



# Sanford Herald

80th Year, No. 75

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## Panel: No Fewer Than Four Laws Violated

# Iran-Contra Panel Blames Reagan For Scandal

WASHINGTON (UPI) — Congressional investigators blamed President Reagan today for the Iran-Contra scandal and said he tolerated an atmosphere that allowed his aides to break the law. But the House and Senate committees found no proof he knew about the diversion of Iran arms profits to the Contra rebels.

In a long-awaited report, Congressional Iran-Contra committees said Reagan may not have known what his staff at the National Security Council was doing in carrying out the secret sale of U.S. arms.

And it said administration officials defied the law and engaged in a cover-up in trying to hide details of the sordid affair once it was revealed last Nov. 25.

But investigators, who spent 11 months and \$4 million investigating secret sales of U.S. arms to Iran and the diversion of profits to the Contras,

**"The committees condemn without reservation the making of false statements to congress and the withholding, shredding and alteration of documents relative to the pending inquiry."**

said that Reagan bears responsibility for what happened even though he may not have known all the details.

"The ultimate responsibility for the events of the Iran Contra affair must rest with the president," the majority report said.

The massive report, however, is not the definitive word on the scandal. Special Prosecutor

Lawrence Walsh is conducting a criminal probe and is expected to seek criminal indictments by the end of the year.

In its report, the committees said they did not decide whether anyone acted with criminal intent or was guilty of any crime, leaving that to Walsh and the federal grand jury.

But it said, "The committees condemn without reservation the making of false statements to Congress and the withholding, shredding and alteration of documents relative to a pending inquiry."

"If the president did not know what his national security advisor was doing, he should have...Members of the NSC staff appeared to believe that their actions were consistent with the president's desires. It was the president's policy — not an isolated decision by (Lt. Col.) North or (Rear Adm. John) Poindexter — to sell arms

secretly to Iran and to maintain the Contras 'body and soul' the Bolden amendment notwithstanding.

"The president created or at most tolerated an environment where those who did know of the diversion believed with certainty that they were carrying out the president's policy," the report of the majority of the 16 panel members said.

In a statement, Sen. Daniel Inouye, D-Hawaii, chairman of the Senate Select Committee, which along with the House panel conducted 12 weeks of hearings last summer into the scandal, found that officials who participated in the affair showed "disdain for the law."

"The president has also failed to use his 'bully pulpit' to condemn the lies, the obstruction of government documents or the cover-up that has been a matter of public record for months," Sen. See PANEL, page 3A

## Kiwanis Honors Mercer

By Jane Casselberry  
Herald Staff Writer

Sanford City Commissioner John Y. Mercer is the recipient of the prestigious Randall Chase Senior Citizen Award presented annually by the Kiwanis Club of Sanford.

Mercer said, "This has been a very great award in Sanford and it's very humbling to be chosen. It's a great honor and I'm grateful to the Kiwanis Club for choosing me."

He said he knew Randall Chase and worked with him on several civic projects, adding, "He was a rare giant, a tremendous man and everybody that knew him loved him."

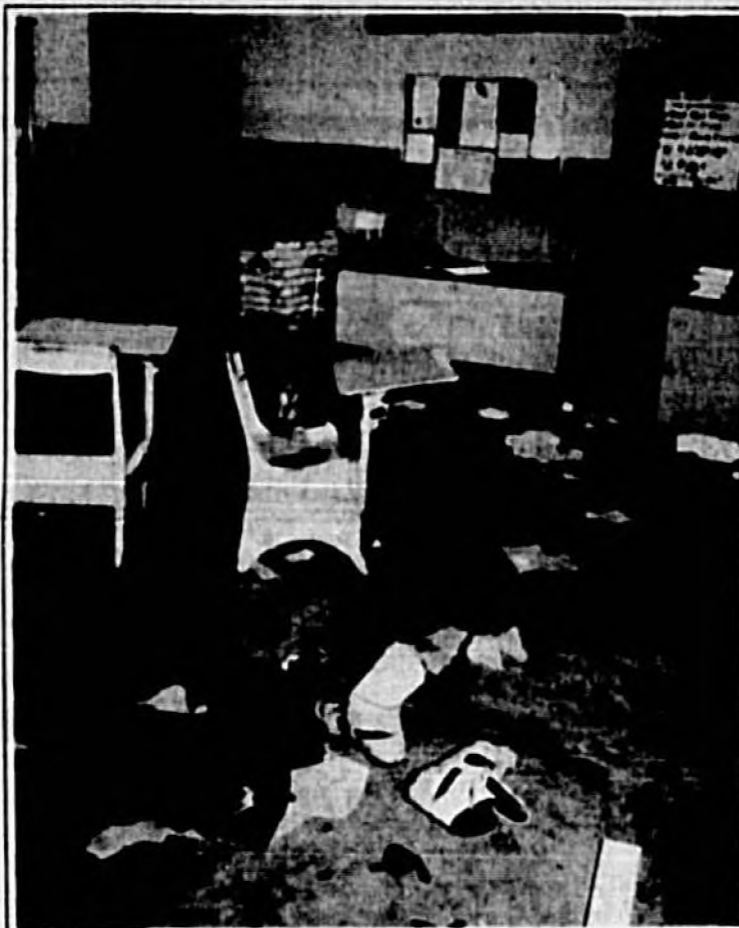
Chase's widow, Julia, was on hand today for the presentation at the club's luncheon at the Sanford Civic Center.

Also attending were 10 representatives of the Sanford Rotary Club, which nominated Mercer for the honor.

The award was established to honor the late Randall Chase described as "a keen businessman, thoughtful neighbor, devoted churchman and a concerned, selfless, community leader" and to give recognition to those who exemplify comparable attributes.

Lew Dellarco, chairman of the six-member awards committee.

See MERCER, page 12A



Above Left, the bloodstained floor of the auto body shop at Seminole High School is a grim reminder of efforts to save the life of Michael David Garner, after the 17-year-old Sanford senior was injured Tuesday after-

noon when a pipe bomb he had made exploded in his hand. Above right, the hole in the aluminum garage door of the school's auto body shop is evidence of the force of the blast.



Michael Garner has received at least 45 units of blood, according to a Orlando Regional Medical Center spokesman, which has put a strain on the blood bank.

"We're contacting the Central Florida Blood Bank," Joe Brown said, "and a call may be made to solicit donors."

"The young man (Garner) is still in critical condition but he has stabilized a little bit better. He is still a very sick young man and can still go either way," Brown said.

The primary concern is the left arm, the hospital spokesman said, though the potential for severe infection and adverse reaction by the body to the massive blood transfusions is always a danger, he added.

Herald Photos by Tommy Vincent

## SHS Senior Survives Bomb Blast

### Homemade Device Tore Arm

By Richard Whittaker  
Herald Staff Writer

A 17-year-old Seminole High School senior remained in critical condition today at Orlando Regional Medical Center recovering from injuries suffered when a homemade bomb exploded all but tearing off his left arm.

Michael David Garner, 550 Vihlen Road, Sanford, lit a fuse on the device, an 18-inch pipe containing explosive properties, at about 1 p.m. Tuesday as he stood on the outside of an aluminum door leading to the school's auto shop area, according to police.

The pipe bomb exploded, causing massive injuries to Garner's arm and ripping a hole in the shop door.

No one else was injured, police said. Garner, according to wit-

nesses, stunned from the explosion, was helped into the shop area by some students.

"We feel like he (Garner) thought the bomb would have a Roman candle effect," said Seminole County School District spokeswoman Karen Coleman. She added that instead of the device sprouting sparks at one end as he may have thought it would, it instead ignited at both ends and exploded into his chest area.

See BOMB, page 6A



Michael Garner

## Senate President Reaffirms Opposition To Ad Tax

### Vogt: Special Session Unlikely

By Brad Church  
Herald Staff Writer

There will be no special session of the state legislature on the sales tax on services unless the House, the Senate, interest groups and Gov. Martinez can agree on action to be taken beforehand, says Sen. John Vogt, D-Merritt Island, president of the Senate.

Vogt took time Tuesday between meetings he and House Speaker Jon Mills are conducting throughout the state to speak to the Greater Sanford Chamber of Commerce Legislative Affairs Committee and formally open his Sanford office.

Vogt said the possibility of a special legislative session to deal with the medical malpractice problem is also up in the air, at

least until an academic panel appointed to study the crisis releases its recommendations Thursday.

"There is some speculation that neither the trial lawyers nor the Florida Medical Association like what's in the academic panel's report, so don't want a special session," Vogt said. "The FMA is who wanted a special session to solve the crisis, and if they don't want one, then we're not going to go ahead and try to pass some legislation without their support," he said.

Vogt also said legislators have no stomach for going back to Tallahassee "and making fools of ourselves if we don't have an agreement on what to do with the service tax problem."

He speculated that Martinez may be softening a little in his

up-to-now refusal to accept any short of repeal of the tax, and may soon be willing to talk to legislators about a compromise. "I think fellow Republicans are advising him to put this problem behind him because his approval rating is still very low in the polls," Vogt said.

Rep. Art Grindle, R-Altamonte Springs, agreed that a compromise agreement is more possible now, but said the governor has been willing all along to talk to legislators, but Vogt and Mills have been adamant about keeping the tax intact. Grindle said the series of hearings the two Democratic leaders have been holding around the state has shown that most people are unhappy with

See VOGT, page 6A



Sen. John Vogt, left, speaks to guests at the opening of his new office at 130 San Carlos Dr. in Sanford.

Herald Photos by Tommy Vincent



John Y. Mercer

## Deluge Washes-Out Large Attendance

# Charter Panel Hears County Criticism

By Brad Church  
Herald Staff Writer

More comments on the present Seminole County government were heard than comments on the charter form of government Tuesday night when the county's charter advisory commission held a public hearing.

The purpose of the hearing was to hear what Seminole County citizens think about the possibility of charter government for the county.

Maybe the heavy downpour which deluged the county early in the evening had something to do with it, but there was not a wide geographic representation of speakers at the hearing. The

hearing was held in the Casselberry City Hall and almost all the speakers were from Casselberry. Most were also opposed to a charter for Seminole County.

Edith Duerri, a 25-year resident of Casselberry and former city council member, told the commission she is concerned that a charter would give residents of unincorporated areas more power in relation to residents of cities, aggravating a situation that is already unfair.

She said she is worried that a charter would give the county commission more power than it has now, to the detriment of the cities. "Cities are not represented adequately by the county

commission now," she said. "Although commissioners are elected by all voters in the county, they largely represent the unincorporated areas because the people there have no other representation," she said.

She also said city residents are the victim of double taxation. As examples, she said city residents pay the costs of both the county and the city in lawsuits pitting the county against a city; they pay for the sheriff's department and the city police department when city residents aren't dependent on the sheriff's department for law enforcement; and city residents pay for both city

See CHARTER, page 12A

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# COMING EVENTS

## Sanford Chamber Schedules Member Blender Thursday

Greater Sanford Chamber of Commerce Member Blender for November will be held 5-7 p.m. Thursday at Fitzgerald's at the Marina. Admission will be by \$5 contribution to the Commercial Committee and will include one drink ticket and hors d'oeuvres.

## East-West Kiwanis Meets

East-West Sanford Kiwanis Club meets Thursday at 8 p.m. at Friendship Lodge, Seventh and Locust.

## Parent Support Group To Meet

Families Together Parent Support Group meets every Thursday at 7:30 p.m., 900 Fox Valley Drive, Sweetwater Square, Suite 206 for open discussion. For information call 774-3844.

## Sweet Adelines Rehearse

Sound of Sunshine Sweet Adelines will rehearse at 7:30 p.m. Thursday in the fellowship hall at Community United Methodist Church, Highway 17-92 at Piney Ridge Road, Caselberry.

## Narcotics Anonymous Meets

Narcotics Anonymous meets at 8 p.m. every Thursday at 317 Oak Ave., Sanford.

## Legion Post Sets Fish Fry

American Legion Old Glory Post 183 will sponsor a fish fry Friday, Nov. 20, beginning at 4 p.m. at the post home at 2708 Wells Ave., Fern Park. It is open to the public. Proceeds will be used for community projects.

# FLORIDA

## IN BRIEF

### Education Budget Approved Teacher Salary Hike Included

TALLAHASSEE (UPI) — Florida teacher salaries would improve to 24th highest in the country under a \$6.6 billion education budget approved by Gov. Bob Martinez and the Cabinet.

Commissioner of Education Betty Castor proposed the 1988-89 education budget Tuesday. It won unanimous approval, though Martinez reserved the right to alter it when he prepares his own legislative budget request early next year.

The budget, which would take effect on July 1, 1988, still must win approval from the Legislature.

It calls for a 14.5 percent increase in spending over this year. Much of that increase, about \$200 million, would go simply to cover the costs of educating the 55,000 new students expected to enter the school system next year.

### Narrowed Discovery Rules Sought

TALLAHASSEE (UPI) — Florida's law enforcement community has begun a fight to change discovery rules which may force prosecutors to tip their hand before a criminal case goes to trial.

Florida Department of Law Enforcement Director Robert Dempsey joined other police officials and prosecutors Tuesday in demanding changes in criminal defendants' discovery rights.

Dempsey proposed repeal of a provision in Florida criminal rules of procedure allowing defense lawyers to take a written deposition from any witness the prosecution plans to call or is even remotely considering calling.

# AIDS Seminar Schedule

A seminar on AIDS and how to prepare for its effects in the local community will be held Saturday and Sunday at the Seminole County Public Health Department, 240 W. Airport Blvd.

The seminar, sponsored by Aids Resource Education & Assistance (A.R.E.A.) of Altamonte Springs, will include speakers from the health field, and panels of clients of A.R.E.A. and volunteers who work with AIDS patients.

Subjects to be discussed include AIDS the virus, antibody testing, transmission, psycho/social impact, communication, coping with loss, and information about support groups.

Speakers at the seminar will include Dr. Jorge Deju, director of Seminole County Health and Human Services; Beverly Keith, infection control nurse with the county health department; Phil Toal of Orlando General Hospi-

tal; Henry Harlow of Care Unit of Orlando; and Mary Ann Schaffer of We Care, Inc.

Also, Lauren Nilsson of Hospice of Central Florida; Ron Bush, deacon of Joy Metropolitan Community Church; and Karen Zilan of the Orlando Information and Referral Service.

The seminar will begin at 8:30 a.m. Saturday and sessions will continue until 5 p.m. The sessions will begin Sunday at 9 a.m. and continue to 4:30 p.m.

The cost of the seminar is \$5 per day and pre-registration is requested to assure a reservation because of limited space, according to Shari Ranger, director of A.R.E.A. Registration can be made by mailing a check to A.R.E.A., Post Office Box 160224, Altamonte Springs, Fla 32716, or by calling the agency at 843-4368.

—Brad Church

## BUILDING PERMITS

**Lake Mary**  
—Dick Williams Inc., single family at 232 Shady Oaks Circle, Lot 92, \$95,000.

—Burns and Sons, single family vinyl siding at 538 Hickory Court, Lot 46, \$1,500.

—Dixie Pools, swimming pool at 313 Pine Shadow Lane, Lot 101, \$9,800.

—Southern Investment Properties, interior alterations at 100 Technology Drive, Lots 1 and 2, \$538,628.

—Dixie Pools, swimming pool at 413 Cinnamon Oaks, Lot 56, \$9,800.

—Arthur Short, addition-carport (single family) at 168 W. Wilbur Ave., Lot 30, \$300.

—Holcomb and Sons, swimming pool, 856 Bright Meadow, Lot 31, \$9,000.

—Strasberg-Astronet, modifications to sprinkler system (commercial) at 37 Skyline Drive, Suite 4101, \$6,000.

—Calton Homes, single family at 468 Autumn Oaks Place, Lot 16, \$37,000.

—Lawrence Donaldson, single family addition at 171 Franklin Road, Lot 6, Block 10, \$15,000.

—Calton Homes, single family at 472 Autumn Oaks Place, Lot 16, \$34,000.

—Calton Homes, single family at 466 Autumn Oaks Place, Lot 17, \$39,000.

—Calton homes, single family at 474 Autumn Oaks Place, Lot 13, \$34,000.

—Designer Pools, swimming pool at 179 Tim Tam Court, Lot 20, \$9,500.

—Designer Pools, swimming pool at 187 E. Goodheart Ave., Lots 16, 17 and 18, \$9,400.

—Bailey Construction, single

family at 240 Shady Oaks Circle, Lot 96, \$135,000.

—VanBerg Construction, miscellaneous commercial at 600 Timacuan Blvd., \$15,000.

—Adeock, mobile home re-roofing at 511 Black Forest Court, Lot 37, \$1,400.

—Peltzer Construction, single family at 234 Shady Oaks Circle, Lot 93, \$120,000.

—Dulando Screen, enclosed screen (single family) at 187 E. Goodheart Ave., Lots 16, 17 and 18, \$3,000.

—Dulando Screen, enclosed screen (single family) at 179 Tim Tam Court, Lot 20, \$3,000.

—Libertore, re-roofing (single family) at 117 E. Floyd, Lots 7, 8 and 9, \$1,000.

## Car Insurance?

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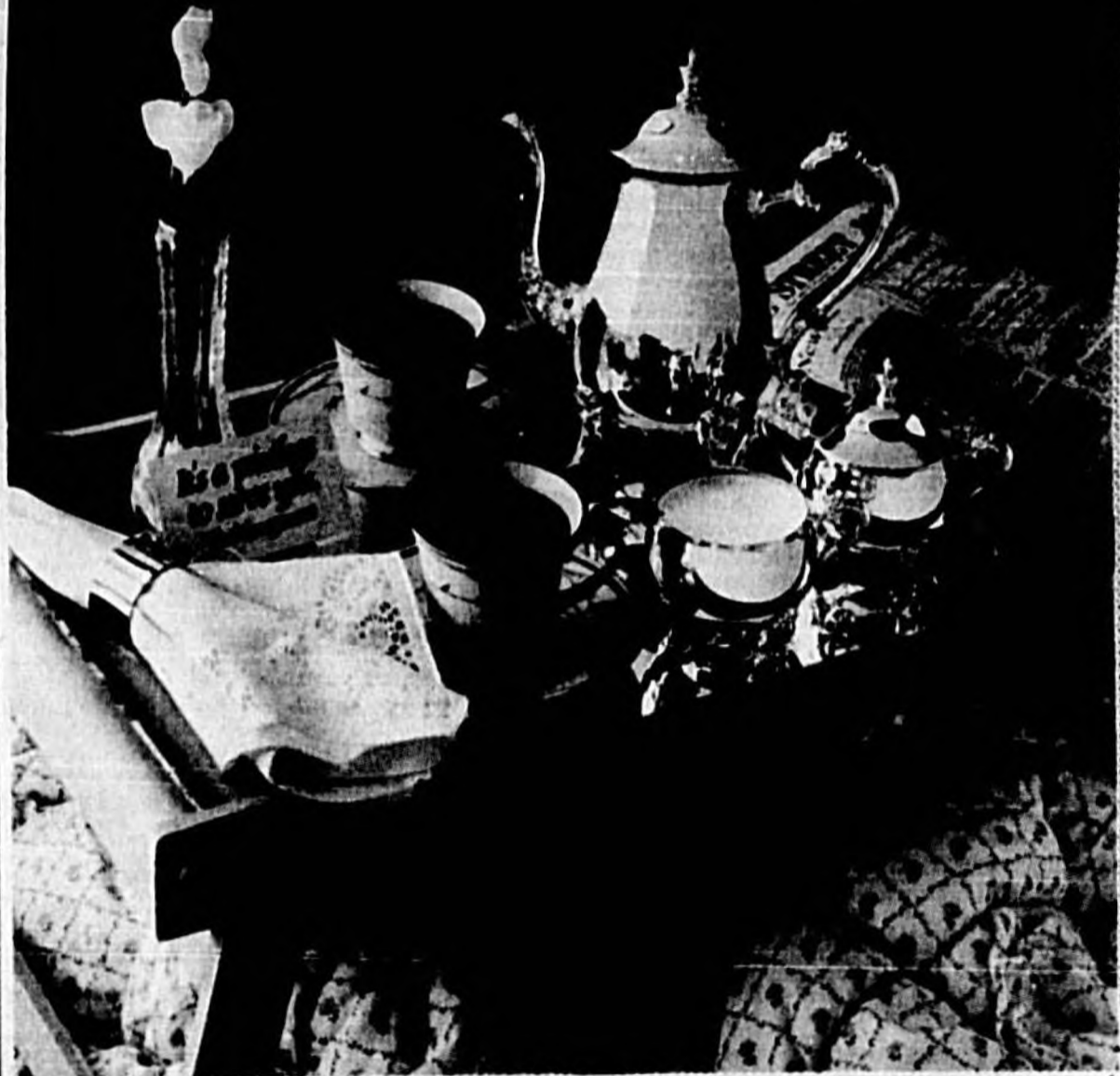
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# TREES, KIDS AND POWER LINES CAN BE A DEADLY MIX.

