

# Evening Herald

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Evening Herald—(USPS 481-280)—Price 20 Cents

## Longwood Gives Preliminary Okay To Industrial Park

By MARK VOGLER  
Herald Staff Writer

Traffic congestion. Water drainage problems. Possible pollution of local lakes. Aesthetics.

Those are some of the concerns the Longwood City Commission has about the proposed Park Industrial Venture.

Those issues were raised at Monday night's commission meeting, and are expected to surface again during future hearings on the 164-acre industrial park, planned for a site south of State Road 434 and west of the Seaboard Coast Line Railroad.

But for the time being, commissioners say they like what they know about the

mental picture of what I'd like to see — a nice electronics assembly plant and other good clean stuff," Tatich said following the meeting.

"Because of the location characteristics of the site and because of the accessibility to good roads and the railroad, I think something like a good electronics assembly plant would be ideal," he said.

Tatich said the project's planners are willing to work with the city and with area residents in any way necessary, noting that the original site of the sewage treatment plant was changed because of public opposition voiced by residents in the Alberta Street area, in the southwest portion of the park.

"We're pleased that they have decided against putting in the sewage treatment plant next to our neighborhood. But we are still interested in the types of buffers, if any, that will separate the park from our homes," said Stephen Weinstein, a homeowner who lives on Alberta Street.

"There are about 30 people who were concerned about the sewage plant. We're still concerned about having a good buffer because we're going to have to look at the park from our own properties," he said.

Seminole County Commissioner Sandra Glenn also raised questions about the type of buffer the planners were proposing.

Tatich told the commission the buffer would be constructed according to the development of each individual lot.

"We would hate to see a developer go in and buy one parcel and put a five-foot buffer area with trees and a chain-link fence in, and then see the next buyer put in a six-foot masonry wall fence. We'd like to see a consistent, contiguous buffer," said Mrs. Glenn.

City Commissioner Russell Grant said he had reservations about giving the project preliminary approval.

"The commission has been burned a time or two on this because we approved a concept," he said.

Grant did approve the preliminary site plan, but cautioned that he was concerned about possible drainage problems that might result from industrial development of the area.

**'We don't know**

**what's going to go in there yet. It's too early to tell.**

**But I have a mental picture**

**of what I'd like to see—a nice electronics assembly plant and other good clean stuff.'**

—Phillip Tatich

project.

They gave the park's developers preliminary approval of the site plan during Monday's meeting.

The city's zoning code doesn't require preliminary plans to be presented to the commission. But Phillip Tatich, a spokesman for Park Industrial Venture, said the developer felt that the commission's preliminary approval of the site plan would be necessary before planners invested considerable money in the final plan.

Tatich said he doesn't know what firms or types of industry will locate at the park, since there hasn't been any marketing study completed yet.

"There will be approximately 40 sites, ranging from one acre to nine acres. We don't know what's going to go in there yet. It's too early to tell. But I have a



**CATCH AS CATCH CAN**

All Robert Walton, 1810 Jerry Ave., Sanford, wants to do on his day off from his job with the Seaboard Coast Line Railroad is catch a few fish in Lake Monroe at Sanford. But he's keeping a wary eye on that alligator — who might just be trying to catch Walton. He estimated the gator's length at 10 to 12 feet.

Herald Photo by Tom Vincent

## Benefits School Officials Seek Ways To Help Seniors Keep Them

By DONNA ESTES  
Herald Staff Writer

Seminole County school officials will meet at 10 a.m. Wednesday at Lyman High School, Longwood, to find ways to help high school seniors retain their Social Security student benefits to attend college.

Under the terms of the federal Omnibus Reconciliation Act of 1981, Social Security student benefits — funds received for education after the death or disability of a parent — are to be phased out over the coming four years.

To be eligible for continued benefits, students must meet two conditions: have been eligible to receive the benefits as of August 1981, and be enrolled in and attending college full time prior to May 1.

The benefits average about \$2,700 annually.

The principals of the county's five high schools and Andy Bracken, the School Board's director of secondary education, will meet with James Sawyer, dean of student development at Seminole Community College (SCC), to attempt to work out problems with meeting the federal guidelines for first-time college students or continuing-benefit students under the Social Security program.

