

# Evening Herald

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Evening Herald — (USPS 481-280) — Price 25 Cents

## Chief Vows To Nip Higgins Terrace Violence

By Rick Brunson  
Herald Staff Writer

A young man was hit in the face with a bottle today at the Higgins Terrace apartments in Sanford — the sixth disturbance at the complex in five days.

Arrests are expected today or within the next few days at the complex near Third Street where fights have broken out and two police cars were vandalized in the last four days.

"We're going to put an end to all this," Police Chief Steve Harriett said.

Police answered four fight and disturbance calls Saturday and Sunday and one disturbance call Tuesday at the apartments, Harriett said.

Sgt. C.R. Tate said today's incident at the apartments was sparked by an earlier barroom argument and was not related to the continued fighting at the complex. The injured man covered his eye with a towel and did not go to the hospital.

During one incident, at about 7 p.m. Sunday at #9 Higgins Terrace, a 13-year-old girl who said she was

pregnant was kicked in the abdomen by a 17-year-old girl, according to a police report. She was taken to the hospital by a relative.

When police showed up at the apartments later that evening to answer another disturbance call at #25 Higgins Terrace, youths pelted their patrol car with rocks and other debris, Harriett said. Damage to the vehicle is estimated to be about \$600, Harriett said.

The youths fled when officers chased them, but Harriett said he is hoping to

nab them and others suspected of fighting and creating disturbances at the apartments, one of Sanford's six public housing complexes. There are 138 people living in 41 units at Higgins Terrace.

Elliot Smith, executive director of the Sanford Housing Authority, would not comment on the disturbances other than to say he's not sure why or how they started and that the authority is cooperating with the police.

Police and apartment residents, who are part of the department's

Neighborhood Watch program, called a meeting Monday morning to try to identify the youths creating the trouble, Harriett said. The residents are being very cooperative in the investigation.

Police who answered another disturbance call at the apartments Tuesday night were met by a group of adults and youths who again hurled rocks at the patrol car, Harriett said. Damage to the vehicle was minimal.

Harriett said he believes some of the suspected troublemakers live at the apartments and arrests are imminent.

## Boat Works OKs Pact On Pollution

### Remedy Promised If They're Cause

By Donna Estes  
Herald Staff Writer

An agreement between the Cobia Boat Co. and a state agency will be signed Friday guaranteeing a remedy to the suspected acetone pollution of soils at the boat works property on Silver Lake Road.

Meanwhile, Russ Miller, environmentalist at the county's health department, has sampled drinking water from the well of a nearby property owner to find whether it is contaminated from drainage which may have originated on the Cobia property, said Bill Darling, environmental supervisor at the state Department of Environmental Regulation.

The samples taken by Miller have been sent to the state Health Department laboratory in Jacksonville for analysis.

And the Seminole County commission at a Sept. 10 public hearing will decide whether Hazardous Waste Corp. will be given a special exception to operate a transfer station on Cobia property across the street from the boat works.

It was the request of HWC for a special exception from the county's Board of Adjustment on July 15 to temporarily operate the transfer station before transporting hazardous waste to sites out of state or to recycling plants that brought the Cobia problem to the attention of the Lake Jessup Homeowners Association.

In looking into the HWC re-

quest the homeowners association learned that the DER had been investigating acetone contamination of ground water at Cobia for nearly two years. It was the homeowners protest that persuaded the Board of Adjustment to turn down the HWC request last month. HWC has appealed that decision to the county commission.

It was a complaint from a Cobia employee, who DER said wished to remain anonymous, that brought DER's attention to the problem originally.

Ed Atchley, owner of Cobia, said today there will be no new pollution at the site because nearly a year ago his company installed a \$50,000 waste recycling unit to recover the acetone. Water containing the cleaner is no longer being released onto the boat works property.

Darling said the agreement to be signed by Atchley Friday calls for a study to determine the nature and extent of old contamination on the boat works property and calls for a solution to be made. "First they have to find out if a problem exists," Darling said.

While the boat works has been in operation 21 years, it was only during the past three to four years, Atchley noted, that a list of chemicals have been identified as hazardous waste and regulations concerning their disposal have been in place.

Atchley said acetone is a cleaner used in many industries.

It is, he said, an ingredient of most fingernail polish removers. He said acetone is a petroleum derivative used at his plant to clean hands and tools. "It's a good cleaning agent and doesn't hurt the skin," he said. But he said it can be harmful in drinking water.

Atchley said wastes considered hazardous can be found at about 50 percent of industries in operation and at 80 percent of gasoline service stations from degreasers and used oil.

He said a study has already been done of the water on his property and once the agreement is signed his company will go to the next step and retest. "If we find contamination in the water it will be cleaned."

But, he added, in addition to placing four to five monitoring wells on the Cobia property, Cobia has to show how to prove that contaminants are not coming onto the property from elsewhere.

Atchley said at least one chemical has been found in the ground water at Cobia that doesn't come from the boat works.

"We don't use that chemical," he said. "We have to prove the contamination is confined to our property," he said.

Meanwhile, in preliminary testing done by the DER and a private firm, Jammal and Associates of Winter Park, hired by Cobia, a number of chemicals including some carcinogens were found in the Cobia ground water.



Herald Photo by Tommy Vincent

### Keeping Up The Flow

Traffic is channeled into two lanes on East First Street between Elm Avenue and French Avenue while workers lay water pipes from a First Street water main to the Sallpointe Apartments on the lakefront. The work is scheduled to be completed in about five weeks. The apartments' developer, the

Bland Development Corp., was ordered by the city to lay the pipe to increase water flow to the apartments. The fire department said the increased water pressure is needed in case fire ever broke out at the apartments. Bland is paying for the pipe and the construction.

## Expressway Group To Hire Director

Planning for the county's expressway is expected to get rolling when an executive director for the Seminole County Expressway Authority is hired by mid-September at a salary of \$46,000 annually.

To date, the expressway authority has had no permanent employees.

Tuesday the authority gave its blessing to the hiring and a proposed budget of \$136,175 for the 1985-86 fiscal year, already tentatively approved by the county commission.

The authority also endorsed the efforts of the Orlando-Orange County Expressway Authority to

get approval from the state Department of Environmental Regulation for a corridor for its northern extension to Dike Road where Seminole County is to begin construction of its expressway. Seminole's expressway is to run north and west from that point to Sanford Avenue and ultimately to Lake Mary Boulevard to an Interstate 4 connection.

Charles Sylvester, executive director of the Orange County authority, told the Seminole board members that if DER approval is not received within 90 days, the Orange group will

See HIRE, page 5A

## Indicators Post 2nd Largest Gain Of Year

WASHINGTON (UPI) — The government's sensitive index of leading indicators rose a strong 1 percent in June, the best improvement since January, after hardly moving in May, government economists said today.

The increase was based primarily on a surge in new businesses and an expansion in the money supply, which sometimes stimulates business several months after it occurs.

But the 1 percent gain fell short of being a positive signal that the economic slowdown is ending because it followed two exceptionally weak months.

Revised figures showed May's index inched up only 0.1 percent instead of the 0.7 percent reported last month. April's index dropped 0.5 percent.

Most of the strength in June's index was drawn from those indicators whose effect on the future economy is most indirect. After business formations, money supply and

stock prices, the three remaining positive indicators all budged less than a tenth of a percent.

The positive indicators were an improvement in the length of the average work week, orders for factory equipment and a change in raw materials prices.

Three indicators that were negative, however, have the strongest impact on the near future. They were a drop in orders for consumer goods, an increase in new claims for jobless benefits and a decline in building permits.

A 10th indicator, the pace of deliveries, did not change from May.

Even with the strong June increase the composite index of economic indicators edged up only 0.1 percent in the second quarter, far less than the 1.6 percent in the first quarter.

The index itself was pegged at 168.5 for June, compared to a base of 100 in 1987.

### Victim Hit In Back

## Gunman Gets 6 Months For Shooting Man

By Deane Jordan  
Herald Staff Writer

"You'll never know the amount of prayers I have said for you," Desmond Assam told his victims Tuesday before he was sentenced to 6 months for attempted manslaughter.

Behind him his mother wept. He was arrested following the shooting of two men after one of them fought with his father in a parking lot.

"It was an accident. The gun accidentally went off. I didn't

make the story up afterward," he said.

His victims, however, said the shooting was intentional with Assam asking a witness, his mother, who he should shoot. The victims said they weren't vindictive, and they understood how Assam got involved in the incident. But they insisted, the shooting was not an accident.

Circuit Judge S. Joseph Davis Jr. said agreed the situation between the quiet-spoken Assam, 34, of Casselberry, and fund-raisers Richard DeFazio,

35, of Winter Springs, and Jerry Stahley, 32, of Casselberry, was unfortunate. But, Davis said, two men were wounded and Assam judged guilty by jury June 17 and a sentence was called for.

The emotion-charged hour-long sentencing hearing was the culmination of a case that began Nov. 4 when the men were shot during a boys football fundraiser which was held near Joe's Pawn Shop at 761 U.S. Highway 17-92, a business Assam owns with his father.

See GUNMAN, page 5A

## 7 Qualify For Oviedo Council Election

Seven candidates have qualified to run for two Oviedo City Council seats and the mayor's office in the Sept. 3 city election.

Two-term veteran mayor Robert Whittier is being challenged in his bid for another two-year term in office by Ralph H. Neely, former one-term councilman. Prior to his election as mayor Whittier served two terms on the city council.

For the Group 1 seat on the city council, one-term incumbent E.P. Bruce has opposition from D. Mark Hartzler, a Westinghouse employee.

And three candidates are vying for the Group 2 seat on the council being vacated by W.A. Ward. The candidates are: Thomas B. O'Hanlon, an

employee of the Westinghouse Corp., Debora Moon, a school bus driver, and Judith Stout, a homemaker. Mrs. Stout ran an unsuccessful campaign for mayor two years ago.

City Clerk Nancy Cox said voter registration books for the city election will close at 5 p.m. Friday. Persons wishing to register to vote may do so at city hall or at the county services building in Sanford, the branch elections office in Sand Lake Shopping Center near Longwood or at the Casselberry, Altamonte Springs, Winter Springs, Lake Mary, or Longwood city halls.

Mrs. Cox said the polling place for the election is the Oviedo city hall.

— Donna Estes

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### Not The Way To San Jose

LOS ANGELES (UPI) — Local authorities came to the aid of 13 Dutch police and firemen stranded in Los Angeles because folks in The Netherlands apparently didn't know the way to San Jose.

Police Lt. Dan Cooke said the group, on its way to attend the World Police and Fire Games in San Jose, was booked on a charter flight to Los Angeles by mistake. "Apparently in Holland, they think San Jose is right across the street from Los Angeles," Cooke said.

San Jose is actually up the road — about 450 miles. Cooke said some hasty phone calls were made and Continental Trailways agreed to provide a free bus ride to San Jose for the visitors.

## Waitress Swims Arctic Waters To Escape Soviets

LONGYEARBYEN, Norway (UPI) — A 29-year-old waitress leaped from a Soviet cruise ship into the near-freezing waters of the Arctic Ocean, swam ashore, then trudged four days through arctic wastelands to seek refuge in the West.

Erik Framstad, a government official on the Norwegian territory of Spitsbergen Island, said Tuesday the woman suffered frostbite but was recovering

quickly from her ordeal.

She was admitted to the hospital in Longyearbyen, a coal-mining town of 1,200 people on Spitsbergen Island.

"She is in surprisingly good shape and will be discharged from the hospital in a few weeks. She is making a remarkable recovery," Framstad said.

He refused to identify the woman but said she is a waitress from the Ukraine who "wants to

leave the Soviet Union."

She is the first Soviet woman to defect to the West on Spitsbergen — the Norwegian archipelago far north of the Arctic Circle. It was the fourth Soviet defection in three years on Spitsbergen, where Moscow runs two coal mines under a 1920 treaty that granted Norway sovereignty on the arctic archipelago some 500 miles north of the Norwegian

mainland.

The woman made her escape from the Soviet cruise ship Maxim Gorki on July 21, jumping 65 feet from the deck of the ship to the 37-degree waters of Advent Bay, Framstad said.

Framstad said the woman swam 650 feet to the northern shore of Advent Bay, an inlet from Isfjord that cuts into Spitsbergen, the main island in the archipelago.

She walked for four days in the barren, treeless wasteland, Framstad said. She had no food, drank water from creeks, and was warmed around-the-clock by the sun, which does not set in the summer in the arctic regions.

"The woman was lucky that the weather was sunny with temperatures of about 10 to 13 degrees centigrade (50-55 F)," he said.

# NATION IN BRIEF

## Shuttle Crew Fixes Sun-Gazing Telescope Mount

Challenger's scientists had mixed results today with a reluctant telescope mount after hours of tedious work but other shuttle studies continued to haul in priceless data about Earth's space environment.

Meanwhile, scientists on the ground debated how to ration Challenger's limited fuel to boost the science harvest from the Spacelab astronomy mission.

Engineers troubleshooting problems with the balky telescope mount came up with computer programming "patches" designed to salvage tests of the \$60 million instrument pointing system, or IPS, which has been unable to lock onto the sun with the accuracy demanded by its four solar telescopes.

The crew spent the morning punching in the revised program routines. After initial problems, the IPS was able to accurately track the sun using the optical system of an experiment mounted on the device and bypassing the IPS tracking system.

## CBS Wins 1st Round Of Takeover

ATLANTA (UPI) — A federal judge said his ruling against Ted Turner was like "the first battle at Bull Run" and will not end the cable television magnate's fight to make a hostile takeover of CBS.

U.S. District Judge Robert L. Vining Jr. refused to stop CBS from buying back 21 percent of its stock, apparently scuttling Turner's no-cash bid to gain control of the network with a complex offering of Turner Broadcasting System stock and "junk bonds."

TBS attorneys had asked Vining to stop the CBS stock repurchase plan, calling it an entrenchment maneuver by CBS directors that was not in the best interest of shareholders.

Vining, however, ruled the board simply exercised its "business judgment."

TBS executives, who said an unfavorable ruling would make it impossible for Turner to execute a takeover with his current offer, said they are now considering alternate plans of attack.

Although Turner has not made a formal revised offer, attorney Joseph McLaughlin said TBS will "continue to seek to acquire control of CBS." He also said TBS will appeal Vining's ruling.

## AIDS Boy Barred From School

KOKOMO, Ind. (UPI) — A 13-year-old hemophiliac who contracted AIDS from a blood transfusion has been refused permission to attend a public school and will have to be taught at home, school district officials say.

Superintendent James O. Smith of the Western Schools Corp. said Tuesday the seventh-grader would not be allowed to attend the Western Middle School near Kokomo because of the threat he would pose to his classmates.

