

BLONDIE 48—Evening Herald, Sanford, FL Monday, Sept. 29, 1980 by Chic Young



BEETLE BAILEY by Mort Walker



THE BORN LOSER by Art Sansom



ARCHIE by Bob Montana



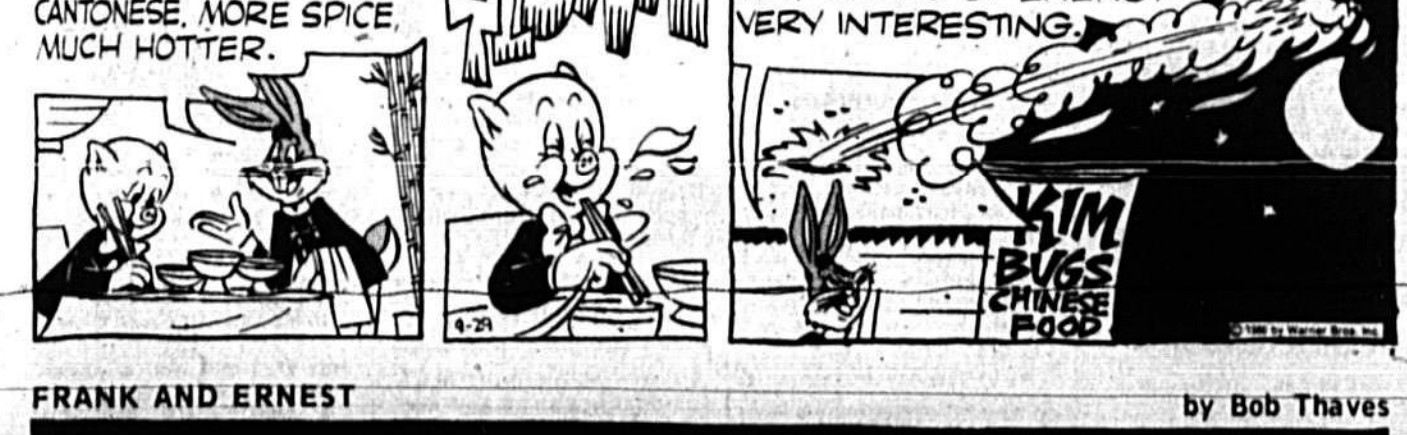
EK & MEK by Howie Schneider



PRISCILLA'S POP by Ed Sullivan



BUGS BUNNY by Stouffer & Heimdahl



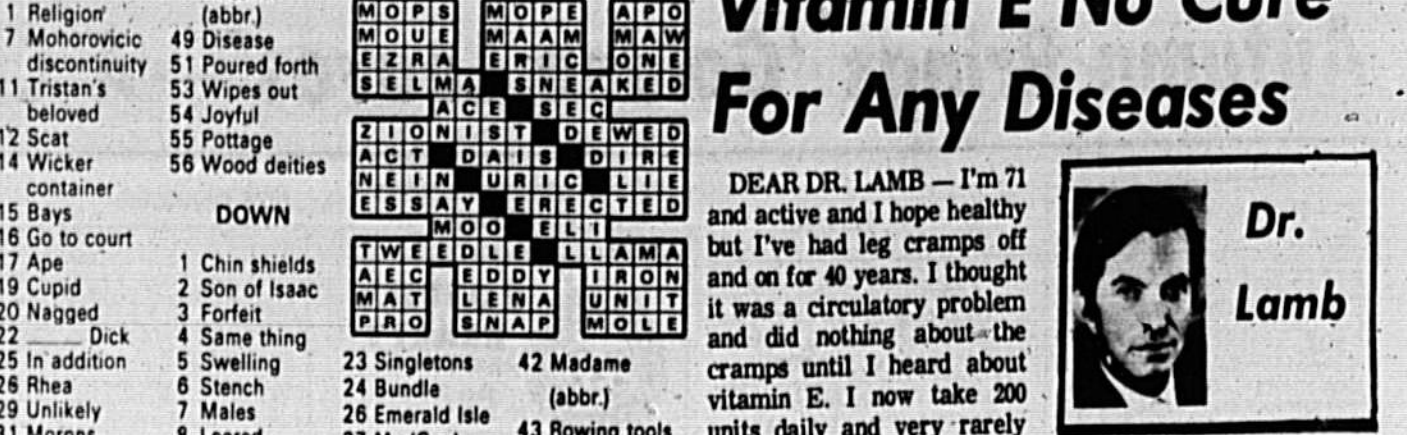
FRANK AND ERNEST by Bob Thaves



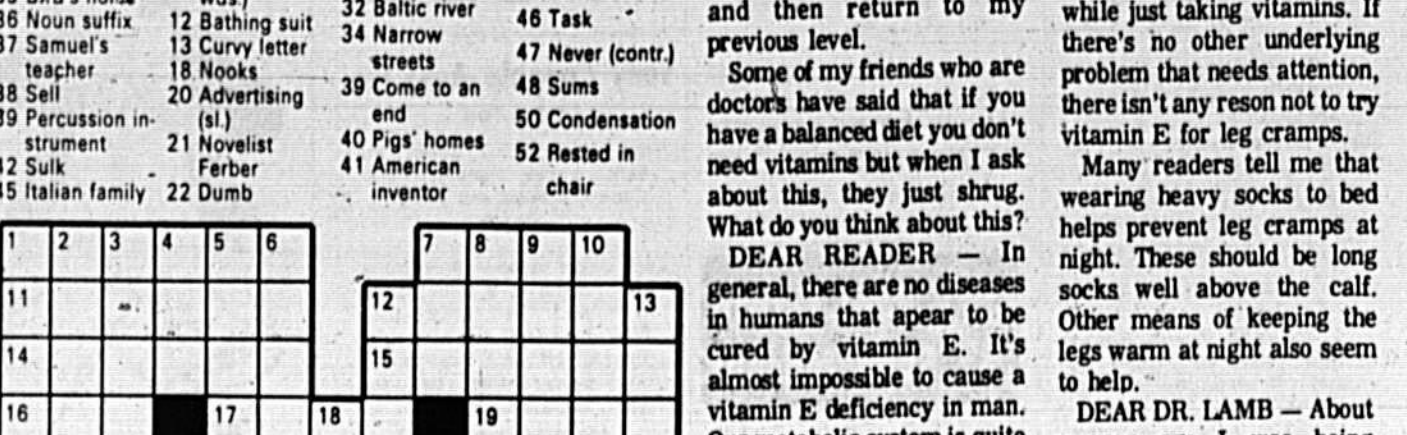
TUMBLEWEEDS by T. K. Ryan



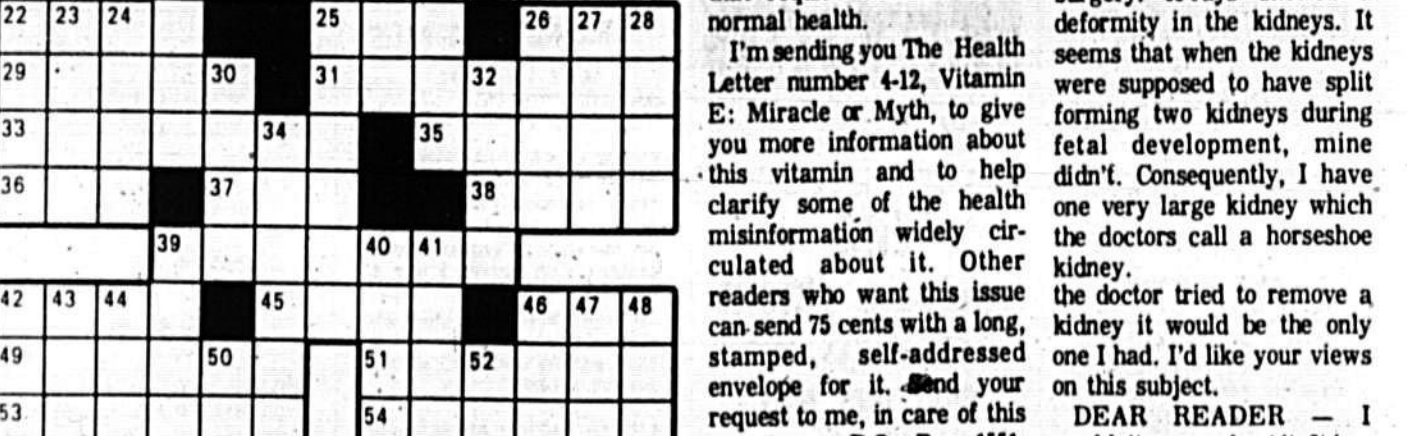
ACROSS 48 Genetic material (abbr.) 49 Disease 50 Poured forth 51 Wiped out 52 Joyful beloved 53 Postage 54 Wood debris



DOWN 1 Chin shields 2 Son of Isaac 3 Forfeit 4 Same thing 5 In addition 6 Stench 7 Unlikely 8 Mores 9 Lured 10 Aerial navig. system 11 Awake of 12 w/ki 13 B'd's home 14 Noun suffix 15 Sam's 16 Teacher 17 Nooks 18 Self 19 Percussion instrument 20 Siskin 21 Italian family 22 Dumb



23 Singletons 24 Madame (abbr.) 25 Emerald Isle 27 My (abbr.) 28 Secondhand 29 Cultivator 30 Wood plant 31 B'd's river 32 B'd's map 33 Narrow streets 34 Come to an end 35 Condensation 36 Pigs' homes 37 American inventor



42 43 44 45 46 47 48 49 50 51 52 53 54 55 56

Vitamin E No Cure For Any Diseases

DEAR DR. LAMB—I'm 71 and active. I've had leg cramps off and on for 40 years. I thought it was a circulatory problem and did nothing about it until I heard about vitamin E. I now take 200 units daily and very rarely have any cramps. If I do, I take 400 for a couple of days and then return to my previous level.

Some of my friends who are doctors have said that if you have a balanced diet you don't need vitamin E. I am quite about this, but just shrug. What do you think about this?

DEAR READER—In general, there are no diseases in humans that appear to be cured by vitamin E. It's almost impossible to cause a vitamin E deficiency in man. Our metabolic systems are quite different from the animals that require vitamin E for normal health.

I'm sending you The Health Letter number 42, Vitamin E: Miracle or Myth, to give you more information about this vitamin and to help clarify some of the health misinformation widely circulated about it. Other readers who want this issue can send 75 cents with a long envelope for it. Send your request to me, in care of this newspaper, P.O. Box 1861, Radio City Station, New York, NY 10101.

