













# OURSELVES

Evening Herald, Sanford, FL Tuesday, Dec. 1, 1981—18

## Anniversary Gala

### Area Couples Invited To Celebration

Calling all couples who have been married 50 years or longer. You are invited to be a participant in the First Annual Wedding Anniversary Gala Sunday at the Sanford Civic Center, beginning at 2 p.m.

Applications are available at the chamber office, the Wednesday afternoon dances, the RSVP office and the Federation of Senior Citizens office. Polly Stevens, chairman, will also send applications to participants by phoning her at 323-4938.

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According to Bob Daehn, chairman of the chamber's Senior Citizen Committee, the community is invited to participate (for those eligible) or to come and share in the festivities. There will be refreshments and music, Daehn said. He added there are no charges to participate or to join in the fun.

Daehn said it is hoped the event will generate enough enthusiasm so that it will grow into a big annual celebration.



Herald Photo by Tom Viscusi

### CHAMPAGNE BALL

Flagship Bank's large flocked Christmas tree will deck the halls at the Sanford Civic Center Saturday night for the Annual Champagne Ball, according to the ball decorating chairmen, Betty Gramkow, right, and Flo Sheibenberger. Ball reservations are available by calling Mr. or Mrs. Frank Mebane Jr., 322-0818. The event, at \$38 per couple, includes the champagne hour with hors d'oeuvres at 7, dinner at 8, and dancing to the music of the Vaughn Monroe Band at 9.

## TONIGHT'S TV

- TUESDAY**
- EVENING**
- 8:00 (4) (5) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

- 11:05 (12) (17) MOVIE (MON-WED)
- 11:00 (4) WHEEL OF FORTUNE (3) THE PRICE IS RIGHT (7) LOVE BOAT (9) (10) EDUCATIONAL PROGRAMMING (MON-WED)
- 11:30 (1) BATTLESTARS (3) (35) INDEPENDENT NETWORK NEWS
- AFTERNOON**
- 12:00 (7) PARDNERS PLUS (3) (7) (8) NEWS (1) (35) RWDA
- 1:00 (7) DAYS OF OUR LIVES (7) ALL MY CHILDREN (1) (35) MOVIE
- 1:05 (12) (17) MOVIE
- WEDNESDAY**
- MORNING**
- 5:00 (7) (8) MARCUS WELBY, M.D. (TUE-FRI) (12) (17) MISSION: IMPOSSIBLE (MON)
- 5:15 (12) (17) WORLD AT LARGE (FRI)
- 5:25 (12) (17) RAT PATROL (WED)
- 5:30 (1) (3) SUNSHINE SEMESTER (MON-WED, FRI)
- 5:45 (12) (17) WORLD AT LARGE (THU)
- 5:55 (12) (17) WORLD AT LARGE (WED)
- 6:00 (4) NASHVILLE ON THE ROAD (MON)
- (4) DEL REEVEY COUNTRY CARAVAN (TUE)
- (4) POPI GOES THE COUNTRY (WED)
- (4) WAKE UP (TUE-FRI)
- (4) BACKSTAGE AT THE GRAND OLE OPPY (THU)
- (4) PORTER WAGONER (FRI)
- (3) U.S.A.M. (7) SUNSHINE (12) (35) JIM BARKER (12) (17) NEWS
- 6:30 (4) TODAY IN FLORIDA
- 6:45 (10) A.M. WEATHER
- 7:00 (4) TODAY (1) WAKE UP (7) GOOD MORNING AMERICA (12) (35) TOM AND JERRY (10) VILLA ALDINE (FRI, MON, WED, FRI)
- 7:05 (10) VILLA ALDINE (TUE, THU)
- (12) (17) FURTHIE
- 7:30 (1) (3) MORNING WITH CHARLES (12) (17) WOODY WOODPECKER (10) SESAME STREET (1) (35) CASPER (12) (17) I DREAM OF JEANIE (12) (35) GREAT SPACE COASTER (10) MISTER ROGERS (9)
- 8:35 (12) (17) MY THREE SONS
- 9:00 (7) HOUR MAGAZINE (3) DONAHUE (7) MOVIE (12) (35) GOMER PYLE (10) SESAME STREET (1) (35) MOVIE (12) (17) MOVIE (12) (35) ANDY GRIFFITH (1) (3) TIC TAC DOUGH (3) WELCOME BACK, KOTTER (12) (35) LOVE LUCY (1) (3) EDUCATIONAL PROGRAMMING (MON-WED)
- 10:30 (4) BLOCKBUSTERS (3) ALICE (9) (12) (35) DICK VAN DYKE (10) ELECTRIC COMPANY (9)

## Here's What 'Not To Give' For Christmas

DEAR ABBY: Last year you devoted an entire column to what and what not to give for Christmas gifts. I thought it was one of the most helpful columns you ever wrote. Please run it again.