"With all the things we do and don't know about AIDS, I just decided not to do it," Smith said. "There are a lot of unknowns and uncertainties, and then you have the inherent fear that would generate among classmates."

"I'm pretty upset about it," the boy said. "I'll miss my friends mostly."

Smith said his decision has the support of the Howard County Health Department.

The state health commissioner, Dr. Woodrow Myers Jr., said his office has recommended that children with AIDS who are well enough should be allowed to attend school.

## Cocaine Trafficker Convicted, Faces Up To 30 Years In Jail

An Orlando man arrested by Seminole County drug task force agents has been convicted of trafficking in cocaine.

Antonio Dominguez Jr., 22, faces 3-30 years and a \$50,000 fine when sentenced Aug. 28 by Seminole Circuit Judge Kenneth M. Leffer. The jury returned its verdict Tuesday after deliberating about 3½ hours.

A codefendant in the case, Job Brooks, 23, also of Orlando, disappeared after posting \$10,000 bond and authorities do not know where he is, according to prosecutor Bill Catto. Dominguez was also free on bond until the conviction. He was being held today in the Seminole County jail.

According to court records, agents reported meeting with the pair in the parking lot of the NCNB Bank, State Road 436, Altamonte Springs, on Dec. 10.

Brooks got out of the car, checked a roll of cash the agents produced then signaled Dominguez who was waiting in their vehicle that the deal was on. The pair agreed to sell two ounces of cocaine to the agents for \$4,000, a sheriff's report said.

Dominguez approached the agents' car and handed over a bag believed to contain cocaine, the report said. The suspects took the cash and headed back to their car as the agents alerted other officers to move in and make the arrests.

The cash and the cocaine were confiscated. —Deane Jordan

## WEATHER

**AREA FORECAST:** Today partly cloudy. Scattered mainly afternoon thunderstorms. High near 90 to mid 90s. Variable wind 5 to 10 mph. Rain chance 50 percent. Tonight and Thursday partly cloudy. Scattered mainly afternoon and evening thunderstorms. Low mid to upper 70s. High near 90 to mid 90s. Light and variable wind tonight and Thursday.

**AREA READINGS (9 a.m.):** temperature: 75; overnight low: 72; Wednesday's high: 90; barometric pressure: 30.11; relative humidity: 93 percent; winds: southeast at 6 mph;

sunrise: 6:46 a.m., sunset 8:17 p.m.

**THURSDAY'S TIDES:** Daytona Beach: highs, 9:18 a.m., 9:45 p.m.; lows, 3:01 a.m., 3:00 p.m.; Port Canaveral: highs, 9:10 a.m., 9:37 p.m.; lows, 2:52 a.m., 2:51 p.m.; Baysport: highs, 2:51 a.m., 2:02 p.m.; lows, 8:08 a.m., 9:20 p.m.

**EXTENDED FORECAST:** Friday through Sunday — Partly cloudy. Chance of mainly afternoon and evening thunderstorms becoming more likely north part over the weekend. Lows in the 70s. Highs upper 80s to lower 90s.

## HOSPITAL NOTES

**Central Florida Regional Hospital**  
**Tuesday**  
**ADMISSIONS**

Sanford:  
 Stephanie J. Burke  
 Angel M. Carter  
 Claude M. Darden  
 Helen Daggoff  
 Bertha Johnson  
 Cassandra Y. Manning  
 Wanda E. Neims  
 Heilia Toney  
 Diana M. Walls  
 Frank R. Williams  
 Dorothy C. Ghasan, DeBarry  
 Judy D. Dixon, DeLima  
 Banker Pasi, DeLima  
 Sharon P. Cook, Orange City

**DISCHARGES**

Sanford:  
 Shirley A. Brown  
 Jerry Hester  
 Christopher S. Mills  
 Samuel Long  
 Rosale Spivey  
 Beulah P. Stephens  
 Marie P. Martin, DeBarry  
 Alvin D. Wesley, DeLima  
 Jeff L. Blomer, Langwood

**BIRTHS**

John and Leslie Chapman, a baby boy, Sanford  
 James O. and Veronica Postell, a baby girl, Sanford  
 Chris and Robyn A. Chessa, a baby boy, Sarroto

# 'It's Happening All Over America'

## Medicare, Medicaid Not Enough To Help Old, Poor Survive

WASHINGTON (UPI) — Newton Gann sat next to his wife Betty, a victim of Alzheimer's disease, and explained to Congress their struggle to survive on threatened life savings.

"Our situation is not a rare, isolated case," Gann, 61, an aerospace engineer from Seattle, Wash., told a House Select Committee on the Aging. "It's happening all over America."

"There are several mental ailments like Alzheimer's which can and do happen to anyone and the associated costs literally wipe out people financially," he said.

Gann's testimony highlighted the hearing Tuesday that marked the 20th anniversary of Medicare and Medicaid, the national health insurance programs for the old and poor created by Lyndon Johnson and cut by Ronald Reagan.

Congressmen and representatives of the elderly agreed that the landmark programs have raised the quality of life for the aged and impoverished.

But they said an increasing portion of these people's income now is being eaten up by rising medical bills, pushing them toward financial ruin and putting some treatment out of reach.

Medicare and Medicaid provide care to an estimated 50 million poor, disabled and elderly. This fiscal year, the programs receive about \$100 billion in federal funds with a matching sum from the states.

During the past five years as part of his unsuccessful effort to reduce the deficit, President Reagan got about \$25 billion in Medicare and Medicaid cuts through Congress.

"We are the Americans at risk that you speak about today," Gann said.

Mrs. Gann's illness is a gradual, irreversible erosion of brain cells that control thought and memory. Victims usually begin with difficulty remembering simple things and regress to an infantlike state, needing constant care.

An estimated 2.5 million Americans suffer from Alzheimer's disease, which primarily strikes the elderly.

Mrs. Gann, like other victims, cannot receive Medicare coverage for nursing home care until all her financial assets are gone.

Her husband said, "In the area where I live, nursing home care for ailments like we are discussing costs about \$2,000 a month. That is just about the total amount of monthly income we would have for retirement."

—Newton Gann

*'In the area where I live, nursing home care ... costs about \$2,000 a month. That is just about the total amount of income we would have for retirement.'*

## U.S. HEALTH BENEFITS



Washington has spent far more annually on Medicare and Medicaid than it had expected in 1967 when the programs began.

## Journalists: TWA Hostage Coverage Like Super Bowl

WASHINGTON (UPI) — The news media treated the recent TWA hostage crisis like a grand sporting event instead of an act of terrorism, but they may have become the real losers in the process, a group of veteran journalists says.

Fred Friendly, a former CBS executive who teaches at Columbia University journalism school, attacked the coverage Tuesday at a hearing before a Foreign Affairs subcommittee examining the media treatment of the hostage episode.

Another media veteran and a former White House aide now practicing journalism echoed Friendly's view that coverage became overblown and tasteless during the 17-day ordeal.

Friendly expressed the most alarm about the coverage, saying terrorists must be made to understand "they can't shoot their way out of our air."

"The Super Bowl didn't get more promotion," than the hostage crisis coverage, he said. "The Super Bowl is a game. We can't go on treating terrorism, which is a form of war, as if it were a game."

"We've got to stop hyping these terrorist situations," he said.

Ben Bagdikian, a former Washington Post national editor, agreed some of the coverage went too far "for self-serving, competitive reasons," but he warned against trying to suppress information in such situations.

"It is precisely during times of crisis and anxiety that the public needs to know not only as much information as possible but has to believe that it is being told everything that is available," he said.

"In the recent hijacking we often saw more than we needed to know. But that is far better than not being told enough or believing that we are not being told enough, leading to rumor and hysteria," Bagdikian said.

Jody Powell, Jimmy Carter's former press secretary and now a syndicated columnist, said the real loser in the hostage coverage could be the media.

"On occasion it was sensationalized, tasteless and excessive," Powell said.

But no one seemed to believe that industrywide guidelines were practical or that government had any proper role in the situation.

## Police Shoot Two In S. African Riots

JOHANNESBURG, South Africa (UPI) — Police shot and killed a black man and wounded another today in riots in the Cape province and a bomb exploded in an empty Durban bakery as South Africa entered its 11th day of emergency rule.

South Africa Tuesday announced the recall of its ambassador in the United States as relations with Washington hit rock bottom over the imposition of the state of emergency aimed at quelling racial violence.

U.S. investors, meanwhile, reacted to the growing protests by dumping their stock in South African gold mining companies.

In a second day of rioting outside Cathcart, a small town in the northeastern Cape province, black youths stoned the homes of a police officer and two black councilmen, police said today.

Police reported today 1,273 people were being detained under emergency provisions, which do not include arrests for stone-throwing or rioting.

## Woman Punched; Husband Jailed For Pot Plant

A Casseberry man ran into trouble after he allegedly punched his wife. She told police about the assault and also tipped them off to a marijuana plant she said he was growing in their backyard.

The man has been charged with cultivating marijuana and possession of more than 20 grams of pot, a Casseberry police report said. No charges related to the assault were filed.

Police responded to a call of a domestic disturbance at 50 Old Barn Way at about 7:50 p.m. Tuesday. After talking with Evelyn Guigliano, 25, police located and confiscated a marijuana plant.

She and her in-laws, with whom the couple live, denied any involvement with the plant, but the man's parents refused to make a statement to police against their son, the report said.

When police confronted the man about the plant he reportedly said someone had transplanted it in his yard Tuesday. Officers reported it appeared to have been growing in the yard for "a while."

Frank Giugliano III, 29, was being held in the Seminole County jail today in lieu of \$500 bond.

**Action Reports**

- ★ Fires
- ★ Courts
- ★ Police

he had a gun and was headed to see his girlfriend's brother, Harriett said. Police stopped a man answering his description a short time later at 2517 Sanford Ave. After frisking him, the officers found the gun in his pocket, Harriett said.

Charged was Anthony Gene Biddle, 18, of 2407 S. Orange Ave. He was booked into the Seminole County jail in lieu of \$5,000 bond.

**BURGLARIES & THEFTS**

A refrigerated tractor trailer worth \$11,000 was reported stolen from the State Farmer's Market at 13th Street and French Avenue, Sanford, between July 18 and Friday. The trailer belongs to Warren Fay, 29, of 161 Wildwood Ave., Sanford.

An \$800 stereo system was stolen from 901 Sanford Ave., Sanford, between May 2 and Thursday, a police report said. Leonard Acrec, 26, of 1815 Redding Place, Sanford, reported to police he rented the stereo from a Sanford electronics store.

The stereo was kept at the house which is condemned and was removed Monday.

Someone stole a driveshaft worth \$400 from a pickup truck at Seminole Ford, 3786 S. Orlando Drive, Sanford, between Thursday and Friday, police reported.

Two men drove into a car wash on French Avenue at 11 a.m. Friday and stole a hose worth \$100 from the vacuum machine, police reported.

Someone stole coins from vending machines and took 13 cases of beer from the Tiago Tavern, 1013 W. 13th St., Sanford, early Sunday, police reported.

The person, or persons, entered the tavern through a hole in the roof and then pried open coin boxes on a pool table, two juke boxes, three cigarette machines and four video games, according to a police report. The value of the beer and coins is \$284, the report said.

## 'I'LL KILL YOU BOTH'

A sharply dressed man toting a chrome revolver tried to hold up a Sanford convenience store Sunday night but fled when a customer arrived in the parking lot, according to a police report.

Tony Posey, 18, a clerk at the One Stop Center, 801 Celery Ave., reported to police he was taking readings from the gasoline pumps at about 11:15 p.m. when the incident occurred.

A man dressed in a black suit and wearing a black hat and sunglasses approached Posey and opened his coat, exposing the revolver jammed into the waist of his pants.

The man asked Posey, "Where's the money?" the report said. When Posey responded that the manager was in the store, the man reportedly said, "I'll kill you both."

As Posey pleaded with the man not to harm him, a man in a car drove into the parking lot, apparently scaring off the bandit. The would-be robber got

## Traffic Accident

Two people were injured Saturday night after the car they were in slammed into a tree on Sixth Street in Sanford.

The driver of the vehicle, Sydell Bryndidge, 21, of 2729 W. 23rd St., Sanford, suffered a cut above his eye but refused to be taken to the hospital. The passenger, Stephanie Knight, 18, of 909 Bay Ave., Sanford, suffered a cut on her forehead, a nosebleed and back pains and was taken to the hospital, the rescue report said.

Bryndidge was driving west on Sixth Street at about 11 p.m. when another car pulled out in front of him from Olive Avenue. Bryndidge swerved to the left to avoid hitting the car and crashed into a tree just off the roadway, a police report said. The other car did not stop.

## Concealed Firearm

An 18-year-old Sanford man was charged with carrying a concealed firearm Sunday after Sanford police found a .25-caliber automatic pistol in his back pocket, according to Chief Steve Harriett.

The man's mother called police at about 1 p.m. to tell her

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Phone (385) 322-2411.

**LEE'S MEAT**

27th St. & 17-92 Ph. 323-0180 Sanford  
 PINE CREST SHOPPING CENTER (NEXT TO JEWEL T)  
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<b>CHUCK ROAST</b>	<b>\$1.69</b> LB.
LEAN BONELESS	
<b>SHOULDER ROAST</b>	<b>\$1.39</b> LB.
LEAN AND MEAT, COUNTRY STYLE	
<b>SPARE RIBS</b>	<b>\$1.39</b> LB.
WHOLE	
<b>FRYERS</b>	<b>59¢</b> LB.
FRESH	
<b>ITALIAN SAUSAGE</b>	<b>\$1.69</b> LB.
LEAN	
<b>GROUND BEEF</b>	<b>\$1.29</b> LB.
LEAN	
<b>BOILED HAM</b>	<b>\$1.69</b> LB.

# A-Bomb Pilot Recalls Hiroshima 40 Years Later

By Lee Leonard  
COLUMBUS, Ohio (UPI) — From six miles above Hiroshima, straining to pull his bomber into a tight turn and get out of there, Paul Tibbets could see the ground being incinerated.