And you will be particularly interested to know that there is some evidence that taking vitamin E will relieve leg cramps in some people. Many doctors who have used this have told me about it and there are some research studies that help to support this, although there are other studies that conflict with these conclusions.

I think anyone who had leg cramps should have a medical examination to find out what the underlying cause is. That will help avoid the possibility of neglecting a serious medical problem while just taking vitamins. If there's no other underlying problem that needs attention, there isn't any reason not to try vitamin E for leg cramps.

Many readers tell me that wearing heavy socks to bed helps prevent leg cramps at night. These should be long socks well above the calf. Other means of keeping the legs warm at night also seem to help.

DEAR DR. LAMB—About a year ago I was being prepared for abdominal surgery. X-rays showed a deformity in the kidneys. It seems that when the kidneys were supposed to have split into two kidneys during fetal development, mine didn't. Consequently, I have one very large kidney which is misshapen and widely circulated about it. Other doctors tried to remove a kidney it would be the only one I had. I'd like your views on this subject.

DEAR READER—I would not worry about it. It is a rare birth defect. In all probability, you do have two kidneys. The usual abnormality is that the two kidneys are fused at their lower end just like joining together two kidney beans at their lower end. That's what causes the horseshoe shape. These kidneys function in a perfectly normal manner. If you happen to develop a stone or renal infection, that might involve both kidneys.

I think it's highly unlikely that a surgeon would remove your one kidney. The unusual shape of the horseshoe kidney would alert him at once to the problem.

HOROSCOPE

By BERNICE BEDE OSOL

For Tuesday, September 30, 1980

YOUR BIRTHDAY Sept. 30, 1980
Financial growth isn't likely to come in leaps and bounds in the months ahead, but your gains should be steady and sure. Each small step could add up to put you well ahead before your next birthday.

LIBRA (Sept. 23-Oct. 23)
It's likely that you'll get what you want today, but you must be very careful of your methods. Small gains aren't worth risking your image for. Romance, travel, luck, resources, possible pitfalls and career for the coming months are all discussed in your Astro-Graph, which begins with your birthday. Mail \$1 for each to Astro-Graph, Box 489, Radio City Station, N.Y. 10101. Be sure to specify birth date.