Ordinarily, power lines are quite harmless. But when a tree grows up close to a power line, climbing the tree could be dangerous. Especially if your child tries to reach up and touch a power line with a stick, a pole or anything.

And under certain conditions, such as wet weather, if a branch makes contact with a power line, your child could get a shock just from touching the tree trunk.

Always look up. Whether you're flying kites, picking fruit or pruning trees, installing antennas or doing any activity that puts you in possible contact with overhead lines. Don't be a victim of your own carelessness.



# Sanford Herald

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## Mbeki Release Only First Step

The release of Govan Mbeki, a longtime leader of South Africa's outlawed African National Congress, after 23 years in prison is cheerful news from an unhappy nation. The move also signals hope for the eventual release of other prominent black leaders, now serving harsh prison terms because of their political beliefs. However, the South African government should not be allowed to bask in the afterglow of this limited action.

Mbeki's release is the result of political, economic and cultural pressure that the world community has exerted on Pretoria. The racist regime's stuttering moves toward reform prove the effectiveness of the pressure. That's why Congress should impose stiffer economic penalties. It's the only language that Pretoria understands.

While Mbeki may have been released to soften the regime's negative image—especially in the United States and Britain, whose governments have not matched their words of condemnation with tough actions—another reason is possible: Mbeki is 77 and reportedly ailing. Pretoria may have released him for fear that his death in jail could unleash violent demonstrations.

Mbeki's freedom, however, curbed by unstated conditions, also is likely a trial balloon to gauge black reaction in anticipation of the eventual release of the ANC's most prominent leader, Nelson Mandela. Doubtless, Pretoria will use Mbeki's release to suggest that the government really is committed to reform.

There's much the regime still must do if it wants credibility on that score. It must free all political prisoners, abolish the state of emergency declared in June 1986 and abolish the ban on the ANC.

No political solution is possible without the participation of the ANC, whose leadership many blacks embrace. Pretoria's current effort to establish limited power-sharing with some blacks does not include the country's majority and thus is doomed to failure.

Far from influencing South Africa's political impasse, Mbeki's release may revive black political agitation against a regime whose police and army units now enforce an uneasy truce in the black townships.

Mbeki will live in Port Elizabeth, a hotbed for black political activity, and could become a lightning rod for a protest whose leadership has been shrinking by attrition through imprisonment, death and exile. Perhaps partly for that reason, and partly because he is a member of the South African Communist Party, Mbeki is banned from being quoted by the press.

In accepting his release, Mbeki did not denounce violence as a method to bring down the government. His view that black violence is necessary to overcome an inherently violent system is sadly being proved true. His belief that South Africa belongs to all races raises hopes for the future in the face of intractable problems.

### PLEASE WRITE

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

### BERRY'S WORLD



"C'mon, you're a politician. You can project sincerity. Just make believe her eyes are a TV camera."

### CHUCK STONE

## A Tale Of Two Races Evident In Cities

HARTFORD, Conn. — The emotional tug of war oscillates like a bell — pride and despair.

Home for a visit with my three sisters, I shared their pride in the election of the first black woman mayor of a major U.S. city. "Was that little Carrie Saxon who used to come to the library when she was a girl?"

"Mayor Carrie Saxon Perry," corrected my sister.

But what has she inherited? She has inherited the pride of Hartford, a city that is known nationally as "The Insurance City." She has also inherited the despair of a city so crime-blighted that hoodlums shoot people at random on the streets and treat gang warfare as normally as a bus fare.

One of the 58-year-old Democrat's first goals is to defuse youth gangs and reduce street shootings. She blames drug traffic.

Hartford is "a tale of two cities." And so are Los Angeles and Chicago (both governed by black mayors), where young blacks have raised the inhumanity of ghetto genocide to a murderous art form.

Not only are ghetto lives systematically being

wiped out, young minds are being seriously miseducated.

"Yeah, I be worried about getting hurt," said Shellee Arnold, 16, a Hartford Public High School senior. "When they be fighting, they don't know who they be fighting." Can you believe that semantic abuse from a senior?

Emerson Marshall, 15, said: "They'll be looking at you like, 'He looks like he be down with somebody,' but you're not."

A few weeks ago, my Hartford Public High School class of 1942 celebrated its 45th reunion.

None of the 16 blacks in my class of 675 nor any of my black friends used "black English." The Carrie Saxons who lived in Hartford's North End ghetto also were strangers to this semantic bastardy. What has happened since Mayor Perry was a teen-ager? Are blacks going backwards linguistically?

Granted, black cognitive stagnation in Los Angeles and Chicago is not as devastating as murder, but it still is hindering black progress. And the trend is national.

A recent University of Chicago study of 438 high schools in four Southern California coun-

ties shows a 10-year decline in achievement in minority schools. Schools with high concentrations of poor minority children showed lower scores on standardized tests in 1985-86 than they had on the same tests 10 years ago. That's why I contend that the recent tiny increase reported in black SAT scores is psychometric garbage.

But if my hometown of Hartford is "a tale of two cities," blacks today are "a tale of two races."

Despite seeming scholastic regression (and an eight percent decline in nine years of high school graduates going to college), blacks are achieving more scholarships and winning more elections. And athletically, they have inaugurated a quiet revolution.

Ten years ago, a black football quarterback was as rare as a successful Reagan first choice for the Supreme Court. Black fullbacks and linebackers were allowed to "tote that barge and lift that ball," but they weren't supposed to be able to explain how.

Today, black quarterbacks are partially responsible for the national football success.

### ROBERT WALTERS

## Border Leaping Expands

AURORA, Colo. (NEA) — Conoco, a major domestic oil company, has an improbable new partner in its petroleum exploration program in Colorado — the Nippon Mining Co. Ltd.

Conoco's joint venture with a Tokyo-based company to search for oil in the Rockies is hardly unique. Both Chevron and Texaco have established similar partnerships with another Japanese firm, the Nippon Oil Co. Ltd.

The \$135 million Conoco-Nippon Mining operation also includes gas and oil exploration operations in Alabama, Louisiana, Montana and Texas. At the same time, Nippon Oil is contributing \$100 million to each of its new partnerships.

Its agreements with Chevron and Texaco call for exploration in Colorado, California, Kansas, Oklahoma, Mississippi, Montana, New Mexico, North Dakota, Texas, Utah and Wyoming.

Japanese exploration for oil in this country may surprise many people, but the arrangement illustrates the fallacy of many of the simplistic assumptions being made in the popular debate about trade policy.

In a world where multinational corporations and international joint ventures routinely transcend individual countries' boundaries, the distinction between "foreign" and "American" products is increasingly blurred.

The automobile industry provides a striking example of that. Japanese automakers have established or expect to open manufacturing facilities in Kentucky and Tennessee, Ohio and Illinois.

In California, a joint venture between General Motors and Toyota produces both the Chevrolet Nova and the Toyota FX. Before American Motors was purchased by Chrysler, it was controlled by Renault, a state-owned French company.

Japan's Isuzu, 40 percent owned by GM, manufactures a car marketed in this country as the Chevrolet Spectrum. Japan's Suzuki, 5 percent owned by GM, produces the Chevrolet Sprint.

GM's Pontiac LeMans was designed by West Germany's Opel and is manufactured by South Korea Daewoo. GM's Cadillac Allante is produced in Italy, then shipped by air to this country. Ford's Festiva is made in South Korea.

### JACK ANDERSON

## Carlucci Firm Linked To C. Itoh

By Jack Anderson  
And  
Dale Van Atta

WASHINGTON — Is a Japanese company involved in the illegal sale of submarine propeller-milling machinery to the Soviets about to find a friend high in the Reagan administration: Defense Secretary-designate Frank Carlucci?

This is the question that engrossed investigators for Sen. Sam Nunn, D-Ga., preparing for confirmation hearings on Carlucci.

The question arises out of our stories about the involvement of the huge Japanese trading company, C. Itoh, in the illegal sale to the Soviets. Carlucci had been a business associate of C. Itoh, and was President Reagan's national security adviser when the submarine-propeller scandal broke. Presumably he could deal with C. Itoh again if he returns to private enterprise when the Reagan administration ends in January 1989.

C. Itoh, whose spokesman claims it is the world's biggest trading company, acted as a sort of middleman in the illicit sale by Toshiba Machine Co. of propeller-milling machines that can make Soviet



WILLIAM RUSHER

## Who Will Control?

During my recent trip to the Far East, I was compelled to watch the ongoing battle for control of the Supreme Court from a distance of several thousand miles. Rather to my surprise, I found that a useful perspective for distinguishing what is important about the whole matter from what is essentially irrelevant.

The proposition that having marijuana occasionally is a serious disqualification for public office — at least, for high judicial office — is going to create consternation in a great many places besides the Harvard Faculty Club, to which the luckless Judge Douglas Ginsburg apparently belonged when last he tried the weed.

My own observation is that whether one has ever smoked pot is almost entirely a function of age. Anybody born before 1940 (me, for example) probably hasn't; anybody born in or since that year (and therefore 25 or younger in 1965) almost certainly has, at one time or another.

There are, of course, exceptions to both rules: graduates of Bible colleges and other youngsters safely outside the notorious "mainstream" of American life, and idiosyncratic viveurs like my colleague Bill Buckley, who once admitted that he had lit up a joint out of curiosity — though on a yacht outside the three-mile limit, to preserve his reputation as an upholder of law 'n' order.

At only 41, Ginsburg was almost sure to be doomed by an honest answer to a question about pot, and

one can imagine the pious amusement that must have rippled through the Senate Democratic cloakroom when the news broke.

Mr. Reagan's third try, Judge Anthony Kennedy of the Court of Appeals for the Ninth Circuit, seems likely (I had better add, "at this writing") to be approved in due course, and, if so, a lot of ink is going to be squandered on essentially peripheral matters. What follows is an attempt to stress the basics.

Bear in mind that this is (to repeat) a battle for control of the Supreme Court, and that therefore it will affect many of the legal principles that govern our lives. The current eight justices are split — four liberals and four conservatives. The ninth member will thus contribute the deciding vote, one way or the other — a privilege that his predecessor, Justice Lewis Powell, tended to exercise in favor of the status quo. After 45 years of liberal judicial activism, that in effect meant favoring liberal principles of law.

The liberals who dominate the Democratic Senate aren't so foolish as to hope that President Reagan will present them with a liberal nominee, or even with another relatively safe old maid like Powell. But they fought Mr. Reagan's nomination of an explicit conservative (Judge Robert Bork) into the ground, and lucked out with the unknown Ginsburg by virtue of his having smoked marijuana. What can they expect of Judge Kennedy?

### SCIENCE WORLD

## Sores In Mouth Common

By Gayle Young  
UPI Science Writer

NEW YORK (UPI) — When the days are cold and dry and the nose is stuffy, then mouth sores become an increasingly common problem.

"Your mouth is drier and there is an abnormal balance of bacteria in your saliva," said Dr. Jeffrey Kerner, president of the Long Island branch of the American Academy of Otolaryngology—Head and Neck Surgery. "For people prone to these sores, the colder months can mean a lot more outbreaks."

Doctors have little idea what causes aphthous ulcers, commonly known as canker sores. Because the problem is so common and rarely troublesome, few researchers have spent time studying its causes and cures.

According to a report from the academy, the sores can appear on the inside of the lips, gums and tongue. They can be as small as a pinprick or involve the entire interior of the cheek. And they can range from unnoticeable to painfully irritating.

Doctors said some people are prone to canker sores and others are not.

"There are people who have never had one," Kerner said. "And then there are people who get them all the time."

Some researchers believe a virus may cause the sores — and believe that simply because there is no better explanation. Almost everyone must have been exposed to the virus at one time or another, they theorize, and some people are susceptible to it while others are not.

But even if canker sores are caused by a virus, they are not transmitted through kissing or sharing utensils used in eating and drinking, according to the academy.

"In that way it is very different from the herpes simplex I virus, which is very contagious during some periods of time," Kerner said. The herpes virus causes fever blisters, or cold sores, on the lips.

"Commonly canker sores are found on the inside of the mouth and cold sores on the parts of the lip where the skin meets a mucous membrane," he said.

The academy reports that some doctors believe emotional or psychological stress, minor injuries and an intolerance to some types of food can contribute to a canker sore outbreak.

submarines difficult if not impossible to detect. It was one of the most serious breaches of Western security in years, and it has been estimated that countermeasures to overcome the \$17 million sale could cost the United States \$30 billion.

C. Itoh insists it did not know that sensitive military technology was involved in the sale.

The Senate investigators' attention is focused on a now-defunct trading arm of Sears, Roebuck called Sears World Trade. Carlucci headed the firm before he was named national security adviser in the wake of the Iran/contras arms scandal last year.

The first head of Sears World Trade was Roderick M. Hills, a former Securities and Exchange commissioner who told us he has "had dealings" with C. Itoh since at least the 1960s. In the fall of 1981, Sears asked him to form a new international trading company, and his first move was to take corporate executives to Asia for a two-week visit, which included a formal luncheon in Tokyo with C. Itoh's top people.

Hills said he recommended that the new Sears unit enter into

partnership with C. Itoh, and Sears brass agreed. In late December 1981, C. Itoh became "our chosen, initial partners" in Japan, Hills said.

The following spring, the two companies "exchanged hostages," as Hills put it. C. Itoh hired a Sears man to work in its planning department, and Sears hired one of C. Itoh's top people for its Washington office.

Hills said he was anxious to hire old Washington hands for the new Sears enterprise, and in 1982 he persuaded Carlucci, a veteran bureaucrat, to resign as Caspar Weinberger's deputy at the Defense Department and join Sears World Trade as president and chief operating officer.

The C. Itoh connection was crucial to Hills' master plan for Sears World Trade. As Washington Post reporter Stuart Auerbach wrote on April 9, 1984, the "close working relationship" gave Sears the benefit of C. Itoh's "well-established trading network."

"Frank, who is a perfectly decent fellow, tried to keep all the arrangements in place that I had," Hills told us. This included the relationship with C. Itoh.

In October 1986, Sears closed down Sears World Trade after \$60 million in losses, and Carlucci went job hunting. Two months later, he replaced Adm. John Poindexter as national security adviser.

From that strategic position, Carlucci watched this year as congressional fury erupted over Toshiba's sale (through C. Itoh) of propeller-milling machines to the Soviets. But as far as we know, he did not intervene — until Sen. Alan Dixon, D-Ill., sponsored a bill that would punish C. Itoh and another company for involvement in the Toshiba deal.

At that point, both the National Security Council headed by Carlucci, and his former Sears boss, Hills, did their best to block the bill. They also tried to pressure anyone — including the Washington Post and us — who threatened to put C. Itoh in an unfavorable light.

Footnote: Carlucci's spokesman did not respond to repeated requests for comment.

# NATION

## IN BRIEF

### Denver Jetliner Crash Evidence Indicates Icing May Be Cause

DENVER (UPI) — The crew of doomed Continental Airlines Flight 1713 confused the control tower in seeking takeoff clearance, causing delays that could have allowed ice to build up on the wings of the DC-9 as it waited on a runway during a snowstorm, investigators say.

Officials of the National Transportation Safety Board also reported that the wing design of the 21-year-old DC-9 allowed a quicker ice buildup than newer models, and the jet's manufacturer issued notices about the problem two years ago after another crash.

The disclosures Tuesday supported a survivor's statement that he saw ice forming on the airliner's wings before it rolled down the runway toward the crash Sunday at Denver's airport. Twenty-eight people were killed.

Questions about the experience flying the DC-9 of the flight's captain and first officer also were raised during the news conference. Both men were killed in the crash.

The pilot, Frank Zvonek, 43, of Carlsbad, Calif., was upgraded to captain Oct. 30, less than three weeks before the crash, and had just 33 hours and 23 minutes flight time as captain of a DC-9, Burnett said.

The first officer, Lee Bruecher, 26, of Houston, had just 36 hours, 36 minutes of flight time in the DC-9, he said.

### O'Neill Undergoes Surgery Today

BOSTON (UPI) — Doctors say they are optimistic retired House Speaker Thomas P. "Tip" O'Neill Jr. will fully recover from surgery for rectal cancer because the tumor has apparently not spread.

O'Neill's spirits remained good as he prepared for the surgery today, and cards and flowers continued to pour in from across the country, a hospital spokeswoman said.

"The speaker is still in good spirits, he's optimistic and has been resting comfortably," said Kathleen O'Donnell of Brigham & Women's Hospital.

She said O'Neill had received "lots of well wishes from everywhere," in the form of cards and flowers.

Doctors said they were "quite optimistic" that O'Neill will recover after surgery because the cancer has not spread.

### Deficit Talks Said Promising

WASHINGTON (UPI) — Budget negotiators looked toward another round of talks today, saying their long struggle to help erase the deficit with new taxes and spending cuts finally was so close to an end they "don't think we can miss."

The talks between more than a dozen members of Congress and several top White House aides face a Friday deadline for developing a plan to shave at least \$23 billion from the deficit in fiscal 1988, which began Oct. 1.

Participants said despite the slow pace of the private talks, entering their 18th round today, they expect to meet the deadline with completion of a more ambitious package calling for about \$30 billion in deficit reduction.

"From our standpoint, we've made superb progress," Sen. Pete Domenici of New Mexico, ranking Republican on the Senate Budget Committee, declared Tuesday night. "We're close enough (that) I don't think we can miss."

# WORLD

## IN BRIEF

### Iranian Official Warns Of Danger From Nuclear Plant Attack

MANAMA, Bahrain (UPI) — An Iranian official says an Iraqi attack on a coastal nuclear power plant was a "serious threat to the environment" and warned the strike could have "the same radiological consequences as the Chernobyl nuclear accident."

Reza Amrollahi, president of the Atomic Energy Organization of Iran, asked the Vienna-based International Atomic Energy Agency in an urgent cable Tuesday to send a team of experts to Iran to inspect damage at the Bushehr nuclear power plant.

Jim Daghish, a spokesman for the IAEA in Vienna, said, "We have received requests from the Iranians for a safety and safeguards mission, but at this time we are studying our response."

He said the agency had received several messages from Iranian authorities overnight following the attack. "To the best of our knowledge, this is a construction site. The Iranians told us they had begun in February to move nuclear material," Daghish said.

### Arms Negotiators Conclude Pact

GENEVA (UPI) — Confident that a treaty on intermediate nuclear missiles is now assured, chief U.S. and Soviet arms negotiators flew home today leaving regular delegations to work out final details.

American delegation leader Max M. Kampelman and his Soviet counterpart Yuli M. Vorontsov held three days of intensive bargaining to resolve last-minute obstacles to the Geneva arms talks.

They made no formal statements today before leaving for their respective capitals but had earlier expressed extreme confidence about concluding the accord.

Vorontsov said a completed treaty "should be ready by Nov. 23" — two weeks before the Washington summit begins Dec. 7.

Kampelman said the two powers were "very, very close (and) on the verge" of concluding a final text.

### Coup Plotter's Threats Guarded

MANILA, Philippines (UPI) — The Philippine government, savoring the surrenders of a coup strategist and a senior communist leader, said today it will await the next move of the nation's No. 1 fugitive.

Col. Gregorio Honasan, the leader of a coup attempt Aug. 28, threatened to raid a six-nation regional summit next month in Manila or disrupt January's mayoral elections. "A lot of people are waiting for him (Honasan) to make some moves but so far he has not done anything," said Defense Secretary Rafael Ileta after a two-hour Cabinet meeting. "We will have to wait for him to make a move. We cannot pre-empt them."

On Tuesday, Lt. Col. Roberto Navida, 38, the mastermind of the August mutiny, and former National Democratic Front leader Napoleon Dujillo surrendered to the military, handing President Corazon Aquino's embattled government an ideological victory.

### U.S. Starts Gulf Build-Up

WASHINGTON (UPI) — Bracing for a possible Iranian military escalation in the Persian Gulf, the Reagan administration has secretly positioned helicopters, air defense missiles and Navy special warfare units in Arab nations in the region, U.S. intelligence officials say.

## ...Panel

Continued from page 1A

Inouye said.