OVER 80 DEAR OVER 80: That column was so well-received I've updated it. Here it is:

DEAR READERS: Can you believe it's time to prepare for the holidays again? Well, it is, so do yourselves a favor and do your Christmas (or Hanukkah) shopping early.

If you're wondering what to give Aunt Beatie or Grandpa, who don't get out much, let me tell you what not to give them:

No dusting powder, after-shave or cologne. (They probably have several unopened boxes gathering dust on their closet shelves.)

Grandpa doesn't need another necktie, and Aunt Beatie doesn't really want any more brooches, necklaces or bracelets.

With the price of groceries so high, folks who live alone on a fixed income probably would be delighted to receive a basket of goodies. Include small cans of salmon, chicken, ham, tuna, vegetables, fruit, instant coffee, tea bags, crackers, cookies and instant soup mixes.

Older people who live in confined quarters do not need more "things" that are ornamental only. Don't send music boxes, statuettes or other bric-a-brac.

Another thoughtful gift is lined stationery with envelopes and a generous supply of postage stamps. (Enclose some felt-tip pens, too.)



Dear Abby

The homebound will appreciate a box of greeting cards for all occasions so that they too can send birthday, anniversary, graduation, get-well and condolence cards to others. (Be a sport! Stamp some envelopes.)

Don't give anyone a gift of clothing unless you're absolutely sure the size is right. That goes for the color and style, too.

If you're tempted to pass along a scarf, purse, wallet or some other useless little doodad you received for Christmas three years ago, please don't. It's a pretty fair bet the recipient will find it just as useless as you did. (Besides, you might get it back the year after next.)

If someone on your gift list is living on a pension, a check for any amount would be much more appreciated than a frivolous little trinket. Or give someone who's counting pennies a year's subscription to a newspaper or magazine you know he or she will enjoy.

Please, don't ever send a gift in a box bearing the name of a store unless you bought it there. Should the recipient want to exchange it, he will be embarrassed, the store clerk will look bewildered, and it won't make you look too good.

If you buy a gift on sale, be sure it's appropriate, since if the recipient tries to take it back he will be told, "Sorry, sale merchandise is not returnable."

Don't give anyone a pet unless you're absolutely sure it's wanted and will be properly cared for. And if you want to delight someone who considers his pet a "member of the family," include a tin of cat or dog food for the pet.

Don't give wine or liquor unless you're sure the recipients imbibe. Candy, nuts and fruitcake make wonderful gifts for those who aren't counting calories, but please have compassion for those who are, and lead them not into temptation.

Resist giving toddlers stuffed animals and dolls that are bigger than they are. And parents will thank you for not sending their children horns, drums, sirens or whistles. If you give a child a game or book, be sure it's in the appropriate age range.

Instead of giving someone a gift with permission to "exchange it if it's not what you want," save yourself (and him) much time and effort and give him a gift certificate in the first place.

Holiday time can be very depressing for people who are alone, so if you know someone who might be alone and lonely, give him (or her) the best gift of all — an invitation to spend the holiday with you and your family. Loneliness is the ultimate poverty.

Love, ABBY



Photo by Joan Madison

## Animal Cracker Ball

The Terry Carrol group is providing the entertainment and dancing music for the Animal Cracker Ball being presented by Phyllis Dale and the Sunday Funmakers of Florida at Lord Cumley's Banquet Room (upstairs), Altona Springs, from 7 to 11 p.m. Sunday. A cash bar and snacks will be provided.

Tickets may be obtained from Phyllis Dale 894-8615 or Pauline McDonald 894-8274. Advance tickets are \$6 and tickets at the door \$8.

All proceeds will benefit the Humane Society of Brevard County in the building of a new shelter.

### CHRISTMAS CHEER

Mary and John Cutroni, Lake Mary, of the Retired Senior Volunteer Program (RSVP), pause to chat with six-year-old Phillip Mundy at the first annual Harry Anna Day held at the Winter Park Elks Lodge No. 1830. Sixty-one RSVP volunteers who have provided hand-crafted items for the hospital were guests of the Winter Park Elks and Dees at the party for 23 children from the Umatilla hospital. Longwood resident Ruth Rowley, chairman of the Harry-Anna Hospital Committee, Winter Park Dees, Drove No. 88, says, "I think the party was a huge success because of the RSVP volunteers and the Dees working together for the same cause."