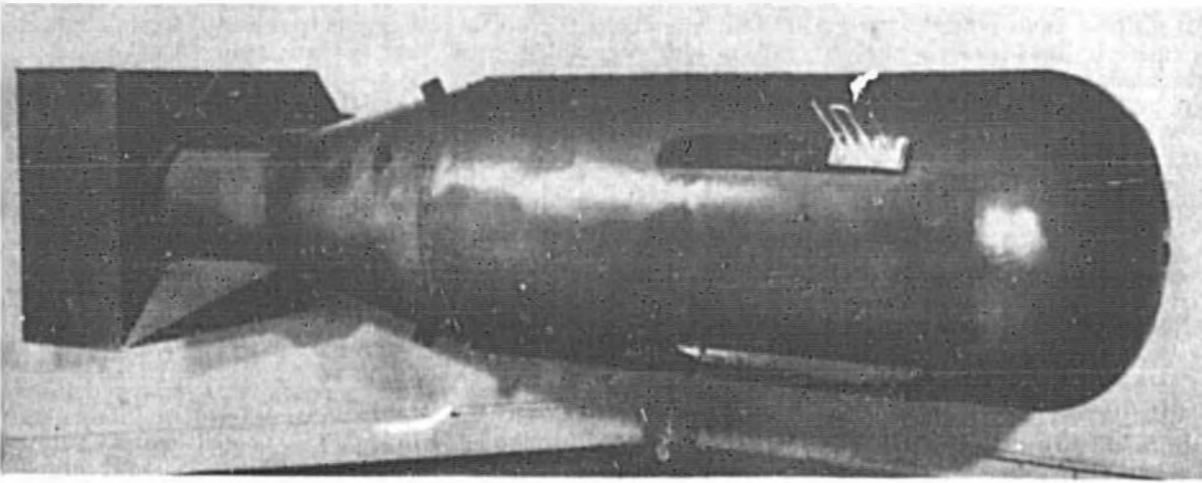
A few seconds before, Tibbets and his B-29 had sent a 9,000-pound atomic bomb spiraling through the clear blue sky toward the industrial city far below.

A few seconds later, the captain dived his bomber into a turn so tight it pinned his crew against their seats. As the aircraft banked, he could see the mammoth column of atomic fire boiling into the sky — and feel its shock waves against the plane.

Tibbets remembers "a tingling sensation in my mouth and the very definite taste of lead upon my tongue" from the fillings in his teeth.

He would describe an incredible sight: a blinding flash as bright as 10 suns, a giant purple mushroom cloud, and fires springing up everywhere on the ground amid a turbulent mass of smoke that "looked like bubbling tar."

Forty years after making history, Tibbets, 70, still recalls



An atomic bomb of the "Fat Man" type long, weighs about 9,000 pounds and is dropped on Hiroshima Aug. 6, 1945, is 10 feet equivalent to about 20,000 tons of TNT.

that Aug. 6, 1945, morning. And he has no regrets.

"I can't change it," Tibbets said in an interview marking the fourth decade since atomic weapons were unleashed on mankind. "Nobody can change it. It's recorded, and that's the end of it, as far as I'm concerned."

Although the bomb may have cost 80,000 to 150,000 lives in Hiroshima that day, Tibbets believes it saved 20 to 40 times that many, both Japanese and

American, that would have been lost had the Allies attempted an invasion of Japan to end the war.

"They were prepared to lose a million people," says Tibbets, who has since discussed the episode with Japanese civilians and military personnel. "The Japanese were prepared to fight an invasion down to the last man, woman and child, using sticks and stones if necessary."

Tibbets feels he and the crew of the Enola Gay ended World

War II by dropping the bomb, even though debate still continues over how to prevent that act from ever being repeated.

The training for the mission that would end the war actually began almost a year earlier when Tibbets, then a 29-year-old colonel, found himself in command of a 1,400-member unit training to deploy atomic weapons in both the Pacific and European Theaters.

The unit was cut off from the

rest of the military. Only President Harry Truman and a few top Air Force officers knew his mission.

"Put nothing in writing," warned Gen. Uzal Ent, commanding general of the 2nd Air Force. "You will remember everything."

Tibbets was on his own, with only the code name Silver Plate to guarantee his supply requisitions. If the mission was uncovered, the Air Force would deny authorization.

"If this is a success," Ent told Tibbets, "you will be a hero. If it fails, you could end up in prison."

Tibbets chose isolated Wendover Air Force Base in Utah to carry out the secret training. His airmen were told to forgo their curiosity, trust their commander and follow orders.

Tibbets left his bombardiers grumbling when he insisted they must come within 500 feet of a target from 30,000 feet. They couldn't understand why.

In May 1945, Tibbets took his 509th Composite Group to Tinian, a South Pacific island captured from Japan. From there, Tibbets made practice bombing runs over Japan for weeks. Soon, the Japanese were

paying no attention to the single-plane raids dropping a single conventional bomb from a high altitude.

But on Aug. 6, at 2:45 a.m. Tinian time, Tibbets and his crew took off and were advised of clear weather over Hiroshima, the primary target 1,700 miles away.

At 9:15 p.m. Maj. Thomas Ferebee opened the bomb bay and, sighting visually on a bridge in Hiroshima, dropped "Fat Man."

The huge bomber, piloted like a fighter by Tibbets, suddenly became 9,000 pounds lighter and surged into a diving 155-degree turn.

Forty-three seconds later there was a blinding flash.

Although 9 miles from the point of explosion, Tibbets and his crew could see the leading edge of the shock wave approaching at the speed of sound. It buffeted the plane like a nearby anti-aircraft shell.

Three days later, on Aug. 9, another B-29 dropped the second A-bomb on Japan, the 10,000-pound "Fat Man" that devastated Nagasaki.

On Aug. 14 the Japanese surrendered.

## Manhattan Project Best Kept Secret Of World War II

EDITOR'S NOTE: When President Truman announced the atomic bombing of Hiroshima Aug. 6, 1945, Chiles Coleman was manning the United Press news desk in Washington. Coleman, who died in 1977 after serving many years as UPI's Southern Division news editor in Atlanta, wrote the following account of that day to mark the 25th anniversary of the Hiroshima bombing in 1970.

By Chiles Coleman  
United Press International

The government kept a lot of secrets well during World War II. None was bigger or better-kept than the one known as the "Manhattan Project."

News that scientists had succeeded in splitting the atom and using the awesome energy thus released to make a bomb was dumped — there is no other word — on the American public and the world on Aug. 6, 1945.

About 16 hours earlier, an American warplane had released the first atomic bomb over Hiroshima, Japan.

About three weeks earlier, scientists had exploded the first "atomic device" on a remote New Mexico desert, turning vast areas of sand into glass and creating a flash so intense that a blind girl 150 miles away asked what she "saw."

But the newspaper-reading and radio-listening public knew none of this. Wartime censorship regulations and military secrecy rules had done their work well. There were rumors to be heard, deductions to be made from obscure scientific papers published before the war, but there were no facts, and no news stories.

The task of keeping it all hidden from the enemy and from the world was perhaps a little easier because everybody knew, of course, that the atom was by definition the smallest possible particle of matter and couldn't be split.

From the slot of the United Press Washington news desk, where I was sitting that Monday morning, the outlook was for a quiet day. President Truman was on the way home from the Potsdam conference aboard the cruiser USS Augusta.

Presidential press secretary Charles Ross and UPI's White House correspondent, Merriman Smith, were with him. Congress was on vacation. Victory in Europe was 3 months old. The war again Japan was picking up steam, but news of the fighting was coming mostly from Pacific datelines.

Sen. Hiram Johnson had died a few hours earlier. His obit had cleared the wires and it was a good even-money bet no story from Washington that day would top it.

At 10:30 a.m. Eban Ayers, acting White House press secretary, told his regular morning conference with reporters he had nothing new but might have something later. Charles Degges, at the White House for UPI in Smith's absence, asked if it would be a fair, good or hot story.

"It'll be a pretty good story," Ayers said in what must surely rank as the understatement of the century.

Half an hour later he called them back, read a few paragraphs from a three-page state-

ment by President Truman and handed out copies.

Degges' bulletin was ripped from a typewriter by an office dictationist and dropped on the desk in front of me. It said:

WASHINGTON, AUG. 6 (UP) — PRESIDENT TRUMAN TODAY ANNOUNCED THAT AN "ATOMIC BOMB" HAS BEEN USED AGAINST JAPAN FOR THE FIRST TIME WITH POWER EQUAL TO 20,000 TONS OF TNT.

I looked again at the words "atomic bomb" with layman's incomprehension. Then I tried to visualize the explosion of 20,000 tons of TNT, and the impact of the story began to register.

Degges' dictation continued, paragraph by paragraph, out of the typewriter and onto the UP trunk wire behind the bulletin:

IN A STATEMENT ISSUED AT THE WHITE HOUSE MR. TRUMAN REVEALED THAT 16 HOURS AGO — SOMETIME SUNDAY — AN AMERICAN AIRPLANE DROPPED ONE OF THE NEW BOMBS ON HIROSHIMA, AN IMPORTANT JAPANESE ARMY BASE. THAT BOMB HAD MORE POWER THAN 20,000 TONS OF TNT.

THE PRESIDENT'S STATEMENT SAID, "IT HAD MORE THAN 2,000 TIMES THE BLAST POWER OF THE BRITISH 'GRAND SLAM' WHICH IS THE LARGEST BOMB EVER USED IN THE HISTORY OF WARFARE."

THE PRESIDENT SAID THE NEW BOMB OPENED "A NEW AND REVOLUTIONARY INCREASE IN DESTRUCTION" TO SUPPLEMENT THE GROWING POWER OF THE UNITED STATES AGAINST JAPAN. THE NEW BOMB, HE ADDED, IS NOW IN PRODUCTION AND "EVEN MORE POWERFUL FORMS" ARE UNDER DEVELOPMENT.

"IT IS AN ATOMIC BOMB," THE PRESIDENT SAID. "IT IS A HARNESSING OF THE BASIC POWER OF THE UNIVERSE. THE FORCE FROM WHICH THE SUN DRAWS ITS POWER HAS BEEN LOOSED AGAINST THOSE WHO BROUGHT WAR TO THE FAR EAST."

Even as these words were clattering on UP teletypes all over the country and the world, the information floodgates were swinging wide all over Washington.

At the War Department, the general in charge of public relations opened his safe and gave reporters stacks of super-secret material prepared in advance.

There was a 7,500-word statement by Secretary of War Henry L. Stimson about the development of the bomb, long stories about the secret plants at Richlands, Wash., and at Oak Ridge, where a city of 40,000 had been built from scratch in the East Tennessee hills and its very existence kept from the world.

There was information about the scientists who perfected the bomb, not really knowing until they tried what actually would happen when they exploded the first "atomic device."

The Army told the full story of the New Mexico test, putting Alamogordo, N.M., forever in the

See BOMB, page 5A

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USDA CHOICE, HEAVY WESTERN BEEF TENDER, WELL FLAVORED <b>DELMONICO STEAK</b> SAVE \$1.71 LB. LB. <b>\$3.78</b>	LYKES SUGAR CREEK ALL MEAT BOLOGNA SAVE 50¢ 1 LB. PAK <b>\$1.39</b>	6 PAK - 12 OZ. CANS OLD MILWAUKEE BEER LIMIT 2 WITH \$5.00 ORDER <b>\$1.69</b>
USDA CHOICE HEAVY WESTERN BEEF TENDER, WELL FLAVORED, E-Z CARVE 5/8 RIB <b>RIB ROAST</b> SAVE \$1.01 LB. LB. <b>\$2.58</b>	X-LEAN PORK BUTTS LB. <b>98¢</b>	<b>PRODUCE</b> GOLDEN RIPE BANANAS <b>19¢</b> LB.
X-LEAN GROUND ROUND SAVE \$1.08 LB. LB. <b>\$1.89</b>	BABY PORK SPARE RIBS SAVE 80¢ LB. 3 LB. AVG. <b>\$1.59</b>	FANCY CALIFORNIA ICEBERG LETTUCE <b>59¢</b> HEAD
	X-LEAN WHOLE OR HALF PORK LOIN SAVE 60¢ LB. <b>\$1.39</b>	U.S. NO. 1 POTATOES 50 LB. BAG <b>\$3.98</b> 10 LB. BAG <b>99¢</b>
	PREMIUM FRYER WINGS, THIGHS, LEG QTRS., GIZZARD SAVE 97¢ BOX 6 LB. BOX <b>\$3.98</b>	FANCY WHITE SEEDLESS GRAPES <b>78¢</b> LB. FANCY YELLOW SQUASH <b>4</b> LBS. <b>\$1.00</b>

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LYKES SUGAR CREEK ALL MEAT FRANKS 12 OZ. PAK <b>49¢</b>	DRAWNY JUMBO TOWEL <b>9¢</b>	GIANT 48 OZ. BOX TIDE DETERGENT <b>\$1.38</b>	FLORIDA GRADE LARGE EGGS DOZ <b>9¢</b>

# Evening Herald

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## Gorbachev: Stalin's Heir

Now that the stardust has settled somewhat in the aftermath of Mikhail Gorbachev's accession to power, the West has had the chance for a closer look at the new Soviet leader.

Although Mr. Gorbachev has promised some dramatic changes in the Soviet system, everything points to the same repression that has gripped the Russians since the memory of man runneth not to the contrary. Nothing has changed. Consider the case of Soviet dissident Andrei Sakharov.

The 64-year-old physicist and Nobel laureate has not been seen in public since early April when he began a hunger strike in order to win permission for his ailing wife to visit the West for emergency medical treatment. In a clumsy attempt to counter speculation that he may be dead, the Soviets produced a film purportedly showing Mr. Sakharov to be all right. Whenever that dubious film was made, it shows a stricken man.

A letter mailed in November to his stepchildren in Massachusetts has only just arrived. It describes how Soviet attendants responded to his previous hunger strike by force-feeding him intravenously and then through a tube stuffed down his throat. Given Dr. Sakharov's severe heart problem, it's doubtful that he can survive the abuse and confinement imposed upon him by Soviet authorities.

Even though Mr. Gorbachev could stop Dr. Sakharov's suffering with a word, he fails to act. Indeed, the Kremlin continues to insist that the fate of Soviet dissidents is an internal matter that should not concern the West.

Similarly, Soviet persecution of Yuri Orlov continues unabated. Mr. Orlov, founder of the original Helsinki Watch Committee charged with monitoring human rights in the U.S.S.R., was recently exiled to Siberia. The respected Soviet scientist, who spent seven years in prison and labor camps, is reportedly a shell of his former self. Nevertheless, he is still subjected to savage beatings by street toughs. Beatings of prominent Soviet dissidents do not occur, of course, without the tacit approval of the KGB, which in turn is accountable to Mr. Gorbachev.

Then there is the matter of Anatoly Scharansky. The Jewish dissident has been shunted between Soviet prisons and labor camps since his arrest in 1978. His so-called crimes consist of criticizing the U.S.S.R. for its human-rights violations and attempting to leave the country. For these offenses, he has been condemned as an enemy of the state; he has been beaten, starved, and given mind-altering drugs to break his spirit. Of course, Mr. Scharansky's suffering could be ended if the Soviet boss so ordered.

