



Record setter Dan Marino of the Miami Dolphins is aiming for his second consecutive Schick Trophy Award, presented annually to the league's Most Valuable Player as voted by the Professional Football Writers of America. Marino, who locked up the award last year by leading the league in nine categories and guiding the Dolphins into the Super Bowl, is trying to become only the second player in the 11-year history of the award ever to be honored in back-to-back seasons.

Inaugurated in 1975, the Schick Trophy, presented during Super Bowl Week, has come to symbolize individual excellence in the NFL. The first recipient was Fran Tarkenton, the NFL's all-time leading passer. Other recipients include Bert Jones, Earl Campbell, Ken Anderson, Dan Fouts and Joe Theismann.



The average American drinks 359 cans of soda a year.



A 10-gallon hat actually holds 3/4 of a gallon.

ISN'T THIS A
Beautiful
Day

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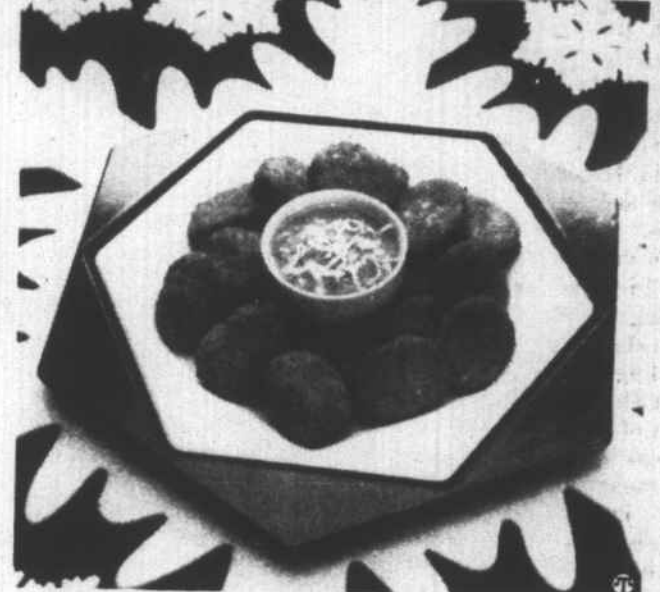
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CHICKEN DIPSTERS STAR AS HOLIDAY PARTY FOOD



Grazers love chicken Dipsters with sauce.

Part of what makes holiday gatherings so much fun is the food. Even if you have no time to cook, you can dazzle guests with excellent chicken finger food. Just heat up Swanson's Plump and Juicy Chicken Dipsters and serve them with an easy yet elegant Curried Chutney Dip like the one below.

Grazers—those people who like to eat a little here and there rather than a whole meal—love chicken Dipsters. Swanson's Dipsters are all chicken meat, not minced chicken, cut in small pieces and quickly fried in vegetable oil. The bread crumb coating is very crispy and the Dipsters can be heated in a conventional or a microwave oven. That's just one of the reasons they star as holiday party food.

CURRIED CHUTNEY DIP FOR CHICKEN

- 1/2 cup prepared mango chutney
 - 1/2 teaspoon soy sauce
 - 1/2 teaspoon curry powder
 - 1/4 cup sour cream
- In covered blender container or food processor at high speed blend chutney, curry powder and soy sauce until smooth.
 - Transfer mixture to small bowl; add sour cream and stir until well mixed. Makes 2/3 cup.

Your Amazing Ears

If you're average, your ears can distinguish a very wide range of sound frequencies. The normal human ear can hear sound with frequencies between about 20 and 20,000 vibrations a second. Scientists refer to each vibration a second as one hertz. For example, the lowest tone on a piano has a frequency of 27 vibrations a second, or 27 hertz. Some organs have tones with frequencies as low as 15 hertz. The highest tone on a piano has a frequency of about 4,000 hertz.

The construction of the ear enables it to catch sound waves that come to it through the air. The waves enter your ears and travel along tubes to the eardrums and other delicate organs in the head. These organs send impulses over sensitive nerves to the brain, which interprets what we hear. Some sounds do not vibrate with enough energy to make the eardrums vibrate. They are not loud enough to be heard.

Why do some stereo systems sound better to the average ear than others? Many musical factors come into play. The more bass response the stereo has, for instance, the greater dimension and "feel" to the sound you hear. Some stereos have less harmonic distortion than others, while other models can handle a wider range of sound frequencies.

Among the most amazing new developments in the audio world are the new amplifiers and tuners such as those produced by Sansui, considered by many to be the world's finest audio and video equipment maker. The new X-Balanced Amplifier, for instance, features an entirely unique design for much improved performance—tighter definition, no noise, and, overall, far purer sound. For its tuners, the company has come up with the SLDD (Super Linear Digital Decoder) that makes the tuners insensitive to interference.

The company has also seen its way clear to creating VCRs with Hi-Fi audio. It's even developed a computerized turntable that plays selections from both record sides in any order. That's something that may amaze a lot of ears.



The average human ear can hear sound with frequencies between 20 and 20,000 vibrations per second.

Bo's Welcomes 1986 Sale

Sale Starts Dec. 26 Thru Dec. 31st

HAYES
Blackeye Peas 19¢
1 Lb.

ECONOMY CUT
Pork Chops 86¢
Family Pack Lb.

PARADE
Iodized Salt 19¢
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Fresh
Ground Beef 86¢
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PARADE
Macaroni & Cheese 19¢
7 Oz.

FROSTY MORN SLICED
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12 Oz.

CAMPBELL'S
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GOLDEN RIPE
Bananas 19¢
Lb.

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Shortening 86¢
Limit 1 42 Oz.

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THEN and NOW!

What a great gift! That's what the ancient King Nebuchadnezzar's queen may have said when she took a look at one of her husband's most sumptuous surprises. Seems the king's devotion to his Medean bride was so strong he met her longing for the green hills of her former home with the creation of one of the Seven Wonders of the Ancient World—the Hanging Gardens of Babylon.

the ladder of success, a good choice could be a gift set including MILLIONAIRE Cologne and matching stick deodorant by Mennen. These gift sets are available at local stores.

Not all extravagant gifts belong to the past. Heart Island, one of the Thousand Islands in the St. Lawrence River, was bought by Lord baron George Boldt for his wife. It was carved into the shape of a heart and decorated in luxurious fashion.

Gift gives this holiday season may find gift sets of colognes and deodorants right on the nose as great gift choices. A gift set that includes HAWK Cologne and stick deodorant by Mennen could be ideal for the man known for his rugged masculinity. For someone climbing