

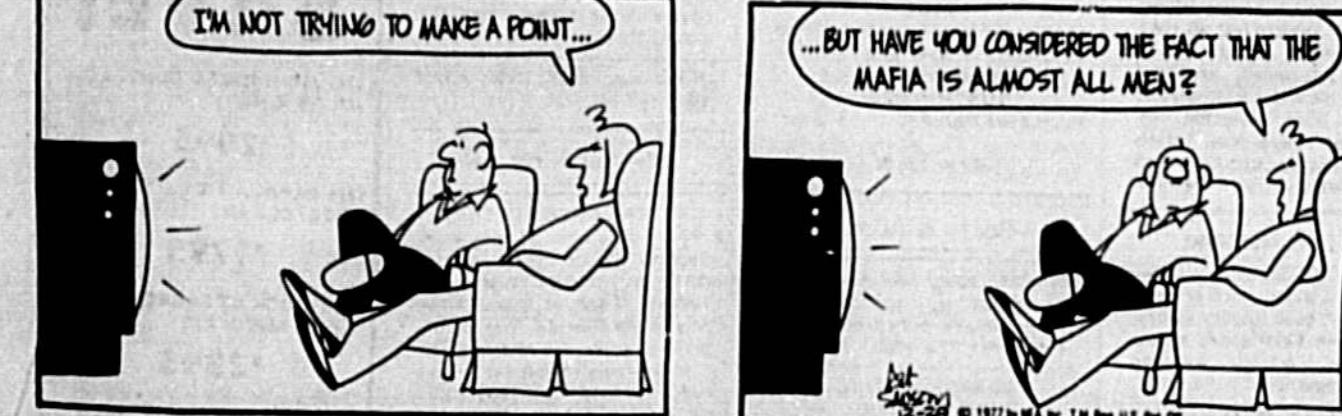
BLONDIE



BEETLE BAILEY



THE BORN LOSER



ARCHIE



EKK & MEKK



PRISCILLA'S POP



BUGS BUNNY



FRANK AND ERNEST



TUMBLEWEEDS



by Chic Young

by Mort Walker

by Art Sansom

by Bob Montana

by Howie Schneider

by Al Vermeir

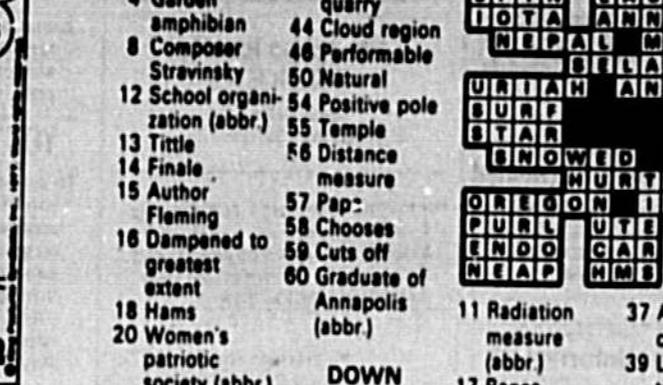
by T. K. Ryan

by Gerry Trudeau

ACROSS

1	Urban (abbr)	41	Synthetic fabric
4	Garden	42	Round's
6	Amphibian	44	Cloud region
8	Composer	46	White
10	School organization	48	William
12	Station (abbr)	49	Alvarez
13	Finals	50	Distance
14	Author	51	Temple
16	Described to greatest extent	52	Opposite
18	Women's patriotic motto (abbr)	53	Anapolis (abbr)
20	1 Radiation measure	57	Chemical
21	Leases	19	Low vegetable
23	Zeros	20	Highway away
25	Black duck	21	Fred Astaire's
30	Dog-eating window locale	24	Capital of
32	Club	45	City
33	Infirmities	46	Monetary
35	Bryone days	47	Mortgage, for
36	College	48	Seedlet
37	Consumer	51	Buy
38	Foam	52	Infest
40	Out rub	53	Combine

Answer to Previous Puzzle



Dr. Lamb

Some Confusion

About Diet Food

DEAR DR. LAMB — I am another confused reader about cholesterol and salt-free diets. My husband has had a bypass operation for a blocked artery to his heart. He has had a small obstruction in the artery of the other kidney and has high blood pressure.