Eight Republicans on the Congressional panels, however, took issue with the majority report and released their own document condemning its conclusions.

"The mistakes of the Iran-Contra affair were just that — mistakes in judgement and nothing more," the minority said. "There was no Constitutional crisis, no systematic disrespect for the rule of law, no grand conspiracy and no administration-wide dishonesty or cover-up."

The report, bound in red and printed on 700 pages, is the culmination of an investigation into the worst scandal of the Reagan presidency, first disclosed a year ago when a Lebanese weekly disclosed details of a secret Iran arms deal.

The committee said the Iran-Contra affair raises "fundamental and troublesome questions" about the secret intelligence operations of the government.

The report said that no fewer than four laws were violated by officials involved in the affair.

It said the scheme to raise money to conduct a secret Contra-support operation after Congress banned aid to the rebels through an "off-the-shelf" covert operation working as an "appendage" of the NSC staff "violated cardinal principles of

the Constitution. The Constitution contemplates that the government will conduct its affairs only with funds appropriated by Congress. ...administration officials committed a transgression far more basic than violation of the Boland amendment," it said. The report said the Iran-Contra affair was a "profoundly sad" chapter in the nation's history. And it said 200 years

ago, the founding fathers rejected a monarchy and opted for the rule of law.

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Traveler's checks, no charge.  
Consolidated monthly statement.

# GOLDEN AGE GAMES RESULTS

**...Vogt**  
Continued from page 1A

**Discus**  
**Men**  
**Ages 55-59**  
First: Karl Kauterman, 55, Orlando, 98'5"  
Second: Ted Sjogren, 55, Citrus Hills, 84'8"

**Ages 60-64**  
First: Donald Reid, 63, New Smyrna Beach, 129'6"  
Second: Sam Griffith, 61, Beltsville, Md., 117'  
Third: Warren Carter, 61, Orlando, 111'2"

**Ages 65-69**  
First: Ric Ricciardi, 67, Reno, Nev., 114'10"  
Second: Roy McCoy, 68, Altamonte Springs, 109'10"  
Third: Donald Hull, 69, Port Orange, 85'6"

**Ages 70-74**  
First: Hamilton Morningstar, 70, Flint, Mich., 119'8"  
Second: C. G. Johannemeyer, 70, Hilton Head Island, S.C., 111'6"  
Third: Nathaniel Heard, 70, Sarasota, 108'8"

**Ages 75-79**  
First: Gordon Powell, 78, Holly Hill, 99'1"  
Second: Leslie Thomas, 76, Youngstown, Ohio, 83'1"  
Third: Harold Mayland, 75, Union, N.J., 78'11"

**Ages 80-84**  
First: William Maine, 83, Youngstown, Ohio, 60'8"  
Second: Adalbert Broaz, 80, Ontario, Canada, 47'11"  
Third: Alfred Kamm, 84, Springfield, Ill., 43'7"

**Women**  
**Ages 55-59**  
First: Mary Tumin, 58, Sanford, 35'11"

**Ages 60-64**  
First: Harriett Boyd, 64, Lake Mary, 60'4"  
Second: Jimmie Reid, 61, Charlottesville, Va., 54'  
Third: Terry Ricciardi, 63, Reno, Nev., 52'8"

**Ages 65-69**  
First: Katharine Gradick, 69, 49'5"  
Second: Bernie Kleinachmidt, 65, 48'11"  
Third: Marie Louise Holbert, 65, 47'9"

**Ages 70-74**  
First: Nora Young, 70, 55'5"  
Second: Ethel Mayland, 70, Union, N.J., 47'4"  
Third: Dorothy Comey, 70, 45'7"

**Football Throw**  
**Ages 55-59**  
First: Karl Kauterman, 55, 141.8  
Second: Ted Sjogren, 55, 107.8  
Third: Victor Garcia, 57, 98.4

**Ages 60-64**  
First: Harvey Carlen, 60, 122.7  
Second: Shannon Page, 63, 118  
Third: George Simkanick, 60, 107.8

**Ages 65-69**  
First: Louis Payor, 66, 113.9  
Second: Ric Ricciardi, 67, 107.4  
Third: Roy McCoy, 68, 88.8

**Ages 70-74**  
First: C. G. Johannemeyer, 70, 107.3  
Second: Kenneth Elliott, 73, 104.5  
Third: Wilbur Ott, 73, 103.4

**Ages 75-79**  
First: John Karp, 78, 67.2

Second: Bill Duckworth, 75, 64.7  
Third: Harold Mayland, 75, 58.1

**Ages 80-84**  
First: Adalbert Broaz, 80, 47.6  
Second: William Maine, 83, 45.3  
Third: Alfred Kamm, 84, 37.7

**Women**  
**Ages 55-59**  
First: Mary Tamin, 58, 46  
Second: Carolyn Preet, Indianapolis, Ind., 58, 8.90

**Ages 60-64**  
First: Harriett Boyd, 64, 70.4  
Second: Kay Thomson, 64, 50  
Third: Terry Ricciardi, 63, 48.6

**Ages 65-69**  
First: Katherine Gradick, 69, 53.8  
Second: Camille Kiel, 67, 51.8  
Third: Marie-Louise Holbert, 65, 50

**Ages 70-74**  
First: Ellen Brown, 73, 43.5  
Second: Ethel Mayland, 70, 42.8  
Third: Nora Young, 70, 40.4

**Ages 75-79**  
First: Ellen Julius, 78, 25  
**High Jump**  
**Men**  
**Ages 55-59**  
First: Karl Kauterman, 4'2"  
Second: Victor Garcia, 4'2"

**Ages 60-64**  
First: Samuel Griffith, 4'2"  
Second: Dennis Edgington, 4'  
Third: Nelson Spangler, 3'6"

**Ages 65-69**  
First: Vernon Mattson (Tie), 3'10"  
First: Ric Ricciardi, (Tie), 3'10"  
Second: Donald Hull, 3'10"

**Ages 70-74**  
First: Ham Morningstar, 4'4"  
Second: Harry Brown, 4'  
Third: Glen Casey, 3'8"

**Ages 75-79**  
First: Leslie Thomas, 3'2"  
Second: Harold Mayland, 3'  
**Women**  
**Ages 55-59**  
First: Mary Tumin, 2'8"

**Ages 60-64**  
First: Jean Campbell, 3'2"  
Second: Leula Neubauer, 3'0"  
Third: Harriett Boyd, 3'0"

**Ages 65-69**  
First: Bernie Kleinachmidt, 2'10"  
Second: Marie-Louise Holbert, 2'8"

**Ages 70-74**  
First: Ethel Mayland, 3'2"  
Second: Catherine Karp, 3'2"  
**50 Yard Dash**  
**Men**  
**Ages 55-59**  
First: Ted Sjogren, Citrus Hill, 55, 6.92

Second: Douglas Preston, DeBary, 58, 7.32  
Third: William Preet, Indianapolis, Ind., 59, 7.69

**Ages 60-64**  
First: Willie Blackmon, Columbus, Ohio, 62, 6.40  
Second: Carl Mays, Bellevue, Ohio, 61, 6.58  
Third: Blair McFarlane, Orange City, 64, 6.73

**Ages 65-69**  
First: Vernon Mattson, Weston, MA., 67, 6.80  
Second: Donald Hull, Port Orange, 69, 7.09  
Third: Erich Dahl, St. Louis, Mo., 67, 7.28

**Ages 70-74**  
First: Nathaniel Heard, Sarasota, 70, 6.80  
Second: Ham Morningstar, Flint, MI., 70, 7.25  
Third: Ken Elliott, Good Hart, MI., 73, 7.44

**Ages 75-79**  
First: Leslie Thomas, Youngstown, Ohio, 78, 7.77  
Second: Harold Mayland, Union, N.J., 75, 8.81

**Ages 80-84**  
First: Konrad Boas, Glent, N.Y., 84, 8.87  
Second: Alfred Kamm, Springfield, Ill., 84, 12.28  
Third: William Maine, Youngstown, Ohio, 83, 15.20

**Women**  
**Ages 55-59**  
First: Sallie Stieglmeier, Berea, Ohio, 55, 7.71

Second: Carolyn Preet, Indianapolis, Ind., 58, 8.90  
**Ages 60-64**  
Jean Campbell, Alexandria, Va., 61, 7.85

Second: Philippa Bodenhorn, Merritt Island, 64, 8.09  
Third: Jimmie Reid, Charlottesville, Va., 61, 8.75

**Ages 65-69**  
First: Carla Convery, Alexandria, Va., 67, 8.86  
Second: Jean Beers, Harbor Oaks, 65, 9.45  
Third: Arlene Bremer, Ormond Beach, 67, 9.63

**Ages 70-74**  
First: Ethel Mayland, Union, N.J., 70, 8.34  
Second: Susie Nevergold, Vinton, Va., 70, 10.11  
Third: Anna Summy, Grantville, Pa., 70, 11.60

All the final Golden Age Games results were planned for this issue of the Sanford Herald. However, due to the many events and the increasing number of competitors, the final wrapup will be in tomorrow's paper.

**...Bomb**  
Continued from page 1A  
An official report on the accident from Walter H. Meriwether, the school district's coordinator of risk management, said Sanford police and rescue units responded to the scene immediately. Garner was airlifted from the school by helicopter to ORMC at 1:37 p.m.

Garner was listed in critical condition when he arrived at the hospital and immediately underwent surgery. During the eight hours of surgery, vascular surgeon Dr. Paul Geary said, fragments of the bomb were removed from Garner's body, including a six-inch piece of metal from the area of his left arm pit.

Geary said the explosion caused damage to nerves and bones in the upper left side of his Garner's body.

After the explosion, Garner, who was bleeding profusely, was helped back into the building by students from the class. Bobby Lundquist, SHS vice principal, said Garner received first-aid from students, his class instructor Henry Messer, and at least one construction worker, who was nearby at the time of the accident.

"It sounded like a loud bang. I thought somebody had thrown a rock on top of the (school's) administration building," Lundquist said of the explosion.

The force of the blast left a hole about the size of a baseball in the garage-like door of the building. After he was injured, Garner re-entered the building through one of the other doors that were open.

Sanford Police Chief Steve Harriet at first said that his department was still uncertain what type of materials Garner used to make the bomb. They have since learned the pipe was filled with oxygen, sugar, pellets and pebbles.

Investigators also found what they said appeared to be some type of explosives in the trunk of Garner's car, which was parked at the school. "It would be speculative to say those were the materials he (Garner) used to make the pipe bomb," Harriet said.

Sanford Police Lt. Martin Labrusciano agreed that the type of explosives in the bomb and trunk of the car couldn't be

OH., 55, 7.71  
Second: Carolyn Preet, Indianapolis, Ind., 58, 8.90

**Ages 60-64**  
Jean Campbell, Alexandria, Va., 61, 7.85  
Second: Philippa Bodenhorn, Merritt Island, 64, 8.09  
Third: Jimmie Reid, Charlottesville, Va., 61, 8.75

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Third: Anna Summy, Grantville, Pa., 70, 11.60

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rear windshield of his car. He also had several bumperstickers on the car, which included "This car explodes on impact" and a U.S. Marine Corps recruiting sticker. He is a member of the school's ROTC program.

Garner, an SHS senior, had already signed up to join the Marines after graduation this spring, according to his mother, Janet Garner.

Mrs. Garner said she hoped other kids would learn a lesson from her son's accident, and not tinker with explosives.

Seminole Schools Supt. Robert W. Hughes promised many reports on the investigations into the incident will be prepared in the near future. Along with the official police investigation, Meriwether and the school district's Winter Park insurance firm of Gallagher-Bassett are also looking into the accident.

When asked if he would be looking into what kind of supervision was being provided by the school during the time of the accident, Bob Miller, the insurance company representative, said it would be a part of the investigation.

Messer, the shop instructor, was inside with the auto body shop class when Garner lit the bomb, according to Coleman.

Several students in Garner's class told police they witnessed him lighting the device.

Lundquist said Garner was a "very strong young man" and that he hoped that strength would enable him to withstand the ordeal. On Tuesday afternoon Lundquist said the only thing that matters is Garner's survival.

Garner had written "Ollie (Lt. Col. Oliver North) Rules" on the

**Legal Notice**  
IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA  
CASE NO. 87-1317-CA-00-L  
FEDERAL DEPOSIT INSURANCE CORPORATION, IN ITS CORPORATE CAPACITY LIQUIDATING THE ASSETS OF THE FLORIDA CENTER BANK, Plaintiff.  
vs. JAMES R. MACK, M. EDWARD GORDON and SENTINEL COMMUNICATIONS COMPANY, Defendants.  
NOTICE OF SALE  
Notice is hereby given that, pursuant to Summary Final Judgment of Foreclosure entered in the above captioned action, I will sell the property situated in Seminole County, Florida, described as:  
The Southernly 472 feet of Lot 54, PLAN OF SPRING HAMMOCK, according to the Plat thereof as recorded in Plat Book 2, Pages 2, 3, 4 and 5, and the Southernly 20 feet thereof, Public Records of Seminole County, Florida.  
at public sale, to the highest and best bidder for cash, at the West Front door of the Seminole County Courthouse in Sanford, Florida, at 11:00 A.M. on the 10th day of December, 1987.  
—Witness my hand and the seal of this Court on November 19th, 1987.  
(SEAL)  
DAVID BERRIEN  
Clerk of the Circuit Court  
By: Ruth King  
Deputy Clerk  
Publish: November 11, 18, 1987  
DEU-91

**Legal Notice**  
IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA  
CASE NO. 87-3889-CA-00-G  
IN RE: The Marriage of DORAH ANN TOMPKINS, Wife, and WILLIAM MOORE TOMPKINS, Husband.  
NOTICE OF ACTION  
TO: WILLIAM MOORE TOMPKINS  
Seminole Trail Bithlo, Florida  
YOU ARE HEREBY NOTIFIED that a Petition for Dissolution of Marriage has been filed against you, and that you are required to serve a copy of your Response or Pleading to the Petition upon the Wife's attorney, A.A. McClanahan, Jr., 106 South Park Avenue - Suite B, Sanford, Florida 32771, and file the original Response or Pleading in the office of the Clerk of the Circuit Court, on or before the 11th day of December, 1987. If you fail to do so, a Default Judgment will be taken against you for the relief demanded in the Petition.  
DATED at Sanford, Seminole County, Florida, this 6th day of November, 1987.  
(seal)  
DAVID BERRIEN  
CLERK OF THE CIRCUIT COURT  
By: Cecelia V. Ehern  
Publish: November 11, 18, 25, December 2, 1987  
DEU-92

**Legal Notice**  
NOTICE OF FICTITIOUS NAME  
Notice is hereby given that I am engaged in business at 2913 Orlando Drive, Sanford, FL 32771, Seminole County, Florida under the Fictitious Name of SHORTY AUTO DETAIL, and that I intend to register said name with the Clerk of the Circuit Court, Seminole County, Florida in accordance with the Provisions of the Fictitious Name Statutes, To Wit Section 865.09 Florida Statutes 1987.  
vs. Jose M. Ramos  
Publish October 28 & November 4, 11, 18, 1987.  
DET 272  
NOTICE OF SHERIFF'S SALE  
NOTICE IS HEREBY GIVEN that by virtue of that certain Writ of Execution issued out of and under the seal of the Circuit Court of Orange County, Florida, upon a final judgement after Distress rendered in the aforesaid court on the 14th day of September, A.D. 1987, in that certain case entitled, Norman A. Rossman, Marlene Rossman, et al., Plaintiff, vs. Orange Exhaust, Inc., a Florida Corporation d/b/a Orange Muffler and Brakes, Defendant, which aforesaid Writ of Execution was delivered to me as Sheriff of Seminole County, Florida, and I have levied upon the following described property owned by Orange Exhaust, Inc. d/b/a Orange Muffler and Brake, said property being located in Seminole County, Florida, more particularly described as follows:  
Assorted Inventory, Equipment and Stock of the Defendant Corporation Being stored at Dave Jones, Fern Park, Florida, and the undersigned as Sheriff of Seminole County, Florida, will at 11:00 A.M. on the 30th day of November, A.D. 1987, offer for sale and sell to the highest bidder, for cash, subject to any and all existing liens, at the Front (West) Door at the steps of the Seminole County Courthouse in Sanford, Florida, the above described personal property.  
That said sale is being made to satisfy the terms of said Writ of Execution.  
John E. Polk, Sheriff  
Seminole County, Florida  
Publish November 18, 27, with the sale on November 30, 1987  
DEU 138

**Legal Notice**  
NOTICE OF FICTITIOUS NAME  
Notice is hereby given that I am engaged in business at 905 W. 13th St., Sanford, Seminole County, Florida under the Fictitious Name of B & B INC., and that I intend to register said name with the Clerk of the Circuit Court, Seminole County, Florida in accordance with the Provisions of the Fictitious Name Statutes, To Wit Section 865.09 Florida Statutes 1987.  
vs. Robert L. Brown  
Publish November 4, 11, 18, 25, 1987  
DEU 33  
IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, SEMINOLE COUNTY, FLORIDA.  
CASE NO. 87-1354-CA-00-G  
ALLIANCE MORTGAGE COMPANY, Plaintiff.  
vs. GREGORY T. REPERT, et al., Defendants.  
NOTICE OF SALE  
NOTICE IS HEREBY GIVEN that pursuant to the Final Judgment of Foreclosure and Sale entered in the cause pending in the Circuit Court of the Eighteenth Judicial Circuit, in and for Seminole County, Florida, Civil Action No. 87-1354-CA-00-G the undersigned Clerk will sell the property situated in said County, described as:  
Lot 12, Block D, SUMMERSET NORTH, SECTION 2, according to the Plat thereof as recorded in Plat Book 13, Pages 38 and 39, Public Records of Seminole County, Florida.  
INCLUDING SPECIFICALLY BUT NOT BY WAY OF LIMITATION THE FOLLOWING EQUIPMENT RANGE  
at public sale, to the highest and best bidder for cash at 11:00 o'clock a.m. on the 17 day of December, 1987, at the West front door of the Seminole County Courthouse, Sanford, Florida.  
DAVID BERRIEN  
CLERK OF THE CIRCUIT COURT  
By: Jan E. Jasewic  
Deputy Clerk  
Publish November 18, 25, 1987  
DEU 146

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**Sanford Herald**

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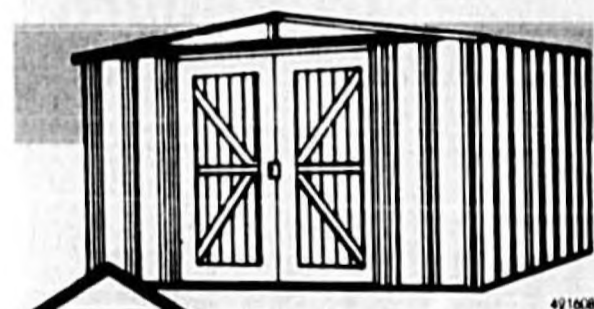
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I attest that I am 18 years of age or older and meet eligibility requirements.

SIGNATURE \_\_\_\_\_

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1. Complete the Official Entry Form. All entries must be deposited at special displays in Scotty's stores by 5 P.M. on Sunday, November 22, 1987. No facsimile or mechanical reproductions permitted. Only Official Entry Forms permitted. Additional entry forms available at Scotty's counters, but quantities are limited.
2. Winner will be determined by random drawing during the week of December 7, 1987 by H.C. Promotions, an independent judging organization whose decisions are final.
3. Winner may be required to visit Scotty's store to claim his/her prize. Winner will be notified by mail.
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6. Sweepstakes is open to all U.S. residents who are 18 years of age or older, except employees and their immediate families of Glidden, ICI PLC, Scotty's, their subsidiaries, distributors, advertising and promotion agencies. Void where prohibited by law.
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Scotty's 1987



# SPORTS

6A—Sanford Herald, Sanford, Fl. Wednesday, Nov. 16, 1987

## Johnson Fears 'Canes Might Overlook Toledo

MIAMI (UPI) — Amid all the talk of bowls and the national championship, Miami Coach Jimmy Johnson said he fears his third-ranked Hurricanes might overlook Saturday's game against Toledo.

"I think there is a real danger of (looking past Toledo)," Johnson said Tuesday. "The main thing we've got to do is be totally prepared for Toledo. We've got to make sure we do everything possible in practice so we go into the game Saturday night with as few distractions as possible."