SCORPIO (Oct. 24-Nov. 22)
You have very good ideas today but you may also have negative reasons which inhibit you from implementing them. Strive to erase all self-defeating thoughts.

SAGITTARIUS (Nov. 23-Dec. 21)
There's a chance that a misunderstanding could arise with a friend today over something material. Head it off if you see this developing.

CAPRICORN (Dec. 22-Jan. 19)
Companions and associates may not be able to maintain the pace you set for yourself today. They could hold you back from achieving things which you could do better alone.

AQUARIUS (Jan. 20-Feb. 19)
The tasks which face you today aren't really as difficult as they seem. If you believe, but if you want them to be tough you'll figure out ways to make them so.

PISCES (Feb. 20-March 20)
Offer advice today to one who needs your help, but think well ahead before lending money. Good suggestions have more value than hard coin.

ARIES (March 21-April 19)
Matters relating to family finances could cause some dissension between you and your mate today. Try to reach an agreement so that the issue doesn't drag on.

TAURUS (April 20-May 20)
Try to treat all equally today. Something for you shouldn't be the only one receiving preferential treatment.

GEMINI (May 21-June 20)
Small gains can be made today through hard work and conscientious effort. It's not likely, however, you'll reap rewards from ventures on which you gamble.

CANCER (June 21-July 22)
You are deserving of your thoroughness today, while the ones to receive it today, while those who are not enjoying the "reversal" procedure.

LEO (July 23-Aug. 22)
Desiring not to be indebted is admirable, but sometimes, like today, we must swallow our pride and let others help where we can't help ourselves.

VIRGO (Aug. 23-Sept. 22)
Be as generous as possible today with friends today as you are with kind words. Pals may deem you stingy if you don't show a willingness to share.

Local Firms Downplay Waste Report

By DIANE PETRYK Herald Staff Writer

Spokesmen for Florida Power & Light Co. and Continental Circuits Inc., of Longwood emphasized Monday that there is no ground water contamination coming from their properties.

The FPL&L Sanford Plant and Continental Circuits were listed by a U.S. House of Representatives subcommittee as among 2,100 sites having potentially hazardous wastes that could seep into the water table.

The House Government Operations subcommittee warned that toxic chemical contamination of ground water supplies has reached "alarming proportions" in several areas of the United States.

Clean groundwater, still plentiful in many areas, is seriously threatened by overzealous, indiscriminate dumping of hazardous wastes, improper disposal in unlined pits, ponds and lagoons and use of toxic degrading agents in septic tanks, the report released Monday said.

The subcommittee's report was derived primarily from information from the Environmental Protection Agency.

Rep. Toby Moffett, D-Conn., chairman of the subcommittee, described the report as "just dynamite."

Although the report did not accuse owners or operators of specific sites of polluting the ground water, it said the list of potentially contaminating areas is growing up a "caution light," but there is nothing to be alarmed about.

He said FPL&L has an 11,000-acre

polluting drinking water sources. The study, based on U.S. Environmental Protection Agency information, was released Sunday by a House Governmental Operations subcommittee.

"We don't know where the EPA figures came from or what the sites are, but there are approximately 150 sites on our list and we hope ours include what the EPA has come up with," said Bob McVety, director of DER's hazardous and solid waste section.

"We're in the process now of identifying potentially dangerous sites and inspecting them to determine if, in fact, any contamination is taking place."

DER can go to court to force the property owner to prevent leakage into underground water systems or other pollution. If the current owner isn't responsible for the problem, and that's a common occurrence, McVety said, the state can dip into a special hazardous waste spill and dump site restoration fund set up by the Legislature.

"The EPA doesn't have all the information," Spotts said. "We have an on-site waste treatment facility that leases almost pure drinking water when water is released."

Spotts said in the printed circuit industry the only waste is metals. There is a metal sludge, he said, but it is hauled away to a landfill site designed to handle it.

"We're helping the new law will prevent future, sites."

cooling pond at its Sanford facility, but the water is free of contaminants. The water is used to cool steam used to generate electricity, he said. The reason the Sanford plant is on the list, he said, is because there is a ground water supply about a mile away.

A mile away is very far away considering how long it takes for water to

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State Inspecting 150 Disposal Sites

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SPORTS IN BRIEF

Lady Seminoles Grab Pair Against Lake Brantley
Seminoles High's junior varsity women's volleyball squad evened its record at 2-2 on the young season with a pair of victories over Lake Brantley Monday night.

Trinity Splits Swim Meet
Trinity Prep's junior varsity swim teams hosted their first meet of the 1980-81 season over the weekend and came away with mixed reviews.

Hagler Returns Home A Hero

BOSTON (UPI) — Marvin Hagler left the United States a hospital but came home a hero.
Throng of flag-waving fans cheered in tribute Monday to the new-midweight champion of the world as a motorcade turned-parade wound its way through his hometown of Brockton, Mass.

Bum Gives Women Scribes Thumbs Up
HOUSTON (UPI) — Houston Oilers' Coach Bum Phillips, bowing to the proliferation of women sports writers, will allow all reporters to enter the post-game dressing room for brief interviews.

Bum Gives Women Scribes Thumbs Up

Women reporters had complained their wait outside the locker room for players who were already showered and dressed allowed male reporters an unfair advantage, and Phillips agreed.

HEAVYWEIGHTS
Continued From B1
fight be stopped. But that appeared most unlikely with promoter Don King saying it was merely "technical."