Jeanne Kirkpatrick, former U.S. Ambassador to the United Nations, said as much last May when she challenged Mr. Gorbachev to free these three men along with several thousand Soviet dissidents locked in the infamous Gulag. "We've heard about (Gorbachev's) style, his dress, his new look, his charm, his wife, his power," she said. "What kind of a man is Premier Gorbachev ... and the manner of this new generation, to whom power in the Soviet Union has been transferred?" The answer to that question, she concluded, is the fate of Messrs. Sakharov, Orlov, Scharansky, and their Helsinki comrades.

Mikhail Gorbachev's reticence regarding the persecution of these and other Soviet political prisoners speaks volumes about his philosophy. Actually, he is Stalin's heir, spiritually as well as chronologically.

### BERRY'S WORLD



### DICK WEST

## Old Politicians Never Lose; They Just Fade Away

WASHINGTON (UPI) — Both political parties have been busy lately lining up candidates for next year's congressional elections. Meanwhile, the Agriculture Department has distributed a press release reporting that a large percentage of the fresh fruits and vegetables shipped to market in this country each year never reach the consumer.

There may be a message in this for members of Congress, if they but read it correctly. We are told that the key to preventing produce losses due to what is called "natural ripening and aging" may be "studying the cells of fruits and vegetables, particularly the enzymes and hormones that cause changes."

Any good political pundit can tell you candidates for Congress also are subject to "natural ripening and aging." The trick is to prevent election losses, and forestall changes caused by enzymes, hormones and the voters.

If one goal of agricultural research is to create fruits and vegetables "that stay garden fresh longer," I don't see why the production of garden fresh politicians can't be a goal, too.

Two aspects of the news release explaining the former program looked particularly promising for the latter goal. One said:

"Fruits and vegetables are kept in cold storage to delay the aging process, but too much cold can cause injury."

That passage may well remind you of someone you know. For instance, the building superintendent in charge of regulating the air conditioning.

Delaying the political aging process by keeping candidates in cold storage is another matter. However, many a campaign has been injured by head colds.

Another paragraph I found interesting was captioned "WHERE HAVE ALL THE VITAMINS GONE?" It averred that "if produce doesn't look

fresh, chances are it has lost some of its vitamin C."

I have seen even newly picked congressional candidates who didn't look particularly fresh either. I must say, however, it hadn't occurred to me that some of the vitamin C may have gone out of their campaigns.

Scientists have discovered "the vitamin C content of vegetables and some fruit decreased during storage" and this finding may "help genetic engineers develop fruits and vegetables that stay more nutritious during storage."

I'm not suggesting that campaign managers and party leaders might want to give their tigers massive doses of vitamin C during a campaign. But if genetic engineering works for produce dealers, the message may be that congressmen should forget about financing research on the cells of fresh produce and concentrate on political cells instead.

Otherwise, they might be replaced by turnips.

### VIEWPOINT

## Wolf In Sheep's Clothing

By Fred L. Smith, Jr.

Never underestimate the ability of politicians. The 1984 election demonstrated convincingly that Americans oppose higher taxes, and Congress accordingly has soft-pedaled its preferences for ever-higher taxes. However, it has not abandoned its preference for "tax and tax and spend and spend" policies. To address this problem, Congress has elected to employ the old "wolf in sheep's clothing" gambit — they hope to sneak through major new taxes without us catching on. The "sheep" in this case is the very popular Superfund program intended to "clean up" hazardous waste dumps throughout the nation. The "wolf" is a new Value Added Tax, a national sales tax, which the Senate Finance Committee recently enacted and creatively entitled the Manufacturer's Environmental Excise Tax (the MEET tax). The tax is aptly named — some within Congress do indeed seek to take a meat ax to the American taxpayer. They must be stopped.

Congress is clever. Relying on the popularity of environmental programs in general and Superfund in particular to raise taxes is a truly Machiavellian ploy. The proposed VAT would be a sales tax on all manufacturing activity (toy making and food processing, for example) and would be "dedicated" to financing an expanded Superfund. Proponents make much of its modest (.08%) rate and its low yield ("only" \$1 billion), but they gloss over the risk that once introduced, the VAT concept paves the way for major tax increases. Europe's VAT taxes also were introduced at "modest" rates, but mushroomed rapidly to 15% in Britain, 18% in Italy and up to 33% in France. Those who argue that a small tax will stay small need only look at the U.S. Social Security experience for a refresher in Congress' love affair with taxes. VATs are an insidious tax, virtually hidden from the voters and impose diffuse pain on all segments of the populace. Combine this hidden impact with the fact that each percentage point rate increase might yield an additional \$15 billion revenue and one can now understand how enactment of the MEET tax would provide Congress its ultimate tax weapon.

This particular VAT tax is bad for other reasons. The MEET tax would further erode the Polluter Pays Principle: the environmental principle that those who pollute the environment should bear the costs of clean-up — not the general taxpayer. People today who buy toys or processed foods have not caused the problems caused by past waste disposal practices. Why should they bear the costs of such clean-up? This loose acceptance of manufacturing as the "cause" of all environmental problems creates a dangerous precedent and suggests that some will soon seek to impose new "responsibilities" on the manufacturing sector.

### JACK ANDERSON

## Low-Frequency Waves A Possible Weapon

By Jack Anderson and Dale Van Atta

WASHINGTON — Can the human mind be short-circuited or even destroyed by extremely low-frequency radio waves?

Preposterous as such an idea may seem, scientists on both sides of the Iron Curtain have been conducting secret studies on the subject. And though it bears the acronym ELF, there's nothing pixelike about the possible effects of Extremely Low-Frequency transmissions. Reputable scientists say they could be developed into yet another grisly weapon of mass destruction.

The Navy is installing more than 50 miles of underground antenna in



JEFFREY HART

## Geneva Hopeless

The word in and around the corridors of power is that Nancy Reagan wants her husband to go down in history as a "peace president" through reaching an agreement with the Soviets and even win the Nobel Peace Prize, and that her influence, of undetermined magnitude, but presumed to be great, is pushing Reagan softward on a number of important issues, notably the character of the November summit meeting with Gorbachev in Geneva.

The buildup of expectations for this meeting has now been underway for several months, and the dynamics of it favor Gorbachev, putting increasing pressure on Reagan but more on Gorbachev.

The Soviet leader, we hear, is "young" and personable. He has a "sense of humor." He may be a "reformer." His wife does not look as if she just stepped off a tractor. Margaret Thatcher has said that she could "do business" with Gorbachev, and if the Iron Lady, as Pravda has called her, could do business with Gorbachev surely Reagan can too. The onus will be on Reagan if nothing much happens at the summit.

But pause a moment and listen to Leon Trotsky describing Josef Stalin to an American reporter in Mexico City in 1937. "He is the complete bureaucrat. He could exist only in a bureaucracy. He did not build the machine; he is a product of the machine. Separate him from the machine and he is nothing."

Power in the Soviet state resides exclusively in an enormous and rigid bureaucracy, and mavericks do not rise to the top of a structure like that. When Nikita Khrushchev gave hints of unpredictability, the bureaucracy disposed of him like a piece of Kleenex and he died a non-person, Gorbachev is not a maverick.

He will come to Geneva in November with two clear goals: 1) Stop Star Wars, and 2) Split the U.S. from the rest of NATO and thus weaken the alliance.

The latter has been a Soviet goal since 1945. Star Wars has recently risen to a high place on the agenda.

The Soviet campaign against Star Wars has been intensifying ever since Reagan announced the plan, and it will intensify as Geneva approaches. Increasingly, opposition to Star Wars will be voiced here and in Western Europe. At some point, Mr. Gorbachev can be expected to offer a reduction in Soviet warheads by some strategically insignificant number in return for scrapping the strategically significant Star Wars. This will be a transparent fraud, but it will appeal to opinion here and in Europe.

If Gorbachev has clear goals for the Geneva summit, it is not clear that the Reagan administration has any goals at all outside of a vaguely defined goodwill. The movement toward a summit began during the presidential campaign when Reagan eagerly met Gromyko to bury the "peace" issue. Mondale was trying to exploit. This cosmetic diplomacy no doubt helped Reagan in the short run. His problem now is to try to lower the political price the West will have to pay for it.

One scenario, thinks former President Nixon, might involve some minor agreements on commercial matters, fishing, cultural exchanges and so forth. We could improve the hot-line for the thirty-eighth time. The two sides could conceivably agree on what to do if Khadafy got the bomb, perhaps a coin-toss on who would blow him up.

But in the minimal scenario, the price to be paid would be the illusion of amity, which would create the public impression of mutual friendliness and make Congress even more reluctant about defense.

The unpleasant reality is that the United States and the Soviet Union — and whoever the Soviet dictator might be — have one and only one major interest in common: avoiding mutual nuclear suicide. At every other level the relationship is one of outright conflict.

It would be an excellent idea if Mr. Reagan, pleading a diplomatic illness of some sort, cancelled out of Geneva.

### ROBERT WALTERS

## Africa's Coming Disaster

WASHINGTON (NEA) — Globally televised rock concerts, emergency fund-raising appeals and songs promoting empathy with the plight of starving children are noble gestures, but they cannot resolve the chronic crisis in sub-Saharan Africa.

Both the causes and effects of the desperate situation are so profound that palliative measures are almost certainly doomed to failure. "Emergency assistance is not enough to keep people going," says the executive director of the U.N. Commission for Africa.

"Drought conditions envelop 27 of the 45 sub-Saharan African countries. Millions of people, perhaps as many as one-fourth of the population, are malnourished. More than 20 million people are close to starvation," says Helen C. Low, an economist knowledgeable about the continent.

"Across Africa, individuals and nations are sliding backward at an unprecedented speed. Experts warn of coming disaster larger than anything the world has yet seen," the *Wall Street Journal* reports.

"Reversing the ecological deterioration and economic decline now under way in so much of Africa may require international collaboration greater than any since the Allied powers mobilized in World War II," adds Lester R. Brown, president of the Washington-based Worldwatch Institute.

Finally, an assessment from Africa's own leaders. At the close of its annual meeting in late July, the Organization of African Unity issued a grim declaration that warned that most of its member nations now are on the verge of "economic collapse."

Among the numerous causes: feudal farming and landholding practices, an unforgiving tropical and subtropical climate, archaic forms of social organization, a lack of development capital, endemic diseases and tribal conflicts.

Virtually all of the continent's countries have gained their independence during the past quarter-century — and in many of those young nations the political leadership ranges from immature and irrational to despotic and corrupt.

Relief agencies seeking to ship food to Ethiopia, one of the nations most severely affected by the famine, are forced to pay that country's Marxist government for the privilege — \$165 per ton in handling fees and \$12.50 per ton import tax.

Even more severe is the problem identified by the World Bank, which says sub-Saharan Africa is the only region in the entire world where "food production is losing the race with population growth."

"Even if drought conditions were to subside now," says Ms. Low, "the combination of increasing population and decreasing growth rates of agricultural output ... will produce less food per person in 1988 than in the drought year of 1984."

Unfortunately for the human race, there's nothing silly about the potential effects of very low-level electromagnetic radiation on the nervous system.

Ironically, the Soviets conducted the pioneer research in electromagnetic radiation back in the 1930s in hopes of giving scientific respectability to the notion of mental telepathy. But the lowest-frequency ranges were difficult to detect with the primitive instruments of that era, and Soviet scientists eventually abandoned the electromagnetic mechanism as a means of perfecting telepathy.

But brain researchers in this country and elsewhere now ac-

knowledge that those early Soviet scientists — like Columbus looking for India and stumbling across the New World — were the first to realize that very low-level radiation could have profound effects on the human organism — and frightening military uses.

American researchers have told us that within 10 or 15 years scientists on both sides may learn how to interfere with the electrical impulses of the human brain by means of long-distance transmission of electromagnetic radiation. This interference could extend to "switching off" the brain's vital functions — that is, killing the targeted victims.











# PEOPLE

Evening Herald, Sanford, Fl. Wednesday, July 31, 1985-1B

## Cook Of The Week

### Lady Trucker Embarks On International Cuisine Venture

By Dorothy Greene  
Herald Correspondent

A lady trucker? You bet! If you ever felt the need to do your own thing and were afraid to try it, then take heart... it can be done. That's what Diana Laver decided to do when she had a restless urge to do something different.

Diana, our Cook of the Week, is a native of Tarrytown, N.Y., the legendary "Sleepy Hollow" area made famous by author Washington Irving and his "Headless Horseman." "Born and raised on the shores of the Hudson River, close to the cemetery," laughs Diana. "I moved to Florida when I was 13 years old," says Diana, "and eventually met and married Rod."

"We moved to Washington, D.C. for several years, but you know how it is when you get sand in your shoes," Diana says. "We come back to Florida and settled in the Orlando area, then as soon as we could we moved out into the country and we've been here ever since."

Diana and her husband, Rod, a former county administrator, make their home in a comfortable country setting tucked away deep in the woods west of the Sanford city limits. Diana admits to being "a country kid, very much a tomboy, and very happy. I never outgrew the tomboy stage," says Diana. "I'm more of a nature lover and less of a housekeeper than anything else, but I do love to cook. I would love to be able to paint or play a musical instrument, but I don't have that talent, so cooking is the only way I can express my creativity."

Bearing witness to that fact is the large collection of cookbooks from which Diana has excerpted many of her favorite recipes with an inclination toward international dishes.

Gardening is another talent which Diana has put to good use and enjoys very much. "I have latent farm tendencies," says Diana, "and for a while there we had a big garden. We had peach, plum, pear, apple and a bunch of

citrus trees. Also several varieties of grapes, blueberries and blackberries. I was trying to be self-sufficient out here. Then we went away for awhile so it all fell by the by. But now I'm gearing up again if Rod will promise not to mow my plants down every time he goes by with his new lawn mower and weed-eater. I can't seem to keep him away from my plants!"

"Away" for Diana meant embarking on an adventure which many people just dream about but never follow through. "I was a secretary for 18 years," says Diana. "Mostly for the Defense Department, working for the army, navy and air force." Feeling the need for a change in her life, Diana jokingly referred to an advertisement for women truck drivers for a nationally known van line. "I told Rod, 'I'm going to go out and see the world!' I had never seen anything except New York and Florida and points in between, so I sent for the information and Rod got interested, too. When he saw how serious I was, he decided to close down his business and we bought an 18-wheeler and so for about five years I was a lady truck driver."

"I loved it!" says Diana. "It was wonderful being in a different place every day, seeing all those wonderful sights, meeting new people, eating in a different restaurant every night, even though it was a truck stop. But eventually, we decided that it was time to grow up and settle down, so we came back to Sanford and that's when I started my business at home." Diana was fortunate to have her mother, Margaret Banas, who lives with them, care for their home and small menagerie of pets while they were "on the road."

