

ACROSS 48 Australian bird
1 Personality 50 Ovum
4 Indefinite per 52 Pharse of understanding (2 words)
8 Proposition 53 Small valley
12 Noun suffix 55 Gantness
14 Hawaiian island 56 Blind class
15 Sleepy 57 Dine
17 Experts 64 Month (S.P.)
18 French 65 Adjacent
19 Dissenting vote 66 Partition

DOWN 1 Skinny fish
2 Small fly
3 Actor Kruger
4 Lyric poem
5 Normandy invasion day
6 Mountain greeting
7 American Indians
8 Abundant
9 Novel
10 Biblical pronoun
11 Egg
12 Bus
13 Lid remover
14 Odd
15 Bouquet

16 Nuclear
22 Husband
25 Auto club
26 Pencil
33 Audience
34 Normandy invasion day
35 Mountain greeting
37 American Indians
38 Novel
40 Solider's
41 Egg
42 Bus
43 Lid remover
44 Odd
45 Bouquet

17 Down
18 Up
19 Across
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Answer to Previous Puzzle

DEAR DR. LAMB — I have high blood pressure and I'm having trouble breathing. I've had carotid removed from both eyes.

I got new glasses just a few months ago and in that short time my vision has worsened. I also have trouble remembering names. For the past year or two, I have become forgetful and somewhat confused.

Is there anything I can do to retain the hardness of the arteries? Could hardening of the arteries cause me to lose my mind altogether and become completely confused later on?

I'm 77 and know these conditions are common with older folks.

DEAR READER — First, about eyes. Vision depends more than the lens in the eye. Cataracts involve the decreasing of opacity in the lens of the eye itself. When the opacity becomes sufficient to obstruct light rays entering the eye, it can cause blindness. When a cataract is mature or causing significant difficulty in seeing, the lens can be removed surgically.

After surgery there can also be changes in the retina at the back of the eye. This is the screen where the visual images are projected by the lens. The retinal screen can be affected by circulation to the eye and you'll have to depend on your eye doctor's evaluation of your status. If the retina has been greatly changed in it, then the improvement that you might expect from cataract surgery doesn't occur.

I am sending you the Health Letter number 13-6 on Cataracts. Other readers who want this information can send 75 cents in check or money order, stamp and mail to: Dr. Harry L. Lamb, 1000 W. Cypress Creek Rd., Suite 100, Ft. Lauderdale, Fla. 33309. Send your request to me, in care of this newspaper, P.O. Box 1851, Radio City Station, New York, 10163.

Yours truly,

Dr. Lamb

Brain Cell Changes Come With Aging

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NATION IN BRIEF

Transit Strikes Affecting Over 1 Million Commuters

By United Press International

Hundreds of thousands of commuters in three major U.S. cities had to juggle their travel plans today because of transit worker strikes that have closed down public transportation systems.

A total of more than 1 million commuters in Los Angeles, San Francisco and Boston were affected by continuing strikes and shutdowns of service.

In Boston, an estimated 16,000 rail commuters had to find other ways to get to work because maintenance workers, who walked off their Boston & Maine Railroad jobs last Friday, delayed federal court orders to resume work and expanded their picketing Tuesday to the second of the city's two rail terminals.

Kennedy Kin 'Turns Self In'

NEW YORK (UPI) — David Kennedy, son of the late Robert F. Kennedy, reportedly will be placed in a metropolitan area hospital for treatment of drug addiction.

The New York Daily News said today the Harvard dropout "turned himself in" to Kennedy family members Tuesday after running away from the family compound in Hyannis Port, Mass., Monday.

The paper earlier reported Kennedy, 24, was brought to the compound by his uncle, Stephen Smith, last Thursday, a day after he said he was robbed of \$30 in a seedy Harlem hotel known to police as a heroin addicts' hangout.

Teacher Strikes Number 74

By United Press International

Teachers in fall are striking at a pace far ahead of last year, the National Education Association says.

Today, striking by 46 states, 14 states were keeping more than a million pupils out of their classrooms and most of them were demanding more money.

The association said Tuesday there are 74 active strikes, compared to 50 strikes through Sept. 11, 1978, but added it was "too early to predict that this year's eventual total will surpass the year-end 1978-79 figure of 176."

Carswell Assaulted

ATLANTA (UPI) — One-time U.S. Supreme Court nominee G. Harrold Carswell was hospitalized for head wounds Tuesday while police searched for the man who attacked him.

The 66-year-old Florida attorney told police he met the suspect, described as a young white man with curly hair and a beard, at the skating rink of the Ornamental Hotel. The attack occurred about 3 a.m. Tuesday after Carswell invited the man to accompany him to his room.

Congress Pay Raise In Works

WASHINGTON (UPI) — Congress may resist the temptation to permit itself a hefty pay raise of nearly 13 percent, and instead settle for a 7 percent hike in line with President Carter's wage and price guidelines.

The 7 percent increase would be voted by a House committee on Wednesday, but will now go to the full committee and then to the House.

Under present law, Congress is in line for an automatic compound pay increase beginning next month: 7 percent recommended by the administration this year plus a 5.5 percent hike Congress deferred last year.

HOSPITAL NOTES

SIMONELLA MEMORIAL HOSPITAL SEPT. 11, 1979
ADMISSES:
Edward E. Burns
Martha Caldwell
John Clegg
Sandra Cook
Cherry Cohen
Audrey Cohen
Cora Hall
Beckie L. Hardy
Shirley H. Johnson
Madeline Larsen
Violet McLaughlin
Jan Oeffner
Roxanne Tillman
Non White
Anna Belle Andre, Deberry

V.H. Hirsch, Chestnut, Deberry
Lorraine Feltz, Deberry
Alice Schmitt, Empress
Flynn, Allard, Empress
Preston, Devilleigne Jr., Winter
Springs

BIRTHS:
David and Sandy Brock, a girl

DISCHARGES:
Seward, Barbara Adams
Barbara Edwards
John Madson
John Madson, Barbara Edwards
Christine M. Blair, Deberry
Harriet H. Phillips, Deberry
Wynell Bush, Deberry

WEATHER

Wednesday, Sept. 12, 1979—Vol. 75, No. 10
Published daily and Sunday, except Saturday by The Standard Herald, Inc., 200 N. French Ave., Orlando, Fla. 32801.
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Home Delivery: Week 10 cents; Month, \$3.00; Year, \$36.00. These rates apply to most U.S. Mail areas. Outside U.S. \$3.00 a month, \$36.00 a year.

