

TODAY

## Theator group performs

LAKE MARY - Don't miss the frat perfor Seturday night. Dec. 15 and 16 at the Frank Evans center.
comedy, musilc and is a combination of drama the whole familly.
The performance begins at $8: 15$ both even ing. Tickets are 33 per person or $\$ 7$ for an
entire family and are available at the door Proceeds from the ticket sales will go toward the purcemse of a fre-proof curtaln and lighting The Frank Evana Center is
Club Rrank, Evans Center is located on Country
Corth of Lake Mary Boulevard. Orisinally built as a community center, in 1826 .
it has been the home of many It has been the home of many stage perfor:
mances, but none in recent yearr.
Santa makes appearance
LAKE MARY - The Jolly old elf himself will make a permonal appearance at Lake Mary All children are invited to come and apeak to Santa and get a holiday treat.
Lake Mary Beauty Salon is located at 182 . N. Lake Mary Beaut

## Polar Eoare softball

Pantio many--the ctty of Latie Mary Parta amd Recreation Department has an.
nounced $f$. will serve as hout next month, for the 19es Polar Bear Adult Softball program. The 10 - pame pealon, beginining Jan. 22, will be played at the Lake Mary aports complex.
As apmee ts umited. registration is aiready underway. the prompt recistratration to already mended. The adult team fee is 8280 . For additional information, contact the Parks
and Recreation Department at $324-3097$.

## Doeent training

BANFORD - New docent tralning claseca Foride 2oologicel Park in Sanford. Docents are ralned volunteers who serve at the 200 in many
capactites.
Q 600 Ertefe, Fant 8 A

## 



SOLTETMES A CHEISTMAS CARD WILL GET DROPPED N THE SNOW, AND YOU DON'T FWND IT UTTLL SPRIM6..


Dec. 15 10 shopping days to Chriatmas


Revidents gather on a porch of thelr home at plus their families and other residents are being Left to right, Tommy Raines, Antonil Willitans, bullding uncovered by ire inspectore with the Brenda Keck, Tracy Barber and Thelma Allman.

## Rooming house closed

Code violations force families out

## 

Horala stafl Writur move by the ownert of tomeo having boom olid tio

 whancmenta mbeen


 - Bee Closed, Pege 8 A

## Filming turns dry cleaners' biz into TV stage


SANFORD - A Hute bit or New

 eommertind for promo-rotara that Octobert throuth heocember. Jone frumbinc cember. antved Cully th the morning and wan there Porer tide. White butumon. cround to a hatt for a day, she gald, it was
 crewter to use a a seldom-ueced bock room, but the crew arrived to take over the whole ahop. Uneep harried scitres mused over her to the hostente of a party the give
to boing to attend. A masaive bee
 vised, loves flowers.
"It was different." Porter sald.
Sbe sald ahe would do th all over
again tf she had the chance, but she
learned a lot about how film com panies work and she would "neShe culd abe whe not antly." She completly a businems itare taken over completly a business ta taken
place. Plice had lunch catered in and porter Eald the film crew "fell in
the love with Sanford" and apoke abou
returning here for other profect "They loved all the antique shopa and the old home and the marnap." she eald. "They really loved it here." sald the producer told her he
Shad heard there was a great deal of had heard the producer was a great deal or
crime in Sanford. crime in Sanford. "I told him it was changing here,"
she gald. "I sald it wann't all that bad." gaid. "I sald it wasn't all that Porter and her husband own the corner of the block where the dry
cleanee is located. They have plana to stay in the downtown area and continue to be a part of the buasines
community. aboe Fillm, Page SA


Carol Portor, owner of 8entord Dry Ciaeming with her hubbend Den, wat-


## Apartment raided for drugs

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LAKE MARY - Agents of the Cl(y/County Investigative Bureau
(Ccis) arrested 13 permons Wed neaday arrested 13 permons Wednewday night after serving a mearch Warrant at an apartment In Sun Rood in tikle Mary. Sherifrs spokeman Ed McDon. nough mald the warrint was served apartment 108 on suan Lake Circle. The apartment ts alad to be rented cirrfiriend, Joannn King, 19 . sesaddes the two pernons, deputies sald there were 11 others in the
upartment, afea 16 to 20 , who were reportedly amokesg marijuana. All is were arrested and charsed with one count cach of posecmalon of ponyenolon of drug paraphermanila. miademennors.
Ed McDonnough aald Adam apporently would use the apar ment for marijuana amoking parIles. He gald ajents conducted the rald after hearing complaints from
laries number of people regarding aceo Relh. Facosi

## $\frac{\text { Bond: }}{\text { BRIT }}$

## Bliking the governmant

Milam - Threce former employezes of a defense contractor


 The three minagern named in A 18 -rount Indictenent worked

 beccuise they were defective, omplents zald. There were no a mimilit fallure.
 Bench fecilty and pett led with the povernment.
 Inverigation. Fermmindez zrid.

