

WORLD IN BRIEF

Colombia Hostages Receive Packages During Deadlock

BOGOTA, Colombia (UPI) — With leftist guerrillas and Colombian officials at a stalemate over ransom demands, the only break in the week-long ordeal at the Dominican Embassy was the delivery of care packages from home to the 21 diplomatic hostages. For the first time since the hostages were seized at a reception Feb. 27, they received fresh changes of clothes, letters, and games from their families to pass away time as the Colombian government and the leftists dicker over the conditions for the captives' release.

Venezuela, U.S. Set Pact

NEW YORK (UPI) — Venezuela's energy minister said his oil-rich nation and the United States will sign an energy development agreement Thursday. Dr. Humberto Calderon Bertl, Venezuela's Energy and Mines Minister and OPEC president, also called for an inter-American fund to develop energy sources throughout the hemisphere. "An adequate energy supply may be a tool to foster democracy and social and economic justice in our hemisphere," he said.

Mugabe, Nkomo Coalition?

SALISBURY, Rhodesia (UPI) — Prime Minister-elect Robert Mugabe met with his guerrilla rival Joshua Nkomo in an effort to heal wounds from seven years of civil war and avert the threat of renewed violence created by his stunning landslide election victory. Mugabe and Nkomo slipped away from their residences to a neutral site to hold the talks that could forge a coalition government.

Tito Calls World Admirable

LJUBLJANA, Yugoslavia (UPI) — President Tito of Yugoslavia fought on today against a variety of ailments in a battle that has gained the admiration of the world and bought precious time for his country to prepare for the future. In their latest bulletin, the eight doctors treating the 87-year-old statesman said his condition remained "grave" but that his pneumonia had been contained somewhat.

Reds Using Nerve Gas?

ISLAMABAD, Pakistan (UPI) — Afghan refugees say Soviet fighter planes dropped lethal nerve gas bombs during a combined Russian-Afghan military thrust against Soviet guerrillas in the eastern Afghan province of Kunar, Western diplomats said today. Many of the refugees, most of them primitive tribespeople, described "metal canisters falling from planes and spreading out blue-green-gray smoke on hitting the ground," one diplomat said.

WEATHER

FLORIDA REPORT: Florida temperatures rose dramatically Tuesday, indicating the end of the four-day weather barrage that brought a killer tornado, 5-inch rains, gale force winds and the coldest March temperatures on record. Crop damage was hard and serious, but less severe than expected. After two consecutive days of record low temperatures that caused many Floridians to pull out little-used sweaters and mittens and sent tourists from poolside to indoor attractions, temperatures were returning to their normal ranges. Predictions for tonight show a welcome change: 60s in South Florida, 40s and 50s in the central portion of the state, and the low 40s in the Panhandle.

AREA READINGS: (8 a.m.): temperature: 81; overnight low: 53; yesterday's high: 71; barometric pressure: 30.18; relative humidity: 68 percent; wind: Southeast at 7 m.p.h. TODAY'S TIDES: DAYTONA BEACH: high, 9:49 a.m., 10:20 p.m.; low, 3:08 a.m., 3:41 p.m.; PORT CANAVERAL: high, 9:51 a.m., 10:12 p.m.; low, 3:27 a.m., 3:18 p.m.; BAYPORT: high, 3:08 a.m., 3:10 p.m.; low, 9:17 a.m., 9:48 p.m.

BOATING FORECAST: St. Augustine to Jupiter Inlet, Out 10 Miles: Small craft should exercise caution. Winds southerly 15 to 20 knots through tonight becoming easterly 10 to 15 knots Thursday. Seas 3 to 5 feet. Partly cloudy with a slight chance of showers tonight.

AREA FORECAST: Mostly cloudy and warmer through tonight with a chance of showers. Partly cloudy Thursday with little temperature change. High today in the mid to upper 70s. Low tonight in the low 60s. High Thursday in the low to mid 70s. Winds southerly 15 mph through tonight. Rain probability 40 percent today and 30 percent tonight.

AREA DEATH

MRS. EDNA NORMAN, 74, of 160 Wylie Ave., Sanford, died Tuesday. Mrs. Norman was a member of the Church of Christ, the Moose Lodge Auxiliary and the Veterans of Foreign Wars Auxiliary 1077 in Longwood. She is survived by two brothers, Jerry and Fred, in Sanford, and Frank, Myrtle, Connie, three sisters, Mrs. Nellie Fryer, Sanford and Mrs. Kathryn Thorsell and

Mrs. Aloye Gates, and three grand-children. Burial will be in the Brown Funeral Home-PA in charge of arrangements. **Funeral Notice** EDNA NORMAN, 74, of 160 Wylie Ave., Sanford, died Tuesday. She is survived by two brothers, Jerry and Fred, in Sanford, and Frank, Myrtle, Connie, three sisters, Mrs. Nellie Fryer, Sanford and Mrs. Kathryn Thorsell and

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3 Men Arrested In Altamonte Robbery

By DAVID M. RAZLER Herald Staff Writer Three men were arrested Monday on charges of burglarizing an Altamonte Springs bank this weekend and then selling some of the stolen property in West Palm Beach, say Altamonte Springs police.

At least two of the three are also suspected of being involved in other burglaries throughout the Southeast, said an Orlando FBI agent.

Altamonte Springs police say they will be filing criminal charges against James Henry, 20, of 728 W. Colonial Dr., Orlando, Eugene Adams, 31, of Columbus, Ohio, and Phillip Wells, 30, of Indiana, charging them with the weekend burglary at the ComBank branch located in the Altamonte Mall parking lot.

The three were arrested Monday in West Palm Beach and

charged with dealing in stolen property. Thieves pried open the bank's front door sometime between Saturday afternoon and Sunday afternoon, probably Saturday night, said Altamonte Springs detective Fred Roberts.

Working with crowbars to pry open cabinets behind the counter, they gathered up an estimated \$3,600 in rolled coins, a check writer worth about \$750 and \$1,000 in invalid, canceled foot stamps he said.

The thieves, working in a glass-walled, floodlit building, managed to do the job without being spotted or setting off an alarm, Roberts said, explaining the bank only has an alarm on its vault door, an area the thieves avoided.

Roberts said he believes most banks in the area have door alarms because of the number of alarm calls the department receives when employees enter a bank but forget the system is activated.

The break-in was not discovered until employees arrived Sunday afternoon, Altamonte police say. Adams and Wells are suspected of committing a series of burglaries throughout Florida and southeastern states, said Orlando-based FBI agent Meade Farmer. While the burglaries occurred in private businesses, outside of the FBI's jurisdiction, the agency is distributing information to local authorities through its field offices in areas where the two were suspected of operating.

The trio will first be charged in Palm Beach County on a stolen property charge, say Altamonte Springs police, and then transported to Seminole County to face the burglary charge.

Some of the property recovered during the West Palm Beach arrest was reported stolen from both the bank and other businesses, Farmer said.

Mr. Vickers added, however, that the city commission, in his view, has two responsibilities in the matter — to maintain the confidence of the people in local government, particularly in view of the Kerasiote and more recent Abcam scandals on the national level, and to give Mayor Floyd every opportunity to clear his name.

Fowler is to report back to the city commission within 30 days the procedures to be used to get a hearing examiner or independent panel to handle an investigation.

Floyd has accused Jones, a former campaign director, of political motivation in filing the suit. Jones has said the city has been rife with rumors and allegations against Floyd and an investigation will clear the air and give Floyd the opportunity to defend himself.

City Commissioner Dolores Vickers said it does not seem appropriate for the city commission itself to conduct the investigation. An independent panel or hearing examiner should more properly be in charge, she said.

Mr. Jones, in the lawsuit, is asking the court to direct the city commission to determine whether Floyd is guilty of "malfeasance, misfeasance and non-feasance" in office.

Jones cited a list of allegations against the mayor including abuse of administrative powers; favoring his son in the police department; being under the influence of alcoholic beverages while performing his official duties as mayor; misappropriating campaign funds and allowing a police cover-up of prostitution operation in the city.

The city commission in a workshop session Monday decided to permit the lawsuit to run its course in the courts. Fowler, according to Vickers, had already scheduled an appointment with Circuit Judge

Kenneth Leffler for Thursday afternoon to discuss dismissal. That appointment will be canceled, Constantine said. The dismissal request would have been based on technicalities, he said. Leffler has been assigned to hear the case.

Constantine said the commission asked Fowler to determine how the city can best conduct an investigation. He said Fowler is to determine the type of panel or hearing examiner which could be named and given subpoena powers to handle an investigation.

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Altamonte Won't Stop Floyd Court Test

By DONNA ESTES Herald Staff Writer The lawsuit filed last week seeking an investigation into alleged wrong-doing by Altamonte Springs Mayor Norman Floyd is to be allowed to run its course. At the same time the possibility of an independent investigation into allegations against Floyd is being looked into.

The Altamonte Springs City Commission Tuesday night instructed City Attorney James "Skip" Fowler not to seek dismissal of the lawsuit filed in the 18th Judicial Circuit (Seminole and Brevard counties) by Altamonte Springs attorney Michael D. Jones.

The board agreed seeking dismissal of the suit would appear to the public as an attempt to cover-up the charges which include an

allegation that Floyd was involved in a "cover-up" of a prostitution operation.

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NATION IN BRIEF

GM Agrees To Pay Back Money Owed Defaulters

WASHINGTON (UPI) — Thousands of consumers whose General Motors cars and trucks were repossessed when they defaulted on their payments will receive from \$25 to \$100 in refunds in a \$2 million Federal Trade Commission settlement.

The money is owed the former car and truck owners, the FTC said Tuesday, because GM's financing agency, General Motors Acceptance Corp., allegedly sold the vehicles at a profit and failed to return the extra money to the people who defaulted.

Under the Uniform Commercial Code, when a car is repossessed and sold, the person who defaulted on his payments is supposed to be refunded any "surplus" money from the resale, after deductions are made for the amount still owed and expenses for handling the transaction.

Lance Ignored Request

ATLANTA (UPI) — Former federal budget director Bert Lance did not make a request to correct "extremely high over-drafts" at the Calhoun First National Bank, a former bank employee has testified with a letter looking for a "family."

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Agency Predicts 10.6-12.6% Inflation

WASHINGTON (UPI) — The Congressional Budget Office today projected inflation for 1980 will average between 10.6 and 12.6 percent, two percentage points higher than it predicted in January.

The office said unemployment rates will be slightly lower than previously projected. Budget Officer Director Alice Rivlin, in testimony prepared for the House Budget Committee today, said the office raised its inflation estimate to take into account economic events since January. The office previously forecast inflation this year would average 8.6 to 10.6 percent.

The actual Consumer Price Index for January moved ahead at an annual rate of 18 percent. Ms. Rivlin projected inflation would drop to between 8.9 and 10.9 percent in 1981 as the economy begins to recover. That revision also reflects a higher rate than the earlier estimate of 8.3 to 10.3 percent.

The budget office said the 1980 unemployment rate — previously expected to average between 6.5 and 7.5 percent — actually will be 6.3 to 7.3 percent. It predicted unemployment would be between 7 and 8 percent by the end of 1981, a half percentage point lower than previously expected.

"CBO's revised current ... forecast still shows a mild recession in 1980 and a weak recovery in 1981," Ms. Rivlin said. "The fundamental causes of the projected downturn in real activity are increased OPEC oil prices, generally high inflation, record high interest rates, and depleted personal savings."

Ms. Rivlin also said new CBO estimates show the government is spending money faster than expected this year. If it continues at its current rate, without authorizing any new funding, the budget office estimates the government will spend \$50 billion by Sept. 30 — \$12 billion above the current spending limit set by Congress in November.

The Senate Budget Committee informed the Senate of the overrun Monday. The result is that any new spending bills for the remainder of the year will be stopped unless Congress raises the spending ceiling or suspends the Budget Act.

Either move will be unpopular since the Congress and the administration are both trying to cut federal spending. But it is likely Congress will raise the ceiling.

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Police Hold 2nd Kidnap Suspect

MERCED, Calif. (UPI) — Police today held a 38-year-old janitor as the second suspect in the 1972 kidnaping of 14-year-old Steven Stanley, one of two California youths allegedly lured from their homes by a father looking for a "family."

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Dealing In Deadly Secrets

The similarities between Frank W. Snepp III and Philip Agee begin and end with the fact that both once worked for the CIA and have since divulged inside information without first obtaining approval from their former employer — a violation of agency regulations and agreements signed as a condition of employment.

Mr. Agee is a self-proclaimed "spiriting Communist" who has made a shameful career of disclosing secrets he learned while a CIA agent during the 1960s. Indeed, his specialty is publishing the names of persons he asserts are or were U.S. intelligence agents. In one case, a State Department foreign service officer said by Agee to be the CIA station chief in Greece was subsequently assassinated.

By contrast, Mr. Snepp retains a claim to patriotism whatever one thinks of his ethics. The 1977 book he wrote on his experiences as a CIA officer in Vietnam stands as a political indictment of U.S. policy during the tragic months preceding the fall of Saigon. And author Snepp obviously told less than he knew in what he presume was an effort to safeguard the identity of agents as well as to conceal sensitive intelligence-gathering methods.

Even so, the Snepp book most assuredly made for interesting reading in any number of Soviet-bloc intelligence services. And we can assume that Philip Agee is high on the list of candidates for the Lenin Peace Prize.

The point is simple enough: Intelligence services must of necessity be secretive organizations and the CIA cannot operate effectively if its former employees are free to divulge whatever information they judge the public should have.

Incidentally, neither the CIA nor the Justice Department has been able to find a criminal statute under which the turnover Agee could be prosecuted.

As for Frank Snepp, the CIA filed a civil suit against him for breach of contract. The agreement Mr. Snepp signed when he joined the CIA in 1968 prohibited the unauthorized release of information obtained while in the agency's employ. When he resigned in 1976, he signed an even more specific agreement which said in part: "I will never divulge, publish or reveal by writing, word, conduct or otherwise any classified information... or any other information that has not been made public by the CIA... without the express written consent of the director of Central Intelligence or his representatives."

By his own admission, Frank Snepp then violated this contractual agreement by arranging for the publication of his book without first submitting it for review by the CIA.

The U.S. Supreme Court recently upheld by a 6-3 vote a lower court decision which found in favor of the government and ordered the royalties on Mr. Snepp's book paid to the U.S. Treasury.

Dismissing Justice John Paul Stevens declared "prior restraint on a citizen's right to criticize his government." With all due respect to Justice Stevens, the issue here is not whether Frank Snepp has the right to criticize his government — he does — but rather whether he is free to arbitrate a contract and release information he was specifically entrusted to protect.

Had the court ruled the other way, it is difficult to see how the CIA could keep any secrets at all. The court's majority opinion applied specifically and solely to the CIA, a prudent precaution to prevent use of this ruling as a blanket precedent for other agencies less interested in protecting legitimate secrets than in silencing would-be whistle blowers.

And now that the CIA's right to civil enforcement of a necessary confidentiality has been upheld, Congress should get about its task of drafting a criminal statute sufficient to deal with the sort of offenses committed by Phil Agee.

BERRY'S WORLD



"What a fantastic coincidence! We're trapped in false lives, too."

Around The Clock. Next time you pull up to a red light and see a child sitting on a parent's lap in the car next to you, let it send a shiver down your spine. And then hope that parent gets this message before it's too late: In a car the adult lap is a launching pad to death in the event of a crash. It doesn't have to be a crash. Just 15-30 miles-per-hour and the untrained child can be thrown into the dash or through the windshield. A crash at 30 miles-per-hour will send a 15-pound baby forward with the force of 300 pounds. And it doesn't make any difference how safely or defensively the car is driven. There is no control over the driver of the car behind.

JACK ANDERSON How Soviets Are Killing The Afghans. WASHINGTON — In the towering, treacherous mountains of Afghanistan, the Soviet invaders are attacking guerrillas with deadly nerve gases that even Adolf Hitler balked at using.

LEWIS GRIZZARD Know-My-Candidate Test. MANCHESTER, N.H. — Now that we have completed caucuses in Iowa and Maine and primaries here in New Hampshire, with extensive news coverage of all three, it is high time the voters of America were well-acquainted with the candidates who want to be their next president.

JEFFREY HART On Bush: What Did Happen? CONCORD, N.H. George Bush came among the ski resorts, paper mills and shoe factories of New Hampshire trailing clouds of media glory and two good showings in Maine and Iowa. By 9 p.m. on Feb. 26, it was clear that he had been devastated by Reagan's victory in the first direct primary.

He's For Keeping Harness Racing. Horsemen in the Orlando area are up in arms over the attempt by certain legislators to destroy one of Florida's two harness horse race tracks, the Seminole Harness Raceway in Casselberry, and replace it with a greyhound racetrack, when Florida already has 18 others. These legislators want to permit a 1000 greyhound racetrack to exist, but only a few short miles from the Sanford-Orlando Kennel Club greyhound racetrack. They plan to change a law which was expressly designed to prevent such action and rush it through legislative channels before the public is aware of what has happened.

Anderson Nearly Whips Bush, Reagan In 2 Primaries

BOSTON (UPI) — George Bush got the victory he needed in Massachusetts and Ronald Reagan won in Vermont, but dark horse John Anderson nearly mugged both in the last of the early New England presidential primaries. Sen. Edward Kennedy gave a spark of life to his battered campaign with a big win in the Massachusetts Democratic contest, President Carter won even bigger in Vermont.

It Seems Everyone Is Happy

BOSTON (UPI) — Front-running Democrats and Republicans all found figures to crow about in the Massachusetts and Vermont primaries. Rep. John Anderson, major beneficiary of both elections Tuesday, said his surprising totals in both states show his late-blooming run for the presidency has finally caught on.

'THE STORE' WE'RE OPEN AT 7:30 A.M. SEMI-ANNUAL INVENTORY CLEARANCE SALE! OVERSTOCKS! SALE ENDS SATURDAY. Prices slashed. Save 20% - 30%.

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Women Terrorists Made 'Human' Inside Strict Israel Prison

RAMEL, Israel (UPI) — Inside Israel's only women's prison, Lt. Col. Raya Epstein looked fondly at a color snapshot of a smiling Palestinian terrorist.

"This is Rima," she said. "Rima was definitely one of my favorites."

