

Racial Discrimination Ruled in School Case

By Michael Behr

Herald Staff Writer

The failure of Seminole County School Transportation Supervisor Woodrow Barnum to promote a black member of his department has been called "a case of blatant racial discrimination to the conscience of this county," a federal judge has ruled in a lawsuit filed by U.S. District Court Judge Elizabeth A. Krovacek which said Barnum's failure to appoint Duncan to the position of assistant supervisor of transportation for maintenance in September 1979 was due only to Duncan's race.

On a ruling last week in Orlando, she said, Barnum's actions and the actions of the school superintendent and school board were blatantly discriminatory.

"The evidence establishes that Barnum's discriminatory practices and acts so specifically against the plaintiff were so evident that neither the former superintendent nor the school board who rubber stamped his actions can claim lack of knowledge," the court ruled. Barnum denied that he was the only black person appointed to a position by the county during an open bidding or applying for the job. She ruled that Duncan should receive the difference in

salary between the assistant supervisor's post and the mechanic's salary he has received since 1979. Duncan's attorney is working to determine how much the black member had worked in the department since 1969 and had been appointed as chief mechanic since January 1979. The assistant supervisor's post was a new job which comprised most of the duties of the chief mechanic.

But Barnum never notified him that the job was going to be created during the months prior to formal board approval of the position.

By the time the post was created, the judge said, Barnum had informed Williamson, a white mechanic who was Duncan's assistant, that he would be given the position.

The assistant supervisor's post was posted Sept. 13 by Barnum and Barnum attempted to talk to him about it. But Barnum made himself unavailable to Duncan, the court ruled, so that Williamson's application was the only one filed. Barnum and Duncan testified that they usually talked on a daily basis.

On Sept. 17, Barnum announced that Williamson had been chosen for the position. But Williamson had

stopped wearing regular department coveralls in favor of white collared clothes and began to handle administrative duties by Sept. 10.

Several people testified in the trial about racial remarks Barnum made about Duncan. In an interview for a newspaper's post in February 1979, Kenneth Lockner testified he was asked whether he would mind "working for a nigger." Lockner said Barnum stated, "I have a damn nigger as my shop foreman."

Mrs. Krovacek's ruling said there is nothing to support his claims that no discriminatory actions were taken against Williamson. "The court finds that his lack of money, particularly, and his demeanor, generally, as evidenced his inactivity as a witness."

Several months after Williamson was appointed as a supervisor, Duncan stepped down as chief mechanic. He filed health reasons for returning to the ranks but the judge said he was forced to resign.

Robin Nayser, a former secretary, testified that she heard Barnum tell Williamson that he could not wait to "get rid of the nigger."

"The plaintiff has established a clear case of disparate treatment and racial discrimination by Barnum which is attributable to the School Board," the judge said. Ron Booth, director of the Seminole Education

Association, said the judge's outrage at the district's actions makes it a major decision. "It builds one of the strongest cases I've ever seen of racial discrimination."

Booth said Duncan's claims are indicative of problems within the transportation department. "We've had major problems in that department. Barnum said who gets the jobs before they're posted." He said more grievances are filed in the department than in all other departments combined.

"School Superintendent Bob Hughes has been asked a fairly decent job on correcting other problems," Booth said. "But he has turned his back on the management system out there altogether."

School Board Attorney Ned J. Julian Jr. said he is preparing a motion for a rehearing of the case but would offer no other comment on the judge's decision. He said a full report will be prepared for school board members.

Hughes, who was not school superintendent at the time the incident took place, said he is not ready to make any comment. "I have no historical perspective," Barnum said he has no comments about the case.

How to town Project In Judges' Lap

By Donna Estes

Herald Staff Writer

When or if work can begin on the planned beautification of downtown Sanford is up to the judges of the First District Court of Appeal in Daytona Beach.

The judges heard oral arguments in the suit brought by the City of Sanford and the City of Orange County. A Speer, a property owner whose law office is in Magnolia Avenue, also represents several other property owners in the downtown area.

Speer has insisted that planned redevelopment include a one-way street, widening of streets along First Street to vehicular traffic and converting it into a pedestrian mall would have a detrimental effect on the downtown area.

The project has been held up for more than two years because of the lawsuit. It has been through many court processes. A year ago, Circuit Judge Roger Dukes ruled the city of Sanford has authority in the project.

But the city has been unable to get the project started. It is expected to attempt to take the case to the state Supreme Court. However, the high court has limited the cases of this type that it will hear to constitutional matters.

Circuit Attorney Bill Colbert said today the appellate court decision could be rendered anytime from a few weeks away in a few months. "It's in the hands of the court," he said.

Representing the city in oral arguments before the court was Walter Leggett, an attorney who handles appellate work for Colbert's law firm. Simonson, McIninch, Julian, Colbert and Whigham.

On April 19, 1982, Dukes ruled the city has authority to spend money for the beautification and that the work is not completed will not constitute a traffic hazard or make it impossible for emergency vehicles to use First Street between Park Avenue and Magnolia.

Speer and his son, Thomas, on behalf of their clients insisted the city did not have the authority. would create unreasonable conditions and by the work would cause property values downtown to diminish.

The city in 1980, on petition from business property owners, adopted a plan to widen streets in its budget nearly \$200,000 to widen sidewalks in the downtown area, to construct sidewalks on designated areas, to resurface streets, install new street lights and to close Magnolia Avenue to vehicular traffic to create a pedestrian mall.

The money has been retained in the city budget since that time.

Speer used many of the same arguments as the city before the appeal court as he used in the five-day trial in Sanford a year ago.

He said the traffic project will obstruct the flow of storm water raising drainage problems, cater to special interests.

Man Shot Sunday Dies

An Altamonte Springs man, shot Sunday night in a drive-by shooting near The Gardens, died early today and police are trying to determine who fired the shot that killed him.

Police said the 37-year-old man was shot in the chest Sunday night by a man in a dark car. Sheriff's Department spokesman James Spokis said Donald Ringo, 24, of Wynona Apartment, Altamonte Springs, died at about 2:30 a.m. at Florida Hospital/Orlando.

An autopsy was performed today at Central Florida Hospital in Sanford by the Seminole County Medical Examiner, Dr. R.V. Garay.

Spokis said the autopsy and toxicology tests will be made today to determine how long two guns fired during an altercation outside the home of Angus Daniel, 21, of Central Florida Road in Altamonte Springs.

Max Andrusko told deputies Ringo was walking to her car Sunday night when a man carrying a gun approached and struggled with her. She said she was fired and when the men moved to another part of the driveway, she fired. She said she was fired on several times and on two men drug-related charges and is being held in the Seminole County Jail on a \$100,000 bond.

By Michael Behr

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Black in Crooms - Academy

A comparison of kitchens shows that Sanford Middle School has a fully equipped facility, well and meals are cooked on the premises, while Crooms' kitchen at night is equipped only to serve satellite meals delivered after prepara-

tion at another site. Sanford Middle School Principal Dan Patmans says the kitchen and dining facilities with an inviting atmosphere would be lost to students if the school is moved into Crooms' High. His objections to Crooms include the smaller library, lack of auditorium, inferior gym locker facilities, fewer classrooms and drainage problems at Crooms.

Sanford Middle School Principal Dan Patmans says the kitchen and dining facilities with an inviting atmosphere would be lost to students if the school is moved into Crooms' High. His objections to Crooms include the smaller library, lack of auditorium, inferior gym locker facilities, fewer classrooms and drainage problems at Crooms.

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School Move Views Given On Crooms, Sanford Middle Moves

County school board last night to a meeting process in the treatment and a right daily schedule.

The first five days are given to desensitization. The next level of treatment permits the patient to make and receive telephone calls and gives him freedom to move in and out of the facility. This usually lasts four days. If the patient obeys all the rules of the program, it is on time for all scheduled activities and indicates a willingness to participate in all functions and assigned work, he advances to the third level.

On the third level, he may have visitors, use the telephone and have group privileges. At this time he is properly participating in all aspects of treatment and has completed 10 days of treatment.

At the level four he has visitation, telephone and group privileges and will be allowed to leave the center during specified times.

Even though the leveling sounds simple, the alcoholic is asking the treatment staff and can decide to walk out and go back to his old drinking ways any time he chooses.

The day for the person in treatment begins most treatment center schedules are similar to the following. The patient must make his bed and shower by 7:30. By 8:15 he is ready for breakfast. At 9:30 are lectures or group discussion and by 10:45 there is a second discussion period. Lunch is served at noon. By 1:30 is a lecture or a client's "Living Story" group and at 2 is individual and relaxation therapy.

Dinner is generally at 5. The 6 p.m. schedule can include patients' consultations, films and tapes or A.A. reading group. Four nights weekly an evening meeting is required either in the facility or outside.

Sanford and Sundays A.A. meetings are required in the evenings. Morning exercise, breakfast, lecture or group discussion and lunch are scheduled as usual. At 1 p.m., visitors and other activities are permitted. Dinner is at 5 p.m. and sometimes family members can stay for dinner with the client.

Twenty-eight day treatment is available from the Metropolitan Alcoholism Council in Orlando.

While many private institutions offer care, the only one in Seminole County is Ithaca Place in Goldensrod.

The facility, which is located on 10 acres of rolling lands off Dodd Road.

Dr. C. Laignereux, president of Ithaca Place, says the most important part of the 28-day program is making the patient back into his everyday community.

"This is the critical time for the patient," he said, adding that Ithaca Place also provides a continuing care program so to charge after the discharge on the 28-day.

On staff at Ithaca are two psychiatrists, two group counselors, a group counselor, a family counselor, a social worker and a relaxation therapist.

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Read an alcoholic's story today on Page 4A

way of coping with the good times and the bad. His way of surviving.

The doctor's diagnosis of mental and spiritual illness, according to Alcohol Anonymous, will be more than enough to get him into the program.

And first in the treatment after the alcoholic has been separated from his bottle, has to be attention to his physical illness.

A complete physical examination has to be given, appropriate lab work done and physical ailments treated. A psychiatrist examination is also given.

A complete family history is taken and a treatment plan is instituted for everyone, using a multi-disciplined team approach including the patient's participation.

The patient is encouraged to progress in the service of his ego and to assist him in identifying and expressing his feelings, but not acting them out.

Then comes the startling process of riding his body of alcohol. One expert in the field says that stopping the drinking can be more physically stressful than bringing someone down from drug addiction. The experts remind that alcohol is also a drug.

The alcoholic's body is crying out for alcohol during the withdrawal. But the psychological compulsion is secondary.

The detoxification process usually takes about a minimum of five to seven days. In this time the patient normally is not permitted visitors.

The minutes of society says it is right to treat the person for the symptoms of the illness such as depression, gastritis, cirrhosis, but far less often says it is right to treat for alcoholism itself.

They consider talking about someone's alcoholism as "bad form." Somehow it's a private matter, none of our business.

The alcoholic wants to keep drinking. Alcohol has become his way of life. His

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FLORIDA

IN BRIEF

Cabinet Approves More Tests For College Students

TALLAHASSEE (UPI) — Florida's governing cabinet today voted to require all college students attending state schools to be tested for the AIDS virus. The state health department announced the new testing program today, which would require all students to be tested for the AIDS virus before they could be admitted to college.

The Cabinet and Executive Council today approved a new testing program being developed by the Education Department.

The new testing program would require all students to be tested for the AIDS virus before they could be admitted to college. The state health department announced the new testing program today, which would require all students to be tested for the AIDS virus before they could be admitted to college.

Plane Audit Criticized

TALLAHASSEE (UPI) — The Civil Aviation and the Federal Aviation Administration today criticized the state's new aircraft safety audit program. The program would require all aircraft to be inspected by the state before they could be flown.

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Baby-Killer Confirmed

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Citizens Drive For Gun Control Eyed

TALLAHASSEE (UPI) — North Florida's gun control drive is expected to gain momentum in the next few weeks. The drive is led by the Florida Citizens for Gun Control.

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Everyone Should Own Gun — Councilwoman

CAROLINA PARK (UPI) — A newly elected councilwoman has proposed a resolution that would require every citizen to own a gun.

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VETERANS

Revised booklet of veteran benefits recently published by the Veterans Administration now available to veterans discharged between 41 and 60.

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Year of Discharge _____ Age _____
Type of Discharge _____

More Blacks To Run Burger Kings

Miami (UPI) — Burger King restaurants are expected to see an increase in the number of black franchisees in the next few years.

The increase is expected to be due to the success of black franchisees in the past few years.

The success of black franchisees is due to the support of the company's executives.

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1.69 Each Arrid Deodorant
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Chocolate covered nuts, sugar coated, and more.

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Not Peace, But A Sword

Jordan's King Hussein has thrown in the towel on President Reagan's Middle East peace plan because the Palestinian Liberation Organization excoriated his veto.

The PLO scuttled the U.S. proposal for a Palestinian entity to be federated with Jordan on the West Bank and Gaza because it asserts not only that it rejected the existing Arab-Israeli settlement but the destruction of Israel. This political objective is shared by the Soviets, Syrians and many others which are all allied with the PLO.

The PLO can enforce its veto over any proposed peace settlement in the Middle East for two compelling reasons: The Arab world has officially designated this group to be the sole representative of the Palestinian people, and its altogether intimidating threat of assassination for any Arab leader who does not toe the PLO line with Israel.

Since 1949, every Arab leader who has dealt with Israel or learned that direction has been either deprived or slain. The lengthening list includes Egypt's Anwar Sadat, Lebanon's Bashir Gemayel and Hassan's grandfather, King Abdullah. It also includes scores of prominent Palestinians in the West Bank.

It is through the Arab world of the PLO's long, murderous arm, Isam Sartawi, a leading PLO advocate of reconciliation with Israel, was killed or learned that direction has been Hussein's announcement that he would not be able to negotiate the Keating plan. A radical PLO faction based in Syria proudly proclaimed its responsibility for the killing.

The Sartawi lesson was not lost on Hussein who has been dodging Palestinian demands for a settlement for most of 30 years of reign. There have been at least 11 assassination attempts, seven attempted coups, and civil war with the PLO in Lebanon. Hussein has also attacked his airports, shelled his palace, and poisoned his food.

Against PLO terrorism, the Saudis and other Arab states have been offering generous incentives as AWACS planes, tanks, and pressure on Israel to halt its settlement expansion on the West Bank.

The latest triumph of PLO radicals over peace must only confirm Israel's paranoia and intransigence. Prime Minister Menachem Begin's government can be expected to proceed upon establishing new Israeli settlements all over the West Bank, which extensions will soon constitute a de facto annexation. As far as Begin is concerned, if the PLO wants all or nothing, it will be nothing.

President Reagan's inability to bring Jordan to the negotiating table with Israel and Egypt — an indispensable requirement for a Palestinian-Jordanian link on the West Bank — is a real setback, but it is not to be seen as a defeat. It was the most unimpaired proposal yet made and offers alternative in sight offers such an honorable future for West Bank Palestinians and, simultaneously, the necessary security arrangements for Israel.

Because the United States is best suited to serve as a peacemaking catalyst between Israel and Arab world, the administration must press on with alternative approaches. The obvious requirement now, it would seem, is to isolate the PLO's poisonous influence insofar as possible. This will be the most unimpaired proposal yet made and offers alternative in sight offers such an honorable future for West Bank Palestinians and, simultaneously, the necessary security arrangements for Israel.

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Please Write

Letters to the editor are welcome for publication. All letters must be signed and include a mailing address and, if possible, a telephone number. The Evening Herald reserves the right to edit letters to avoid libel and to accommodate space.

BERRY'S WORLD

WASHINGTON — Josef Stalin once sneered at the power of the Vatican by asking, "How many divisions does the Pope have?"

But Stalin's successors in the Kremlin don't share his contemptuous view of the Roman Catholic Church. In fact, they're so impressed with the Vatican's leaders that they've even invited them to their own country.

Stalin's old nemesis, Nikita Khrushchev's MGB allegedly tried to have the Pope assassinated two years ago. And that the Pope's long and distinguished career in Russia in Warsaw are worried about John Paul's visit to Poland in June.

They're afraid that once he's in Warsaw, he'll fan the flames of rebellion in Catholic Poland — flames that were suppressed by the Soviet declaration of martial law in December, 1980.

The Soviet leaders, as paranoid as any ideological fanatics, believe the

For most of us it's probably quite difficult to imagine how we'd get along without the use of our automobile. It's one of those things that we naturally come to take for granted. Many of us start out with one car and end up with two, maybe three and the family and that puts us in touch with just about anything we need: the supermarket, the office, school, church, synagogue, the dentist, or maybe just a leisurely drive of a lazy Sunday afternoon.

This's transportation. A most important and desirable commodity. It happens to also be the number one problem identified by social service agencies. That is, the lack of accessibility in the area of care for the elderly.

He's been attending a series of meetings at Semline Community College under the auspices of the United Way of Semline County. The objective is to have various agencies determine their resources and to identify their agency's function and to identify unmet needs. Hopefully, to establish a human services committee to function as liaison between the agencies and those who might be able to provide a service or goods to meet those unmet needs.

ROBERT WAGMAN
Rockerete Heads For The Senate

MORGANTOWN, W. Va. (NEA) — Don't look now, but there's a rocketeer heading for the Senate.