## Robbery suspect killed


 Lowmen enad the nawredor motigun apperently was emply.


 seven feet, Lowmen and Thurdiny.



## Courthouse evacuated

TAMPA - Hundreds or people werre evacunted from a county wer found. pollicerema.

 explosive there.
 Prompting potice to evicuate the block murrounding dhe Tald. b bullating was opened iwo hourn iter.
Book clearad as eultabio for students






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 carthquate.
From Ascocieteed Prose roperts

## NEWS FROM THE REGION AND ACROSS THE STATE Report: Change approach to elderly care



 If it doesn't make dratilc
changes in Its long-terma care
system. according to a state changes in lta long-term care
system. aceording to a state
commisalon's report. Not only it Floride galning
retlrees. but they are living
loner_orten with chronke longer - onen with chronic
medtcal problems.
The etates cont of caring them could alyyocket from 1.7
billion $\operatorname{In} 1996$ to $m$ much is
 percent Incresse, sanla the
Commition on Lonis Tem Care
"If we don't do womething we Bentley Lippocomb, hend of the

Controlled burn conducted Eymerimichim
OVIEDO - A 1,000 -acre con.
trolled burn wia conducted Monday and Tuediay. Dec. 11
ind 12, In the Litue-Big Eco State Forest. Divintion of Foreatry
crewe overamw the fire operation
 Finh Commingion and the
Seminole County Public Safety Depharmenent. alicoper in the effort ping pong ballecialish tenite. re dropoed in a are dropped in a emp prewt prectere apreading


##  on nursina

 oday's edillions. "TThe numberare ataterering and they are juat golng up.".
The com year aso by the Florida
Legian term care needs of the long.
the the disabled. AIDS paliento endy
the mentally in. It final report
now toee to lawmakers now toes to low.makern.
There are 2.7 mallion peop



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may be orly hall the moncy
necenoury to serve the mote necemary to serve the mitic'
dizabiled.
low-income elderly li's going to pet dramallcally worse., said Fran Carlin.
Rodgen chen Rodgern. commisalon member
and an admintarator with the and an admintatrator with the
Orando Regional Healith Care
Syatem. System.
The report calls for a major
overtaul of the state's long.term
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nelghborthoode.
amons the recommendations. expensive all Carin-Rogers.
Lipecomb sald he doese expect any moratortum on ne,
nuralng homes until sumbele nulternalive. communily batic programe are con place. chut th "I don't think we thut th
spigo or until we make eure apigot orf untai we make mure
have enough water in th
bucket," he helld. bucket." he mald. The report alwo advocate
managed care to reploce thented. often conflueng and rragmented. ofeen conpluatina an
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unuum of mervicen with nurant tinuum of pervice: whth nuraln
homes being the nnal alternative
instead of the first cholce. homes being the ni
imsted of the f
Cartin-Ropert ald.


## Thousands of shoe boxes headed to Bosnia

 - Charlottre - Daty Llut

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 paredo our lis couventr boxes on
AIr Force One.
And one cuddly teddy bear. "It makes me foel tood to help
other children tion writorn
country," mat Dary. a Ruth srader at s. Patricke Catholic
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of evancliod Billy Oraham.
In 1993, the Boonc. N.C.C. baced samartian's Purse coi.
lected 25.000 thoe boxes for
 they shlpped about 110,000
gir-nuled percele to Bomnia and
Rwanda. This year, he gald, people inh
North Carolina and South Carolina sent in more than
150.000 boen then the 150.000 boxel. When the alilifn
to done shortiy before Chriecmmen Day. mome boo, oove choe boxeen
will have been chlpped from the United Sentes and the United Kinger countrice.
"What makes this project wherent from other propecte thildren tivint to children, ch rrankilin Oranto to
 sald. "Eech box sp pacted by a
child or a cmaty. And there'
special chlld out there who
needs a lite box of love."