THURSDAY TIDES: Depth Roads: High, 2:04 a.m.; 1:08 p.m.; low, 5:00 a.m.; 4:01 p.m.; 8:18 a.m. High, 2:04 a.m.; 1:08 p.m.; low, 5:00 a.m.; 4:01 p.m.; 8:18 a.m.

FORECAST: Monday: cloudy through Thursday with some rain and a few thunderstorms likely. High in the mid to upper 70s. Low tonight in the 60s. Winds northeast to east, increasing to 10 to 15 mph. Tuesday: scattered showers and thunderstorms with gusty winds. Wednesday: mostly cloudy and drier. High in the mid 70s. Wind probably 10 percent today, 10 percent night, 10 percent Thursday.

ART BROWN
PEST CONTROL
SUMMER
Check-Up
• Lawn Spray • Pest Control

• Nematodes
• Termites • Fumigation

Sanford 322-8265
Orlando 423-9974

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Hospital Decision Due By First Of Year

A decision on whether to sell or lease Seminole Memorial Hospital to a private organization should come before the first of January, according to Seminole County Commissioner Bob Sturm.

During a work session Tuesday, commissioners agreed on a draft proposal for accepting offers from interested groups if the plan is followed, all offers will be received by mid-November and a final decision the master will be made before the first of the year, Sturm said.

The commissioners were told by county attorney Nikki Clayton that there were no apparent legal obstacles to the sale of the hospital if they wanted to do so. In previous discussions, the 23-year-old county-owned hospital questions have arisen over the legality of selling the facility to a private or religious group.

But Ms. Clayton said Tuesday her research indicated there would be nothing to hinder the county from selling the facility to a religious group. She also said that if the hospital were sold, the present board of hospital trustees would no longer retain the state license.

Florida Hospital officials are among those interested in purchasing SMH. The land occupied by the hospital was later turned over to the county by the city.

Ownership wouldn't make a difference so long as the hospital is operated on a non-denominational, non-racial, non-sectarian basis. The land occupied by the hospital was later turned over to the county by the city.

Six organizations had expressed an interest in assuming control of a hospital as of August, but county administrator Roger Neiswender said there would be many more proposals received before the

hospital to the city of Sanford, did so with the proviso that the hospital forever be operated on a non-denominational, non-racial, non-sectarian basis. The land occupied by the hospital was later turned over to the county by the city.

Ownership wouldn't make a difference so long as the hospital is operated on a non-denominational, non-racial, non-sectarian basis," Ms. Clayton said.

According to the timetable agreed upon, all offers on the

hospital must be received within 45 days. The offers must include reports on the interested party's background, its plans for SMH, its commitment to indicate patient care, and its proposed provisions for current hospital staff members.

To facilitate the potential buyers, commissioners said they will schedule a "hospital day" during which a tour of SMH and a question and answer session with county and SMH officials will be held.

In the interim, commissioners authorized county budget director Jeff Etchberger to begin looking hospitals in other counties which had been converted from county to private facilities.

GEOFFREY POUNDE

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"The people said they would rather have less government and less taxes," Terrell said. "We're trying to get the expenditures down to where they will meet our needs." The CETA funding currently is set to expire Oct. 1.

"That's what the people told us to do. I'm afraid it means four policemen have to go unless we can get an extension of federal funding through CETA." (Comprehensive Employment Training Act)," Terrell said.

The salaries of four of the police officers and all four communications personnel have been funded through the CETA

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An Eroding Credibility

In Hans Christian Andersen's "The Emperor's New Clothes," it takes a child to proclaim what no one else will admit: Namely that the emperor is, in fact, naked. And while former Secretary of State Henry A. Kissinger is the antithesis of unworldly innocence, his extraordinary remarks at the recent NATO symposium in Brussels cast him in the role of exposing the emperor.

In this case, the "emperor" is an outmoded American strategic doctrine intended to deter Soviet aggression up to and including nuclear war by guaranteeing the "assured destruction" of the Soviet Union's urban population and industrial base. The credibility of this retaliatory threat has been sharply eroded by the Soviet Union's attainment of nuclear parity and will be nullified when the Soviets achieve strategic superiority in the early 1980s — a chilling eventuality most military observers fully expect.

In effect, the question Mr. Kissinger posed in Brussels was: Would an American president order the deaths of 100 million Russians and thereby risk comparable casualties in this country if, say, the Soviet army seized Berlin or even invaded Western Europe? His implied answer, logically enough, was the United States has lost the nuclear option. Mr. Kissinger could have suggested, with even more compelling logic, that an American president would be doubly dismally inclined to act a few years hence when a Soviet-American nuclear exchange might kill only 20 million Russians while snuffing out the lives of up to 150 million Americans. The first-strike potential of Soviet missiles combined with the protection offered Russian citizens by the world's best civil defense program make such a frightening scenario all too plausible.

The shifting Soviet-American balance of forces that has increasingly invalidated the "mutual assured destruction" doctrine has been apparent for several years. But, like the townspies in Mr. Andersen's fairy tale, most American and Western European officials have not been up to the painful task of acknowledging the obvious. Thus, despite modest improvements in NATO's conventional defenses since 1977, the security of Western Europe is still hostage to the crumbling credibility of the American nuclear umbrella.

Mr. Kissinger's proposed antidotes to all this address both Western Europe's vulnerability and the seeming impotence of the United States itself in the face of military and political aggression by the Soviet Union and its allies.

Mr. Kissinger urged the adoption of a so-called "counter-force" strategy that would enable the United States to threaten selective strikes at Soviet military targets rather than rely on a massive, spasmodic attack on the Soviet Union's civilian population. A counterforce strategy would help restore the credibility of a retaliatory threat by enabling an American president to choose something other than national suicide in response to a Soviet attack.

Simple changing strategy, however, would not be enough. A counterforce doctrine would require the rapid development of modern tactical nuclear weapons systems for NATO forces and a concomitant strengthening of the United States' fading strategic nuclear deterrent. Mr. Kissinger described both a new strategy and additional weapons as matters of "urgent, urgent" necessity.