It's not that Roderick Rockefeller IV, West Virginia's Democratic governor and the odd-ball favorite to replace Bob Casey as Governor of West Virginia will retire after 24 years in the Senate and 50 in all as Capitol Hill.

Rockefeller, born and raised in New York, was considered by the anti-communist right of the Rockefeller "coons," as they called him, as well as despised by the anti-communist right. He attended Harvard, majored in East Asian affairs, then moved to West Virginia. He was an active member of the poverty program and desired to settle in the state.

In 1958, he ran for the state legislature and won — shortkiting as a Democrat, a somewhat radical departure from the Rockefeller tradition. He was elected state treasurer two years later and made his name as Governor of West Virginia's governorship in 1972.

West Virginia has a reputation for tough politics, and the 1972 governor's race showed it very well. Described as Rockefeller's opponent, incumbent Arch Moore, based his campaign on the theme, "Stop the carpalizer," which Moore did, winning with about 55 percent of the vote.

But Rockefeller stayed in West Virginia, becoming president of a small college, which seemed to have downgraded Rockefeller's apparent, incumbent Arch Moore, based his campaign on the theme, "Stop the carpalizer," which Moore did, winning with about 55 percent of the vote.

In general, Rockefeller has been a good campaigner whose gubernatorial campaigns have been marked by their professionalism — the finest money can buy, so to speak. In his 1980 re-election campaign, he started out behind Moore but won after a bruising, multi-million-dollar media campaign.

Even before Randolph announced his resignation, there were speculations that Rockefeller would challenge Man in the Democratic primary. Early polling repeatedly showed that among voters and Democrats, Rockefeller had a stable lead over Randolph. The prospect of Rockefeller's resignation was clearly influenced Randolph's decision to retire.

JACK ANDERSON

Pope Visit to Poland

WASHINGTON — Josef Stalin once sneered at the power of the Vatican by asking, "How many divisions does the Pope have?"

But Stalin's successors in the Kremlin don't share his contemptuous view of the Roman Catholic Church. In fact, they're so impressed with the Vatican's leaders that they've even invited them to their own country.

Stalin's old nemesis, Nikita Khrushchev's MGB allegedly tried to have the Pope assassinated two years ago. And that the Pope's long and distinguished career in Russia in Warsaw are worried about John Paul's visit to Poland in June.

They're afraid that once he's in Warsaw, he'll fan the flames of rebellion in Catholic Poland — flames that were suppressed by the Soviet declaration of martial law in December, 1980.

JEFFREY HART
Kirkpatrick On Campus

We have been hearing a lot lately about "agility" on the college campus and the disappearance of the political passions of yesteryear, but the truth about the American campus peaked out at us recently when UN Ambassador Jeffrey Kirkpatrick was prevented from speaking on several occasions.

It would be a serious mistake to consider that a mere isolated incident, but it was a timely episode, especially in light of an important reality.

When Kirkpatrick was booted off the Berkeley stadium and cordoned off, talk, university authorities did little or nothing, and the student government conspicuously declined to assist the Kirkpatrick.

In the aftermath, the Berkeley chancellor, Ir Michael Heyman, a pretty solid citizen who in all likelihood deserves the credit of the Berkeley student government, was called on the carpet by the Board of Regents of the California University system.

Heyman argued to the Regents that nothing could be done about the booted off of Kirkpatrick, but that the student government should be identified, that the administration had apologized to Kirkpatrick, etc., etc.

It seems "so" to say that the administration was well satisfied, but as the Regents observed, there had been little of forewarning about the coming of Kirkpatrick, etc., etc.

And of course it is nonsense to maintain that the disrupters could not have been identified at the time, or the university administration had the will to do so.

To take a neutral model, a loud crank in a movie theater would be summarily ejected by the management or, if necessary, by the police. In the case of Kirkpatrick, the student government should have gone down the aisles

jecting the shouters and taking their student identification cards for later action. The reasons why this did not occur are perfectly clear.

During the 1960s, the campuses became strongholds of the left, and they remain so today. In the 1960s, radical students and sometimes faculty shouted obscenities at the right of say, William F. Buckley, Jr., conservative commentator, was prevented from speaking at Yale.

When the '60s came to an end, an artificial cap descended on the campuses. When the '60s came to an end, an artificial cap descended on the campuses.

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and transports them to a congregate meal site where they can eat a hot meal and talk to someone, rather than stay in their cars and stare out at their misery. Sally's agency's biggest problem area is around Sanford where senior citizens have just returned from the hospital after surgery — get their only good news is that they're home. How now Sally estimates her agency brings a hot meal daily to the seniors living in the immediate Sanford area, but because they're having trouble finding volunteer drivers, her staff has had to make a few home visits during their own lunch hour. If you've read this far and you're wondering if you should invest your four hours a week in helping an elderly shut-in, a hot meal, go a step further and give the volunteer a hot meal to donate as a volunteer driver to help with the delivery of the hot meal. It's a small fee or medicine, give Bob Walk a call at the United Way office in Sanford at 322-6166. He's got a list of agencies needing that kind of help that won't quit. He'll steer you right.

DICK WEST
Moving Right Along

WASHINGTON (UPI) — An international monetary conference scheduled for next month is being sponsored by two supply-side economists who advocate putting the United States on the gold standard.

The speakers, either forward-looking Americans were organizing a "Save the Dollar" movement. They're not talking radio, is now reported near extinction.

"I don't know enough about international finance to say whether it's worth U.S. dollars with a fixed amount of gold money, but it's a lot better than our current currencies, as it is.

"I do, however, recognize advanced thinking in the area of consumer. It's not about the Future in Yearaday Foundation's lower end. It's not about think tank, to see if there are other ideas might be in the research center.

"They're not talking about to check the progress on some of our far-out projects," said Sam Harkness, the executive director of the Future in Yearaday Foundation. "Come on, you use the laboratory."

"I'm not a doctor of the lab were 11 branny young men dressed in motekias. They appeared to be experimenting in a new food laboratory."

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Lake Mary Lists Honor Roll Students

The Lake Mary High School Honor Roll for grades 10, 11 and 12 has been announced.

10th Grade:
 Michael T. Nash
 Lyric H. ...
 ...
11th Grade:
 ...
12th Grade:
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10th Grade:
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11th Grade:
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12th Grade:
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10th Grade:
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11th Grade:
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Economic Recovery Threatened By Lack of Budget Compromise

WASHINGTON (UPI) — Administration officials met with Senate Republican leaders for two hours on Tuesday to break the deadlock over raising taxes next year, but no compromise was announced.

White House chief of staff James Baker requested the meeting after Senate Republicans failed earlier Tuesday to break the five-day-old impasse.

Senate Republican leader Howard Baker and Senate Budget Committee Chairman Pete Domenici, R-N.M., met

with Baker and Budget Director David Stockman in the White House for two hours, but it was not known if any compromise had been reached.

Earlier, budget leaders had warned that the Senate's failure to adopt a 1964 budget resolution could scutt the national economic recovery.

The Republicans are deeply divided over taxes. The conservative appointee new tax increases in 1964, while the moderates want to raise just \$2.7 billion next year to help reduce

FRIEDMAN'S DISPLAYS DIAMOND SAVINGS

FRIEDMAN'S DIAMOND EARRINGS

MEASUREMENT: 1/2 CARAT 1/4 CARAT 1/8 CARAT

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FRIEDMAN'S DIAMOND PENDANTS

MEASUREMENT: 1/2 CARAT 1/4 CARAT 1/8 CARAT

\$189 \$259 \$369

FRIEDMAN'S DIAMOND SOLITAIRES

MEASUREMENT: 1/2 CARAT 1/4 CARAT 1/8 CARAT

\$199 \$269 \$389

YOUR FAVORITE JEWELERS

Friedman's

111 N. ...

Bicycle Safety Week Observed

Bicycle safety week was held on Wednesday without children as part of the Greater Orlando Chapter's administration of Bicycle Safety Week.

This work will be assisted by a variety of activities including the usual to distribute helmets by representatives of the Greater Orlando Chapter's Department and Chapter Club members.

Friends Of St. Johns Will Meet On Thursday

The Friends of the St. Johns Inc. will hold its regular meeting at the St. Johns Civic Center, Thursday at 7:30. The public is invited.

Members will receive proposals and amendments to update the organization's constitution of 1958. In addition, there will be a presentation of the St. Johns River, Florida, at the St. Johns State Road 430 and Wymore Road, Ocala, Florida.

Stroke Deaths Down

WASHINGTON (UPI) — Although stroke remains the third leading killer of Americans, a prominent health authority says deaths from brain damage resulting from strokes have declined 42 percent during past 10 years.

Dr. Robert L. Taylor, former director of the National Heart, Lung and Blood Institute and now a vice president at Tufts University, said increased control of high blood pressure is largely responsible for the reduction in stroke victims.

He said that when these statistics are added to the 25 percent drop in heart attack deaths for the same period, it means "hundreds of thousands of Americans are now alive who would not be if this decline had not taken place."

"The improved control of high blood pressure in the United States is clearly a major factor in this welcome mortality decline," he said in a statement issued before the opening day of a national blood pressure conference.

Government statistics show that 66.3 per 100,000 people die from brain damage caused by stroke in 1970, compared with 116.6 per 100,000 in 1960, a decline of 42.3 percent.

Projections out to the end of 1962 put the latest 10-year decline at 49 percent.

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Daylight Savings Time Starts Next Weekend

WASHINGTON (AP) — Daylight Saving Time, that slight of hand with the clock that keeps time by pulling an extra hour of daylight and clock time back in 1965 by one hour, begins next week.

The time change usually requires four days that it takes to set forward on the last Sunday in April and back on the last Sunday in October. This year, however, the change "springing forward, fall back" where you reset your clock.

It has not always been so, and not everywhere in the United States observes the practice.

For instance, Hawaii, Arizona, the Eastern Time Zone part of Indiana, Puerto Rico, the Virgin Islands and American Samoa are excluded from having to make the change.

A House in Congress to expand the amount of time devoted to daylight saving time was unsuccessful last year, but it was revived this year and so far it has no opposition.

It May Not Be Cured, But You'll Think Twice Before Getting It Again

POSTER LA NACHE, La. (UPI) — Contracting a venereal disease in Plaquemine Parish could result in a \$500 fine this month if you are caught at Fort St. Philip, under laws still on the parish books.

Ordinances passed in 1905 not only made it illegal to have a venereal disease but also to infect or attempt to infect another person in any manner with venereal disease or to do any act which would cause another to contract the disease.

The ordinances dealing with venereal diseases also authorize local officials to order a doctor to examine any person with venereal disease to submit to an examination by parish health officials.

The three ordinances and others have been held over from times when segregationist Judge Leander B. Perez ruled the parish with an iron fist, officials said.

A new nine-member Parish Council plans to update laws on the parish books. The council is reviewing ordinances passed during the bitter civil rights struggle of the 1960s.

Council Chairman Michael E. Kirby said the "more offensive ordinances" would be repealed during the next week.

Among those that will be considered first is a 1963 statute which forbids Perez-controlling council making it illegal

to protest. The bill, called the Fort St. Philip ordinance, provided officials would place civil rights protesters in the back of the bus for up to three pending an investigation.

The six months of daylight saving time now observed is based around the idea of providing an equal amount of extra evening sunlight on either side of the equator for the days of the year, generally in late July.

The Department of Transportation, responsible for administration of the 1966 Uniform Time Act, supports the eight-month daylight saving time proposal.

The judge reportedly threatened to throw any civil rights protesters who came to the parish into the stocks. No protesters have been arrested.

Jim Kellogg, a New Orleans attorney who handles cases for the American Civil Liberties Union, said the venereal disease ordinance was unconstitutional.

Choosing any person to submit to examination because he may be suspected of having a disease is not patently unconstitutional, he said.

The ordinance forbids practically every aspect of personal privacy and free association in that regard.

Stuart J. Gray, parish health commissioner, says the VD ordinance was not intended and was imprudent or fitted under the law.

Robert Ritter, president of the California Trial Lawyers Association, said the Rand study simply said that any organization that had any "discrimination" was "discriminating."

He said that the Rand study was "discriminating" because it was "discriminating" against the "discriminating" organizations.

The Rand study simply said that any organization that had any "discrimination" was "discriminating."

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ABC AMERICA'S LARGEST WINE AND SPIRITS DEALER HAS THE LOWER EVERYDAY PRICE

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PHONES GOOD THRU TUESDAY, APRIL 12

FLEISCHMANN'S VODKA 4.99 LITER CASE OF 12 - 58.88	BACARDI LIGHT OR DARK RUM 5.79 750 ML CASE OF 12 - 69.45	OLD GROW BOURBON 9.99 59.2 OZ CASE OF 6 - 59.50	HARWOOD CANADIAN WHISKY 10.49 LITER 1.00 9.49
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PHILADELPHIA BLEND 9.29 59.2 OZ CASE OF 6 - 55.50	CANADIAN WHISKY 6.19 750 ML 7.99 LITER 13.49 1.75 LTR	ABC 100° VODKA 4.99 750 ML 5.99 LITER 10.39 1.75 LTR	HARVEY'S SCOTCH WHISKY 11.49 59.2 OZ CASE OF 6 - 68.80
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WISER'S 10 YR. CANADIAN BOND 5.39 750 ML 6.79 LITER 11.99 1.75 LTR	ABC 6 YR. BOURBON 5.39 750 ML 6.79 LITER 11.99 1.75 LTR	IMPORTED STANLEY SCOTCH WHISKY 5.39 750 ML 6.79 LITER 11.99 1.75 LTR	ABC VODKA 8.59 9.50 1.75 LTR
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CERTIFIED GIN 9.95 750 ML 10.49 99.02	BURNETT'S GIN 10.49 99.02	IMPORTED MEXICO SUNRISE 80° GIN 6.49 LITER CASE OF 12 - 77.85	ROYAL DELUXE VODKA 4.69 LITER MIX ANY 12 - 36.25
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ABC 8 YR. SCOTCH 7.99 750 ML 9.49 750 ML LONDON TOWER 94° 6.49 LITER	DEWAR'S SCOTCH 9.49 750 ML LONDON TOWER 94° 6.49 LITER	TANQUERAY GIN 8.19 750 ML	SANFORD 17-82 SOUTH CITY LIMITS
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LONGWOOD 17-92 NEAR 434 - OPEN SUNDAY	ALTAMONTE 438 ONE BLOCK EAST OF I-4 - OPEN SUNDAY	CASSELLBERRY 17-92 AT 438 OPEN SUNDAY
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OMEGA 94° LONDON DRY GIN 4.99 750 ML 6.69 LITER 11.69 1.75 LTR	BEAM'S 90° KY BRB 7.49 ABC PRICE 1.50 MIXING 5.99 1.28 LTR BY CASE 54.90	3 LITER ABC CALIF. WINE 4.69 101 OZ CASE OF 6 - 18.50	COKE OR SPRITE 99¢ 2 LITER
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BEAM'S 90° KY BRB 7.49 ABC PRICE 1.50 MIXING 5.99 1.28 LTR BY CASE 54.90	CIGARETTES 95¢ 7.8 8.9 PACK 99¢ 2 LITER	MILK GALLON 1.85 MIX ANY 12 - 47.90	IMPORTED FRENCH-NICOLAS BORDEAUX BLANC MOELLUX 3.99 750 ML
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IMP. GERMAN VALKENBURG ZILLER SCHWARZ KETT 4.99 750 ML	IMP. ITALY - LA BELLA LAMBRUSCO 2.29 3.99 1.5 LTR	IMPORTED FRENCH-NICOLAS BORDEAUX BLANC MOELLUX 3.99 750 ML	ALEXANDER VALLEY CH-DIANA ZINFANDEL 3 FOR 5 11 3.99
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1.5 LTR. WINE 50¢	3 LTR. WINE 101 OZ	MISC. SPECIALS 2 PACK	PIER SPECIALS
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GALLO CLEAR MEAT 3.69	GALLO RED MEAT 3.79	SEBASTIANI 3.89	INGENLOOK 3.99	ALMADEN 4.29	GLENKNEIMER 4.99	CLAN MACROOOR SCOTCH 5.69	SCHENLEY O.F.C. 6.09	BOOTH'S 90° GIN 5.09	VINO DI GIACOMO 4.99
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GALLO BURGUNDY 1.89	ANDRE WHITE 2.69	DOLLA 2.99	SOAVE 2.99	ROSE 1.99	ITALIAN BRANCO LAMBRUSCO 2.99	BECCARO LAMBRUSCO 3.98	ICE CUBES 89¢
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TAAKA VODKA 4.69	ANCIENT AGE 86° 6.19	BLUE NUN 3.19	ICE CUBES 89¢
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Malpractice Claims Down; Doctors Taking Better Care Of Patients

SANTA MONICA, Calif. (UPI) — A Rand Corp. data from claims clearinghouse insurance companies reported in the 1970s, also found that the number of malpractice suits filed against doctors who, bearing suits, were less than in any other profession.

Described as "the first scientific analysis of the causes of the 1970s medical malpractice crisis and the consequences of the crisis," the study was passed to ease the Rand report on the subject of malpractice suits.

The study found that the number of malpractice suits filed against doctors in 1970 was 19 percent less than in 1960, and that the number of suits filed against doctors in 1970 was 19 percent less than in 1960.