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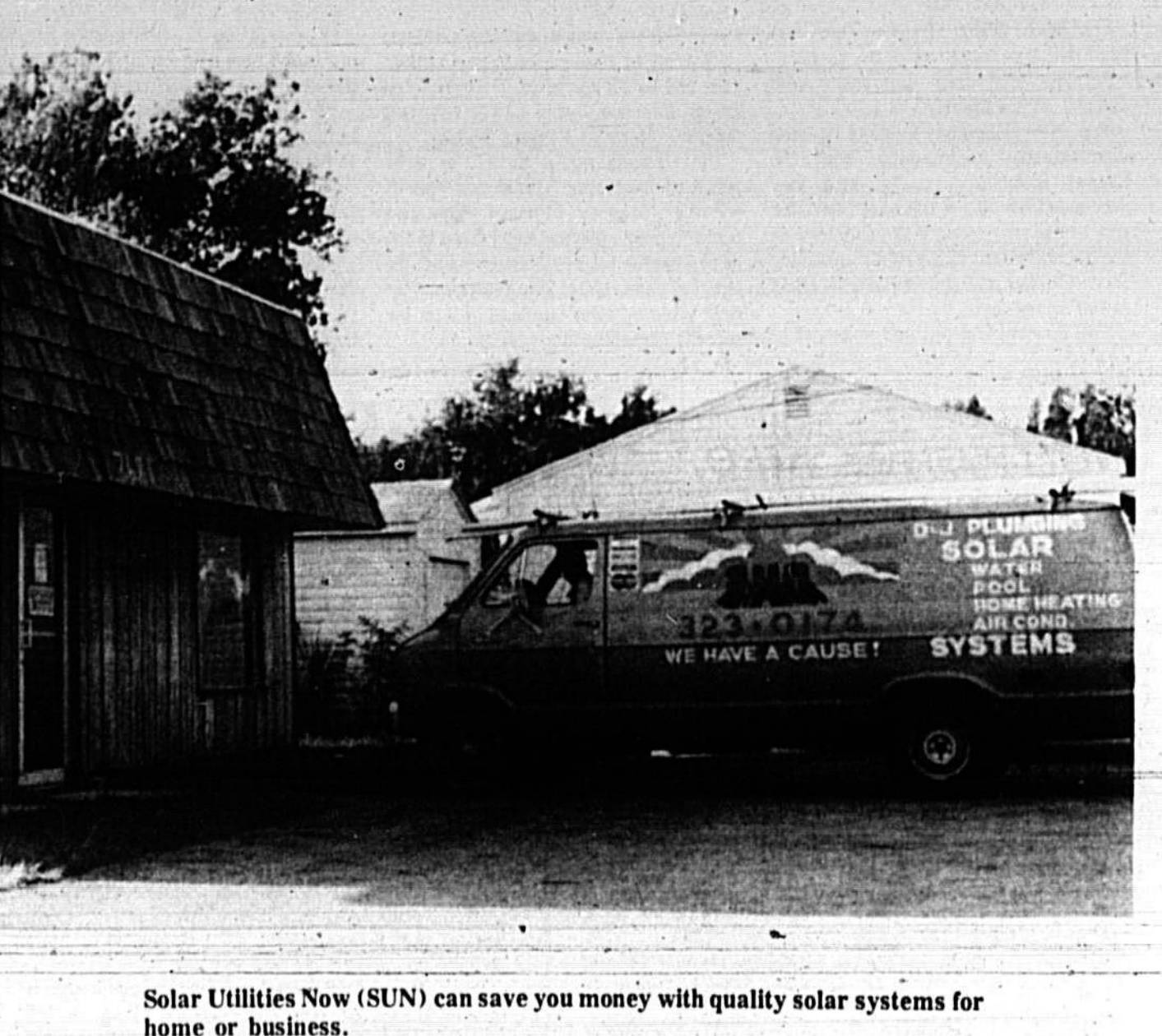
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Second Hand Rose Will Give Tips At Fashion Show

If you are buying on a shoestring, you will get some great ideas on what can be done in putting together and remodeling clothing from Second Hand Rose at a fashion show Oct. 13 at Theatre On Park in Winter Park.

Kings of Hair Styling Salon
DAVID FITZGERALD
REGISTER FOR FREE DINNER AT FREDDIE'S STEAK HOUSE

"I SOLD MY CAR WITH A HERALD CLASSIFIED AD"
Do you know how many people have sold their cars through a Herald classified ad?

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Minor League Standings
National League
W L Pct. GB

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Sports Transactions
Baseball
Atlanta — Asked waivers on seventh round draft choice

Second Games
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FLORIDA ARRIVE ALIVE
SUNSHINE STATE

Bank around AROUND T

Now you can clock at Atlantic Bank's automatic teller machines (ATMs) to access to 100 transactions. You can get \$200 a day from an ATM. You can check or save between checking or cash advances from your Bank credit card. You can get cash advances from your credit card. You can get cash advances from your credit card.

Atlantic Bank LOCATION
Map showing branch locations in Sanford and surrounding areas.

Atlantic Bank of
1. West Orlando Branch
2. Winter Park Branch
3. Conway Branch
4. Central Park Branch

Atlantic National (Sanford)
5. Main Office
6. Springs Branch

Atlantic Bank of
Unless you Atlantic Banker an instant. And available day or weekends. It's the simplest banking.



WHERE'S THE BEST PLACE TO BANK AROUND HERE?

Clubwomen To Collect S&H Stamps For 'House'

The Woman's Club and Junior Woman's Club of Sanford are launching a community work campaign to collect S & H Green Stamps to be turned in for money to go to the Ronald McDonald House to be built at Shands Teaching Hospital in Gainesville.

Announcement of the start of the drive, "Build a House With Glue," was made by the Woman's Club president, Jean Fowler, at open house at the Greater Chamber of Commerce Saturday.

Local organizations and principals from Seminole County Schools were invited to learn more of the project and to view a film on the reason for The Ronald McDonald House.

A representative from S & H Green Stamps was present to answer questions on how a stamp drive works. The drive will begin on Oct. 5 and end Oct. 30.

Club members are urging all of Sanford and Seminole County to give their support for this project. For more information phone 321-6117 or 322-6652.



Junia Jones, Woman's Club of Sanford, from left, Donna Feuerhahn, Junior Woman's Club of Sanford, and daughter, Jessica, get tips on how to build a house with glue from Sheila Somella, consumer relations officer with S & H Green Stamps.

FIRE CHIEF SPEAKS TO UDC

Mrs. Charles Steenwerth, right, president of the Norman deVere Howard Chapter, United Daughters of the Confederacy, welcomed Sanford Fire Chief George M. Harriett and his wife, Blanche, to the first meeting of the season which was held at the home of Mrs. F. E. Rommilat, 910 Palmetto Ave. Harriett was the guest speaker and spoke of the changes in the fire department during his 38-year career with the department.



Herald Photo by Tom Vincent

Bankcard is the KEY.