Rima Tannous was one of two Palestinian left alive after Israeli troops stormed a hijacked Sabena jetliner at Tel Aviv's Lod airport in 1972. She was released from Neve Tirza women's prison in a prisoner exchange last year. Mrs. Epstein, 57, a lieutenant colonel in Israel's prison service, has been director of Neve Tirza prison since 1968, ushering through its imposing green gates a stream of women captured by Israel for guerrilla activity.

As soon as these girls come through the gates, they become just plain human beings," Mrs. Epstein said. "We have to forget what they've done as terrorists."

A locked gate and fence separate the smiling beauty from the women who are sentenced for other offenses like prostitution, drug abuse and theft.

Security is as stringent for the 70 women now locked inside its high walls as at the men's prison next door, Mrs. Epstein said. Visits by outside observers are rare.

One of 20 current security inmates is Zakia Ashanuti, 33, stirring a pot of potatoes in the prisoners' kitchen. She is serving a life sentence for helping plant bombs in crowded Haifa streets in 1971. Her five children, one born in the prison, are wards of the United Nations.

The only security prisoner currently at Neve Tirza who is not Israeli or from the occupied territories is Brigitte Schulz of Heidelberg, West Germany. She was captured in 1978, part of a group that tried to shoot down an El Al jetliner in Nairobi, Kenya.

For her first 18 months in the prison, beginning in June 1977, she was isolated from other prisoners. An Israeli military court sentenced her to a 10-year prison term in September. She takes a cold view of her situation.

"It's a prison, with everything that does to your thinking and character," she said.



EXPENSIVE PASTIME
Chess could become an expensive hobby if you insist on playing with antique sets like this 1840 Bavarian model, which sold for \$4,000 at a recent auction. Carved of pale and dark pearwood, the pieces include medieval kings and knights, pierced spires representing kings and portly gents representing rooks.

Admiral Nimitz Misses Honors Because Of Modesty

FREDERICKSBURG, Texas (UPI) — The late Fleet Admiral Chester Nimitz commanded the largest naval force ever assembled, but he is most admired, and perhaps best known, in the nation he helped defeat.

Thousands of ships and aircraft and 2,063,311 men and women served under the quiet Texan in the Pacific, but officials of the Admiral Nimitz Center say he has not been afforded the honors he deserved in the United States mainly because he was not as flamboyant as a George Patton or a William Halsey.

President Franklin D. Roosevelt bypassed 28 Admirals senior to him and personally selected Nimitz, a student of early 20th Century Japanese Admiral Heihachiro Togo, to take command of the Pacific Fleet which had been broken by the attack on Pearl Harbor.

From the battered remnants of Pearl Harbor Nimitz' command grew into the greatest naval armada in history and it eventually defeated the Japanese Navy and led to America's victory in World War II.

As commander-in-chief in the Pacific, Nimitz headed all American and allied military forces — Navy, Army, Coast Guard, Air Force, Marines — operating in the world's largest ocean.

In Japan, Nimitz is numbered among the three most admired admirals, along with Togo and Britain's Lord Nelson, but he is last of the great U.S. World War II leaders to be honored at home with a museum or memorial.

Generals Douglas MacArthur, George Marshall and Dwight Eisenhower already have been so honored, "but because of his

modest nature Admiral Nimitz has been overlooked here, little known even in his own country," said D.H. Hubbard, director of a campaign to raise funds to convert the old Steamship Hotel into a memorial to Nimitz and all those who served in his command.

So modest was Nimitz — his biographer called it "obscene discretion" — that he insisted before his death in 1966 that because he was not as flamboyant as a George Patton or a William Halsey.

The landmark Steamship Hotel, once owned by Nimitz' grandfather, is where the famous admiral took his first steps as a child and now it is being converted to a "Museum of the Pacific War" in his honor.

Officials of the Admiral Nimitz Center have raised about \$300,000 for the project through various local functions and benefit dinners in Dallas and Houston, but Hubbard says \$400,000 more is needed and fund-raising may delay completion of the hotel renovation, tentatively scheduled to be completed in about one year.

Nimitz' lack of publicity might be one reason why fund-raising is going so slow, Hubbard indicated.

"The thing is he was so darn modest that it made him back away from the limelight," Hubbard said. "For that reason and because everybody knows who Nimitz was. Yet you talk about the Alamo — and I don't believe the Alamo in any way — but you had a couple of hundred guys there, and everybody knows who they were about them."

"A couple of million" were out in the Pacific and they (the children) don't know what all went on, so that's one of our big

objectives in the museum we're planning right now: to teach the kids of today what sacrifices went on in order to assure them of the freedom they often take for granted today."

Hubbard said a \$1 donation from each of the personnel who served in the Pacific Fleet during World War II — to whom it will be dedicated — would be more than enough to finish the Nimitz memorial.

"I wish we could sell it (a movie) to somebody," he said, "but a lot of them — it's so long ago — don't even want to remember it."

Nimitz was portrayed by Henry Fonda in the movie "Midway," but there never has been a movie made with him as the central character, Hubbard said.

"I wish we could sell it (a movie) to somebody," he said, "but a lot of them — it's so long ago — don't even want to remember it."

"I'm just afraid that Nimitz is not a glamorous enough figure. Patton was 'blood and guts' and Halsey was pretty much the same. One of Nimitz' big jobs was to keep Halsey from being court-martialed one time for doing things he shouldn't have done."

Behind the old hotel, where Gen. Robert E. Lee once stayed, the people of Japan have built a "Garden of Peace, the first one in the country" dedicated jointly to Admirals Togo and Nimitz.

"They (Japanese) raised about \$100,000 in Japan," he said, "and sent their craftsmen here to build it and then we had a dedication and a group of admirals came from Japan and a group from Washington also came. We had a big to-do here and dedicated the garden."

"Nimitz studied Togo when he was at the Naval Academy and then he met the old man in 1905 and always was a great

admirer of Togo. He called himself a disciple of the old man. After the war, Nimitz started a fund with his own money to restore the battleship that Togo used when he sank the Russian fleet in 1905.

"That made a very strong impression on the Japanese, so that's part of the reason they were so anxious to help with the project here."

In addition to the museum exhibits to be displayed in the Steamship Hotel — so named because the four-story edifice's superstructure resembles that of an oil riverboat — and the Garden of Peace, the Admiral Nimitz Center also contains a History Walk of the Pacific War.

The displays depict the story of the Pacific war beginning with the only Japanese Aichi divebomber — the type used to destroy the U.S. fleet in Hawaii — on display in the United States.

It also contains tanks, guns, torpedoes, a submarine coming tower and landing craft — relics of the battles fought in forgotten Pacific beaches and battlefields — and ends with a Nagasaki-type atomic bomb case.

Hubbard said the center hopes to collect other World War II artifacts for display in the hotel once its renovation is complete.

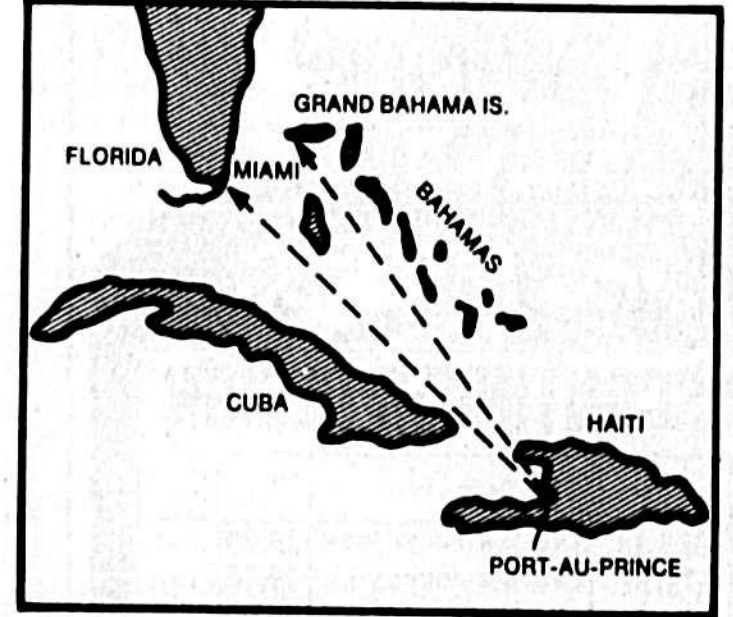
Nimitz was born in Fredericksburg on Feb. 24, 1885, and was buried on his 81st birthday in 1966. He attended schools in Fredericksburg, graduated from the U.S. Naval Academy and a school diploma until 1959, having gained entrance to Annapolis by scoring high on entrance exams.

When the 74-year-old war veteran returned to receive an honorary high school diploma from Kerrville, Tex. in 1959, Hubbard said, "We called him the oldest dropout in history."

Speaking of Nimitz, historian Elliot Morison once said, "The acts of Nimitz were typical of the man whose knowledge of human nature and whose humility had made him the most accessible, considerate and beloved of fleet commanders."

"He had an immense capacity for work, an equal talent at obtaining the best work from others, an almost impeccable judgment of men, and a genius for making prompt, firm decisions."

"Chester Nimitz was one of those rare men who grow as their responsibilities increase, but even at the end of the war, when his staff had expanded to 638 officers and he had almost 5,000 ships and over 16,000 planes under his command, he retained the simplicity of his Texas upbringing."



Immigration authorities do not know how many Haitian refugees there are in the United States. One estimate is 75,000. About 15,000 are said to be living in South Florida, 50,000 in New York City and 10,000 elsewhere in the nation. Officials say the refugees are political refugees, but the United States does not recognize the claim. Haiti is a friendly ally.

Freedom Ride From Haiti Just A Start Of Journey

(Afghan and Southeast Asian refugees dominate the news, but there is another group of homeless people closer to America. This is the story of a Haitian's search for freedom, a harrowing odyssey that continues.)

By TOM TIEDE
MIAMI (NEA) — As Serge Deme tells it, he was destined by birth to leave Haiti. He was born on the island 23 years ago, about the time the nation was seized in the iron grip of the ruling Duvalier family. Deme says he's feared the Duvaliers from childhood — and he's dreamed of escape for two decades.

There was one short period when he thought escape would not be necessary. That was in 1971, when Francois "Papa Doc" Duvalier died and willed the Haitian government to his son, Jean Claude. Papa Doc had been a brutal overlord and there was hope his son would be different. Deme says the hope was soon dashed.

The astonishing excesses of the senior Duvalier's regime did end, Deme says, but "Jean-Claude's rule is terrible enough." The hated private militia, the Tonton Macoutes, still rapes Haiti's people, and state oppression is as cruel as ever. Deme says his own brother was executed, while going to school.

So last year when friends began talking of fleeing to the United States, Deme gladly became one of the conspirators. At first they thought about hiring professional smugglers to get them out of Haiti, but no one had money to pay the fee. In the end they decided to build a boat and slip away themselves. Word got around, Deme recalls, and soon more and more people enlisted in the plot. Six women booked passage, as did one child, and by the time the boat was completed almost 80 Haitians decided to risk their lives in the desperate, audacious scheme. They set sail in the dark of night; it was in December of 1979.

They left by way of the Golfe de Gonave, and were instantly spotted by Haitian police. A navy freighter enroute, and many escapes were cut down. Deme remembers pushing bloody bodies overboard and crouching in mortal terror. He thought he would die; he says everyone aboard thought the same.

Thirteen did die, actually, but the rest sailed through the Windward Passage and into the Atlantic Ocean. They sailed most uncomfortably; the homemade boat was only 17 feet long, and the 28 survivors had to sit side by side to fit. There was no privacy, nor could anyone lie down to sleep. The boat had a sail, but no motor. Neither did it have a captain, for none of the escapees had been to sea before. Deme was made helmsman because he volunteered. He says he put his boat on the course suggested by a bright star over Florida. Distance: 800 miles though stormy and shark-infested waters.

Then, on day 28, the refugees saw a dot on the horizon, a great ship coming at them. Deme wondered whom it represented. He thought he may have narrowly missed around circles in the ocean, and this was a Haitian cutter machine to blow the boat from the water. It wasn't. It was the U.S. Coast Guard.

Serge Deme had made it.

But had he really? When Deme was landed in Miami he joined an estimated 100 Haitian escapees who are, at best, unwelcome guests in this country. They say they are political refugees, but people like the Vietnamese, but the U.S. does not recognize the claim. Unlike Vietnam, Haiti is a friendly ally.

And so Deme's new freedom may only be temporary. U.S. immigration officials may allow him to stay, send him to any nation that will have him, or return him to Haiti. The decision could take months, or years. He says he has no money, he will have difficulty getting work and enough groceries.

Right now he lives with other Haitians in one room of a shabby apartment here. He speaks no English, has no education, and is surrounded by many Floridians who think he is a problem the nation doesn't need. Clearly, this young man's long journey is not over; some people can never escape — from circumstances.

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Oldest Warship In U.S. Getting New Hull Planks

BALTIMORE (UPI) — The nation's oldest warship afloat is in drydock for a few months to get some badly needed repairs.

The USS Constitution, a national monument, is getting new hull planking, no small task because some of the white oak planks from Maryland's Eastern Shore weigh up to a half ton each.

"The ship is 183 years old," said Gordon M.F. Stick, chairman of the Constitution Foundation. "It's a wooden ship, which means it's in need of constant repair."

The 38-gun Constitution was launched Sept. 7, 1797, from Harris Creek in Baltimore — a few months before the more heavily armed 44-gun Constitution was launched in Boston.

"We're trying to get a wooden ship," Stick said. "It ought to come out of the water at least every ten to 10 years to be checked over."

The same wave of public sentiment that saved the Constitution, aroused by Oliver Wendell Holmes' poem "Old Ironsides," also saved the Constitution.

Now both the Constitution — named by George Washington for the 13 stars then in the U.S. flag — and Constitution are not only national treasures, but centerpieces in cities with venerable and continuing maritime traditions.

The Constitution was taken from its Inner Harbor berth last Nov. 26 to Bethlehem Steel's Fort McHenry shipyard, close by the historic fort where Francis Scott Key wrote the national anthem and not far from the site where the ship was launched.

The Constitution is not only a little older than the Constitution, but carried its battle scars over. In the conflict in 1799 by defeating the French frigate Insurgente.

In February 1800, the Constitution defeated another French frigate, the Vengeance.

It built up in 1851 and 1855, it was used against Confederate commerce raiders during the Civil War and as a training ship in Annapolis from 1873-83.

The Constitution won the distinction of having more time in active service than any other ship during World War II when it served as flagship of the U.S. Atlantic Fleet.

Finally in 1955, the Constitution came home where it has become a tourist lure that attracted 140,000 visitors during 1979.

Stick said the Constitution will return to its usual berth where it can easily be seen from downtown office windows as soon as the hull is repaired and a check is made to make sure other repairs are not needed.

"We'd like to have it back there by the first of May," Stick said.

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ECKERD DRUGS

TAIWAN: Political Upheaval Could Place U.S. In Quandary

HONOLULU (UPI) — Taiwan, long the island base of the Chinese Nationalist Party, could be the scene of increasing political activism by forces clamoring for democracy, an expert in Chinese law says.

That assessment, from Victor L.J. Shelton professor of international legal studies at Stanford, came in the wake of the arrest of virtually all leaders of the anti-Nationalist, native Taiwanese opposition. Some 150 persons were charged in connection with a Dec. 10 riot in Kaohsiung, a southern Taiwan port city.

Political activity in Taiwan could have ramifications for the United States and China, which since normalization of relations with America has ended the call for "liberation" of Taiwan and urged "unification" with the mainland under an unspecified guarantee of "autonomy," Li said.

"I'm not suggesting there is going to be a series of political after another" in Taiwan, he said. "I see a very active political

challenge to the central government."

Li, who has studied the Taiwan question for several years, made the comments in an interview during which he expanded on points made earlier in an address to a local group of China watchers.

One danger in the mass arrests is the possibility they will radicalize the opposition, which had been advocating change within the system, Li said. One formerly moderate opposition leader, Su Hsinliang, signed a statement five days after the Kaohsiung riot calling for an "all out attack" on the Nationalists, also called Kuomintang or KMT.

In recent years, the opposition, focused around independent magazines and popular Taiwanese politicians, had been calling for representation in government by native Taiwanese. Taiwan is composed of about 14 million Taiwanese — people whose ancestors emigrated from south China some 400 years

ago — and 3 million "mainlanders," who fled China when the Nationalists were defeated by the Communists in 1949. In the 1970s, the KMT began a program it said was designed to bring Taiwanese into government.

By the arrests, they (the KMT) have shown they are not particularly interested in working within the system," Li said.

Li sees the current group of opposition leaders as distinctly different from the Taiwan Independence Movement of the 1960s. "Certainly prior to Dec. 10, and maybe even after, I think (the current group) would be much more reformist and not in the revolutionary category," he said.

"The Taiwan Independence Movement talks about an independent state of Taiwan, whereas this group was very conscious of the fact that trying to work out a way to be factio independent, but not formally independent, thereby triggering a problem with the one-China policy.

"If China decided to oppose any effort toward independence, which it has said it would do, then the United States would be placed in the enormously difficult political and moral position of weighing the principle of self-determination against the possible rupture of relations with China. We don't have a clear principle where we know what it means. We maybe could be having to make up our minds, with a lot of ramifications, like for the PLO (Palestine Liberation Organization). "It's worrisome."

The arrests of the opposition leaders have raised two "key" questions, Li said.

"If the movement is not well developed, then by knocking off the leaders you may have broken its back or delayed for a number of years a successor group. If that's the case, the KMT will have bought some time. But if there's a second echelon of leaders in place, ready to go, then the KMT just added to the grievances."

The second question is whether the riot backfired on the opposition and brought more sympathy for the KMT. "That's what the KMT is saying. That's what the press in Taiwan is saying. The question is, is that claim in fact true? We simply don't know," Li said.

And then there is the issue of human rights. The KMT should be put on notice that "this kind of action is not going unnoticed outside," Li said.

"One way is to delay the sales of arms" by the United States to Taiwan until there is "clarification" on what is going on, Li said. "There are allegations that some of (those arrested) have been mistreated. That could be untrue, but that's what we want to find out."

Li recently returned from a trip to China, where he talked to government Taiwan analysts.

"I told them this is a lot of major industrial powers, but the major reason is that the People's Republic has not made a good case to the native Taiwanese as to why unification would be of benefit to the Taiwanese."

JAPAN: Nation Depends On U.S. For Security

TOKYO (UPI) — Japan, constitutionally prohibited from maintaining an army, navy or air force, is in the middle of a storm over the nation's defense policy.