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Legal Notice

PHILIP J. MURPHY, Plaintiff vs. ... NOTICE OF ADMINISTRATION ... LANE, MURPHY, and the estate of ... PROBATE DIVISION ...

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CALENDAR

WEDNESDAY, APRIL 13
Sanford AA, 1201 W. First St., Sanford, 8 p.m., open.

THURSDAY, APRIL 21
Seminole Chapter of Florida Audubon field trip to Florida Springs State Park. Meet in parking lot of Winkler Sports & Light, North Myrtle Avenue, Sanford, 8:30 a.m. Go directly to state park. Bring field glasses and mosquito repellent.

Lake Mary Rotary Club, 9 a.m., Lake Mary High School.

Winter Springs Teachers, 7:30 a.m., Big Cypress, Spring Trainers, 7:15 a.m., Sanford Airport Restaurant.

Sanford AA Women's Group, 8 p.m., 1201 W. First St., Sanford.

Seminole-Sanford Jaycees, 8 p.m., Jaycee Building, Fifth Street and French Ave., Sanford.

Orengo Ancestry Club, 8 p.m., Community United Methodist Church, U.S. Highway 17-92, Casselberry.

FRIDAY, APRIL 22
Optimist Club of Seminole Seminars, 7:00 a.m., Holiday Inn, Weymouth Road, Altamonte Springs.

17-92 Group AA, 8 p.m., Methodist Lutheran Church, U.S. Highway 17-92, south of Dog Track Road, Casselberry.

Court Spurns Residents' Fear In TMI Ruling

WORLD IN BRIEF

Authorities Warn Against Protests; 35 Arrested

GDANSK, Poland (UPI) — Polish authorities said "extremists" want to create strife to derail Pope John Paul II's visit to Poland and warned today that police would fire if anyone opposed Solidarity-backed protesters on May Day.

Police officers in Gdansk, Poland, and workers, Lech Walesa, invited Western reporters to a news conference at his home in Gdansk, Poland, on Sunday. The conference was attended by underground members of the banned Solidarity union.

WASHINGTON (UPI) — Psychological stress even on people who lived through the nation's worst nuclear accident, the Three Mile Island, does not seem to be weighed before an atomic plant sits awaiting the Supreme Court ruling.

On a 9-0 vote Tuesday, the justices reversed a ruling that for the first time would have required removal, even if only to be considered in necessary cases, of people living near the plant.

The action is a defeat for the People Against Nuclear Energy, a group of anti-nuclear plant residents who want to block the removal of an endangered species.

The justices said that fear of another accident, in causing them to leave an area, is not a reason to deprive the

rights of TMI's No. 1 unit. The court has been in total shutdown since a line of smoke entered its stack No. 2, March 1979.

"We certainly aren't going near because we lost the Regulatory Commission," said Joyce Connel, who lives 2 miles from the plant. "The fact that it's not considered a hazard is what I'm most concerned about."

Residents' ruling ended a matter because the Congress was talking about the physical environment — the world around us, so to speak," Benjamin says.

"Book of apocalypses is not an effect on the physical environment," said Benjamin, although disappointed by the ruling.

ANRC members pledged to keep fighting.

Douglas Beidel. He said reports to state government files that covered during shutdown were completed and being reviewed.

"Meanwhile, the company will take whatever measures we can to mitigate the community's concerns, a spokesman said.

"This certainly doesn't imply the plant is going to be rebuilt without an agreement with the state," said Randolph King, president of TMI Public Interest Resource Center, a coalition of groups that monitor cleanup activities.

King said his group would concentrate on other health risks, particularly allegations of engineers involved in the Unit 2 cleanup that GPU and its consultant, Bechtel Corp., are scrutinizing in their haste to complete the project within five years as scheduled.

Interrogated by police Tuesday for the third time in seven days, Walesa was summoned to appear again Friday before government investigators.

A report published in Warsaw today by the newspaper Zycie Warszawy said police in Czechoslovakia arrested at least 30 people in rallies Sunday on illegal pickets near the Solidarity underground.

Bombers Aimed At Habib

BEIRUT, Lebanon (UPI) — The pilots of the U.S. Embassy bombing reportedly intended to target the U.S. Middle East envoy Philip Habib in the blast that left at least 34 people dead and 20 others presumed dead.

10 Americans and U.S. soldiers were believed dead — seven American and a U.S. soldier with British citizenship and another U.S. soldier and eight Americans were wounded in the concrete rubble of the building and presumed dead.

The U.S. spokesman said the aircraft missed the victims of the explosion was the CIA's top Middle East analyst.

Spoken by Beirut's Central News Agency said Tuesday that Habib and aide Marwan Elmaghrabi narrowly escaped being hit in the blast because they fled to keep a luncheon appointment at the embassy.

Thatcher's Popularity Waning

LONDON (UPI) — Voter satisfaction with Prime Minister Margaret Thatcher's Conservative Party is down slightly from last month but still support for the opposition Labor Party is surging on new estimates, poll showed.

The Market and Opinion Research International poll conducted for the Standard newspaper showed that 43 percent of those interviewed favored the Conservatives, 24 percent backed Labor, 22 percent favored the Social Democratic Alliance and 1 percent supported other parties.

The new poll also showed the Conservative lead over Labor had dropped from 14 to 9 points in a poll during the past month. Labor showed a 7 percent increase during the same period, mainly at the expense of the Alliance, whose support dropped by 8 percent.

Conservatives retained the support of 41 percent of those aged 18 to 24, 43 percent of those aged 25 to 34, 42 percent of those aged 35 to 44, 43 percent of those aged 45 to 54, 42 percent of those aged 55 to 64, 43 percent of those aged 65 and over.

The poll also showed that 43 percent of those interviewed favored the Conservatives, 24 percent backed Labor, 22 percent favored the Social Democratic Alliance and 1 percent supported other parties.

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Margaret Thatcher... still favored over opposition system that allows the government to win it.

1 Million Mexicans To Seek Work In U.S.

MEXICO CITY (UPI) — The ruling party's National Policy Conference predicted Mexico's rural population will force more than 1 million peasants to migrate illegally to the United States this year in search of work.

"We are a country fighting among the 15 richest in the world but we are not even in the 30 ranking with an adequate standard of living," peasant Confederation spokesman Heriberto Ramirez said.

During an interview with UPI, Ramirez estimated that more than 1 million Mexican peasants will cross the border illegally into the United States in 1982 to find work.

Recent numbers of Mexicans were deported from the United States in January and February this year. The flood of illegal immigration was sparked by Mexico's recent economic crisis in 50 years.

The nation's economic woes include three devaluations during the past year and inflation pegged at 98 percent in 1982. About half of Mexico's 25-million-strong work force is either unemployed or "underemployed."

The highest unemployment rate in total areas and sectors is about 30 percent, said Ramirez, whose confederation is a branch of the ruling Institutional Revolutionary Party, known by its Spanish acronym, PRI.

Confederation studies show about 84 million Mexican peasants are unemployed. The figure, however, does not include the underemployed who can find work only part of the year.

Ramirez said the difficult conditions were made even worse by a recent drought and misdirected government programs for the country's farm workers.

AREA DEATHS

CLARENCE J. BREWER — Mrs. Clarence J. Brewer, 84, of 201 S. Peachtree Club Road, Lake Park, died Tuesday night at Florida Hospital, Winter Haven, Fla. She was 82 years old. Burial was in the Atlantic Coast Line Railroad in 1928 as an engineer. She was a member of the B'nai B'rith and the Church of Nazareth.

Survivors include his wife, Marjorie three daughters, Mrs. Mary Frances Scaglione of Sheepshead, La. Mrs. Myrtle Robinson of Barton, and Mrs. Joanne Sayler of Fort Worth, Texas, to grand-children; one great-grandchild.

Brewer's funeral home is in charge of arrangements.

CHARLIE WILSON JR. — Mr. Charlie "Dike" Wilson Jr., 41, of 411 S. Williams Clark Court, Sanford, died Friday at his home, 309 N. 19th St. in Sanford. He was a life-time resident. He was a member of the M. Mariah Pentecost Baptist Church. He was manager and coach of the Sanford All Stars Baseball Team and was affiliated with the Colby City Lodge No. 542 and the Arveta Post No. 17.

Survivors include his wife, Mrs. Julia Mae Wilson of Sanford; three sons, Robert, Fred and Wilson Sr., Ray McDevay of Daytona Beach and Charles Wilson Sr., Sanford; and adopted son, Virgil James Jackson of Jacksonville and children, Sidney Eubanks and Sharon Eubanks, both of Sanford; and son, Tim Roberts, Montreal, Canada; numerous grand-children; a sister, Mrs. Theresa Wilson Keys of Ft. Pierce; and Mrs. Anna D. Culbert of Sanford.

Wilson's Eichelberger Mortuary is in charge of arrangements.

W. L. GRAWKOW — Mr. W. L. Grawkow, 63, of 6300 S.W. 11th St., Sanford, died Monday at his home as the result of an accidental fall. Born Dec. 7, 1920, in Louisiana, he had lived in Sanford for about a year. She was a Quaker. She earned her PhD in history and master's degree in library science at the University of North Carolina and was formerly a history professor at Florida Atlantic University.

She was currently employed in the curriculum development department at Seminole Community College and was a former letter writer for the Evening Herald.

Survivors include four sisters, Julie Dineen of Orlando, Patricia Tucker of Englewood, Ruth Leigh Donaldson of North Carolina, and Laet Wertenbacher Fletcher of Nelson, N.J.

Services and interment will be in Englewood, Brown Funeral Home is in charge of local arrangements.

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GEORGE C. REBE — Mr. George C. Rebe, 61, of 107 Hartsdale Village, Winter Springs, died Wednesday morning in Florida Hospital, Altamonte. Born August 20, 1921, in Japan. He had lived in Winter Springs for the past three years, coming here from Syracuse, N.Y. He was a retired welder and a U.S. Army veteran of World War II. He was a member of American Legion Post 53 of Sanford.

Survivors include his wife, Alberta; a brother, Manuel of Seattle, Wash.; two daughters, Phillip Hyslop of California and Vernon Hyslop of Appling, Ga.; one son, Olive Army and Vera Eason, both of San Francisco, Calif.; one niece, LeRoy Hufferdorn of California.

Funeral services will be in the Gaines Funeral Home, Longwood, is in charge of arrangements.

WILEY W. ROGERS JR. — Sgt. Wiley William Rogers Jr., 37, of E. Avenue, Geneva died Sunday in Warburg, Georgia where he was stationed as a result of an automobile accident. He was born Dec. 12, 1945, in Orlando. He was a segment class in the Army and a Protestant. He was a Missionary.

Survivors include his wife, Dorothy; three sons, Jack L. Jr. of Bowie, Alaska; and Orlando, Albany Canada of Hollywood; three daughters, Tammy Newborn, Dawn Canada, and Kimberly Lynn of Norfolk, Va.; parents, Wiley and Helen of Geneva; sister, Mary Jane Carpenter of Geneva; grandmothers, Naomi L. of Detroit, two brothers, Jerry L. of Valdosta, Ga. and Rodney Rogers of Geneva, four grandchildren.

Colonial Funeral Home, Orlando, is in charge of arrangements.

Funeral Notices

HANSON, MR. WOODROW WILSON — Mr. Woodrow Wilson Hanson, 84, of East Hampton, N.Y., died Saturday, April 24, 1982, at his home in East Hampton, N.Y.

WOODROW WILSON

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323-5685

238 S. 23rd St., Sanford

W. L. Grawkow LFD

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TELEPHONE 322-2213 WILLIAM L. GRAMKOW

Sanford Pain Control Clinic

130 West Airport Boulevard Sanford, Florida 32711

Telephone 322-2213

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238 S. 23rd St., Sanford

Evening Herald-Sentinel, Ft. Lauderdale, April 25, 1968—B

Cook Of The Week

Instructor Simplifies Recipes For Classroom

By Lou Childers
Herald Correspondent

"The most valuable gift you can give others is a good example." These are the words of the popular Mattie Group teacher for the bulletin board near her office in 3006 S. Seminoke Community College.

Notic is the instructor of the college's Food Service and Culinary Arts course, a position she has enjoyed since 1974.

"When you are in her office for a few minutes, you get the idea that Mattie lives when she teaches as a former student buzz excitedly in to say, 'I got a job at a catering service. I start today!'"

The students under Mattie's instruction receive either a 1-year certificate or a 2-year associate degree in Food Service Management. This year her 19 students rotate on a weekly basis, each having a shot as vegetable cook, cook, baker, server and manager of their on-campus restaurant, The Culinary.

The Culinary serves special meals at least three times weekly in both groups as Rotary and various college functions as well as private baby showers or wedding receptions.

Mattie moved to Florida from New York where she received a bachelor degree in Home Economics from Queens College and after completing a total of 10 years of night classes, she graduated from UCF with a M.A. in Counseling.

"Many of my students are motivated to get further education, even when it means they must work hard, when I share my own experiences," she said.

A slight look of pride comes into this teacher's feature each time she mentions her daughters, Elizabeth, 18, and Theresa, 18.

Another highlight for her personal life is Mattie's husband, Robert. "We have only been married about a year," Mattie says, and she beams. "We both enjoy cooking and often share the duties of preparing our evening meal."

During her years at SCC, Mattie has learned how students seem to "interpret the recipes they read." The more unique feature for her students is that she never recites recipes she re-writes out of ordinary cookbooks. "I like to list the ingredients along with the instructions, step by step."

Mattie credits her mother's love for cheese cake to the perfection she has been able to make over the years. The reward for hard work in this case has been a fabulous cream, light cheese cake that is guaranteed not to fall or crack. Her main secrets are temperature — she uses a constant 300 degree oven instead of starting out at a higher temperature and reducing it during the baking process — and she loves the finished cake in the pan without packing it. "I hope your first try turned out."

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Mattie George, Instructor of Seminoke Community College's Food Service and Culinary course, keeps on top of her field.

1. Scute the following in one of margarine:
1 pound chopped celery
1 small chopped onion
2 tablespoons parsley
2. Mix together with vegetables:
1 teaspoon dry mustard
1 pound ground beef, cooked
4oz. Durr
1 egg

3. Dip again in cold water and again into flour mixture.
4. Fry (y at 375 degrees until golden brown. Serve immediately.

HAM CROQUETS
1. Scute the following in one of margarine:
1 pound chopped celery
1 small chopped onion
2 tablespoons parsley
2. Mix together with vegetables:
1 teaspoon dry mustard
1 pound ground beef, cooked
4oz. Durr
1 egg

3. Dip into cones. Dip into milk and egg wash. Coat with bread crumbs.
4. Bake or Fry in Fat Fry. Serve with Mustard Sauce.

MUSTARD SAUCE
1. Make a sauce by cooking:
2 tablespoons margarine
2 tablespoons flour
1 cup milk
2. Stir in 1 tablespoon prepared mustard. Add salt and pepper to taste.

CHEESE CAKE
1. Preheat oven to 300 degrees.
2. Grease sides of a 9-inch spring pan.
3. Mix together and press firmly on bottom of pan:
1/2 cup Graham cracker crumbs
2 tablespoons sugar
3 tablespoons melted butter
4. Beat 1/2 cup shortening, 1/2 cup milk and cream of tartar.

5. Add egg whites, 1/2 cup milk and 1/2 cup sugar.
6. High speed beat 10 minutes. Add SET ARMED.
7. No egg produced sugar.
8. Add egg, lemon juice, vanilla, mixing only until well blended.
9. Bake 30 minutes.
10. Add water, 1/2 cup milk and 1/2 cup sugar.
11. Beat 10 minutes.
12. Fold egg white batter that was well mixed into creamed mixture for taste, making gently well blended.
13. Bake at 300 degrees for 2 hours. DO NOT OPEN oven. Slice at least 15 minutes in closed oven if time is over.
14. Slice and serve with fruit, or eat it warm.
15. Chill and permits with fruit.

ACS-125 Social

Mrs. Don Baerle, along with her husband will serve as hosts, at their mansion, Manor House, when the American Cancer Society entertains at its second annual ACS-125 Thursday, April 21, from 6 to 8 p.m. Vivian Buck is chairman of the prestigious social event. Sponsorship of the ACS-125 is a honor patrons contributing \$15 to the local cancer society. Interested persons desiring membership and attending the ACS-125 social may call the ACS unit office.



Mother Expecting Upsets Teen-Ager

DEAR ABBY: A week ago my mother, who is 62, announced she is pregnant. I am 17 and I am really upset. Everyone in the family will be all right, but what will they talk about when they do I have the mother, I am 15 and have an older sister, 17, and a younger sister, 14.

This is my stepfather's first child, and I feel it is the wrong time to have a baby. We started adding on to our house two years ago but were unable to finish it because of financial problems. Abby, there isn't too much for another child right now.

I am the only person in the family who feels this way, and when I express my true feelings I am told that I am selfish. I have come to realize that I am selfish, but I am not. I have been getting into a lot of arguments with my family because of my all my fault, but I have no one to turn to.

Can you please give me some advice?

NEEDS HELP
DEAR NEEDS: First, you should please realize that you need help in handling your feelings of resentment.