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Ann Mims, Med-Care owner, (standing) and Maryan Farnsworth, staff member, demonstrate a wheelchair, one of many items available for home patient care at the Sanford store.

# Home Patient Care Aids Available At Med-Care

Med-Care, Inc., located at 505 E. First St., Sanford next to Bram Towers, has a complete supply of home patient care equipment. They will sell or rent any supplies and equipment the convalescing patient may need at home and will bill Medicare for approved items. They have a 24-hour answering service when emergency supplies are needed after regular business hours and will deliver.

Med-Care observed its second anniversary on Sept. 10 and owner Ann Mims wants to thank all of her customers for making the first two years successful.

Among items available are hospital beds, wheelchairs, walkers, bedside commodes, crutches, bed pans, urinals and sickroom supplies.

For those who have trouble getting up and down from chairs on their own, Med-Care carries the E-Z Rizer arm chair. E-Z Rizer offers push button independence with extraordinary comfort. With the touch of a button one is slowly lowered to a seated position or gently lifted to an angle where one can safely transfer one's weight to the feet.

The chair comes with an optional feature of a rocker or recliner and in a variety of fabric and color choices.

Med-Care has a respiratory clinic that offers home care for respiratory needs. Some of the things available are oxygen, oxygen concentrators, portable oxygen equipment, ultrasonic nebulizers, a suction machine, pulmonary functions, air filtration and IPPB Machines.

A certified fitter, Ann can fit mastectomy patients with a protheses. Med-Care also has supplies for the ileostomy and colostomy patients and incontinent appliances.

Med-Care, conveniently located near the Seminole Memorial Hospital, also has medical identification jewelry.

Another member of the Med-Care staff is Maryan Farnsworth. The friendly staff will be glad to work with the patients and help them with any problems they might have.

Med-Care is open Monday through Friday from 9 a.m. to 5 p.m. Come in or call 322-8855.

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People who tell you to grin and bear it very seldom offer to take any part of the load.

Jesse James would save a lot of money on six-shooters if he were to come back as a toll booth operator, says one disgruntled motorist.

Ma Bell wants us to reach out and touch someone. If we couldn't do that, Ma, we wouldn't have to run up those horrendous phone bills.

Add to your collection of collective nouns: A smudge of leaf-burners.