U.S. Defense Secretary Harold Brown's recent call for "combined planning efforts" among the United States, Japan and Western Europe to counterbalance the Soviet global military buildup has provoked a flurry of attacks by opposition leaders in the Diet (parliament).

Although the current controversy was prompted by Washington, the perennial debate over defense is deeply rooted in the Japanese post-war psychology. Since defeat in World War II, the nation has failed to reach a consensus on how best to defend itself.

While the Soviets are rolling tanks in Afghanistan and building militarily near Japan's northern borders, politicians are still debating the legality of the country's so-called self-defense forces, Japan's armed forces in everything but name.

Like all his predecessors in the Liberal-Democratic Party which has been in power for most of the post-war period, Prime Minister Masayoshi Ohira maintains that the Japanese U.S. security pact — in effect since 1952 — forms the backbone of the nation's security and fills what the Defense Agency calls "gaps" in the country's defense capability.

And the gaps seem enormous.

In crude numbers alone, Japanese defense intelligence figures that the Soviet Union — the only major power without a peace treaty with the Japanese — has deployed some 300,000 ground troops, over 1.3 million tons of naval ships and 5,000 warplanes in the Soviet far east.

This compares with Japan's first-line defense of 155,000 ground troops, 174,000 tons of warships and 440 aircraft.

In terms of quality, the Japanese defense is also far behind in most crucial areas.

Many Japanese still recall how a Soviet Mig-25 fighter flown by a defector, was able to sneak through Japan's air defense to land on the northernmost main island of Hokkaido before the military brass knew what happened. That was four years ago.

More recently, the Japanese Defense Agency said the Soviet Union has again upgraded its air power in the Far East with deployment of supersonic and low-flying Mig-27 fighter bombers, which reportedly have a range encompassing all the Japanese Islands.

On naval warfare, the Soviet Far East naval command is equipped in with the powerful Kiev-class aircraft carrier Minsk, while the Japanese admirals have to be content with what one local newspaper call the navy's pride — a couple of missile-cruiser destroyers and other lesser vessels.

Against Moscow's awesome nuclear arsenal, Tokyo simply has to seek shelter under the American nuclear umbrella.

While internationally acknowledged to have the technological know-how to join the world's exclusive nuclear club, most Japanese — the word's first victims of the atom bomb — are still adverse to the possession of any form of nuclear weapons.

Japan has officially counted itself out of the nuclear game by

adhering to the nuclear nonproliferation treaty.

Nuclear aversion apart, successive governments have found it politically impossible to upgrade the country's military power to a level desired by its American ally.

Tokyo's passive reaction to repeated U.S. calls to arms is very much the result of historical irony.

Mindful of a possible revival of pre-war militarism, the U.S. occupation authorities dictated the unique war-renouncing constitution on the conquered nation.

Article 9 provides that the country "renounces war as a sovereign right of the nation," and declares that "land, sea, and air forces... will never be maintained."

Holding the constitution as a sacred document of Japan's world war II, most politicians — particularly those to the left of

the political spectrum — have resisted any effort to rewrite it.

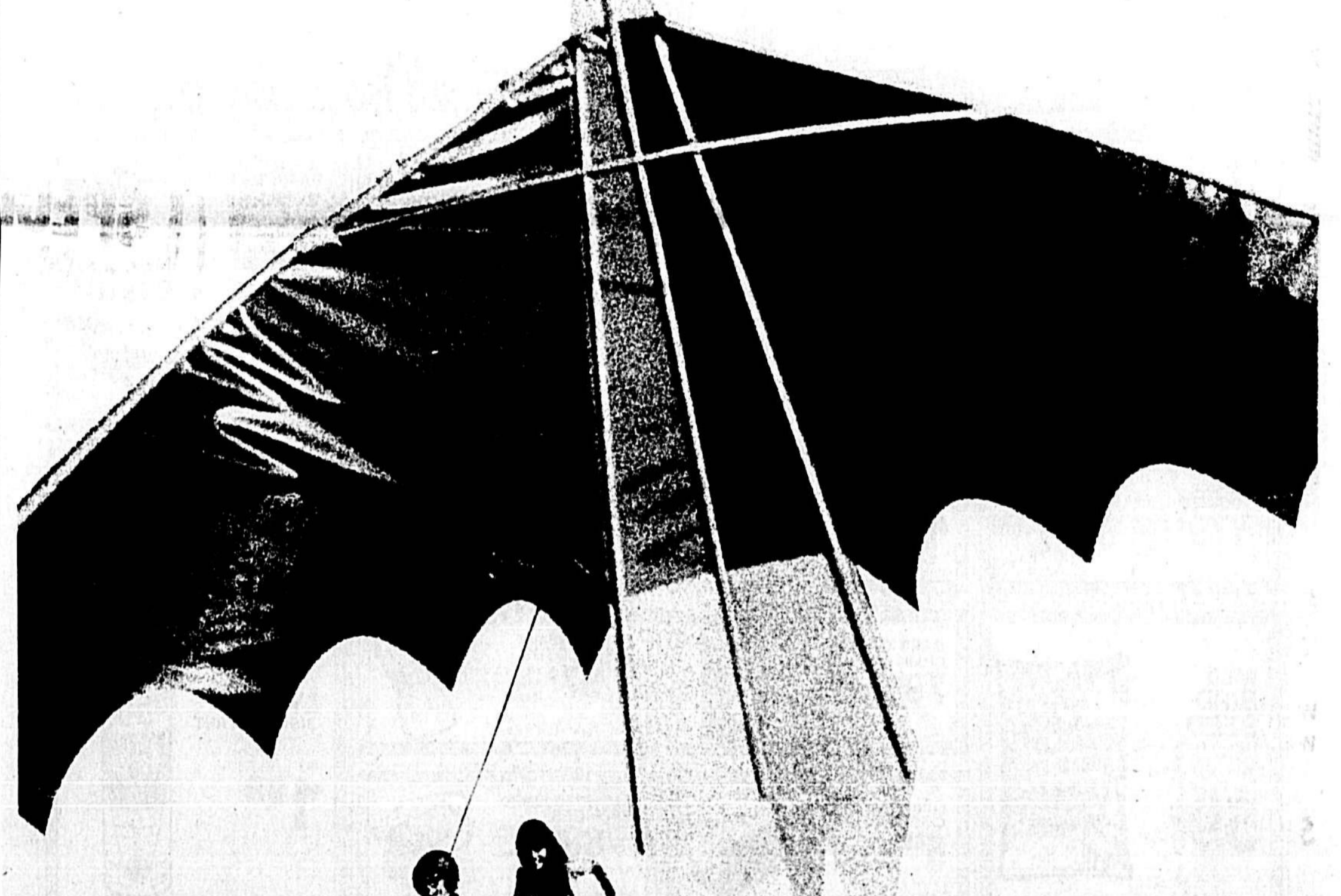
Pacifist groups and the vocal left still see militarism a living spectre, and the suggestion last year by the country's top general that the military might be forced to take "supra-legal" action in time of a foreign invasion provoked a national outcry and led to the general's resignation.

Under such fierce opposition, the government has been forced to hold down defense spending.

For the coming fiscal year starting in April, the government has budgeted \$9.3 billion, just 0.9 percent of the GNP — the lowest ratio in all major industrial powers.

With politicians still sharply divided on national defense, the possibility of Japan playing any significant role in the defense of the western world seems remote.

Kites are fun. As long as you remember there are strings attached.



Flying a kite is child's play. But there are a few things you should tell your children when they tell you they're going to fly a kite.

First of all, if they make their own, make sure they use only wood and paper. For that matter, you should never fly a kite with wire or anything metallic. As metals are conductors of electricity.

Secondly, kites are fair weather friends. Caution your children never to fly them in a rain or thunderstorm. Because wet string will also conduct electricity.

And, they should always fly their kites out in the open. Safely away from power lines, and TV and radio antennas.

What's more, be sure your kids remember never to cross streets or highways when flying a kite. And not just because of the traffic. The surest way to get a kite tangled in a power line is to run under one.

But simply reminding your kids what not to do when flying a kite is not enough. Because in spite of all your warnings, there's always the chance they'll still get their kites snagged on a power line, or caught up in a tree.

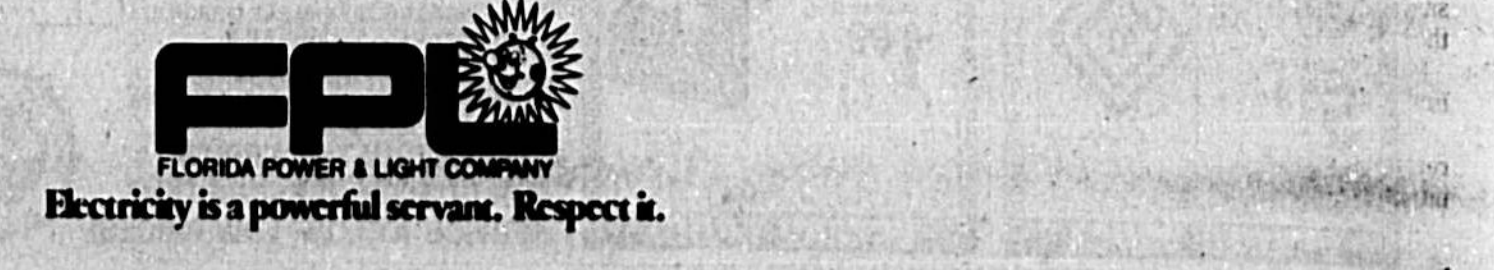
And what do they do then?

If it's a power line, the answer's simple. Leave it alone. And call us for advice. Trying to pull the kite down, or climbing up after it, could result in a serious shock.

On the other hand, should the kite get caught in a tree, make sure there are no power lines around. Trees near power lines can be accidentally charged with electricity. So if the tree is near a power line, again it's best they leave the kite where it is. And call us.

Flying kites is child's play. We just want you to be sure they play it safe.

This safety message has been brought to you by Florida Power & Light as a public service. Because serving the public is really what we're here for.



Marc Slade Dealership To Close

Marc Slade Chrysler-Plymouth Inc. is closing its doors six months after moving into new \$1 million facilities on U.S Highway 17-92, south of Sanford.

The business is the victim of high interest rates and two fleet cancellations, which left the business with a big inventory.

"We'll be here for another 30 days, winding down and making sure everyone gets their paper work, but for all intents and purposes we are closed," owner Marc Slade said Tuesday.

Slade said he has terminated the franchise here and will concentrate on his Chrysler-Plymouth Dodge and Mazda dealership in Leesburg, which is "more diversified and has a lot less inventory."

Slade stressed this is not a bankruptcy but "a good business decision."

"We could continue to operate another six months but felt the time to close was when we can do it cleanly. Everybody gets paid," Slade explained.

Slade said in the four years he has had the dealership here the business had never lost until November, 1979. Since then interest rates for unsold cars have risen to 18 percent and when two car rental firms canceled their fleet orders, it left the dealership backlogged with an average of more than 300 cars.

"It costs \$100-\$120 a month to park a car on this lot," Slade said. "Interest costs for November through January soared to \$40,000 a month."

Slade said he is moving as many of the 52 employees as possible and expects to transfer about 10 to the Leesburg dealership.

"All of the warranties will be respected by Chrysler and we will be in Leesburg to take care of any special problems that might occur," Slade said.

The facility here leased by Marc Slade is owned by Chrysler Corp., which expects to have a new owner for the dealership in the near future.

15th ANNUAL DELAND OUTDOOR ART FESTIVAL
SAT. & SUN. MARCH 8 & 9
BARNETT PARK PARKING LOT
NEARLY 200 ART AND CRAFT EXHIBITORS
FROM THROUGHOUT THE NATION.
OPEN SAT. MARCH 8, 9 a.m. - 5 p.m.
SUN. MARCH 9, 12 noon - 5 p.m.
SPONSORED BY DELAND AREA CHAMBER OF COMMERCE

ORANGE CITY FRONTIER DAYS
FRI. & SAT. MARCH 7 & 8
17-92 SOUTH OF DELAND
Talent Show, Queen, Little Miss & Little Mr. Frontier Days
Pancake Breakfast, Parade
Horse Show, Kiddie Carnival,
Beard Contest, Dance, More!

SPORTS

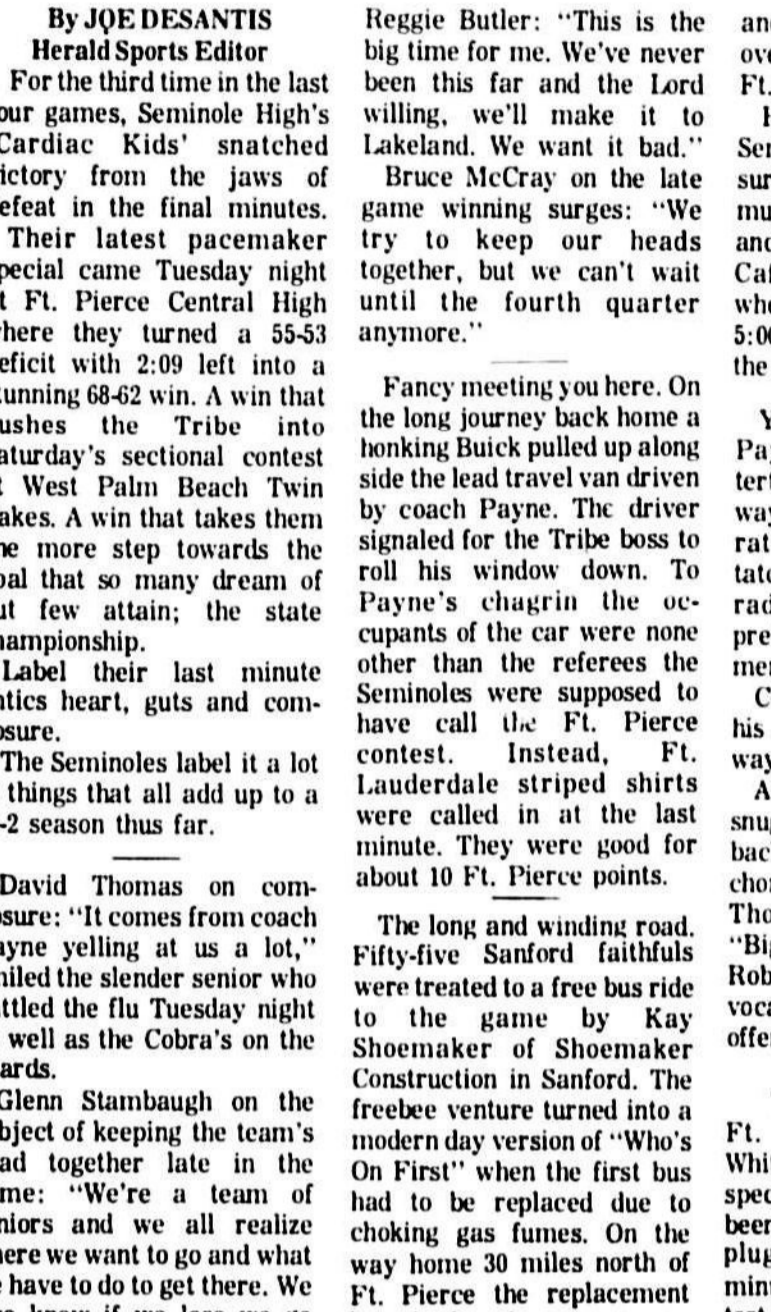
Tribe Takes To Final Ticks For Wins



Down by three with 2:09 left, Payne ran out of the key and Seminole owned a come-from-behind 68-62 win that earns them a berth in Saturday's sectionals.



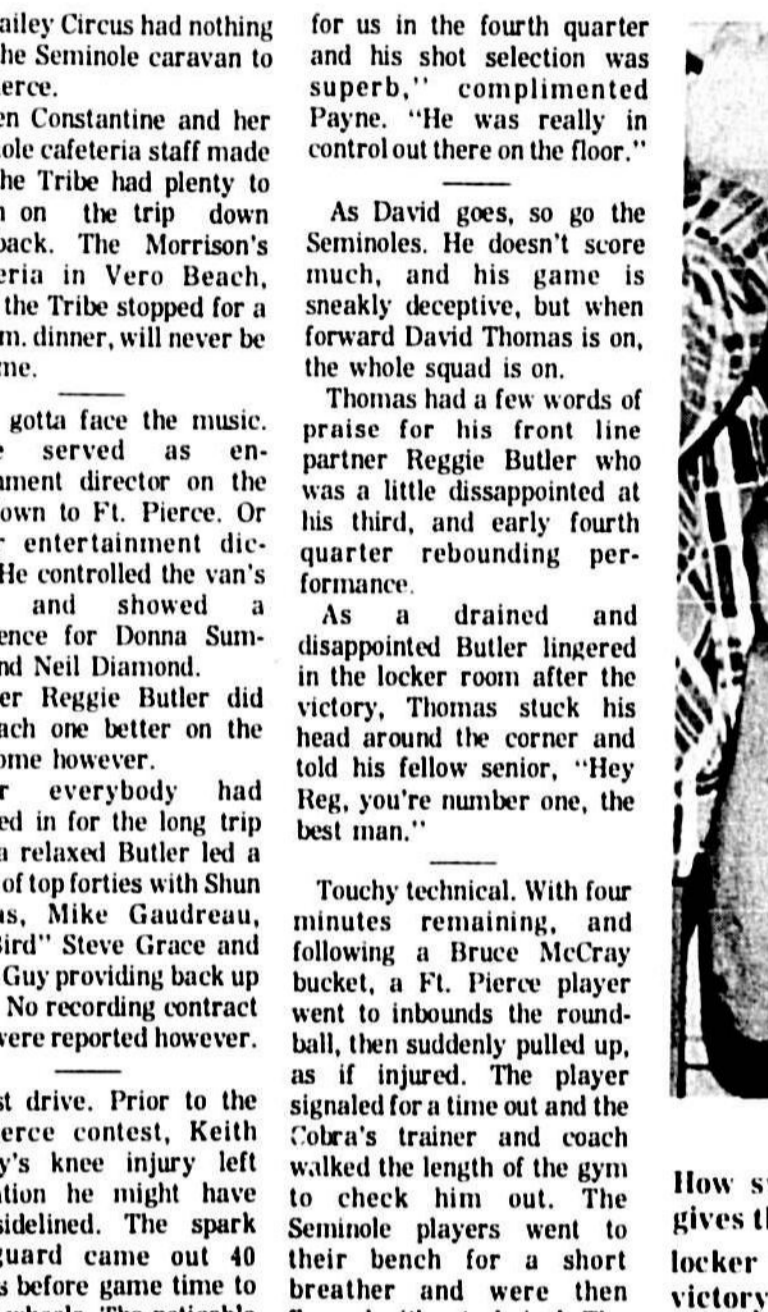
Wonderful Willie Once again Tuesday night the Seminoles proved there's plenty on the bench. With David Thomas saddled with three first half personals, back up forward Willie White came in and crashed the boards.