It's not uncommon for siblings to feel as you do when a new baby is expected, but you are overreacting and need to talk to someone who will not make you feel guilty for expressing your feelings honestly. Discuss this with your school counselor, and please write again after the baby arrives. I'll be a package of Plampers you'll receive from me.

DEAR A few weeks ago you said you were looking for a job and I told you to take another look at the Yellow Pages. I'll be glad to answer your question if you write again.

IOWA MEATS

WEATHER GUARANTEED OR WE'LL GIVE YOU \$5.00 CASH

SINGIN TIP OR RUMF ROAST \$2.19

EYE ROUND ROAST \$2.39

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WHOLE FRYERS 49¢

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PORK Neck Bones 1 lb 39¢

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Pork Feet 1 lb 49¢

TURKEY Wings 1 lb 39¢

TURKEY Necks 1 lb 39¢

CHICKEN 1 lb 25¢

EXTRA LEAN GROUND BEEF 1 lb \$2.49

HOLSTEIN BREAD 2 FOR 99¢

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A Spring Dance Party

Dedicated to Honor's First Lady Adele Graham

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P.O. Box 20000, Jacksonville, Florida
SUNDAY, APRIL 29th AT 5:00 PM
(Seminoke Place)

LARGE SEAT AREA, AIR CONDITIONED
DRESSY

ADMISSION \$25.00 - \$50.00
ADVANCE TICKETS ON SALE AT
SCHOOL OF DANCE ARTS, EIGHT'S MARKET
NO OFFICE BOXES, NO PAYMENTS
WARRANTY TICKETS THROUGHOUT ON BOARD

Microwaved Shrimp Requires Minimal Effort In Preparation

Properly prepared, shrimp needs neither a conventional methods, such as boiling or broiling, nor the chemical agents and continuous temperatures of the microwave oven. The microwave oven is a more convenient way to cook shrimp.

1 cup cooked plain shrimp
1/2 cup frozen Cheddar cheese
 Cut large shrimp in half.

In microwave oven stirring in 1/4 cup melted butter on HIGH for 4 minutes. Drain. Cook until all liquid is absorbed except shrimp.

and cheese. Mix well & covered, portion reheat on low for 3 minutes.

or shrimp. Cook on HIGH for 3 minutes. Drain. Cook until all liquid is absorbed except shrimp.

MEDIAN for 3 minutes.
Make 3 or 4 servings.
REHEAT BURGERS
 1 pound raw, perked and deiced shrimp.

3 cup chopped parsley
 1/2 cup chopped green onions
 1 can (10 ounces) catsup
 (See Recipe Page 58)

If you like shrimp, then you will find the following recipe of great use in preparing the delicious shrimp in the microwave oven.

Pantry Pride

EXTRA FANCY RED DELICIOUS APPLES

3 LB BAG

79¢

BONUS BUY

SAVE 20¢

EVERYDAY PRICE

PANTRY PRIDE SODAS

2 LITER

2/\$1.49

SAVE 18%

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FIRM RIPE SALAD TOMATOES

6 PACK

49¢

SAVE 20%

BONUS BUY

FRESH GREEN CUKES

PICK YOUR OWN

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SAVE 15%

BONUS BUY

SWEET JUICY WINTER PEARS

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COMPARE EVERYDAY PRICE SAVE

Water 2/119

Heinz Sauce 59¢

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Pantry Prime Ready To Eat Drink Mixes \$1.10

Libby's Corned Beef \$1.20

COMPARE EVERYDAY PRICE SAVE

Jergens Soap 89¢

Burmese Hair Oil \$1.20

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Accent \$1.60

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COMPARE EVERYDAY PRICE SAVE

Oranges 10/119

Green Cabbage 15¢

Potatoes 15¢

Grapefruit 5/119

Potatoes 10 2/\$1.20

COMPARE EVERYDAY PRICE SAVE

Panbury's Rad Patchies 19¢

Slaw or Salad 49¢

Peanuts \$4.00

Mushrooms \$1.70

KRAFT B-B-Q SAUCE

15oz BOTTLE

89¢

SUNSHINE KRISPY CRACKERS

15oz BOX

79¢

ARM & HAMMER DETERGENT

15oz BOX

\$1.19

BUSCH BEER

6 PACK 12oz CANS

\$1.95

GENERIC BLACK PEPPER

NATIONAL BRAND 6oz CAN

69¢

RED CHEEK APPLE JUICE

REG. OR NATURAL

SAVE 40% 84oz

\$1.49

FAYGO DIET SODAS ALL FLAVORS

SAVE 17% 16oz

3/89¢

FRANZIA WINES

SAVE \$1.00 3 LITER

\$4.99

GENERIC PEANUT BUTTER

NATIONAL BRAND 17oz JAR

99¢

GALA TOWELS

PRINT OR AGED

SAVE 10% 80 SQ. FT.

69¢

OCEAN SPRAY GRAPEFRUIT JUICE

WHITE OR PINK

SAVE 30% 48oz

\$1.39

BLACK TOWER LIER/FRANZELN

SAVE \$1.70 750 ML.

\$3.88

10¢ OFF

MASTER BLEND COFFEE

REG. \$1.00 OR A.O.C. 13oz BAG

\$1.00

25¢ OFF

LIGHT N' LIVELY ICE MILK

HALF GALLON

\$1.00

20¢ OFF

MAXWELL HOUSE INSTANT COFFEE

8oz JAR

\$1.00

SAVE 30¢ CASH

COCA COLA, TAB, SPRITE

ON MR. PEBBLES 2-5oz BTLs. PLUS DEPOSIT

\$2.11

Sweet Flowers™ 10 INCH FRY PAN

(LESS DUTCH OVEN COVER)

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WITH THREE FILLED CARDS

COMPARE EVERYDAY PRICE SAVE

Instant Quaker Orits 69¢

Muller's Labneh 75¢

Potatoes 79¢

Instant Quaker Orits 99¢

FAB LAUNDRY DETERGENT 40¢ OFF LABEL 84oz BOX **\$3.47**

COLD POWER LAUNDRY DETERGENT 20¢ OFF LABEL 48oz BOX **\$2.11**

Flaky Biscuits Cobbler Base

For a quick and easy Sassy dinner, try Golden Nugget's Cuddler. The rich, crusty, floured with a base of frozen is topped with tender, bite-sized pieces of long-sauced baby biscuits.

**GOLDEN NUGGET
CUDDLER COBBLER**

2 fresh
1 cup sugar
1 tablespoon cornmeal

4 refrigerated wigs or half-egg roll
1 cup (measured by baker) melted
2 tablespoons lemon juice
1 teaspoon vanilla
1/2 cup, non refrigerated flaky biscuits
1 dash hot sauce, if desired
Whipped topping, if desired

Heat oven to 375°F. In medium bowl, mix egg wigs, oil and sugar, cornmeal, measured milk, sugar, lemon juice and vanilla. Mix well. Spoon in dough.

Crema Herald, Sanford, FL Wednesday, April 16, 1992

lets 10 minutes, mix each 300 4 pieces. Arrange burnt pieces evenly in ungreased 8-inch round or square baking dish. Pour egg mixture over. Bake 30 minutes. Sprinkle with saucing, if desired.

10-20 minutes or until very golden brown. Serve warm. Cook on 375°F. Sausage never taking shape will fall; let 10 minutes of baking to prevent burning.

U.S.D.A. GRADE A TWIN PACK

WHOLE FRYERS 49¢ LB

SAVE 20¢ PER LB

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GREAT GROUND BEEF PATTIE MIX

5 LB AVG. PKG.

99¢ LB

SAVE 40¢ PER LB

BONUS BUY

BONELESS SMOKED TURKEY HAM

PER POUND

\$1.39

SAVE 60¢ PER LB

BONUS BUY

BONELESS BOTTOM ROUND ROASTS

PER POUND

\$1.79

SAVE \$1.00 PER LB

BONUS BUY

BONELESS EYE ROUND ROASTS (WHOLE)

4 TO 6 LB AVG.

\$2.49

LB SAVE 90¢ PER LB

FAMILY SIZE PACKAGES

Fryer Combination Pkg. **89¢**

Chicken Fried Patties **\$1.19**

Smoked Sausage **\$1.19**

Cubed Round Steaks **\$2.79**

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COMPARE DAIRY

Lancashire **59¢**

Cheddar **69¢**

Yogurt **99¢**

Cheddar Food **1.39**

Country Mashed Potatoes **1.49**

COMPARE MEAT

Bologna **69¢**

Sausage **99¢**

Turkey Ham **1.49**

Franks **1.49**

Sausage **1.49**

VEGETABLE OIL

159¢

BIRDSEYE FARM FRESH MIXTURES

99¢

KOSHER DILLS

1.99

TASTY LEAN PASTRAMI

1.99

LIBBY'S LITE FRUITS

69¢

BIRDSEYE LITTLE EARS

1.79

PANTRY PRIDE FLAKED COFFEE

2.79

PIZZA ROLL

69¢

COMPARE BREADS

Rolls **69¢**

French Bread **2/1.09**

Hot Dog **3/1.39**

COMPARE PASTRY

Rich's Cream Puff **89¢**

Creamy Topping **99¢**

Yater Tots **1.89**

COMPARE SAUCES

Tomato Sauce **99¢**

Vina Fresh **2.49**

Cover Girl **2.49**

Impulse **2.29**

COMPARE SAUSAGES

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BUY-1 GET-1 FREE EARTH GRAIN GARLIC ROLLS

89¢

MAHA TRAIL YELLOW RICE

39¢

TENDER VITLES

89¢

...Shrimp

(Cont'd From Page 10)

1. Wash and rinse shrimp.

2. Drain shrimp.

3. In a large skillet, sauté shrimp in oil for 2-3 minutes.

4. Add remaining ingredients and cook for 2-3 minutes.

5. Serve hot.

SHRIMP AND CHEESE MUFFLE

1. Wash and rinse shrimp.

2. Drain shrimp.

3. In a large skillet, sauté shrimp in oil for 2-3 minutes.

4. Add remaining ingredients and cook for 2-3 minutes.

5. Serve hot.

SHRIMP QUICHE

1. Wash and rinse shrimp.

2. Drain shrimp.

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5. Serve hot.

SHRIMP AND PASTRAMI

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5. Serve hot.

TONIGHT'S TV

STOCK-UP SPECIALS '49. Includes prices for various goods like flour, sugar, and canned goods. Example: FLOUR 80¢, SUGAR 1.19, etc.

TIP-TOP. Includes prices for various goods like flour, sugar, and canned goods. Example: FLOUR 80¢, SUGAR 1.19, etc.

Legal Notices. A collection of short legal notices and advertisements.

FAMILY DAY SPECIAL. ALL DAY WEDNESDAY. Try Our Famous 3 Piece Dinner! \$2.19. Includes details about the special and participating restaurants.

Legal Notices

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FAMILY DAY SPECIAL. ALL DAY WEDNESDAY. Try Our Famous 3 Piece Dinner! \$2.19. Includes details about the special and participating restaurants.

Reader Wants To Know: Should I Walk Or Jog?

Dr. Lomb. The question of whether to walk or jog is a common one. The answer depends on your physical condition and goals. Walking is a low-impact activity, while jogging is more strenuous.

WIN AT BRIDGE. A collection of bridge-related articles, tips, and advertisements.

HOROSCOPE

What The Day Will Bring... A collection of horoscope readings for various zodiac signs.

WIN AT BRIDGE. A collection of bridge-related articles, tips, and advertisements.

BLONDE. A comic strip by Dick Voyns featuring a blonde character in various situations.

BETTY BAILEY. A comic strip by Matt Wickes featuring Betty Bailey.

THE BOON LOONER. A comic strip by Art Scherer featuring a boon looner.

ARCHIE. A comic strip by Bob Mann featuring Archie.

EEK & MEK. A comic strip by Horne Schneider featuring Eek and Mek.

FRISCELLA POP. A comic strip by Ed Sullivan featuring Frisella Pop.

FRANK AND EMMETT. A comic strip by Bob Thaves featuring Frank and Emmett.

TUMBLER EGGS. A comic strip by T. K. Herp featuring Tumbler Eggs.

ALBERT WOLFE. A comic strip by Leonard Lee featuring Albert Wolfe.

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Unfurnished/Refr.

76-Employment

Unfurnished/Refr.

77-Employment

Unfurnished/Refr.

70-Child Care	71-High Waged	72-Employment	73-Rooms for Rent	74-Employment	75-Employment	76-Employment	77-Employment	78-Apartments	79-Apartments	80-Apartments	81-Apartments
71-Child Care	72-High Waged	73-Employment	74-Rooms for Rent	75-Employment	76-Employment	77-Employment	78-Employment	79-Apartments	80-Apartments	81-Apartments	82-Apartments
72-Child Care	73-High Waged	74-Employment	75-Rooms for Rent	76-Employment	77-Employment	78-Employment	79-Employment	80-Apartments	81-Apartments	82-Apartments	83-Apartments
73-Child Care	74-High Waged	75-Employment	76-Rooms for Rent	77-Employment	78-Employment	79-Employment	80-Employment	81-Apartments	82-Apartments	83-Apartments	84-Apartments
74-Child Care	75-High Waged	76-Employment	77-Rooms for Rent	78-Employment	79-Employment	80-Employment	81-Employment	82-Apartments	83-Apartments	84-Apartments	85-Apartments

Pat-A-Cake, Pat-A-Cake

Scrumptious Storybook Breakfasts For Real Girls And Boys

Pat-A-Cake, Pat-A-Cake, pat-pancake man, I'll want to see you as fast as I can. And I'll get it to a glass to see you. And I put you on a plate for dinner and me.

Old Mother Goose knows that a Ten O'Clock Scholar needs a good breakfast. Here are some storybook breakfast ideas that will send young scholars off to school with their tummies full. To make these whimsical yet nutritious breakfasts, create, 30-to-on-Day Mothers, just a little imagination and use too much effort.

Pat-a-cake, pat-a-cake, pat-pancake man, I'll want to see you as fast as I can. And I'll get it to a glass to see you. And I put you on a plate for dinner and me.

One hundred percent vitamin C is what I need today. And I'll get it to a glass to see you. Of an orange flavored drink this way.

Youngsters can start every day with a cold glass of orange-flavored instant breakfast drink. It's a good-nutrient way to get the whole day's supply of vitamin C, an important nutrient. And, instant breakfast drink is easy to mix and always ready to go for fun.

PANCAKE MAN GIROUDEL CAKES
1 cup plus 2 tablespoons all purpose flour
1/2 cup granulated sugar
1/2 teaspoons double-acting baking powder
1/4 teaspoon salt
1 egg, well beaten
1 cup milk
2 1/2 tablespoons shortening, melted
Mix flour with sugar, baking powder and salt. Combine egg, milk and shortening; add to flour mixture, mixing just until batter is moistened. Batter will be lumpy. Lightly grease inside of gingerbread man cookie tin with each panicle place cutter on hot griddle; pour thin layer of batter into mold and bake until bubbles form on surface. Carefully remove cutter, turn gingerbread man to brown other side. Decorate with raisins or other fruit, if desired, and serve with Hot Cakes syrup.

To freeze, frozen lightly, stack with waxed paper between and wrap in aluminum foil. To reheat, unwrap package or baking sheet, bake at 300° for about 10 minutes for reheat in a toaster or toaster oven.

2. In a medium plate heat and fat 2 minutes.

ANIMALS IN A NEST
1 egg
1 teaspoon milk
Dash salt and pepper
2 or 3 tablespoons butter or margarine
Cook crackers until browned. Spread with favorite animal cookie cutter. Toast crust and spread with butter, jelly or peanut butter, if desired. Bake egg whites in skillet and toast over low heat until lightly browned. Turn over egg white mixture into crust centers. Cover and cook until soft, set. Serve at once. Makes 1 serving.

FRUIT MUFFINS
1 1/2 cups all purpose flour
1/4 cup sugar
2 1/2 teaspoons double-acting baking powder
1/4 teaspoon salt
1 egg, slightly beaten
1/4 cup milk
1/2 cup cran flakes
1 1/2 cup water
12 flat-bottom for cream waffle cones

1 cup milk or fruit cocktail, well drained
Jam or jelly
Mix flour with sugar, baking powder and salt. Combine egg, milk and water; add to flour mixture, mixing just to moisten dry ingredients. Stir in cereal. Spoon half the batter into cones. Bake at 300° for about 10 minutes. To each top with remaining batter. Place on baking sheet. Bake at 400° for about 25 minutes, or until golden brown. Spread with jam or jelly.

Little dirty yellow-brown
Setting in a nest.
It is sometimes said.
You're really egg in bread.

Young sleepy heads will be wide-eyed and awake when they see these Animals in a Nest, a variation on the traditional Egg in a Nest, on their breakfast platters. They're a delightful way for kids to get their meat and eggs! And, various portions can be tossed separately and "fried" with peanut butter, jelly or cream cheese.

Silly cereal, too.
Silly cereal, too.
Silly cereal in my bowl!
Silly cereal!

Breakfast cereal will disappear fast when you top it with funny faces and cereal milk. Try this fun way to get kids to eat their fruit and cereal with milk.

Oh, do you know the muffin man?
Oh, look what's in his hands.
He's got a muffin in a cone.
Just like my mother can.