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## THE WEATHER



## POLOT DNU

## Spending eprec

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 ave foine to a tore in Altumonte epotine where they charted


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Double charged
Frederkik Jermaine Crubbe, 10, or 25 Like Mourre Terrices.

 Correctional rrallity, depputed wid they found reanon to


## Cer burgiarte

 the mime boction in ue 700 block of E . Fro sireit tin diwntown Semfor, The vechicle




## Drug erreat




siolen vehicio

Rotall tioff
Senflord police arrested Kevin Ketth kretn, 24 , or 417 Bay


Domestio case
Ry Redercick L. Mulle, 28, of 108 Acrodemy Avenve wan arevese

 Junctontor $\mathbf{p}$ m
Coarnert cooper. 28, 3200 madmay Avenue, wo served a wirrant at the fell wednecicy. He whe wanted for filing to






 mime charese.

## Eanford pollice reperts










## What rising speed limits bring


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an anform 70 mph throuthout the retion.
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Fordd at 90 mph, and Ceorria
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## Aboolimed Tricinion

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CAROL A. FOSTEA, CIT CLEAM

## Editorials/Opinions

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## EDTIOBIAL

## Underdog Day

Toclay, the third Friday in December, was
designated, many years ago. as "Underdog tresignated, many years ago as "Underdog
Dhy. It is to salute. belore the end of the yeir. nill the underdogs and unaung heroes. the number two people who are often
respunsible for the success of the number one people. brings to mind such people as Dr. Roblinson Crusoc's Criend Friday. Even Bullwinkle Moose and Robln. without whom Rocky the Squirrel and Batman could
probat)y not havesurvived. probably not have survived
city or Sanford ts honorting a total of 68 employers who have garnered a total of 730 years of service to the clty. One has been
cumployed for 30 yeara, four for 25 yeara, and five for 20 years. which amounts to a total of 210 years for just these ten people. Years ago, "t was relatively common for
people to hold down the same job from titht people to hold down the same job from righ how lilings have changed! People goo aklpping Irom one job to another. merely becauce they
belleve they could make one dollar an hour more. or get a fraction more in benentis.
Relatively few (but thanfully not ill of the prople nge 40 and under would probably tell you they have had as many an a doren jobe Long-term employees are a apectal breed.
They have managed to retaln thetr jobe be: cause they are constantly product
minst often improving their ordita bulld a loyalty to the company for manach they work: In morr casea, that loylisy to remew ty managoraent and returned in what ecme of
the shorter-term employees may conslder as favered treaternent.
It is a shame the word "dog'" is uned in the
designation, but the word "underdor" doean't refer to anl animal. It te a person who doemn't necessarily receive the credit, but does mont or the leg work.
In this way.
In this way, we adute not only those 68 ored today, but the ceaffis of emch of our clties ored county, and the wortere in all of ours
and cusinesses, and or inanizations, whether they
but businesses and organization
are employed or volunteer.
For people who have not trod in thelr ehoes.
it may be dimeult to underatand what they It may be dimeult to underatand what they
often have to go throuth, enpectully in dealing
with people wh have diniter with people to get through each day without quilling, and without griping or badmouthing their boases. Thanks folks. You have stuck with the
progran for a long time. You deserve our appreciation.

## LETTER

Chasing bad guys

 Ilistory har shown on too many occastone that
such folly ende in trayedy for uneuspecting clvillanis. It is only by the frece of ood thet this


 wilater how pelty the crume. no mettor the
nulount of detruction of innocent wh of
 cointy depulles acting dike miveniles playing




 Harrith should be looking at to chanke pollcy
regirdling chases. I know that the Benford police De prat turnill liave rules for such enstatemente

 wilys. "u mind'b a terribite ining to wacte."

Puck Ehenter
Senford

## WILLIAM A. RUSHER

## How about a shoot-out next November?

Svery monen durng the current budger
 has reeelved for refualing to agree to to the
aleged Republican demand for
Medicare, ete. .. hen sutgeated that perhaps
 and put the The preadentlal election. on this atrategy.
would become in effectarer referndum on whether American votere would rather have a
truly balanced budget (end whatever hor rendoua apending "cuts" the Democrats could continuation of current spending policcen (ridekng the financial collapoe the Republicana
predict In euchacemel
If neither mide binked -. ir the Repubican


 a serice of continuing resolutions. and the
atage would be set for a truly majeatic
anod
ehoofoul in November.
Which ande would win? There are many


NOWMMEACTMSAT T3MPH/II


Imposalble to disprove a prediction in ad
vance. The Democrats are reying in myel heard Democrallc House minority whip Davil
 Thoumanda of elderly paltenta will be turne out or nursing homes. That may be a bare fecluvely, refute il? it the Democrats,
delaying action on a budget, can arrintse deliaying action on a buagec., can errinte
bace ther 1988 campalgn on a whole series of succ predictiones. they may sumeced in scaring
milliona of voters tno their camp.