One of Diana's favorite spots in her travels was San Francisco's Bay area and the northern California coast. "I would move there in a minute if it was possible. I just love that area; it will always stand out in my mind. It has to be the most



Herald Photo by Tommy Vincent

Diana Laver hopes to write a cookbook.

beautiful country in the world," says Diana. "One of my favorite things to do on Fisherman's Wharf was to get a great big cooked crab and a fresh loaf of sour dough bread and have lunch on the pier."

Diana has many food memories of her "trucking" days and can always look back on her experience with satisfaction for having followed a dream. "I really miss it," says Diana, "but at least I have those five years to look back on. And we still have the truck, just in case!"

Back home again, Diana drew on her years as a secretary and started an "at home" secretarial service called Your Other Office, which is still young, but expanding. "We're very new at this, but very serious about it and very professional," says Diana. "We have the computers, and all the

office equipment necessary to do the right job. Rod is preparing the offices in another building, so we'll be able to spread out a little more and incorporate our accounting and bookkeeping service there, too."

Diana is an active member of the Church of Christ in Sanford. Reflecting on her days as a lady trucker, Diana says, "One of the good things that came from my being on the road is that I became a born-again Christian and that's been a big change in my life. It's one of the reasons I can accept being at home now instead of dashing across the country. I've got my priorities back in order."

Spare time is scarce at the Laver household, but Diana enjoys movies and watching T.V. in the evening. Collecting recipes and cookbooks is of great interest to her and, Diana says,

"I can read a cookbook like some people read a novel. I'm interested in international cooking, particularly Oriental, Middle European, Greek and Mexican, and mostly Cuban and Puerto Rican. Having exhausted American regional cooking, I've been experimenting with international dishes."

Another project on the horizon for Diana is writing her own cookbook. "Rod has been encouraging me to write a cookbook for a long time now, so I've been developing my own recipes. Some of them need a lot more testing, though, so I'm not ready to share any just yet," says Diana. "Both my mother and husband are diabetic so in order to compensate and make them feel that they were getting the same desserts and treats we have a normal course. I've been experimenting with sugar-free desserts and I've been able to come up with cakes, pies, muffins and jellies and jams and ice cream, which makes it nice for them."

"We don't go to restaurants too often," says Diana, "so if I expect to enjoy my food, I have to be a creative cook. I'm not so great on presentation, but I try. Some people can garnish and decorate a dish with flourish, but the proof is in the taste."

For an around-the-world adventure right in your own

kitchen, some of Diana's tempting recipes are given below. Bon Appetit!

From Cuba:

#### ROPA VIEJA

2 lbs. beef flank steak  
3 onions, coarsely chopped  
7 garlic cloves  
3 sweet peppers, coarsely chopped  
6 bay leaves  
1/2 cup vinegar  
Salt and pepper to taste  
2 tablespoons olive oil  
1 can (6 oz.) tomato paste or puree

Fried Cuban bread for garnish  
Pimiento and pimiento-stuffed olives for garnish

In large saucepot, brown flank steak with one large onion and 3 garlic cloves. Add 1 sweet pepper, 3 bay leaves, 1/2 cup vinegar, salt, pepper and water to cover. Simmer until meat is tender, about 1 1/2 hours. Skim foam. Remove meat and allow to cool, then strip into small pieces. Reserve cooking broth. Sauté remaining onions, garlic and peppers in olive oil until tender. Add meat, remaining bay leaves, vinegar and 1/2 cup reserves broth. Let simmer until liquid is absorbed. Stir in tomato paste. Serve on platter garnished with thin slices of fried Cuban bread, strips of pimiento, and sliced stuffed olives. Makes 6 servings.

See COOK, 2B

## Cheryl Smith, Bruce D. Danilla Wed In Double Ring Ceremony

Cheryl Jane Smith and Bruce Daniel Danilla were married June 29, at 6 p.m., in the First United Methodist church, Sanford. The Rev. George A. Buie III performed the double ring ceremony.

The bride is the daughter of Mr. and Mrs. Dean W. Smith, 401 Pine Drive, Sanford. The bridegroom is the son of Mrs. Mary Sweeney, Sanford, and the late Mr. Nicholas Danilla of Brooklyn, N.Y.

Given in marriage by her father, the bride chose for her vows a Bridal Luier original, fashioned along the bouffant silhouette, by Alfred Angelo. The white lace over white taffeta gown was styled with a high neckline and a three-tiered hoop skirt. The full skirt terminated in a sweeping cathedral train.

Her georgette veil was edged in tiny seed pearls and she carried a bouquet of white silk roses, lavender carnations and white baby's breath with white streamers.

Anna Ondick attended the bride as maid of honor. She wore a sheer lavender gown over taffeta with a high neck and long full skirt. Her headpiece was a spray of baby's breath tied with lavender ribbon and she carried a silk bouquet of white carnations, lavender lilies and baby's breath showered with white streamers.

Brian Danilla served his brother as best man. Ushers were Dean Smith, Robert Smith and Trent Smith, brothers of the bride.

Fannie Heinline, cousin of the bride-

groom, was the flower girl.

The reception was held in McKinley Hall of the church. Deanne Munro, friend of the bride, registered the guests in the bride's book. The groom's cake was made by the Mrs. Dwight Reynolds, grandmother of the bride.

The couple honeymooned in Atlanta where they attended the New York Mets/Atlanta Braves baseball games.

They are making their home in Sanford where the bride is employed in accounts receivable at Hi Flavor Meats, Tuscawilla Road, Oviedo, and the bridegroom is employed as a driver for Airbourne Express, Orlando.

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# Try A Medley Of Fresh Summer Vegetables

Now is the time to microwave those vegetables that are plentiful ... bell peppers, eggplants, yellow squash, zucchini, tomatoes, and okra. General rules for cooking fresh vegetables are few and simple:

- Allow approximately 6-8 minutes per pound for fresh vegetables.
- Small (uniform) pieces of vegetables cook faster and more evenly than larger ones.

- Quick cooking (at 100% power) in small amounts of water; usually what has clung to the vegetables as it was washed.
- Cook in a tightly covered container; a container lid or plastic wrap is best.

- Salt vegetables after they are micro-cooked. Salt causes withering and leaching of moistures.
- Allow 5 minutes standing time to complete cooking to doneness.

A medley of summer vegetables is a good way to use small amounts of vegetables to make a dish to serve 6.

### VEGETABLE MEDLEY

- 1 medium onion, sliced thinly
- 1 bell pepper, chopped
- 1 small eggplant, cubed
- 2 yellow squash, sliced
- 1 zucchini, sliced
- 3 tomatoes, cubed
- 2 tablespoons cooking oil, or bacon drippings
- Salt and pepper to taste
- 1 teaspoon oregano
- ½ cup Parmesan cheese\*

Place all vegetables, except tomatoes, in a shallow 2-quart baking dish and sprinkle with oregano. Cover tightly with plastic wrap. Microwave on 100% power 6-8 minutes. Stir and check for doneness. Add salt, pepper and tomato wedges. Microwave 1-2 minutes. Remove from oven and add cheese. Cover and allow to stand 5 minutes until cheese melts.

\*Cheddar can also be used.

Gumbo is a truly southern dish. This one combines two vegetables that grow during the summer months in Central Florida.

### OKRA AND TOMATO GUMBO

- 2 tablespoons bacon drippings
- 1 medium onion, finely chopped
- 2 cups fresh sliced okra
- 2 cups tomatoes, fresh or canned

- ¼ teaspoon salt
- 3 tablespoons sugar
- 1 tablespoon vinegar
- Black pepper to taste

Combine all of the ingredients. Cover tightly and microwave for 10-15 minutes on 100% power. Pepper sauce (Tabasco) can be added if you like your gumbo "hot." Good served over rice.

Yellow squash is a versatile summer vegetable. It's good in combination with other summer squash — zucchini, patty pan; or in this favorite casserole.

### SQUASH CASSEROLE

- 1 pound yellow squash, sliced
- 1 medium onion, chopped
- 1 grated carrot
- 1 can cream of chicken soup
- 2 eggs
- 1 cup sharp cheddar cheese, grated
- ¼ cup butter
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ½ package seasoned bread crumbs (Pepperidge Farm)

Microwave squash, onion and grated carrot on 100% power 6-8 minutes, or until tender. Drain and add soup, eggs, cheese, butter, salt and pepper. Cover tightly with plastic wrap and microwave 6-8 minutes on 100% power. Add crumbs to the top of casserole and microwave 1-2 minutes, uncovered.

When your garden is producing more tomatoes than you can use in salads or sliced you will enjoy this micro-boiled.

### MICRO-BOILED TOMATOES ITALIANO

- ¼ pound mild Italian sausage
- 6 medium tomatoes\*
- 2 cups diced zucchini (1 small)
- ¼ cup chopped onion
- ¼ teaspoon pepper



**Midge Mycoff**

Home Economist  
Seminole  
Community College

- ¼ cup Italian-style bread crumbs
- 2 tablespoons Parmesan cheese

1 tablespoon fresh chopped parsley

Microwave on 100% power sausage in a 1½-quart casserole 2-3 minutes, or until no longer pink. Drain. Set aside. Cut ½-inch slice from stem-end of tomato. Cut around inside and remove pulp with spoon. Add chopped pulp to sausage with zucchini, onion and pepper. Microwave on 100% power,

uncovered, 9-10 minutes, or until thickened. Drain. Stir in bread crumbs. Fill each tomato with heaping ¼ cup sausage mixture. Place tomatoes in a 8-inch round baking dish. Sprinkle with cheese and parsley. Microwave on 100% power 3-4 minutes, or until heated through.

\*Firm, just ripe tomatoes will hold their shape best.

When the cucumbers in our small garden are growing we get just a few at a time. This mini recipe for pickles makes just a pint. Just right for a small pickling.

### PINT OF PICKLES (Makes 1 pint)

- ½ cup elder vinegar
- ½ cup sugar
- ½ teaspoon salt
- 1 teaspoon mixed pickling spice

2½ cups sliced cucumbers  
1 small onion, thinly sliced  
Microwave vinegar, sugar and spices on 100% power 4 minutes, stirring once. Add cucumbers and onion. Stir to coat. Cover with plastic wrap and microwave on 100% power 3 minutes. Stir, re-cover, and cook on 100% power 1 minute longer. Let stand, covered, for 10 minutes. Spoon into jar, cover and chill before serving.

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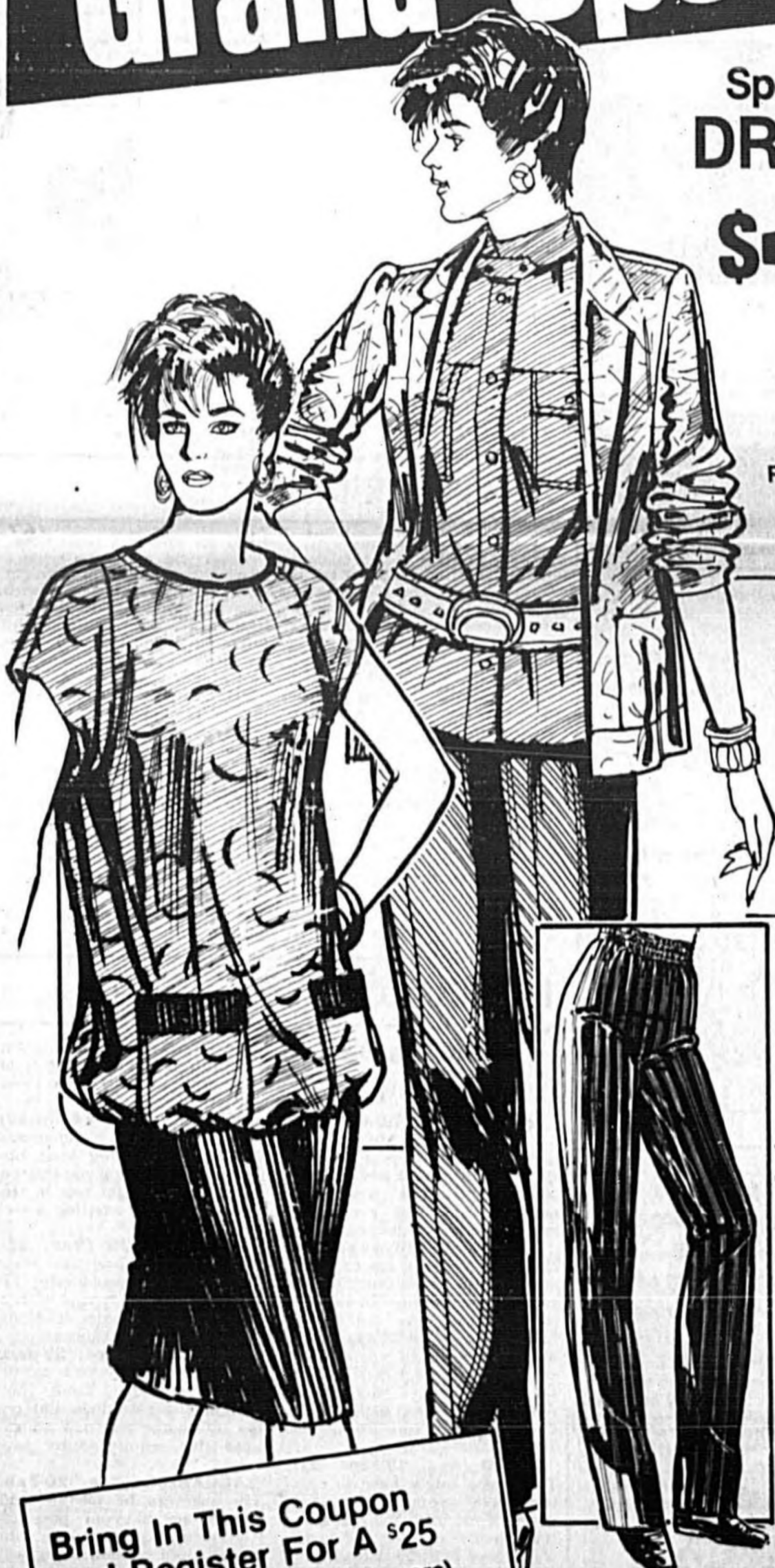
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Phil Pastoret

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**Transfer Of Power**

Outgoing Sanford Rotary Club president Harold Hunziker, left, turns over the gavel of authority to his successor, Seminole County Judge Alan Dickey.

**Threat With Gun At Bar Nets Man Fine, Probation**

A 35-year-old man accused of threatening two men with a gun outside the Post Time Lounge, U.S. Highway 17-92, Longwood, has been fined \$100 in Seminole County Court.

Guy Roberson, of Orlando, was found guilty of improper exhibition of a weapon and was also ordered by County Judge Wallace Hall to pay \$50 towards a victim compensation fund and serve a year of probation.