To his credit, the former secretary of state did not attempt to escape some responsibility for the current vulnerability of Western Europe or the inadequacy of American strategic doctrine. "I contributed to some of these theories," he said. It remains, to borrow Mr. Kissinger's words, a matter of urgent necessity that those now deciding policy in Washington and NATO capitals demonstrate candor and courage equal to the recently on display in Brussels.

BERRY'S WORLD



"Also, you are doing VERY well on the 'Non-smoking' front these days..."

Around



The Clock

By JIM HAYNES

ANGLE-WALTERS

Victims Of The Peace Bid?

WASHINGTON (NEA) — President Carter's widely acclaimed decision to play a pivotal role in negotiating an Egyptian-Israel peace treaty has claimed an unexpected victim.

Business opportunities for American corporations are dwindling rapidly in the Middle Eastern countries that are hostile to the terms of the peace treaty.

That little-noticed development, first reported by the Financial Times of London in its World Business Review, had not been confirmed by unchanged government here.

Vast amounts of money are involved because many of the nations bordering on the Persian Gulf are spending their newfound oil wealth on massive public works projects that often cost hundreds of millions of dollars apiece.

Including in that category are nationwide highway networks, telephone systems and power grids as well as pipelines, refineries and petrochemical facilities to maximize domestic utilization of the region's oil wealth.

The recent chilliness is evident even in Saudi Arabia, a nation traditionally sympathetic to the United States and the temporary home of approximately 35,000 Americans, many of them employees of U.S. contractors.

Construction contracts in the region were estimated at \$23 billion last year — but the U.S. share was only 3 percent, compared with 9 percent in 1976 and 1977.

Much of the business lost by American firms is being picked up by companies based in South Korea, Japan, Taiwan and India, as well as various European countries.

The population boom may be slowing in the materially worse, but not in the nation's prisons. For the first time in the country's history, more than 300,000 men and women are in the custody of federal and state corrections authorities.

Recently released statistics Department statistics show that at the end of last year, the prison population stood at 307,984, up 3 percent over the previous year. Increases have been recorded for four consecutive years.

Prisoners under federal jurisdiction totaled 29,003, down 7 percent from a year earlier. But the number of state-incarcerated inmates rose 4 percent to 277,981.

The West had the dubious honor of leading the nation with a 7 percent increase in prisoners. Gains were recorded in every state of the union except Oregon and New Mexico. In other areas of the country, the increases ranged from 3 to 5 percent.

The largest declines in prison population were registered in North Carolina and Alabama. The biggest increases came in Texas, California, Florida, Michigan and New York.

Some predictions of things to come: Space explorers from Earth will reach Mars by 1985. A woman will be elected president in 1988. A transoceanic American army will be fighting a war in Africa by 1990.

If you believe these forecasts, here's another from the same group of prescient prognosticators: Gasoline won't reach the dollar-a-gallon level until 1982.

To his credit, the former secretary of state did not attempt to escape some responsibility for the current vulnerability of Western Europe or the inadequacy of American strategic doctrine.

"I contributed to some of these theories," he said. It remains, to borrow Mr. Kissinger's words, a matter of urgent necessity that those now deciding policy in Washington and NATO capitals demonstrate candor and courage equal to the recently on display in Brussels.

JACK ANDERSON

This Slogan May Have A Good Point

WASHINGTON — American negotiators at the SALT II talks in Geneva noticed a curious thing at the close of each day's session in the eighth-floor conference room: The freshly sharpened pencil poised on the table by the American team at the start of the meeting had all disappeared.

The mystery was easily solved: The Russians were taking the pencils. And the explanation for this lack of writing equipment? When asked why they had been so sparingly supplied, the two American government officials stuck to the American formula, a kind of "we didn't know": "Our pens don't work very well. The lead is no good, and we don't have erasers."

The penless pencils were in themselves somewhat symbolic of the SALT II talks. "This is a hard-fought agreement," says one American negotiator, "but it's not a complete agreement for a conference involving limitations on weapons that could blow up the world, but the points illustrated are: making living, that's about half of what's been agreed upon."

Thus, though the Soviets have conceded their missile silos, air mobility, nuclear bombs, tanks, etc., they still had them at the end of the negotiations. In the Geneva New York Times quoted one American negotiator as saying: "After the SALT II agreement, there are great remaining questions, but the Soviets are not much better off."

For instance, in 1980 the United States worked out a way to arm its Minuteman II missiles with more than one warhead — MIRVs — each

capable of hitting a different target. It took the Russians five years to "MIRV" their land-based missiles.

Some of the U.S. advantages that became evident at the SALT II talks — particularly our satellite information-gathering capability — cannot be detailed for obvious security reasons. But others can be disclosed in a general way.

The Russians' nuclear submarines, for example, are noisy relatives when matched against the practically silent U.S. subs. Our advanced radar systems make the Soviets' subs, like all car drivers, nervous. "We have a dynamic sitting," says one American negotiator.

There is the difficult "one leg tucked under" sit. The graceful "ankle over knee" position. They have an almost superstitious respect for our technology, an American negotiator told our associate Dale Van Atta.

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One Game Makes Season For Center

By United Press International
One game apparently made a season for Mississippi State's sophomore center, Greg Benefield.

Coach Emory Bellard said

Benefield did not show up for practice Monday and apparently has quit the team. The 245-lb. Benefield played behind starter Bill Bell in last weekend's season-opening 14-13

loss to Memphis State.

"Greg's a fine young man and I wish him well," said Bellard.

Bellar said Tuesday's practice went well as the Bulldogs prepared for Saturday's meeting with Maryland at College Park, Md.

"He had a hard day's work and made some progress," he said.

Across the state, Mississippi's Rebels also prepared to open their season with Memphis State, meeting the Tigers in Memphis Saturday night.

Coch Steve Sloan said his team went through a two-hour rehearsal Tuesday and

Freddy Williams showed improvement at wide receiver.

Second-ranked Alabama has a week off before meeting Baylor Sept. 22 in Birmingham, so coach Bear Bryant said he is experimenting with some changes on his team.

"We're also trying to work some new things in," he said. "We haven't decided on a set outfit yet since we want to play a lot of people while we're in.

"We've worked a little bit of everything and we haven't gotten into our plans for Baylor yet," he said.

An extra week of practice is available, though, because Texas open their season against the Kansas State Saturday in Auburn.