On the other hand, othere it momething
hugely attractive about offerng the American people a clear-cul choice between balanelat the budget or driving tee old jalopy into the brick wall at fill speed. This is aher all. democracy, and in idemocracy
eupposed to get what they want.
On the whole I would be in favor of
shool-out next November, provided l could
 the Amertcan people thereafier chanived thel
minds. is they moal certan

## JACK ANDERSON

Greek government barely operating
WASHINGTON.. The brthplace of de.
mocracy has become the leughingitock of
Europe at ime when it ahould be playing
 areece to the only southeat European cotion that inmunity. Yet hen e0,000 NATO troopo are headed to earby Boonla, Athens has been preoccupted
y the health of alling Prime minnoter An drene Papandreou and nude photo of hits
wife that have been aplached acrome the front patice of newepppers acroon Europe. WeWe could play
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cource with close thes urce with close the
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vemment told us
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Chaoltc,
Altuaton. For weekg now. Papandreou hat been
clinging to his life on dippompatic soursees in
Athenn and Wash. Ington may that even
the 7 . year.old

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carer innthed. reer it finisted.
A bankinge
chindal
in 1887 Etired international controvery has been the dominani תigure in Oreek poll Cus for two decade comeback in 1893. reppected polition nallat Eides Demetricoppoulon predicted that appandreou'i health would become a mator
 to ensure ammooth tranafer of power.
Papandreou IEnored Demetracopouloo
advice. and Oreece ham pald dearly. The
 and he has been known to wort berely throe
houre a day, ravely ahowind hat cuoe at the "Ureece has wrated two years," ope Oreat ad a governm.
 cemor. there has been no joverniag acall".
Papandreou made matters worse by

 crippled the ruling Prook party.
While there how boen rampeat speculetion
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 a woman he meet while the wha wh
of It was a very netyive development on top round the world.: crediblicy in turo
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"If he dien. all the long kniven will come out
for her.". prodicted ove Groet monalya.


## Bosnlan Serbs end state of war; Sarajevans herald peace

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Sentora harald. semtord, Florida - Friday, Docember 15, 1995-EA

## Briefs

## contianed from Page in

 beling echeduled beginnlng Wedncsday. Jan. 10and Saturday, Jan. 13. They will run from 9 a.m. until 2:30 p.m. and will run concurrently.
There is
oso tuition fre and applicants must be 18 years of ase or older.
For informalion, phone $323-4450 . ~ \mathrm{ext} .121$.

## Doating course

MATTLAND - The U.S. Coast Ouard Aux. In bevk botlling skellis and reamanshlp. and malling and ceamannhlp, searing Monday, Jan. 8 at 7 P.m. The course will be taught at
Maltingd Mlddie School. on Thistle Lane, every

## Movie

## Contianed from Fage iA

## "Thyy yuat erned them from

 the mp. mexid Jones. "Thome notede Thery mot on uhe mome Butheay mer. they're no there. Joidithired fotechlcal Arum nand porm conoulumuad bourn wer retuit it opak
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conelimed frica Proge 10 people comprtment. and coins from the The two made thetr initial
court appearances yeaterday

 All of the other cuspects were


1500 bond each.
Reports on the
Rerportan on the vartoun arrestes at the sherifs oflice, and no
names other than the iwo oce namen other than the two oce
cupanke of the houre were
revealed.


SAM-1 PM LIVE MUSIC
"Tin Pan flley" ariximbinim


Monday night, durns decure aton' approval of 30 days in



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| Patent |

Monday and Wednesday eventngs. Instructions are free. but there la a charge of Epecial mooting
SANFORD - The School Board of Seminnle
 E. Lake Mary Boulevard in Sanford. The meelling is beling held for the board to
conalder authorking the purchase of sof ware for the new adminisitrative complex's compuler The public to encouraged to atlent the The pl
meeting.