The two major problems are that Seminole County high school seniors are not scheduled to graduate until early June and that SCC does not have a new semester beginning until May 5.

Sawyer said today that the principals are attempting to determine the number of Seminole students affected by the new federal cutoff and then will look at alternatives available.

Meanwhile, Wayne Epps, principal of Seminole High School, said 10 to 12 seniors at his school have talked to him about their problems with meeting the deadlines.

"The Reagan administration took an

unfair advantage of these students," Epps said today. "We have to get together and see what we can do to solve the problems legally."

Epps said some students from his school currently attend SCC on a dual-enrollment basis and that something of this sort could possibly be worked out.

At the same time, Valencia Community College, Orlando, appears to have the problem worked out for its prospective students.

Charles Drosin, registrar at Valencia, said today that the 7-week and full 14-week summer sessions at Valencia are scheduled to begin April 20.

He said high school seniors who have not as yet graduated can enroll full time under certain conditions.

Drosin said the conditions are that the students qualify for early admission or dual enrollment. Under both programs, the seniors must have a cumulative grade-point average of "B" for the 10th and 11th grades. If a student cannot meet the "B" average, he must have completed all his high school requirements and have only electives to complete. In addition, an exemption would allow students to attend based on maturity and exceptional circumstances explaining his less than "B" average.

Drosin said students eligible for dual enrollment or early admission will qualify for the federal funding by enrolling at Valencia unless federal standards in some way have been changed.

For the seven-week summer semester, a student, to be considered full time, must take six semester hours of work. "Since he will be going to school twice as much for half the time, six hours is considered full time," Drosin said.

Those registering for the full 14-week summer semester must take 12 semester-hours of credit work to be considered full time.

## Nancy Reagan Tells Teens: Shun Drugs

ST. PETERSBURG (UPI) — Nancy Reagan's voice choked with emotion as she told teenage drug abusers and their mothers and fathers there is "nothing as painful for parents" as to see their child hurt by drug abuse.

Mrs. Reagan, on a two-state tour of drug programs, spoke after an emotional, confession-filled session at Straight Inc., a controversial effort that tries to wean teenagers off drugs through behavior modification.

Today she was to fly to Texas to visit Texans' War Against Drugs, an anti-drug committee, and meet Richardson Families in Action, a suburban Dallas

parents group.

Monday night, teenager after teenager stood up in a huge auditorium to tell Mrs. Reagan of their experiences with drugs ranging from cocaine to insecticide. She listened for several hours to the children and their parents describe what drugs did to their lives. Several broke down as they spoke.

Mrs. Reagan, wearing a black Chanel-style suit and red blouse, stood up and spoke to the 1,000 people in the sign-decorated, flag-bedecked auditorium.

"I'm so proud of you and I love you, too," the first lady told the teenagers, who were mainly white and clean-cut,

## King Pondering Offer Of SHA Director Post

Whether Willie King Sr. will become the Sanford Housing Authority's executive director is up in the air today.

King, general manager of the Orlando Times newspaper, said he expects to hear from the Sanford Housing Authority (SHA) Board of Commissioners in writing this week what the terms of the position will be, specifically the salary and the expected probationary period. After receiving and studying the letter he will make a decision about whether to accept the job, King said.

He said that although an annual salary of \$26,000 is budgeted for the position, the SHA board told him at a conference last Saturday that their preference for salary is in the \$20,000-to-\$21,000 range. The board also preferred a six-month probationary period.

"Based on the Saturday meeting, the salary

is not negotiable," King said. Noting that he was selected by the board for the post two weeks ago, he said he had not met the commissioners until the Saturday meeting, called to discuss the conditions of his employment.

"The first hurdle to overcome is receiving the letter and making the decision," he said today. King promised to make a decision within three days after receipt of the letter.

"I'll have to give the matter a lot of thought," he said. At his current job, King said he is earning slightly less than the \$20,000-to-\$21,000 salary set by the authority.

The SHA commissioners chose King for the post after a six-month search and a review of dozens of applications.