"A week's extra practice gives you a chance to work a lot of things out," he said. "We've only had three days to get ready and that makes a difference in the pace you set."

SPORTS IN BRIEF

Karolyn Rose Files Divorce Papers Vs. Pete

CINCINNATI (UPI) — Karolyn Rose, wife of baseball star Pete Rose, Tuesday filed for divorce after more than 15 years of marriage, in a complaint filed in Hamilton County Domestic Relations Court. Mrs. Rose, 37, charged her husband with gross neglect.

She asked the court for a divorce, a "reasonable amount of both alimony and child support" and an equitable division of property. The Roses, who were married Jan. 25, 1964, have two children, Pete Jr., 9, and Fawn, 14. When asked about her divorce request, Mrs. Rose said, "All I can say right now is 'no comment.' It's my personal life."

Here's How To Feed Those Hungry Growing Students

At last! The children are back in school.

Now another problem looms: What to feed the growing youngsters — for breakfasts, after-school snacks and easy suppers.

Many youngsters who refuse to eat eggs or cereal will down a tasty drink in the morning. So, put the blender to work by whipping up combinations of fruit and milk for their breakfasts.

You may add wheat germ, yogurt or even ice cream to entice them. After all, any breakfast is better than none to start the day of school and play. Of course, the drinks are also good. The drinks are good.

If you're watching diets, you can prepare the drinks with skim milk and low-fat yogurt.

Another treat is stuffed pocket bread. This handy style of sandwich from the Middle East has recently been adopted by Americans.

You can make the bread with almost any combination of meats, cheeses, fruits or vegetables to eat hot or cold. Don't forget the snacks. Nutritionists advise that carbohydrates — even sweets within reason — are essential to healthy growth.

It's a wise parent who keeps the refrigerator stocked with fresh fruits and vegetables. When readily available, these healthy snacks quickly become part of a child's eating habits; that means they will consume more candy and soda pop.

PEACHY GRAPEFRUIT

1 cup grapefruit juice, chilled
1-3/4 cup diced peaches with syrup

Combine ingredients in blender. Serve at top speed until smooth. Serve topped with nuts. This kitchen-tested recipe makes 1 serving.

GRAPEFRUIT FRUIT DRINK

1 cup grapefruit juice, chilled
4 water-packed apricot halves, drained
4 fresh hulled strawberries
4 large ripe bananas
4 cups unsweetened pineapple chunks

Combine all ingredients in blender. Whirl until smooth. Pour into glasses and serve at once. This kitchen-tested recipe makes 2 servings.

BERRY PINE FIZZ

4 cups cranberry juice cocktail
1 (10-ounce) package frozen strawberries
1 pint orange sherbet
Half cup orange slices
In blender container, combine cranberry juice, sherbet. Whiz at top speed until smooth. Pour into glasses and serve at once. Garnish, if desired, with orange slices. This kitchen-tested recipe makes 6 servings. (If blender contains holds only 1 quart, make half of recipe at a time.)

GRAPES

1 cup grape-cranberry drink or cranberry juice cocktail
Strip of lemon peel
1 teaspoon vanilla
Dash ground cloves

Combine all ingredients. Serve cold with ice cubes or heat over low heat until golden brown. Turn and brown other side. This kitchen-tested recipe makes 1 serving.

STRAWBERRY SWIRL

2 cups skim milk
1 cup fresh or frozen strawberries

Combine ingredients in blender container. Blend until smooth. Pour into glasses and serve at once. This kitchen-tested recipe makes about 2 cups (2 servings).

WHEATGERM POCKET BREAD

2 packages active dry yeast
1/2 cup warm water (100 to 120 degrees)

1 tablespoon sugar
1/2 cup water-packed wheat germ

1/4 cup oil
1/2 cup flour

Strands ready (optional). In large bowl, mix yeast with water until dissolved. Stir in sugar. Let stand 5 minutes.

Add wheat germ, oil and 1/2 cup flour. Mix well enough that strands remain. If needed, add more flour. Add additional flour, if needed.

Whip egg whites until stiff. Then fold in. Then add 1/2 cup flour. Sprinkle with additional wheat germ and strands ready before rolling it out.

These results are greatest and easiest baking sheet. Brush

lightly with oil. Do not cover. Let rise in warm, draft-free place until puffy, 1 to 1 1/2 hours.

Bake at 475-degree oven 5 to 7 minutes or until bottoms are golden. Remove from baking sheet and cool on rack. If rounds don't open completely, cut open with tip of sharp knife. This kitchen-tested recipe makes 10 rounds.

BEER IN POCKET BREAD

4 pot bread rounds, halved
1/4 pound lean ground beef
1 medium onion, coarsely chopped

2 large cloves garlic, minced
2 tablespoons cooking oil
Cup vacuum-packed wheat germ, regular
2 (4-ounce) cartons plain yogurt

1/4 teaspoons dried mint leaves, crushed
1 teaspoon oregano leaves, crushed

1/4 cup chopped parsley
Teaspoon salt
Chopped tomatoes
Romaine lettuce, shredded
Cucumbers, thinly sliced
Wrap bread in foil. Place in 350-degree oven 15 minutes or until heated through.

Meanwhile, saute beef, onion and garlic in oil until browned. Stir in wheat germ, 1/4 cups yogurt, mint leaves, oregano, celery, parsley and salt. Cook over low heat a few minutes, stirring gently until heated through. Spoon into pocket bread.

Pack tomatoes, lettuce, cucumbers and remaining yogurt to add to pockets as desired.

GOLDEN EGG AND CHEESE SALAD SANDWICHES

(4 sandwiches)

4 hard-cooked eggs, chopped
1/4 cup shredded Cheddar cheese
1/4 cup mayonnaise or salad dressing
1/4 cup snipped parsley or parsley flakes

1/4 teaspoon salt
8 slices bread
Softened butter

Combine all ingredients except bread and butter. Spread 4 slices of bread with about 1/4 cup mayonnaise or salad dressing each. Top with remaining bread. Butter outside of sandwiches. Grill in skillet or on griddle over medium-high heat until golden brown. Turn and brown other side. This kitchen-tested recipe makes 8 servings.

DOLE HAWAIIAN SALE

Add luau flavor to mealtime and save with our Hawaiian Sale special.