Remember the muffin man from Drury Lane? Well, he did have a cone. But mothers can't. Most any muffin mix, such as this Orange Muffin, flavored with instant breakfast drink or the Fruit Muffin, can be baked in flat-bottom cones. These portable breakfast muffins also make great lunchbox pack-ins or after-school snacks.

Long ago, nursery rhymes were a fun, memorable way to teach children lessons about morals, history or other important matters. Today, use these storybook breakfast ideas to teach. Address about the importance of getting a good breakfast every day.

ORANGE MUFFINS
1 1/2 cups all purpose flour
1/4 cup orange-flavored instant breakfast drink
1/4 teaspoon salt
1/2 teaspoon double-acting baking powder
1/4 teaspoon baking soda
1 egg, beaten
1/4 cup milk
1/2 cup oil
12 flat-bottom for cream waffle cones
Orange Cream Cheese Frosting
Mix flour with instant breakfast drink, salt, baking powder and baking soda. Combine egg, milk and oil; add to flour mixture, mixing just until dry ingredients are moistened. Batter will be lumpy. Spoon batter into cones. Bake each muffin flat. Bake at 400° for about 25 minutes, or until golden brown. Spread Orange Cream Cheese Frosting on top.

Orange Cream Cheese Frosting
Mix flour with instant breakfast drink, salt, baking powder and baking soda. Combine egg, milk and oil; add to flour mixture, mixing just until dry ingredients are moistened. Batter will be lumpy. Spoon batter into cones. Bake each muffin flat. Bake at 400° for about 25 minutes, or until golden brown. Spread Orange Cream Cheese Frosting on top.

minutes, or until golden brown. Spread Orange Cream Cheese Frosting on top.
For Orange Cream Cheese Frosting, beat 1 package (13 oz.) softened cream cheese with 2 tablespoons orange-flavored instant breakfast drink. Gradually beat in 1 cup confectioners sugar. Add about 1 or 2 tablespoons milk and beat until smooth and creamy. Makes about 1/2 cup.

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8 A.M. TO 8 P.M.
SANFORD AVE.
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PRICES GOOD THRU
APRIL 21-27

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1 Buy a 25¢ Sanf. Card (or 2) 2 Buy 2 Sanf. Cards (or 3) 3 Buy 3 Sanf. Cards (or 4)

2 CASH BONUS

PRICES BORN HERE RAISED ELSEWHERE

FILA. GRADE A LARGE EGGS 2 ⁰⁰ DOZ. WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	HEAVY DUTY BUTTER PURES 2 ⁰⁰ QUART. WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	U.S. NO. 1 POTATOES 2 ⁰⁰ 1/2 BBL. WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	LIBBY CORNED BEEF 2 ⁰⁰ 1/2 C. WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	STAR HUNT TUNA LIGHT CANS 2 ⁰⁰ 1/2 C. WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	PAN CAMP VONK & BEANS 3 ⁰⁰ 2 ⁰⁰ GAL. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	KELLOGG'S RAISIN PUREX 2 ⁰⁰ GAL. WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	GENCO WAFFLE MIX 2 ⁰⁰ 1/2 BBL. WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27
PAPER TOWELS 2 ⁰⁰ 2 ROLL WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	APPLE SAUCE 3 ⁰⁰ 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	FRUIT COCKTAIL 2 ⁰⁰ 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	DELICIOUS PEACHES 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	THE SPIRIT, HELLO COKE 2 ⁰⁰ 2 ⁰⁰ LITER WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	GENCO PUREX 2 ⁰⁰ GAL. WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	GENCO WAFFLE MIX 2 ⁰⁰ 1/2 BBL. WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	
MILWAUKEE CATSUP 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	PRELUD COOKIES 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	FRUIT COCKTAIL JELLY 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	HEATH WHITE FLOUR 2 ⁰⁰ 1/2 BBL. WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	CORN KING BACON 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	GENCO SAUSAGE 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	CORN KING FRANKS 2 ⁰⁰ ALL MEAT 1/2 BBL. PAK. WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	
STONEY CREEK STEAK OR BURGERS, CORN OR	TELLETTA TILLSA 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	SUPERMAN PEANUT BUTTER 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	EASTON GARLIC BREAD 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	NO-SOIL WHITE BREAD 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	GENCO MARGARINE 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	FILA. GRADE A FLAT OF 2 1/2 BBL. 2 ⁰⁰ 1/2 BBL. WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	
DEER SUGAR 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	T.G. LEE EXTRA RICH NEW SET OF HOMOGENIZED MILK 2 ⁰⁰ GAL. WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	CHASS & SANDOR COFFEE 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	SPAGHETTI SAUCE 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	HEATH MAYONNAISE 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	100% PURE BUTTER 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	2 ⁰⁰ PLUS DEPOSIT 2 ⁰⁰ 1/2 C. CANS WITH 1 FILLED BUNNY CARD. GOOD THRU APRIL 21-27	

DAIRY

1/2 100% PURE ORANGE JUICE 1/2 GAL. \$1.39

FILA. GRADE A LARGE EGGS 1/2 DOZ. \$1.00

MILK T.G. LEE EXTRA RICH NEW SET OF HOMOGENIZED CAL. \$1.00

LOW FAT MILK 1/2 GAL. \$1.00

PARLEY MARGARINE 1 POUND \$1.00

PICNIC 48 LB. \$6.99

GENCO BUNNETT CORN KING BUFFET HAMS 7 1/2 LB. \$1.00

CORN KING CANNED HAM 5.99

PORK SPARE RIBS EXTRA 1/2 BBL. \$9.99

SLAB SMOKED BACON 1 POUND \$1.00

PORK CHOPS FAMILY CUTTER OUT EXTRA LEAN 1 LB. \$1.00

FIRST CUT SIRLOIN PORK CHOPS 1 LB. \$1.00

U.S.A. CHOICE HEAVY WESTERN BEEF!!!

ROULETS SHOULDER \$1.00

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TENDER STEAK EXTRA LEAN \$1.00

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DELMONICO STEAK \$1.39

SHOULDER BONELESS \$1.00

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BONELESS PATIO STEAKS 1/2 BBL. \$1.00

EXTRA LEAN ROUND CHUCK 1 LB. \$1.00

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T.V. DINNERS 11.00

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EXTRA LEAN WHOLE OR HALF FRESH PORK **79¢**

HAM LB.

NECKBONES, FEET, EARS 12.00

PORK SAUSAGE 3 LB. \$3.99

FRESH LAMB SHANK 12.00

COOK 'N CHOOZ THE YELLOW CHICKEN

ROD ON FAMILY PAK \$4.99

FRYER THIGHS 49¢

WHOLE CHICKENS 59¢

FAMILY PAK LEG QUARTERS 58¢

CUT UP FRYERS 48¢

PRODUCE

BLACK FANCY GRAPES 78¢

LEMONS 88¢

BROCCOLI 99¢

PARSLEY 19¢

PEPPERS 10¢

CUCUMBERS 10¢

SQUASH 3¢

YELLOW CORN 5¢

Fresh Seafood

BONELESS FILET OF GROUPER \$1.98

BONELESS FILET SEA TROUT \$1.38

BONELESS FILET WHITING \$1.38

WHOLE H/G WHITING 98¢

ALL MEAT BOLOGNA \$1.98

BRANDSCHWEIGER \$1.68

HICKORY SMOKED PORK SAUSAGE \$1.98

CASE BEER

OLD MILWAUKEE 24 1/2 CANS \$5.99

LASAGNA 2 1/2 PAK \$1.00

LASAGNA 1/2 PAK 69¢

NOODLES-DUMPLINGS 2/1

Who's Cooking

The Herald welcomes suggestions for Cook Of The Week. Do you know someone you would like to see featured in this spot?

Recipe cards, as well as master chef, add a different dimension to dining. Many instant PEPPER & SALT Dishes Dietrich about your yells and views on cooking.

Croissants: New Toast of Town

Across the country an ever-increasing number of Americans are lifting their glasses in appreciation of a flaky, buttery pastry that has long been the "toast" of France.

Widely referred to as an authentic French pastry, the Croissant (kruh-shahn) actually originated in Hungary, where in 1685 the Ottoman Turks were displaced by a winner under the city walls of Budapest in preparation for an early-morning surprise attack.

Bakers, working their usual early morning hours, heard the tumbling and sounded the alarm, waving the city to commemorate the victory; the bakers made a pastry that took the shape of a crescent, the symbol of the Ottoman Empire.

One hundred years later, Marie Antoinette first introduced the croissant to the French Court. However, it was not until 1839—1840 that the croissant was "perfected" by new shapes for pastry — modified and perfected the recipe to create the unique, flaky crust that has become the trademark of the true croissant.

Difficult and time-consuming to make (almost two days), most Americans are not willing to make the sacrifice necessary to prepare the French pastry from scratch.

However, American ingenuity has further perfected the croissant by adding convenience to its many attributes, as evidenced by the availability of the authentic French-style croissant from the Kitchens of Sara Lee.

In a croissant, Sara Lee uses the finest ingredients available in an everyday, convenient meal.

Perfect for family or guests, the golden brown, butter-rich croissant adds a touch of class to any meal. Whether served at breakfast with butter and jam, or as a snack with your favorite drink or seasonal vegetables, or as a divertissement to accompany a light repast.

See the difference.



Croissants are the quick and easy answer for a spur-of-the-moment meal.

2 1/2 croissants
1 1/2 croissants
1 1/2 croissants

Perfect for family or guests, the golden brown, butter-rich croissant adds a touch of class to any meal. Whether served at breakfast with butter and jam, or as a snack with your favorite drink or seasonal vegetables, or as a divertissement to accompany a light repast.

See the difference.

HAM ROLL-UPS WITH MORNING SAUCE

- 3 slices ham
- 3 slices Swiss cheese
- 1/2 cup mayonnaise
- 1/2 cup mustard
- 1/2 cup ketchup
- 1/2 cup relish
- 1/2 cup onion
- 1/2 cup tomato
- 1/2 cup lettuce
- 1/2 cup celery
- 1/2 cup carrots
- 1/2 cup mushrooms
- 1/2 cup pickles
- 1/2 cup olives
- 1/2 cup raisins
- 1/2 cup nuts
- 1/2 cup seeds
- 1/2 cup fruit
- 1/2 cup vegetables
- 1/2 cup herbs
- 1/2 cup spices
- 1/2 cup condiments
- 1/2 cup dressings
- 1/2 cup dips
- 1/2 cup spreads
- 1/2 cup pastes
- 1/2 cup glazes
- 1/2 cup marinades
- 1/2 cup rubs
- 1/2 cup rubs
- 1/2 cup rubs
- 1/2 cup rubs

2 1/2 croissants
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See the difference.

MORNING SAUCE

- 2 1/2 croissants
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- 1/2 cup mayonnaise
- 1/2 cup mustard
- 1/2 cup ketchup
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- 1/2 cup lettuce
- 1/2 cup celery
- 1/2 cup carrots
- 1/2 cup mushrooms
- 1/2 cup pickles
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- 1/2 cup raisins
- 1/2 cup nuts
- 1/2 cup seeds
- 1/2 cup fruit
- 1/2 cup vegetables
- 1/2 cup herbs
- 1/2 cup spices
- 1/2 cup condiments
- 1/2 cup dressings
- 1/2 cup dips
- 1/2 cup spreads
- 1/2 cup pastes
- 1/2 cup glazes
- 1/2 cup marinades
- 1/2 cup rubs
- 1/2 cup rubs
- 1/2 cup rubs
- 1/2 cup rubs

CARIBBEAN BREAD

- 2 1/2 croissants
- 1 1/2 croissants
- 1 1/2 croissants
- 1/2 cup mayonnaise
- 1/2 cup mustard
- 1/2 cup ketchup
- 1/2 cup relish
- 1/2 cup onion
- 1/2 cup tomato
- 1/2 cup lettuce
- 1/2 cup celery
- 1/2 cup carrots
- 1/2 cup mushrooms
- 1/2 cup pickles
- 1/2 cup olives
- 1/2 cup raisins
- 1/2 cup nuts
- 1/2 cup seeds
- 1/2 cup fruit
- 1/2 cup vegetables
- 1/2 cup herbs
- 1/2 cup spices
- 1/2 cup condiments
- 1/2 cup dressings
- 1/2 cup dips
- 1/2 cup spreads
- 1/2 cup pastes
- 1/2 cup glazes
- 1/2 cup marinades
- 1/2 cup rubs
- 1/2 cup rubs
- 1/2 cup rubs
- 1/2 cup rubs

CHEESE AND SAUSAGE BACON FILLING

- 2 1/2 croissants
- 1 1/2 croissants
- 1 1/2 croissants
- 1/2 cup mayonnaise
- 1/2 cup mustard
- 1/2 cup ketchup
- 1/2 cup relish
- 1/2 cup onion
- 1/2 cup tomato
- 1/2 cup lettuce
- 1/2 cup celery
- 1/2 cup carrots
- 1/2 cup mushrooms
- 1/2 cup pickles
- 1/2 cup olives
- 1/2 cup raisins
- 1/2 cup nuts
- 1/2 cup seeds
- 1/2 cup fruit
- 1/2 cup vegetables
- 1/2 cup herbs
- 1/2 cup spices
- 1/2 cup condiments
- 1/2 cup dressings
- 1/2 cup dips
- 1/2 cup spreads
- 1/2 cup pastes
- 1/2 cup glazes
- 1/2 cup marinades
- 1/2 cup rubs
- 1/2 cup rubs
- 1/2 cup rubs
- 1/2 cup rubs



USA CHOICE WESTERN SIRLOIN TIP STEAKS
BONELESS
\$2.59

3 LITERS PEPSI-COLA
88¢



BUSCH BEER
4-12 OZ. CANS
\$1.99



FLA. PREMIUM GRADE WHOLE FRYERS
48¢

CURED STEAKS \$2.58
GROUND BEEF \$1.28
SAUSAGE \$2.18

PORK AND BEANS \$3/1
CHEESE \$1.89
POTATO CHIPS \$1.09

WHOLE PORK LOIN \$1.89
WHITE BREAD \$2/1
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BAKING POTATOES \$1.39

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SMALL SPARE RIBS \$1.38
PLUMP WENERS \$1.38

SMALL SPARE RIBS \$1.38
PLUMP WENERS \$1.38

SMALL SPARE RIBS \$1.38
PLUMP WENERS \$1.38

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AMERICA'S POWERFUL PAID FOR PAPER \$1.99

Save 91¢
3 LITERS PEPSI-COLA \$1.09

Save 81¢
BUSCH BEER \$1.89

Save 1.69
WHOLE PORK LOIN \$1.49

'Shake' Sodium Habit Without Losing Flavor

If you want to reduce sodium intake for health reasons, take heart. There are ways to 'shake' the habit without sacrificing flavor. The time-honored "pinch of salt" can be replaced with appealing, nutritive substitutes. Start your culinary adventure by reducing sodium cooking with a meat loaf. Ground meat combinations provide terrific opportunities to achieve lots of flavor without salt, since the meat serves as a relatively bland backdrop for an array of seasonings.

The hot Italian Meatloaf, for example, calls for vinegar, herbs, Tabasco pepper sauce and vegetables — all compatible yet zesty elements — to bring you one-sodium cooking at its best. The saucy Chicken and Beef Burger is another savory way to tantalize palates. Cooked as one large patty on top of the skillet, it uses seasoned chicken in equal proportion to beef in a quick one-bowl preparation.

Other kitchen tips to keep the lid on sodium intake:

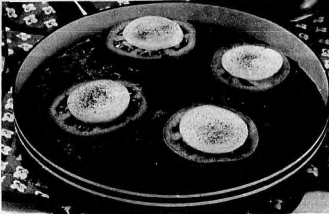
- Use the garlic, basil, celery seed or hot pepper sauce instead of high-sodium ketchup and mustard.
- Fresh produce has less sodium than when it's processed.
- Vegetables that are low in sodium but strong in flavor, such as mushrooms, peppers, onion, shallots, chives and leeks, are seasonings in cooking. Other strong-flavored foods to cook with include brown sugar, cloves, lemon juice and wine.
- Create your own seasoned salt substitute by blending finely ground herbs and spices. Fill the shaker with lively mixture such as an Italian-inspired combination of oregano, marjoram, thyme, basil, rosemary and sage.
- Add texture and interest to foods with unsalted nuts, citrus peels or seeds. Try almonds or pecans, grated lemon or orange peel or seeds such as caraway, poppy and sesame.

minutes. Remove from oven. Pour remaining tomato mixture over meat. Arrange mushroom slices around loaf. Return to oven. Bake 30 minutes longer. Let stand 10 minutes before serving. Serve with additional Tabasco sauce, if desired. Yield: 4 to 6 servings.

CHICKEN AND BEEF BURGERS

- 1/2 pound ground chicken
- 1/2 pound ground lean beef
- 1/4 cup water or milk
- 2 tablespoons finely chopped onion
- 1 clove garlic, finely chopped
- 1 teaspoon Tabasco pepper sauce
- 1 teaspoon celery seed
- 1 tablespoon vegetable oil or unsalted butter or margarine

In medium bowl combine all ingredients except oil, milk and butter. Shape into one large patty, heat oil in a 7-inch skillet; cook patty 3-4 minutes on each side. Yield: 4 servings.