I am trying to feed him a low-fat, low-cholesterol salt-restricted diet, but the labels on the dietary food confuse me. They list sodium in milligrams to grams of a piece of cake for shoppers, but for some reason they don't seem to realize this or don't want to do it.

I would list the food values in calories rather than than grams. That would make it easier for everyone and would help him to lose weight.

Lables may read: "Polyunsaturated fatty acid trace saturated two grams, total four grams." I don't know how to use these figures and if it is a low-fat diet.

I use Egg Beaters, Morning Star cholesterol-free breakfast strips. All meat or chicken, which are very small servings, have all the fat trimmed from them. I boil chicken and beef, let it cool and then add 1/2 percent of less of the calories are from fat. This is based on the point that a gram of carbohydrate and protein contains about four calories while a gram of fat contains nine calories.

It isn't perfect, but if a third or less of the fat in a food is saturated fat (for example, 1 gram of saturated fat, 1 gram of monounsaturated fat and 1 gram of polyunsaturated fat), then the total grams of fat times as much or more than the grams of fat, that food is a good choice. That will rule out some of those foods you are using which contain no cholesterol but are high in saturated fat.

I am sending you The Health Letter, number 14, Diet, Preventing Atherosclerosis, to give you some general guidelines, but it will be just a start for what you really need.

I really wish the food industry

help. Sodium chloride will get rid of a third of the sodium in it and a half gram of sodium chloride salt. It follows that 100 milligrams of sodium is equivalent to about 25 milligrams of sodium chloride (ordinary table salt).

When you are using sodium chloride, use it sparingly. You might be surprised to learn what an apple or two added to a beef pot roast will do for its flavor.

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Evening Herald

300 N. FRENCH AVE., SANFORD, FLA. 32771

Area Code 305-323-5811 or 831-0003

Friday, December 30, 1977—4A

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Sanford And World Diplomacy

What do the city of Sanford and President Jimmy Carter have in common? An appreciation of the significance of international relations and world diplomacy, that's what.

For while Mr. Carter and his contingent were embarking this week on their nine-day, six-nation tour of key places in the world, Sanford was doing its bit. The city was playing host to its own contingent — international in flavor.

About 100 adult student visitors from the Middle East, Far East and Africa, ranging in age from 20 to 48, stopped in Sanford for a look-see and exchange of ideas with some of their contemporaries here and elsewhere on the globe.

It was refreshing to note the many residents of the area who took time out to greet these visitors, all of whom are attending colleges and universities in this country.

The visitors could be heard chattering among themselves in their diverse languages, talking of many things — some of minor import, some of greater import.

The happenings on the world scene were foremost in the minds of many, particularly those representatives of nations in the volatile Middle East, where peace prospects are ongoing.

It was fascinating that opinions of the native sons of Egypt and Jordan, for example, reflected directly those of their respective nation's leaders.

Sayed A. Hamdy of Cairo, Egypt, for instance, was optimistic about peace prospects in the Middle: "I think it is a good step if a just peace can be achieved," he said of President Anwar Sadat's peace initiative.

Then there was Ahmad M.A. Mustafa, a Jordanian who shares the pessimistic view of his leader, King Hussein. Answering a question from The Evening Herald on Wednesday, he said he disagreed with Sadat's diplomacy. "I think the talks are going to fail," he suggested.

Only a few hours later, his nation joined Egypt in rejecting Israel's proposals for the occupied West Bank of the Jordan River.

So differences among people in that part of the area still do exist, even among those studying in this country. It is obvious, then, that much work is left to be done before peace can be finally secured.

But it is this kind of free expression and exchange of ideas that is the cornerstone for eventual peace and harmony among all peoples.

And, in how many nations in the world, could representatives like this freely express themselves on key issues facing their homelands and the world?

It is certainly food for thought.

We are proud that Sanford was able to provide even a stage for such dialogue.

All the civic groups and individuals who made the visit to Sanford possible — including the Greater Sanford Chamber of Commerce, the Tri-Country Road Runners, CB Radio Club, the Central Florida Zoological Society, and McDonald's restaurant — are to be commended for their role in bringing these bright individuals to the shores of Lake Monroe.

But not all the conversation was earth-moving — or was it?

Take, for instance, the comment of Metahar Ali Zabarah of the Yemen Arab Republic. He provided food for thought in a talk with Dr. Luis Perez, one of the visit's sponsors.