The long and short of it. Big man Reggie Butler calms down little man Keith Whitney seconds before Whitney snags a pair of crucial fourth quarter free throws.



Hands full battling 6-7 Mike Toomer, the 6-4 Washington and 6-3 Curtis Redden, who is the brother of 6-11 Willie Redden, a former Cobra All Star now at the University of South Florida.



Both teams employed man-to-man pressing defense which kept up the tempo throughout. "I was a little worried about foul trouble," said Payne about his pressure defense.



Which most of the time was McCray who paced the Sanford attack with 28 points. Stambaugh followed with 16 points including a couple timely steals along with Thomas to comeback from an early 45-38 third quarter deficit. Whitney contributed 12 while Thomas added 10.



For us in the fourth quarter and his shot selection was superb," complimented Payne. "He was really in control out there on the floor."



Touchy technical. With four minutes remaining, and following a Bruce McCray backboard, Ft. Pierce player went to inbound the roundball, then suddenly pulled up, as if injured. The player signaled for a time out and the Cobra's trainer and coach walked the length of the gym to check him out. The Seminoles players went to their bench for a short breather and were then flagged with a technical. The ref's said no time out was called.

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Sale ends Saturday
SPECIAL PURCHASE!
Double Belted Whitewalls

We bought a special assortment of six popular whitewall sizes of this long wearing, double belted tire. Limited Quantities and sizes.

EXCITING LOW PRICES!

Size B78-13 2 FOR 58 ⁹⁵ Plus \$1.80 F.E.T.	Size F78-14 2 FOR 61 ⁹⁵ Plus \$2.34 F.E.T.	Size G78-14 2 FOR 64 ⁹⁵ Plus \$2.53 F.E.T.	Size G78-15 2 FOR 66 ⁹⁵ Plus \$2.59 F.E.T.	Size H78-15 2 FOR 69 ⁹⁵ Plus \$2.87 F.E.T.
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FREE MOUNTING of your Firestone tires. (Must have 4 tires.)

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SIZE	DESCRIPTION	PRICE	FED. TAX
F78-14	POLYESTER 4 PLY WHITEWALL	\$2.70	2.44 ea.
F78-14	RADIAL WHITEWALL	\$3.90	3.73 ea.
G78-14	RADIAL WHITEWALL	\$4.39	3.95 ea.
G78-14	RADIAL WHITEWALL	\$5.95	5.57 ea.
G78-15	RADIAL WHITEWALL	\$4.95	4.78 ea.

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Seminole Win Regional, From Page 1....

First he drew a foul and calmly sank two free throws to pull the Seminoles within 58-57. Wilbert Washington, who at one point was 0-of-6 in the ballgame, fired from the baseline to make it 60-57.

McCray, undaunted, made a nice move across the lane to pull the Tribe again within one 60-59. Then Stambaugh corralled an important missed shot and found McCray at the other end to give Sanford its first lead 61-60 since midway of the third quarter.

The Tribe pressed for a turnover and Keith Whitney was fouled. The unflappable Whitney connected on both for a 63-60 edge with only 1:12 remaining.

"My knee still hurt but I had to get out there," said Whitney who was termed questionable because of the injury suffered against Mainland.

Seconds later though Whitney collided with Washington and was whistled for the foul. Washington however, feeling like a make-it-or-buy-it Cobra, carried the free throw to an eager McCray.

The agile senior took off on the dribble to halfcourt where the now unclogging Cobras attempted to double team. McCray alertly found a lonesome David Thomas under the basket for a widening 65-60 margin.

"My man picked up on Bruce which left me open," Thomas pointed out about his easy layup which seemed to make the Cobras unravel and shed their skins.

Down by five and with 45 seconds to play Central threw the ball out of bounds and with it went their chances of any miracle opportunity.

"When we got down the kids sucked it up," Coach Bill Payne said about the comeback. "When they (Ft. Pierce) got behind they didn't have the heart to come back."

Stambaugh, who ignited an early game coupling with six first quarter points, agreed with his coach's assessment.

"We had the guts," said the Tribe's Medicine Man. "We realized that if we lost it would be our last. We didn't have the intensity at the beginning of the game."

"We were so up for Mainland that it took us a little while to get going tonight."

Another slow starter was Butler, who had more than his hands full battling 6-7 Mike Toomer, the 6-4 Washington and 6-3 Curtis Redden, who is the brother of 6-11 Willie Redden, a former Cobra All Star now at the University of South Florida.

"I was very surprised," said Butler about the Central leaping ability. "I wasn't mentally ready, but David and Glenn were slapping me along side of the head to get me going."

McCray didn't need any head slapping to get him going. The smooth senior pumped in 13 first half points, but Central held him at halftime 38-27 when Sandifer stole the ball and dunked it. Sandifer, who had 10 first half points, also turned in a good defensive job on Stambaugh after the 6-11 blunderer burned him early.

Both teams employed man-to-man pressing defense which kept up the tempo throughout. "I was a little worried about foul trouble," said Payne about his pressure defense.

"Thomas did get his third, but that was the only problem. We did a good job of getting the ball to the guy that was hot," Payne emphasized.

Which most of the time was McCray who paced the Sanford attack with 28 points. Stambaugh followed with 16 points including a couple timely steals along with Thomas to comeback from an early 45-38 third quarter deficit. Whitney contributed 12 while Thomas added 10.

For the losing Cobras Toomer, who tried to put Sanford away early in the final quarter with 10 points, finished with 16 for the night. Washington also tallied 16, while Titus added 13 and Sandifer chipped in 11.

"Our press was the key and we played good defense," concluded Payne. "We also appreciate all the kids and the fans that made the trip. Sanford is behind us."

"We're one game away from Lakeland and we want it bad," said Payne about Saturday's encounter in West Palm Beach against Twin Lakes a winner over Ft. Lauderdale Oakland Park.

"We can smell it!"

No doubt the fragrance is pretty sweet.

Florida, Sunbelt Growing Fastest

WASHINGTON (UPI) — The population in the Sunbelt grew significantly during the 1970s, with California, Florida and Texas showing the greatest increases. The states of New York, Pennsylvania and Rhode Island had the largest net losses.

The Bureau of the Census, in releasing its final estimates Tuesday of the 1980 census, said the population in the United States increased by 16.8 million during the previous decade for a total of 220,099,000.

"While the Northeast has had almost no population change since 1970, and the North Central states have grown less than half as fast as the nation as a whole, the South and the West grew substantially faster than the national average," the Bureau said.

California, Texas and Florida each grew by more than 2 million people during the decade. California gained 2,723,000 during the decade for a total of 22,694,000; Texas gained 2,182,000 to 13,281,000; and Florida gained 1,850,000 to 7,100,000.

Other states estimated to have grown by more than half a million since 1970 are Arizona, Colorado, Virginia, Georgia, North Carolina and Washington.

In terms of rate of population growth between 1970 and 1979, Nevada was the most rapidly growing state in the nation with a change of 43.6 percent. It went from 489,000 to 702,000. New York, Pennsylvania and Rhode Island lost population since 1970. New York lost 550,000 people for a total of 17,648,000; Pennsylvania was down 70,000 to 11,731,000; and Rhode Island lost 20,000 for a total of 1,030,000.

The District of Columbia is estimated to have experienced the largest percentage drop in population during the decade, losing an estimated 13.4 percent (or 101,000) of its population between 1970 and 1979 for a total of 656,000 people.

If the estimates hold up when the official 1980 census is conducted, Florida would add three additional congressional seats, and California and Texas each would pick up two. Arizona, Colorado, New Mexico, Oregon, Tennessee, Utah and Washington each would gain one seat.

Florida would lose one congressional seat and Illinois, Ohio and Pennsylvania would drop two each. Losing one seat each would be Massachusetts, Michigan, New Jersey and South Dakota, the Bureau said.

Florida's additional seats would be added to the nation's least populated state, Alaska, remains the nation's least populated state, despite a 34.3 percent population increase during the decade from 393,000 to 407,000.

Final census counts for the decade will be released in January 1981.

Committee Ponders Graham Energy Plan

TALLAHASSEE, Fla. (UPI) — Despite vocal Republican opposition, the House Energy Committee is preparing to give further consideration to Gov. Bob Graham's \$78 million energy conservation package.

A vote on the massive package could come as early as today — during a session of the House Energy Committee. Rep. John Mica, R-Winter Park, said the governor's plan — which seeks to reward those who conserve energy with \$800 grants and other incentives while penalizing energy wasters — doesn't address the real problem.

"It seems to me we're going to have gasoline shortages and you're worried about weather stripping and a residential grant program," Mica told Hester.

The lawmaker said he'd rather see legislation to help utilities switch to coal and other alternative fuels, and to encourage the use of mass transit.

Transit perhaps with the state helping underwrite local projects. Rep. Tom Lewis, R-North Palm Beach, also took the committee to task saying the incentive-disincentive approach — which Graham says will save millions of barrels of oil and \$5 billion over the next 10 years — is unwieldy and will end up costing the public money.

As the issues were discussed Tuesday, Graham's top lobbyists walked anxiously with Republican members of the panel fired questions and criticism at Energy Office Director J. Hester.

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Legal Notice

BOARD OF COUNTY COMMISSIONERS
The County of Seminole
Separate sealed bids for items as listed below will be received in the Room 417, Seminole County Courthouse, Sanford, Florida, 32771, until 10:00 A.M. on Monday, March 10, 1980. NOTE: BIDS WILL BE PUBLICLY OPENED AND READ AT DIFFERENT LOCATION: Mayor's Conference Room, 4th Floor, Seminole County Services Building, corner of 1st Street and Park Avenue, Sanford, Florida 32771, at time and date stated.

Legal Notice

AMENDED INVENTION TO BE MADE BY THE City of Sanford, Florida will receive sealed bids for the CASTLE BREWER COURT F.L.A. located at 1001 E. 10th Street, Sanford, Florida, on March 10, 1980, at the Reading Room, 417 Seminole County Courthouse, Sanford, Florida, at 10:00 A.M. The bids will be publicly opened and read at the same location. Plans and specifications of contract documents, including plans and specifications, are on file at the Office of the Architect, Golden-Dragas Associates, Architects, Planners & Engineers, 2000 Atlantic Bank Building, Suite 400, P.O. Drawer 180, Sanford, Florida. Copies of the documents, drawings and specifications may be obtained by depositing \$25.00 with Architect for each set of documents to be obtained. Such deposit will be returned to each person who returns the plans, specifications and other documents in good condition within 10 days of the opening. A certified check or bank draft, payable to the City of Sanford, Florida, U.S. Government Bonds, or other acceptable form of payment will be required to furnish and pay for the plans, specifications and other documents in good condition. The successful bidder will be required to furnish and pay for the plans, specifications and other documents in good condition. The successful bidder will be required to furnish and pay for the plans, specifications and other documents in good condition.

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2 Bedroom Apartment No pets, carpet \$120 mo. 247377

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Why Be Lonely? Write: "Get A Mate" Dating Service, All ages. P.O. Box 8071, Clearwater, FL 33518.

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Baby Sitting in my home for child aged in my home, weekly, daily rates, 7 days or more. Call 322-2611

18-Help Wanted

Wanted experienced bus boys; 30 hrs. wk. waitress; dish washer. Apply in person, 3200 S. Orlando Dr. Cavalier Motor Inn.

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1 BR 1 1/2 BDR, 100 sq. inc. pool, call 322-2611

33-Houses Furnished

2 BR, 1 bath, new, completely furnished, AC, \$120 mo. First & Second floors, 2000 sq. ft. Call 322-2611

37-Business Property

UNIQUE "AINT. BOUTIQUE" IN LONGWOOD. 4 BR, 2 1/2 BATHS, 2 1/2 ACRES. Call 322-2611

41-Houses

1 acre plus w/old home. Zoned for duplexes, city water & sewer. Super location \$35,000. Call 322-2611

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24 HOUR 322-9283
Harold Hall Realty, Inc.
Realtors/MLS
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41-Houses

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Cedar wardrobe 322-9100 to 10 p.m. Mon. - Fri. Call 322-2611

54-Garage Sale

Yard Sale - children clothes & odds & ends. 112 Holly Ave. 9:30 - 12:00. Call 322-2611

55-Boats & Accessories

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57-A-Guns

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1 BR 1 1/2 BDR, 100 sq. inc. pool, call 322-2611

33-Houses Furnished

2 BR, 1 bath, new, completely furnished, AC, \$120 mo. First & Second floors, 2000 sq. ft. Call 322-2611

37-Business Property

UNIQUE "AINT. BOUTIQUE" IN LONGWOOD. 4 BR, 2 1/2 BATHS, 2 1/2 ACRES. Call 322-2611

41-Houses

1 acre plus w/old home. Zoned for duplexes, city water & sewer. Super location \$35,000. Call 322-2611

41-Houses

24 HOUR 322-9283
Harold Hall Realty, Inc.
Realtors/MLS
323-5774 24 Hrs.

43-Lots-Acreage

4 PLUS ACRES WOODED. ROAD FRONTAGE. DELTONA AREA. \$12,700. Call 322-2611

47-A-Nortgages Bought & Sold

Will buy 1st & 2nd mortgages. We specialize in: FARM RANCHES GROVES. \$100,000 to \$1,000,000. Call 322-2611

51-Household Goods

Cedar wardrobe 322-9100 to 10 p.m. Mon. - Fri. Call 322-2611

54-Garage Sale

Yard Sale - children clothes & odds & ends. 112 Holly Ave. 9:30 - 12:00. Call 322-2611

55-Boats & Accessories

ROBSON MARINE 3227 Hwy. 17, 322-7480

57-A-Guns

(2) 12 pistols: (1) 22 auto rifle: Antique guns, jewelry. 322-2611

59-Musical Merchandise

Washer 949, assume paid. \$21 mo. 322-2611

68-Wanted to Buy

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78-Motorcycles

For Sale: 1975 Honda XL 70 with less than 1,000 miles. \$275 or best offer. Call 322-2611

79-Trucks Trailers

1975 Ford F 100 P. U. 100. \$1400. Call 322-2611

80-Autos for Sale

WE BUY CARS 323-7834

CLASSIFIED ADS

Seminole Orlando - Winter Park
322-2611 831-9993
CLASSIFIED DEPT.
HOURS: 1 line 44c line
2 consecutive times 39c a line
3 consecutive times 36c a line

MONDAY thru FRIDAY
SATURDAY 9 Noon
DEADLINES
Neon The Day Before Publication
Sunday - Noon Friday

4-Apartments Unfurnished

1 BR - 629 sq. Pool, Adults only on Lake Ave. Just So. of Airport Blvd. on 17.92 in Sanford. Call 322-6470 Marina's Village

31-Apartments Furnished

2 Bedroom Apartment No pets, carpet \$120 mo. 247377

4-Personals

Why Be Lonely? Write: "Get A Mate" Dating Service, All ages. P.O. Box 8071, Clearwater, FL 33518.

6-Child Care

Baby Sitting in my home for child aged in my home, weekly, daily rates, 7 days or more. Call 322-2611

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Legal Notice

NOTICE OF PUBLIC HEARING TO CONSIDER ADOPTION OF PROPOSED ORDINANCE TO

Pair In 60s Still Kid About Incident

DEAR ABBY: I was very happy to see the item in your column about the girl who got pregnant and had a baby, though she was still a virgin. The same thing happened to me when I was 17. He married me, and we have five children, the oldest is now 48. People never believed me when I told them that that is what really happened. My doctor confirmed it.



Dear Abby

B.P. DEAR ABBY: I am a 39-year-old mother of four, and I was just as innocent as that 55-year-old grandmother who asked you to explain how a girl could get pregnant and still be a virgin. It's a shame how people can go through life half-ignorant because they're too embarrassed to ask questions. I sent for your booklet, WHAT TEENAGERS OUGHT TO KNOW, for my two sons, 12 and 14, and they thought it was terrific. So did I. And my husband agreed with me. I never could have told them about drugs and sex the way you did.

Thank you for having the courage to write something so straight and easy to understand. All parents want their kids to know how to keep from getting VD, and how to avoid getting pregnant, but nobody wants to tell them. The chapter on drugs and what they can do to you was great.

I'm sorry I didn't have something like that to read when I was a teenager.

MRS. B.J.J. INORLANDO, FLA. DEAR ABBY: I read in your column that a girl could become pregnant without going all the way. Thanks for printing it. That is what happened to me.

Before we were married, my fiance and I had gone together for 2 1/2 years. We were very much in love, and just like the kids do today, we did a lot of hugging, kissing and cuddling, but I swear we did not go "all the way!" Nevertheless I found myself very much pregnant.

I couldn't believe it, but the doctor explained it to me exactly the way you explained it: "All that is necessary for the sperm of the male to meet the ovum of the female, and this can be accomplished

without actual penetration." Even though we knew how it happened, it was hard to explain to others. We are now in our 60s, and we still kid about it, and call each other... "DUMBBELLS!"

DEAR ABBY: I am one of those "unusual cases" of a woman being pregnant virgin. I conceived with my hymen intact.

When I went to the doctor, suspecting that I might be pregnant, he examined me and said I most certainly was. When it came time for me to have the baby, the doctor had to deflower me surgically. I never would have believed it, but I am living proof that a girl can become pregnant without going all the way.

MRS. W., TORRINGTON, CONN. DEAR ABBY: You told of the "Orr Maneuver" in which a Mr. Orr taped-recorded the annoying barking of a neighbor's dog, amplified it, and played it back to the dog. The pooch was quickly silenced. Well, that maneuver has even a better use: My friend, "Tiny," a Phoenix insurance executive who needed his sleep, lived about 10 feet from a house of heartless klutzes who played their stereo at a high-decibel volume until well after midnight every evening. Polite protests to the neighbor got him nowhere, so one evening Tiny recorded their music, set a loud speaker just inside his fence facing their bedroom window. He turned the volume on high and played their own concert back to them at 3 o'clock in the morning!

Once was enough. Problem solved.