King, 52, of 141 Bethune Circle, Sanford, is a native of Sanford. — DONNA ESTES

## Sinks In North Atlantic

# Hope Abandoned For 84 On Oil Rig

ST. JOHN'S, Newfoundland (UPI) — Searchers gave up hope for 84 crew members of a giant oil rig that sank in the frigid North Atlantic and a Soviet ship with 37 people aboard was reported sinking today from the same storm-driven waves.

Shortly after the search for survivors of the Ocean Ranger drilling rig, including 15 Americans, was suspended at dark Monday, the Mekonik Tarasov sent a distress signal warning it was about 65 miles east of the sunken rig and also could go under.

Canadian Coast Guard spokesman Malcolm McLauchlin said from Halifax a small Danish fishing vessel and a larger Russian fishing ship were alongside and ready to remove the 37 crew members.

"She's in the process of sinking," McLauchlin said, saying the crew of the 4,263-ton Soviet container ship had been waiting until the arrival of the fishing vessel before

deciding to abandon ship.

"The cargo shifted, probably due to the storm," placing the 400-foot ship on a severe list, he said. "The waves have abated somewhat," he said, but the wind was "still blowing at roughly 35 knots, with probably 40-foot seas."

McLauchlin said, "There aren't any helicopters to send. All the crews are too tired because they've been out all day in the rescue efforts of the Ocean Ranger."

Helicopter and airplane crews, which planned to resume the hunt at the site of the rig disaster at daybreak, saw only bodies, half-sunken lifeboats and scattered debris at the wreck site 195 miles southeast of St. John's. The last real hope for survivors of the rig faded late Monday when a tug found all three enclosed, torpedo-shaped lifeboats partly submerged near the wreck. Two were empty and one of two bodies was recovered from the third before it was carried out of reach.

## TODAY

Bridge	4B
Calendar	1A
Classified Ads	2-3B
Comics	4B
Crossword	4B
Dear Abby	1B
Deaths	3A
Dr. Lamb	4B
Horoscope	4B
Hospital	2A
Sports	5-7A
Television	1B
Weather	2A



Photo by Bonnie Wiesbold

## INTO THE HOOP

Seminole High guard Johnnie Bennett drops in a layup in the Lady Seminoles' victory over Apopka Monday night. The win was the 20th for Ron McArthur's girls, a school record, and also earned them a share of the Five Star Conference championship. See Page 5A.



Herald Photo by Tom Vincent

## SIGN 'EM UP

There's no excuse not to sign up for membership in the Greater Sanford Chamber of Commerce — not when these two smiling ladies can give you one of the membership packets they're holding and start you right off. From left, they're Peg

Horner, wife of chamber president Jack Horner, and Virginia Longwell, chamber executive assistant. The chamber kicked off its membership drive at a breakfast this morning.

















# OURSELVES

Evening Herald, Sanford, FL Tuesday, Feb. 16, 1982—18

## SPAGHETTI SUPPER

Committee members, from left, Emy Bill, Vivian Buck and Ann Brisson, have lots of tickets to the Sanford Woman's Club's benefit Spaghetti Supper to be held Friday at the clubhouse, 309 S. Oak Ave., from 5 to 8 p.m. Donations are: adults, \$3, and children, \$2. Tickets are available at the door and through club members. The menu includes Italian bread, spaghetti, tossed salad, cake, coffee and lemonade. Carry-out service is also available.



## Beta Sigma Phi Gamma Lambda Reviews First Aid In Home

Gamma Lambda chapter of Beta Sigma Phi held its meeting at the home of Donna Frank. The business meeting included communication from the Florida State Convention that is held for members of Beta Sigma Phi every year.

Committees gave reports on forthcoming activities within the chapter. Ritual of Jewels was held for Valerie Taylor.

Darcy Bono gave the program on First Aid. Your emergency telephone list should be in an accessible place by the telephone, she said. These are some of the numbers that would be helpful: doctor, hospital, ambulance, poison control, police and fire.

Mrs. Bono showed photographs on mouth to mouth resuscitation, nose bleeds, shock, burns and swallowed poisons. Supplies that should be on hand are: gauze compresses, tape, tweezers, ice bag, thermometer, hot water bottle, calomine lotion and tongue depressors.

Members were given a test on first aid methods and reminded how important it is to be ready in case an accident should happen.