Chicken And Beef Burgers high in flavor

MEATLOAF ITALIANO

- 1/2 cup water
- 1/2 cup tomato paste
- 2 tablespoons vinegar
- 1/2 pound lean ground beef
- 1/2 pound ground pork
- 1 medium onion, chopped
- 1 green pepper, chopped
- 2 bread slices, crumbed
- 1 egg
- 2 teaspoons dried leaf basil
- 1/4 teaspoon hot pepper sauce
- 1 clove garlic, minced
- 1/2 pound fresh mushrooms, sliced

In small bowl or measuring cup combine water, tomato paste and vinegar. Set aside. In large bowl combine beef, pork, onion, green pepper, bread, egg, basil, hot pepper sauce, garlic and 1/2 cup of the tomato paste mixture mix well. Shape into a loaf. Place in a 2-quart shallow baking dish. Bake in a 350°F. oven 45 minutes.

Publix Now Open 7 Days A Week

Artichokes Make Elegant Side Dish

Vegetables play an important role in cooking for two since they are essential to the diet. Lettuce stuffed with sausage and heightened with grapes, for example, makes a different entrée. A more elegant side dish can be stuffed artichokes.

LEAVE IT TO LETTUCE

- 1/2 pound bulk sausage meat
- 2 medium carrots, thinly sliced
- 1/2 cup chopped onion
- 1/2 cup seedless green grapes
- 1/2 cup plain dry bread crumbs
- 1 egg, lightly beaten
- 1 small head iceberg lettuce

In medium skillet, sauté sausage until several minutes breaking it up as it cooks. Add carrots and onion; continue cooking until vegetables are tender. Remove from heat. Stir in grapes, bread crumbs and egg. Toss lettuce, reserving several large leaves. Remove core. Spread head of lettuce at the core to create a hollow cavity. Fill cavity with sausage stuffing. Cover opening with reserved outside leaves. Place in small baking dish. Add 1/4 cup water. Cover. Bake in a 350-degree oven 35 minutes or until tender. Let stand 5 minutes before cutting.

ARTICHOQUES AURORA

- 2 tablespoons olive oil
- 2 medium spinach, washed and trimmed
- 1/4 pound mushrooms, sliced
- 1/4 cup chopped onion
- 1 small clove garlic, minced
- 1/4 cup grated Parmesan cheese
- 1/4 teaspoon thyme
- 1/4 teaspoon salt
- Pinch pepper
- 1/2 lemon or lime, sliced
- 2 small artichokes
- 2 cups water

Heat oil in skillet; sauté spinach several minutes. Add mushrooms, onion and garlic and continue to cook 5 minutes over high heat, stirring often, until liquid appears in bottom of skillet. Remove from heat. Add Parmesan cheese, thyme, salt and pepper, mix well. With fingers, separate artichokes by cutting off stems even with base. Break off small leaves at base and discard. Cut 1-inch off top straight across. With fingers, snip tip of each leaf. Holding artichoke upright, run under cold water, spreading leaves apart. Rub all crevices with lemon to prevent discoloration. With fingers, carefully open center leaves, turn artichokes over on a board and press down firmly at the base to spread leaves open. Turn artichokes right side up and pull out yellow leaves from the center. With a spoon, scrape out prickly portion from the heart. Set aside. Place a thin slice of lemon in bottom of cavity of each artichoke and fill cavities with spinach filling. Place artichokes in deep baking dish. Pour 2 cups water around them. Cover. Bake in a 375-degree oven 45 minutes. Serve hot with Vinaigrette + a.

VINAIGRETTE

- 1/4 cup olive oil
- 1/4 cup freshly squeezed lemon or lime juice (juice of 1 lemon or lime)
- 1 small clove garlic, minced
- 1/4 teaspoon dried leaf thyme
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper

In covered container, combine oil, lemon or lime juice, garlic, thyme, salt and pepper; cover and shake. Let stand at least 30 minutes before using. Serve with Artichokes Aurora. This kitchen-tested recipe makes 1/4 cup dressing.

U.S.D.A. CHOICE, FULL CUT, BONELESS

Round Steak

per lb. **\$1.99**

U.S.D.A. CHOICE

Sirloin Steak

per lb. **\$2.89**

U.S.D.A. CHOICE

Key Club Steak

per lb. **\$2.99**

Fresh Produce

Florida Fresh, Tender

- Pole Beans..... 60¢
- For Soups or Salads Crito, Jany McIntosh
- Apples..... 3 50¢
- Good Source of Vitamin C, A and Iron, Tender
- Fresh Asparagus..... 1 1/4
- Enjoy Soft, Flavorful
- Empor or Ribber Grapes..... 80¢
- Cook With Shaws, Florida
- Sweet Potatoes, Florida
- 3 1/2" Red Creamer
- Potatoes..... 3 60¢
- Sweet Potatoes (Medium Size) Florida
- Tasty Tomatoes..... 30¢
- Low in Sodium, High in Vitamin C, Florida Seedless (2 1/2 Size)
- White Grapefruit..... 5 1/4
- 1 1/2 lbs. Size of 21 Imported, 1/4 lb. Colorful Bouquet of Fresh Cut Mint Carnations..... 1 1/2

GENUINE SIZE "A" Idaho Potatoes

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Orange Juice

half gal. **\$4.29**

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Mrs. F. Alberts Margarine

2.99

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Microwave Magic

Stir-Fry Variety Of Vegetables

An accessory for the microwave oven, the browning dish is a help if you like to stir-fry vegetables. A help, not a necessity. The dish must be preheated in the microwave oven 1 to 2 minutes, depending on the size, add butter or margarine and the vegetables. Cover and microwave at 100% power, stirring after 1/2 of the cooking time. Fresh and frozen vegetables can be stir-fried. Combinations of vegetables offering a variety of color, shape and texture are most desirable.

PEA COOL, MUSHROOMS

AND FRESH BEAN SPROUTS
1 package (10 oz.) frozen pea pods, separate
1 cup thinly sliced fresh mushrooms
1/2 cup fresh bean sprouts

COIN PEPPERS AND ONIONS

1 package (10 oz.) frozen coin pepper
1/2 cup thinly sliced green pepper
1/2 cup thinly sliced onions
Stir-fry by microwave for 4 1/2 to 7 minutes at 100% power.

Midge Mycuff

Mycuff's Specialty
Berkshire Community College



BROCCOLI, CAULIFLOWER, CARROTS

1 1/4 cups cauliflower florets
1 1/2 cups broccoli florets
1 cup carrots sliced, thin or 1/2 inch
Stir-fry 1/2 to 4-5 minutes at 100% power. Cut the cauliflower and carrots to uniform size.

ZUCCHINI AND TOMATOES

1 cup 1/4 inch thick, zucchini, sliced
2 tablespoons butter
Microwave for 2 minutes. Then add 1 cup tomato

and onion 1 in 2 cubes or less cut into 1/2 inch vegetables should be cooked only until tender.

You are invited only by your imagination when it comes to combinations of vegetables that can be used for the method of microwave cooking.

This recipe menu disk is a source of ideas which are in the microwave class at Berkshire Community College.

POTATO ONION RAKE

4 medium potatoes (medium size)
1 medium onion sliced
1 teaspoon poultry
Dash of paprika
1 teaspoon salt
2 tablespoons butter
Cut potatoes
Combine 1/2 hot oil and paprika. Add with butter. Cook covered for 12 to 15 minutes on High. Stir 2 times. Let stand for 5 minutes. Sprinkle with paprika before serving.

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Extra Convenience For Your Shopping Measure

BLUE PLATE Mayonnaise
89¢
32-oz. jar
Great! 1 Pound, 2000 Water Purification of \$2.99 at Store, Excluding All Tobacco Items.

Public Special Recipe
100% Stone Ground Whole Wheat Bread 2 lbs. \$1.99
Dixie Lily Yellow Rice Dinner 55¢
Coconut, Orange, Banana or Choc. Ten Plus Bars 1 lb. \$1.99
Bones Pack Glad Wrap 70¢
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48-oz. Tostitos Cornstarch Pack or 60-oz. Extra Absorbent Elastic Leg Pampers Diapers \$2.99
Duncan Hines Assorted Deluxe Cake Mixes 79¢
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ASSORTED FLAVORS STRAINED Heinz Baby Food
5 1/2 oz. jars \$1.99

GREEN GIANT CUT, KITCHEN SLICED OR FRENCH STYLE Green Beans
10-oz. cans \$1.99

INSTANT COFFEE Maxwell House
10-oz. jar \$3.99

WELCH'S GRAPE Jam or Jelly
20-oz. jar 99¢

Apple, Apple Cherry or Mixed Fruit Heinz Juice 5 1/2 oz. \$1.99
Vitalic Sweet Buttered Chips 2 lbs. \$1.99

Green Giant Whole Kernel Golden Niblets Corn 2 lbs. 68¢
Green Giant Sweet Peas 2 lbs. 68¢
Hunt's Tomato Sauce 53¢
Cream of Celery, Beef Broth, Cream of Potato or Chicken Broth Campbell's Soup 3 1/2 oz. \$1.99
Wish's White or Regular Grape Juice 20-oz. \$1.99
F&F California Bartlett Pear Halves 16-oz. 59¢
Seven Seas Green Goddess, Vite Italian, Viva Herb & Spice, Buttermilk Recipe Creamy or Buttermilk Recipe Country Spice Dressing 10-oz. \$1.99
Orville Redenbacher Gourmet Popping Corn 17-oz. \$1.99

Candy Candy
Milk Candy Leaf Whoppers 1 1/2 lb. 89¢

TETLEY Tea Bags
100-oz. pkg. \$1.99

ALL TEMPERATURE Purex Detergent
1 1/2 gal. 99¢
1 1/2 gal. 109¢
27 1/2 oz. 1 1/2 gal. 99¢
Joy Liquid
206 OH Label, Automatic Dishwasher Detergent
Publics
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Pantry Hose

Orange, Lemon, Raspberry, & Strawberry Dainties Only! PLUS TAX & DEPOSIT
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100% DAIRY CHALK Dog Food
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Coca-Cola
\$1.69
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1 1/2 lb. 89¢
AMSTAR STAR Bacon Bacon

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Applesauce Adds Appeal To Ambrosia

National Applesauce Month just around the corner, why not celebrate with an exciting ambrosia dessert or use these quick and easy tips from the International Apple Institute to liven up your meals.

Nearly half of each year's American apple crop is processed into convenient, inexpensive apple products such as apple cider and juices, canned and frozen apple slices, apple pie filling, and everyone's favorite, applesauce.

Applesauce is usually made from a blend of two or more apple varieties and nothing artificial is ever added. Seasoned to taste, applesauce is delicious and you can enjoy it all year round.

APPLESAUCE AMBROSIA
1 1/2 lbs. jar applesauce
2 bananas sliced
2 1/2 mandarin oranges, sectioned
1/2 cup sliced almonds
1/2 cup flaked coconut
Whipped Cream
Combine all ingredients except whipped cream, chill. Serve in dessert glasses topped with whipped cream. Makes 8 servings.
Here are three quick and easy tips:
1. Combine applesauce, ground beef and seasonings for a delicious low meat loaf. Applesauce keeps meat moist and adds a subtle apple flavor.
2. Add applesauce to soups, casseroles, chicken, vinegar and brown sugar for a tangy ham glaze.
3. Applesauce makes a terrific topping for puddings, cream pies and ice cream.

Nectarines Go Beyond A Dessert

Nectarines, soon to move into their peak season, combine well with meats, poultry and vegetables for taste-pleasing dishes. Their use goes beyond that of a dessert treat.

While nectarines are juicy and ripe this season, try them in a zesty dish. It's easy to do and full of flavor.

NOODLE RECIPE
8 ounces egg noodles
2 quarts boiling salted water
1/2 lb. fresh nectarines
1/4 cup margarine or butter
1 tablespoon chicken-seasoned stock
1/4 cup sliced almonds, roasted
1/2 cup ground Parmesan cheese, drained
Cook noodles in rapidly boiling salted water until tender. Slice nectarines. Drain noodles and return to soup. Place over very low heat, add butter and chicken stock base, toss with fork until pasta is moist. Add almonds and nectarines, toss to mix well. Spoon into a serving dish or platter. Sprinkle with grated cheese, if desired. This kitchen-tested recipe makes 4 to 6 servings.

Beef Cook-Off Set In Naples

On Friday, April 22, the 1983 Florida Beef Cook-Off will be held at the Coastland Mall, 1000 N. Tamiami Trail, Naples.
Preparations will begin at noon with awards being announced at 3 p.m. Beef demonstrations and displays will be given throughout the day.
As a special feature, Morrison's Cafeteria at the Coastland Mall will serve the 1982 Culler County winning recipe, Buster Crust Beef Pie.

WINN-DIXIE

SUPER BONDS

1 2 3

SUPER BONUS SPECIAL

SUPERBONUS SPECIAL

LARGE EGGS

19^c

DOZ.

WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD APRIL 21-23, 1983

SUPER BONUS SPECIAL

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13-oz. BAG

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CLOROX

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29^c

JUMBO ROLL

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SUPER BONUS SPECIAL

LEMON-LIME OR ORANGE GATORADE

9^c

32-oz. SIZE

WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD APRIL 21-23, 1983

SUPER BONUS SPECIAL

W-D (HAND-PAK) GROUND BEEF

89^c

1-LB. SIZE

WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD APRIL 21-23, 1983

SUPER BONUS SPECIAL

SUPERBOND HOMOGENIZED, LO-FAT OR SKIM MILK

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WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD APRIL 21-23, 1983

PRICES GOOD APRIL 21-23, 1983

STORE HOURS

MON. - SAT. 8 A.M. - 11 P.M.

ORANGE & SEMINOLE COUNTIES

MON. - SAT. 8 A.M. - 10 P.M.

OSCEOLA, BREVARD, VOLUSIA, LAKE, CITRUS, SUMNER, HARRISON, INDIAN RIVER & ST. LUCIE COUNTIES

SUNDAY 8 A.M. - 9 P.M.

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THIS WEEK'S SPECIAL

show-pans

OVEN-TO-TABLE COOKWARE

8" Open Frypan

(uses 2 1/2 qt. Saucepan Cover)

only \$9.99

with minimum \$5 purchase

Just the right size for sautéing or browning!

Just the right shape for omelet!

Buy a piece a week and save! We're absolutely determined to be able to offer you the ultimate in customer Earth value. We feature a different item that can be yours at great savings...we start your first order when you shop. And, before you know it, you will have collected a complete set of incredible savings just for shopping with us!

SAVE 30^c

TOP RIB BAKING HENS

39^c

6-8 LB. AVG. LB.

ARMOUR GOLDEN STAR BUTTER BASTED BONELESS YOUNG (4.3 LB. AVG.) Turkey \$1.99

SAVE 45^c

PREMIUM GRADE FRESH PETER LEG QUARTERS

39^c

10-12 LB. OR MORE LB.

PREMIUM GRADE FRESH PETER Legquarters 49^c

W-D BRAND 100% PURE GROUND BEEF

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ALL SIZE HANDI PACKS LB.

ME. TURKEY (4-LB. PKG. \$2.97) DROPPED Turkey 99^c

SAVE 70^c

PINKY PIG PORK CHOPS

\$1.29

5 SLADE 5 SIRLOIN LB.

PINKY PIG PULL UP FRESH OR SMOKED PORK (3.5 LB. SLICED INTO Pork Chops \$1.99

SAVE 20^c

LEAK CHOICE WHOLE UNFATTENED FOR DELMONICOS STRIPS AND BONES RIB EYE/DELMONICOS

\$3.99

LB.

W-D BRAND LEAK CHOICE BEEF BONELESS BULGDOG CHUCK CURED Steaks \$2.99

SAVE 40^c

LIPTON TEA BAGS

\$1.99

100-CT. PKG.

SAVE 10^c THIRTY MAID Clearing \$1.99

SAVE 10^c

THIRTY MAID APPLE SAUCE

99^c

50-oz. JAR

WHITE HOUSE APPLE Juice \$1.99

SAVE 30^c

BUSCH BEER

\$1.99

6 PACK 12-oz. CANS

SAVE 40^c ALL VARIETIES JAMAICA Wine \$1.99

SAVE 34^c

THRIFTY MAID CORN

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3 16-oz. CANS

SAVE 24^c ON 4 - THRIFTY MAID CHEESE NOODLES, CREAM OF MUSHROOM OR TOMATO Soup \$1.99

SAVE 47^c

SUPERBOND ASSORTED FLAVORS ALL NATURAL YOGURT

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3 8-oz. CUPS

SAVE 20^c SUPERBOND Sour Cream \$1.99

SAVE 40^c

HARVEST FRESH RED APPLES

99^c

6-8 LB. BAG

SAVE 10^c HARVEST FRESH DANQUA Pears \$1.99

SAVE 30^c

THRIFTY MAID ASSORTED FLAVORS ICE MILK

99^c

HALF GAL.

SAVE 30^c SUPERBOND THIN POPS OR POPS Bars \$1.99

SAVE 40^c

SUPERBOND ORANGE JUICE

\$1.19

HALF GAL.

SAVE 40^c HARVEST FRESH Pineapples \$1.99

SAVE 50^c

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\$1.99

6 6-oz. CANS

SAVE 10^c STRAWBERRY BEEF SANDWICH Steaks \$1.99

DEL MONICOS

TURKEY BREAST

\$2.79

LB.