## Bobble Bodnar

Dellvering at Central Florida Reponal Hospital and outh Seminole Hospltal

LONGWOOD 382-6611 • SANPORD 322-8611 tccepting: MEDICAID, MEDIPASS, MOS MEDICAD HMO'S, MOS
INSURANCE PLANS FREE PREGMACY TES

FUTONS 4 LES\$


* Metal or Pine Fremo * Mivelon Einto * Jumbo Full Futon $\star$ Cover and 2 Pillow

Framo - Innerepring Futon Prallning Lounger


- Beli prathorm * Finletiad Martwoed Fremee (Plact, Mincerony, Milural)


## SALE HELD AT

 ALL 3 STORES



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## LU Baller

## LOCALLY

Womens' SB players needed




Fergerson Baseball Camp
 Guph hat will br hrthon tercuber 20.2:



 Cont will $\$ 160$, inc bititut haw hh lor the can

## ELSEWHERE

Flyers blank Lightning


 quiredl late libst meatont helpeot phlladelphlit

 career shatout. shapphe the l.ghlotion's

Bruins top Panthers

 Oates scored twice in tax seword perime


## Heat "clipped" in LA

los ANGELES - Manis skeletum burup proved to be allmosi les much comperition liot They connulod dive turnowers in hess than





 Kural. whom were down to nhe heathy play ers.
 whating percermage is lice highess of any active

## Biggio stays with Astros

 ream in Clevelanul and Ramdy Myers stgned with Ballimber.
Bithers
from the Asircus, Mcl lowell gut a $\$ 10.15$ mildion.
 al l.elter, who made \$705.(00) hast se with Tarontin when he wish $11-11$ whth a 3.6 .4 ERA, algreed
will Florthi.
 million ower way years from din New York Mcts.


 Kurn sum

## Cardinals aquire Clayton

st. I.onls - The Si Louis Carlinats, wir

 The Glams god lefl haunters Allets Watsen amit
 Cardinals also will ge a pliver
prothably in llue nest lew wreks.

national babketball association

## From rags to riches

Blake goes from unemployment line to Pro Bowl


## SAC boys' soccer action features variety

From Stafl Reports


 conteredne beys sored hiame
L.ithe Mary hats bakeft at 1.0 leied in fle flrst hall





 otle llat posit
 Devond Hate and Chad buck knaster all hatd ond. voung leatry wath whis ower both hymath inad Like Brimstey
be the sonerent 2.0 .


hawks humble tribe
WINTER PARK - Jeff Yearlik nelled Dhere
 $11-1$ in is toys Semmole Allitelec Conferener Fleld.
David Lewts, Josil huleomb and vietor

Marvit Gething isssists for t.ake liawe fil were Randy
 Shumithe (ober caclo.
Stumpure's goal wats an uniassisiced bluen oll the
 with at 40 bilmom. Ther Fiphthes Seminote (2. 10.2 ) will hus
 Thematser hawke will be dide unill hostling Osceola next Thursday nght al Rechard Evans
NO COALS ATOVIEDO OVIEDO - Lymarn and Ovecto had severa See Soccer, Peare

## Lake Mary wrestlers pin Seminoles to the mat

From Statf Reports


"Whe hithe Miny Rames wete meatly











what's hapmenina
TODAY
JUCO Baskatball
amomen, ECC m Miveml-Dedo South, 0 p.m.

## Boys' Basketball





## IHL Hockey

aber Bere at Werven, 7:30 p.m.

## Boys' 80ceer


Olfs' soceer



Wreatling
atymen Crwitmen Touncement, 0 p.m.
sATURDAY



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## Soccer


and C. 3 . and C.J. Meert were
 tied to " 0.0 the In boya'
Seminole Athletic Conference
mecert metion Thurwday night at and held their own. C.J. (Merr)
was great for them and Rankin.
 John Courter Predr.
Ovedo wor the Junior varalty unhn Baldwin had big games for Lyman (13.8.3) will hoat Pine
Rldge next Tueidy night, while




 minatiotilamil




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## Basketball

## 

 the finst period.Shonte Day

 play by Kate Cariough gave the Patriok an 18.17
odice and the trams went to the locker room tied
i.is.
 very happy with our effort. Kate sex wrody. "I'm
 poute to a tame-htech 23 polfot performance fo
 Recedy'a feld gon extemded the Rams bend Lika molywh throuth the third quarter, and
 the fourth quater top pur che pane out of resch. Junior verity emme.

 Janury ${ }^{\rho}$, when it trivetis to Sanford to take or
Beminole.