DOLE

3 \$1
SAVE 11¢
INDIVIDUAL JUICE
CRUSHED OR CHILLED
Dole Pineapple

SAVE 24¢
KRAFT'S SOFT
(TWIN-PACK OR BOWL)
Parkay Margarine
1-lb. size

65¢

Kraft's Mid
Longhorn Cheese
Wisconsin Cheese Bar M'd Cheddar
Medium Cheddar or
Mozzarella Cheese

Breakfast's Tangy Style or
California Style

Cottage Cheese
Dairy Fresh With Pineapple or
With Chives

Cottage Cheese

SAVE 10¢
ASSORTED FLAVORS OF HAWAIIAN
Fruit Punch

59¢

Real Mayonnaise
\$1.19
SAVE 1¢
ASSORTED FLAVORS

Borden's Ice Milk
half gal

89¢

PINEAPPLE PINK
GRAPEFRUIT
Juice Drink
49¢

SAVE 10¢
ASSORTED FLAVORS

Fruit Punch
46 oz. can

93¢

SAVE 10¢
ASSORTED FLAVORS
Hawaiian Punch
46 oz. can

59¢

SAVE 10¢
INDIVIDUALLY WRAPPED
HAWAIIAN PIMENTO
WHITE AMERICAN

Dole Pineapple

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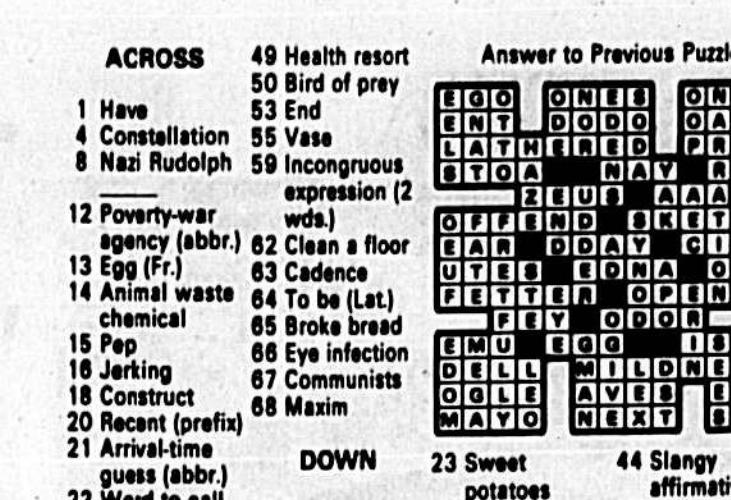
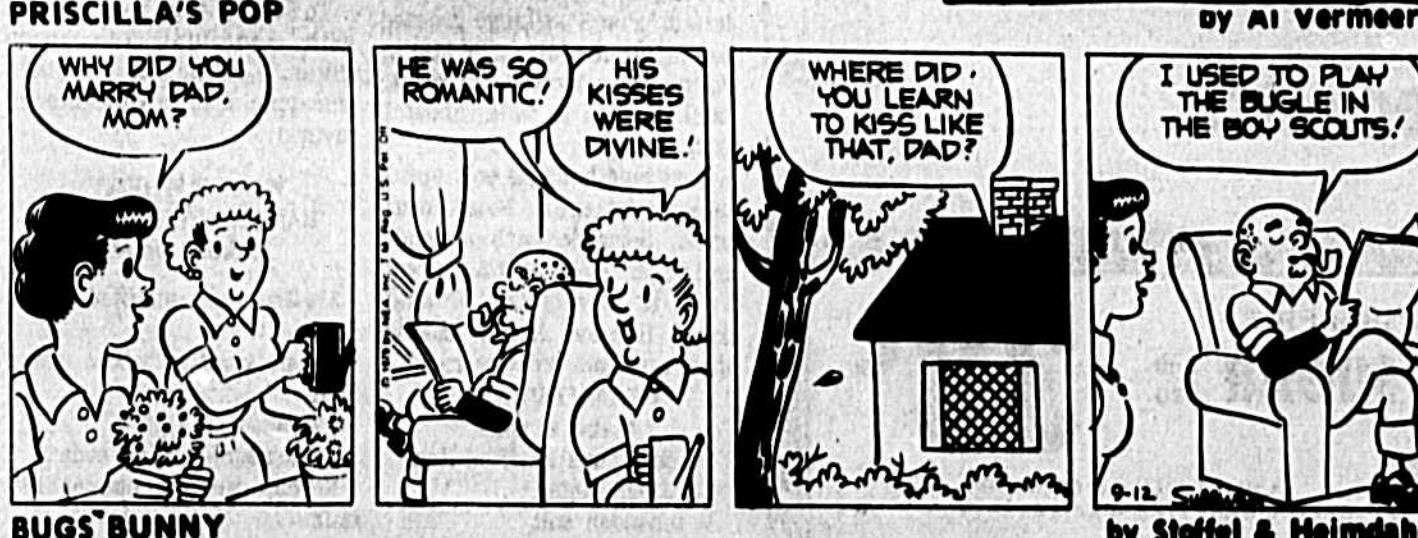
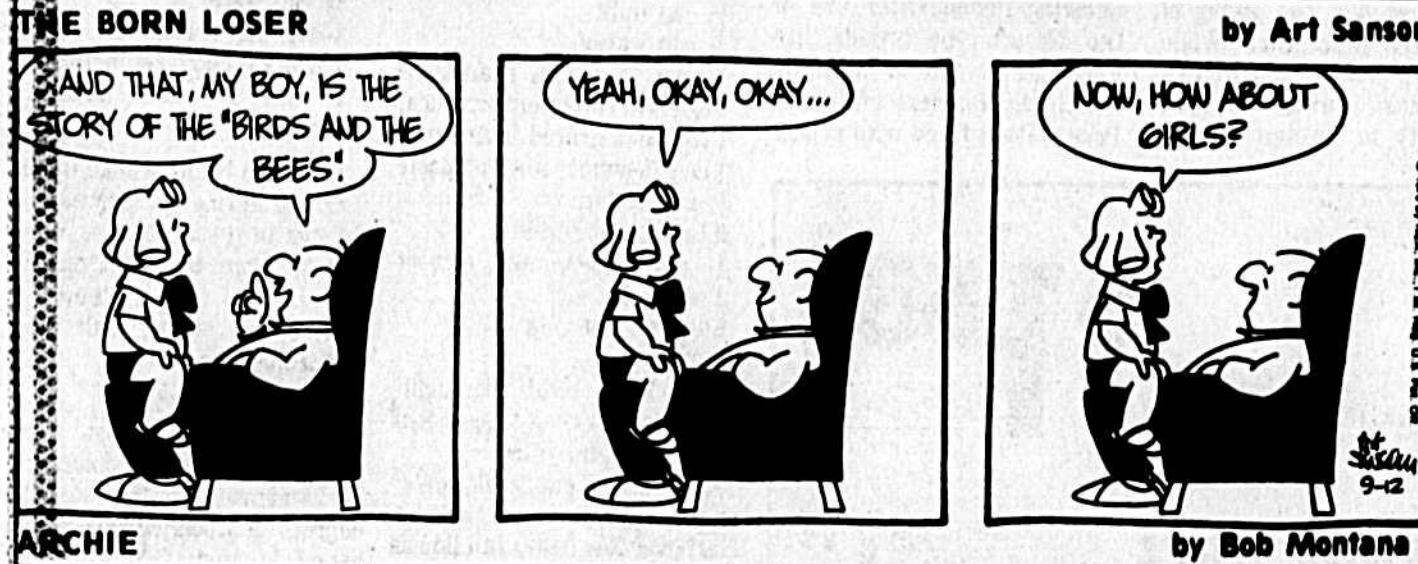
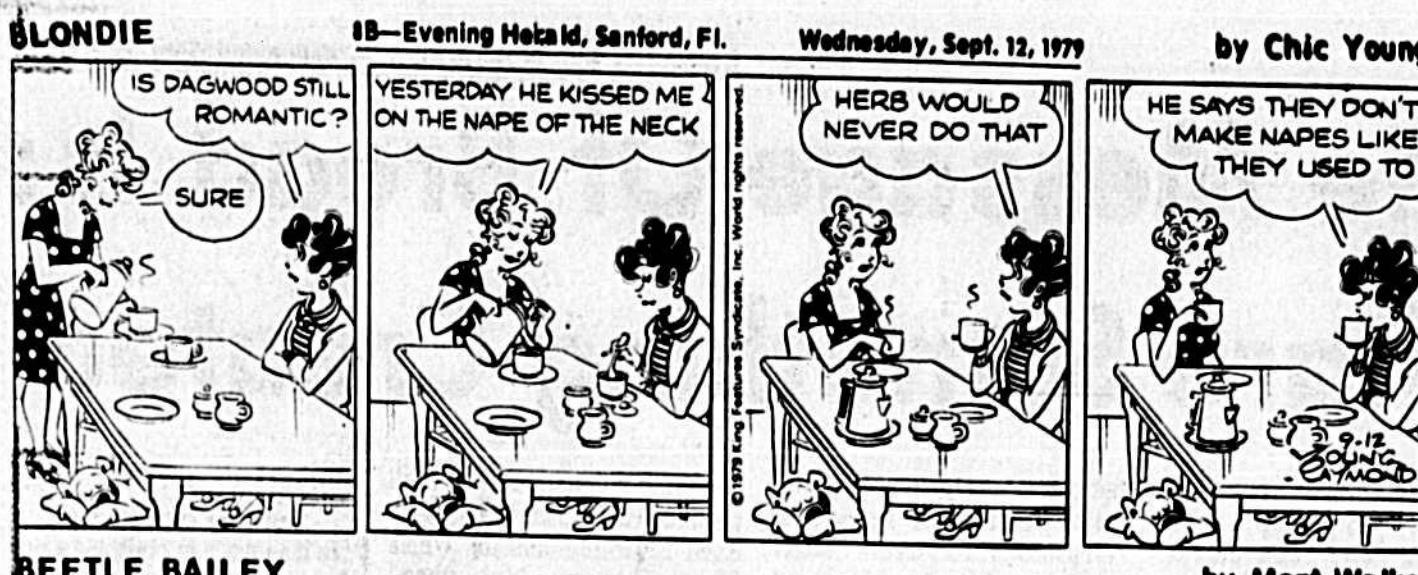
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HOROSCOPE