### Xi Beta Eta

Xi Beta Eta Chapter of Beta Sigma Phi honored its Sweetheart candidate Kathy Wallace, with a luncheon. The day began with all members meeting at the home of Marty and Dick Colegrove.

The group proceeded on to an Altamonte Springs Restaurant. Kathy was presented with a crystal bowl.

Attending were: Charlotte Hlades, Marty Colegrove, Marion Farella, Wanda Hubbard, Cathy McNabb, Fran Morton, Dot Haines, Eye Hogero, Carol Ann Smith, Kathy Wallace, Lesia Wright and guest, Linda Keeling.

### Xi Epsilon Sigma

Members of Xi Epsilon Sigma honored Valentine Girl candidate Ginger Brunley with a traditional ice cream social.

This year members took their Valentine Girl to an ice cream parlor where they made their own ice cream sundaes.

At the end of the evening Ginger was presented with a gold locket in the shape of a heart. One member explained that the locket was the chapter's

way of showing their appreciation to Ginger for representing the chapter at the Valentine Ball. Others attending were: Kim Schardin, Betty Burch, Pat Milligan, Wida Hughes, Jean Roche, Margo Shiver, June Porzag, Lillian Connelly, Lisa Porzag, Phyllis Miller, Karen Hittell and Cheryl Burch.

### Preceptor Beta Lambda

Preceptor Beta Lambda Chapter of Beta Sigma Phi met at the home of Delora Mark for a brief business meeting.

After the meeting members traveled to an ice cream parlor to honor the Chapter's Valentine Girl, Susan Byrd. Susan was given a pair of gold heart shaped earrings.

Other members attending were: Viola Frank, Kitty Corley, Vertis Sauls, Marge Beine, Ruth Hoffman, Leslie Pauline, Linda Keeling, June Helms, Glenda Emerson, Amorette La Rosa, Joyce Sammett, Betty Jack, Phyllis Senkark and Barbara Gorman.



PERFORMING FOR RONALD McDONALD HOUSE

Up With People featuring an international cast of singers and dancers representing 23 countries will perform in the Bob Carr Performing Arts Center at 8 p.m. on Feb. 27. Sponsored by WDBO Radio, the proceeds will benefit the

Ronald McDonald House, Gainesville. For information on tickets, call Rick Binford, 420-5606. Up With People is a non-profit, independent, educational program incorporated in 1968.

## TONIGHT'S TV

Cable Ch <b>7</b> <b>9</b> (ABC) Orlando	Cable Ch <b>11</b> <b>(35)</b>	Independent Orlando
<b>5</b> <b>6</b> (CBS) Orlando	<b>12</b> <b>(17)</b>	Independent Atlanta, Ga.
<b>4</b> <b>2</b> (NBC) Daytona Beach Orlando	<b>(10)</b> <b>23</b>	Orlando Public Broadcasting System

In addition to the channels listed, independent stations may tune in to independent channel 44. 51 programming by using the channel 11 button on your TV, which carries sports and the Christian Broadcasting Network (CBN).

### TUESDAY

<b>6:00</b> NEWS 11 (35) CHARLES ANGELS 12 (17) UNDERSTANDING HUMAN BEHAVIOR	<b>6:05</b> 12 (17) ANDY GRIFFITH	<b>6:30</b> 12 (17) DOMEY PYLE	<b>7:00</b> 12 (17) MURPHY 12 (17) RAT PATROL (MON, FRI)	<b>7:30</b> 12 (17) ENTERTAINMENT TONIGHT An interview with Richard They...	<b>8:00</b> 12 (17) FATHER MURPHY Howard Hudson recalls his early son at the orphanage to spy on Murphy. (2)
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### WEDNESDAY