COY CONCHON Cheese 1/2 lb. \$1.99

Court: States May Bar Nuclear Power

IN BRIEF

Amtrak Tries To Move In On Bullet Train Action

ORLANDO (UPI)—Florida officials are trying to cut out Amtrak from the plan.

Amtrak wants a piece of the action in the building and building of Florida's proposed bullet train that would link Tampa, Orlando and Miami. The state officials say they want none of the federal tax breaks.

In a letter to the advisory committee last week, Amtrak officials claim federal law grants the exclusive right to provide rail passenger service in the three Florida cities being considered as train destinations.

But John Beck, general counsel for the Florida Department of Transportation in Tallahassee, said federal laws limit Amtrak's rights to the "exclusive" service.

The proposed bullet train would run on rapid-rail tracks along Interstate 4, the Florida Turnpike and Interstate 95 — not on existing Amtrak tracks.

He also said the bullet train would handle "interstate service, not interstate. They have no jurisdiction over this project."

WASHINGTON (UPI)—The Supreme Court has given states sweeping powers to halt nuclear power plant construction as long as it is done to protect economic interests.

In a 6-3 decision Wednesday, the justices held states, using traditional police powers, may sue to prevent their citizens against utility law increases stemming from costly nuclear power plant construction.

The ruling, considered a setback to the nuclear industry, upheld a California moratorium on new atomic reactor construction pending development of a permanent storage system for high-level radioactive waste.

But the court's ruling went beyond the

politically sensitive issue of waste disposal and cleared the way for states to vote nuclear power development within their borders if they can justify it on economic grounds. The court specifically said a state may not take such action out of safety concerns, which are the federal government's responsibility.

California said atomic reactor waste effectively barred nuclear reactor construction until there is a permanent way to dispose of radioactive debris, which can remain dangerous for up to 250,000 years.

Nuclear industry representatives insisted the ruling does not affect plants currently under construction or in

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Details Of Record Narcotics Bust Released

Details of what law enforcement officials are calling the biggest drug ring in Central Florida history have been released following the arrest of a Holyville, Ga. man in a drug case.

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The indictments charged the Crawford with distributing another 13.2 pounds of cocaine to an undercover agent on March 17.

Anderson was charged with possession and distribution of 2.2 pounds of cocaine on Dec. 29 and Feb. 14 in Seminole County. Anderson faces up to 151 years in state prison for possession, distribution and distribution charges. Miss Fletcher was charged with possession of an ounce of cocaine.

DCA agents would not comment on what happened to the remaining 186 pounds of cocaine allegedly delivered by Crawford. An assistant U.S. Attorney said only that the investigation is continuing.

Private Schools Preferred

MIAMI (UPI)—Florida parents led the nation in sending their children to small Christian schools, a national survey shows.

According to a report from the National Center for Education Statistics, Florida has the largest number of students enrolled in non-Catholic parochial schools.

Although attendance in Catholic and non-Catholic private schools has generally declined, fundamentalist Baptist schools are thriving.

The trend is especially strong in Florida, where enrollment in those schools increased 10 percent between 1970 and 1980. The increase pushed the state from eighth place in first-year enrollment to second in the nation.

Private school education sold parents are dissatisfied with the quality of public school education and want their children to be taught in a "moral" atmosphere.

Traffic Accidents Listed

A Sanford woman was cited for careless driving following a traffic accident at 2:29 p.m. Tuesday on West 25th Street in Sanford.

Sanford police said a 1980 Ford driven by Donna Kenia, 202 Yunglo Drive, Sanford, struck a 1969 Oldsmobile driven by Iva Crump, 70 of 1605 W. 25th St., Sanford, as Mrs. Crump was turning into her driveway.

Police said Mrs. Crump's car sustained \$100 damage while the Kenia car suffered \$1,000 damage.

Sanford police cited James Thomas Curtis, 25 of Orlando, following an accident at 10:31 a.m. Tuesday on Sanford Avenue.

Police said Curtis was cited for failure to yield the right-of-way when he turned onto Sanford Avenue from the burned area onto the path of Joan Connor, 27 of 123 Brenda St., Sanford, Damage to Mrs. Connor's 1981 International truck received \$150 damage.

Fredy Palford, 40 of 110 Pine Crest Drive, Sanford, was cited for police failure to yield the right-of-way and having an expired driver's license after an accident at 7:32 p.m. Monday at the intersection of U.S. Highway 17 and Airport Boulevard.

Mrs. Palford's 1967 Buick Wildcat was struck and into the path of a 1980 Toyota driven by Garfield Lyons, 53 of 222 Gentry St., Sanford, according to police reports. Both vehicles did 500-degree turns in the road after the collision.

Damage to Lyons' car was estimated at \$2,000 while Palford's 1980 Chevy received about \$600 worth of damage.

Adam Chudavsky, 18 of 568 Golf Club Court, Sanford, was cited for police careless driving following an accident at 8:05 a.m. Monday at the intersection of Downing Street and County Road 427.

Police said Chudavsky's 1979 Ford ran into the rear of a car driven by Mildred Gill, 61 of 92 Dorcer Court, Sanford, as Mrs. Gill was waiting to turn onto C.R. 427.

Police said Mrs. Gill's 1977 Ford was estimated at \$100. Chudavsky's car sustained \$150 in damage.

Donald M. Bronick, 56 of 619 Santa St., Sanford, was cited for careless driving after his vehicle struck the rear of another car on Park Drive at 12:11 p.m. Monday, according to police reports.

Police said Bronick's 1977 Plymouth received \$250 damage when it struck the rear of a car driven by Shina Matthews, 54 of 2404 Park Ave., Sanford. Damage to Matthews' 1981 Chevrolet was estimated at \$600.

A Tallahassee woman who failed to stop at a stop sign was cited by police after she collided with a car driven by a Sanford woman Monday.

Police reports said Lillian McGill, 23 of Tallahassee, was driving west on 31st Street when she struck a car on Cypress Avenue driven by Gladys Wray, 72, 1217 Valencia St., Sanford.

Damage to Mrs. Wray's car was estimated at \$200 while Mrs. McGill's vehicle received \$1,000 damage.

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IN BRIEF

U.S. Embassy Workers In Beirut Back On The Job

BEIRUT, Lebanon (UPI)—American diplomatic staff here resumed work Tuesday in apartments and offices following the U.S. Embassy bombing that killed at least 42 Americans and 12 Lebanese, and left 21 others missing and 600 injured.

The explosion, which destroyed the building and crumpled work around the clock filling slabs of concrete and twisted steel, said seven more bodies were recovered during the night and early today.

Officials at the American University Hospital in Beirut said three of the dead were American: one was Lebanese, one was Egyptian and the other two were yet unidentified females. The Americans and Lebanese were U.S. Embassy staff members, officials said.

Another shaken by the Monday attack that demolished the western embassy in Beirut, the diplomat in the Wednesday they will not be driven from performing their duties.

Good News!

Now, Rheem - proves high efficiency in a heat pump is more than a dream

The New Rheem Imperial High Efficiency Heat Pump Line — It's Here Now

Now, you can have high efficiency in a heat pump year round in your home. Rheem's newest line of heat pumps, the Imperial High Efficiency line, proves that heat pump efficiency both in heating and cooling is more than a dream. It's here now, with S.E.E.R. ratings up to 11.2 on the cooling side and C.O.P. up to 3.35 on the heating side. Give us a call. Ask what the Rheem Imperial High Efficiency Heat Pump can do for your home.

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AWARDED IN WEEKLY ROLL-OUT

Warsaw Vows Protest

WARSAW, Poland (UPI)—Former Solidarity leader Lech Walesa says organizers are planning peaceful anti-government demonstrations on May Day, answering the Polish regime's pledge to hold freely signed negotiations.

Last year's May Day protests were a major show of support for Solidarity and opposition to martial law regime. Some 50,000 people took part in a march in Warsaw, with an equal number in Gdansk, another major Polish port.

Police were said to force but did not interfere. They were said to force two days later when Poland and the anniversary of a Polish constitution adopted in 1951 — a landmark of democracy in the country.

As a result, last May 3, there were many injuries and arrests in the capital and around the country.

The Solidarity underground has been organizing support for a new round of May 1 and May 2 demonstrations in Warsaw with a series of handbills urging workers to join.

Begin: 'We Won't Leave'

United Press International

Israeli Prime Minister Menachem Begin, in a rebuttal of President Reagan's call for Jewish state's annexation of Syria's Golan Heights is irrevocable and rejected any restrictions on Jewish settlement in occupied territory.

Speaking in Jerusalem Wednesday to veterans of his Herzi Party, Begin also said Israel hopes for an agreement on the withdrawal of Tel Aviv's 30,000 troops from Lebanon despite the "comprehensive" settlement.

The latest of the prime minister's speech was a pointed rebuff to Reagan's assurances in Syria that U.S. Security Council Resolution 242 implies an Israeli withdrawal from the Golan Heights that he announced 18 months ago.

Under the law, the jurisdiction and the administration of the state of Israel is in force and will remain in force in the Golan Heights.

Begin said to bolstering charging, Israel seized the Golan Heights in 1967 war.

Begin expected U.S. demands that Israel freeze its settlements on the West Bank, acted from Jordan in the 1967 conflict and occupied since then.

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Chevron Outruns Florida Sanford Baseball

Butch's Chevron scored 12 runs in the second inning and scratched 16 hits in a 20th shumping of Seminole Field Wednesday.

Butch's Chevron took a 180 lead with 12 runs in the top of the second.

Seminole Field scored all eight of its runs in the bottom of the second taking advantage of nine walks.

In Wednesday's other game, Patrick Dougherty singled home Eric Haddock to Adcock leading to an 8-7 victory over the Braves.

In Junior League action, Rotary continued to dominate the base paths.

Rotary improved to 3-0 for the year while Kiwanis fell to 2-1.

Ranley rallied for 10 runs in the second inning off Kiwanis' starting pitcher, Perry Perry.

Winnipeg's performance was in order for the District 3 Tennis Championships.

Allyn played the first night of the boys' and girls' home championships for the second straight year.

Shym, guided by brothers David and Steve Keadin, topped the Trinity boys.

Winnipeg won 7-4 for the boys' title. The girls' title went to the girls' team.

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Parent Upset With forfeit

An unidentified man walked onto the field during the Atlantic Bank-Sandwich Recreation Department Little Major League baseball game Monday at Ocala.

"The man just walked right onto the field and up the mound to the pitcher's box and said he was a parent.

The man was apparently upset with some of the game's umpire's decisions, according to the parent.

Sanford Recreation Department held a 1-0 lead at the time and the game was in the second inning.

The parent said he believed the man had been drinking. She was upset that all of the players' records (home runs and other batting and pitching accomplishments) were also forfeited.

"Why do the children get punished?" she said. "It is a shame all of the records had to be taken away because of someone's misconduct."

Richard Robinson, Recreation Department worker who supervises the Wendell facility, said he felt the umpire did what he had to do under the circumstances.

"If the umpire could have received some help from the fans, he may have been able to get the man off the field," said Robinson.

Seminole Recreation Director Jim Jernigan and Jeff Munson, superintendent of parks and recreation, are considered candidates, but both agencies have no comment until they've completed their investigation.



Home Runs Pitcher Vince Vincent Kwanis third baseman Dwayne Willis grabs a throw from the catcher, but he's too late to catch Rotary baserunner Perez Ferry.

Tribe Needs Total Effort To Top Lyman

By Chris Fryer
Seminole Sports Writer

PrepTrack

Five-Star Weekend Sports & Field Meet
3 p.m. Field events and running prelims
7 p.m. Finals

Fisher, Thue Jones and John Fur are also strong in the field events for Lyman.

As the 1983 prep track season comes to a close, the coaches expect the best from their top people. They also rely heavily on the underbred potential.

Both the Seminoles' high boys and girls' prep teams are hoping for a total team effort Friday at the Five Star Conference meet.

In the boys' meet, Lyman is overwhelming in the state best in Benny Cheseman, only a junior, Cheseman has run the state's second fastest mile at 4:08.8 and he has also run the country's best two mile with a 9:02.7 and the best 800 at 1:56.4.

The girls' team is also looking for a total team effort in the state. Lyman is also looking for a total team effort in the state.

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While the Tribe can usually depend on two first place finishes from Dick Jackson, their other strengths lie in the sprinters, middle and high relays. The relays are an important part of the meet since winter relayers 10 points instead of the usual six for individual events.

In the Seminoles County meet, Seminoles won the mile relay, was second in the mile, triple and pole vault, and fourth in the 400 relay. It was also second in the 400 relay.

Seminole's depth is in its sprinters. The Tribe had three of the top six finishers in the mile, triple and pole vault, and fourth in the 400 relay.

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SCC Inks Toibert

Seminole Community College basketball coach Bill Payler has reached into the Metro Conference for another gem.

Payler had his second year as the Raiders coach, signed Orlando Oak Ridge swingman Mike Toibert to a co-scholarship Tuesday afternoon.

Toibert, John Calvin "Kin" Bryant (Seminole), Mike Phillips (Gulfstream), John Henry (Broward) and Keith Whitley (graduated from Myers).

The Raiders lost Ricky Strawn, Kevin Smith and Keith Whitley in graduation.

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Lowerbrau Kickers Earn Silver Medalion At State Cup

The U.F. United Soccer Club 561 Lowerbraun, an under 16 division team coached by Paul Franzgoni, managed by Bill Horne, traveled to Plantation to compete in the Florida State Cup final on April 10.

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Longwood DS Finally Claims Tourney Title

It took awhile, but Longwood DS finally won its Easter Tournament.

Cowart erupted in three singles and an RBI in the attack while Jeff Livermore singled and doubled and Casey Kelly added two singles.

In the tournament's first game, it was Cole's perfect square but which scored three runs that kept an edge on the second round.

Lake Mary earned its way to the title game with a 9-3 victory over Caseyville 1.

In other action, James Joyce hurled a three-hitter and struck out five.

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Brock Tosses No-Hitter At Braves

In Allamonte Junior League play, Chris Brock threw a no-hitter and Randy Green ripped and doubled and hit and knocked in six runs to lead the Astros to a 12-2 rout over the Braves.

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Evening Herald, Sanford, FL, Thursday, April 21, 1983-18

Miss Fowler, Michael Smith Repeat Vows

Pamela Joyce Fowler and Michael Paul Smith were married April 2 in a garden ceremony at the home of the bride's parents...

The ceremony was officiated by the Rev. and Mrs. Morris E. DeBelle of Liberty, and J. Mitchell Smith, Pastor, V.A. Given in marriage by her father, the bride wore a gown bordered in a peach-colored floral print design...

Mr. Carolyn Mancuso of Sanford, attended her sister as matron of honor. She was attired in a white tulle gown bordered in a peach-colored floral print design...

Mrs. Michael Paul Smith

Delong, Longwood, Joseph Mancuso, Sanford, Richard C. Fowler, Sanford, and Richard Lewis, Sanford. Following the ceremony, the bride's parents entertained a reception in the garden.

After a wedding trip to Homosassa Springs, the couple are making their home in Sanford. The bride is employed by the State Department of Law Enforcement and the bridegroom works in aluminum fabrication.

Retarded Teen Needs Own Life



Dear Abby

DEAR ABBY: I have a mildly retarded 17-year-old son. He can't read "B-I-L." We can't live in his home... especially a night except for short periods, and he is too old for a "nanny," so we take him in with us where we go. Bill is friendly, well-mannered, easily groomed, and he's not a source of awkwardness or embarrassment to anyone.

Our problems when we are invited to a dinner at someone's home, is it all right to call the hostess and ask if Bill may be included? After all, he's not a small child - he's almost an adult. Sometimes the hostess is a stranger, and I'm always invited, to break up and take the retarded family.

Most likely, when they learn the situation, are happy to include our son, but occasionally they don't want an extra person. How can we tactfully find out if Bill is welcome?

I might add, we can't bring Bill, we see it together.

DEAR PARENTS: You say your mildly retarded 17-year-old son can't be left alone... he is too old for a "nanny." If he can't be left home alone, regardless of his age, he needs a sister, and you should make every effort to rather than take him everywhere with you.

When you call your hostess whom you hardly know and "explain the circumstances," whether she wants an extra person or not, she will find it almost impossible to refuse your wish. That's not fair to her.

I know you mean the best for Bill, but he needs a natural life of his own, and by dropping him, you are further handicapping him.

Before that disabling realization that do not include Bill, please consider bringing him back a life of his own. He will not always have you around to look after him.

DEAR ABBY: I have yet to see this problem in your column and would appreciate some help from you.

I have this thing about married men. If I meet two men of equal charm and one is married and the other is single, I'll go for the married one every time. I'll even choose one who is engaged, or living with someone, instead of an eligible bachelor who's up for grabs.

I've dated loads of eligible men, but I've yet to find one who's a thing for me.

I would like to get married someday, but I'm 30 and have never met an eligible man I'd want to marry.

DEAR LIKES: The experts in the field of human behavior would say that you are not ready for a serious commitment, so as an unobtrusive protective device you find yourself attracted only to ones who are unavailable - and therefore safe.

DEAR ABBY: To make a long story short, my sister has dumped "Tummy," her 3-year-old child, set out for me, and she has an old puppy - especially Dad.