OREN A. IN LAGUNA HILLS DEAR OREN: Thank you, friend, "Tiny," for the free sleep-insurance-policy. I'll underwrite it.

Do you hate to write letters because you don't know

what to say? Thank-you notes, sympathy letters, congratulations, how to decline and accept invitations and how to write an interesting letter are included in Abby's booklet, "How To Write Letters for all Occasions." Send \$1 and a long, stamped (28 cents), self-addressed envelope to Abby: 132 Lasky Drive, Beverly Hills, Calif. 90212.



LAKE MARY GROUPS GIVE FUNDS TO BOY SCOUTS

Several organizations in Lake Mary have given the Boy Scouts their financial assistance so the scouts can "stay prepared." Barbara Thomas, left, den mother of the recently graduated Cub Scouts Pack 242 to Boy Scouts accepts checks from Lake Mary City Councilman Ray Fox representing the Lake Mary Rotary Club and DeLores Lash: president of the Lake Mary Woman's Club who also presented a check on behalf of the Chamber of Commerce for the scouts.

Herald Photo by Tom Metel

Swing Into Spring Sale

25% off "First Edition" separates.

Sale \$9

Reg. \$12. Long sleeve print top

Sale 6.75

Reg. \$9. Pull-on pants in ass. colors.

Sale 12.75

Reg. \$17. Long sleeve shirt jac.

Sale 8.25

Reg. \$11. Large size pull-on pants

Sale 13.50

Reg. \$18. Short sleeve shirt jac.



25% off Save on all our junior denim jeans.

Sale \$12 to 13.50

Reg. \$16 to \$18. Get to the bottom of the best looks and save! Choose from all our junior denim jeans, including our Body Lingo® favorites. In the latest fashion shapes you prefer. With the designer details you watch for. In 100% cotton and poly/cotton. Sale prices effective through Saturday.

50% off misses' coordinates.

Tunic, orig. \$14. Now \$7
Jacket, orig. \$18. Now \$9
Skirts, orig. \$12. Now \$6
Pants, orig. \$16. Now \$8

Mix and match polyester knit in yellow, pink and blue. Misses sizes 8-18

This is JCPenney

Sanford Plaza
May, 17-22 and State St.
Open 10 a.m. to 9 p.m. Mon.-Sat.
Open 12:30 to 5:30 Sunday

Beta Sigma Phi Chapters

Preceptor Beta Lambda

Members of Preceptor Beta Lambda Chapter, Beta Sigma Phi sorority, met at the home of Joyce Sammet on Pine Tree Drive, Lake Mary.

President Delora Mark presided during the business session and thanked the members for their work and cooperation in making the Valentine cocktail party a successful event.

Valentine Girls Ruth Hoffman, June Helms and Glenda Emerson (she was chosen 1980 Valentine Girl at the annual Valentine Ball) were congratulated for their honor. Preceptor Beta Lambda had three members participating in the pageant.

Kay McFarland announced that details were complete for the group to attend the production "Guys and Dolls" on March 12. Those planning to attend will meet at the Mark home, Linda Lane, at 1:30 p.m. carpool for the trip. The theatre party will take the place of the meeting scheduled March 11.

Social committee chairman Ruth Hoffman announced a smorgasbord dinner for members and guests on March 21, at her home on Woodland Drive. Each member is to bring a "pot luck" dish to share. She also outlined plans for Beta Sigma Phi Founder's Day luncheon on April 28.

For the program, Marilyn Meridith of Lake Mary, demonstrated the construction of a dried flower arrangement as she explained each step in the process.

The next regularly scheduled meeting will be March 25, at the home of June Helms on South Sanford Avenue. Amoret LaRosa will be in charge of the program on gardening.

Gamma Lambda

The 510th meeting of the Gamma Lambda Chapter of Beta Sigma Phi was called to order on Tuesday night at the Winter Springs home of Katie Hendrick.

Donna Frank presided over the business meeting. Roll call was taken and the minutes of the previous meeting were read and approved.

The Treasurer, Marcy O'Brien, gave an up-to-date report on the chapter's account.

Social committee chairman, Lois Smith, reminded members of the upcoming socials scheduled in the next few months. Members also discussed the end of the year party to be held at Disney World.

Ways and Means chairman, Marcy O'Brien, discussed the details of the chapter garage sale to be held March 8. Members were reminded to bring their collected items to the sale.

The scrapbook committee reported that everything was going well with the construction of the scrapbook.

Katie Hendrick presented the program for the evening. The topic, which was Beauty, was taken from "The Art of Living," which is the Beta Sigma Phi program book. She held what beauty means to her.

After the meeting refreshments were served. Donna Frank won the hottest gift — a lettuce plant.

Entertaining Ideas

Working Women Make Mealtime A 'Labor Of Love'

Working women, have you been feeling the pressure to perform wonders in the kitchen? Maybe you've just started a career or are returning to the working world with all its challenges and distractions. If so, you've discovered what it's like to work all day and come home to the proverbial "hot stove."

But what if you're not — or don't want to be — a gourmet cook, yet still enjoy entertaining?

A little imagination, planning and a big assist from quality-prepared foods in convenient packaging can go a long way toward making you a classy chef.

Modern glass packaging, for example, allows for a variety of pre-cooked sauces and other ingredients which retain their freshness and flavor on the shelf.

Besides tasting great, a meal created primarily from pre-cooked ingredients takes a fraction of the time and energy to cook than one made by the traditional method of slow-simmering.

A perfect example: Spaghetti dinner. With a little advance shopping, you can lay out a meal from antipasto to espresso in fifteen minutes.

Add a few dollars worth of fresh, cut flowers on the table and your husband or date will be entranced.

Start with a good meat sauce, in a resealable glass container, since you probably won't use it all for dinner a deux. Saute about half of a small jar of mushrooms in butter, add them to the sauce along with a quarter teaspoon of oregano, a little salt and pepper, and heat to serving temperature.

Be sure to shop for some marvelous antipastos, in clear ready-to-serve glass containers. Their see-through glass packaging allows you to plan ahead. One jar and some toothpicks should do it.

Of course, you'll need a wine to top off the meal. Any full-bodied, domestic dry red wine will be fine but ask at your local wine shop if you'd like some guidelines.

For the perfect end of a delicious meal, buy a jar of instant espresso. Serve black with a small slice of lemon peel, sugar optional.

And remember, the table setting is important: Flowers, colorful napkins, wine glasses and, for that continental touch, demitasse cups.

The following recipes will reflect the gracious entertaining for the hostess and guests.



Sparkling Strawberry Daiquiri Punch, left, is a dazzling centerpiece fit for the gods to drink at any gathering of friends. If unexpected guests show up, pull patty shells and snow crab from the freezer and whip up Snow Crab Sauced Patty Shells.



SPARKLING STRAWBERRY DAIQUIRI PUNCH
Makes 20 (1/2 cup) servings

Strawberries
1 lime, thinly sliced
2 8-ounce cans frozen daiquiri mix, thawed
1 12-ounce cans sparkling strawberry soda, chilled
1/2 cup light rum (optional)

Make a fruited ice ring by freezing strawberries and lime slices in strawberry soda in ring mold. When ready to serve, place ice ring or ice cubes in chilled punch bowl. Pour over undiluted daiquiri mix, soda and rum.

SNOW CRAB SAUCED PATTY SHELLS
2 packages or cans (6 to 8 oz. each) Alaska Snow crab, frozen or canned
1/4 cup minced celery
1 tablespoon chopped green onions
3 tablespoons butter or margarine
3 tablespoons flour
1/2 teaspoon salt
1/4 teaspoon ground red pepper
1 teaspoon each, grated lemon peel and juice
1 1/2 cups half and half
1/4 cup sherry
6 prepared patty shells Parsley

Thaw crab if frozen; drain and slice, reserving liquid. Saute celery and green onions in butter or margarine. Blend in flour, salt, pepper, lemon peel and juice. Gradually add half and half and reserved crab liquid, cooking and stirring until thickened. Blend in sherry and crab. Meanwhile, heat patty shells. Spoon hot crab sauce over patty shells and garnish with parsley, if desired. Makes 6 servings.

FARMER'S CHEESE SOUP
(Yield: 7 Cups)

3 tablespoons butter
1 cup finely chopped onion
1 cup chopped celery
1/2 cup sliced carrot rounds
1/2 pound broccoli, separated into small flowerets (about 2 1/2 cups)
1 can (10 3/4 oz.) condensed chicken broth
3 cups milk
1 cup (4 oz.) shredded Cheddar cheese
6-8 slices French bread, toasted

Coarsely chop cut into thin wedges, two for each slice of bread

4 slices bacon, cooked and crumbled

In 4-quart saucepan melt butter.
Add onion and celery. Stir and cook for 5 minutes. Add carrots, broccoli and broth. Cover, bring to a boil, then turn to simmer and cook for 15 minutes or until vegetables are tender.
Add milk; bring to simmer. Add cheese, stirring until melted. Pour soup into 2 1/2-quart casserole.
Float bread slices on top of soup and cover each with two wedges of cheese to balance. Place under broiler for 2 or 3 minutes until the cheese melts and turns a delicate brown.
Sprinkle with crumbled bacon and serve.

CELEBRATE ANOTHER DECADE OF SHOPPING PLEASURE WITH US DURING

Publix 50th Anniversary SALE

THE SALE SO BIG IT'LL TAKE ALL YEAR!

THIS AD EFFECTIVE THURSDAY, MARCH 6, THRU WEDNESDAY, MARCH 12, 1980... CLOSED SUNDAY...

REGULAR OR BEEF ARMOUR STAR

Jumbo Hot Dogs 1-lb. pkg. \$1.49

SAVE 32¢ ASSORTED DAIRI-FRESH Yogurt 4 8-oz. cups \$1

DAIRI-FRESH SCHMIERKASE, SMALL, LARGE, LOW-FAT Cottage Cheese 2-lb. cup \$1.49

SWIFT PREMIUM OR LAZY MAPLE Sliced Bacon 1-lb. pkg. \$1.15

SAVE 40¢ ALL GRINDS MAXWELL HOUSE Coffee 1-lb. can \$2.59

SAVE 32¢ ASSORTED FLAVORS Royal Gelatin 6 3-oz. boxes \$1

MRS. SMITH'S Cherry Pie 26-oz. pkg. \$1.89

Publix

Thank You!

50 YEARS OF SHOPPING PLEASURE 1930-1980

Spanish Cream is a do-ahead recipe



Turkey Champignons: Fantastique!

French Food Can Be Fast; Ooh, La! La!

French food needn't take hours of preparation — not with this delicious recipe for Turkey Champignons. Created with the American working wife in mind, it makes clever use of modern convenience foods and the newest kitchen appliances. The result is a molded entree of continental elegance created in record time.

Cooked turkey and rice are combined with vegetables, walnuts and a protein-rich cream sauce that's lower in calories than you'd expect from a French recipe — thanks to instant nonfat dry milk.

Use a blender to chop all vegetables (except mushrooms) in small portions; it will even grind the meat. Or, use a food processor to prepare all of the vegetables, including the mushrooms and the meat.

Bake in a regular oven about fifty minutes, or cut baking time in half with the aid of a microwave oven.

Any way you bake it, Turkey Champignons is an entree you'll be proud to serve. The cooking time is right, and the flavor is fantastic!

TURKEY CHAMPIGNONS
(Makes 6 1/2-cup mold and about 1 1/2-cups sauce)

1/2 cup butter
one-third cup flour
1 teaspoon salt
1/2 teaspoon pepper
3 cups liquid Carnation instant nonfat milk
2 slightly beaten eggs
3 cups (about 1 cup raw) cooked rice
2 1/2 cups ground cooked turkey
1 cup chopped celery
1 cup chopped onion
1/2 cup chopped pimientos
1/2 cup coarsely chopped walnuts
1 1/2 cups (1/4 cup) sliced mushrooms
1/4 cup dry sherry
Melt one-third of butter in medium saucepan. Stir in flour, salt, and pepper. Gradually stir in liquid instant milk. Cook over medium heat, stirring constantly, until mixture comes to a boil and thickens. Gradually stir in 1 1/2 cups sauce mixture into egg. Reserve remaining sauce mixture. Combine egg-sauce mixture, rice, turkey, celery, onion, pimientos, and walnuts in large mixing bowl. Line bottom of buttered 9 1/2-cup ring mold with wax paper. Spoon turkey mixture into mold. Place mold in pan about 2 inches deep. Four hot water around mold to 1-inch deep. Bake in moderate oven (375 degrees F.) 50 minutes. Cool 10 minutes. Cook mushrooms in remaining butter and sherry; stir into reserved sauce. Heat to serving temperature. Loosen edges of mold. Invert mold onto platter. Serve with mushroom sauce.

MICROWAVE OVEN: Prepare recipe as above, except microwave molded turkey mixture at high speed 20 minutes. Rotate 1/4 turn every 5 minutes. Complete recipe as above.

Teammates: Pork, Fruit Combos

Ham with pineapple, pork chops with applesauce — these are other combinations of pork with fruit have long been favorite flavor "teammates."

These recipes combine pork and fruit with a new twist. The fruit is in the form of canned fruit pie fillings in this company-special recipe for Cherry-Glazed Pork and the hearty mixture of apples, sausage, and sweet potatoes.

With beef prices high and pork in abundant supply, many shoppers have discovered that today's pork is more than good eating. It is an outstanding nutritive value with more protein and less fat than previously. Today's pork is lean with only about 70 calories per ounce of lean, cooked meat.

Pork is also a major dietary source of the B vitamins, especially thiamine — containing three times as much as any other food source.

CHERRY GLAZED PORK ROAST
4 pounds pork loin roast, bone in
1 can (21 oz.) cherry pie filling
1 Tbsp. lemon juice
Add to your Tossed Salad, Florida Fresh
Endive or Escarole 30¢
March is National Peanut Month.
Jumbo Jumbo in Shell.
Roasted or Salted Peanuts 60¢

APPLE, SAUSAGE, SWEET POTATO "WHEELS"
1 large sweet potatoes cooked (or one 17-oz can of sweet potatoes)
1/2 pound seasoned sausage (link or bulk)
2 tablespoons brown sugar
3 tablespoons butter or margarine
1/2 cup apple pie filling
1/2 cup chopped nuts (optional)

In 8-inch square baking dish, slice sweet potatoes; arrange sausage over top (make 4 to 10 small balls of the baked sausage). Sprinkle sugar over top and dot with butter. Spread apple pie filling over all. Sprinkle with nuts. Bake at 350 degrees for 1 hour or until sausage is done. Serves 5-6.

Citrus Fruits Make Diet Dishes Spring Into Shape

Spring is a time when we all are getting into shape. Most of us put on a few extra pounds during holiday feasting. Spending days smugling up by a fire instead of briskly exercising was no help for our bodies either. With the advent of warm weather and the shedding of bulky winter clothes, we all want to likewise shed any excess weight.

Dieting does not necessarily mean giving up favorite foods. Particularly if only a few pounds need to be lost, cutting back on sweets and eating lighter meals will often do the trick. Florida citrus fruits, such good between-meal snacks for those trying to lose weight, can add an appealing lively freshness to diet main course dishes. Tuna and chicken, both low-fat protein choices, are made extra juicy by the addition of grapefruit and orange sections.

TUNA CITRUS TANGO
1 cup Florida orange juice, divided
1 cup chopped onion
1/2 pound mushrooms, sliced
2 teaspoons soy sauce
1/2 teaspoon ground cumin seed
1/2 teaspoon salt
2 tablespoons cornstarch
2 large tomatoes, peeled, cut in eighths

2 cans (6 1/2 or 7 ounces) tuna
1 cup Florida orange sections
2 teaspoons butter or margarine
2 medium zucchini, shredded
In large saucepan, combine 1/2 cup orange juice, onion, mushrooms, soy sauce, cumin and salt; bring to a boil; cover, reduce heat, simmer 10 minutes. Dissolve cornstarch in remaining 1/2 cup orange juice; add to saucepan. Bring to a boil; boil 1 minute. Add tomatoes and tuna; heat. Add orange sections. In medium-size skillet, melt butter; lightly saute zucchini. Serve tuna mixture over shredded zucchini.
YIELD: 4 servings.

SAVORY CHICKEN DELAND
1 chicken (2 1/2 to 3 pounds), cut in pieces
1/2 cup plus 2 tablespoons Florida grapefruit juice, divided
2 tablespoons sliced scallions
1 tablespoon chopped parsley
1/2 teaspoon salt
1/2 teaspoon dried leaf marjoram
1/2 teaspoon pepper
1/2 teaspoon poultry seasoning
1 large green pepper, seeded, cut in chunks



Tuna Citrus Tango Tastes Great.

1 1/2 teaspoons cornstarch
1 cup Florida grapefruit sections
Brown chicken pieces under broiler, place in large skillet. Add 1/2 cup grapefruit juice, scallions, parsley, salt, marjoram, pepper and poultry seasoning. Cover, simmer 15 minutes. Add green pepper. Cover, simmer 15 minutes longer or until chicken is tender. Using a slotted spoon, remove chicken and green pepper to serving platter. Dissolve cornstarch in remaining 2 tablespoons grapefruit juice; add to skillet, stir until sauce boils and thickens. Add grapefruit sections. Pour sauce over chicken.
YIELD: 4 servings.

Publix keeps showing you who put the Super in Super Market.

"This is the finest food store that can be built," George Jenkins said to himself the night before his first Publix Super Market opened in 1940. Next day people came from miles around for a glimpse at this modern self-service market. But self-service wasn't all that drew the crowds. There were walk-in coolers, refrigerated dairy cases, even electric eye doors. And this was America's first air-conditioned super market.

But even as the first Publix Super Market opened, that day plays well on the drawing board for better, bigger Super Markets to come. Now in 1980, there are 235 Publix Super Markets. And each new one makes shopping more of a pleasure than the last.

EAT SMART
To hit your stride and feel your best, eat smart. This tip comes from The American Dietetic Association, which sponsors National Nutrition Month. To eat smart, start with these essentials: for vitamins A and C — 4 servings of fruits and vegetables — for iron and vitamins — 4 servings of whole grain or enriched breads and cereals — for protein — 4-6 ounces of lean meat, fish, poultry, eggs, nuts, or dried beans or peas — for calcium and riboflavin — 3 to 4 servings of milk or cheese. Add more of these foods as you need them for energy, ideal weight, and mental satisfaction. And be sure to mix up with exercises that you enjoy. You'll feel so smart.

VOTE AS YOU PLEASE, BUT PLEASE VOTE ON TUESDAY, MARCH 11th!