Mr. Zabarah, a bachelor, insisted that it is not proper — as Dr. Perez suggested was the case — in the United States all women are the bosses of the home.

"Of course, men are always the boss. My father has five wives," he informed the doctor. "How can a woman be the boss of the family?"

Perhaps not as profound as some of the Middle east comments, but...

BERRY'S WORLD



"Well, another day — another continent!"

Around



The Clock

By JANE CASSELBERG

ANGLE-WALTERS

Cautious Moves On Reform

WASHINGTON — The Carter administration has quietly moved to substantially reduce the scope of its 1978 efforts to bring about reform of the federal regulatory process.

What has been decided is proceed cautiously on what only recently was a high-priority program that had the realization that the supposedly universal support for regulatory reform is a deceptive facade.

The board coalition pressing for a major overhaul of the regulatory system ranges from Ralph Nader to the Office of Consumers. Both Republicans and Democrats advocate it. President Carter is a strong supporter and most members of Congress endorse the concept.

But despite the backing of virtually everyone with political clout in this capital, the task is proving difficult. The reasons are because of pockets of resistance from the entrenched interest groups that long have resisted the benefits of excessive regulation.

The complexity of the vast undertaking was the focus of a recent day-long conference here sponsored by the American Enterprise Institute (AEI). Washington-based organization devoted to research of public policy.

Drew a panel discussion late in the day, Dr. William Frazee, D-Wis., chairman of the Senate Banking Committee, praised for White House support of his top priority: regulatory reform in the banking field.

As presented by others have noted, the national banks often are less efficient than the regional savings institutions because of their separate agencies — the Federal Deposit Insurance Corp., Federal Reserve Board and Comptroller of the Currency.

Chairman Wolford, the official of the Office of Management and Budget in charge of Carter's reorganization efforts, nodded sympathetically when announced: "Increased competition in the transportation area is the major emphasis for us in 1978."

Specifically, said Wolford, that means attempting to lessen the regulatory grip of the Civil Aeronautics Board (CAB) on the airline industry and similar actions involving the Interstate Commerce Commission (ICC) and the trucking industry.

The CAB effort has, in effect, become a pilot project in Carter's nationwide campaign because three years ago, less than Carter's election, Sen. Edward M. Kennedy, D-Mass., launched a determined drive for airline deregulation.

The Air Transport Association, representing the country's airlines, promptly produced five demands to cover the areas of deregulation of scheduled passenger service and economic planning of severe economic difficulties, all purportedly the result of open competition within the industry.

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Perhaps not as profound as some of the Middle east comments, but...

JACK ANDERSON

Winds Of Change For Migrants?

WASHINGTON — The borderlands of southwest Arizona — a wilderness of rock formations, rugged ravines, square cactus and mesquite — provide a picturesque setting for a Western movie. But that land also offers another kind of drama.

Each year, an estimated 10,000 illegal aliens trek across the desolate desert in the shadow of the jagged Mogollon mountains in quest of work in the Arizona citrus groves. They carry no baggage, but they bring with them a host of economic, social and legal enforcement problems.

For millionaire ranchers and citrus-cutting businesses in this country, there is profit in the illegal entry of impoverished, unskilled labor who will accept literally pennies for a day's work. On both sides of the border, therefore, an illegal, lucrative alien-smuggling racket is flourishing. Not two of our reporters — Hal Bernton and Don McHugh — have just learned from a few recent interviews of the same illegal human drama. They found in the citrus-growing areas of the state, the right to 10 million Mexican workers in the country have been easily violated. They have been driven north by the seemingly need to find work that can support their families.

They had better, though. They take better pay than the citizens, and living and working conditions. If they try to return to their country of origin, they are subject to deportation and imprisonment.

This explains why the Arrowhead Ranch just

Although President Carter is still giving the "Energy Crisis" top priority, the shortages and crisis of last winter were apparently over as far as the "ghosts of Christmas past" as far as the manufacturing and Christmas shoppers were concerned this year.

It seems this year there was an electrical appliance to plug in for just about everything and almost were among the most popular gifts. The rash of electronic games that operate on the television set even make it possible for the TV addict to play the game without budging from his favorite spot.