WINTLE PARKK - Mindee Humpis
potnte before foultiy Outce Amplotion socred 17







 Teme Wednecdey yight.
The fiona now 8 on on The Lions (now 8 Bo on the sencon) led 14.5 atter

 | pertod, |
| :--- |
| minutes |
| sentior | sentor Nate Hell tallied a game-hich 15 point

for Arrow Porce for Arrow Force IV (a-4).
nitht with seminole houting Letion Hoteln to Oviedo honting Lyman. In the other conalerenge
game lonngh. Linke Mary will be at Like
Brantley.


 ary al by ord. will be or at cornerbere Dat

In Marino wou relected

arino's urpets will
no of Onzte will be 7
phe





## People

## Galtwodn

## Sarmar's Marko

The Downtown Sanford Farmer's Market be held each Saturday from 8 a.m. till noon at Frret and Mat nolla under the for our apecial eventa.

## Bromoliad soeloty to meel

The seminote Bromeliad Society meese the thind suandyy of corered durning te meet tint. The wockety it mintated with the lordat counch of Bromelited societitee and the Bromeliad

## Al-Anon meots Sunday, Monday

Al.Anon meete every sunday at 8 p.m. at the wex adde of
 nd US 17.02. For information, call $322-8078$.

## Blood Eank reeke doners

Central Forida Blood Bank to making donore of all types or

## TOPS meets Monday merning


 an ound weith tare welcome. Tor informantion, eall 122 sisiso.
Sanford Rotarians to meot
SANFORD - Roarty Club or Sanford meeta every Monday at
noon, t the Senfora Chamber of Commerce builaing.

## Activitios for conion

Leke Mary seniore invite anyone ss yearm or older to jotn


Cancer suppert group meets
support. Hope and Recovery, 8.H.A.R.R. meets every Monday
 ith It. Cill $1324-8337$ or $322.77 e 5$ for more inform
Historteol Commieston gatteres
 or moret ififormation.
Oddiellows sohredule meating
Lode No. 27 or ite Ineernational Order or Odafllows moest

Modelers Club ennounces meotitis.


 VFW, Auxillery to gather

Plgeen Fanclers to gather



## Werkty Lions Club meatinc.

The emford Llone Club moote very Trevery at noon at the Andrea kracelieal 350 orlle.
Brlico club to meeh, play

Kiwanle Clicb of Cascelberiy meets
 amity yurs

## Eenford centora to meet

 3 lumeh fillown visitin
Overeaters Anconymous medts Trendey

 Thect wre no dies noer foos. The only

## Why do fruitcakes last so long?

Frutlcakes do not lest that

 world that fuat sutt pheed from Persinent to ${ }^{p}$
 onger than the average birthday
cake or quick bread. And there cake or quick bread. And there
are a number of reasons why.
One tis how theyre One to how they're ubually tored. Wrap almoet anything in
foil and meat it in an artightin.
and it will tast longer than it and it will last longer than it
would in a covered cake dish.
Put that tin in the refrigerator. Put that un in the refrigerator,
and the frultcake last even
longer.




Holiday cheers can lead to tears

## There's help for dopressed during holidays




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 for undi. You may our childron to ans
 Dran hislisvi Ia cevical Turpean omativen meine





Worship at the church of your choice


## Religion

## IN BRIEF

## Chelre to eline

 419 8. Park Ave. will preent "canole and Clevero" amtranted by Tom retien and chy durting the 10.055 em. Worchip pervico. Chratise cirab end chorwes deilifuly Willembon. Throuthout the proyrrim some of the moeet
cherthed Chremid



'Night of Colcbration' eol
SANFORD-"A Nucht of Celebratuon" if eet For sundery,

 For more informailon all the church onice t 3500029

## Gospel cholr to perterm


 Adminionto free And open lo the public.