# Business Review

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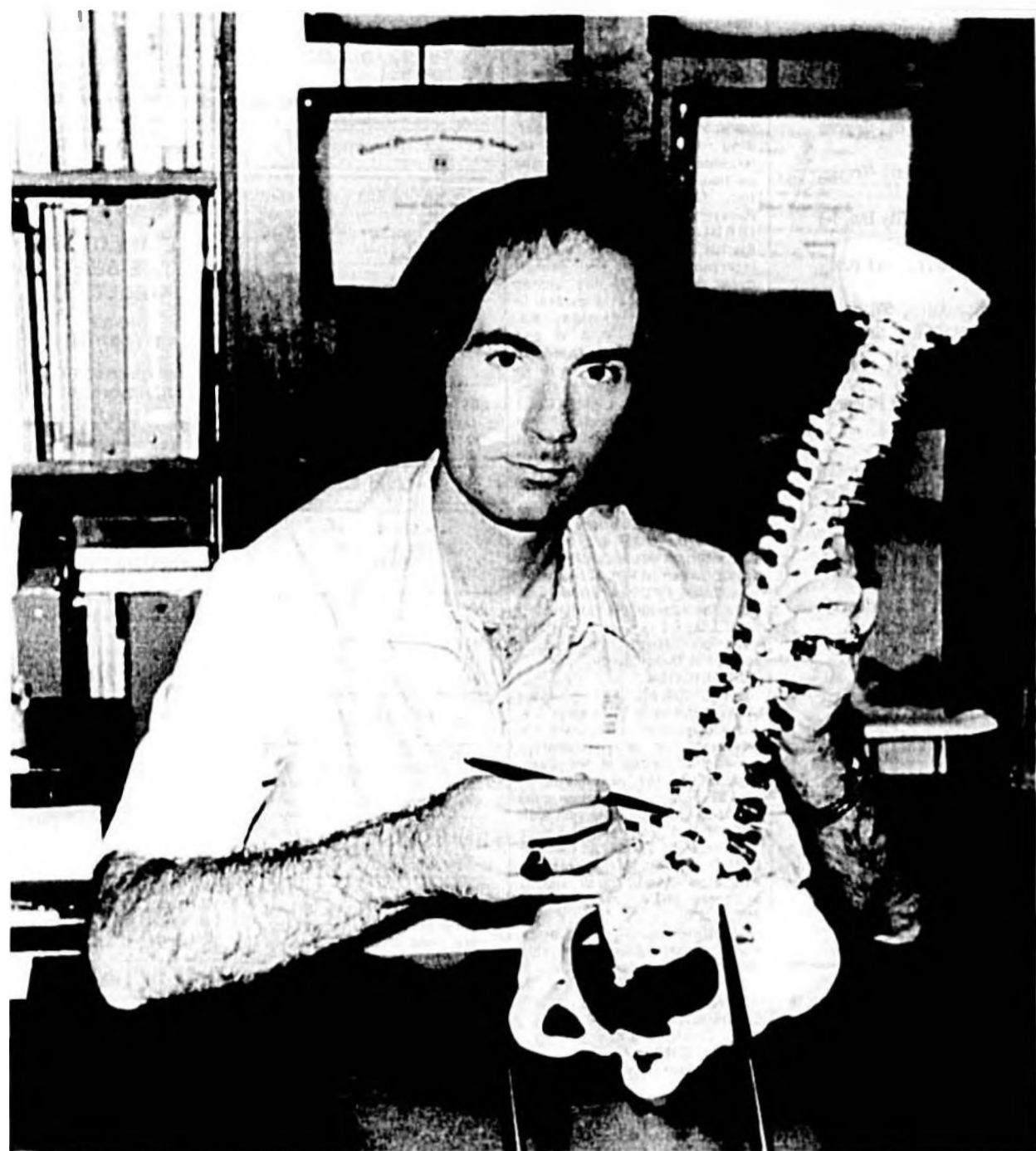
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Dr. Thomas F. Yandell points to common trouble spot for back problems.

## Sanford Pain Clinic Has Family Chiropractic Care

Good health not only means being without pain, it also includes a freedom to do what you want to do, go where you want to go, without stiffness or inconvenience.

The person who is healthy and keeps himself or herself occupied enjoys the secret of a satisfying life. He or she enjoys the pleasures of activity and productivity. He or she has an involvement in living. He or she partakes in moderate sports and sensible exercises. He or she practices good nutritional habits and other habits of daily living.

"And," said Dr. Thomas F. Yandell, Sanford chiropractor, "he or she seeks to retain health with regular chiropractic examinations and adjustments. The total person needs total abilities."

Dr. Yandell provides a primary service to prevent, diagnose and treat health problems through chiropractic at his Sanford Pain Control Clinic at 2017 S. French Ave., Sanford.

Chiropractic is a method of healing which acknowledges that the nervous system directly or indirectly influences organic systems and physiological functions. Doctors of chiropractic are trained in the diagnosis of body conditions to accurately determine the state of your health. They are trained to observe symptoms and to investigate beyond them in order to locate the underlying cause of a disease or disorder. They recognize that in many cases a health problem may manifest itself with a pain or other symptom that is remote in location or otherwise seemingly unrelated to the primary cause.

As a conscientious member of the health team, the doctor of chiropractic's first obligation is to the health of the patient. Should diagnosis or prognosis indicate a problem that would be best cared for by another branch of healing arts, such

a course of action would be recommended to the patient and referral made.

The doctor of chiropractic values the human element in the prevention and treatment of disease.

A doctor-patient relationship is a human one. Not only should you have confidence in your doctor, but you should also feel that he is interested in you, concerned with all your problems, and desirous to serve you conscientiously. You should feel free to talk to him, to be able to express your anxieties about health matters, whether real or anticipated, without reservation, and to have your concerns received with serious interest and exhaustive investigation.

Likewise, your health practitioner should recognize economic factors. He should value the importance of keeping your expense at a minimum, and he should utilize practical procedures which are designed to afford maximum relief in minimal time.

Chiropractic's conscientious approach to the prevention and treatment of disease and disability utilizes an approach which does not shuttle patients from doctor to doctor, a procedure that does not confine the individual to high cost hospital care, an approach to treatment that strives to keep the patient ambulatory and on the job, and which avoids prescription drugs and major surgery.