Other electrical gadgets likely to be found under this year's tree were the curling irons, hair blower, crepe makers, fondue pots, popcorn poppers, denim cookers, fast cookers, mixers, mini-fryer, blenders, pizza makers, slicers, squeezers, cookie makers, electric blankets, coffee makers and sheets of indispensable labor saving devices that increase efficiency in electrical power in spite of increased costs.

Also back this Christmas bigger and brighter than ever were the elaborate outdoor lighting displays in residential neighborhoods after Christmas that remained dark in deference to long lines at gas stations, power blackouts and shortages of fuel oil.

No, the President just hasn't been able to sell the urgency of an energy crisis to either the American people or Congress. Let's just hope the energy "ghosts of Christmas past" don't rematerialize as "ghosts of Christmas future" to haunt us.

South Seminole developer E. Everett Hussey reports sales are going well for his first annual dinner to be held at the French Market in downtown Orlando at 7:30 p.m., Jan. 4, with Vice President Walter Mondale as speaker. The affair will be a warm-up for the big "Salute to the President" celebration for President Carter in Atlanta later this month. Purchase of tickets to the Orlando dinner will also entitle two couples to attend

all the Atlanta events in conjunction with the anniversary of Carter's inauguration as President.

Hussey will be host to a reception at his "Oak Tree Inn" in Winter Haven, with the vice president with an exclusive guest list including Governor Reubin Askew, cabinet members, Washington VIPs and Florida Democrats who have previously raised a minimum of \$5,000 each for the National Democratic Committee coffers.

Members of the "coterie" will be gathering at Orlando Sports Bar on Jan. 5, with a dinner to be held at the French Market in downtown Orlando at 7:30 p.m., Jan. 4, with Vice President Walter Mondale as speaker. The affair will be a warm-up for the big "Salute to the President" celebration for President Carter in Atlanta later this month. Purchase of tickets to the Orlando dinner will also entitle two couples to attend

MARANATHA PENTECOSTAL CHURCH

Welcome to Maranatha!

Where Everybody is Somebody and Nobody's a Stranger.

YOU BELONG HERE!

IN TIMES LIKE THESE.... BE READY FOR THE
SOON COMING OF CHRIST

EATING,
DRINKING,
MARRYING, GIVING
IN MARRIAGE

MATT. 24:37-39

MEN'S HEARTS
FAILING THEM FOR
FEAR OF
THINGS TO COME

LUKE 21:25-28

DISOBEDIENT
TO PARENTS,
UNTHANKFUL,
PROUD, UNHOLY

II TIM. 3:1-3

LOVERS OF
PLEASURE-HAVING
A FORM OF
GODLINESS

I TIM. 3:4-5

WHEN THEY
SAY "PEACE AND
SAFETY," SUDDEN
DESTRUCTION
COMETH

I THES. 5:2-8

RETURN OF
JEWS TO LAND OF
PALESTINE

IS. 11:10-12

Here come the Pentecostals in "78"
to 1016 French Ave., Sanford

SATURDAY NIGHT - WATCH NIGHT - starting at 9:30 PM

Youth Quake (Sunday School) 10 AM

Holy Ghost Rally (Morning Service) 11:30 AM

Evangelistic Service (Sunday Eve.) 7:30 PM

Pastor James Griffin

If you'd like transportation,
call 323-5077 323-8335

outside Phoenix, half-owned by a brother of Sen. Harry Goldwater, R-Ariz., has long depended on Uncle Sam to pick up the tab. And, according to border patrol chief, the former Frank Sanchez, a kingpin in the underworld's traffic that supplies pick-and-stop labor to other ranches throughout the Southwest.

But practically all the governments are talking to all the other governments," said an Asian diplomat stationed in Bangkok. "At least there is room for some optimism."

The demand is an apparent effort to keep a atmosphere conducive to talks — has continued to consider the fighting local, border matter. Phnom Penh has been officially silent on the border war.

And in many cases, participants are rebel groups, uninvited Western diplomats are to be overcome, and the final goal may strike many a bureaucratic heart as the prospect of actually becoming involved.

And there is the legal as well as linguistic aspect to consider. Government regulations can have the force of law and of necessity are often complex. The language must be not only comprehensible, but of a precision to hold up in court.

Nevertheless, the word experts say it is best to draw a line and stick to it. And the line drawn from the very highest quarters for the effort.

President Carter, not one himself to garble the grammar, has given the campaign his special blessing. Getting Congress to act on his legislative program could, however, turn out to be a simple matter compared to persuading the border states to talk straight.