<b>6:00</b> 11 (35) U.S.A. 12 (17) SURFBISE 11 (35) JIM BARKER	<b>6:30</b> 12 (17) TODAY IN FLORIDA	<b>6:45</b> 12 (10) A.M. WEATHER	<b>7:00</b> 12 (17) TODAY 12 (17) MORNING WITH CHARLES KURALT	<b>7:05</b> 12 (17) FLINTSTONE	<b>7:30</b> 12 (17) WOODY WOODPECKER 12 (10) SESAME STREET (2)
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<b>8:00</b> 12 (17) MY THREE SONS 12 (17) DREAM OF JEANNE 12 (17) GREAT SPACE COASTER 12 (10) MISTER ROGERS (R)	<b>8:35</b> 12 (17) MY THREE SONS	<b>9:00</b> 12 (4) HOUR MAGAZINE 12 (3) DONAHUE 12 (3) MOVIE 12 (35) DOMEY PYLE 12 (10) SESAME STREET (2)	<b>9:05</b> 12 (17) MOVIE	<b>9:30</b> 12 (35) ANDY GRIFFITH	<b>10:00</b> 12 (4) TIC TAC DOUGH 12 (5) RICHARD SIMMONS 12 (10) EDUCATIONAL PROGRAMMING
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<b>10:30</b> 12 (4) BUCKEYEBUS 12 (3) ALICE (R) 12 (35) DICK VAN DYKE 12 (10) ELECTRIC COMPANY (R)	<b>11:00</b> 12 (4) WHEEL OF FORTUNE 12 (5) THE PRICE IS RIGHT 12 (7) LOVE BOAT (R) 12 (35) BUD BRAWER 12 (10) 3-2-1 CONTACT (R) (2)	<b>11:05</b> 12 (17) MOVIE	<b>11:30</b> 12 (7) BATTLESTARS 12 (35) INDEPENDENT NETWORK NEWS	<b>AFTERNOON</b> <b>12:00</b> 12 (8) PASSWORD PLUS 12 (5) NEWS 12 (35) RHODA	<b>12:30</b> 12 (4) NEWS 12 (5) THE YOUNG AND THE RESTLESS 12 (7) RYAN'S HOPE 12 (35) MAUDE
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<b>1:00</b> 12 (4) DAYS OF OUR LIVES 12 (7) ALL MY CHILDREN 12 (35) MOVIE	<b>1:05</b> 12 (17) MOVIE	<b>1:30</b> 12 (17) MOVIE	<b>2:00</b> 12 (17) MOVIE
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### PLAZA TWIN

Mar. 17 82 322 7502  
ALL SHOWS 99¢

**PLAZA II** 7:45 Only  
*Walt Disney's Cinderella*  
PLAZA II 7:45 Only

**SWAMP THING** PG  
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**\$1.75** NITE PER CAR  
7:30  
*The Beast Within*  
9:15 HOTEL HELL

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NIGHTLY  
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POST TIME 1:15

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(All 12 Wagers Sold  
in The Same Window)  
• 54 Trifecta Box  
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(On All Races)  
• Popular Daily Double  
• Quinella (All Races)  
• Perfecta (All Races)  
• 1st Race)  
• The Night In Ladies Night  
(All Ladies Admitted Free)

**SANFORD-ORLANDO KENNEL CLUB**

Just Off U.S. 1  
On Dog Track Road  
Longwood  
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Sorry, No Off Under 18 Admitted

### WEDNESDAY FAMILY SPECIAL

GOOD ALL DAY

**\$1.99** GOOD ALL DAY

*it's honey dipped*

**FAMOUS RECIPE'S CHICKEN DINNER**  
3 pieces of golden brown Famous Recipe Fried Chicken  
Mashed potatoes and gravy  
Creamy cole slaw and two fresh, hot biscuits

OPEN 10:30 A.M.-10 P.M. EXCEPT FRI. & SAT.  
CLOSING 10:30 P.M.

1009 S. French Ave. (Hwy. 17-92) Sanford 323-3450  
41 N. Hwy. 17-92 Casselberry 831-4150

**THE WAY WE MAKE IT IS MAKING US FAMOUS.**

*Famous Recipe*  
FRIED CHICKEN

## Granny Fears Being In The Family Way

DEAR ABBY: I read in the newspaper that a 50-year-old grandmother of eight just gave birth to twin boys in Michigan. I'm sure it wasn't planned, and now I'm worried because I'm also 50 and a grandmother, and if it could happen to her it could happen to me.

Abby, I have a fairly active sex life and I thought my childbearing years were over, but how can I be sure? I haven't used any birth control for the last five years. I thought I didn't have to. At what age is a woman safe?