Swift's Premium, Tender-Grown, Government-Inspected, Shipped D&D, Fresh Not Frozen, Premium Grade Fryer Breasts \$1.00
Fryer Thighs 99¢
Fryer Drumsticks 99¢
Fryer Wings 69¢
Fryer Backs & Necks 10¢

Idaho Potatoes 10¢ \$1.39
Juice Oranges 5¢ 89¢

Whole Fryers 59¢

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Armour Star (Regular or Beef) Jumbo Hot Dogs \$1.00
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Swift Premium Sliced Bologna, Olive or Pickle Loaf 69¢
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Publix The Place for Beef

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USDA Choice Boneless Beef Important Oven Roast \$2.00
USDA Choice Boneless Beef Chuck Shoulder Roast \$2.00
USDA Choice Beef Plate Short Ribs \$1.00

SAVE 10¢
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Swift's Premium Pro-Ten Beer \$1.00
Swift's Premium Pro-Ten Beer \$1.00
Swift's Premium Pro-Ten Beer \$1.00
Swift's Premium Pro-Ten Beer \$1.00
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Swift's Premium Pro-Ten Beer \$1.00

Passover: Much Tradition Enwraps This Celebration



The Jewish festival of festivals celebrates the ancient liberation from bondage in Egypt. It's eight days of family, friends and food.

Passover, the Jewish festival of festivals, begins at sundown March 31. It celebrates the liberation of the Jews from bondage in Egypt.

Lasting eight days, Passover provides ample opportunity to enjoy being with family and friends.

Food is a vital part of Passover, beginning with the ceremonial seder and continuing through everything from formal dinners to the sharing of dessert and a steaming pot of tea with a drop-in visitor.

Much tradition enwraps this Jewish celebration. For example, latkes of matzah meal are significant on the holiday that commemorates the Israelites' flight before their leavened bread had time to rise.

Many Jews cherish childhood memories of fresh whole oranges served at the holiday. We include a new version of orange fritters to add to the Passover recipe file.

HOLIDAY MEAT BUNS
Dough:
5 cups flour
3 eggs (at room temperature)
2 packages dry yeast
1 cup lukewarm water
1 teaspoon salt
1/2 cup shortening

Measure flour into large bowl. Dissolve yeast completely in lukewarm water. Add to flour. Then add eggs, salt and melted shortening. Mix into soft dough.

Knead additional flour into mixture until dough is not too sticky, being careful not to overpack with flour. Dough must be soft.

Put into greased bowl and cover. Let rise until dough is almost twice the size and spongy.

Put dough on floured board and knead again. Divide dough into 20 lemon-size pieces. Roll into 6-inch circles.

Put 1 tablespoon or more of filling in center of each circle in oblong position. Bring edges together, keeping roll long like frankfurter bun. Pinch edges together carefully so they will not come apart.

Allow to rise until almost double in size. Paint with mixture of 2 eggs yolk, 1 tablespoon oil and 2 eggs water.

Bake on greased pan at 350 degrees for 20 to 25 minutes.

PASSOVER LATKES
4 eggs, separated
1/2 cup matzah meal
1/4 cup chopped almonds, walnuts or pecans
1 tablespoon sugar
1/2 cup grapefruit juice
Vegetable oil for frying
Spicy Grapefruit Sauce
In small bowl, beat egg yolks with rotary beater until very light. Mix together matzah meal, nuts, sugar and salt. Add dry ingredients alternately with grapefruit juice to beaten egg yolks. Beat until smooth.

PASSOVER FRITTERS
3 eggs, separated
2 tablespoons sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1 cup orange juice
1 cup grapefruit juice
3 oranges, peeled and pulled apart in sections with membrane
Vegetable oil for frying
Confectioners' sugar or honey

PASSOVER ROLLS
1 cup water
1/3rd cup oil
4 eggs
1 cup matzah meal
1/2 teaspoon salt
Bring water and oil to boil. Add meal and salt, stirring constantly until dough no longer sticks to pan, about 1 minute. Remove from heat. Add eggs one at a time, beating each in thoroughly.

SPICY GRAPEFRUIT SAUCE
1 cup grapefruit juice, divided
1 tablespoon honey
1 tablespoon potato starch
1 grapefruit, peeled and sectioned
In small saucepan, combine 1/2 cup grapefruit juice, honey and cinnamon. Bring to boil.
Dissolve potato starch in remaining 1/2 cup grapefruit juice. Add to saucepan. Cook, stirring constantly, until mixture is clear and slightly thickened.
Remove from heat. Add grapefruit sections.

BONUS BUYS

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32-oz. Kasher Dill or 24-oz. Sweet & Sour Sliced Claussen's Pickles 99¢
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Kraft's Sliced Natural Aged Big Eye Swiss \$1.30
Wisconsin Cheese Bar Shredded Mozzarella 99¢
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Sunsweet Prune Juice \$1.19
Trellis Early Pass 29¢
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Pat Riz Pie Shell 9-oz. pie 59¢

Birds Eye Fordhook Lima Beans 10-oz. can 59¢

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Publix 50 YEARS OF SHOPPING PLANNING

Trick Is To Be Selective When Tabulating Calories

It's easy to gain a few unwanted pounds over the winter months. Even if we eat the same number of calories as during warmer months, lack of exercise fails to burn them up. When you diet, it's essential to maintain carbohydrate intake for that well-fed, nourished feeling. The trick is to be selective. Choose flavorful well-seasoned, even spicy food that will temper your taste buds and those that will give a satisfied, well-fed feeling. For that, the potato can be the dieter's best friend. Wholesome and versatile, a 5-ounce potato contains just 90 calories. Yet it can turn a light meal into a filling feast. Idaho potatoes, with their superior flavor and dry, meaty texture, are the ones to choose.

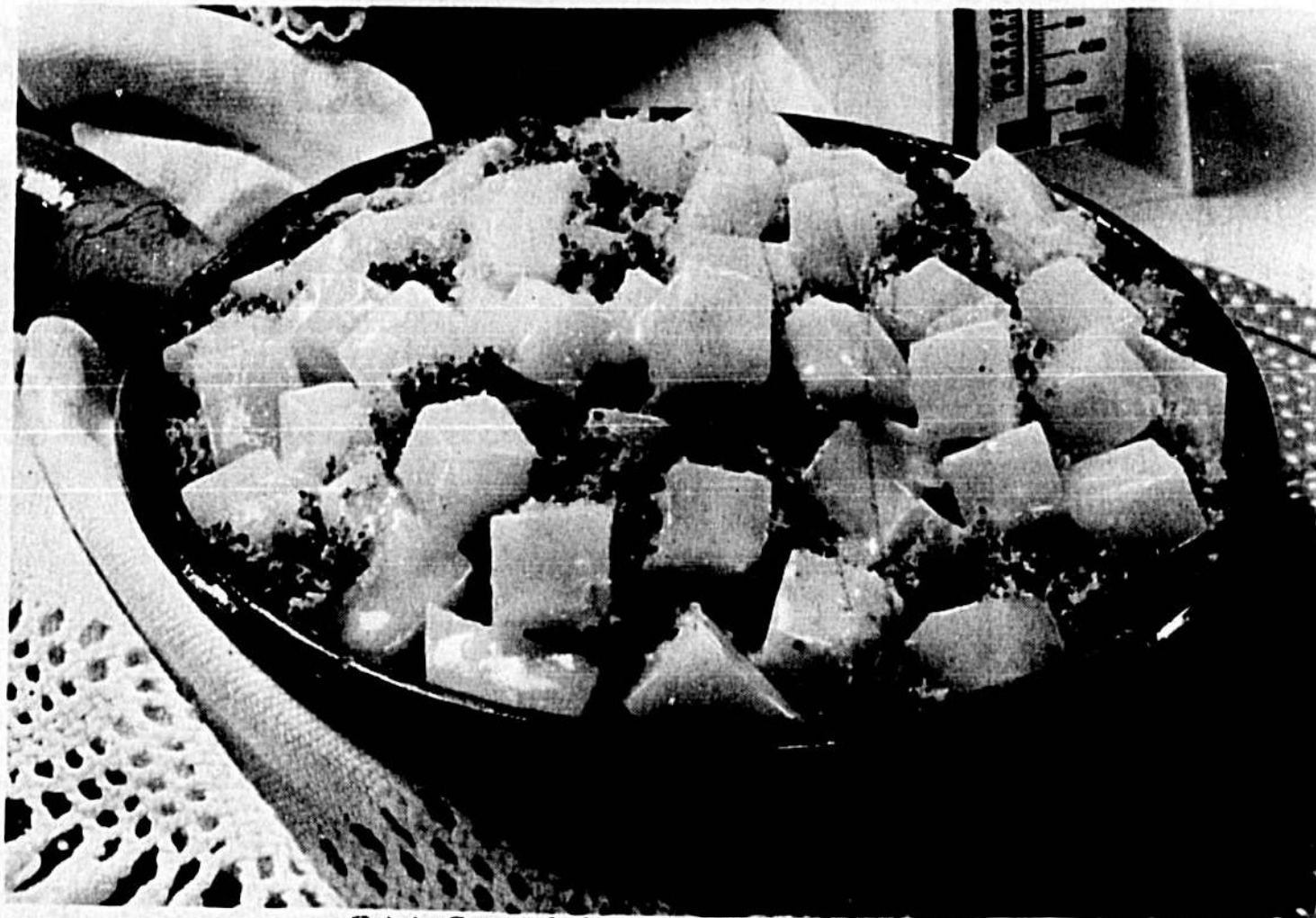
Calorie Counter's Potato Casserole blends low-fat cottage cheese into a smooth, creamy sauce. Potatoes, cottage cheese, and dill have a well-known affinity, and the sauce's luxurious tastes belie its modest (93 calories per serving) calorie count.

Although the recipe calls for packaged bread crumbs, fresh pumpernickel crumbs can also be used to increase the flavor and attractively color the casserole's top. Chances are, you and your family will be enjoying these marvelous potato dishes long after you've reached your weight loss goal.

YELLOW PINE POTATO CASSEROLE
3 medium-size Idaho potatoes, pared, cubed
Water
1 teaspoon salt
2 tablespoons butter or margarine
1/4 cup chopped onion
2 tablespoons flour
1 chicken bouillon cube
1 1/2 cups boiling water
1 tablespoon spicy brown mustard
1/4 teaspoon pepper
2 tablespoons plain bread crumbs

In a medium saucepan, combine potatoes with 1-inch of cold water and salt. Bring to a boil, cover, reduce heat, simmer 15 to 20 minutes until potatoes are just tender. Drain. Place potatoes in a 1-quart casserole, set aside. In a container of electric blender, combine cottage cheese, milk, lemon juice, remaining 1/4 teaspoon salt, pepper and dill; process until smooth. Pour sauce over potatoes, toss to coat evenly. Sprinkle with bread crumbs. Bake in a 350 degree F. oven 15 to 20 minutes, or until heated through. Yield: 6 servings.

utill sauce boils and thickens. Stir in mustard and pepper. Pour sauce over potatoes. Sprinkle with bread crumbs. Bake in a 375 degree F. oven 15 minutes. Yield: 4 servings.
CALORIE COUNTER'S POTATO CASSEROLE
3 medium Idaho potatoes, pared and cubed
Water
1/4 teaspoon salt, divided
1/4 cups low-fat cottage cheese
1/4 cup skim milk
1 tablespoon lemon juice
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon dried dill
2 tablespoons bread crumbs
In a medium saucepan, combine potatoes with 1-inch of cold water and 1 teaspoon salt. Bring to a boil, cover, reduce heat, simmer 15 to 20 minutes, until potatoes are just tender. Drain. Place potatoes in a 1 1/2-quart casserole; set aside. In container of electric blender, combine cottage cheese, milk, lemon juice, remaining 1/4 teaspoon salt, pepper and dill; process until smooth. Pour sauce over potatoes, toss to coat evenly. Sprinkle with bread crumbs. Bake in a 350 degree F. oven 15 to 20 minutes, or until heated through. Yield: 6 servings.



Potato Casserole has surprisingly few calories.

Here's To Drinks From The Islands

Perhaps you have just returned from a cruise or vacation in the islands. Or maybe you have just been reading travel literature about palm trees and white sandy beaches.

At any rate, you are all ready for some of the new island-inspired drinks. From the Caribbean comes a new rum blended with coconut milk. It brings back memories of punch made of fresh rum, pineapple and coconut milk sipped under the hot island sun. Such drinks can also be created in cooler settings, however. New York "drinkologists" for Central Park's Tavern on the Green mixed up a Caribe Dream, which includes Cocoribe, orange juice and ice cream.

Such a combination makes a fine, smooth dessert, as does a Strawberry Purée Calypso. Next time you want to serve something different that is rich but not cloyingly sweet, try one of these island-inspired treats.

CARIBE DREAM
3/4 cup (6 tablespoons) Cocoribe coconut rum liqueur
1/4 cup rum
1 cup tea
1-3rd cup orange juice
2 small scoops vanilla ice cream
cup light cream
2 tablespoons sugar
Blend all ingredients in blender. Garnish with shredded coconut and ground orange rind.
This kitchen-tested recipe makes 2 10-ounce servings.
STRAWBERRY PURÉE CALYPSO
1 (10-ounce) package frozen quick-thaw strawberries in syrup
1 tablespoon grated orange rind
1/2 cup Cocoribe coconut rum liqueur
Place thawed strawberries and grated orange rind in container of electric blender. Process until smooth. Add liqueur and process 5 seconds.
This kitchen-tested recipe makes 1 1/2 cups.

Home Baked Brown Bread A Favorite

Brown bread and Boston baked beans conjure up memories of family meals for those who grew up in New England. And hearty brown bread is today a favorite of sandwich lovers across the country. It makes an excellent base for chicken salad, egg salad or a mixture of cream cheese, raisins and walnuts.

This slice of brown bread goes well with cheeses and spreads for parties, too.

AROMATIC BROWN BREAD
3 cups whole-wheat flour
1 cup corn meal
2 teaspoons baking soda
1 teaspoon salt
3/4 cups buttermilk
1/4 cup molasses
1/4 cup raisins
1/4 cup golden raisins
Combine dry ingredients in large bowl. Add remaining ingredients, stirring well.
Spoon batter into greased 9-pound coffee can. (Or use 3 2-pound coffee cans and steam for 2 1/2 hours.)
Cover can with foil and tie securely with string.
Place can on rack in Dutch oven. Add enough hot water to cover lower half of can. Bring water to boil.
Cover Dutch oven. Steam on medium heat for 4 hours.
Remove can from water. Remove foil from top of can. Let stand 10 minutes. Turn bread out onto rack.
This kitchen-tested recipe makes 1 9-pound loaf or 3 2-pound loaves.

PUBLIX AND KRAFT, FRIENDS OF YOUR FAMILY FOR 50 YEARS.

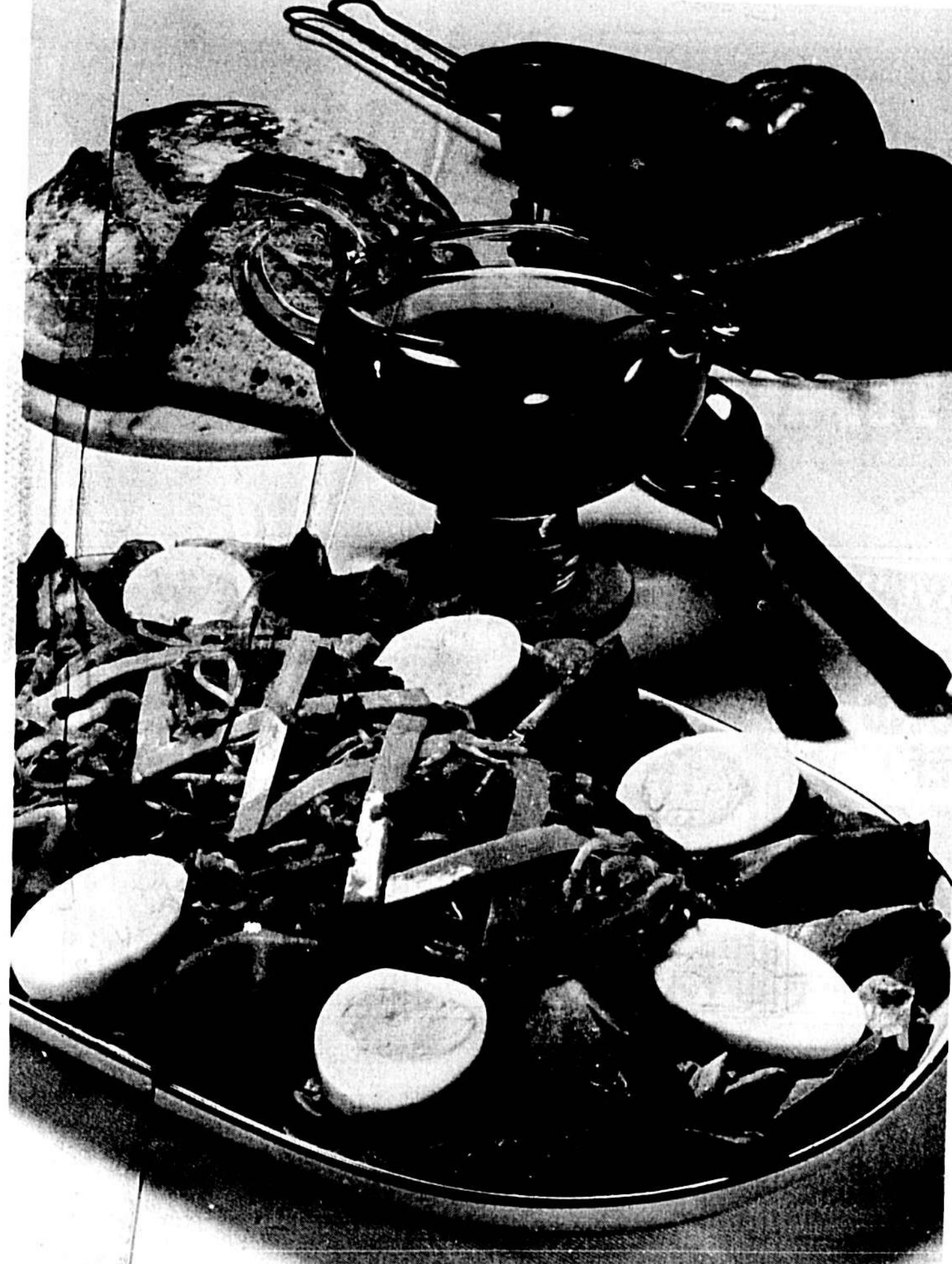
Family Reunion

Publix and Kraft go way back. Their beginnings were both launched through faith, courage and perseverance. The first Publix opened in 1930. Kraft was founded in 1903. From the beginning, they've come together to bring you the best of both their worlds, today. That's a nice way to bring you a reunion we all can celebrate.