I started out when she asked Mom if she could leave Tummy overnight, then for the weekend, and now she's living in Mom's full time. She drops in to see her now and then.

Poor Mom is exhausted and has no time for anything else. She has two other grandchildren! We feel that Mom and Dad have raised their family, and they shouldn't have to raise a grandchild.

We think Sis should face up to her responsibilities as a mother, but she's living it up and having fun instead. Meanwhile, Mom is raising the little girl. Mom knows she's being taken advantage of, but she doesn't say anything to Sis because she's afraid Sis will dump the kid on someone else, then Mom wouldn't know how her granddaughters were being treated.

Is there a solution? Maybe Mom would listen to advice from you.

DEAR END: Your sister appears unwilling to raise her 3-year-old daughter. Your mother appears unwilling to allow the child to be raised by anyone else. Unless that double deadlock can be broken by appeal and reason, Tummy will be raised by her grandmother.

In And Around Sanford BGS Reception Honors Supporters, Members

Supporters and sponsors of Ballet Guild of Sanford-Seminole will be honored at a 6:30 p.m. reception...



Doris Dietrich PEOPLE Editor

The Saturday show is reserved for this show. The Sunday afternoon performance, at 3 p.m., is open to the general public and supporters and sponsors and their families who were unable to attend the Saturday show.

According to BGS president Jean Classi, a pink and silver color theme will be carried out at the reception to celebrate the 15th anniversary of Ballet Guild of Sanford-Seminole. Jean says, "Without the cooperation of the community, the dedicated artistic directors I Value We'll see Marion Wright, daughter of directors and their parents and a hard-working board of directors, the guild could not have possibly survived for 15 years. It's exciting to see a nod toward it to be a part of our cultural contribution to the community."

Ballet Guild of Jacksonville will arrive early Saturday morning to join the local dancers in a day of rehearsal for the Saturday night show. The visiting dance company will spend the night in Sanford and leave late Sunday afternoon following the performance.

April 18-24 has been proclaimed as Italoamerican Week in the Orlando area. A native dancer, Marilyn King joined the planned ceremonies and got the week off to a good start by making a television appearance Sunday morning.

Marilyn, daughter of Dr. and Mrs. Thomas F. Ibbi McDonald, is an interior designer who lives in Winter Park with her husband, David, and their child, Michael, age 10. Marilyn is quite involved in community activities "because she cares."

Quincy, a nurse of the Florida magazine, Marilyn's own biography was featured in the latter.

Pamela Fowler and Michael Smith had an unusual

wedding at the Silver Lake home of her parents, Richard (Rear Adm.) USN, ret. and Jean Fowler.

It was a short Saturday morning, but the Fowlers left no stone unturned. Texts provided the necessary details...

The show will be judged Friday morning when awards will be presented to the winners. Shows are Friday, from 2 to 8 p.m., and Saturday, from 10 a.m. to 4 p.m.

The general public is invited (free of charge) to Sanford Garden Club's annual spring flower show, "Sticks and Stones."

The show will be judged Friday morning when awards will be presented to the winners. Shows are Friday, from 2 to 8 p.m., and Saturday, from 10 a.m. to 4 p.m.

It's the season for clubs, churches and other organizations to offer their publicity and public relations chairman will be seeking information on the proper procedure to submit news releases.

A 10-page booklet written especially for non-profit groups to help them overcome the struggle of publicizing organizational events is on the market. "So You're the Publicity Chairman" is written by a public relations executive and former newspaper editor. It covers such topics as writing press releases, where to send them, pictures, postcards, etc.

Copies are \$2.95 (no tax). Send a self-addressed, stamped business-size envelope to Communication Associates, P.O. Box 1109, Golden, CO 80402.

Search Is On For Outstanding Mom

May It Be Mother's Day. The Herald offers for the annual "Outstanding Mom" but we need the help of readers.

We're a letter and tell us in your own words why you think a certain mother is outstanding. First, write your full name, full address including city and state, and telephone number at the top of the page. Then add the name, address and telephone number of the favorite mom you are nominating. Please type or clearly print your letter containing information about the nominee.

Submit letters to PEOPLE Editor Doris Dietrich, 300 N. French Ave., Sanford, 32771, no later than noon, Friday, April 29, the deadline for judging.

Getting Married?

Engagement and wedding forms are available at the Herald offices to announce these. The forms may be accompanied by professional black and white photographs if a designer to design with the announcement. Wedding forms and pictures must be submitted within two weeks of the wedding.

James Kenop BY DALTON



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Advertisement for Central Florida Regional Hospital. Text: "What one cannot repay one can still acknowledge... THANK YOU VOLUNTEERS... from the employees and guests, who need and appreciate at you do... CENTRAL FLORIDA REGIONAL HOSPITAL Sanford... HCA Hospital Corporation of America"

Advertisement for Naturalizer. Text: "NATURALIZER COMFORT BY DESIGN. Casual Fashion That Feels Good! That's what our wood block wedge is all about. We'll feel the comfort in so many ways... \$37.99... White Camel... T-SHIRT UNIT SELLING BY KLOPMAN... SUPER SPECIAL... NEW SHIPMENT! BETTER DRESS FABRICS... \$171... DRAPERIES... \$499"

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BEETLE BAILEY



THE BORN LOSER



ARCHIE



EEK & MEEK



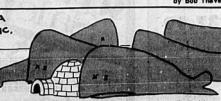
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BUGS BUNNY



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Answers to Previous Puzzle

Answers to previous puzzle grid

Low Blood Pressure Leads to Fainting

DEAR DR. LAMB — About two years ago my husband, 66 years old, began fainting. The first time he was out for he had gone to the bathroom to urinate. He always passed out while standing. During his regular medical check-ups his blood pressure was so low when he was standing that the nurse couldn't get it. He was put in the hospital and a lot of tests were done. I take his blood pressure every day and even while lying down. It may be 100 over 115, but when he stands it falls to 70 over 40. He gets weak right then. He can't stand when he feels weak he sits down immediately and waits for his blood pressure to build up.

DEAR DR. LAMB — In one of your columns you mentioned that leitchin was a fat substance. Did I understand it in my veins? I'm been taking leitchin to keep my cholesterol down. I understand that leitchin is a chemical compound made up of fatty acids and glycerol. The main difference is that it contains choline. When you swallow it, it is digested like other fats and goes into your intestine and some of the white leitchin comes off your arteries in the circulation.

DEAR READER — The term orthostatic hypotension really means low blood pressure on standing. It is often associated with a diminished sweating and in men it may cause impotence. In the classic case these changes are thought to be caused by some abnormality in the sympathetic nervous system that controls the ability of the arteries to dilate and constrict.

WIN AT BRIDGE

At this point North has his temper and said, "The man was cold. Anyone had a real idiot would have made a better bid."/>

Bridge hand analysis table with North, South, West, East, Dealer, and Trick counts.

Expect North remained philosophically. "I guess I bid too much. Still my hand was certainly not contemptuous."/>

Expect North remained philosophically. "I guess I bid too much. Still my hand was certainly not contemptuous."/>

Horoscope grid with numbers 1-44

HOROSCOPE

by RENAISSANCE BEBE OGIL

What The Day Will Bring...

YOUR BIRTHDAY APRIL 23, 1983 Your social activities will accelerate considerably this coming year. However, think twice about going into business ventures with persons you know only as friends.

LIBRA (Sept. 23-Oct. 23) It could be a trifle difficult for you to keep secrets today. There's a chance you might prefer to talk about them in your own terms.

TAURUS (Apr. 20-May 20) Reserve your judgment pertaining to persons you meet for the first time today. The initial impression could be dazzling, but it might not last.

SCORPIO (Oct. 24-Nov. 22) You're skilled at making decisions for others today, yet you might be rather careless in handling matters affecting your resources or security.

SAGITTARIUS (Nov. 23-Dec. 21) Where your work or career is concerned, it's important to keep everything out in the open today. Close your eyes. Play cards or tricky maneuvers are apt to fail.

CAPRICORN (Dec. 22-Jan. 19) This is a bad day to repeat tactics which previously proved unsuccessful. Profit from your experience and look for more feasible methods.

AQUARIUS (Jan. 20-Feb. 18) Someone is likely to ask you a probing question for ways to ease out of his obligations. If you're not careful, he's going to slip off the hook.

PISCES (Feb. 19-March 20) The careful today, or you could be swayed by the opinion of someone who is not as bright as you are, but who is a better talker.

ARIES (March 21-April 19) Be consistent in your work habits today if you hope to be productive. There's a possibility your methods may get sloppy as time wears on.

I'M A COMPUTER FROM CLEVELAND

ANNIE WHAT LOCAL HERE ARE THE COMMANDS THE ROBOT IS PROGRAMMED TO DO

GARFIELD I'VE GOT A COMPUTER FROM CLEVELAND

WHAT'S THE POINT OF BEING ACTIVATED

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U.S. Protectors Become Targets In Lebanon

By Jack Redden

BEIRUT, Lebanon (UPI) — In seven meetings in Lebanon, the American Marines who were welcomed as protectors of security have found themselves increasingly the victims of ambush and bombing.

These behind the recent attacks — including the bombing Monday of the U.S. Embassy in Beirut — are apparently Moslem extremists, their violence a by-product of the Iranian Ayatollah Khomeini's hatred for the United States.

But the attacks also result from

Washington's failure to secure the protection it expected in agreeing to send Christmas — the removal of foreign troops from Lebanon. Until that happens, the U.S. Marines are in Lebanon to

Analysis

Who — Moslem extremists led by Hassan Sabra, plotting to "kill thousands and score dozens of intelligence," said the Moslem extremists believe heeded the advice on his tape "kill everyone you see."

In their eyes, the Marines are just another force occupying power and are little different from any of the 16 U.S. troops that came to Lebanon, whether for protection, post-bombing relief or

Head — As a pilot for the Marine's 10th Mountain Brigade, a Washington Sunday that barely started a Marine's career on a 10th Mountain Brigade, said a Marine that he highly profited.

The Marines are the most sought of the United States troops in Lebanon. Lebanese families have joined forces with their own revolutionary groups living in

the city of Bealbeck, in Syrian-controlled

Lebanon. The Islamic Struggle Organization claimed responsibility for both the March 10 attack and the embassy bombing Monday.

The danger is the embassy cannot be destroyed and the only way to prevent attacks at the station is withdrawal — something the Lebanese government and Washington are not eager to see happen.

PERSONAL — AMERICA'S MARINES IN LEBANON: A MARCH 10 ATTACK ON THE U.S. EMBASSY IN BEIRUT, LEBANON, WHICH WAS DESTROYED BY A BOMBING.

blowing emphasized the role of the United States in restoring law and order to a country that has been without a government for eight years.

"The terms of peace in the hands of the brave," he said, "I am confident that your brave initiative for peace will continue in spite of all such threats and messages as I have seen."

Unexpected food the response as might as Reagan announced that Washington. This Christmas attack at a Columbus establishment will see days as from our goals is peace in the region.



FOR THE GEORGE WILLIS FOUNDATION TO BE LEGIBLE IN THE EAST

60th Milestone
George Willis couldn't quite observe his 60th birthday. His wife, Jo, decided to make a public event out of the milestone Tuesday. Willis was greeted by two large signs on the front yard of the Willis home at 213 W. 38th St. in Sanford. The sign proclaimed: "Happy 60th Birthday, George. You are eligible for the Paul Vay Proxmire Journal."

CALENDAR

THURSDAY, APRIL 21
Sanford Semaine Jayves, 8 p.m., Jayvee Building, Park Street and French Ave., Sanford.
Operators Anonymous, open, 7:30 p.m., Community United Methodist Church, U.S. Highway 17-92, Seaworthy.
Wekiva AA (no smoking), 8 p.m., Wekiva Presbyterian Church, State Road 434 at Wekiva Road, closed.
Selling Hills Mountain Church AA, 8 p.m., State Road 434, Longwood, closed.

FRIDAY, APRIL 22
Optometrist Club of Seaworthy, 7:30 a.m., Holiday Inn, Wynemore Road, Altamonte Springs.
17-92 City Park, 8 p.m., Mesala Lutheran Church, U.S. Highway 17-92, south of Dog Track Road, Cassberry.
Wekiva AA (no smoking), 8 p.m., Wekiva Presbyterian Church, State Road 434 at Wekiva Road, closed.

SATURDAY, APRIL 23
Walk America, March of Dimes Supperclub, Central Florida Fairgrounds, West Colonial Drive, Orlando.
Registration, 7 a.m. to 8 a.m., Sponsor forms available at Burger King and 7-11 stores.
File-a-claim for St. Jude's Children's Hospital, Memphis, 9 a.m. to 4 p.m., Sanford, Call 322-4125.
Sanford AA Women's Group, 2 p.m., 1201 W. First St., Sanford.

SUNDAY, APRIL 24
Alpoka Art and Pottery Festival, 10 a.m. to 6 p.m., Agency City Park, Art and crafts show, entertainment, food fairs, and live music of area teachers.
Sage Semaine Greyhound Park Fun Day, 9 p.m., Seminole Race Track, Cassberry, schooling races, straight all show and activities for the children.

MONDAY, APRIL 25
Sanford High Book AA, 7 p.m., Florida Power and Light Building, Orange City, Open discussion.
Indianas Club Party, 1:30 p.m., Blue Springs State Park, Gray City, Bring covered dish and table service. Open to all Indiansas.

TUESDAY, APRIL 26
Sanford Rotary Club luncheon, noon, Sanford City Center Dining Service, 1 p.m., Deltona Public Library, 1601 Providence Boulevard, Deltona.

WEDNESDAY, APRIL 27
Sanford Kiwanis Club, noon, Sanford City Center.
Sanford Semaine Senior Citizens Dance, 8:30 p.m., Sanford City Center, Sanford.
American Semaine Boulevard.

Good Turnout At Bike-A-Thon Is Expected

Riders for Saturday's 5th, Jude Children's Research Hospital Wheels for Life-A-Thon are forecasting a large turnout is expected.

The money now raised will help continue St. Jude's ongoing study of childhood cancer that has become so important to children all over the world, said Dr. Michael H. Butler, a prominent surgeon in the area, who will be vice chairman.

Huskey and Butler have accepted the challenge from outgoing chairman, Daytona Beach Mayor Jim Fretzendorf, who realized in excess of \$125,000 during 1982's effort.

Huskey and Butler have targeted a 1983 goal of \$150,000. In 1982, the United Negro College Fund raised an excess of \$575,000 throughout Northern Central Florida and \$25 million nationally.

Central Florida has taken a leadership role throughout the years in helping to meet the needs of the 42 predominantly black colleges represented by UNCF. Two of those schools are in Florida: Bethune-Cookman College in Daytona Beach and Florida Memorial College in Miami.

Each rider will be given a lap card when they register at the Sanford Airport on Saturday, Johnson said. Every time they ride through the check points, we'll initial the card. At the end of the ride, we'll check it and sign it to show that the rider earned what the sponsor pledged. Riders will return the sponsors to collect the pledge.

Stet Rosenblum, world renown bicyclist, will be riding in the bike-a-thon. He has ridden in the "Iron Man" race in Hawaii. He will be riding from the West Florida to Maitland, Maine starting June 1st.

The ride will start at the Sanford Airport at 9 a.m. and will last about 4 p.m. All riders must register before Mrs. Johnson said.



Flower Show

The Garden Club of Sanford will present its spring flower show, "Sticks and Stones," portraying semi-precious stones on Friday from 2-5 p.m. and Saturday from 10 a.m. to 4 p.m. Rose Messersmith, show chairman, left, and Mary Elmore, chairman of judges, make supports for the tables that will hold the designs and plants. The show is open to the public and is free of charge.

UNCF Campaign Chairmen Named

Ronald F. Pate, state director for the United Negro College Fund, has announced the appointment of E. Everett Huskey, public developer, as chairman of the Orange-DeSoto-Seminole-Lake UNCF campaign.

Dr. Michael H. Butler, a prominent surgeon in the area, will be vice chairman.

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SCC Offers Family Volunteers Course

The Office of Community Instructional Services at Seminole Community College will offer a "Juvenile Alternative Services Program."

This course is designed for persons who serve as family intervention volunteers in the Juvenile Alternative Services Program. The course is open to the general public and includes communication skills, adolescent development and family dynamics.

For further information persons may call the State Attorney's Office, 323-4530, or the Office of Community Instructional Services at Seminole Community College, 322-4350, ext. 2004.

Participants who complete this activity will earn Continuing Education Units.

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Lakeview Middle Lists Honor Students

The Lakeview Middle School Honor Roll has been announced for the first quarter. Students were:	Joe Shephard Cynthia Johnson Kathleen Edwards Christy Johnson Kimberly Thomas Suzanne Johnson Suzanne Johnson Suzanne Johnson Suzanne Johnson Suzanne Johnson	William Robert's Cynthia Johnson Cynthia Johnson Cynthia Johnson Cynthia Johnson Cynthia Johnson Cynthia Johnson Cynthia Johnson Cynthia Johnson Cynthia Johnson	Arthur Dwyer Richard Edwards Laura Evans Cynthia Johnson Cynthia Johnson Cynthia Johnson Cynthia Johnson Cynthia Johnson Cynthia Johnson Cynthia Johnson
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Evening Herald

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