It is interesting to note that the same factors which foster confidence on the part of the patient also act to speed his recovery, for health is the result of a combination of external and internal conditions.

Dr. Yandell specializes in acupuncture, weight control, pain control and nutritional counseling. Call 323-5763 for an appointment. — Adv.

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## Old Locomotive Stirs Nostalgia In Rail Buffs

By JOEY LEDFORD

OPELIKA, Ala. (UPI) — With a cloud of steam and billows of thick black smoke in its wake, the old locomotive chugged down the tracks and rolled back the memories of hundreds of train buffs on board and lined along its route.

Southern No. 2716, built in 1943, carried more than 800 passengers who shelled out up to \$31 each to ride from Birmingham 122 miles southeast to Opelika. The following day, more than 500 more made the same trip, which was sponsored by the Heart of Dixie Railroad Club.

"This here puts me right on top again," beamed Roy Brock, a 71-year-old Birmingham man dressed in a blue porter's uniform.

Brock, sitting in an old passenger car, peered through thick glasses and recalled his more than three decades on the rails.

"Staying aboard the trains keeps me alive," he said with a big smile that revealed some missing teeth. "Boy, we used to have a time."

Brock's uniform still fit him well, despite coming from a different era. The "Southern" engraving on a metal plate on his billed hat had begun to wear away, but the gold buttons on his chest still carried a bright gleam.

"I started as a mail handler in the Thomas Station," said Brock. "Then they wanted a man on the train. The man, he told me to get on the train and see to the people. Whatever needed to be done on the train, I did it."

Brock knew that today's trip was a rare event. The old train is a dinosaur and even porters are an endangered species.

"I wish they could bring them back like they used to have," he said of passenger trains. "There used to be 32 trains that left outta that station in Birmingham."

Today, like most other Southern cities, Birmingham is served by only a single Amtrak route. Only the Florida corridor has regular passenger train service.

The days of riding the rail, however, came back to life for youngsters and oldtimers alike who boarded the 15 old passenger cars behind No. 2716.

"You're learning more on this trip than you'd learn in 20 years," said Brock. "There's lots of kids on here that's never seen a cotton field. There's a lot of people that's never seen a steam train."

Almost to Opelika, the train screeched to a halt. The passengers all got out and the train retreated back down the tracks to let photographers get a shot at what hundreds of people up and down the line had scouted out spots to see.

With a full head of steam and wheels churning, the old engine looked like a film clip from an old adventure movie. The black smoke filled the air and cinders fell like rain as the crowd cheered.

The nickname "Iron Horse" never seemed more appropriate.

Later, there were oohs and ahs as the train lumbered across a rusty old bridge spanning the Coosa River.

In Opelika, as railroad workers turned the train around and loaded it with coal and water, Frat & Williams, a local man, remembered the good old days.

"They used to come through here all the time," the 69-year-old Williams said of passenger trains. As a "Man 'o War" passenger car rolled by, he smiled and added, "I've seen that thing roll through here a lot of times during the years."

"I've ridden a million miles on these things back when I was in the service," he added.

As a tiny conveyor belt dumped coal into the bin, onlookers examined the shiny old train. The drive wheels stood nearly five feet high, and grease monkeys labored over nearly every part of the complex machine.

A golden eagle, its wings spread, dominated the front of the old engine, right over the lantern that lights the tracks for the engineer. A soot-stained brass bell hung over the eagle's head. Just above the tracks, a black cowcatcher guarded against any obstacles.

Some of the older cars were open on the sides, and children who ignored signs not to hang out ended up with black faces from the soot. Even the casual rider ended up with a few dark facial smudges and grimey hair. Passenger trains in the old days were certainly no luxury.

There was frequent stops for "hot boxes," or overheated wheels, and even at full speed the train rarely exceeded 40 mph.

Some of the passengers braved the cold wind on the open observation car after dark. The attraction was an open air ride through a 2,400-foot tunnel south of Leeds, Ala.

As the train entered the cavern, the stars disappeared, leaving only inky blackness and the ever-present coal smoke. It filled the tunnel, making breathing difficult. The steady clack of the rails made an echo as the sound bounced off the ancient brick walls of the tunnel.

Railroads are remembered for their irregular schedules, and the weekend run on the Southern tracks was no exception. Departure was an acceptable 15 minutes late, but arrival in Opelika was more than an hour behind schedule.

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