Good luck to maximized efficacy, as one might say in bureaucrat-speak.

Further, government language, the Department of Labor is taking the exit out of one of its most-revered reference works.

The latest edition of the dictionary of occupational titles, updated from 1968, has been revised to eliminate connotations of racialism. "Draftsman," for example, has become "drafter" and "bat hander" is the new handle for — you guessed it — "bat boy."

Good luck to maximized efficacy, as one might say in bureaucrat-speak.

But outgoing chairman, one border patrol official reported that owners occasionally sought to cheat the illegals out of even their substandard wages by having them deported just before payday. Another source told our reporter that he had seen workers with faces where they ate out an earful in the groves where they slept at night.

But outgoing chairman, one border patrol official reported that owners occasionally sought to cheat the illegals out of even their substandard wages by having them deported just before payday. Another source told our reporter that he had seen workers with faces where they ate out an earful in the groves where they slept at night.

Some of the strikers are aware that if they succeed in winning improved working conditions and, getting decent minimum wages, legal workers might move in to take their jobs.

"We aren't worried about that," one illegal worker told our reporter. "We're not doing this just for ourselves. No human beings should have to suffer the way we have, clean or not."

Pastor Frank Walsh, the pastor of the Arrowhead ranch, decries any involvement in illegal alien smuggling. Tucson border patrol chief Herbert Walsh had this cryptic comment:

"There is no evidence that we have which indicates Sanchez is continuing to smuggle aliens."

SPORTS

SA—Evening Herald, Sanford, FL Friday, Dec. 30, 1977

Broncos 3½-Point Underdogs; Don't Mind

DENVER (UPI) — The odds Red Miller cringed. "Coach is a 3½-point underdog against the Oakland Raiders' New Year's Day, but Miller isn't offended by the oddsmakers.

"That's okay," said Miller. "We've been underdogs before."

"I think we've proved that we

don't buckle under to that kind of thing," he said. "As soon as the game starts, that disappears. I'm out on the field and say 'Hey, we're 3½-point favorites, so we're going to win.'"

Miller watched his team practice again Thursday in Denver. Bruce practices have been closed to the press since

Wednesday. "It's not that we would try to hide anything in the way of gimmicks or anything like that," Miller said. "We want to be competitive, but we want to be able to keep our concentration, too."

Broncos' linebacker Joe Rizzo, who picked off three of Oakland's passes the first time

Denver met the Raiders, said he and the rest of the Broncos aren't expecting the same all-out passing attack they got from the Raiders when Denver won 30-7.

"I wish they would, but they're not that dumb," said Rizzo. "They remember how they beat us last time. They ran well against us last time we

played, but they just had a great game... a great blocking game."

In Oakland, the Raiders completed their home preparation Thursday, and except for a light workout before boarding the plane for Denver today, all is in readiness for Sunday's clash in Mile High Stadium.

Thousands of fans will be at

the Oakland Airport today to see the champion off. There will be bands and dances and Coach John Madden and a couple of his players will make short speeches.

Thursday, the Raiders worked long and hard on the offensive plays they plan to use against the Broncos. Of course, Madden would not talk about

what he has in mind, except to speak in generalities.

"There are some things you can do against clubs that you can't do against others," said Madden. "You always try to have a couple of plays set aside just in case you need them. I think all teams do that."



Outdoors

By HERKY HUFFMAN

Best Laid Plans?

One comment about poor admissions of carefully planned fishing and hunting trips: "Forget it!"

All year long of my enjoying Florida's wonderful outdoor activities, I've never seen weather conditions so sporadic. If last year's winter and what we experienced to date is any indication of future weather patterns, we may all have to change our thinking.

So far for the sour grapes, but the weather sure has my attitude bent out of shape.

So it was when Tommy Vincent and I planned our trip to Rod Martin's Bass Outfitters out of Salt Springs.

I had heard of Martin's organization and the big fish of Rod Martin's eye on some tables and the moon coming on. Tom and I were due for Thanksgiving.

Grant said the Cowboys must be celebrating. They'd planned to play the Rams with all those big guys in the line," he said, and the game would have been a tossup.

"So you have your troubles controlling the big plays."

When we called into Martin's headquarters, we had no visions of catching fish in the 10 to 15 pound class that had done the prior week. I checked the water temperature at 6 a.m. that morning, and it showed 57 degrees down eight degrees from the previous week.