Before playing Toledo, 3-6-1, the Hurricanes will officially accept a bid to play the Nebraska-Oklahoma winner Jan. 1 in the Orange Bowl. Nebraska is ranked first and Oklahoma second entering Saturday's showdown.

The Hurricanes also are beginning to think about seventh-ranked Notre Dame, who they will play Nov. 28 on national television. Miami last played a nationally ranked Oct. 3 when it defeated Florida State, and struggled to a 27-13 victory over 1-9 Virginia Tech last week.

Throw all these factors together, and suddenly

### Football

coach Jimmy Johnson is concerned the Hurricanes, 8-0, will be thinking more about bowl bids and future opponents than Toledo.

"We had such a poor performance against Virginia Tech, so we're looking forward to going out on the field and proving we're better than we looked," quarterback Steve Walsh said. "But we're not looking to put up 100 points or anything. We're just going out to win."

But he also said the team already is thinking about a national championship.

"It's in the back of our minds," Walsh said. "but we know we have a long way to get to that point."

The first step on the way is Toledo. Johnson said that while the Hurricanes played at less than full intensity against Virginia Tech, they were not as bad as the media made them out to be.

"We have played better," he said, "but the object of the game is to go out and win, and we

won. I guess people have gotten so used to winning here that a close victory is cause for concern. The only thing I care about is winning the ball game. I don't care if we win by four or 40 points. I just want to win."

"As much as some people may be surprised, we were extremely pleased in the ball game with Virginia Tech. In that we noticed No. 8 in the victory column. I was just happy to get the victory and get on to the next ball game."

### SOONERS DROP A NOTCH

NORMAN, Okla. (UPI) — Oklahoma's drop into the No. 2 ranking heading into Saturday's game against Nebraska may be just the push the Sooners need to get them hustling, Oklahoma Coach Barry Switzer said Tuesday.

"Being the underdog is probably a psychological advantage for us, but we won't prepare for Nebraska any differently than we do our other opponents," Switzer said at a press luncheon.

Oklahoma, which has been ranked No. 1 every week since the pre-season, dropped to No. 2 behind Nebraska this week.

Oklahoma and Nebraska will play for the Big Eight championship and a trip to the Orange Bowl.

"We are in the right spot," Switzer said. "We have gone into the Nebraska game as the underdog before. In 1984 they had the better team but we won the game."

"In that game, we got the hell beat out of us but won the game. Nebraska was the underdog in 1978 and won the game because we fumbled on the 3-yard line."

Switzer said Nebraska and Florida State are the two best programs in the country, with Miami a close third.

He said he told his players he wouldn't vote them No. 1 because of their past two performances.

"We have a very good football team and have the ability to be the best team, we just have to go out and prove it. I think it is better for us to be ranked second," he said.

Switzer said the key to stopping the Cornhuskers is shutting down quarterback Steve Taylor.

## Bell Gets AL MVP

NEW YORK (UPI) — George Bell of the Toronto Blue Jays, the league's RBI leader and runner-up in home runs, Tuesday was named the American League's Most Valuable Player in one of the closest votes in the 54-year history of the award.

The 28-year-old outfielder edged shortstop Alan Trammell of the Detroit Tigers by only 21 points in voting by the Baseball Writers' Association of America.

Bell received 16 first-place votes and 12 second-place votes for 332 points. Trammell received 12 first-place votes, 15 for second and 1 for third place for 311 points.

The Toronto slugger is the first player from the Blue Jays and the first from the Dominican Republic to be named MVP. Bell, who earned \$1,175,000 last season, picked up another \$50,000 in a club bonus for capturing the MVP.

"Well you guys know my reaction," he said from his home in the Dominican Republic. "It's the same. Kick back, be happy. I'm happy right now. When you win the MVP it shows you work hard, you're a winner. It's one of the greatest things to happen in the last three years. Trammell had a great season. It's not that easy to beat him."

"For the people of the Dominican it's a lot. They say, 'Are you going to win the MVP?' and I say, 'I don't know.' Then people can't wait to find out who's going to win the MVP."

Bell and Trammell were the only players named on all 28 ballots cast by the voting committee, comprised of two BBWAA members from each AL city. The voting was conducted prior to the playoffs.

Minnesota outfielder Kirby Puckett was third with 201 points followed by Boston outfielder Dwight Evans, Milwaukee infielder Paul Molitor, Oakland rookie first baseman Mark McGwire, New York first baseman Don Mattingly, Toronto shortstop Tony Fernandez, Boston third baseman Wade Boggs and Minnesota third baseman Gary Gaetti.

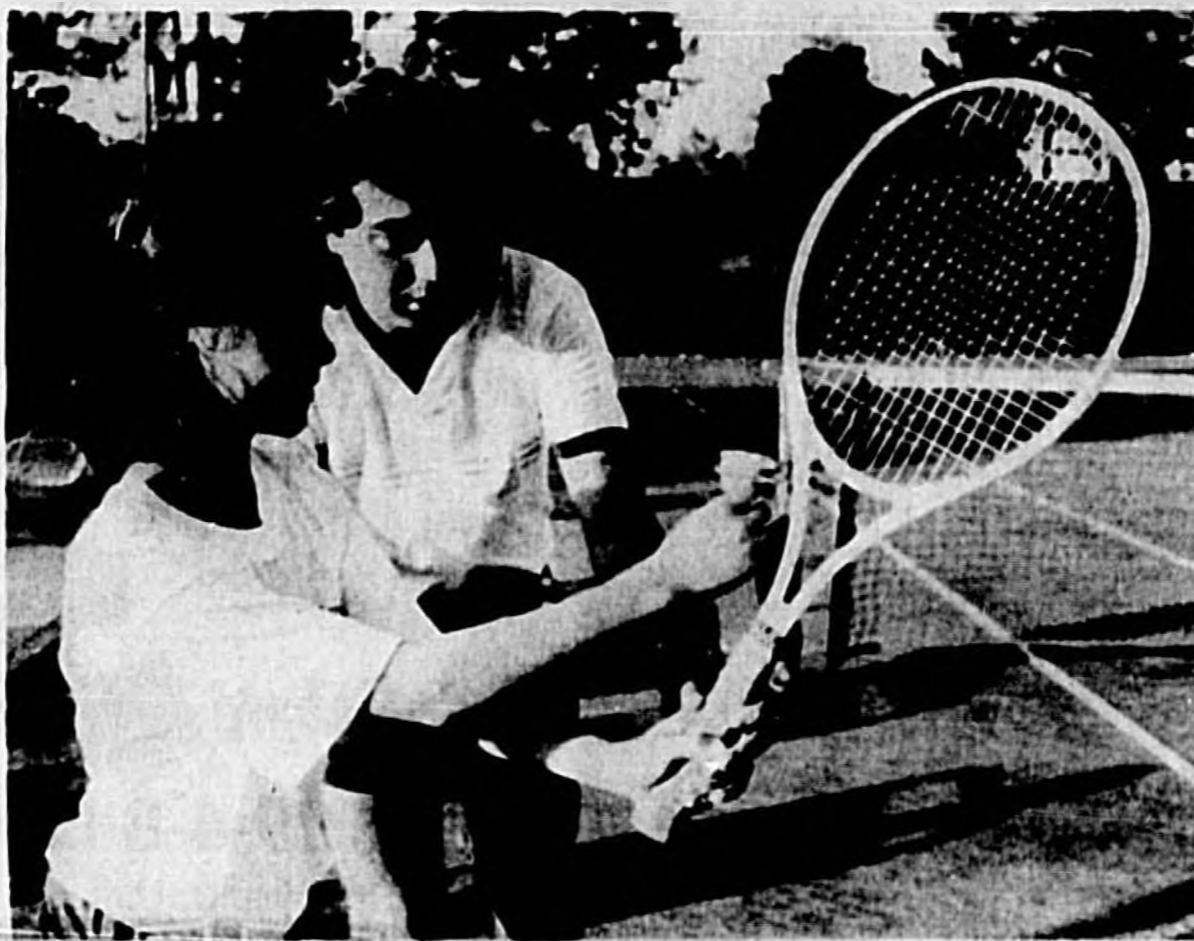
Jack Lang, secretary-treasurer of the BBWAA, said only two MVP races in the past three decades were closer than this year's. In 1961 Roger Maris of the Yankees beat out teammate Mickey Mantle by 4 points, and in 1981 Rollie Fingers of Milwaukee beat out Rickey Henderson of Oakland by 14 points.

Bell, who batted .308 and finished second in the league in slugging percentage (.605), set club records for RBI (134), runs (111) and homers (47) in leading the Blue Jays to second place in the AL East. He slumped down the stretch (2 for 26) when the Blue Jays blew the division title by losing their last seven games, but his hitting was largely responsible for keeping the club at the top of the division most of the season.

Trammell, 29, had career highs for average (.343), homers (28) and RBI (105) in helping the Tigers to the AL East flag. Puckett batted .332 with 28 homers and 99 RBI in pacing the Twins to the AL West championship.

NEW YORK (UPI) — Voting for the American League MVP Award as conducted by the Baseball Writers Association of America (listing 1st place votes in parentheses and total points):

George Bell, Toronto (16) 332 points  
Alan Trammell, Detroit (12) 311  
Kirby Puckett, Minnesota 201  
Dwight Evans, Boston 127  
Paul Molitor, Milwaukee 125



Bayhead Racket Club's new owner and pro, Amre Sammakia gives some pointers to one of his students, 11-year-old Tracy Kotseos, then works on fine-tuning his own game. Sammakia is a well-respected tennis instructor who has some of the top ranked players in his academies. Sammakia hopes to add new excitement to the Central Florida tennis scene.

Herald Photos by Tommy Vincent

## Amre Sammakia Bayhead Owner-Pro Brings Excitement To Area Tennis

Amre Sammakia...Remember that name folks. This young man is going to be famous in the world of tennis. Not as a player, although he is an excellent one, but as a teacher, coach and developer of young talent.

Amre is the new owner of Bayhead Racket Club. Yes, that's right, the new owner, not just the new pro. He owns the club, lock, stock and barrel. That in itself is remarkable for a 27-year-old just five years out of college.

Things are going to get exciting again in and around the Sanford-Central Fla. tennis area. Not since SCC was cranking out its national championship teams has there been much to get excited about in local tennis. People will get excited now.

This young Pro has some of the top young players in the state in his academies and some are even nationally ranked. The weekends are going to see dozens of talented, young players on the Bayhead courts working very, very hard on all aspects of their games.

In the middle of it all is Amre Sammakia, who adds discipline and order to all the drills, matches and movements of the players from one drill to another, from one court to another; to instruct, shout encouragement, criticize (when needed), and in general, keep the whole thing going.

Amre graduated from the University of North Carolina with a degree in Chemistry and Psychology in 1982. After working briefly as an assistant Pro at the Altamonte Springs Racket Club, under Tim Anderson, Amre became Head Pro at the South Orlando YMCA and it was that year that the Amre Sammakia Tennis Academy was founded.

In 1984 he was named Head Pro and Director of Tennis at Fort Gatlin Racket and Swim Club. While there, the Academy expanded rapidly and became the largest Orlando area program for tournament playing juniors. It also came to be regarded as one of the top junior tennis academies in Florida.

Larry Castle

HERALD TENNIS WRITER



In 1987 the academy had more than 50 F.T.A. ranked juniors and more than a dozen of these top junior players were also ranked nationally.

Even though juniors get most of Amre's attention, he also works extensively with adults and has planned many camps and clinics for adults. In fact, Amre said that he hopes to make Bayhead one of the most thriving and active clubs in the Central Florida area. There will be more activities than ever before for the members and for sure the Club will grow by leaps and bounds with the improved activities and programs.

Bayhead should become an excellent place for players of all levels to find a competitive match. Sammakia also says that he hopes to continue improving the academy and thusly raising the level of tennis in Central Florida. There also are high hopes that the Academy will gain recognition on the national level and perhaps some of the top juniors in the U.S. will train at Bayhead.

If you want to see the Amre Sammakia Tennis Academy in operation or if you are interested in taking some clinics or lessons, stop by and see Amre - you'll be impressed.

## Walker To Auburn

Seminole High senior center Craig Walker has signed a letter of intent to play college basketball for Auburn University.

## The Long Road To The Final Four

### Hard Work, Team Unity Puts Brantley In State

The road to the Final Four is a long, grueling one. Lake Brantley's Lady Patriots have not had to go outside of Seminole County to get there, but earning a berth in the Class 4A State Tournament is no easy task.

Lake Brantley has had to win five consecutive matches to get to state, including two on one night in the 4A-9 District Tournament. In winning the five matches, Brantley has won 10 games and lost three and scored 176 points while giving up 124.

From the standpoint of a certain onlooker, the five matches have consumed three reporter's notebooks, some long hours on the office computer and caused a nagging case of bleacher butt.

Stats aren't the bottom line, here, though. Nor is the task of turning the Patriots' triumphs into newsprint.

Watching the hard work, determination and impressive team unity of these young ladies pay off in a trip to the state tournament is what it's all about, Coach Stephanie Glance



Chris Fister

HERALD SPORTS WRITER

and the Lady Patriots have worked together since day one to build a championship program. They have provided excitement to everyone involved and given Seminole County volleyball a big lift toward state prominence.

"We'd like to win it all, but even if we don't it has been such a great season for us," Glance said. "These girls have come so far and learned so much and going to state is a great experience for the girls and our program."

The road to the Final Four started at the District 4A-9 Tournament. In the first round, second-seeded Lake Brantley disposed of Daytona Beach Mainland, 15-7, 15-6. Although

it was an easy win, Glance said the Lady Patriots had to play better the next day against Spruce Creek.

In the semifinal game against the Creek, Brantley had a 5-4 lead when junior Dawn Gebhart's service string of 10 points in a row gave the Lady Patriots the game, 15-4. Spruce Creek made a game of it in the second game but key hits by Dana Bush and Kim Gunderson kept the Creek from evening the match and Wendy Vickery served the last two points to put Brantley in the finals against DeLand.

DeLand and Brantley split their games during the regular season and the district final match was another battle between the two. Brantley took game one, 15-8, before DeLand got its attack going in game two and won, 15-1.

DeLand took a quick 6-0 lead in game three but, as it has done throughout the playoffs, Brantley pulled together, got its attack cranked and blitzed the Lady Bulldogs. After DeLand's

See ROAD, Page 11A



Pam Wittig



Marianne Rodriguez











# PEOPLE

Sanford Herald, Sanford, Fl. Wednesday, Nov. 10, 1987-13

## Cook Of The Week She Changes Her Hat Many Times Daily But Manages To Prepare A Good Meal

By Dorothy Greene  
Herald Correspondent

More than just a homemaker, Betty Jack, our Cook of the Week, wears many hats and they all fit very well. At home, the role of wife, mother, grandmother and all around good cook makes her a very special person to her family. Away from home, working as her husband's business partner and also engaging in community activities, Mrs. Jack's daily schedule can be a hectic one, but one she enjoys every day in every way.

With the holiday season just around the corner, Mrs. Jack is looking forward to preparing her favorite traditional recipes and having small dinner parties for friends and family with possibly a luscious London broil on the menu with all the accompaniments. "I cook a lot of fresh vegetables," she says. "My husband and his friend have a garden and if they have any excess, I put it in the freezer, so we have fresh vegetables all year 'round. I love to do green beans. You really can't tell them from fresh garden beans when I take them out of my freezer. There's a secret to it, I tell you."

Her "secret" to a fresh-picked taste in vegetables starts with blanching them in boiling water for no more than 3 minutes, she says. "The minute you take them out," she continues, "you've got to ice them down and cool them very quickly. I get a great big cooler of ice and work the ice through them in a colander until I get them cooled down. Then I put them in freezer bags and immediately put them in the freezer. When you take them out and cook them, you cannot tell the difference from when they're fresh picked." She follows the same routine with black-eyed peas and tomatoes and this year, for the first time, she made a batch of homemade grape jelly. "I didn't know where in the world to start," she laughs, "but I just kept at it until I got it just fine. I guess I had about 16 jars. It turned out very, very well."

Perhaps our cook's prowess in the kitchen began way back when she was growing up in West Virginia, although she claims that she never cooked at home. "My mother is a good cook," she says, "but I didn't learn to cook from her. I was one of those girls who never really took time to do any cooking at home. I had to go to school real early in the morning, and you didn't get home until 4:30 in the evening. So I learned to cook from my mother-in-law! I really enjoy cooking. I can't sew — I have no patience for sewing — none. I just always like the



Betty Jack cooks 'good old American food.'

feeling of having a good meal. I'm not a fancy cook, I'm not a gourmet cook, however, my girls think I am, but I'm not."

Mrs. Jack loves a pretty table setting, she says, "and I especially enjoy the holidays. I love getting ready and getting prepared for the holidays. I like to bake ahead and freeze special things. My girls would say that Christmas would not be Christmas if I didn't have my lime Jell-O salad and that can be made a couple of days in advance. It's very colorful and pretty. My youngest daughter could eat the whole thing by herself!"

Betty Jack remembers many family gatherings at her parents' home in Charleston, W. Va. "My grandparents lived nearby," she says, "and I had aunts, uncles and cousins and we used to have family reunions where everybody would take a covered dish. Mother baked a lot, and back then we had a garden and she canned a lot. As children, I suppose we did all the things normal families do." Mrs. Jack's parents, a sister and two brothers all now reside in Sebastian, Fla.

Our cook was destined to become Mrs. Jack about a year after they met and started dating. "I was working for a dairy company," she recalls. "They called it a dairy company, but it was a huge chain of stores. They had their own products, ice cream and sandwiches and things like that. That was my first job, and that's how I met him. He had a girlfriend and he used to bring her in to eat. One night he came in alone and he

got some ice cream for her. And I'll never forget as long as I live, he said, "And how are you doing tonight?" and I said, "Well, I'm doing fine since I've seen you!"

Subsequently, a group of friends had congregated to go sleigh riding with Bill Jack among them. "I was recovering from an appendectomy and I thought it was a little too strenuous for me," says our cook, "and it was so COLD. Well, he offered to start up his car and let me sit in the car in the warmth to keep me from freezing to death and bursting my incision open. So that's how it all started."

Marriage followed in February 1953 and the Jacks have two lovely daughters to complete their family circle. The oldest, Diana Foster, is the mother of Jaelynn, 7. Another daughter, Paula (Mrs. Cecil) Simpson, has a daughter also, Allaha, 8. Both granddaughters are very much a part of Betty Jack's life, especially Jaelynn, whose mother works as a legal secretary in Orlando. "I have kept Jaelynn every afternoon since she was two years old," says Mrs. Jack. "In her favorite role as 'Nanny,' our cook lovingly cares for her grandchild on a daily basis "tending to all her needs and wants," while Allaha also visits frequently and enjoys spending the night. Having been actively involved in school programs, PTA, Girl Scouts, Brownies and the like with her own daughters, Mrs. Jack's close ties to her grandchildren come quite naturally and she treasures the time spent with Jaelynn every day.

Cold winters in Staunton, Va., prompted the Jacks to move south around 1960. "It seemed as if the winters were getting worse and worse," says Mrs. Jack, "and with the type of work my husband did, the weather was just prohibitive — getting out in the snow and rain." While sitting around a card table one night with a group of contractor friends, the impromptu decision was made, recalls Mrs. Jack. "One of the men said, 'Let's all go to Florida.'" she says. "So the men left and came to Florida! About four or five months later, I came down just to visit for a weekend, and I liked Sanford, so we decided to move." Twenty-two years ago, Sanford Heating and Air Conditioning was born, and the Jacks are now a very vital part of the community.

Mrs. Jack has been a member of Beta Sigma Phi for about 20 years and supports the sorority's contributions to the community through its members. She is also a member of the Woman's Club of Sanford Inc. and is on the telephone committee. The club is anticipating a successful tasting luncheon and fashion show planned for Nov. 20 and our cook is eagerly looking forward to modeling some of the newest fashions. She is an avid reader and likes curling up with a good book as often as possible. As the secretary-treasurer for Sanford Heating and Air Conditioning, she laughingly describes herself as "the flunky." Actually, her full-time job is to help keep things running smoothly by taking calls and doing the book work.

When they're not working side by side at their business, Betty and Bill Jack like to get away for a long weekend by way of their Ceasna 210. One of their destinations is to Franklin, N.C., where they have another home which her husband built. "And-I furnished from here," she says. More expanded vacation trips have been abroad to places like Italy, Ireland, Spain, France, Switzerland and Stockholm, Sweden. Their most recent trip to Hong Kong was truly a delightful experience, according to Mrs. Jack. "But their food is bland. They use pine cone seeds in many of their dishes," she says. "The people in Hong Kong are so friendly, the friendliest people I ever met. And the subway just fascinated me. You can just hop on the subway for about 25 or 40 cents, our money, and go for miles and miles." She also notes that the countryside and the architecture were beautiful. "But everybody was in such a hurry, running here, running there," she exclaims. "It's such a different way of life."