By BERNICE BEDE OSOL

For Thursday, September 13, 1979

Moisture May Help Cracking Hands

DEAR DR. LAMB — I need something for hands that just crack open like you had cut them with a knife. What causes that? I also have high blood pressure.

And I've coughed every winter since I had whooping cough when I was 8 years old. I am now 61.

DEAR READER — In many instances, it's absolutely necessary to see a skin problem before you can really tell what it is. That's why you should see your doctor.

You may just have very dry skin. In such instances using a skin moisturizer will solve the problem. No moisturizer is really any better than Vaseline. The thick oil can be rubbed into your hands and feet off of clean and still leave a thin film that will trap the skin's natural moisture.

There are a number of infections of the skin that can cause similar problems and there are untold opportunities for chemical irritation these days.

Regarding your cough, it is a mystery. I would suggest The Health Letter number 6-10, Cough: How And When To Treat It, to give you more information about this symptom.

Other readers who want this issue can send 75 cents in check or coin with a long, stamped self-addressed envelope for it. Send your request to me, in care of the Sanford Post, P.O. Box 1561, Radio City Station, New York, N.Y. 10161.

Anyone who develops a cough that persists any length of time really should see a physician. Those of short duration could be from a common cold but a persistent cough can even be a sign of lung cancer. I'm confident that's not true in your case. If you do have lung cancer, unfortunately, that would be detrimental to your health in any way just because it is hard to write to me now.

I must say, though, that if you have chronic coughing, it should be as soft as it can get and if other chemicals enter that water in any way through the plumbing or other sources, there isn't much of a way that plain distilled water could be harmful to your body. That doesn't answer the possibility, though, that certain minerals might be protective to your lungs. In my case, it's most unlikely that I have lung cancer, so you wouldn't be writing to me now.

WIN AT BRIDGE

Sept. 13, 1979

It might be difficult to see at the moment, but this coming year will turn out to be a most fortunate one. You may never realize it because Lady Luck is working incognito, but she is more interested in themselves than in you.