Roberson was arrested May 20 after he surrendered to deputies. The reason for the incident was not reported.

Two charges against Roberson were not prosecuted: gambling and assault.

Hall also ordered Roberson to stay sober during his probationary period and not to go to the Post Time Lounge.

In other county court action

• A Lake Mary High School employee charged with shoplifting was fined \$75 by Hall and order to serve three months probation.

Carleen Horne, 19, of 1141 Jackson St., Oviedo, was arrested June 7.

According to court records, Ms. Horne walked into an Ecker's drug store on U.S. Highway 17-92 in Longwood and put a package of "East-Nails" into her purse and tried to leave the store without paying. However, a buzzer set off by a

magnetized code on the label of the merchandise alerted the store manager who asked Ms. Horne to come back inside the store while he called police.

• A man found lying in a camper by police answering a burglary-in-progress call was sentenced to 52 days in the county jail for trespassing.

Michael Matuszki, 37, of Orlando, was given credit for 52 days served while waiting the disposition of the case.

According to court records, Longwood police used a police dog to track Matuszki who was found in a camper in a locked compound of Phil's Automotive, 400 Dog Track Road, on June 3.

• A 19-year-old transient was sentenced to 19 days in the county jail for trespassing.

Bryan Raymond Ott was arrested May 24 after he was found sleeping on a couch in an apartment complex clubhouse. He was given credit for 19 days already served.

According to court records, an officer on patrol at Wymore Grove Apartments, 360 S. Wymore Road, Altamonte Springs, reported seeing scratch marks on a door which he discovered to be unlocked. The officer entered the clubhouse and found Ott sleeping. Ott had a pocket knife in his possession at the time of the arrest, the report said.

—Deane Jordan

**CALENDAR**

**WEDNESDAY, JULY 31**  
Central Florida Blood Bank Seminole County Branch, 1302 E. Second St., Sanford, 9 a.m. to 5 p.m. Florida Hospital-Altamonte Branch, 11 a.m. to 7 p.m.

**THURSDAY, AUGUST 1**  
International Training in Communication Greater Seminole Club (previously Toastmasters), 7:30 p.m., Altamonte Chapel Education Building on State Road 436, second and fourth Thursdays.  
Sanford Jaycees general membership meeting, 7:30 p.m., Jaycee building, 5th and French, Sanford.  
Sanford AA, 1201 W. First St., 5:30 p.m., closed discussion, and 8 p.m., open, speaker.  
Oviedo AA, 8 p.m., closed, First United Methodist Church.  
Overeaters Anonymous, open, 7:30 p.m. Community United Methodist Church, Highway 17-92 one-half mile north of SR 436, Casselberry. Newcomers meeting, 7 p.m. Florida Hospital-Altamonte, 7:30 p.m. in the

annex conference room behind the hospital on State Road 436. Not recommended for newcomers.

Charter meeting of Sanford Chapter of Deborah Hospital Foundation, 8 p.m., Church of the Nativity Parish Center, County Road 427, Lake Mary. Open to the public. For information call Dom DeSarno at 323-5152.

**FRIDAY, AUGUST 2**  
Central Florida Kiwanis Club, 7:30 a.m., Florida Federal Savings and Loan, State Road 436 at 434, Altamonte Springs.  
Seminole Sunrise Kiwanis Club, 7 a.m., Airport Restaurant, Sanford.  
Optimist Club of South Seminole, 7:30 a.m., Holiday Inn, Wymore Road, Altamonte Springs.

Central Florida Blood Bank Florida Hospital-Altamonte Branch, 601 E. Altamonte Ave., 9 a.m. to 5 p.m.  
Sanford AA Step, 8 p.m., 1201 W. First St., Sanford.

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# Fresh Fruit Party Pizza Great Treat For Outings

Summertime is always a favorite for outdoor parties, family, and friends. Two recipes simple to prepare that will satisfy the crowd and provide the party perfect are Chicken And Fruit Kabobs and Fresh Fruit Party Pizza. The chicken kabobs are colorful, sweet and juicy because they include plums, slices of banana and chunks of fresh pineapple. A special addition of the chicken is the honey and fresh ginger sauce that is brushed on the kabobs prior to cooking.

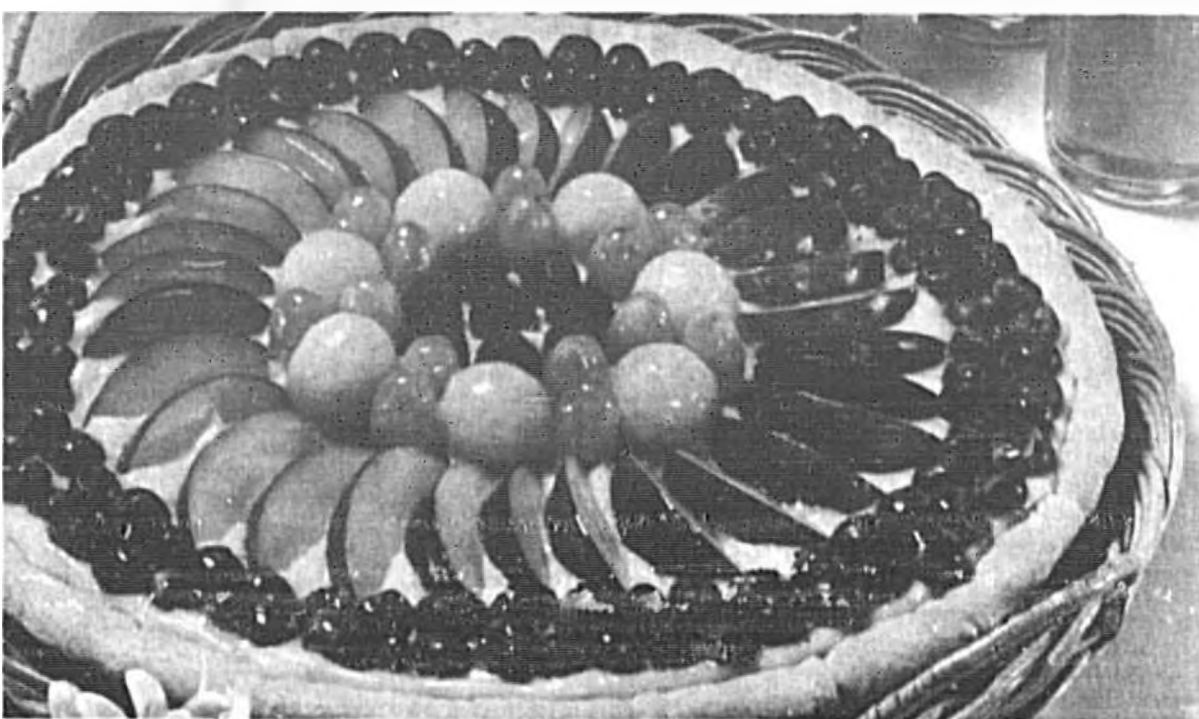
Sure to be a crowd-pleaser, Fresh Fruit Party Pizza is a naturally sweet dessert that includes fresh fruit such as raspberries, blueberries, grapes and cantaloupe. Since this dessert must be chilled before serving, the cook, too, can spend time at the beach or pool with the family.

Other fresh fruit may be substituted on the fruit pizza, such as kiwi, strawberries and nectarines or you may select some of the exciting new fruits now in supermarket produce departments. Create your own design when placing the fruit on the healthy yogurt-lemon base of the pie.

According to the United Fresh Fruit and Vegetable Association, there are a few rules of thumb when selecting summer fruit. Produce should look fresh, clean and unblemished with good characteristic color. Melons, such as cantaloupe, should be smooth and rounded with a depression at the stem end indicating that it was picked at maturity and separated easily from the stem. Honeydews should have a creamy white or pale yellow surface and are ripe when they have a subtle fragrant smell.

A final bonus to the recipes is the natural source of vitamins provided by the fresh produce. For instance, plums contain vitamins A and C, and, like many fresh fruits and vegetables, are sodium-free with absolutely no cholesterol. Additionally, fresh produce is 70 to 90 percent water which is important during the hotter months when water losses can be easily replenished by consuming adequate amounts of fresh produce daily.

um heat until mixture boils and thickens. Remove from heat, stir in lemon juice. Brush glaze over fruit. Chill before serving. MAKES 8 servings.



**Fresh Party Pizza** includes some of summer's abundant groups of fruits such as plums, strawberries, cantaloupe, grapes and blueberries. Or create your own own design with your choice of fruits topping the healthy yogurt-lemon base of the pie.



## Publix Beef, for special family occasions.

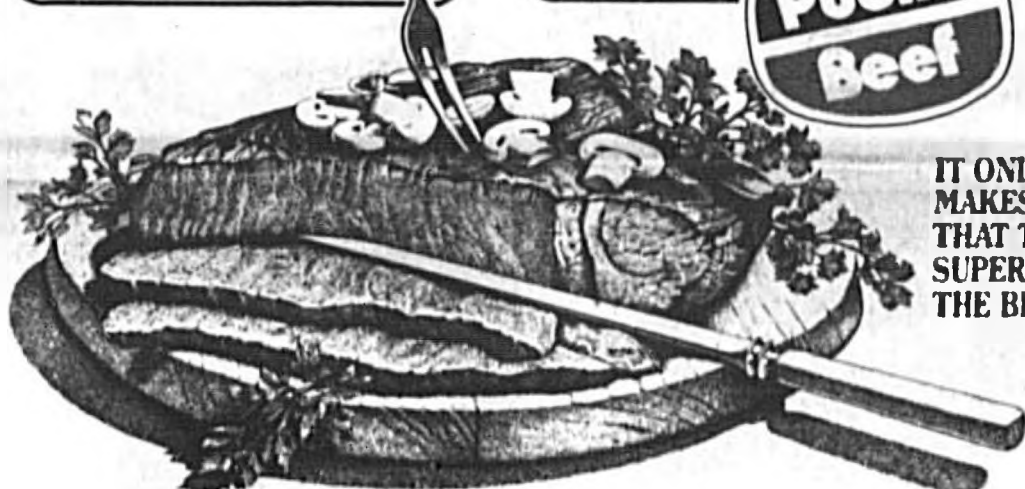
*It's the little things that make the difference at Publix.*

**Publix Beef, Gov't.-Inspected Boneless Chuck Roast**  
per lb.  
**\$1.37**

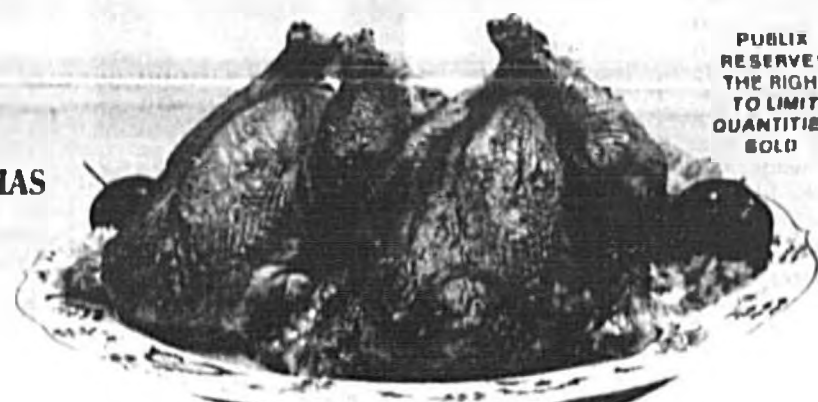
**Publix Beef, Gov't.-Inspected Boneless Shoulder Steak**  
per lb.  
**\$1.57**

**Publix Beef, Gov't.-Inspected Boneless Top Sirloin Steak**  
per lb.  
**\$2.97**

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per lb.  
**\$1.77**



IT ONLY MAKES SENSE THAT THE BEST SUPERMARKET HAS THE BEST BEEF.



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### CHICKEN AND FRUIT KABOBS

- 1 1/2 cups honey
  - 1/2 cup freshly squeezed lemon juice
  - 1/2 cup Dijon-style mustard
  - 1/2 cup chopped fresh ginger
  - 4 pounds boneless, skinless chicken breast, cut in pieces
  - 6 fresh plums, quartered
  - 3 firm bananas, cut in chunks
  - 4 cups fresh pineapple chunks (about 1/2 of a medium pineapple)
- In a small bowl combine honey, lemon juice, mustard and ginger; mix well. Thread chicken, plums, banana chunks and pineapple on skewers alternating meat and fruit on each skewer; brush generously with honey mixture. Place on grill about 4 inches from source of heat. Grill 5 minutes on one side; turn and brush again. Grill 5 minutes longer. Continue to turn and brush 10 minutes longer or until chicken is done. MAKES: 12 servings.

### FRESH FRUIT PARTY PIZZA

- 1 package (17 ounces) refrigerated ready-to-slice sugar cookie dough
  - 2 cups vanilla yogurt
  - 2 large eggs, lightly beaten
  - 1/2 cup flour
  - 1/2 teaspoon grated lemon peel
  - 4 cups assorted fresh fruit: plums, grapes, strawberries, cantaloupe, blueberries
  - 1/2 cup sugar
  - 4 teaspoons cornstarch
  - 3/4 cup water
  - 1/4 cup freshly squeezed lemon juice
- Slice dough about 1/4-inch thick. Overlap slices in a 10-inch pizza pan in concentric slices. Press dough together with fingers to make a crust. Bake in a 400° F. oven 10 minutes. Remove from oven but leave oven on. In a medium bowl mix together yogurt, eggs, flour and lemon peel; spread on partially baked cookie crust. Return to oven and bake 10 minutes longer or until filling is barely set. Cool completely. Arrange fruits in a decorative pattern over filling. In a small saucepan combine sugar, cornstarch. Stir in water. Stir gently over medi-

**Seafood**

Fresh Cod Fillet.....	per lb.	\$2.79
Fresh Fillet of White Fish.....	per lb.	\$2.09
Fresh Frozen Perch Fillet.....	per lb.	\$2.19
Virginia Capes Bay Scallops.....	1 lb. pkg.	\$3.69

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# Fryers

**59¢**



per lb.

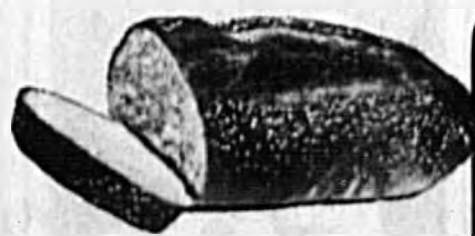
**Cut-Up Fryers**  
per lb.

**69¢**



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Tender Puff Pastry Filled With Spicy Apple Filling...  
**Apple Turnovers** ..... 2 for 79¢  
Top With Creamy Ice Cream..... each for \$1.09  
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Items Below Available At All Publix Stores & Danish Bakeries.