**NERVOUS IN NEVADA**

DEAR NERVOUS: Don't go by age. Ask your gynecologist and take no chances. Medical records show that a baby was born to a woman in her 54th year. And biblical history (Genesis 21) reveals that Abraham's wife, Sarah, laughed when she learned that at age 90 she was pregnant, which today would be no laughing matter.

DEAR ABBY: You recently published a letter from a housewife complaining because they had guests for Thanksgiving and her husband spent the day watching football, which spoiled their Thanksgiving dinner. You advised her to ask him either to sacrifice his football watching or to refrain from inviting guests on a holiday.

Why didn't you get with the times and advise that poor woman and thousands of football widows like her that life would be a lot less complicated if she or her husband would simply buy a videotape recorder and record the (stupid) game while the entire family enjoys a lovely meal together? Then afterward, the football "nuis" can see the entire

game together.

**WINNE IN S.F.**

DEAR WINNIE: It wouldn't work. Football "nuis" aren't content to wait until the game is over to watch it on tape. They prefer the excitement of "seeing" history while it's being made.

DEAR ABBY: "Fed Up With Football" gets no sympathy from me. So her nan watches football all weekend — so what? She's lucky. He's there, she's there, and he's all hers. What more could she ask for?

And a little lovin' at halftime helps even the score and makes the afternoon more fun!

**R.M.M. IN SEATTLE**

DEAR ABBY: My husband and I were talking about what we would do if the other one died first. My husband said if I died first, he would never marry again. Then I said if he died first I wouldn't marry again either. That's when he got a piece of paper and a pen and asked me to put it in writing!

At first I thought he was kidding, but he was serious, so I put it in writing and signed it. We're not old, Abby. He's 43 and I'm 42. What I want to know is this: Can he hold me to it?

**WONDERING**

DEAR WONDERING: After he's dead, he can't "hold you" to anything.