This Atlantic Bankcard is all you need to bank at Atlantic Bankaround. And if you have an account with us, we'll be happy to send you one. Just complete the Request for an Atlantic Bankcard and return it to Atlantic Bank. If you do not have an account at Atlantic Bank, please ask an Atlantic Banker to help you open an account and apply for your Bankcard. Then you'll be ready to do most of your banking at Atlantic Bankaround!

Request for an Atlantic Bankcard

Name _____
 Address _____
 City _____ State _____ Zip _____
 Home Phone _____
 My Atlantic Bank checking and/or savings account number(s) _____
 Checking Account Number(s) _____
 Savings Account Number(s) _____

I (We) apply for an ATLANTIC BANKCARD, hereinafter referred to as "Debit Card," and for a Personal Identification Number (access code) to be issued in conjunction with all of the checking and savings accounts for which I (we) have executed signature cards, except, I (we) do NOT want electronic access to the following account(s), if any: _____

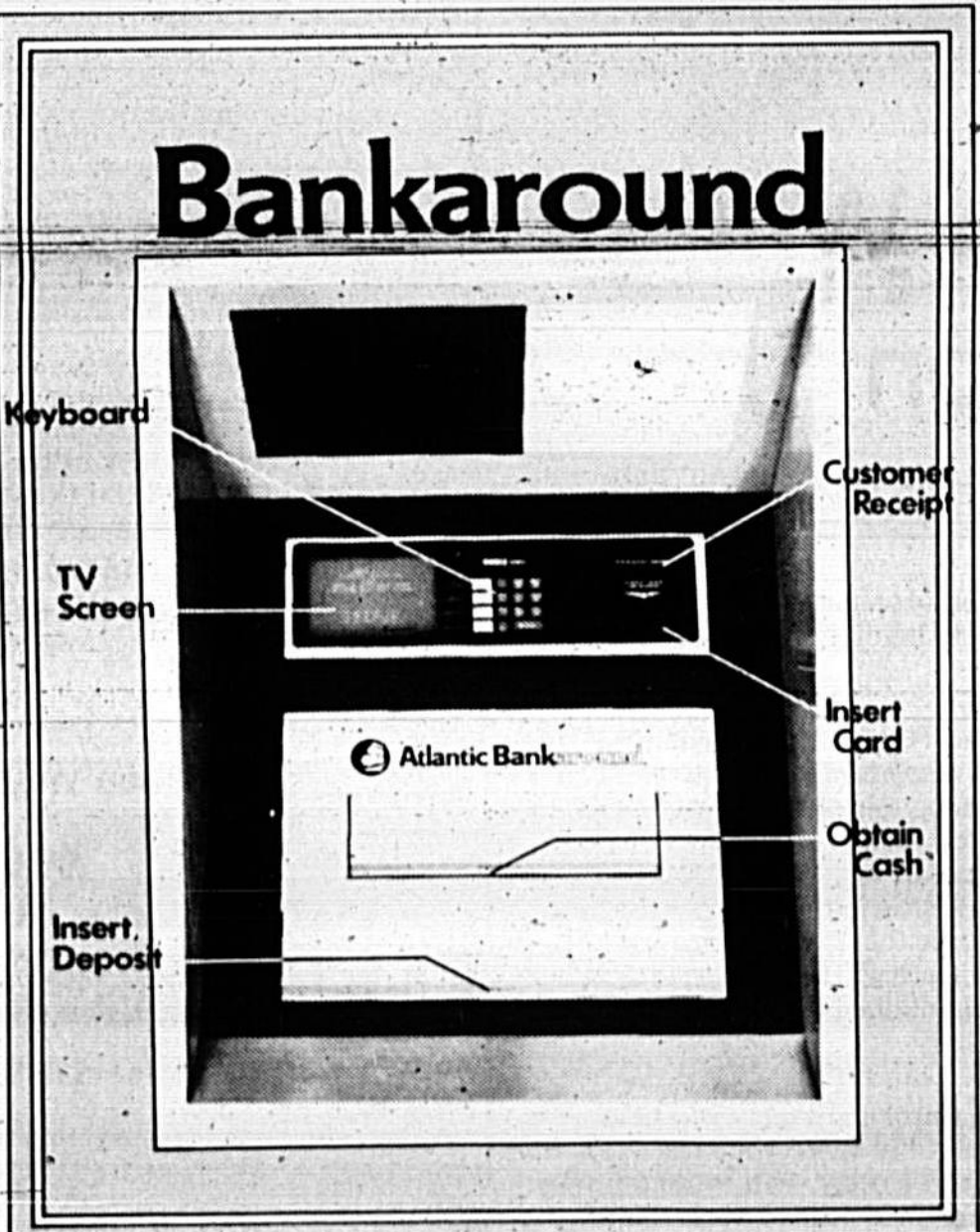
I (We) agree that said "Debit Card" will be subject to the Depositor's Contract on the signature card for each applicable checking and/or savings account and to the Rules Governing Use of the Debit Card and/or any disclosure statement furnished upon receipt of said "Debit Card."

Both signatures required for joint account.

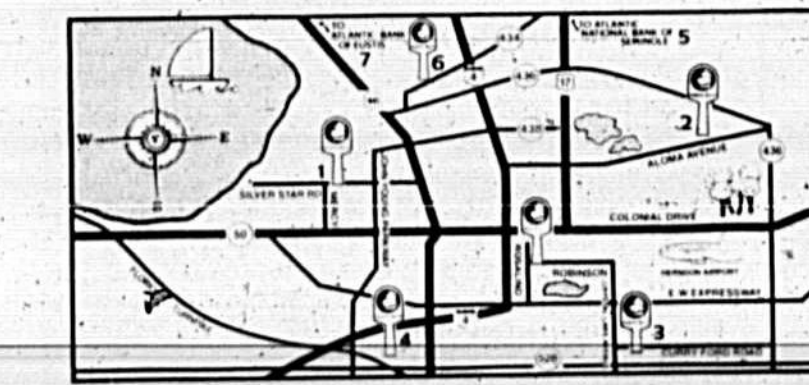
Signature _____ Date _____
 Signature _____ Date _____

Bank around the town, AROUND THE CLOCK.

Now you can bank around the clock at Atlantic Bankaround. Atlantic Bank's automated teller gives you access to 10 different banking transactions. You can withdraw \$5 to \$200 a day from checking, savings, or both. You can deposit money to checking or savings; transfer funds between checking and savings; receive cash advances from your Atlantic Bank credit cards; make loan or credit card payments; and request account balances. And you can perform all these transactions at the touch of a button!