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**BUY ONE... GET ONE FREE**

(Regular Price \$1.56 Each Dozen)...Made With The Finest Ingredients...  
**Peanut Butter Cookies**

Sliced or Unsliced, Seeded or Plain  
**Italian Bread**  
each loaf  
**69¢**

Items above available at Publix stores with in-store bakeries only.

### Meat

- Armour Star Meal or Beef Jumbo Hot Dogs... 1-lb. pkg. \$1.99
- Lykes Meat or Beef Sliced Bologna..... 1-lb. pkg. \$1.49
- Sunnyland Sliced Cooked Ham..... 10-oz. pkg. \$2.19
- Olde Smithfield Sliced Bacon..... 1-lb. pkg. \$1.44
- Oscar Mayer Meat Wieners..... 1-lb. pkg. \$1.79
- Oscar Mayer Beef Franks or Big Ones..... 1-lb. pkg. \$1.99
- Oscar Mayer Original, Nacho Style or Bacon & Cheddar Cheese Hot Dogs..... 1-lb. pkg. \$1.99

- Zesty Franklin Hard Salami or Genoa Salami..... 1-lb. \$1.89
- Lower Salt Beef Bologna or Cooked Salami .... 1-lb. \$1.69
- Serve with Ham or Chicken Potato Salad ..... per lb. \$1.89
- Louis Rich Oven Roasted or Smoked Turkey Breast ..... 1-lb. \$1.19
- Fresh Deli-Baked Dutch Apple or Apple Pie..... each for \$1.79
- Fresh Plain or Seeded Rye Bread ..... per loaf 69¢
- Ready to Eat or Take Home Heat & Serve!! Green Pepper Steak ..... 1-lb. \$4.19
- Macaroni & Cheese ..... per lb. \$2.09

# Good Old Southern Cooking Relic Of Past

**By Denny Hamilton**  
**United Press International**  
 GAINESVILLE, Fla. (UPI) — Mack C. Williams likes to talk about the food "he came up on" — collard greens, hog jowls and crackling bread — but insists on calling it what it is, good old Southern cooking.

Williams, 52, who claims to be the cook, not the chef, at the Older Americans Council, supervises 500 lunches for senior citizens each day in the Meals on Wheels program. He and his four assistants turn out those lunches five days a week.

Williams, who was born in Lake City, Fla., and lived in the country until he was 8, has early recollections of good food.

"When we got home from school, my eight brothers and sisters and I would sit down to what we called tea cakes," Mack said. "They were like big cookies, about a-half-inch thick, that my mother cooked in her wood stove."

He said life then wasn't easy, but everyone had it the same way, and no one knew things were so tough.

"My mother grew her own garden back then — corn, beans, peas, okra and tomatoes," Mack

recalled. "We had to hoe it as soon as we'd finish eating. Life wasn't push-button back then, and kids had too much to do to get into trouble like kids do today."

Bertha Lee Williams, Mack's mother, was widowed when he was a small child, and had to take in laundry to support her household, Mack said.

"She said she wouldn't go out to take care of children when she had so many to take care of in her own house," he said. "She'd boil the clothes in a big iron pot in the back yard under which she built a big wood fire."

Vegetables from the garden, which his mother "canned in Mason jars," fish the boys caught and squirrels and rabbits

they hunted, milk given his mother by the people she washed clothes for, chickens and their eggs that they raised and berries they picked in the woods, made up the Williams family diet.

"We got food from neighbors, too, and we gave them food," Mack said. "In the fall, when it was pig-killing time, Mama would get a pig's head and simmer it for a long time in a big pot. Then she'd put the meat she picked from the bones in a big sack with some potatoes and throw in some red pepper and vinegar and let the meat jelly into souse. Folks now call it head cheese."

Williams' older sister helped their mother with the cooking,

he said. "I never made so much as a corpone until I was 18, and went to work in the kitchen at P.K. Yonge High School," which then was run by the University of Florida, Williams said. "From there, I went on to (the dormitory) kitchen at Hume Hall in 1958."

Williams stayed on at Hume Hall until Servomation, a catering group, took over the university's food service in the mid-1960s. When that same company developed the Meals on Wheels program, he moved to the Older Americans Council.

"Mama cooked everything from scratch," Mack said. "At Hume Hall, we did too, at the start. We'd shuck hundreds of

cars of corn; nowadays, they use frozen corn."

Williams says he still remembers the old ways, even though "scratch cooking" at the Older Americans Council is a relic of the past. Whether it's a chicken dish called perloo, with rice, celery and green pepper, or a "pone of cracklin' bread," he still remembers how it's done.

He still remembers how his mother prepared fresh green beans with a "slab" of fatback, and mixed it with tiny, new potatoes. He has not forgotten how to steam yellow squash and then "finish it off in a pan of bacon grease and onions."

He still remembers catfish

stew, with hushpuppies and black-eyed peas that simmered on the old wood cook stove all day with a hamhock thrown in, and a feather-light dumpling dessert made with fresh berries called dooby.

"A lot of those dishes, like perloo and dooby and souse, are disappearing," Mack said. "I appreciate the way I came up, and I don't want to forget all of the old ways. Even though life was hard, I never went hungry."

"Nowadays, there doesn't seem to be time to fix some of those foods that we liked so much. And besides, everybody's always thinking about salts and fats. Food back then was pretty high in both, but it was still some awful good rookin' ..."

## Grilled Favorites

Refreshing dairy foods and outdoor barbecuing are "naturals" at this time of year. The makers of all-natural Dannon Yogurt have joined the best of both worlds in a few recipes. These dishes require little time in the kitchen and add up to good taste in the warm weather.

### CHUCK STEAK HAWAIIAN STYLE

Serves 4 to 6  
 1 8-ounce container plain yogurt  
 3 tablespoons soy sauce  
 1 garlic clove, pressed  
 1/4 cup vegetable oil  
 2 pounds 1-inch thick chuck steak

Combine yogurt, soy sauce and garlic in small bowl. Drizzle oil into mixture, stirring constantly. Pierce both sides of steak with a fork. Place meat in a shallow dish. Pour marinade over steak. Cover and refrigerate 8 to 10 hours. Drain marinade set aside. Grill to desired done ness, brushing frequently with marinade.

### MOROCCAN SHISH KEBAB

Serves 6  
 1 8-ounce container plain yogurt  
 2 tablespoons lemon juice  
 1 teaspoon olive oil  
 1 large onion, minced  
 1/2 cup chopped mint leaves  
 2 tablespoons chopped fresh coriander OR parsley  
 Salt and pepper to taste  
 1/4 teaspoon cayenne pepper  
 2 pounds boned leg of lamb OR beef sirloin, cut into cubes  
 18 cherry tomatoes  
 2 green peppers, cut into chunks  
 18 small white onions, peeled  
 18 medium mushrooms  
 Hot cooked rice

Combine yogurt, lemon juice, olive oil, onion, mint, coriander, salt, pepper and cayenne pepper in large bowl. Add meat to marinade mixture. Turn meat to coat with marinade; refrigerate 4 to 5 hours for lamb, overnight for beef. Remove from refrigerator 2 hours before cooking. Just before cooking, arrange meat on skewers alternately with tomatoes, green peppers, onions and mushrooms. Place on grill 3 inches above coals which should be red hot but not flaming. Cook 5 minutes on each side, turning skewers to brown meat evenly. Serve with rice.

### GRILLED CHICKEN

Serves 4  
 1 8-ounce container plain yogurt  
 1/4 cup wine vinegar  
 1 tablespoon lemon juice  
 1 garlic clove, minced  
 1 teaspoon dry mustard  
 1/2 teaspoon freshly ground pepper  
 1/2 teaspoon ground ginger  
 1/2 teaspoon ground cloves  
 5 drops tabasco or hot sauce  
 1 2-pound frying chicken, cut up and fat trimmed

Combine all ingredients except chicken in large bowl; mix well. Add chicken, turning to coat; marinade in refrigerator 1 1/2 hours. Remove chicken and place, skin side up, on grill 7 inches from heat; reserve marinade. Cook, turning and basting with marinade, 1 hour or until done.

Dannon Yogurt has other year-round recipe ideas in their free booklet, "Favorite Yogurt Recipes from Dannon." Just send your name and address to: The Dannon Company, Dept. C, P.O. Box 1975, Long Island City, NY 11101.

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## SIZZLIN' SUMMER VALUES

Check out these summertime values at Publix. All your favorites are in store for you at sizzlin' savings.

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 Assorted Varieties Amore Cat Food .. 3 3-oz. cans **89¢**

Kraft Reg. or Light Miracle Whip 32-oz. jar **\$1.39**  
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**30¢ OFF**  
 With This Coupon ONLY Publix Automatic Drip or Regular Perk 100% Colombian Coffee 1-lb. bag  
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40-Ct. Overnight, or Convenient Pak 48-Ct. Daytime or 33-Ct. Toddler Huggies Diapers per pkg. **\$8.29**

Regular Margarine Kraft Parkay 2 1-lb. ctns. **\$1.35**

Frozen Banquet Turkey or Salisbury Steak Buffet Supper 32-oz. pkg. **\$1.69**

**Dairy**  
 Mrs. Filberts Twin-Pk. Soft Margarine ..... 1-lb. ctn. **99¢**  
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 Biscuits ..... 4 10-ct. cans **89¢**  
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 Wisconsin Cheese Bar Sharp Cheddar ..... 8-oz. pkg. **\$1.19**  
 Wisconsin Cheese Bar Sliced Swiss ..... 12-oz. pkg. **\$2.09**  
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 Mrs. Smith's Blueberry or Cherry Pie ..... 28-oz. pkg. **\$2.09**  
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 Mrs. Paul's Crispier Crunchier Fish Sticks ..... 12-oz. pkg. **\$1.79**

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Frozen PictSweet Cut Corn, Mixed Vegetables or Green Peas 16-oz. polybag **59¢**

Publix Special Recipe Butter Sesame Bread ..... 2 16-oz. **\$1.19**  
 Publix Special Recipe Sesame Sandwich Rolls ..... 12-oz. pkg. **59¢**  
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 Del Monte Early Garden No Salt Added or Reg. Sweet Peas ..... 17-oz. can **48¢**  
 Motts Regular or Natural Apple Juice ..... 64-oz. bottle **\$1.49**

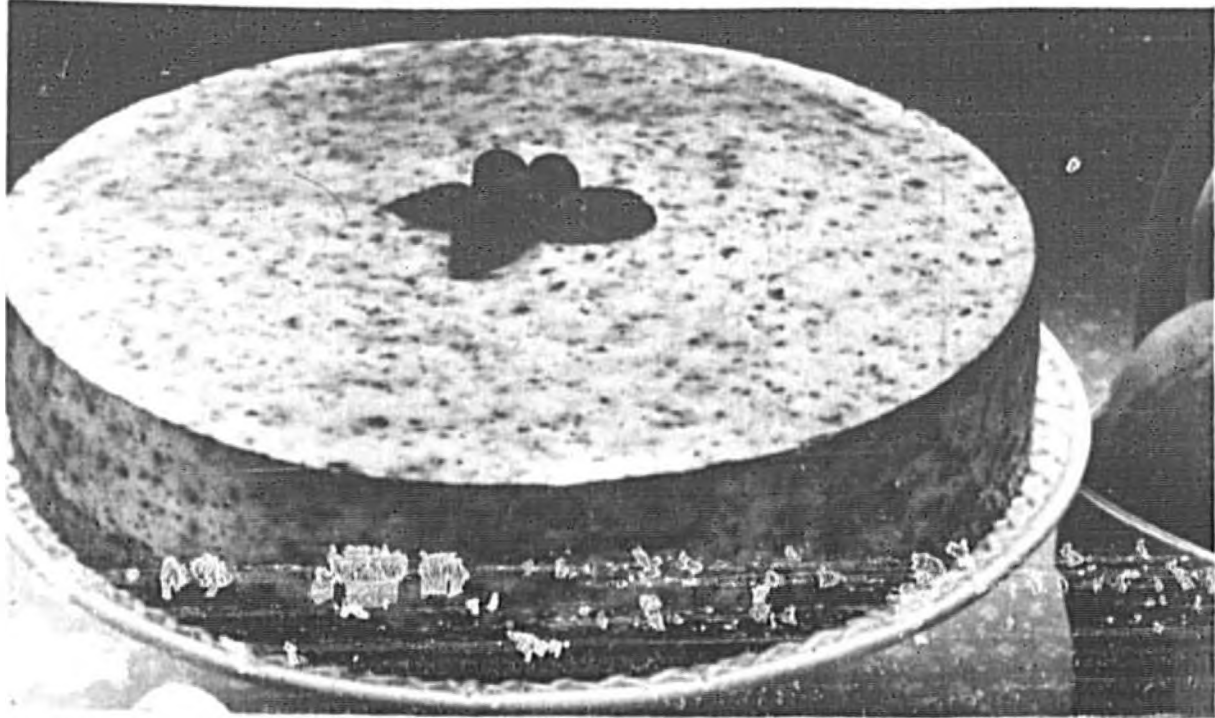
**Candy**  
 Hershey Miniatures, Kisses or Snack Size or Miniatures Peanutbutter Reese's Cups ..... 14-oz. bag **\$2.39**  
 Reese's Peanutbutter Miniatures or Hershey Miniatures or Hershey Kisses ..... 9-oz. pkg. **\$1.59**

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 Nabisco Stack Pack Crackers Ritz ..... 16-oz. box **\$1.69**  
 Nabisco Chips Ahoy! or Chewy Chips Ahoy! ..... 10-oz. pkg. **\$1.69**  
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 Del Monte Lite Chunky Mixed Fruit ..... 16-oz. can **79¢**  
 Del Monte Reg. or No Salt Added Golden Cream Style or Whole Kernel Sweet Corn ..... 17-oz. can **48¢**  
 Del Monte Reg. or No Salt Added Cut or French Style Green Beans ..... 16-oz. can **48¢**



Very Blueberry Cheesecake can be prepared in minutes.

# Cool, Light No-Bake Cheesecake Hottest Summer Dessert

Who can resist cheesecake? In restaurants it's the third most frequently ordered dessert, right behind apple pie and ice cream. At home it's a year-round standby for entertaining. Most everyone has a special favorite, but devotees are always seeking new variations of this cool and creamy indulgence.

During the summer months

some of the best cheesecakes are embellished with seasonal fresh fruit. Whether it is flecked throughout or arranged on top, luscious fruited cheesecakes are usually lighter than their cold weather counterparts. They also tend to be the no-bake sort, which makes them especially easy on the cook.