VIRGO (Aug. 23-Sept. 22) Go after what you want today in a subtle and gentle manner and your goals will be overflowing. The opposite will be true if you appear forceful or domineering. Find out more of what lies ahead for you in the year following your birthday by sending for your copy of Astro Graph Letter. Mail \$1 for each to Astro-Graph, Box 489, Radio City Station, N.Y. 10161. Be sure to specify birth date.

TAURUS (April 21-May 20) If you're shopping for necessities in what you buy, you'll have good luck finding the exact items at the right prices. Look for the bargains.

GEMINI (May 21-June 20) Information or knowledge you seek is easily obtainable today. It need be, pick the brains of people in the know. They'll be more than happy to help you.

SAGITTARIUS (Nov. 22-Dec. 21) Take yourself out of the picture when negotiating or drawing up a contract. If you don't appear self-serving, the other party will bend over backward to please you.

LEO (July 23-Aug. 22) It's not like you to fail to reciprocate the generosity of friends. Be careful that you're not all talk and no give today.

CANCER (June 21-July 20) An inside tip may be given to you today that could prove quite beneficial, if you choose to take advantage of it. However, take care not to betray a confidence.

CAPRICORN (Dec. 22-Jan. 19) The last one of these days two hours are better than one. Before proceeding full-

steam ahead, check with a co-worker to get his/her thoughts.

AQUARIUS (Jan. 20-Feb. 18) Your benefits come today from your employer. You receive a raise because Lady Luck is working incognito, but she is more interested in themselves than in you.

PISCES (Feb. 19-March 20)

When it comes to things dealing with the home, you, rather than your mate, are the luckiest today. If there's a tie-up as to whose views to follow, use your mate's.

ARIES (March 21-April 19)

Sick to socializing with friends today. Shun co-workers. Saying the wrong thing to one who carries tales could harm your image with your boss.

TAURUS (April 20-May 18)

If you're shopping for necessities in what you buy, you'll have good luck finding the exact items at the right prices. Look for the bargains.

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Sick to socializing with friends today. Shun co-workers. Saying the wrong thing to one who carries tales could harm your image with your boss.

TAURUS (April 20-May 18)

If you're shopping for necessities in what you buy, you'll have good luck finding the exact items at the right prices. Look for the bargains.

GEMINI (May 19-June 17)

Information or knowledge you seek is easily obtainable today. It need be, pick the brains of people in the know. They'll be more than happy to help you.

SAGITTARIUS (Nov. 22-Dec. 21)

Take yourself out of the picture when negotiating or drawing up a contract. If you don't appear self-serving, the other party will bend over backward to please you.

LEO (July 23-Aug. 22)

It's not like you to fail to reciprocate the generosity of friends. Be careful that you're not all talk and no give today.

CANCER (June 21-July 20)

An inside tip may be given to you today that could prove quite beneficial, if you choose to take advantage of it. However, take care not to betray a confidence.

CAPRICORN (Dec. 22-Jan. 19)

The last one of these days two hours are better than one. Before proceeding full-

steam ahead, check with a co-worker to get his/her thoughts.

AQUARIUS (Jan. 20-Feb. 18)

Your benefits come today from your employer. You receive a raise because Lady Luck is working incognito, but she is more interested in themselves than in you.

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PLAY double dixie bingo

WIN UP TO \$2002

SAVE WITH WINN DIXIE THE BEEF PEOPLE.

QUANTITY RIGHTS RESERVED WINN DIXIE STORES, INC. ©1977

PROMO GOOD SEPTEMBER 13-15

SAVE 70¢ W-D BRAND USDA CHOICE BLADE CUT CHUCK ROAST \$1.39 LB.

SAVE 30¢ W-D BRAND PREMIUM GRADE FRESH FRYER LEGQUARTERS OR BREASTQUARTERS 69¢ LB.

SAVE 50¢ W-D BRAND USDA CHOICE FRESH OR SMOKED ECONOMY ROUND ROAST \$1.99 LB.

SAVE 40¢ W-D BRAND 100% PURE GROUND BEEF \$1.19 LB.

SAVE 70¢ W-D BRAND USDA CHOICE CENTER CUT BONELESS CHUCK ROAST \$1.59 LB.

SAVE 30¢ W-D BRAND USDA CHOICE ROUND BONELESS RUMP ROAST \$2.39 LB.

SAVE 30¢ SHORT STEAK \$2.79 LB.

SAVE 30¢ SHREDDED HAM \$1.49 LB.

REGULAR OR KING 100'S OR 120'S CIGARETTES \$5.69 CARTON

ARROW DETERGENT 99¢ 49-OZ. BOX

ALL GRINDS ASTOR COFFEE \$2.39 1-LB. CAN

PEARL BEER \$6 \$1.59 PACK 12-OZ. CANS

SUPERBRAND USDA GRADE 'A' LARGE EGGS 2 DOZ. \$1.29

CHEK DRINKS 10 12-OZ. CANS \$1.48

CORNED BEEF 12-OZ. CAN \$1.09

SOUP 4 \$1.00

HARVEST FRESH U.S. No. 1 WHITE POTATOES 99¢

HARVEST FRESH LETTUCE 2 HEADS \$1

ALL VARIETIES MORTON POT PIES 3 \$1

SUPERBRAND WHIP TOPPING 3 \$1

ALL FLAVORS SUPERBRAND Swiss Style YOGURT 4 \$1

WHITE CHOCOLATE CHIP COOKIES 1/2 LB. \$1.39

CHICKEN 1/2 LB. \$7.99

PLEASE CLAIM YOUR PATTERN RESERVATION ON September 13-15

BEFORE SEPTEMBER 22, 1977

PRICE FOR ITEM	NO. OF ITEMS	ORDER FOR ONE STORE	ORDER FOR 7 STORES	ORDER FOR 14 STORES
\$3,000.00	45	101,418 TO 1	712,252 TO 1	1,424,504 TO 1
1,001.00	46	116,397 TO 1	811,800 TO 1	1,623,600 TO 1
200.00	144	30,343 TO 1	7,177 TO 1	14,354 TO 1
100.00	544	13,399 TO 1	1,900 TO 1	3,800 TO 1
25.00	869	9,610 TO 1	1,287 TO 1	2,574 TO 1
10.00	1,474	4,928 TO 1	701 TO 1	1,402 TO 1
5.00	2,112	1,696 TO 1	241 TO 1	482 TO 1
2.00	5,024	424 TO 1	40 TO 1	80 TO 1
1.00	99,873	72 TO 1	10 TO 1	20 TO 1
TOTAL	123,946	310 TO 1	8,410 TO 1	16,820 TO 1

Evening Herald

72nd Year, No. 20—Thursday, September 13, 1977—Sanford, Florida 32771

Evening Herald (USPS 481-280) Price 15 Cents

Frederic's Damage Massive; 8 Dead

Waves Follow Quake

JAKARTA, Indonesia (UPI)—Tide waves generated by the world's strongest earthquake in two years roared ashore on the remote Indonesian island of Yaten, destroying at least 400 houses and leaving 8,000 people homeless, officials said today.