Kraft Brand Orange Juice 12-oz. \$1.39	Kraft's Grated Romano Cheese 8-oz. \$1.70	Kraft's Light n' Lively Individually-Wrapped Sliced American 10-oz. \$1.99
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Kraft French Dressing 8-oz. \$1.19	Kraft Bar-B-Que Sauce 10-oz. 79¢	Kraft's Sour Dressing Assorted Dips 8-oz. 43¢
Kraft Salad Dressing Roka Blue Cheese 8-oz. \$1.43	Kraft Dinner Macaroni & Cheese 8-oz. 69¢	Philadelphia Brand With Chives, With Onion or Plain Whipped Cream Cheese 8-oz. 99¢
Kraft Parkay Margarine 49¢	Kraft Deluxe Dinner Macaroni & Cheese 10-oz. 83¢	Publix Reserves the Right to Limit Quantities Sold
Kraft Sharp Cheddar \$1.49	Kraft Dinner Macaroni & Cheese Spaghetti Dinner 10-oz. \$1.19	Publix

THIS AD EFFECTIVE THURSDAY, MARCH 6, 1980 - WEDNESDAY, MARCH 12, 1980 - CLOSED SUNDAY

100 Green Stamps (on Kraft's Grated Romano Cheese)
100 Green Stamps (on Kraft's Cracker Barrel Cheese)
100 Green Stamps (on Kraft's Mild Longhorn Cheese)



Salads are in vogue as never before. They provide plenty of vitamins A and minerals, with few calories, for our health conscious diets.

Salads Are In Vogue As Never Before For Health

Salads are in vogue as never before. They provide plenty of vitamins A and minerals, with few calories, for our health conscious diets. Main course salads can be very satisfying, with enough protein to keep us going for hours and they are also remarkably economical when made with seasonal fresh vegetables. Some crisp vegetables, like broccoli and cauliflower are good either raw or lightly cooked. But tender ones, like bean sprouts, tomatoes, and greens are at the best fresh from the refrigerator. Fresh upper Salad uses household staples with zesty vegetable to create a flavorful meal. In a jiffy, American cheese an hard-cooked egg provide protein, while a combination tomatoes, bean sprouts, carrots and zucchini, lends interest and contributes a range of nutrients. A tangy lemon juice dressing lightly seasons the vegetable. Since this salad is chilled, warm crusty bread makes a welcome accompaniment. Buy fresh, crisp sprouts with moist tips, and according to the United Fresh Fruit and Vegetable Association, the shorter sprouts are younger and more tender.

FRESH SUPPER SALAD
1 1/2 cups shredded zucchini
1 cup shredded carrot
1 cup bean sprouts
3 slices American cheese, sliced
Tangy Lemon Dressing (below)
Lettuce
4 hard-cooked eggs, halved
2 tomatoes, cut in wedges
In mixing bowl, combine zucchini, carrot, bean sprouts and cheese. Pour 1/4 cup Tangy Lemon Dressing over vegetables; toss lightly. Line serving plate with lettuce; spoon vegetable mixture over lettuce; place egg halves and tomato wedges alternately around edge of plate. Spoon remaining dressing over salad. Makes 4 servings.

TANGY LEMON DRESSING
6 tablespoons vegetable oil
2 tablespoons freshly squeezed lemon juice
1 teaspoon chopped scallion or onion
1 teaspoon dried leaf oregano, crushed
1 clove garlic, crushed
1/2 teaspoon salt
Dash pepper
In small bowl, combine all ingredients; mix well. Makes 1/2 cup.

TOSTADA QUICHE
1 (9-inch) frozen spinach pastry shell
2 avocados, peeled, seeded, mashed
1 garlic clove, minced
3 tablespoons onion juice
1 tomato, peeled, seeded, chopped
1 (4 oz.) can mild green chilies, seeded, chopped
1/4 teaspoon pepper
8 oz. ground beef
1/4 cup cheddar cheese
1 to 2 tablespoons taco seasoning mix
1 1/2 cups shredded Cheddar cheese (6 oz.)
3 eggs, slightly beaten
1 1/2 cups half-and-half
1/4 teaspoon salt
1/4 teaspoon pepper
Shredded lettuce
Corn chips
Chopped lettuce
Preheat oven to 400 degrees F. Let frozen pastry shell stand at room temperature 10 minutes; do not prick the pastry shell. In a small bowl, mix avocados, garlic and onion juice. Stir in 1 chopped tomato, 1 tablespoon green chilies and hot pepper sauce. Cover and refrigerate. Bake pastry shell 7 minutes. Remove from oven; set aside. Reduce oven temperature to 375 degrees F. In a medium bowl, combine egg, half-and-half and avocado mixture on the table for your guests. Makes 6 servings.

Thank You!

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50 YEARS OF SHOPPING PLEASURE 1930-1980

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DIXIE DARLING LARGE SANDWICH BREAD 24-oz. LVS. **99c**

DIXIE DARLING PRESTIGE DELUXE BREAD 2 20-oz. LVS. 89c
DIXIE DARLING DANITY DINER ROLLS 2 10-oz. PKGS. 99c
DIXIE DARLING PRESTIGE FRENCH BREAD 18-oz. 10-oz. 59c
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TROPICANA ORANGE JUICE HALF GAL. **\$1.09**

HARVEST FRESH LETTUCE HEAD **39c**

SAVE 60%
HARVEST FRESH IDAHO BAKING POTATOES 10 LB. MESH BAG **\$1.29**

HARVEST FRESH GREEN CABBAGE 3 HEADS 99c
HARVEST FRESH GREEN PEPPERS 5 PKGS 99c
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HARVEST FRESH YELLOW ONIONS 5 LBS 79c
HARVEST FRESH LAROX RED OR WHITE GRAPEFRUIT 3 PKGS \$1.00
HARVEST FRESH GOLDEN DELICIOUS APPLES 6 PKGS 99c
HARVEST FRESH FLORIDA ORANGES 5 LBS 99c

SAVE 10%
DISH DETERGENT ALL COLORS LILAC LIQUID 32-oz. BTL. **\$1.09**

SAVE 45%
SUPERBRAND ALL FLAVORS SWISS STYLE YOGURT 4 8-oz. CUPS **\$1.00**

SAVE 10%
THRIFTY MAID ALL FLAVORS ICE MILK HALF GAL. **89c**

SAVE 10% - SUPERBRAND FUDGE BARS or TWIN POPS 12-PK. PKG. **79c**

GOLDEN DELIGHT WAFFLES 12-oz. PKG. 59c
G & W CHEESE, SAUSAGE OR PEPPERONI PIZZA 10-oz. SIZE 89c
SAVE 20% - CHOICE FULL OF NUTS MARBLE OR POUND CAKE 8-oz. PKG. 79c
SAVE 30% - BANQUET FRIED CHICKEN 2-LB. PKG. \$1.99
COTTON BATTER FRIED FISH PORTIONS 12-oz. PKG. \$1.89

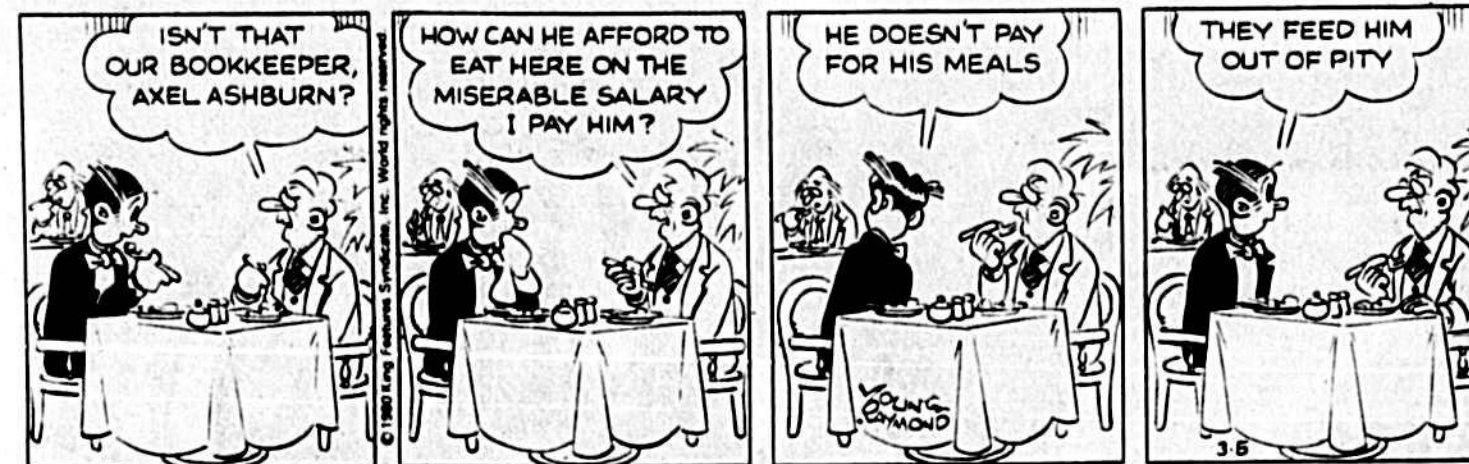
SAVE 10% - SUPERBRAND SOUR CREAM 16-oz. CUP **79c**

SAVE 4% - KRAFT VELVEETA CHEESE 2-LB. BOX **\$2.79**

SAVE 10% - SEALEST LIGHT & LIVELY COTTAGE CHEESE 24-oz. CUP **\$1.39**

SUPERBRAND CREAM CHEESE 8-oz. PKG. 79c
FRESH PARMESAN & ROMANO GRATED CHEESE 8-oz. CAN **\$1.69**

SAVE 10% - TEXAS STYLE BUTTERMILK BISCUITS 10-CT. 12-oz. CANS **89c**



BEETLE BAILEY by Mort Walker



THE BORN LOSER by Art Sansom



ARCHIE by Bob Montana



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PRISCILLA'S POP by Ed Sullivan



BUGS BUNNY by Stoffel & Heimdahl



FRANK AND ERNEST by Bob Thaves

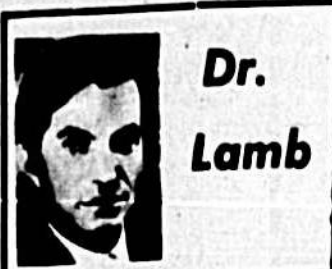


TUMBLEWEEDS by T. K. Ryan



Taking Vitamin C Won't Stop A Cold

DEAR DR. LAMB — Is vitamin C a cold preventive? I have heard pros and cons on this topic. I generally get a bad cold in winter and would appreciate your advice. I understand massive doses could be harmful. If you approve of vitamin C as a cold preventive, what strength and dose should one take?



DEAR READER — I'm afraid I do not approve of vitamin C as a means of preventing colds. There are some very good studies that have been done that show that it does not decrease your chances of having a cold and will not decrease the duration of the cold. There are no good studies that prove the contrary.

Vitamin C is very important to your health and may have other benefits when taken in reasonable amounts. There really is very little evidence to suggest that very many people would have any significant complications from taking rather large doses of vitamin C. That's the one good thing that has come out of all the research. Of course, there is an occasional person who is sensitive to vitamin C and very large doses can be irritating to the digestive tract in others. It's true that veins over the chest can become enlarged if there's some obstruction of deep veins in the chest. Sometimes this is associated with other findings, including swelling of the arm if it involves only one side, or both arms if both sides are involved.

I doubt very much that you have a serious problem but it wouldn't hurt to see a physician and let him see how prominent the veins are and determine whether or not they're indicative of any underlying significant obstruction of some of the great veins.

HOROSCOPE

By BERNICE BEDE OSOL

For Thursday, March 6, 1980

YOUR BIRTHDAY
 March 1980
 Keep the lines of communication open this coming year with friends you have in distant lands. Something very advantageous could develop from staying in touch.
PISCES (Feb. 19-March 20)
 You grasp and retain knowledge exceptionally well today, so if there is something you wish to learn, by all means crack open the books now. Romance, travel, luck, resources, possible pitfalls and career for the coming months are all discussed in your Astro-Graph Letter, which begins with your birthday. Mail #1 for each to Astro-Graph, Box 489, Radio City Station, N.Y. 10019. Be sure to specify birth date.
ARIES (March 21-April 19)
 In your commercial dealings today, pay particular attention to the details. A combination of small things could help you turn a tidy profit.
Taurus (April 20-May 20)
 Don't feel you have to do big things to please pals today. Small tokens of thoughtfulness will be most meaningful, so spread a few kind words.
GEMINI (May 21-June 30)
 Be content today with slow progress in achieving your goals. Small steps are important as long as they are in the right direction.
CANCER (June 21-July 21)
 It will be very helpful today if you can break away from the routine and get together for some social contact with persons you enjoy.

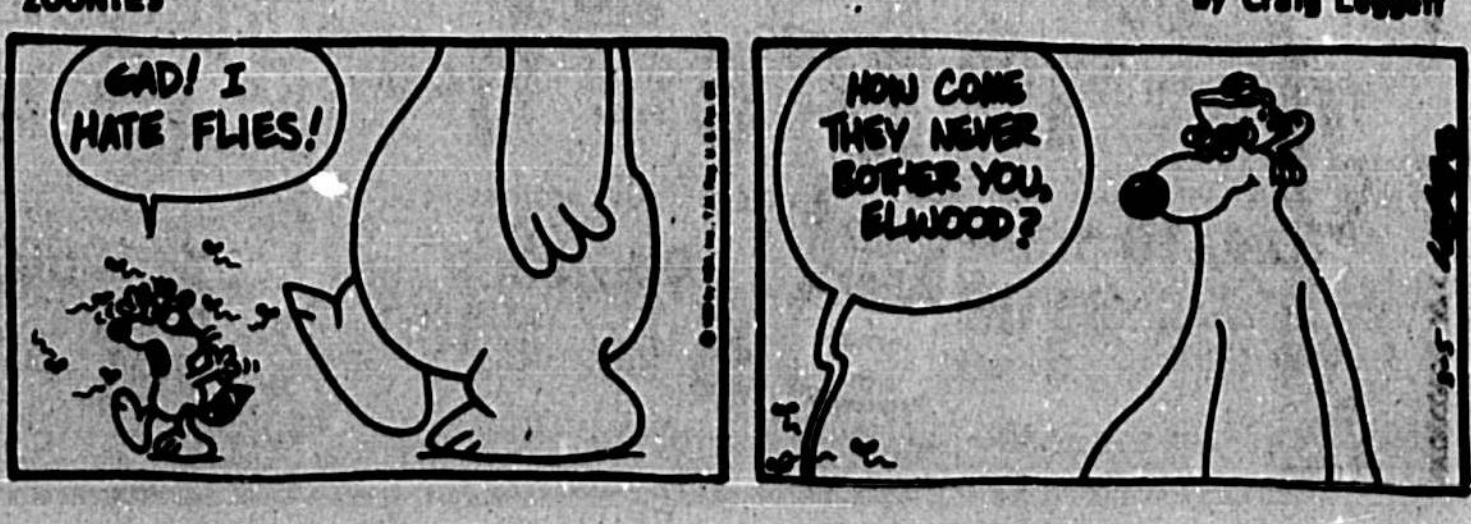
LEO (July 22-Aug. 22)
 Don't leave even small threads hanging on things you want finalized. When there are no loose ends remaining, you will know you have done your job.
Virgo (Aug. 23-Sept. 22)
 Being willing to make a few small concessions in your dealings with others will encourage them to make larger ones for you.
Libra (Sept. 23-Oct. 23)
 Saving on what you spend will be the same as making money today. Look around for bargains instead of making hasty purchases.
SCORPIO (Oct. 24-Nov. 22)
 Don't suppress your creativity today. It can be used in other areas besides the artistic or aesthetic. Apply it in all you do.
SAGITTARIUS (Nov. 23-Dec. 21)
 Doing nice things for those who need your help comes naturally today. What makes it even more impressive is that you'll keep your good deeds a secret.
CAPRICORN (Dec. 22-Jan. 19)
 Try to spend time today with friends who talk about things you find mentally stimulating. A brisk exchange of ideas will prove productive.
AQUARIUS (Jan. 20-Feb. 18)
 Don't sit on any ideas you think could mean something to you. Your thoughts are winners, so try to turn them into dollar signs.

WIN AT BRIDGE

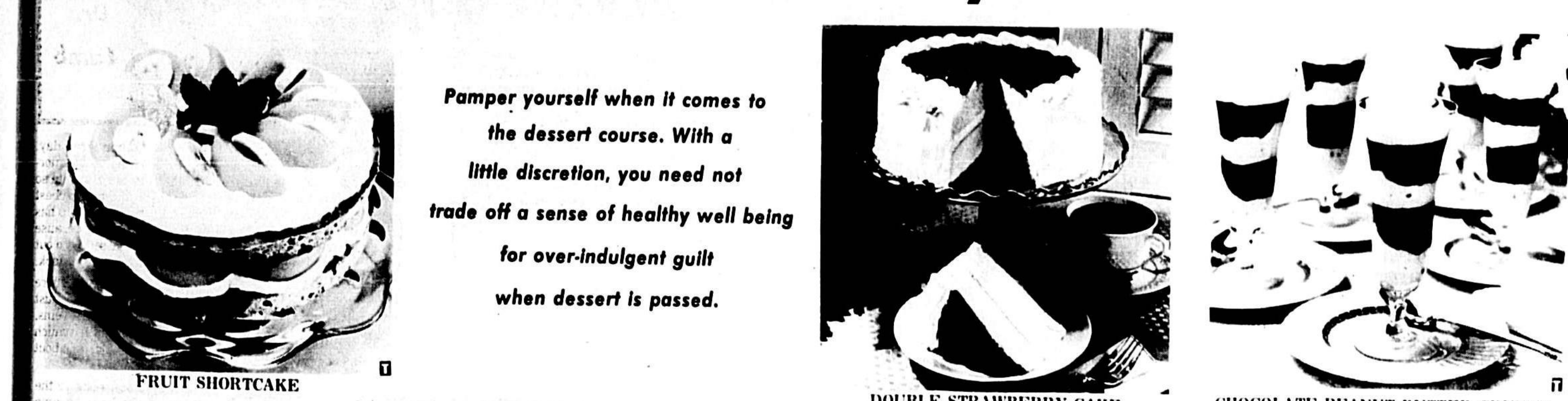
By Oswald Jacoby and Alan Sontag

Although South had a reasonable seven-card heart suit, his lack of high-card points should have prevented his aggressive leap to game. Invitational sequence allowing North to be declarer would have been ideal. If North-South had been playing transfer bids, South could have transferred to hearts and then invited the heart game by raising to three hearts. North, with a minimum, would sign off. But this was rubber bridge, and these play-

ANSWER TO PREVIOUS PUZZLE



Desserts: Total Feasts For The Eyes And Palates



FRUIT SHORTCAKE DOUBLE STRAWBERRY CAKE

Pamper yourself when it comes to the dessert course. With a little discretion, you need not trade off a sense of healthy well being for over-indulgent guilt when dessert is passed.