## Bethichem walk ed

 riveay vering the walk will be from 8 to 9 p.m. and

Chamuken perty soheduled
DELAND - Temple trocel of Deiend will hold tue annuel
 be Presented with the foilowing relidious uchool wivente

Aner the conocrt the rivup will preent Canalie Elemate.

 atice ilithe

## Churehos to perform

ginrord - Fra Preboyterna cmurch or Sanlord 301 a


 Senfordiveity tive and chlid care will be provised. For mon

## Youth for Cimita

sanrorid - The Eantord Alumnec Chapler of Defia slame

 the yean rocomition proerruin. Youti for christ, which w bectan? p.m. aturiay



 demincant contibution to the prosirm. which will be opent the pubtic end tre of cherse
Let Mowen and Natumo Eloj?
Lowawoon - The chat ax the ripoopen Clurch of the
 Boct 17 matp .m.
The mentern of the churchis 20 member chotr in on hour-tome


## Christimas fertival eef


 16 romotioppim. dran will be provented with scome

Ine chirrse. will eqvey a conc cormer. Young and ate cap mercmern



## Church invitee publie to cwent

RenNDO - rirat Unted Yethodet Church of domntow Ti the Chancel Chor mith orchetre on unnday, December if at a:so pm. .n the mancturnd. The event to tree. vor more Mucloed procentation ex



## Proyer Eremitactice:









## Westview celebrates Christmas

P0 cridir
SANFORD - Weaview Bap let Churen recently held ito Chriotmana." Amons monge per formed were "Away In :
Manter. The Frit Noel., Came Upon a Mrehnight Cleas see Him." The church heo planned din becemper Chis 7 Citrnaia tree the senford Civic Center. Ti vent will appenl to young and A med performed alons with Hillht earted drama. A large audience Axpected to titend. see. seating to
Amited Itmited to the Arat 800 people.
Members of Weatview bapt



## Listening to God through life's trials



## 

CORAL OABLES．FFa．－Banking on the ide hopee to revolutionize the securty Induatry wilit Identufication Tect hoping lts One－on－One oysiem will berome
annard eecurty at automated feller machines anndard security at automated feller machines
 computer net wrork：
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compeny，mad Thuraday al a demonatition of the


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Company says it can put a new face on security industry














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21－Porverinis




## CN．BRIVIS






by Chic Young

by Mort Walker


EEK A MEEK


Exercise good for the lungs
DEAR DR GOTT: You indicated that
a person with chronic obstructive pul. a person with chronic obstructive pul.
monary disease cannot exercise, and I
disagree, Ive been in a pulmonary deharge. Tve been in a pulmonary
rehab program for over two yeara using a treadmili, arm h hikera, rowing
machine and a stationary bike. Every COPD patient should be referred to improved my oxygen level as a result. kudos to your respiratory therapists. 1 didd not say that patients with copp
(a complication of smoking and repent. (a complication of smoking and repeat.
ed lung infections) cannot exercise. On the contrary, they should continue to
be as active as their disease permits. be as active as their disease permits.
However. the common denominator
in all cases of CoPD is air-trapping sometimes with asthma and bronchif: lis, which reduces the lungs ability to
provide oxygen to the boods
Therefore, patients with mild copD can function normally, excepf for real.
ly strenuous actlvity, whereas those ly strenuous acivity, whereas those
with moderate/severe disability are
quite With moderate/severe disabilly are
guite hampered. Advanced coop is
disabling and may require around disabling and mady require around
the clock oxygen supplements.

mableime PETER GOTT, M.D. pists will help patients with copD by
teaching them to uue aceessory mus.
cles of respirtion and by explaning
many "ricicks" of breathing mechan. cies of respiration and by explaining
many urrics of breathing mechan.
ics. Also, antiblotics are effective, as are drugs to
bronchial apasm.
In my practice, 1 estimate that
COPD patients will notice as much as a 25 percent tmprovement in their exercise ability in they stop smoking
receve treatment and undergo respi ratory therapy. Thank you for writing and reminding my readers that such therapy may
bea valuuble appect of treatment. To edive you more information, I am
sending you a free copy of my Health Report LLiving With Chronic Lun like a copy should send tay plus a long.
self-addressed, stamped envelope io seir-adaressed, samped envelope
P.O. Box 2007, Murray inlill station,
New York, NY 10156. Be sure to mention the title.
DEAR DR. GOTT: I'm a white 2s.
year--ld female. Ai is i had a rup.
cured cyat year-old remale. At 131 had a rup-
tured cyat on my right ovary. After
having a baby ive years later, having a banby ive years later, my
menatrual cycle went completely out menstrual cycle went completety ou
of whack. I've gone as lons as nine
monthe without of whack. ive gone as long as nine
months without a period. Is some-
thing wrons with me? montas wing with me?
DEAR READ
 IY you are nursing your baby, Evicenty,
even after to many month, your hor
ment
 - bier an examination and blood teith In my opplion, the ruptured ovarien cyat in not playinga role. Nonotholoses,




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