See Cook, 3B



Herald Photo by Tommy Vincent

### Fashions, Food Fest Friday

Bonnie Rhoades, from left, and Gail Smith, both wearing fashions from Fables, and Jane Phillips, representing LaBelle Furs, Orlando, give a preview of moods and modes in store for patrons attending a Holiday Fashion Show and Tasting Luncheon to be held at the Sanford Civic Center Friday from 11:30 a.m. to 1:30 p.m. The fashion show, featuring women's, men's and children's styles, starts at noon. Sponsored by the Woman's Club of Sanford Inc., tickets, \$5, adults, and \$2.50, children, are available at the door or from club members in advance. Proceeds will benefit the club's benevolent projects including a scholarship fund.

### Microwave Magic

## 1-Dish Meals Fill The Bill On Busy Days

Busy days ahead mean quick and easy one-dish meals. Some of these casseroles can be prepared and frozen. Most of the ingredients are common ones that may already be on hand. Some recipes use leftovers. All are economical.

This one chicken dish was named after an Italian village where it was first served to Neapolitan.

Midge  
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Home Economist  
Seminole Community  
College



- bouillon
- 1/4 cup water
- 2 whole tomatoes, quartered or 1 (16 oz.) can whole tomatoes
- 1 1/2 cups sliced fresh mushrooms
- 16 small whole onions
- 1/2 cup chopped green onions
- 1 clove garlic, minced

See 1-Dish, 2B

- CHICKEN MARENGO**  
2 1/2-3 pound frying chicken, cut up  
Paprika and seasoned salt  
1/2 teaspoon pepper  
2 tablespoons cornstarch  
1/2 teaspoon instant chicken



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# ...Cook

Continued From 1B

Back home, where the pace is a little slower, Mrs. Jack enjoys her well-equipped kitchen where she prepares a full-course dinner almost every night. "I always have meat and vegetables," she says, "and sometimes I'll fix a Reuben sandwich. Bill is not a picky eater. It's just good old American cooking."

For an hors d'oeuvre type dish, Mrs. Jack likes to serve her easy-to-prepare baked chicken wings. "It's always a hit," she says. Her peanut butter cups are a must at Christmas time, and her mashed potato casserole has a surprise ingredient.

For a sample of Mrs. Jack's "good old American cooking," be sure to try the following recipes:

### BAKED CHICKEN WINGS

Chicken wings or chicken "drumettes." Quantity will depend on how many guests you plan to serve.

1 large bottle soy sauce  
1/4 cup water  
Cut tips from chicken wings. Arrange in shallow baking pan. Pour soy sauce and water over wings or drumettes and bake at 200° for 4 hours. Turn at least once during baking time.

### MASHED POTATO CASSEROLE

Cook and mash potatoes ac-

ording to number of people to be served, using all ingredients you would normally add. Transfer mashed potatoes to casserole dish and add 1/4 cup grated onions and 1 small package Philadelphia cream cheese, mixing well. Bake at 350° for 20 minutes or until cheese is melted. Stir once during baking time. Pimientos may also be added, if desired.

### BROCCOLI CASSEROLE

2 packages frozen broccoli, chopped  
2 eggs, beaten  
1/2 cup mayonnaise  
1 can cream of mushroom soup  
4 tablespoons grated onion  
1 cup grated cheese  
salt and pepper to taste  
Cheese crackers, melted butter and additional grated cheese.

Cook broccoli 5 minutes. Cool and drain. Combine broccoli, eggs, mayonnaise, soup, onion, cheese, salt and pepper. Place in greased casserole. Bake at 350° for 30-45 minutes. After casserole has cooked for 15-20 minutes, top with additional cheese and cracker crumbs which have been mixed with melted butter. Serves 8.

### LIME JELL-O SALAD

1 large package lime Jell-O  
1 can (16 ounces) crushed pineapple  
1 cup small curd cottage cheese  
1 small container whipping cream  
1/4 cup miniature

marshmallows  
Drain pineapple into measuring cup, adding enough water to make 1 1/4 cups liquid. Mix Jell-O and liquid into small sauce pan. Bring mixture to a boil, stirring well. Set aside and let cool. Whip cream and set aside. Pour Jell-O mixture into mold or 9x9 inch dish. Add pineapple, cottage cheese and mix well. Add whipped cream, slowly, mixing well. Add marshmallows. Cover and refrigerate over night. Serves 12.

### PEANUT BUTTER CUPS

1/2 cup Graham cracker crumbs  
1 pound confectioners' sugar  
1 cup creamy peanut butter  
2 sticks melted margarine  
1 large package milk chocolate chips  
Mix the cracker crumbs, sugar, peanut butter and margarine together. Press into a 9x13 inch pan or two (2) 9x9 inch pans. Melt chocolate chips and spread over mixture. Cut into squares after chocolate is cool.

### OATMEAL CAKE

1 cup quick-cooking oats  
1 1/4 cups boiling water  
1 stick margarine (1/2 cup)  
1 cup light brown sugar  
1 cup white sugar  
2 eggs, well beaten  
1 1/2 cups flour  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon of cinnamon  
1/4 teaspoon nutmeg  
1 teaspoon vanilla  
Pour boiling water over oats. Let stand for 20 minutes. Cream margarine with both sugars; mix well with oatmeal. Add beaten eggs and vanilla. Sift together the flour, soda, salt and spices. Add to the above mixture. Batter will be thin. Pour into long Pyrex baking dish and bake at 350° for 30-35 minutes. Remove from oven immediately, spread with topping, and place cake under broiler until brown and bubbly.

### Broiled Topping:

1 cup brown sugar  
1/2 stick margarine  
1/2 cup evaporated milk  
1 cup coconut  
1 cup chopped pecans (optional)  
Blend above ingredients and spread on hot cake before placing under broiler.

### BARBS

Phil Pastoret

Two types of people handle leandered money — members of the mob and those who leave a couple of bucks in jeans bound for the wash.

Why doesn't someone serving a plant that snarves back for people who like to talk to their household grocery?



People who think that life no longer offers a challenge have never tried to untangle a necktie stuck in a jacket zipper.



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DIET COKE, REGULAR & DIET CHERRY COKE, CAFFEINE FREE DIET COKE, CLASSIC COKE, REGULAR & SUGAR FREE SPRITZ, TAB, SWEETENED REGULAR & DIET ORANGE, REGULAR & DIET A & W ROOT BEER or

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**qt. 92¢**  
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But don't take their word for it. Try Poppye's Famous Fried Chicken and side items for yourself. Our crew cooks 'em up fresh for you everyday, right in Poppye's kitchen. One taste and we think you'll agree. Poppye's is America's Fried Chicken Champ!

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**FREE 2 PIECE DINNER**  
with purchase of a 3 piece dinner and a medium drink.  
Good only through November 30, 1987

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**FREE 2 PIECE DINNER**  
with purchase of a 3 piece dinner and a medium drink.  
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Please present this coupon to cashier before ordering. Limit one coupon per customer per visit. Void where prohibited. Offer not valid with any other promotional purchase. At participating Poppye's only. Cash redemption value 1/20¢. © 1987 POPPYE'S FAMOUS FRIED CHICKEN AND BISCUITS, INC.

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Sale Starts THURSDAY Prices Good Thru Saturday

**Nobody beats MAE'S**  
Your Complete Store For Fabrics • Notions • Crafts

<b>SEQUINS</b> 40" Wide • All Over Former Discount Price 179¢ <b>NOW \$2</b> Per Yard	<b>VELVETEEN</b> Black, Red & 7 Colors Former Discount Price 79¢ <b>NOW \$2</b> Per Yard
<b>LAME</b> Gold & Silver • On Bolts Former Discount Price 99¢ <b>NOW \$2</b> Per Yard	<b>Creative APPLIQUES</b> Beaded • Sequined • Rhinestone Formerly 200¢ - 119¢ <b>NOW \$1 \$3</b> OFF

**CROSS STITCH FABRIC SQUARES** 49¢ (DK) Good Thru Nov 21

**EMBROIDERY HOOPS** 399¢ (DK) Good Thru Nov 21

**RUFFLED LACE TRIM** 5 \$1 (DK) Good Thru Nov 21

**DMC EMBROIDERY FLOSS** 22¢ (DK) Good Thru Nov 21

**BATH TOWELS** 299¢ (DK) Good Thru Nov 21

**LINEN POTPOURRI SCENT BAG** 199¢ (DK) All Good Thru Nov 21

**FIBER FIL** 88¢ (DK) Good Thru Nov 21

**CHRISTMAS RIBBONS** 66¢ (DK) 1st Quality Good Thru Nov 21

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ORLANDO ORLANDO SANFORD FERN PARK APOPKA  
Wingate Square 940 S. Semoran 3822-34 Orlando Dr. 111 E.R. 436 2383 E. Semoran  
2817 Rosewood Blvd. Blvd. Hwy. 17-82 Lake Mary Blvd. Fern Park (Piedmont Plaza at 8th)

It's Smart To Be Thrifty

Legal Notice

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... ALLIANCE MORTGAGE COMPANY, Plaintiff, vs. ERIC MELNIELSON, et al., Defendants. NOTICE OF SALE... Notice is hereby given that pursuant to the Final Judgment of Foreclosure and Sale entered in the cause pending in the Circuit Court of the Eighteenth Judicial Circuit...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF ACTION... YOU ARE NOTIFIED that a Petition for Dissolution of Marriage has been filed against you...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF SALE... Notice is hereby given that pursuant to the Order or Final Judgment entered in this cause...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF SALE... Notice is given that pursuant to the Final Judgment of Foreclosure and Sale entered on November 3, 1987...

Legal Notice

NOTICE OF FICTITIOUS NAME... Notice is hereby given that we are engaged in business at 3011 Edgewater Road, Lake Mary, Fla. 32745, Seminole County, Florida...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF FOREFEITURE... NOTICE OF FOREFEITURE OF AN UNREGISTERED FOUR DOOR AUTOMOBILE...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF SALE... Notice is hereby given that pursuant to the Order or Final Judgment entered in this cause...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF SALE... Notice is given that pursuant to the Final Judgment of Foreclosure and Sale entered on November 3, 1987...

Legal Notice

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF ACTION... YOU ARE HEREBY NOTIFIED that an action to foreclose a lien upon these lands described as...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF SALE... Notice is hereby given that pursuant to the Order or Final Judgment entered in this cause...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF SALE... Notice is hereby given that pursuant to the Order or Final Judgment entered in this cause...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF SALE... Notice is given that pursuant to the Final Judgment of Foreclosure and Sale entered on November 3, 1987...

Legal Notice

NOTICE TO PUBLIC... NOTICE IS HEREBY GIVEN that a Public Hearing will be held by the Planning and Zoning Commission in the City Commission Chambers, City Hall, Sanford, Florida...

NOTICE TO PUBLIC... NOTICE IS HEREBY GIVEN that a Public Hearing will be held by the Planning and Zoning Commission in the City Commission Chambers, City Hall, Sanford, Florida...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF SALE... Notice is hereby given that pursuant to the Order or Final Judgment entered in this cause...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF SALE... Notice is given that pursuant to the Final Judgment of Foreclosure and Sale entered on November 3, 1987...

Legal Notice

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF ACTION... YOU ARE HEREBY NOTIFIED that an action to foreclose a mortgage on the following described property...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF ACTION... YOU ARE HEREBY NOTIFIED that an action to foreclose a mortgage on the following described property...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF ACTION... YOU ARE HEREBY NOTIFIED that an action to foreclose a mortgage on the following described property...

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT... DAVID BERRIEN CLERK OF THE CIRCUIT COURT... NOTICE OF ACTION... YOU ARE HEREBY NOTIFIED that an action to foreclose a mortgage on the following described property...

CLASSIFIED ADS Seminole Orlando-Winter Park 322-2611 831-9993 CLASSIFIED DEPARTMENT HOURS 9:00 A.M.-5:30 P.M. SUNDAY thru FRIDAY 9 AM - 4 PM SATURDAY 8 - Noon RATES \$25 a Line a Week DEADLINE Noon Tuesday

12--Legal Services SOCIAL SECURITY Disability Free Advice No Charge Union We Will Ward White & Associates 305-221-1210 21--Personals CRISIS/PREGNANCY CTR Free Pregnancy Test, confidential. Call for appt. 321-7495

25--Special Notices BECOME A NOTARY For Details 1 800 432 4234 Florida Notary Association 27--Nursery & Child Care ATTN: PARENTS! For help in locating quality childcare in your area call 321 6435

33--Business Opportunities TRUCK BROKERAGE FIRM seeking individual to open office in Orlando area. Successful candidate will appreciate our program. Call 800 321 9376 37--Vocational & Trade Schools POSTAL JOBS Score 95% to 100% guaranteed on upcoming exam. Workshop on cassette. Call 1 811 0276

71--Help Wanted ACCOUNTS RECEIVABLE & Credit Clerk for electric wholesaler. Co. Accounting & CRT necessary. Contact Sally 322 0631 APPLICATIONS Earn up to \$1150 per hr. No experience necessary. Training available for full part time positions in Sanford area. Call 313 066 7151

CIVIL SERVICE EXAM TRAINING Train now for Civil Service Job Exam NO EXP., NO HIGH SCHOOL POSTAL CLERK U.S. CLERKS FILE CLERKS Plus 100's of other jobs. Keep your job while training. Call Superior Training now, 867-2867 (24 hrs.)

71--Help Wanted LANDSCAPERS Exp with driver's license. Full time position. Call 322 8132 LIVE IN Roomy/Household/Active responsible. Mary Poppin wanted to care for our 3 sons (ages 13 & 31) in our Sanford home 5 days per week. Private living quarters. Separate from main house. Open transportation helpful. References call 321 1967 6969

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71--Help Wanted HELP NEEDED for business accounts. Full Time, \$68,000-\$88,000. Part Time, \$12,000-\$16,000. No selling, repeat business. Set your own hours. Training provided. Call 1 413 926 8276. M-F, 9am-5pm (Central Standard Time) SECURITY MANAGERS Couple to manage the apartment community of one of the nation's largest dev. opers. Must have previous management/maintenance experience and good references. Compensation includes salary, 7 term app. utilities & training. Send resume with phone number to P.O. Box 347, Cassberry, 32787

FREE TUITION TO REAL ESTATE LICENSE SCHOOL! A New Career or A New Beginning Call 322 3356 Keyes Real Estate School

SECRETARY Needed in Daytona. Call 376 1434 SECURITY TRAINING TO BE A Security Trainer Call 322 4971 CENTRAL ACCESS 800 Fed SECURITY GUARDS Nights part time job. Shift times 4pm-Midnight and Midnight-8am. Must work weekends and holidays. Some weekends 2 positions available. Apply Central Fla. Zoo 323 6471

GENERAL LABOR TRAINER 530 5306 or Call 322 4971 CENTRAL ACCESS 800 Fed • NEED A JOB? Call Locators 646 4561 Warehouse construction, sales manager. Trades, all types. Hiring now. 100's available. All Part Time. LOCATIONS 646 4561

MANUFACTURING OPPORTUNITIES Cardinal Industries, Inc. is looking for individuals with initiative, drive, flexibility and the desire to learn and earn a good hourly wage. These individuals will work in our A.P. where we build modular homes. High school diploma or GED equivalency preferred. If interested, please stop by our security office at our plant located at:

CARDINAL INDUSTRIES, INC. 3701 S. Sanford Ave. Sanford, FL 32771 "The Best Place To Get Your Start" Best Security Only

BLOOM COUNTY by Berke Breathed TO HECK WITH OUR \$73,400 LOSS ON THE STOCK MARKET? OUR LIFESTYLE IS NOT CHANGING! YOU'RE GOING TO HAVE TO LIVE TOGETHER IN THE BATHROOM, AND I WILL BUY THAT 4-FOOT TUB! YES, WE MAY BE A LITTLE SHORT IN LIQUID ASSETS, BUT I WILL NOT RUN A DEFICIT IN ONE AREA! MY PRIDE! WE PASSED THE HAT! I CONTRIBUTED TWO STIRLE ZINNERS!



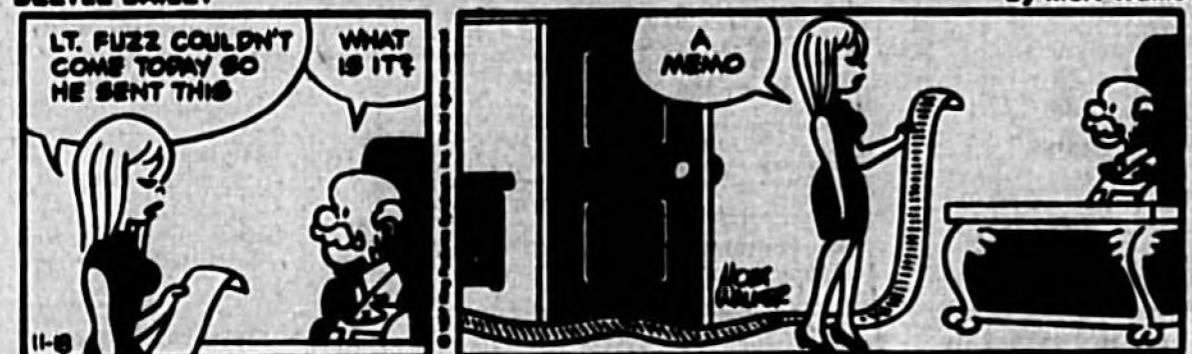


by Chic Young



BERTLE BAILEY

by Mort Walker



THE BORN LOSER

by Art Sanson



ARCHIE

by Bob Montana



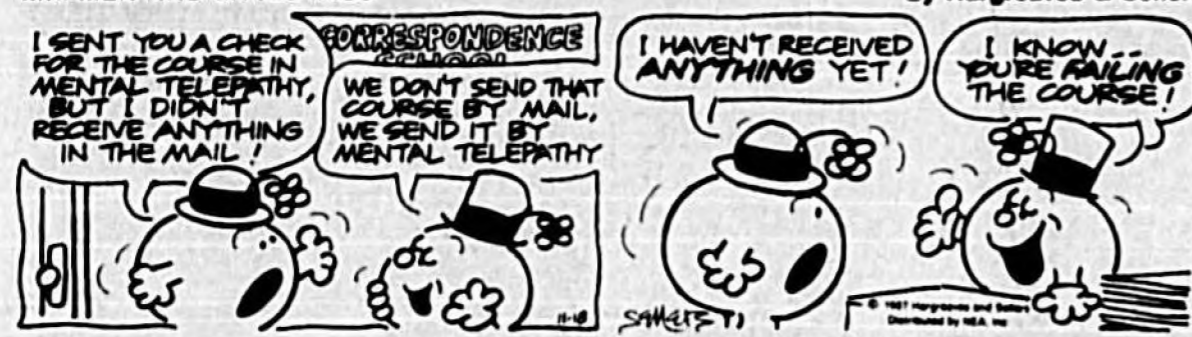
EEK & MEK

by Howie Schneider



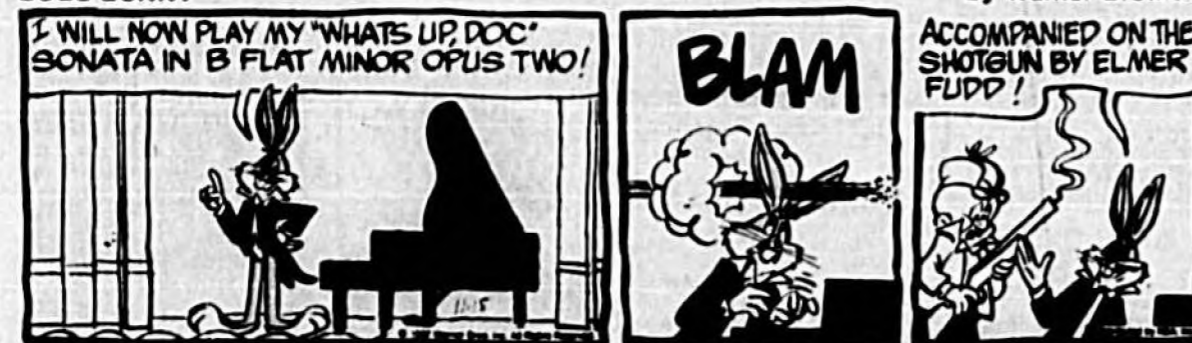
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by Margroves & Sellers



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by Warner Brothers



FRANK AND ERNEST

by Bob Thaves



GARFIELD

by Jim Davis



TUMBLEWEEDS

by T.K. Ryan



# Anemia Poses Great Risks To Pregnancy



Dr. Gott

DEAR DR. GOTT — I am very anemic, but the doctors can't find any reason for it. I'd like to start a family, but don't want to harm myself or an unborn child. Is there any reason that I shouldn't get pregnant?