Inspired by the bounty of fresh

fruits now appearing in supermarkets, the Kraft Kitchens have created two no-bake cheesecakes to celebrate the season. By preparing the fillings with the "secret ingredient" — Kraft marshmallow creme — smooth creamy texture is insured and preparation becomes as easy as a summer's day. Even the crispy crusts require no baking.

Very Blueberry Cheesecake is flavored throughout with fruit easily pureed in a food processor or blender. Marshmallow creme, whipped topping and the fruit give the dessert a nice, fresh taste appeal flattered with a touch of tangy lemon.

Peach Melba Cheesecake boasts a special summer light filling and an artfully arranged topping of perfectly ripened peaches and raspberries.

If you have a favorite cheesecake recipe or other innovative recipe idea that uses marshmallow creme to lightly sweeten, streamline preparation and insure texture perfection, or if you'd like to develop one, you could win cash for your creativity. The 1985 Kraft Marshmallow Creme "Easy Secret Ingredient" Recipe Contest is accepting recipe entries postmarked no later than Sept. 30, 1985. With incentives of a \$5,000 Grand Prize, four \$1,000 First Prizes, eleven \$100 Second Prizes and 100 Runners-Up prizes, there's no time like the present to begin creating in the kitchen. Simply enter your original recipe in one of the three Contest categories: "Candies, Cookies and Snacks" includes recipes for all these favorites, except for fudge. Recipes entered in the "Desserts, Baked, Refrigerated or Frozen" category can range from family favorites to company-special finales. "Sweet Etceteras" can include recipes for beverages, soups, sauces, dips, frostings, etc. For complete rules send your name and address to: RULES, KRAFT Marshmallow Creme "Easy Secret Ingredient" Recipe Contest, P.O. Box 11192, Chicago, Illinois 60611.

### VERY BLUEBERRY CHEESECAKE

- 1 1/2 cups vanilla wafer crumbs
- 1/4 cup margarine, melted
- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 2 8-oz. pkgs. cream cheese, softened
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon rind
- 1 8-oz. container (3 cups) whipped topping with real cream, thawed
- 1 pint blueberries
- Combine crumbs and margarine; press onto bottom of 9-inch springform pan. Chill.
- Soften gelatin in water; stir over low heat until dissolved. Gradually add gelatin to cream cheese, mixing with electric mixer until well blended. Blend in juice and rind. Beat in marshmallow creme; fold in whipped topping. Puree blueberries, reserving a few whole berries for garnish. Fold pureed blueberries into cream cheese mixture. Pour over crust. Top with reserved whole blueberries. Chill until firm.
- 10-12 servings

### PEACH MELBA CHEESECAKE

- 1 cup graham cracker crumbs
- 1/4 cup margarine, melted
- 1 envelope unflavored gelatin
- 1/2 cup cold water
- 1 8-oz. pkg. cream cheese, softened
- 2 tablespoons lemon juice
- 1 teaspoon grated lemon rind
- 1 7-oz. jar marshmallow creme
- 1 8-oz. container (3 cups) whipped topping with real cream, thawed
- Peach slices
- Raspberries
- Combine crumbs and margarine; press onto bottom of 9-inch springform pan. Chill.
- Soften gelatin in water; stir over low heat until dissolved. Gradually add gelatin to cream cheese, mixing at medium speed on electric mixer until well blended. Blend in juice and rind. Beat in marshmallow creme; fold in whipped topping. Pour over crust; chill until firm. Arrange fruit on top of cheesecake just before serving.
- 8-10 servings

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VOLUME 1 THRU VOLUME 22

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**Sealtest Ice Cream** half gallon

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# Chef Is Mountain High On Country Food

By John M. Leighty  
UPI Feature Writer

MILL VALLEY, Calif. (UPI) — Chef James Moore is virtually king of the mountain these days because of the vista and country flavor that accompanies his culinary creations.

As executive chef at the rustic and rugged Mountain Home Inn on the slopes of Mount Tamalpais, Moore finds himself visiting neighboring gardens for fresh fruits and vegetables. He's also landscaped the steep terrain below the restaurant's scenic deck to grow his favorite ingredients.

"The delightful thing is I can go directly to places where things are grown," said the bearded cook. "I use things that are literally only hours out of the ground."

An advocate of what he terms "West Coast regional American cooking," Moore likes to make all his dishes fresh and special. On a recent morning, he didn't just purchase potatoes, but found spud fingerlings which he could cook lightly and serve cold on salads. He also bought French breakfast radishes, 4-inch yellow zucchinis, and various edible flowers such as nasturtians.

"I go to the gardens at Green Gulch (a nearby Zen center) and cut my own lettuce," Moore said. "One couple grows boysenberries in their backyard and brings me up flats. I just hired a chef who came to be interviewed with plants picked from his own

garden."

The historic Inn, recently reopened after a \$1.5 million restoration, is located only 15 minutes from the Golden Gate Bridge and offers a panoramic deckside view of Marin County and the north part of San Francisco Bay. It offers overnight stays in 10 rooms with views.

Moore said he serves about 300 people at lunch, many of them travelers who are looking for a good meal that goes with the natural setting of Redwood trees and winding trails. He grills much of the food and even prepares gourmet picnic bags for hikers.

"I serve a broader selection of food than many restaurants,"

said Moore, former chef at the Zuni Bar & Grill, a favorite San Francisco eatery. "I go by what I like to eat, trust my taste and serve food cooked in a country style. It is not nouvelle cuisine by any stretch of the imagination."

Moore is a self-taught cook who is known for putting his personal stamp on a dish and who will be touring the Southwest this fall to take part in cooking demonstrations and seminars. He's also publishing a book on ice cream in 1986.

Blending flavors that are international with locally-grown produce is Moore's trademark. Here are two of his favorites which have a California flair but

can be easily made in any family kitchen.

### COMPOSED SALAD

On the center of a salad plate begin the composition with small pieces of poached swordfish and seabass (or other boneless fish). Add five fingerling potatoes around the fish.

Cut and slice grilled vegetables which should be dropped around the plate for color, texture and taste. Moore prefers grilled red peppers and yellow Holland peppers. Add two slices of grilled zucchini and a grilled tomato.

"Squint and look at the plate design," is his advice.

Next, add a couple of fresh

peas, some small pickled onions, a piece of parsley, fresh dill, thyme flowers and nestle in a nasturtian.

Highlight the color with a calendula flower and serve with a wedge of lemon.

### GRILLED BONED CHICKEN BREAST

1 chicken breast per person, off the bone

3 tablespoons per breast of soft melting cheese, such as California goat cheese or mozzarella

2 tablespoons per breast of chopped fresh herbs (parsley, chives, oregano, thyme)

Seasalt to taste

4 tablespoons basting oil of choice (light olive oil, corn oil or peanut oil)

juice of 1 lemon or lime

Remove skin from the chicken and debone. Using a pairing knife to make a small pocket, about 1 1/2 inch by 1 1/2 inch, in the thicker end of each breast.

Season the pocket with salt, herbs and cheese. Press the pocket closed to seal. Brush with the oil and citrus juice.

Broil or grill until breast is just cooked, about 6-7 minutes, turning only once.

Serve with a lemon wedge, sauteed mushrooms, a vegetable and a roasted potato. Brush breasts with the basting liquid just before serving, sprinkling breasts with remaining chopped herbs and topped with a few grinds of pepper.

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## Bring Some Southwest Into Menu

Take a vacation from the same old routine eating by trying something new this summer. South-of-the-Border cooking will bring a little of the Southwest into your kitchen and make meal and party time more fun. The warm weather sets the perfect mood for this spicy cuisine.

One dish Tamale Casserole provides a simple and delicious dining experience. The mild barbecue flavor of the beef topped with a tamale-like corn meal bread is an easy-to-assemble meal that makes a picture-perfect fiesta dinner for guests.

If you like the rich, homey flavors of Southern corn bread, you'll want to try a new classic, Mexican Corn Bread. Green chilies add a special zest to the corn and cheese blend. You'll probably want to make a double batch so you'll have left-overs for brown bag lunches and snacks.

\*\*\*An old Mexican proverb: A full belly makes a happy heart\*\*\*

### TAMALE CASSEROLE

- 1 lb. ground beef
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 1/2 cup barbecue sauce
- 1 1/2 cups (6 oz.) shredded cheddar or colby cheese
- 1 1/2 cups water
- 1 cup enriched corn meal
- 1 tablespoon margarine or butter
- 1/4 teaspoon salt
- 1 egg, beaten

Heat oven to 350°F. Brown ground beef with onion and green pepper; drain. Stir in barbecue sauce; mix well. Spread into 8-inch square glass baking dish. Sprinkle 1 cup cheese over beef mixture.

Combine water, corn meal, margarine and salt, bring to a boil, stirring constantly. Reduce heat; cook about 1 minute or until very thick, stirrig constantly. Stir small amount of hot mixture into egg; return to pan and mix well. Spread corn meal over beef mixture; bake 30 minutes. Sprinkle remaining 1/2 cup cheese over casserole; continue baking about 1 minute or until cheese is melted. 6 servings.

\*\*\*An old Mexican proverb: He who is hungry thinks of bread\*\*\*

### MEXICAN CORN BREAD

- 1 1/2 cups enriched corn meal
- 1/2 cup all purpose flour
- 4 teaspoons baking powder
- 1 tablespoon sugar (optional)
- 1 teaspoon salt
- 1 cup (4 oz.) shredded cheddar cheese
- 1 cup dairy sour cream
- One 8-oz. can whole kernel corn, drained
- One 4-oz. can chopped green chilies, drained
- 2 eggs, beaten
- 2 tablespoons vegetable oil

Heat oven to 400°F. Grease 9-inch square baking pan or 10-inch oven-proof skillet. Combine dry ingredients. Stir in remaining ingredients; mix just until blended. Pour into prepared pan. Bake about 35 minutes or until golden brown. 9 servings.



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## Try Spicy Mexican Meal With Lots Of Diet Appeal

With Summer fast approaching, it's time to get hot on the calorie-watch. Get started with No-Bake Taco Salad, a spicy, reduced-calorie entree sure to spark your taste buds.

The enticing flavor of this dish, developed in the Wish-Bone Test Kitchens, comes from convenient bottled lite Russian dressing. At only 25 calories per tablespoon, this dressing adds a lot of zest without a lot of calories. The dressing, along with a hint of chili powder,

becomes a saucy accent for cut-up cooked chicken. For an eye-catching look, the chicken mixture is layered with cooked rice and traditional taco topping of tomatoes, green pepper, cheese and lettuce. It all adds up to a genuine Mexican flavor you'll love, at only 370 calories per serving.

### NO-BAKE TACOSALAD

¾ cup Russian dressing  
2 cups cut-up cooked chicken  
2 teaspoons chili powder  
2 cups cooked rice

2 medium tomatoes, cut in wedges  
1 medium green pepper, cut into chunks

¼ cup shredded cheddar cheese (about 1 oz.)  
1 cup shredded lettuce

In medium bowl, combine lite Russian dressing, chicken and chili powder

In 2 quart bowl or clear souffle dish, layer rice, tomato, green pepper and chicken mixture. Top with cheese and lettuce; chill.



Peach muffins and peach butter can be enjoyed any time.

## Make Your Own Day By Starting Out With Great Tasting Peaches

You don't have to ask anyone to make your day. You can do it yourself. By starting the day in a great way with the great tasting peaches of summer. Those extra-fragrant and extra-luscious peaches from South Carolina are primarily the freestone kind that make halving, slicing and chopping up a pleasure.

Maybe you think peaches are so popular because their rich and tangy succulence is so refreshing, so satisfying on a summer day. But there's more to peaches than toothsome qualities.

Did you know, for instance, that peaches are an important source of vitamin A, and that if you eat two medium-size peaches they'll provide about half the recommended daily allowance of vitamin A. They're sodium free, too. And, if you're a waistline watcher, the low-calorie count should delight you: approximately 65 calories for a whole cupful of slices or cubes.

One of the pure pleasures of summer — morning, noon or night — is the quick-fix, low-calorie, fresh peach-shake. Treat yourself to an ad-lib version that's sure to be one treat that can make you day. Any day!

Here's how. Peel, pit, and cut up a large, ripe peach, dropping the fruit right into a blender. Add ½ cup or so of ice cubes, the white of an egg, a few tablespoons of plain or vanilla yogurt, and a bit of sweetening (non-nutritive sweetener keeps the calories low but a tiny bit of jam, honey or sugar won't add up to too much). Cover the blender container; turn on the motor — and as soon as the ice cubes are dissolved and the peaches pureed — and the mixture turned into a super-bubbly, cool and thick shake — less than a minute of blender action — turn off the motor and pour into a very tall glass. And enjoy. Add more of the yogurt and you'll have enough peach-shake for two.

Peaches come into their own in two other delectables that can make your day especially if you have them for breakfast. The first is Fresh Peach Muffins, yummy whole wheat muffins with bits of golden peach to make your tastebuds happy. The other is Spiced Peach Butter, to glorify the muffins, of course. Gather ye fresh freestone peaches from South Carolina while ye may. And make everybody's day with these treats.

### FRESH PEACH MUFFINS

1½ cups all-purpose flour  
½ cup whole wheat flour  
½ cup firmly packed brown sugar  
2½ teaspoons baking powder  
¼ teaspoon salt  
¾ cup milk  
½ cup butter or margarine, melted and cooled  
1 egg, lightly beaten  
1½ teaspoons vanilla  
1½ cups coarsely chopped (unpeeled) fresh peaches

In a large bowl, stir together all-purpose flour, whole wheat flour, brown sugar, baking powder and salt. In another bowl, blend together milk, butter, egg and vanilla. Make a "well" in center of dry ingredients; stir in liquid ingredients just to combine. Stir in chopped peaches. Spoon batter into greased muffin cups. Bake in a preheated 400°F. oven 20-25 minutes or until a cake tester inserted in center of one muffin comes out clean. Remove muffin tin or tins to wire rack. Cool 5 minutes before moving muffins from cups; finish cooling on rack. Serve warm or cool completely. Store cooled muffins in an airtight container at room temperature.

MAKES: 12 muffins.

### SPICED PEACH BUTTER

10 large fresh peaches (about 4 pounds)  
Juice of 2 lemons  
½ teaspoon ground cinnamon  
¼ teaspoon ground cloves

¼ teaspoon ground nutmeg.  
Low-calorie sweetener or sugar.  
Peel and pit peaches, cut into chunks. Process in a food processor or blender until coarsely chopped. (Do this in batches of 3 or 4 peaches.) In a large saucepan, combine peaches, lemon juice, cinnamon, cloves and nutmeg; simmer 1 to 2 hours or until mixture is thickened, stirring constantly. Remove from heat; sweeten to taste with low-calorie sweetener or sugar. MAKES: 2 cups.

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