Atlantic Bankaround LOCATIONS



- Atlantic Bank of Orlando**
1. West Orlando Branch
 2. Winter Park Branch
 3. Conway Branch
 4. Central Park Branch

- Atlantic National Bank of Seminole (Sanford)**
5. Main Office
 6. Springs Branch (Fall 1980)

- Atlantic Bank of Eustis**
7. Main Office

Bankaround is FAST.

Unless you need to talk to a teller, Atlantic Bankaround can help you in an instant. And Bankaround service is available day or night, holidays and weekends. It's the fastest, easiest, simplest banking around.

- Atlantic Bank of Orlando**
- Downtown (Main Office) 200 East Robinson St. Hartford Building 843-3700
- West Orlando Branch 3900 Silver Star Rd. 843-3700
- Winter Park Branch 2525 Aloma Ave. 843-3700
- Conway Branch 4012 Curry Ford Rd. 843-3700
- Central Park Branch 2300 Sandlake Rd. 843-3700

- Atlantic National Bank of Seminole (Sanford)**
- Main Office 101 East First St. 322-6211
- Springs Branch 1030 Montgomery Rd. (Fall 1980)

- Atlantic Bank of Eustis**
- Main Office 200 Magnolia Ave. 357-3111

Atlantic Bank The Best Bank AroundSM

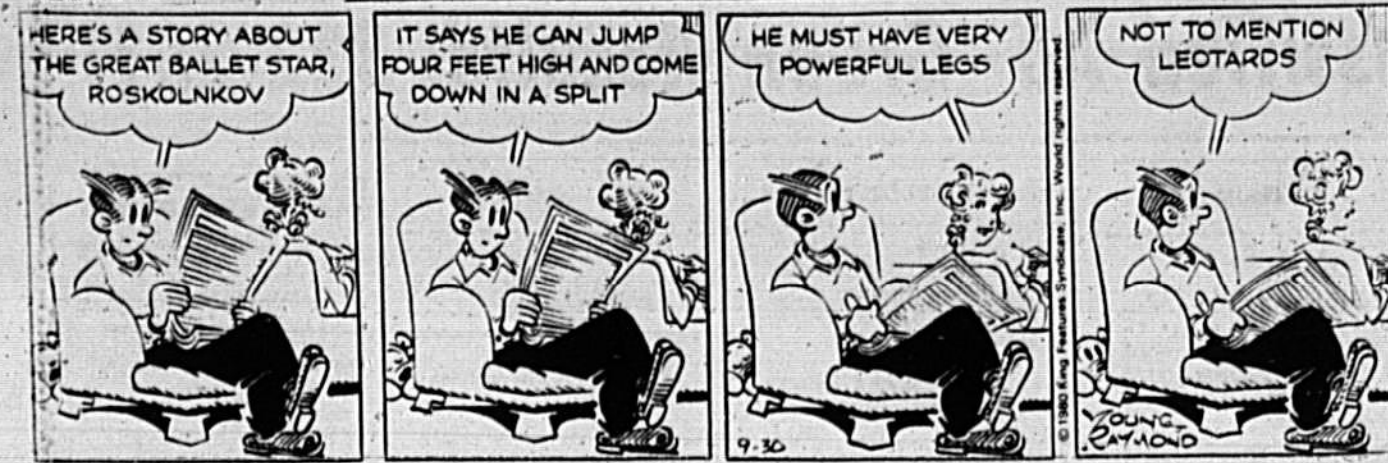


OURSELVES

Evening Herald, Sanford, FL Tuesday, Sept. 30, 1980—1B

TONIGHT'S TV

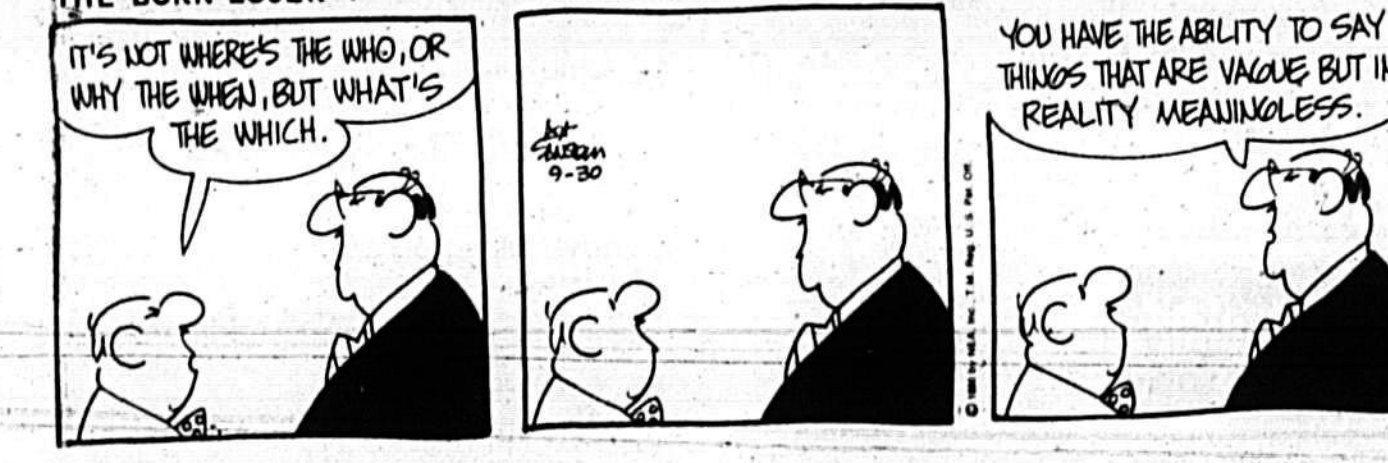
TUESDAY	5:40	38 (10) MATH PATROL (MON, WED, FRI)
6:00	32 (17) RAT PATROL (THU)	28 (10) LETTER PEOPLE (FRI)
6:30	5:55	32 (17) WORLD AT LARGE (WED)
7:00	6:00	AFTERNOON
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BEETLE BAILEY by Mort Walker