DEAR READER — Yes, there is. Pregnancy places a tremendous physical burden on a woman; the presence of severe anemia, causing further stress, could be harmful for both you and the baby. I think that you should avoid becoming pregnant until your anemia has been treated.

I'm also concerned that your doctors are unable to find the cause of your anemia. This means that the common causes, such as iron deficiency or infection, have been ruled out. Therefore, your anemia could reflect a serious undiagnosed ailment. In such a case, you would surely not want to jeopardize your health or your baby's life.

In my opinion, you should request a referral to a hematologist (blood specialist) and identify the source of your anemia before starting a family.

DEAR DR. GOTT — You asked if any of our readers had success in treating skin discoloration with PABA. I take 100 milligrams daily, along with 200 milligrams of pantothenic acid. It completely cleared up the cloasma, which had lasted several years after the birth of my son.

DEAR READER — Para-aminobenzoic acid, or PABA, is a naturally occurring substance, often linked to the vitamin B complex, found in cereals, eggs, milk and meat. PABA acts by combining with the outer layer of skin and preventing its removal by water and sweat. The compound is useful as a sunscreen, and, as you point out, for treating certain skin diseases. It is added to some commercially available vitamin preparations. It is harmless in the usual dose

of 100 milligrams daily, but can cause a severe skin reaction in people who are allergic to it. I appreciate your writing to me about your experience with PABA.

Send your questions to Dr. Gott in care of this newspaper at P.O. Box 91360, Cleveland, OH 44101-3360. Due to volume of

mail, individual questions cannot be answered. Questions of general interest will be answered in future columns.

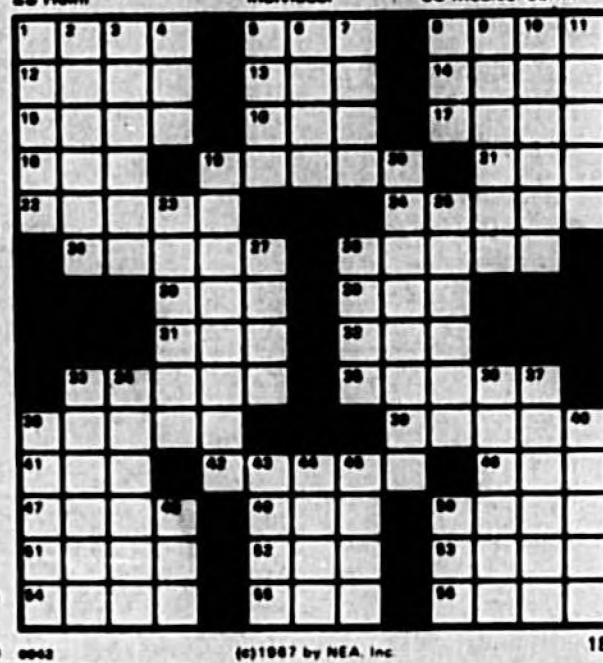
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## ACROSS

- 1 Suite of books
- 5 Cautious substance
- 8 Sweet potato
- 12 Japanese
- 13 Actress
- 14 Musical instrument
- 15 — Disney
- 16 Thru (Fr.)
- 17 Hawaiian food
- 18 Landing boat
- 19 Overrun
- 21 Noun suffix
- 22 Take care of (2 wds.)
- 24 Sleep
- 26 Thirst quencher
- 28 John
- 29 Hawaiian garment
- 30 Former nuclear agency (abbr.)
- 31 College deg.
- 32 Place for unstamped mail (abbr.)
- 33 Leg joints
- 36 Unearthly
- 38 Comes close
- 39 Doors
- 41 High note
- 42 Heats
- 46 Whistle
- 47 Wind about
- 48 Light — leather
- 50 Acting award
- 51 Tear apart
- 52 Research room
- 53 Smog
- 54 Home of Adam

## DOWN

- 1 Crisis
- 2 Demoted
- 3 Out of — (disorder)
- 4 Fast aircraft (abbr.)
- 5 Frilly trimming
- 6 Avaricious
- 7 Leisure
- 8 — and me
- 9 Meet
- 10 Accords
- 11 Chairs
- 19 Filter state
- 20 Unwooded
- 23 Halm
- 25 Usher
- 27 John
- 28 Green stone
- 33 Thick ear
- 34 Domestic
- 36 Pasty foot
- 37 Softish
- 38 Individual
- 39 Mother-of-pearl
- 40 Printer's words
- 43 African land
- 44 Grovel ridge
- 46 Taha a lot
- 48 Barometer, for short
- 50 Medical suffix



## WIN AT BRIDGE

By James Jacoby  
If you are baffled by the bidding, the final contract is a result of Roman key-card Blackwood combined with South's unbridled optimism. The response of five hearts to four no-trump showed either two or five key cards (key cards are aces and the trump king) and denied having the queen of trumps. Since South held the other three of the five key cards and the trump queen, he bid seven spades. However, 13 tricks required much more than just solid trumps and five key cards in the two hands, so it was a rash undertaking to bid the grand. Luckily for declarer, he played the hand better than he

bid it. He went right up with the ace of spades and led the jack of diamonds from dummy. When East covered, South won the A-Q of diamonds and ruffed a diamond with dummy's spade deuce. Then came A-K of hearts, followed by a heart ruff with a high trump. The hand would have been over had hearts divided 3-3, but such was not the case. Declarer returned to his hand with the club ace and trumped still another heart in dummy. Since his last heart in dummy, he returned to his hand by ruffing a club and had to hope that trumps were 3-2. They were, and 13 tricks came rolling in.

NORTH 4-5-7			
AK102			
853			
J4			
Q10853			
WEST			
74			
QJ62			
108753			
74			
EAST			
865			
84			
863			
KJ62			
SOUTH			
QJ83			
AK107			
AQ9			
A			
Vulnerable: Both			
Dealer: South			
West	North	East	South
Pass	2♦	Pass	1♥
Pass	3♦	Pass	4NT
Pass	5♥	Pass	7♦
Pass	Pass	Pass	
Opening lead: ♦7			

## HOROSCOPE

### What The Day Will Bring...

#### By Bernice Bede Ouel

**YOUR BIRTHDAY NOVEMBER 19, 1987**  
In the year ahead, a project to which you have devoted much time and effort could start yielding the types of returns you've long desired. Lady Luck will give it a shot in the arm.

**SCORPIO** (Oct. 24-Nov. 22) Your personal interests can be advanced today, provided you don't let others make heavy demands on you. You need time and space to operate independently. Trying to patch up a broken romance? The Matchmaker set can help you understand what it might take to restore the relationship. Mail #2 to Matchmaker, c/o this newspaper, P.O. Box 91428, Cleveland, OH 44101-3428.

**SAGITTARIUS** (Nov. 23-Dec. 21) Something in which you are presently involved has a greater array of benefits than you first

realized. Today you may see the situation in a new light.

**CAPRICORN** (Dec. 22-Jan. 19) The impression you'll make on others today will be an extremely favorable one. This will be especially true of people who meet you for the first time.

**AQUARIUS** (Jan. 20-Feb. 19) For best results today, pursue your goals as unobtrusively as possible. You'll be more effective if you don't reveal your motives or intentions to others.

**PISCES** (Feb. 20-March 20) Something for which you've been hoping has an excellent chance of becoming a reality at this time. Don't lose faith in yourself or your dream.

**ARIES** (March 21-April 19) Achievements will come easier for you today if you are less forceful and more logical. Use your head, not your muscles or aggressions.

**TAURUS** (April 20-May 20) A joint venture has a good chance for success today, provided the workload is equally distributed. Each contributor should focus on what he or she is supposed to do.

**GEMINI** (May 21-June 20) Your mental faculties are exceptionally keen today. You shouldn't have any problems handling assignments that require imagination and concentration.

**CANCER** (June 21-July 22) It will be obvious to friends today that you are a catalyst who knows how to get the right people together and the good times rolling.

**LEO** (July 23-Aug. 22) Even if you have to put in some extra hours today, it is best to finalize a business matter now than to let it drag on any longer.

**VIRGO** (Aug. 23-Sept. 22) If someone in particular is on your mind today, make an effort to get in touch with this person. He or she could have some welcome news for you.

**LIBRA** (Sept. 23-Oct. 23) Pay heed to your financial instincts today, especially if you are negotiating a delicate matter. Your assets can give you a definite edge.

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ANNIE

by Leonard Starr



## Have An Old-Fashioned Thanksgiving Roasted Turkey, Orange Cornbread Stuffing Star In Family Feast

Celebrate Thanksgiving the Old South Way with a traditional menu as follows:

### THE OLD SOUTH MENU

Tomato Beef Bouillon  
Roasted Turkey With Sausage  
And Orange Cornbread Stuffing\*  
Sautéed Green Beans  
Upside Down Sweet Potato Pie  
Blanets/Muffins  
Pumpkin Pie With Praline Sauce  
Whipped Cream  
Coffee/Tea  
\* Recipes included

### SAUSAGE AND ORANGE CORNBREAD STUFFING

Oranges or citrus fruits are traditionally included in Southern holiday menus. Here, orange peel adds new interest to the standard cornbread dressing.

1 recipe Orange Cornbread (recipe follows)  
1/2 pound bulk pork sausage  
1 cup chopped onion  
1/2 cup chopped green pepper  
1/2 cup chopped celery  
2 beaten eggs  
1 teaspoon dried thyme, crushed or  
1 tablespoon snipped fresh thyme  
1/2 teaspoon salt  
1-1/4 cups turkey or chicken stock  
Prepare Orange Cornbread. Cool and crumble; set aside.

In a large skillet cook the sausage, onion, green pepper, and celery till meat is browned and vegetables just tender. Drain thoroughly. In a large mixing bowl combine the sausage mixture, eggs, thyme and salt. Add crumbled corn bread; toss lightly till well mixed. Add enough broth to moisten and toss gently till blended. Use to stuff a 12- to 14-pound turkey or bake, covered, in a greased 2-1/2-quart casserole at 325° about 45 minutes. Makes about 8 cups.

### ORANGE CORNBREAD

1-1/2 cups yellow cornmeal  
1/2 cup all-purpose flour  
2 tablespoons sugar  
4 teaspoons baking powder  
1/2 teaspoon salt



Turkey and dressing Thanksgiving favorites in Old South.

1 cup milk  
1 beaten egg  
1/2 cup cooking oil  
2 teaspoons finely shredded orange peel  
In a bowl combine cornmeal, flour, sugar, baking powder, and salt. Stir in milk, egg, oil and orange peel just till smooth (do not overbeat). Pour into a greased 9x9x2-inch baking pan. Bake in a 400° oven for 20-25 minutes. Serve hot or use to prepare Sausage and Orange Cornbread Stuffing. Makes 8 or 9 servings.

### UPSIDE DOWN SWEET POTATO PIE

To get ahead start on this holiday winner, shred the parsnips and turnips ahead of time to complete the preparation.

3 medium sweet potatoes  
2 tablespoons butter or margarine, softened  
2 tablespoons maple syrup  
1 tablespoon lemon juice  
2 cups shredded parsnips  
2 cups shredded turnips  
2 eggs

1/2 cup light cream  
1/2 teaspoon ground ginger  
1/2 teaspoon dried sage, crushed  
1/2 teaspoon salt  
Dash nutmeg  
Green onion curls

Cook sweet potatoes in enough water to cover for 30 to 35 minutes or till potatoes are tender around the outer edges but slightly firm in center. Meanwhile, in a small bowl combine butter, maple syrup and lemon juice. Pour butter mixture into a 9-inch glass baking dish or cake pan; swirl butter mixture to completely cover dish. Set aside. Drain potatoes; rinse under cold water. When cool enough to handle, peel potatoes and cut into thin slices. Arrange the potato slices in bottom and up sides of prepared dish, overlapping edges to completely cover (use smaller slices on sides of dish). Set aside.

For filling, in a medium saucepan cook the shredded parsnips and turnips in a small amount of boiling salted water for 4 to 6 minutes or till just tender. Drain. In a large mixing bowl or in a food processor mash the remaining sweet potato slices (use a potato masher if preparing in a mixing bowl). Add the eggs, cooked parsnips and turnips, light cream, ginger, sage and salt and nutmeg. Mix till well blended. Carefully turn sweet potato mixture into prepared pan on top of sweet potato slices. Bake in a 325° oven for 45-50 minutes or until set. Remove from oven. Let stand 10 minutes. To serve, loosen potato slices from sides of pan. Place serving platter over dish; invert. Gently lift off baking dish; replace any potato slices remaining in dish, if necessary. Using a knife, lift off any cooked pieces from top of pie. Garnish with green onion curls. Cut into wedges to serve. Makes 8-10 servings.

## Let's Talk Turkey

How do you cook that turkey?

Concerned cooks can call the Turkey Talkers hotline at 1-800-323-4848. It will be open Nov. 21 and 22 and Christmas Eve from 8 a.m. to 8 p.m. CST. On Thanksgiving, it will be open from 6 a.m. to 6 p.m.

Callers are offered a free cook booklet, "Savor the Holiday Spirit Year 'Round" that offers recipes from simple to sumptuous, and also a free booklet containing recipes for leftovers.

## Indulge In Best Holiday Tradition With A Luscious Yet Lean Guilt-Free Menu

Your friends, your family and your waistline will thank you for this updated Holiday feast. Luscious yet lean, this sugar-free menu is designed for the way we live today. It builds off old favorites but takes them one step further to remove not only sugar but salt as well.

Thanks to sugar substitutes, the empty sugar calories are gone. Now you can indulge in the best Holiday tradition for only 590 calories for the whole meal—dessert and festive beverage included.

Since SugarTwin is a spoon for spoon product for sugar when used in recipes and since it can be used in baking, favorite recipes can now be sugar-free too. For a free booklet of sugar-free Holiday recipes and a free goodie booklet packed with cookie, cake, pie, etc. recipes—all without sugar, write to: SugarTwin Recipes, Dept. STA, 2525 Armitage Ave., Melrose Park, IL 60160

### SUGAR-FREE.

### GUILT-FREE

### HOLIDAY FEAST

Orange Glazed  
Cornish Hens  
Wild Rice  
Baked Stuffed Squash  
Broccoli, Cauliflower  
With Lemon Zest  
Baked Apple Eden  
Hot Spiced  
Cranberry Punch

### ORANGE GLAZED CORNISH HENS

Thaw 3 Cornish Game Hens. Preheat oven to 400°. Prepare hens by removing giblets, washing and patting dry. Place hens on rack in shallow pan. Brush hens with 1/4 cup melted diet margarine. Bake about 45 to 60 minutes or until leg joint moves freely when drumstick is moved up and down.

Remove hens from pan and cut in half using kitchen shears. Place back in baking pan on rack—beast side up. Brush with glaze. Reserve some glaze to drizzle over rice. Broil for two minutes. Remove from pan and place on a serving tray. Surround with wild rice and garnish with fresh green grapes. Prepare rice according to package direc-

tions but omit butter and salt.

To make glaze, combine in saucepan:

1 cup unsweetened orange juice  
1/4 cup brown sugar substitute  
1 tablespoon cornstarch  
1 teaspoon grated orange rind

Cook over medium heat, stirring constantly until thick and glossy. Yield: 6 servings—half a Cornish Hen per person. (200 calories per serving.)

### BAKED DOUBLE STUFFED ACORN SQUASH

Serve one very small acorn squash per person. Preheat oven to 400°.

Thoroughly wash squash. Cut off top of squash about two inches down from stem. Reserve to be used as a "top" after squash is stuffed. Leave seeds in. Place squash on a baking sheet and cover with aluminum foil. A covered baking dish may also be used. Place "tops" back on the squash. Bake about 45 minutes or until tender. Time will vary according to size of squash. When done, scoop out seeds. Reserve "tops".

Sprinkle inside of each squash with 1 tsp. sugar substitute and 1 tsp. water. Scoop out inside of squash into a bowl. Be careful to leave shells intact. Mash coarsely with a fork until large pieces are broken up. Return mashed squash to shells and mound filling so that when the "top" is put back on, a little of the mashed squash will show. Return to oven for 5 minutes to reheat. (64 calories per one whole small squash.)

### BROCCOLI AND CAULIFLOWER WITH LEMON ZEST

Fresh vegetables are naturally low in calories and add a welcome crunchy texture to any meal. Broccoli and cauliflower broken into flowerettes and tossed together are a festive veggie combo. Be sure to use fresh vegetables to avoid excessive sodium found in canned varieties.

1 large head cauliflower  
1 large bunch broccoli  
1 lemon  
black pepper or Mrs. Dash to taste

Break cauliflower and broccoli into flowerettes and cut broccoli

stems into thin, round slices. Steam in water without salt, oil or butter until crisp tender. Drain and sprinkle with the juice of one lemon and one tablespoon grated lemon rind. (61 calories per one cup serving.)

### BAKED APPLE EDEN

Serve one apple per person. Preheat oven to 350°. Red apples. Diet Margarine. Brown sugar substitute.

Peel top 1/4 inch and core apples. In apple cavity place 2 teaspoons Brown SugarTwin and a dot of diet margarine. Place apples in pan containing at least 1/4 inch water. To water add 1 tablespoon brown sugar substitute for each apple.

Bake for one hour or until tender. Taste frequently. Serve garnished with fresh mint leaves. If desired, place a small dollop of cream whipped without sugar, on top of apple and sprinkle with half a teaspoon sugar substitute. (87 calories per apple.)

### HOT SPICED CRANBERRY PUNCH

3 teaspoons whole cloves  
2-1/2 cups unsweetened pineapple juice  
3 sticks cinnamon  
2 cups water  
1/2 cup sugar substitute  
2 cups low-calorie cranberry juice  
6 whole cinnamon sticks for garnish

Tie spices in cheesecloth bag. Simmer in water 15 minutes. Remove spice bag. Add fruit juices and sugar substitute. Heat to serving temperature. Garnish with whole cinnamon sticks.

Yield: 6 cups. (38 calories per 1/2 cup serving.)

### ORANGE PEANUTTY BREAD

1/2 cup chunky peanut butter  
1/2 cup salad oil  
1/2 cup light brown sugar  
1 cup Florida orange juice  
1 egg  
1 teaspoon grated orange peel  
2 cups all-purpose flour  
1 tablespoon baking powder  
1/2 teaspoon salt

In small bowl cream peanut butter, oil and sugar until fluffy. Beat in orange juice, egg and orange peel. In large bowl sift together flour, baking powder and salt. Make a well in center of dry ingredients. Stir in orange juice mixture, just until blended. Spoon batter into a greased 9x5x3-inch loaf pan. Bake in



A holiday meal containing only 590 calories per person spotlights Orange Glazed Cornish Hens surrounded by Broccoli and Cauliflower

with Lemon Zest, Baked Apple Eden, Hot Spiced Cranberry Punch, Baked Double Stuffed Acorn Squash.

preheated 350°F. oven 50 to 55 minutes or until a cake tester inserted in center comes out clean. Cool 10 minutes in pan. Turn out on wire rack; cool completely. Yield: 1 loaf.

### CHOCOLATE ORANGE NUT BARS

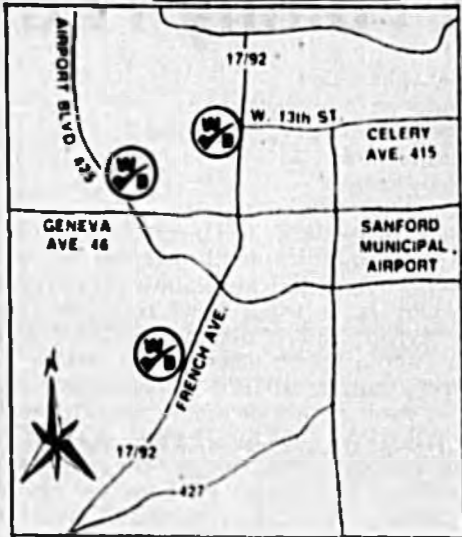
3/4 cup butter or margarine, softened  
1/2 cup sugar  
3 eggs

1 teaspoon vanilla  
1 cup all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon salt  
2 ounces (2 squares) semi-sweet chocolate, melted  
3 Florida oranges, peeled, seeded, cut in pieces (1 cup)  
1/2 teaspoon grated orange peel  
1/2 cup chopped nuts  
In mixer bowl combine butter, sugar, eggs and vanilla; beat

until creamy. Sift together flour, baking powder and salt; blend into creamed mixture. Divide batter in half. Stir chocolate into half of batter; spread in a greased 9-inch square pan. Stir orange pieces, orange peel and nuts into remaining batter; spread over chocolate mixture. Bake in a preheated 350°F. oven 25 to 30 minutes. Cool in pan. Cut into bars. Yield: 16 servings.