Needless to say, fishing was slow, but at least we were prepared for the worst. We loaded four keepers, and Tom did one good fish.

As for Rodman, there's no question in my mind that it's one of the finest bodies of water for bass I've ever seen. Deep holes with 50 feet of water, acres of reeds and water lilies and structure of every description. As I reflect on the events of the day, two things that impressed me were the water quality and the fish. The water was well maintained. Tom's largest fish which was between 4 and 5 pounds, weighed in at 4.5 pounds. He weighed ¾ of a pound less from other waters. Looking at its body weight in proportion to mouth size it actually reminded me of a small-mouth bass.

The deep-dark colored water was reminiscent of the St. Johns River.

Man's Bass Charters developed a reputation for fishing excursions not only nationally but internationally. Business has been so good he is in the process of building his own lodge, tackle shop and restaurant to keep pace with the demand. Our guide, Ed, was a real pro and his comment was that the success of Bass Charters could be attributed mainly to organization.

Indeed, Ed was one paragraph that was impressive of all the people involved in the business of Bass Charters. They will not purposely take a swim from the boat. As a matter of fact, all the guides admonish their clients to release most of their fish.

This is a wise point as we approach the spawning season, we should be cognizant of the fact that these fish have a tremendous disadvantage when lying in beds.

It's disheartening to observe some down a 14-foot cutouts and a bucket full of hull heads working over spawning bass. I know one fellow who bragged about catching 500 bass this last season and when asked how many he released his reply was

Talk about ignorance.

Kudos to Martin and his men for providing their customers with excellent fishing yet maintaining a sensible approach towards conserving.

Irmo, North Miami Beach Make Finale

Cohen delivered the game-deciding goal. Larry Marshall, who had the winning goal for Irmo on Wednesday, came through in the clutch again.

North Miami Beach defeated Orlando 2-0, while Irmo trumped Winter Park, 3-1.

It took overtime to decide the North Miami Beach game, Ken

Girls Basketball

Loop Off, Running

Thursday evening got the Sanford Recreation Department's girls basketball off to a start.

The first game between the Red Devils and the Green Devils was forfeited by the Red Devils due to a lack of players.

In the second game the Skin Fights played last year's winners, the Blue Bombers. The Bombers posted hard fought wins for a 55-53 victory. Leslie Fleming and Kim Alton were the only two to score for the Skin Fights. The Blue Bombers had 10 points each. Michelle Whited made five baskets for the Bombers.

The complaint, filed by 26-year-old Mattie Ladika of Sports Illustrated, said the alleged discrimination involved the use of women in the same manner as men made certain home games.

Her employer, Times Inc., based in New York, has been being deprived of the right to make the best use of its reporters based on their gender and expertise.

Cowboys Favored Over Vikings By 11

By HERKY HUFFMAN

Scoreboard

Jai Alai

ORLANDO-SEMINOLE THURSDAY

FIRST — 1. Larri Andre (2) 23.00

SECOND

THIRD

FOURTH

FIFTH

SIXTH

SEVENTH

EIGHTH

NINTH

TENTH

ELEVENTH

TWELFTH

THIRTEEN

FOURTEEN

FIFTEEN

SIXTEEN

SEVENTEEN

EIGHTEEN

NINETEEN

TWENTY

TWENTY-ONE

TWENTY-TWO

TWENTY-THREE

TWENTY-FOUR

TWENTY-FIVE

TWENTY-SIX

TWENTY-SEVEN

TWENTY-EIGHT

TWENTY-NINE

TWENTY-TWO

TWENTY-THREE

TONIGHT'S TV

Friday

Evening
6:00 p.m.
② (4) (5) 3 NEWS
④ MY THREE SONS
⑤ ZOOM
⑥ 60 MINUTES
① (2) NBC NEWS
④ (5) CBS NEWS
④ (5) FAMILY AFFAIR
⑦ OVER EASY

PLAZA TWIN

TUESDAY THEATRE

PLAZA 1 TUESDAY 8 P.M.

FRI. 7:30 P.M. TWO EXTRA FILMS

SAT. ONLY 8 P.M. THE STOOGES

7:15 P.M.

WALT DISNEY'S

Darby & the Little

People

AL PACINO

MARTHE KELLER

TONIGHT