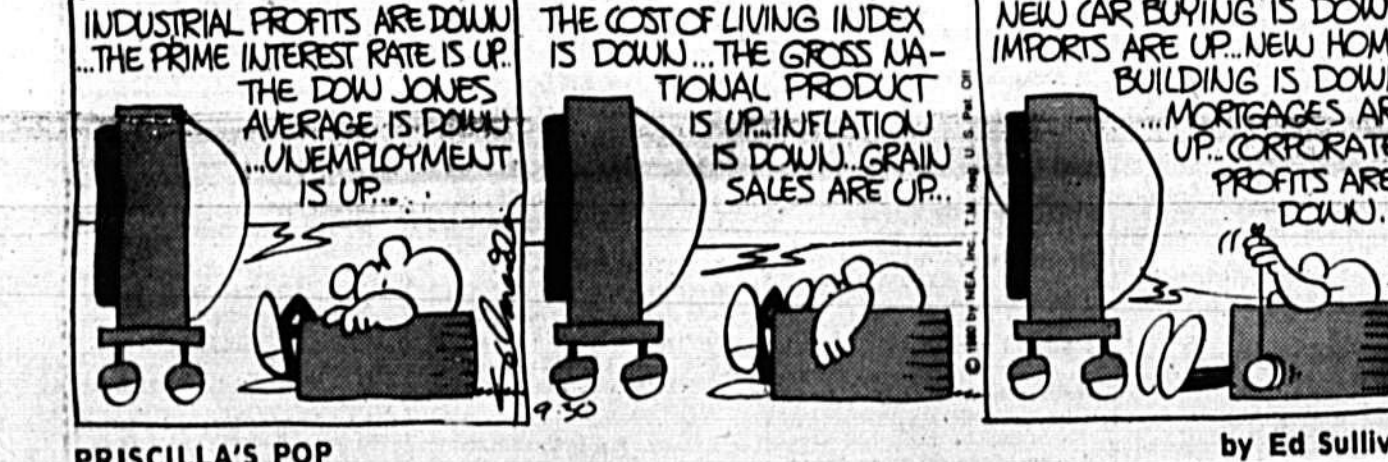
THE BORN LOSER by Art Sansom



ARCHIE by Bob Montana



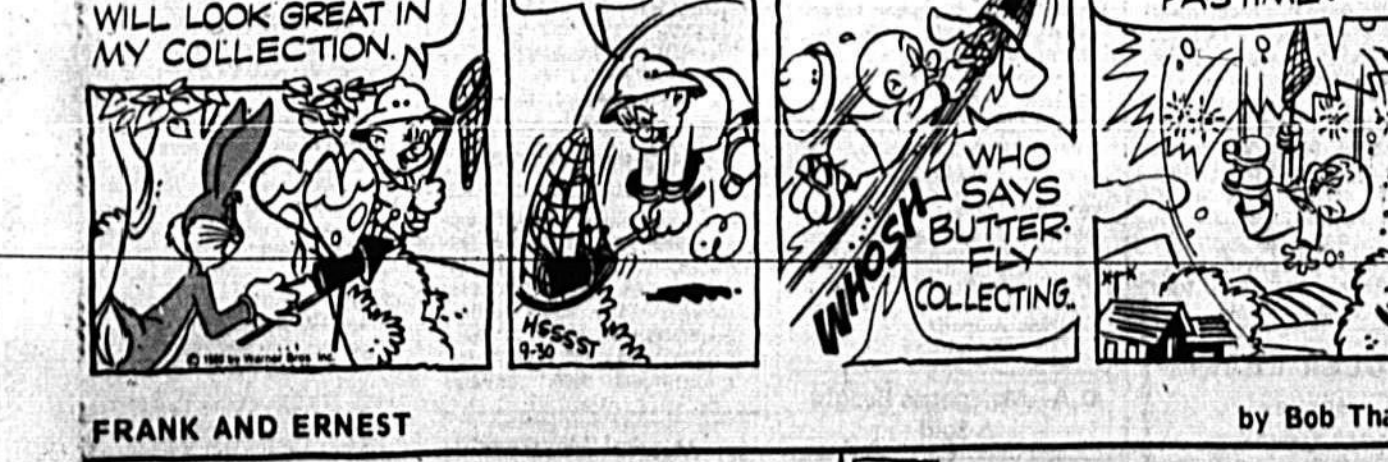
EEK & MEEK by Howie Schneider



PRISCILLA'S POP by Ed Sullivan



BUGS BUNNY by Stoffel & Heimdahl



FRANK AND ERNEST by Bob Thaves



TUMBLEWEEDS by T. K. Ryan



ACROSS

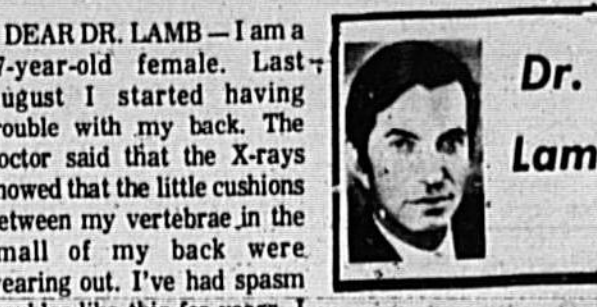
38 Adrift with friendliness
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 5 Record speed
 9 Suits
 12 Piece of luggage
 13 Home of Adam
 14 Motoring association
 15 Talless
 17 Artist's medium
 18 Watering place
 19 Scriptural canticle
 20 Golf course
 22 These in office
 23 Distant
 24 Wound marks
 27 Bars
 31 Organs of hearing
 32 Island republic
 33 Beatnik ill
 34 Photograph machine part
 35 line (pref.)
 36 Volcano in Italy
 37 Having made a will

40 Sams (prefix)
 41 Fixed charge
 42 Manager
 45 Employment
 46 Measure of land (metric)
 49 Segment of a curve
 50 Basic
 53 Swamp
 54 Part
 55 American patriot
 56 Female sheep
 57 Crazy
 58 Harmony in pitch

1 Eastern beasts of burden
 16 Charged particles
 21 Indignation
 22 Tax agency (abbr.)
 23 Gambling game
 24 Booth
 25 Anxiety
 28 Weapons movement
 29 Supreme
 30 Court group
 32 Inner (pref.) negation

41 Odors
 42 Out of danger
 43 Gang
 44 Skin problem
 45 Hat material
 46 Aleutian island
 47 April shower
 48 Different
 51 Baseballer (abbr.)
 52 Word of negation

'Shock Absorbers' Vital To People



DEAR DR. LAMB—I am a 67-year-old female. Last August I started having trouble with my back. The doctor said that the X-rays showed that the little cushions between my vertebrae in the small of my back were wearing out. I've had spasms troubles like this for years. I went to the hospital for X-rays and was told the same thing. But no one has ever said why the cushions were wearing out and whether it's a disease. I would appreciate any information you can give me.