Unconfirmed reports said about 100 people were killed in the waves Wednesday, they were set in motion by a quake registering 8.0 on the open-

ended Richter scale. The tiny island, situated north of Indonesia's West Java province 1,800 miles east of Jakarta, was the quake's epicenter and is the worst hit populated area, the Meteorological and Geological Institute in Jakarta said.

A group of small uninhabited islands near Yaten in Cendrawasih Bay today were temporarily submerged by the tidal waves.

Louisiana authorities said two men died after being washed off offshore installations that had been built to stop a rash of looting.

The second hurricane to hit the mainland this month killed at least three people in

Alabama, four in Louisiana and died when a boat carrying them to safety sank in the storm.

Damages along the coast were estimated in the hundreds of millions of dollars.

Hundreds were hurt from flying debris, although half a million people had fled coastal areas in advance of the storm. Damage along the coast was enormous. Estimates in Mississippi alone were running into the hundreds of millions of dollars.

Large areas along the coast were without power as the savage winds broke lines and poles. A DC-3 was blown several hundred feet from its parking place at Mobile airport and left upside down in the middle of a street.

The sudden molten shower injured 23 others. The lava roared down on the 200 European tourists, most of them in their 20s, as they arrived near the lip of the steaming volcano since 1812.

The sudden molten

shower injured 23 others.

The lava roared down on the 200 European tourists, most of them in their 20s, as they arrived near the lip of the steaming volcano since 1812.

The sudden molten

Storm Lashes Western Panhandle Into 'Disaster'

COUNTY SHERIFF'S Department declared: "We have a disaster here."

Neighboring Santa Rosa County also took a severe hit from Frederic's 95 mph winds and 15-foot storm surge, but the damage in Fort Walton Beach and Panama City to the east was relatively minor.

State officials said at least 250,000 persons fled under the cover of darkness, Vivian Hoffert of the Escambia

utility poles, uprooting trees and creating an awesome surge of water along the barrier islands and resort beaches.

"There is no power in the county except for emergency generators, most roads are blocked by fallen trees and power lines and some coastal areas are underwater. We're virtually shut down except for emergency services," Escambia County Administrator Lt. Kendig said.

Frederic wreaked the most havoc on the Perdido Key area in southwestern Florida. At least 150 mobile homes were destroyed and Kendig said at least 120 homes in the push Grand Lagoon development were inundated.

Local volunteer firemen rescued 45-year-old Dr. John Langley of Mobile, Ala., from a 40-foot capsized boat he was clinging to for six hours in the intracoastal waterway near Pensacola. An unidentified woman aboard his boat was missing and presumed drowned.

At least six people were injured, including an ambulance driver whose rescue vehicle overturned in Pensacola during the height of the storm.

"The key situation is that we have almost no power in the county. We have no traffic signals, roads are difficult to pass and if we let a bunch of cars loose in the county, we're going to have a dangerous situation," Kendig said.

One store at Gulf Breeze looked like it had exploded when

the roof of a real estate office was blown off and landed in a parking lot 50 feet away.

"There are power lines, utility poles and trees down all over the county and we don't dare let a car drive," Santa Rosa Civil Defense Director Louis J. Morris said. "We're trying to get people back as soon as possible to clean up and we also want them in their homes so they don't get picked clean by looters."

Decision Due Tonight

Lake Mary To Cut Services

By DONNA ESTES
Herald Staff Writer
The Lake Mary City Council at a 6 p.m. special meeting today will decide where to chop \$70,000 in services from its 1978-1980 budget. The action results from yesterday's voter rejection of a proposed tax increase.

At the Tuesday election the voters by a better than 2-1 margin, denied the city fathers' request for an increase in taxes from \$3 per \$1,000 assessed valuation to \$4.25. The new tax rate must, according to state law, now be no more than \$2.84 per \$1,000.

When did the voters turn down the referendum? What was their message to the city council?

"We sent them a message that we don't want higher taxes," said Mrs. Dorothy Federson of Lake Shore Drive.

Most of the comment made for the record, however, was

pointed not only to a disengagement with taxes generally, but also with the city's nine-member police department and other employees, but also with the city government's management of city funds.

One woman who asked her name not be published said the referendum was the first step in cleaning out city hall. "We need an entire new city council, one that is interested in serving the public and doing what the public wants instead of pushing their own way of doing things."

Another woman said the city council has "grandiose ideas" for the small community of Lake Mary. One woman said she receives nothing for her tax dollars to the city. "I don't have a paved road, no water, no sewer service and no police protection. I see the police standing around the convenience store instead of on the

police department," she said.

"We're telling them they can cut expenses," Mrs. Pat Christie of 232 E. Wilbur Ave., said. "Perhaps the people realized there is supposed to be a re-evaluation of property in our town that are going up again," Mrs. Anna Jardine of Evansdale Road said.

"I think the city council can cut down on the police department," Mrs. Anna Jardine of Fifth Street said.

"I think the city's money is being spent wrongly," said Ed Pratt of 355 Evansdale Road.

"We don't need the police department we've got. We have too many officers," Pratt said.

"I would like to see someone on the city council who know how to spend our money wisely," Pratt said.

Mrs. Richard Williams said among the suggestions he will make to his colleagues tonight is that city employees be placed on a 32-hour work week, saving nearly \$600 weekly and perhaps saving some of the four patrolmen's jobs.

The city council had said if the referendum were not approved, four officers would be cut from the police department to four.

"As far as the fire department is concerned, I can't understand why the council refuses to permit the volunteer fire department to buy the new truck they have offered to our

community," Williams said.

"We are talking about children's lives," Williams said.

Williams said the city council has been trying to solve the problem by getting rid of the old equipment.

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