FRUIT SHORTCAKE
 1 cup all-purpose flour
 1/2 cup bran cereal
 1/4 teaspoon baking powder
 1/4 teaspoon salt
 2-3rd cup butter or margarine, softened
 1 (3-ounce) package cream cheese, softened
 1/2 cup granulated sugar
 1 egg
 1 tablespoon lemon juice
 1 teaspoon grated lemon rind
 1 (20-ounce) can sliced peaches, chilled, drained
 1 medium banana
 2 cups sweetened whipped cream or whipped topping
 1. Preheat oven to 350 degrees F. Grease and flour two 8-inch layer-cake pans. In small bowl, combine flour, bran, baking powder and salt.
 2. In large bowl of electric mixer, beat butter or margarine, cream cheese and sugar until fluffy. Blend in egg, lemon juice and rind. Beat in flour mixture.
 3. Divide batter evenly between two pans. Bake 20 to 25 minutes on wire rack 10 minutes. Loosen edges and turn out to cool completely.
 4. Cut banana into 1/4 slices and reserve 10 peach slices for top layer of cake. Thinly slice remaining peaches. Spread 1 cup whipped cream or whipped topping on one layer; arrange sliced peaches over whipped cream. Top with second layer; spread remaining whipped cream and top with reserved fruit slices. Makes 8 (3-inch) cakes.

DOUBLE STRAWBERRY CAKE
 1 package (2-layer size) white cake mix or pudding-included cake mix
 2 packages (3 oz. each) or 1 package (6 oz.) Jell-O strawberry flavor gelatin
 1 1/2 cups boiling water
 1 package (10 oz.) frozen quick thaw strawberries, partially thawed
 1 container (8 oz.) frozen whipped topping, thawed
 Prepare cake mix as directed on package, adding 3/4 tablespoons of the gelatin to the mix before beating; bake into two 8-inch layer pans. Cool cakes in pans 10 minutes; then remove from pans and finish cooling on cake racks.
 Dissolve remaining gelatin in boiling water. Measure 2-3rd cup; set aside. Chill remaining gelatin until almost thickened. Add strawberries with syrup to measured gelatin, and stir gently until fruit thaws and separates. Let stand at room temperature to thicken. Blend thickened gelatin into 1 cup of the whipped topping; spread between cake layers. Frost sides of cake with remaining whipped topping, spooning or piping a decorative border around edge of top layer. Spread gelatin strawberry mixture on top layer, inside the border. Chill until glaze is set, at least 2 hours.
 In high altitude areas, for either cake mix, increase egg whites to 3 and water to 1 1/4 cups; add 2-3rd cup all-purpose flour; bake at 375 degrees for 30 minutes.

CHOCOLATE PEANUT BUTTER CRUNCH
 3 tablespoons milk
 3 tablespoons chunky peanut butter
 1 cup thawed frozen whipped topping
 1 package (4-serving size) chocolate flavor instant pudding
 Blend milk into peanut butter, stirring until smooth. Fold in whipped topping. Prepare instant pudding as directed on package. Alternately spoon whipped topping mixture and pudding into parfait glasses. Chill 15 minutes. Makes about 3 cups or 6 servings.

PEAR DUMPLINGS
 1/2 cup unfluffed flour
 1 teaspoon salt
 1/2 cup (1/2 stick) corn oil margarine
 3 to 4 tablespoons ice water
 4 small pears (about 1 1/4 pounds)
 1/4 cup firmly packed light brown sugar
 2 tablespoons corn oil margarine, softened
 1 egg white, slightly beaten
 1/2 cup seedless black raspberry preserves
 Combine flour and salt in a bowl. Cut in 1/2 cup margarine with pastry blender or two knives until mixture resembles coarse meal. Stir in ice water; mix lightly. Form dough into ball. Cover; refrigerate for 15 minutes.
 Pare and core pears. Combine brown sugar and 2 tablespoons softened margarine. Fill centers of pears with brown sugar mixture.
 On lightly floured board, roll out dough to a 12 x 12-inch square; cut into 4 4-inch-square pieces. Brush squares with beaten egg white. Place a pear in center of each square. Bring points up around pears, sealing edges together. Prick top. Bake at 400 degrees F. about 35 minutes or until fruit is tender. Melt black raspberry preserves in small saucepan; spoon melted preserves over hot dumplings. Makes 4 servings.

DEL MONTE CORN
 3 17oz CANS \$1.39

DEL MONTE SPINACH
 15oz CANS 39c

DEL MONTE GREEN BEANS
 16oz CANS 89c

DEL MONTE SMALL PEAS
 2 17oz CANS 89c

DEL MONTE PEAR HALVES
 16oz CAN 59c

DEL MONTE PUDDINGS or FRUIT CUPS
 20oz SINGLE SERVING 79c

19¢ OFF DEL MONTE FRUIT COCKTAIL
 17oz CAN 39c

23¢ OFF DEL MONTE SWEET PEAS
 17oz CAN 19c

30¢ OFF DEL MONTE CATSUP
 32oz BTL. 49c

40¢ OFF PANTRYPRIDE FLAKED COFFEE
 13oz BAG 1.79

Potpourri

CRACKLIN' BRAN PIE

- 1/2 cup margarine or butter
 - 1 cup sugar
 - 1 cup light corn syrup
 - 3 eggs, slightly beaten
 - 1/2 teaspoon salt
 - 1 teaspoon vanilla flavoring
 - 1 unbaked 9-inch pie crust
 - 1 cup ready-sweetened high fiber cereal
1. In medium-size saucepan, bring margarine, sugar and corn syrup to a boil, stirring frequently. Cool to lukewarm, stirring occasionally.
 2. Add eggs, salt and vanilla. Mix well. Pour into unbaked pie crust. Sprinkle evenly with bran cereal.
 3. Bake in oven at 325 degrees F. for 50 minutes or until set. Cool completely. Yield: 8 servings.

TU-HARD-COOK EGGS

Put eggs in single layer in saucepan. Add enough tap water to come at least 1 inch above eggs. Cover and quickly bring just to boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand covered in hot water 15 to 17 minutes for Large eggs. (Adjust time up or down by about 3 minutes for each size larger or smaller.) Immediately run cold water over eggs or put them in ice water until completely cooled. To remove shell, crackle 1 by tapping gently all over. Roll egg between hands to loosen shell, then peel, starting at large end. Hold egg under running cold water or dip in bowl of water to help ease off shell.

RICH EGG-WHITE CAKE WITH COCONUT FROSTING

- Combine and Mix:
 - 1 cup crisco
 - 2 cups sugar
 - 3 cups sifted, white flour
 - 4 level teaspoons baking powder
 - 1 teaspoon salt
 - 1-3/4 cups skim milk
 - 2 teaspoons vanilla
 - Fold in Last
 - 6 egg whites beaten stiffly. Pour mixture into two nine-inch pans greased and floured. Bake in oven at 350 degrees for 30-35 minutes.

ICING

- Peak
- 2 egg whites
- Combine in Saucepan:
 - 2-3rd cup of sugar
 - 2-3 tablespoons water
 - 1/4 cup light clear syrup
 - 1/4 teaspoon vanilla
- Bring mixture to a boil, cook 1/2 minute. Gently steam mixture in with egg whites. Ice cakes, adding coconut on top of icing.

ORANGE CHICKEN WITH ALMONDS

- 2 tablespoons salad oil
 - 3 pounds chicken parts
 - 1 cup orange juice
 - 2 teaspoons Worcestershire sauce
 - 1/4 teaspoon ground ginger
 - 1 tablespoon cornstarch
 - 1/4 cup cold water
 - 2 tablespoons unsalted sliced almonds, toasted
- In a large skillet heat oil until hot. Add chicken; brown on all sides. Drain off drippings. Combine orange juice, Worcestershire sauce and ginger; pour over chicken. Bring to a boil. Reduce heat and simmer, covered, until chicken is tender, about 35 minutes. Mix cornstarch with water. Add to skillet; cook and stir until thickened, about 2 minutes. Sprinkle with almonds. Serve with rice, if desired.

HOT RUM AND CIDER PUNCH

- 1 quart apple cider
 - 2 tablespoons maple syrup
 - 2 cups granulated sugar
 - 4 oz. lemon juice
 - 1 quart gold rum
 - Lemon slices, cloves, cinnamon sticks
- Heat the cider and stir in syrup and granulated sugar. Add lemon juice and rum; garnish with lemon slices stuck with cloves. Place a cinnamon stick "straw" in each punch cup.

CHEESE BALL SPREAD

- 1/4 cup butter
 - 1/2 cup walnuts or pecans, finely chopped
 - Tabasco
- Use a sharp paring knife to make scalloped edge around the top of a 10-oz. Gouda cheese. Scoop out cheese, leaving a 1/4-inch shell. Grate or chop cheese. Use an electric mixer to cream 1/4 cup butter. Beat in cheese, nuts and enough rum to make spreadable mixture. Add Tabasco to taste. Spoon cheese spread into shell, cover and chill.

CHILI CON CARNE

- 2 pounds chopped beef
 - 2 tablespoons butter
 - 2 cups chopped onion
 - 1 green pepper, chopped
 - 1 can (2 lbs., 3 oz.) tomatoes
 - 1 cup hot water
 - 1/4 teaspoon celery seed
 - 1/4 teaspoon cayenne
 - 1 bay leaf, crumbled
 - 1/4 teaspoon crushed cumin seed
 - 3/4 tablespoons chili powder
 - 2 cans (1 lb. ea.) kidney beans
- Brown the meat in a large heavy skillet, breaking it up with a fork as it cooks. Add butter, onion, green pepper and garlic. Cook until soft. Add tomatoes, hot water and seasonings. Bring to a boil. Reduce heat and simmer until it thickens or about two hours. Add more hot water, if necessary. Stir in the beans and heat through. Serves 6-10.

EARLY SPRING RICE PRONTO

- 2 cans (8 oz. each) tomato sauce
 - 1/2 cup water
 - 1/2 cup finely chopped onion
 - one-third cup diced green pepper
 - 1/4 cup butter or bacon drippings
 - 1 teaspoon salt
 - 1/4 teaspoon sugar
 - 1/4 teaspoon prepared mustard
 - Dash of paprika
 - 1/4 cups Minute rice
- Combine tomato sauce, water, onion, green pepper, butter, salt, sugar, mustard and pepper in saucepan. Cover and bring to a full boil. Stir in rice. Remove from heat; cover and let stand 8 minutes. Stir with a fork. Makes 2 1/2 cups or 3 servings.



Pears help stretch soup

Pears Make A Difference In Chicken Supper Soup

Economical chicken can be stretched even farther when combined in a supper soup with vegetables and pears. This soup gains additional flavor after being stored for a day or two in the refrigerator. You may want to freeze one-serving quantities for later enjoyment. Serve with salad and fresh bran muffins topped with strawberry butter.

- CHICKEN SUPPER SOUP**
- 2 (10 1/2-ounce) cans condensed chicken broth
- 2 half breasts of chicken (about 6 ounces each)
- 1 cup diced raw potato
- 1 cup julienne-cut carrot
- 1/2 cup chopped onion
- 1 small clove fresh garlic, minced
- 1 teaspoon salt
- 1/2 bay leaf
- 2 medium-size fresh Bartlett pears
- 1 large tomato
- 2 cups water
- 1 cup whole-kernel corn (fresh, frozen or canned)

- 1 cup sliced zucchini
 - 1/2 cup chopped celery
 - 1 tablespoon wine vinegar
 - 1/4 teaspoon white pepper
 - 1-1/8th teaspoon nutmeg
 - 2 thin slices lemon
- Parmesan cheese**
Combine chicken broth, chicken, potato, carrot, onion, garlic, salt and bay leaf in 4-quart kettle. Bring to boil. Cover and cook over low heat 15 minutes or until chicken is tender. Remove chicken and cool sufficiently to handle. Remove skin and bones; shred meat. Return meat to soup kettle. Pare, core and dice pears to measure 2 cups. Peel, seed and dice tomato. Add pears, tomato, water and all remaining ingredients except Parmesan cheese to soup kettle. Bring to boil. Cook 5 minutes or until vegetables are tender. Skim off and discard any surface fat. Ladle soup into serving bowls. Sprinkle with Parmesan cheese. This kitchen-tested recipe makes about 5 servings or 9 1/2 cups.

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EASY HAM AND EGG STRATA SALMON AND RICE FLORENTINE

Plan Savory Main Dishes Put Together In Advance

On busy week nights it's nice to avoid a last minute rush and have a main dish that you can put together in advance. Easy Ham and Egg Strata is just that dish. It's a savory, and nutritious, layering of ham, cheese and seasonings, held together with an egg-rich custard. You can assemble the strata in the morning, or the night before, and let it wait in the refrigerator until an hour before dinner. While it bakes toss a salad, cook a vegetable, set the table and that's it. When your hectic schedule demands a simple oven-going entrée, the Florida Poultry Federation recommends Easy Ham and Egg Strata. It's sure to be a favorite with all ages. EASY HAM AND EGG STRATA

- 8 slices day-old bread, buttered
- 1 1/2 cups (6 oz.) shredded Swiss cheese
- 1 cup chopped cooked ham
- 1 tablespoon instant minced onion or 1/4 cup minced onion
- 8 eggs
- 1 1/2 cups milk

SALMON AND RICE FLORENTINE

- 1 can (15 1/2 oz.) salmon
- 2 packages (10 oz.) frozen spinach
- 1/4 cup butter or margarine
- 2 tablespoons minced onion
- 1/4 cup flour
- 1/2 teaspoon salt
- 2 cups milk
- 1 1/2 cups shredded sharp Cheddar cheese, divided
- 2 cups cooked rice

Drain salmon, reserving liquid. Break into chunks. Cook spinach according to package directions. Drain well. Melt butter in saucepan. Add onion and saute until tender. Blend in flour and salt. Gradually add milk and salmon liquid. Cook, stirring constantly, until thickened. Add 1 cup shredded cheese and stir until melted. Spread spinach over bottom of shallow casserole. Layer with salmon and rice. Top with buttered baking dish. Layer with remaining 1/2 cup cheese. Bake at 400 degrees F. 20 minutes. Makes 6 servings.

ALL STORES SELL GOOD PRODUCE BUT AT PANTRY PRIDE YOU DECIDE HOW MANY OF EACH ITEM YOU WILL BUY. YOU PICK THE SIZE YOU WANT AND IF ONE HAPPENS TO BE BRUISED, YOU SIMPLY LAY IT ASIDE AND CHOOSE ANOTHER. SHOPPERS TELL US THAT'S IMPORTANT. SO AT PANTRY PRIDE THE CHOICE IS YOURS!

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SMOKED PORK CHOPS

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SAVE 30¢ A LB

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HALF GAL. CTN.

IN THE DAIRY CASE

99¢

SAVE 30¢

SUICED QUARTER PORK LOIN

3TOS

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SAVE 30¢ A LB

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Watch Nutrition When Eating Out

Each day millions of meals and snacks are sold by fast food chains. Our changing lifestyles have contributed to the growth of these outlets for hamburgers, fried chicken and ethnic foods. The consumer should be concerned about the nutritional value of these foods. In studies done comparing the nutritional value of fast foods vs. home prepared foods, it is usually found that these foods are nutritious but very high in calories. The cost is almost double that of what it costs to prepare at home. Calcium and vitamin A are the nutrients that tend to be lacking in foods selected from fast food chains. The calcium is a very important mineral found in milk and other dairy products. Foods that supply calcium in fast food outlets would be milk, cheese and shakes. Vitamin A is lacking due to the limited choice of green and yellow vegetables and fruit in fast food chains. Many places have added salad bars to combat this problem. The biggest concern is the amount of calories in one of these meals. The average hamburger, fries and shake can equal about 800-900 calories. So the next time you are eating in a fast food restaurant opt for a salad, if available, and a glass of milk or shake instead of a soft drink. Also pay careful attention to the other foods you consume in the same day. Watch your calories and nutrient intake. Remember most fast food outlet selections are low in calcium and vitamin A. (PRN)

Vitamin A can be obtained by adding a salad to a meal or lettuce and tomato to a hamburger. Next time you are in a fast food outlet think about what nutrients you are consuming.



THE GANG'S ALL HERE
Danny Kaye and Mickey Mouse celebrate Disneyland's first quarter century on "Kraft Salutes Disneyland's 25th Anniversary," to be shown on CBS (Channel 6) on Thursday evening. Michael Jackson, The Osmonds and Adam Rich will help Kaye with the hosting duties. Among the stars making cameo appearances at Disneyland will be Ruth Buzzi, Bart Braverman, Buddy Ebsen, Jamie Farr, Annette Funicello, Gregory Harrison, Robert Walden, Anson Williams and Jo Ann Worley.



'WHITE MAMA'
Bette Davis (right) stars as an indigent widow who takes in a street-wise youth (Ernest Harden Jr.) as a foster child, in "White Mama," to be aired tonight at 9 p.m. on CBS (Channel 6).

SPECIAL!!
Tuesday & Thursday
After 3 P.M.
CHICKEN \$1.19
DINNER
poppa jay's

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Gtr. Lt. Deluxe Hamburger and Large Fries
Limit 1 Coupon Per Customer
2901 S. French Ave. Ph. 322-7312 — Sanford
Offer Good March 5 thru March 11

TONIGHT'S TV

WEDNESDAY		
Time	Channel	Program
6:00	7 (9)	(17) NEWS
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