# Remodeled Sale!

PRICES GOOD  
NOV. 19 - 25, 1987



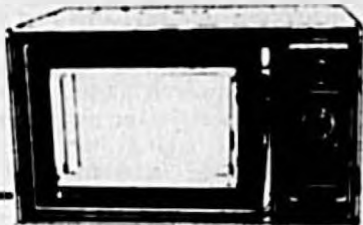
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**Plus! \$15.00 IN SELECTED GROCERIES FREE!**  
to The First 200 customers on Thursday morning, November 19th at 7:00 a.m.



FRESH (3-LBS. or MORE)  
**GROUND CHUCK**

**\$1.47**

LB.

PREVIOUSLY SAUCED Bacon . . . . . \$1.59



NO BRAND U.S.D.A. CHOICE BONELESS  
**CHUCK ROAST**

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**GOLDEN RIPE BANANAS**

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MIX or MATCH  
16-oz. BUSHNIP & LARGE SWEET PEAS, WHOLE PEELED TOMATOES, CREAM & WHISKY KERNEL CORN, CUT GREEN BEANS, 15-oz. DRY PACK PHO BEANS GREAT NORTHERN BEANS, BABY BEANS, BLACK EYE PEAS, LIGHT & DARK KIDNEY BEANS or CHILI BEANS  
**THRIFTY MAID VEGETABLES**

**3 \$1**

CANS



"SUITCASE PACK"  
REGULAR or LIGHT  
**OLD MILWAUKEE BEER**

**\$6.99**

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HALF GAL.



**"DELI" BOILED HAM**

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MARITA WHITE or WHEAT (16-oz. SIZE 89)  
**LITE BREAD** . . . . . GET 1 FREE!  
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**WHITE TURKEY ROAST** . . . . . GET 1 FREE!  
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MADISON (16-oz. \$1.39)  
**CHICKEN BOLOGNA** . . . . . GET 1 FREE!

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**THOMAS ENGLISH MUFFINS**  
6 PKG. PKG.  
**\$1.43**

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<b>ZANTAC</b> 150-MG. . . . . 60-CT. PKG.	<b>\$46<sup>59</sup></b>	<b>1 MONTH SUPPLY BIRTH CONTROL PILLS . . . . . PKG.</b>	<b>\$9<sup>79</sup></b>
<b>TIMOPTIC</b> . . . . . EACH	<b>SAVE</b>	<b>DILANTIN</b> 100-MG. . . . . 100 CT. PKG.	<b>\$5<sup>73</sup></b>
<b>MOTRIN</b> 600-MG. . . . . 100-CT. PKG.	<b>\$15<sup>88</sup></b>	<b>NAPROSYN</b> 375-MG. . . . . 100-CT. PKG.	<b>\$49<sup>88</sup></b>
<b>CARDIZEM</b> 60-MG. . . . . 100-CT. PKG.	<b>\$35<sup>89</sup></b>	<b>DYAZIDE</b> 100-CT. . . . . PKG.	<b>\$14<sup>99</sup></b>
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3. If the value of the coupon, or the double value of the coupon, exceeds the retail price of the item, the customer is entitled only to the retail value of the item (no cash b.c.).
4. Customers must adhere to all manufacturers purchase requirements stipulated on the face of the coupon. Expired coupons will not be honored.
5. This offer excludes free coupons, Winn-Dixie coupons, other retailer coupons, refund certificates and items excluded by law.

**EXAMPLE OF REDEMPTION VALUES**

25c Coupon - 50c Value  
50c Coupon - \$1.00 Value  
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PRICES GOOD NOV. 19-21, 1987

**Beautiful Thanksgiving Holiday**

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**WHOLE, MILD CURE HICKORY SMOKED HAM \$1<sup>39</sup>**

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**MILLER BEER \$2<sup>39</sup>**

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**SOUP CREAM 99c**

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**WE WILL BE CLOSED THANKSGIVING DAY TO CELEBRATE THE HOLIDAYS WITH OUR FAMILIES. WE WILL RE-OPEN FRIDAY AT 7 A.M.**

**FRESH CRISP CALIFORNIA CELERY 39c**

**Potatoes \$1<sup>29</sup>**

**FREE!**

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# Publix

**Publix will be closed Thanksgiving Day.**

**THIS AD EFFECTIVE: THUR., NOV. 19 THRU WED., NOV. 25, 1987...**

**50¢ OFF**  
 With This Coupon Dixie Crystals Pure Cane Sugar  
 5-lb. bag  
 (Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)  
 (Effective Nov. 19-25, 1987) LU 571

**30¢ OFF**  
 With This Coupon Auto. Drip or Reg. Perk 100% Colombian Publix Coffee  
 1-lb. bag  
 (Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)  
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**50¢ OFF**  
 With This Coupon Any Gallon Size of Publix Milk  
 (Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)  
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Reg. or Light Beer  
**Old Milwaukee** 12-pk. 12-oz. cans **\$3.99**  
 (Limit 2 Please, with Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

Reg., Light or Dark Beer  
**Michelob** 6-pk. 12-oz. bots. **\$2.99**  
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Self-Basting, (Broth Basted), Broad Breasted, Gov't.-Inspected, Shipped Quick Frozen, U.S.D.A. Grade A  
**Publix Turkeys**  
 (16-Lbs. and Up) **59¢ lb.**  
 (10 To 15-Lbs. 15-Oz.) **69¢ lb.**  
 Fresh Turkeys Available (While Supplies Last)  
 E.Z. Foil Rack 'N Roast Rectangular or Oval (16 1/2" x 12") Roaster Pans for **79¢**

Swift Premium Gov't.-Inspected, Shipped Quick Frozen, Evisc., USDA Grade A  
**Pump Geese** per lb. **\$1.00**  
**Ducklings** per lb. **89¢**  
**Tasty Capons** per lb. **\$1.40**  
 Hearty Burgundy, Chablis Blanc, Red Rose, Rhine, Pink Chablis, Vin Rose  
**Gallo Wine** 1.5-lt. bottle **\$3.40**  
 Stuffing Mix for Turkey **Stove Top Stuffing** 6-oz. box **89¢**  
 Ocean Spray Jellied or Whole Berry **Cranberry Sauce** 2 1-lb. cans **\$1**  
 Publix **Egg Nog** 64-oz. size **\$2.99**  
 Birds Eye Frozen Creamy or Extra Creamy **Cool Whip** 8-oz. bowl **69¢**  
 Mrs. Smith's Frozen **Pumpkin Custard Pie** 26-oz. pkg. **\$1.00**

Bake, Fry or Boil These White, Red or **Idaho Potatoes**  
 5-lb. bag **99¢**  
 Use the convenient **Plasto!** method of cutting all Publix Potatoes!

Zesty Yellow **Cooking Onions**  
 3-lb. bag **79¢**

**157** per lb.  
 Publix Beef, Gov't.-Inspected **Bottom Round Roast**  
 Our Steaks and Roasts, Pork and Lamb are Trussed to not over **1/4-inch Average!**  
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 2.19 half gal. ctn.

**21.95** each  
**Deli Cooked Turkey Dinner**  
 • 8 To 10 Lb. House of Raeford Turkey • 1 Qt. of Giblet Gravy  
 • 4 Lbs. of Dressing (Your Choice) • 1-Lb. of Cranberry Orange Relish  
 (Serves 12 To 15 People)  
**Fully Prepared, Ready to Heat & Serve**

Just Perfect For Family Gatherings... **Pumpkin or Apple Pie**  
 10-inch size **3.58**  
 This Item Available at Publix Stores with In-store Bakeries Only  
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 Wisconsin Cheese Bar Colby Halfmoon, Monterey Jack, Muenster, Mozzarella, Mild or Medium **Cheddar Cheese**

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 Swift Brookfield Regular or Unsalted **Butter Quarters**

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**50¢ OFF**  
 With This Coupon (Plus Deposit) 8-pk., 16-oz. Bots. of Mt. Dew, Dr. Pepper or Reg. or Diet: Pepsi Free, Reg. or Orange Slice or **Pepsi Cola**  
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 (Effective Nov. 19-25, 1987) LU 573

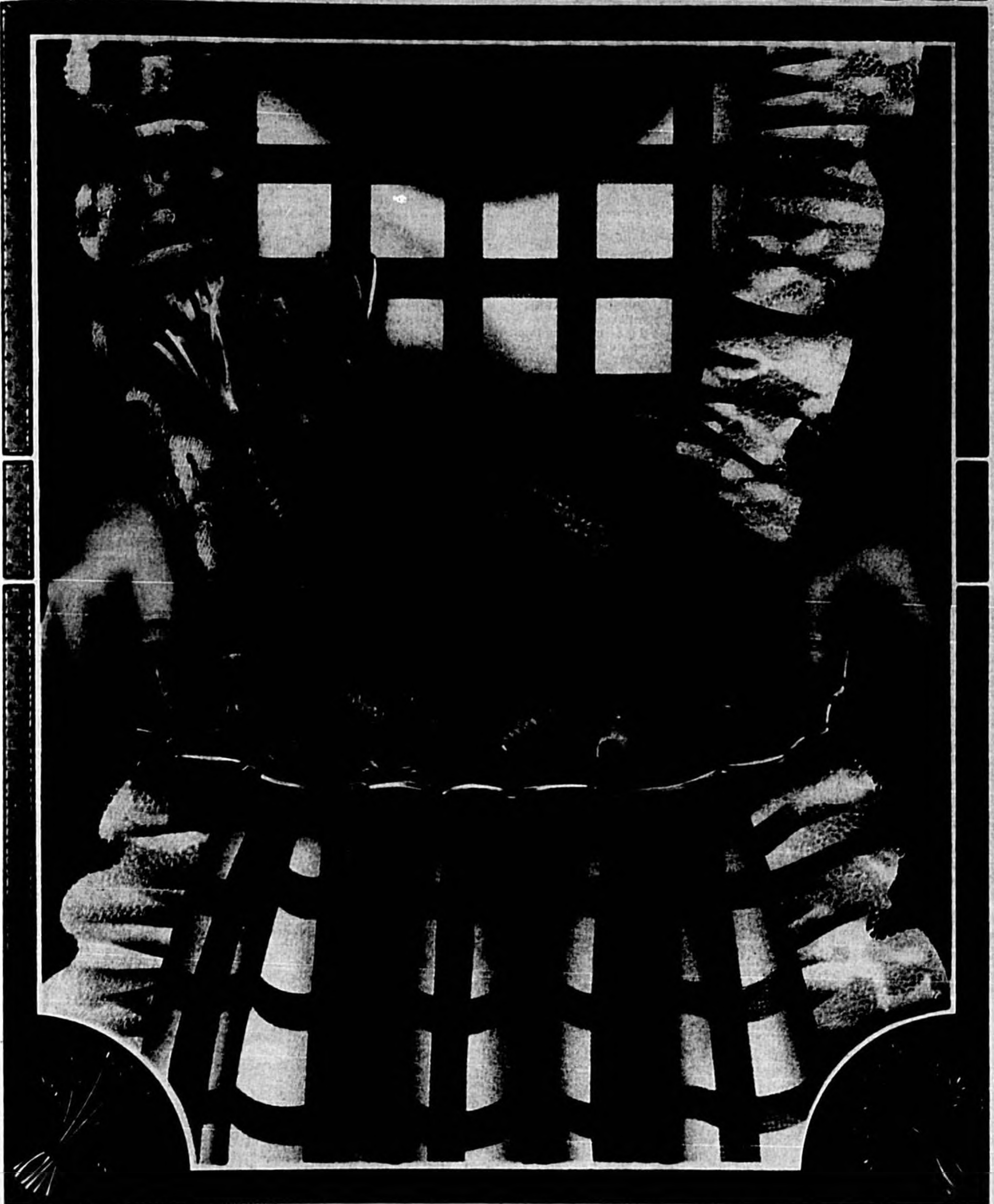
**50¢ OFF**  
 With This Coupon Publix Mild or Hot **Pork Sausage**  
 1-lb. pkg.  
 (Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)  
 (Effective Nov. 19-25, 1987) LU 568

**50¢ OFF**  
 With This Coupon Louis Rich 1-lb. pkg. **Turkey Bologna**  
 (Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)  
 (Effective Nov. 19-25, 1987) LU 569



This ad effective at these locations only:  
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**LONGWOOD** Longwood Village Shopping Center 1801 SR 434  
**LAKE MARY** Lake Mary Village 651 W. Lake Mary Blvd.  
**OVIEDO** Alafaya Square 81 Alafaya Woods Blvd.  
 Where shopping is a pleasure.

# HOLIDAY COOKBOOK



## New Dishes Update Traditional Feast

# Thanksgiving Displays Fall Bounty

By Aileen Claire  
NEA Food Editor

Thanksgiving is one American tradition that is celebrated without fail — no matter where we are. It's the most popular time of the year for gathering together family and friends to share in giving thanks for our country's bounty. This tradition stems from the first feast day when colonists were joined by friendly Indians to celebrate their harvest in the new land.

### AUTUMN PUNCH

12 strawberries, sliced  
3 tablespoons sugar  
3 cups California brandy or cider  
2 small oranges, peeled and cut in wedges  
6 cups strong oolong tea  
3 tablespoons lemon juice  
¼ teaspoon angostura aromatic bitters

1 bottle extra-dry champagne or club soda, chilled  
Mint sprigs for garnish

Mix strawberries with sugar in large bowl. Add brandy and refrigerate at least 1 hour. Combine orange pieces with tea, lemon juice, bitters and marinated strawberries and brandy. Pour into punch bowl over ice. Gently stir in champagne or soda, then garnish with mint. This kitchen-tested recipe makes 28 four-ounce cups.

### ONION-CURRY DIP

1 pouch onion soup and recipe mix  
1 cup sour cream  
1 cup plain yogurt  
½ cup chopped celery  
2 tablespoons chutney  
1 teaspoon curry powder  
Toasted sliced almonds  
Pita bread, cut into

triangles

In medium bowl, blend soup mix, sour cream, yogurt, celery, chutney and curry. Cover and chill 2 hours. Stir before serving. Garnish with almonds. Serve with pita-bread triangles, toasted if desired. This kitchen-tested recipe makes 2¼ cups.

### CRANBERRY-HAM PATE WITH SESAME-SEED CRACKERS

**For Pate:**  
2 cups ground or finely chopped baked or boiled ham (about 1 pound)  
1/3 cup cranberry-orange sauce  
½ cup dairy sour cream  
1 teaspoon curry powder  
½ teaspoon dry mustard  
¼ teaspoon garlic powder

¼ cup melted butter

Combine all ingredients in large bowl. Beat until well blended. Pack into a covered terrine or crock. Chill in refrigerator overnight. This kitchen-tested recipe makes 3 cups pate.

### For Crackers:

2 jars (2½ ounces each) sesame seeds, toasted  
3¼ cups sifted unbleached flour  
½ teaspoon salt  
¼ teaspoon chili powder  
1 cup (2 sticks) butter  
½ cup ice water  
Paprika

Preheat oven to 400 degrees.

In large bowl, combine seeds, flour, salt and chili powder. Cut in butter until mixture is crumbly. Slowly stir in water with a fork until moistened.

Shape into ball. Cover; chill 30 minutes.

Divide dough in half. On a lightly floured surface, roll out each half to ¼-inch thickness. Cut with 2-inch cookie cutter. Place on greased cookie sheets. Prick with fork. Sprinkle with paprika. Bake in oven for 10 minutes, or until lightly browned. Cool on racks. This kitchen-tested recipe makes about 9 dozen crackers.

### TURKEY WITH RICE STUFFING

1 10- to 12-pound turkey, thawed if frozen  
Salt  
Pepper

### For Stuffing:

½ cup butter or margarine  
1 onion, chopped  
1 cup minced celery  
5 cups cooked white or brown rice  
1 cup raisins

1 teaspoon curry powder or cinnamon

Preheat oven to 325 degrees.

Sprinkle turkey inside and out with salt and pepper. In a skillet, heat butter; saute onion and celery for 5 minutes. Stir in rice, raisins and curry powder. Season to taste with salt.

Use mixture to stuff turkey. Sew or skewer openings. Place turkey on flat rack in roasting pan. After two hours, insert meat thermometer into thickest part of thigh next to body, not touching bone. Turkey is done when thigh temperature reaches 180 to 185 degrees. Stuffing should be 160 to 165 degrees.

Cooking time will be 3½ to 4 hours. Cover turkey breast lightly with aluminum foil during last hour to prevent overbrowning. Remove turkey to serving platter and remove skewers. Let stand 30 minutes before carving. This kitchen-tested recipe makes 8 to 10 servings.

### TURKEY GRAVY

Turkey giblets and neck  
10 cups water  
3 onions, peeled and quartered  
3 stalks celery, cut in sticks  
2 carrots, peeled and cut in sticks  
1 tablespoon salt  
3 chicken-flavor bouillon cubes  
2 bay leaves  
Turkey pan drippings  
½ cup cornstarch

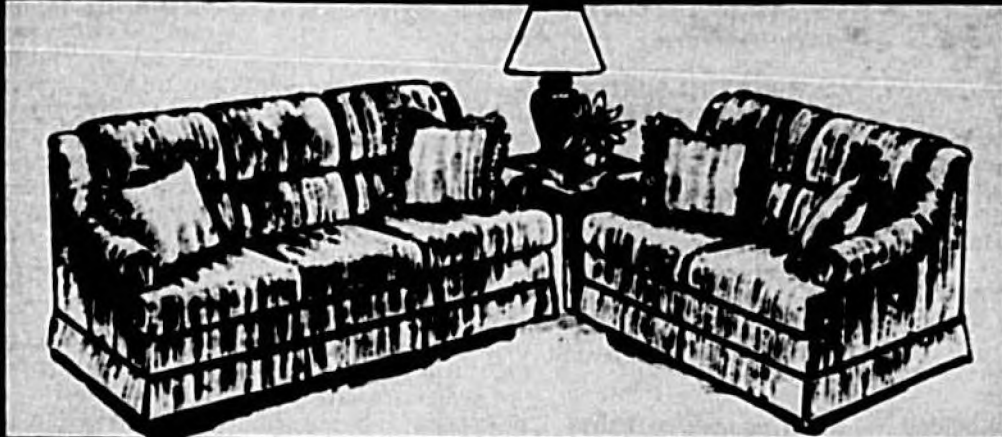
Place turkey giblets and neck, water, onion, celery, carrots, salt, bouillon cubes and bay leaves in a large saucepan. Bring to a boil; reduce heat and simmer 1½ hours, or until giblets are tender and liquid is reduced by about half. Strain broth; reserve.