DEAR READER—We all have those little cushions between the vertebrae. They literally cushion the shock that would normally occur from walking movements which would otherwise jar the spine. They are our shock absorbers.

The painful muscle spasm isn't all bad. It is nature's way of telling you that something is wrong. The spasm helps to splint the area where the damage has occurred. That is also why the muscle spasm will not go away permanently until the underlying cause is corrected. Temporary relief of spasm may make you feel better but it may not solve the basic problem that needs attention.

As the discs become worn or degenerate they tend to rupture or protrude against nerve roots and muscles in that area. This is what causes the back pain.

Patients with this type of problem often do well to strengthen their abdominal muscles and their back muscles. I'm sending you The Health Letter number 13-10, Backache and What to Do about It, which discusses these problems in detail and suggests the kinds of exercises that may be of help to you. Other readers who want this issue can send 75 cents with a long, stamped, self-addressed envelope for it. Send your request to me, in care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10019.

Now as I've indicated in the Health Letter I'm sending you, backache is just a symptom. It's very important to find out what causes it. Before beginning an exercise program, including the one I'm sending you, you should go over it with your doctor. During the time there's an acute rupture of a disc between the vertebrae, exercise may actually be detrimental. Once the acute phase is over, strengthening those trunk muscles goes a long way to help prevent recurrent back pain.

It's hard to say why the discs degenerate but they do have a very poor blood supply. Degeneration of those discs can also occur much earlier in life, even in people in their middle 30s. The general inactivity of our society has had a lot to do with the increased frequency of backaches in our population.

Since you are female and in your age group, there's also a possibility that you may have degeneration of the vertebrae from osteoporosis. That's the problem of dissolving bones, not the little cushions. It will be important in your case to have this point clarified.

The types of exercises that you might need may be entirely different for the two problems. Exercise is good for both circumstances but the type varies. Individuals who have degeneration of the vertebrae should avoid lifting and straining exercises as they may actually cause the vertebrae to fracture and lead to additional complications.

HOROSCOPE

By BERNICE BEDE OSOL
 For Wednesday, October 1, 1980

YOUR BIRTHDAY
 October 1, 1980
 Establishing secure material foundations will be very important for you in the coming year. Through enterprise and ingenuity you may even surprise yourself with what you are able to accomplish.

LIBRA (Sept. 23-Oct. 23)
 Unless you are strongly motivated today, your ambitions will be at a low level. It's another story when you're capable of making up lost time.

TAURUS (April 20-May 20)
 Persons whose help you'd like today could hold back a bit unless you display a cooperative spirit. Whatever example you set will be imitated.

GEMINI (May 21-June 20)
 Continue to be prudent today in managing your resources. Buy only that which you need or can afford. Avoid all forms of deficit spending.

CANCER (June 21-July 22)
 You have good leadership qualities today, but you might be reluctant to use them. Only if situations really get out of hand are you apt to step in.

LEO (July 23-Aug. 22)
 Don't waste precious time today thinking about what you'd like to do. Be a person of action. Make an effort to get an early start.

VIRGO (Aug. 23-Sept. 22)
 It's best to set a definite budget for any new projects you're involved in and to try to adhere to it. There's a chance costs could get away from you.

SCORPIO (Oct. 23-Nov. 22)
 Worrying too much about what others may think is a sure way to slow yourself down today. Do what you deem to be honorable, and none can condemn you.

SAGITTARIUS (Nov. 23-Dec. 21)
 Today you may find yourself in the company of a friend who is not quite as generous as yourself. Operate on your standards, not on his or hers.

CAPRICORN (Dec. 22-Jan. 19)
 It will take salesmanship today to sway reluctant allies to your cause. Present your case factually, briefly, and eliminate all the frills.

AQUARIUS (Jan. 20-Feb. 19)
 Events may not go exactly as you planned today, so be prepared to make on-the-spot adjustments. You're a quick thinker and should have no problems.

PISCES (Feb. 20-March 20)
 It's important today to recognize your limitations and capabilities so that you won't become involved in something too difficult for you to handle.

ARIES (March 21-April 19)
 You tend to be a trifle indecisive today, which is unusual for you. However, once you make a decision you're capable of making up lost time.

WIN AT BRIDGE

three points, and West with only two points were forced to bid by their ambitious partners.

In the end, North did bid two diamonds on his own and headed South into the poor three-notrump contract. This contract should be defeated, but West "forgot" to lead his four-card heart suit. The club lead gave South the chance to make the contract and he was quick to seize it.

South won the opening club lead with his jack. The bidding and the opening lead marked the East hand with five clubs, three hearts and probably one diamond and four spades. Declarer, therefore, knew that diamonds weren't going to divide. He could make nine tricks if he could maneuver to take another club finesse and a spade finesse, both of which would certainly work. Unfortunately, the dummy only had one entry.

South used it right away. Then he led the 10 of spades. East could do no better than to cover. South cashed all the spades and exited with a heart. Since East held just the three top hearts he had no choice but to take them before leading a club to give South that extra finesse he needed.

WEST
 ♠ 7 7 7
 ♥ 10 8 7 6
 ♦ 10 8 7 6
 ♣ 10 10 10 10

EAST
 ♠ K Q J
 ♥ A K Q
 ♦ A J
 ♣ K 8 6 5 3

SOUTH
 ♠ A K J 9
 ♥ J 3 2
 ♦ A 3 2
 ♣ A Q J

Vulnerable: Neither
 Dealer: East

West	North	East	South
Pass	1♣	1♦	Dbl.
1♥	2♦	Pass	3NT
Pass	Pass	Pass	Pass

Opening lead: ♣10

By Oswald Jacoby and Alan Sontag

Everyone got a chance to bid on this hand. East and South with their wealth of points were happy to enter the bidding. Poor North, with only

END OF ROLL
 SEPTEMBER 30, 1980

ANNIE



FLETCHER'S LANDING



SING A BOM TILLY



ANNE



LEONARD STARR



DOUGLAS COFFIN