by Chic Young



BEETLE BAILEY

by Mori Walker



THE BORN LOSER

by Art Sansom



ARCHIE

by Bob Montana



EEK & MEEK

by Howie Schneider



PRISCILLA'S POP

by Ed Sullivan



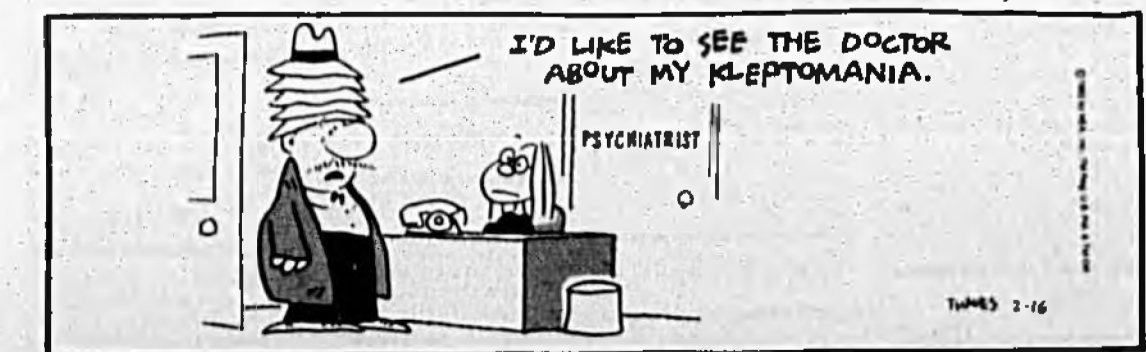
BUGS BUNNY

by Stoffel & Heimdahl



FRANK AND ERNEST

by Bob Thaves



TUMBLEWEEDS

by T. K. Ryan



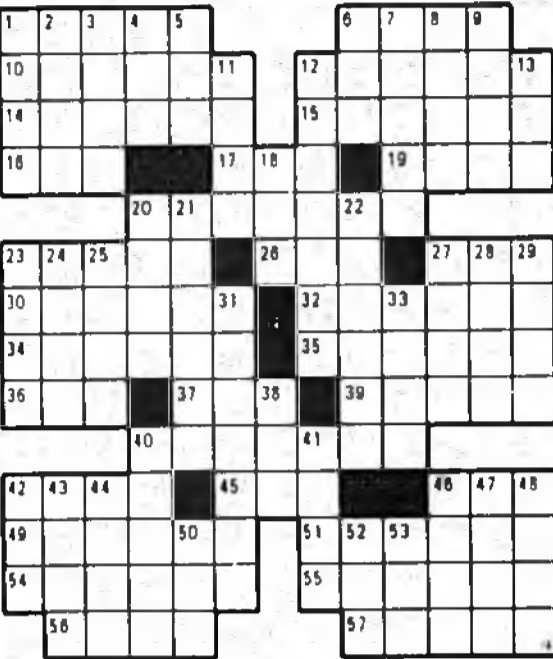
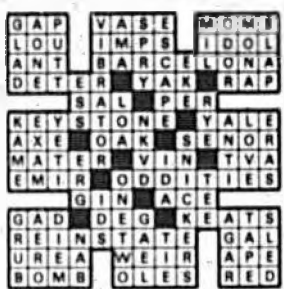
ACROSS

- 1 Italian volcano
2 Primary color
3 Evil ones
4 Ridiculous
5 Failure
6 Harden
7 Owned items
8 Southwestern river
9 Frequently (poet)
10 Greek deity
11 Fabricated
12 Bird's home
13 Arrange
14 Automotive society (abbr.)
15 Tassel
16 Heretofore (2 wds)
17 Contemporary painter
18 Performed anew
19 Unit
20 Superlative suffix
21 Seed planter
22 Throwback
23 Shed blood
24 Edible tuber
25 Second month (abbr.)
26 Continent
27 City in Illinois
28 Flung over
29 Pouts
30 Is (Sp)
31 Is excessively fond of
32 From a distance
33 One (Ger)
34 Look after
35 Compass point
36 Oklahoma town
37 Encore
38 Emitted coherent light
39 Customer
40 Outer (prefix)
41 Wild plum
42 Greasier
43 CIA
44 Forerunner
45 Remote
46 Motion picture

DOWN

- 1 Remorse
2 Exit
3 Hair-do
4 DeValera's land
5 Tear
6 Winter moisture
7 First-rate (comp wd)
8 Pitcher
9 Attempted
10 Esau's country
11 New Deal project (abbr)
12 Take as one's own
13 Demons
14 Place to sleep
15 Lead on
16 Epochs
17 Violin bar
18 Green tide
19 Low male voice
20 Garden plant
21 Conclude
22 Poverty-war agency (abbr)

Answer to Previous Puzzle



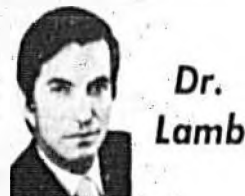
HOROSCOPE

By BERNICE BEDE OSOL

For Wednesday, February 17, 1982

February 17, 1982
The pains you've taken to prepare yourself in your present field of endeavor will prove profitable this coming year. Now that you are ready, advancement is likely.
AQUARIUS (Jan. 20-Feb. 19) In things which you cannot manage on your own today, don't be hesitant to ask for help from friends whom you have helped in the past. They're anxious to aid. Find out more of what lies ahead for you in each of the seasons following your birthday by sending for your copy of Astro-Graph, Mail \$1 for each to Astro-Graph, Box 489, Radio City Station, N.Y. 10019. Be sure to specify birth date.
PISCES (Feb. 20-March 20) In joint ventures today, the greater burdens and responsibilities are likely to fall on you rather than on your counterparts. You'll handle them in stride.
ARIES (March 21-April 19) Someone may come to you for advice today. To truly help them, you'd be wise to tell it like it is, not what they want to hear.
TAURUS (April 20-May 20) Others may give their tasks a lick and a promise today, but not you. When you do a job you'll take pride in doing it right, even if it's tedious and boring.
GEMINI (May 21-June 20) Take advantage of any opportunities today to let one of whom you're fond know how much he or she means to you. Your gestures will have lasting effects.
CANCER (June 21-July 22) Although there will be things you'll want to attend to for yourself today, drop what you are doing if one who has helped you now needs your assistance.
LEO (July 23-Aug. 22) Among your peer group you're probably one of the more-talented organizers. Your pals are aware of this. They may call upon you today to use your skills.
VIRGO (Aug. 23-Sept. 22) Matters which could affect your finances or security should be given top priority today. You have the knack to turn marginal situations into gainers.
LIBRA (Sept. 23-Oct. 23) Take steps today to protect yourself concerning your self-interests. You'll know how to do so without being greedy, or offending associates.
SCORPIO (Oct. 24-Nov. 22) You could come across something today while rummaging through things that will be of more value to you now than when you first got it.
SAGITTARIUS (Nov. 23-Dec. 21) Make it a point today to get in touch with an old friend to whom you have not been too attentive lately. The relationship is too valuable to let go by the boards.
CAPRICORN (Dec. 22-Jan. 19) By helping others achieve their goals and ambitions today, you'll gain in stature and reputation. When you need a boost, they'll be there to help.

