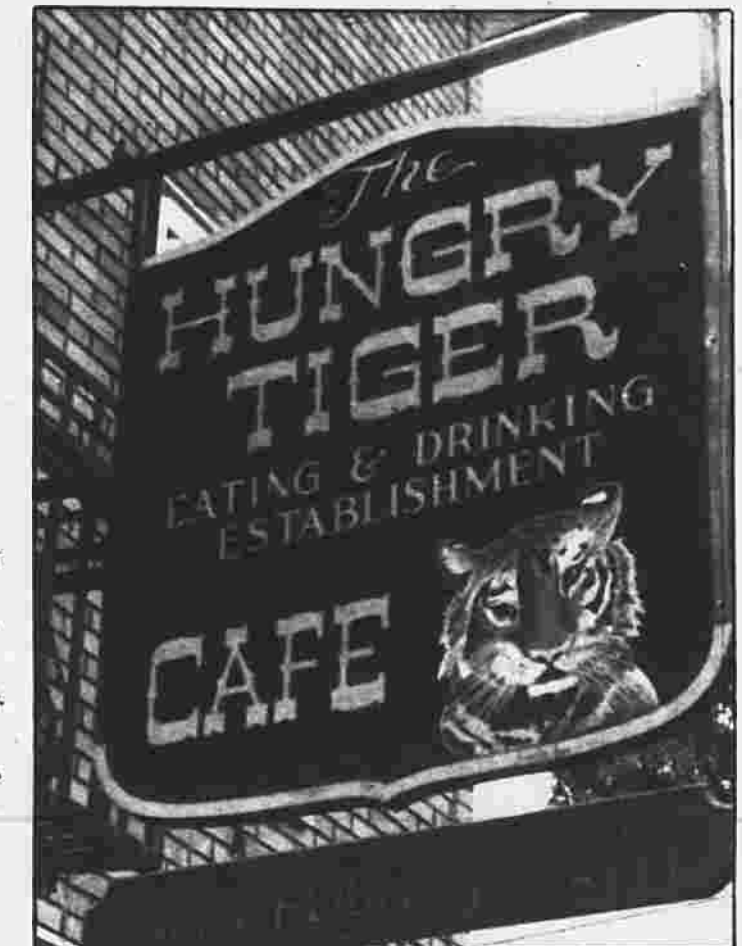
The chicken breast, which finally arrived twenty minutes later, was not worth the wait. The crabmeat stuffing described on the menu was overpowered by a mixture of unanticipated vegetables. Even more unexpected was the pool of liquid which sat with the rice under the rolled breast.

From our sampling, one diner suggested that The Hungry Tiger did better with dishes that were not prepared with sauce. If this be the case, then one would probably do well with most of the dozen sandwiches also on the menu, the other dinner-sized salads or the steaks.

On first perusal of the menu we had been entranced with the dessert possibilities. We were disappointed that sopapillas (Mexican fried bread with honey or cinnamon sugar) were not available, but we happily settled for chocolate chip cookie pie and nutter butter pie. The latter dessert is described as nestling butter pecan ice cream in a Butterfinger candy bar crust, then topping it all with hot fudge.

The chocolate chip pie was really more like a soft brownie with lots of walnuts. It was not bad at all, once one laid aside previous expectations. But the nutter butter looked and tasted much more like the mud pie which is Oreo cookie crust and coffee ice cream.

After much tasting and discussion we consulted our waitress who checked with the kitchen. The cooks first insisted that we had the correct dessert, then admitted that the ingredients had been somewhat adjusted: yes, it was coffee ice



The Hungry Tiger at 120 Charter Oak St. has a distinctive sign.

cream, not simply butter pecan ice cream without the nuts. Finally, with the appearance of our check, a decision was made not to charge us for the desserts.

For foods which do show up on the bill, appetizers range from \$2.75 to \$4.50; sandwiches are \$1.95 to \$4.50; burgers are \$3.75; salads \$3.75 to \$3.95 and main dishes mostly \$6.25 to \$8.95.

So in sum, what does one make of this meal? First, if one chooses from the Mexican, fried and broiled foods, a very good meal can be had. And second, to enjoy it — which we did — a sense of humor is absolutely mandatory.

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

## The Hungry Tiger

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Dinner Specials Weekly

# How to pick the number one newspaper in a multiple paper town.

In a town like Manchester, you might as well start with readership. In a most recent survey conducted by First Market Research of Boston, the Manchester Herald holds the overall local readership lead. According to the study, the Manchester Herald is the leader for local news, local happenings and local sports, with three quarters of the readers saying the coverage is the most extensive.

Next, the number one newspaper should provide readers with a depth of information needed to make valued and reasonable decisions regarding key local issues that may impact on their lives today, or in the future. Well that same study shows that the Manchester Herald is rated quite highly in terms of space devoted to selected issues in its Opinion pages. Nearly eight in ten readers find that the space devoted to view-



points on local issues to be more than sufficient in explaining the issues.

The number one newspaper should also provide a service to its subscribers. The Manchester Herald is found to be a good community newspaper by over nine in ten readers, with over one third rating it as very good. The Manchester Herald is also a very effective advertising tool for reaching the Manchester Area public and it is preferred over most other forms of printed advertising.

Caring about its readers should also be a priority with the number one newspaper. The Manchester Herald feels it is their responsibility to listen to what residents in Manchester have to say. They want to hear about readers views on the news — what they think is important, what should go into the paper and what shouldn't. 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're still trying to figure out which is the number one newspaper in Manchester, the facts are obvious. Your choice will be the same paper more and more readers in Manchester choose every day. The Manchester Herald — your voice in Manchester.

## Manchester Herald

**"YOUR VOICE IN MANCHESTER"**

Source: First Market Research of Boston, January 1986.

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