DiETING? Grams, Calories Differ



DEAR DR. LAMB — In one of your columns you referred to luncheon meats and sausages as dietary disasters and said that hot dogs and bologna were 75 percent fat. You are wrong. Don't you know that bologna and hot dogs are less than 30 percent fat? That is the law and it is strictly enforced by the Department of Agriculture.

DEAR READER — The 30 percent figure is related to the percent of fat in grams, not the percent of total calories. The truth is that the U.S. Department of Agriculture figures show the "all samples" category of frankfurters and bologna contain 80 percent of their calories as fat. You can't very well cut out the fat in processed meats. If you have a piece of raw meat you can trim away the excess visible fat. I'd like to see you do that with hot dogs, bologna, sausage or processed cheese.

Your letter does point up a problem in labeling foods. In my column that you reacted to I did include in most instances the percent of total calories as fat and the percent weight in grams as fat. People need to know how many calories (not just grams) in any food product are from carbohydrate, fat and protein. They need to know what percentage of the total calories are fat, protein and carbohydrate.

Merely stating how many grams of each are in a product is unsatisfactory. As you know, there are about four calories in each gram of carbohydrate and protein but a whopping nine calories in each gram of fat.

that 45 percent, if 35 or 30 percent of the total weight is fat it is clear why as much as 80 percent of the total calories are really fat. In my book any food with that high a percentage of its calories as fat is a high fat food.

This problem is not limited to meats. A number of baked products and desserts, including cakes and breakfast rolls contain a high percent of their calories as fat, but you can't see it as you can see fat on plain meat.

In terms of nutrition many physicians often want their patients to consume less than 35 percent of their total calories as fat. When foods are labeled in terms of grams of fat it is very misleading to the average consumer. Moderate fat restriction is important in weight control and in diets designed to help control blood cholesterol to prevent heart attacks and strokes.

Does that mean you can't eat frankfurters or bologna? No. It means that when you eat foods that contain a high percentage of their calories as fat you need to plan the rest of the diet with foods that are very low in fat, such as fresh fruits and vegetables to balance the total and avoid an excess percentage of your total calories as fat.

Readers who want information on percent of calories in meats can get some information from The Health Letter number 8-12, Red Meats: Good and Bad. Send 75 cents with a long, stamped, self-addressed envelope for it to me, in care of this newspaper, P.O. Box 1551, Hadju City Station, New York, NY 10019

WIN AT BRIDGE

Bridge hand diagram showing North, South, East, and West cards. Includes text: 'Opening lead: ♠K' and 'Dealer: South'.

By Oswald Jacoby and Alan Soniat

This rubber bridge hand is one of the general type in which declarer should find out about what is going to happen in the side suits before going after trumps. He has a sure loser in each red suit, one possible club loser and from zero to two trump losers, with one loser the most likely.

He has a perfect safety play to guard against two trump losers. He should use this safety play if the club finesse works. If the club finesse fails he must hope to avoid any trump losers. The best play for that is to lay down the ace and try to drop a singleton king.

Therefore, at trick two it is up to South to win the diamond with dummy's king and take the club finesse. It works and now he is down to two red suit losers and can afford one trump loser.

Hence, he cashes his ace of clubs, ruffs a club in dummy and leads the lowest trump. If East shows out he plays his ace and leads toward dummy's queen. When East follows he plays his eight or 10 of trumps. He doesn't mind losing to a singleton jack or king. He will have given up an overtrick, but he will have guarded against the actual 3-0 trump break. (NEWSPAPER ENTERPRISES ASSN.)

GARFIELD



ANNIE



by Leonard Starr