Pour turkey pan drippings into large measuring cup. Allow to stand several minutes until fat drippings separate from turkey juices. Return 1/3 cup fat drippings to turkey roasting pan; discard remaining fat drippings. Add reserved broth to turkey juices to equal 5 cups; reserve. Sprinkle cornstarch into drippings in roasting

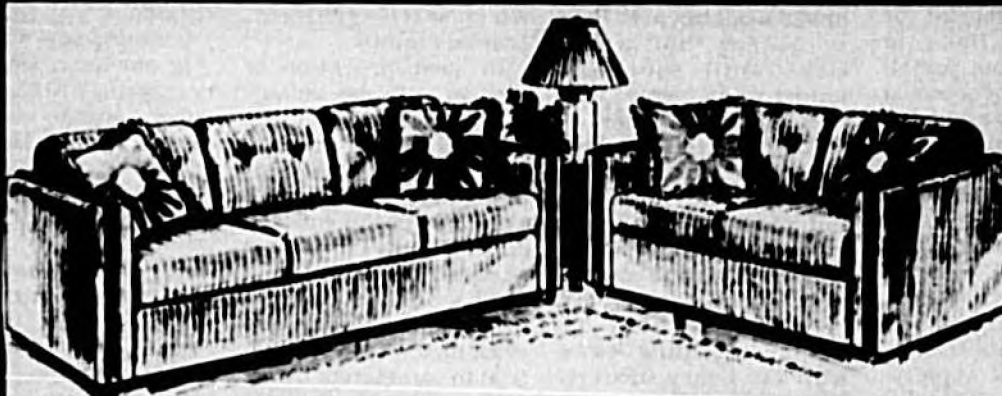
See FALL, page 4







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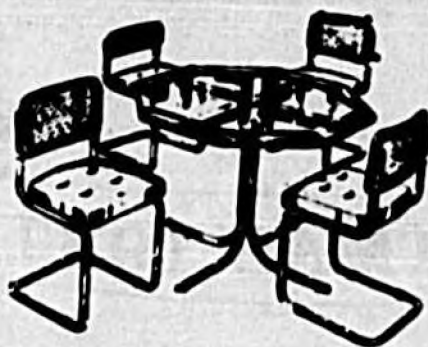
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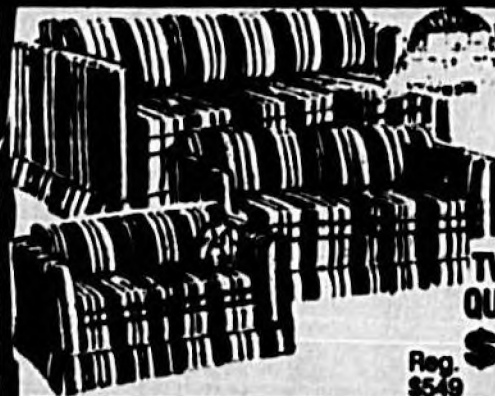
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# ...Fall

Continued from page 3

pan. Stir and cook over medium heat just until smooth; remove from heat. Gradually stir in reserved juice-broth until smooth. Return to heat. Stirring constantly, bring to boil over medium heat and boil 1 minute. If desired, chop giblets and add to gravy. This kitchen-tested recipe makes about 5 cups.

## CORN AND PEPPER RELISH

1/3 cup cider or white-wine vinegar  
 1/4 cup corn oil  
 1/4 cup corn syrup  
 1/4 teaspoon salt  
 1/4 teaspoon pepper  
 2 cans (17 ounces each) kernel corn, drained (4 cups)  
 1/2 cup chopped green pepper  
 1/2 cup chopped sweet red pepper  
 1 small onion, coarsely chopped  
 2 tablespoons chopped parsley  
 In large bowl, combine vinegar, corn oil, corn syrup, salt and pepper. Add corn, green and red peppers, onion and parsley; toss to coat well.

Cover; refrigerate several hours or overnight. If desired, drain before serving. This kitchen-tested recipe makes about 4 cups.

## CREAMY CHEESE SAUCE AND VEGETABLES

1 tablespoon cornstarch  
 1/4 teaspoon salt  
 Dash ground red pepper  
 1/4 cup milk  
 1/2 cup shredded Cheddar cheese  
 1/2 cup sour cream  
 1 pound each: broccoli and cauliflower, or carrots and Brussels sprouts, fresh or frozen

In one-quart saucepan, combine cornstarch, salt and pepper. Gradually stir in milk until smooth. Stirring constantly, bring to boil over medium-low heat and boil 1 minute. Remove from heat. Add cheese and sour cream. Stirring constantly, cook over low heat until cheese melts. Steam vegetables, or, if frozen, cook according to package instructions. Arrange vegetables colorfully on large serving platter. Spoon sauce over vegetables. This kitchen-tested recipe makes about 1 1/3

cups sauce.

## PARSNIP PIE

1 9-inch unbaked pastry shell  
 2 pounds fresh parsnips (2 cups chopped cooked parsnips)  
 1 teaspoon salt  
 2 tablespoons honey  
 Pinch ginger  
 1/4 teaspoon cinnamon  
 1 tablespoon fresh orange juice  
 2 teaspoons grated fresh orange rind  
 2 eggs, slightly beaten

Prick pastry shell, line with waxed paper and fill with uncooked rice or dried beans. Bake in 425-degree oven for 10 minutes. Remove waxed paper and rice, and bake 5 minutes longer. Remove from oven and reduce oven temperature to 375 degrees. Place parsnips in large saucepan with water to cover. Bring to a boil, cover and simmer 30 minutes, or until tender. Drain and cool slightly. Peel and chop finely. Combine in large bowl with salt, honey, ginger, cinnamon, orange juice, orange rind and eggs; mix well. Turn into pre-baked pastry shell and bake in 375-degree oven for 30 minutes. This

kitchen-tested recipe makes 8 servings.

## HONEY-GLAZED ACORN SQUASH

3 medium-size acorn squash  
 1/4 cup butter or margarine, melted  
 1/4 cup honey  
 1/4 teaspoon salt  
 1/4 teaspoon ground allspice  
 Preheat oven to 350 degrees.

Cut squash in halves; remove seeds and stringy fibers. Place squash, cut-side down, in a shallow baking pan. Pour in 1/4-inch hot water. Bake until squash is tender when pierced with fork, 30 to 35 minutes.

Drain water from baking pan. Turn squash cut-side up. Combine butter, honey, salt and allspice. Pour an equal amount in each cavity. Bake until squash is nicely glazed, about 15 minutes, basting twice with the honey mixture. Serve hot. This kitchen-tested recipe makes 6 servings.

## CRANBERRY CHEESECAKE

2 tablespoons graham-cracker crumbs  
 1 16-ounce container

small-curd cottage cheese

2 packages (8 ounces each) cream cheese, softened  
 1 1/2 cups sugar  
 4 eggs  
 1/3 cup cornstarch  
 2 tablespoons lemon juice  
 1 teaspoon vanilla  
 1/2 cup margarine, melted  
 1 16-ounce container sour cream  
 Cranberry Glaze (recipe follows)

Grease 9-inch-by-3-inch spring-form pan; dust with graham-cracker crumbs.

In food processor or blender, process cottage cheese for 1 to 2 minutes, or until almost smooth. In large bowl with mixer at high speed, beat cream cheese until smooth and creamy. Beat in cottage cheese. Add sugar; beat until well blended. Beat in eggs, one at a time. With mixer at low speed, beat in cornstarch, lemon juice and vanilla. Add margarine and sour cream; beat until smooth. Pour into pan. Bake in 325-degree oven about 70 minutes, or until firm around edge. Turn off oven.

Let cake stand in oven

for 2 hours. Remove and cool on wire rack. Refrigerate several hours or overnight. Before serving, remove side of pan. Place on serving plate. Spoon Cranberry Glaze evenly on cheesecake. Refrigerate until ready to serve. This kitchen-tested recipe makes 12 servings.

## Cranberry Glaze:

1 cup cranberries  
 1/2 cup sugar  
 1/4 teaspoon grated orange peel

1/4 cup orange juice  
 1 tablespoon cornstarch

2 tablespoons water  
 In one-quart saucepan, combine cranberries, sugar, orange peel and orange juice. Bring to boil over medium heat. Reduce heat and simmer 2 minutes.

In small bowl, mix cornstarch and water until smooth. Stir into cranberries. Stirring constantly, bring to boil over medium heat and boil 1 minute. Pour into small bowl. Cover surface with plastic wrap. Refrigerate 2 hours, or until chilled. Spread on cheesecake. This kitchen-tested recipe makes about 1 1/4 cups.

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# Create Your Winter Sensation With Ice Cream

This year create a winter sensation with homemade ice cream decked for the holidays.

The most festive of ingredients — cranberries and pumpkins, eggnog, or mincemeat — add Christmas appeal to these three variations of America's favorite treat.

Homemade ice cream will delight not only family and friends, but also the cook. If you're planning a holiday get-together, there's no more delicious way to alleviate the last-minute time crunch. The ice cream can be made a few days in advance, then stored away in the freezer until party time.

Ice cream is a wonderful dessert for the plan-ahead cook because it needs at least eight hours to "ripen" in the freezer. "Ripening" is the term used to describe the time during which the flavors blend and the cream hardens slightly, making the ice cream smoother. To ripen, remove the ice cream from the freezer canister and

place in a plastic container with a tight-fitting lid. Be sure to use a large enough container to allow for some expansion as the ice cream firms.

Once homemade ice cream has ripened, it's best to eat it within a week or two. Most homemade ice creams do not contain the stabilizers that commercial ice creams do, so their storage life is shorter. If you use a recipe that calls for eggs, flour or gelatin for your homemade ice cream, store longer because these ingredients serve as stabilizers.

Making ice cream at home is easier than ever before because new types of ice cream freezers are available. You can make from a pint to a half gallon, depending on the size of the unit's freezer.

### MINCEMEAT ICE CREAM

1 1/4 cups sugar  
3 tablespoons flour  
1/2 teaspoon salt  
2 1/2 cups milk  
3 eggs, beaten  
2 cups whipping cream

1 cup prepared mincemeat

1/4 cup fresh lemon juice

Combine sugar, flour and salt in a 2-quart heavy saucepan. Gradually stir in milk. Cook over medium heat, stirring constantly, until thickened. Boil and stir 2 minutes. Stir a small amount of hot mixture into eggs; return all to saucepan. Cook over low heat 1 minute stirring constantly. Do not boil. Place in large bowl. Blend in cream, mincemeat and lemon juice. Chill 2 to 3 hours. Pour into freezer can. Churn-freeze according to manufacturer's directions. After freezing, transfer ice cream to a plastic freezer container. Ripen in freezer at least 3 hours before serving. Serve with assorted cookies.

### BRANDIED EGGNOG ICE CREAM

2 eggs  
1 cup firmly packed brown sugar  
3 cups dairy eggnog  
1 1/2 cups whipping cream  
1/2 to 1/4 cup brandy OR

2 tablespoons brandy extract

2 teaspoons vanilla extract

1/4 teaspoon cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon salt

Beat eggs until foamy. Gradually add sugar; beat until thickened. Add eggnog, whipping cream, brandy, vanilla, spices and salt; mix well. Pour into freezer can. Churn-freeze according to manufacturer's directions. After freezing, transfer ice cream to a plastic freezer container. Ripen in freezer at least 3 hours before serving. Serve with assorted cookies.

### CRANBERRY PUMPKIN NUT ICE CREAM

1 can (16 ounces) solid pack pumpkin  
3/4 firmly packed brown sugar  
1/2 teaspoon cinnamon  
1/4 teaspoon nutmeg  
3 cups whipping cream  
1 package (10 ounces) frozen cranberry-orange relish, thawed  
1/2 cup coarsely chopped pecans  
Frosted cranberries, if desired

Mini aprigs, if desired  
Combine pumpkin, sugar and spices in large mixing bowl. Gradually stir in cream. Pour into freezer can. Churn-freeze according to manufacturer's directions. Meanwhile, puree cranberry-orange relish in work bowl of food pro-

cessor or blender. After freezing, transfer ice cream to a plastic freezer container. Swirl pureed cranberry mixture and nuts through ice cream. Ripen in freezer at least 3 hours before serving. Garnish each serving with frosted cranberries and mint.



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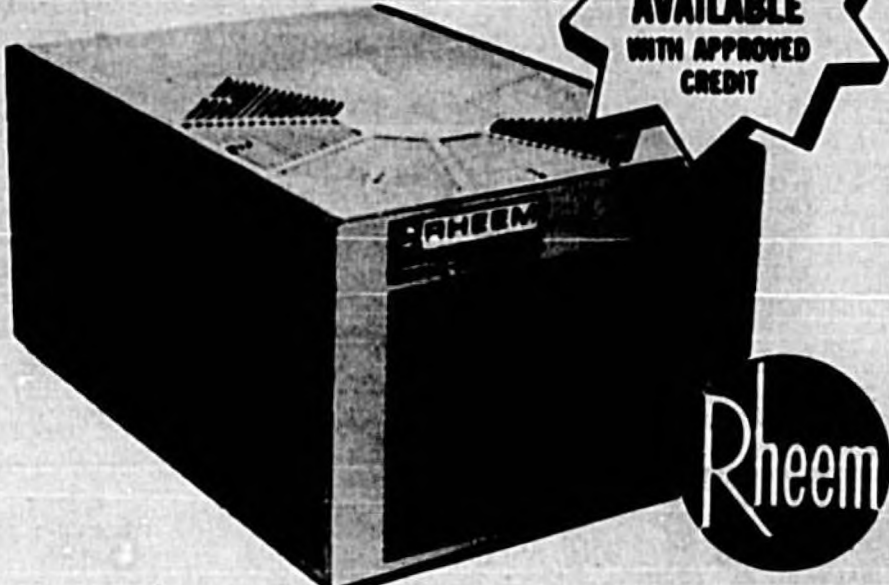
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# Baking In The Spirit Of The Holiday Season

Baking is one of the most rewarding of all activities in the kitchen, especially during the holidays. There is something deeply satisfying, almost magical, in transforming simple ingredients into flavorful, mouthwatering treats.

The first kitchen lessons often occur during the holiday season. Baking can be a family time with the children as apprentices. Enthusiasm is the prime ingredient and a natural for young cooks. Add fun, easy-to-prepare recipes and success is guaranteed.

The holidays present an additional lesson for the young baker—that the friendliest gesture we can make is to share the good things from our kitchen. Baked goods as gifts is a festive tradition that teaches the joy of making and the joy of giving.

In the spirit of the holiday season, the Kraft Kitchens have prepared three new holiday treats which are fun to make, great to eat and perfect

for a special delivery present. These cookies and cakes also serve well to have on hand for unexpected holiday guests.

Each of these recipes begins with one of the favorite ingredients of the holiday season, cream cheese. "Light" neufchâtel cheese with 25% less fat and 20% fewer calories than cream cheese can be substituted in each recipe and will perform the same as regular cream cheese.

The Creamy Orange Rings recipe yields two wreath cakes which makes it perfect to keep one at home and wrap the other as a gift. The dough, already prepared from refrigerated crescent rolls, is simply formed into a rectangle, then spread with a cream cheese mixture and sprinkled with almonds. Easily shaped into a wreath, the cake is baked and then brushed with a powdered sugar and orange glaze.

The cream cheese cookie dough for Yuletide

Almond Cookies can be prepared in an evening and chilled overnight in anticipation of the young bakers in the family helping out the next day to create the finished product. Little ones will delight in shaping the dough into balls and then after baking, dipping the cookies in chocolate and sprinkling with ground almonds.

Butterscotch Ripple Coffee Cake is the answer to making breakfast, mid-morning or afternoon snacks special during the holidays. The batter, made extra rich with the addition of cream cheese, is topped with a butterscotch mixture which is cut through the batter for a marbled effect. Sprinkled with coconut and nuts, then baked, the result is a golden brown, homey finger cake treat.

Each of these recipes serves well for baking in the spirit of the holiday season. In further celebration of holiday baking, Kraft is offering a free cheesecake recipe

Continued on Page 9



A few holiday baking treats

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# ...Baking

Continued from Page 8  
booklet in addition to the specially created recipes shown here. For a copy of the booklet, send your name, address and zip code to: "Philly" Tempting Cheesecake Recipes, P.O. Box 3588, Libertyville, IL 60198. Booklets will be available throughout the holiday season. Offer expires Jan. 31, 1988 or while supplies last. Please allow six to eight weeks for delivery.

## CREAMY ORANGE RINGS

1 8-oz. pkg. softened cream cheese  
1/2 cup granulated sugar  
1 tablespoon grated orange peel  
2 8-oz. cans refrigerated crescent dinner rolls  
1/2 cup chopped almonds  
1/2 cup powdered sugar  
1 tablespoon orange juice

Combine cream cheese, granulated sugar and peel, mixing until well blended. For each can of rolls, unroll dough onto lightly floured sur-

face. Overlap long edges of rectangles to form 13 x 7-inch rectangle, pressing edges together to seal. Spread rectangle with cream cheese mixture; sprinkle with almonds. Starting at long side, roll up dough, pressing edges together to seal. Shape into ring, seam side down, on greased cookie sheet, pressing ends together to seal. Cut two-thirds through ring from outer edge at 1-inch intervals, turning each section on its side. Bake at 375°, 18 minutes. Combine powdered sugar and juice, brush on warm coffee cake rings. (Yield: 6 to 8 servings.)

## YULETIDE ALMOND COOKIES

1 8-oz. pkg. softened cream cheese  
1 cup margarine  
1/2 cup sugar  
1/2 teaspoon almond extract  
2 cups flour  
1 8-oz. pkg. semi-sweet chocolate pieces, melted  
Ground almonds

Combine cream cheese, margarine, sugar and extract, mixing until well blended. Add flour; mix well. Chill several hours or overnight. With

lightly floured hands, shape level tablespoon-fuls of dough into balls. Place on ungreased cookie sheet. Bake at 350°, 12 to 14 minutes or until edges are lightly browned. Cool. Dip half of each cookie in chocolate; coat with almonds. (Yield: 4 dozen.)

## BUTTERSCOTCH RIFPLE COFFEE CAKE

1 8-oz. pkg. (1 cup) butterscotch pieces  
1 tablespoon shortening  
1 8-oz. pkg. softened cream cheese  
2 tablespoons packed brown sugar  
1 egg  
1/2 teaspoon vanilla

1 8-oz. pkg. softened cream cheese  
1 cup granulated sugar  
1/2 cup margarine  
2 eggs  
1/2 teaspoon vanilla  
1 1/4 cups flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1/2 cup milk  
1/2 cup flaked coconut  
1/2 cup chopped nuts

Melt butterscotch pieces with shortening over low heat, stirring

until smooth. Combine cream cheese, brown sugar, egg and vanilla, mixing until well blended. Stir in butterscotch mixture

Combine cream cheese, granulated sugar and margarine, mixing

until well blended. Blend in eggs and vanilla. Add combined dry ingredients alternately with milk, mixing well after each addition. Spoon batter into greased and floured 13 x 9-inch baking pan. Top with cream

cheese mixture; cut through batter with knife several times for marble effect. Sprinkle with combined coconut and nuts. Bake at 350°, 40 to 45 minutes or until golden brown. (Yield: 12 servings).

# Fresh, Frozen Cranberries Worthy Of Holiday Dishes

The holiday season is definitely upon us. Giant pyramids of canned cranberry sauce, the harbinger of all that good food to come, are cropping up in supermarkets all across the country.

But aside from Thanksgiving and Christmas, when those little red berries appear on dining tables in a supporting role to the turkey, cranberries are relegated to the back burners of our minds.

It's time the cranberry, one of America's three native fruits (the others are blueberries and Concord grapes), be given its culinary due.

## CRANBERRY DIPPING SAUCE

1 8-ounce can jellied

cranberry sauce  
2 tablespoons cider vinegar  
2 tablespoons soy sauce  
1 clove garlic, finely minced  
1 teaspoon Dijon mustard  
1/4 teaspoon ground ginger  
1/2 teaspoon cayenne pepper  
scallions for garnish  
Place all ingredients in a small saucepan and bring to a boil. Reduce heat, cover and let barely simmer for 5 minutes.

## BRIOCHE WITH CRANBERRY-APPLE PUREE

(Makes 4 servings)  
2 cups fresh or frozen

cranberries  
2 large apples, peeled, cored and sliced  
1 tablespoon Calvados  
pinch salt  
2 tablespoons butter  
4 brioche, individual-size

Garnish:  
1 cup sabayon or creme anglaise  
1/2 cup strawberry puree

Cook cranberries, apples, Calvados and salt until soft. Put mixture through food mill to puree. Stir in butter and keep warm. Hollow out brioche, warm in oven and fill with warm cranberry puree. Place brioche on a plate and serve with sabayon or cream anglaise and strawberry puree.

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## Dazzling Delights

# Save Room For Dessert

Grandmother used to caution, "Save room for the dessert," as we tucked into the turkey, all of us, aunts, uncles, cousins, the gathered family. And save room we do, for we know that Thanksgiving desserts are always a knockout. This year, we take advantage of the seasonal bounty of oranges and grapefruit to team with traditional favorites — and provide desserts befitting the liveliest feast of the year.

Thanksgiving has been rollicking from the first occasion when 90 Indian neighbors, attracted by the irresistible smell of roasting turkey, dropped in to join the fun. The colonists, after a bleak year, were celebrating the richness of their first harvest. The cold weather had also brought wild turkey and other game into the sheltered Plymouth harbor. Plenty of food — and new hope in the hearts of the wanderers. Dour as the

Puritans were, they celebrated for three whole days, our idea of a great party.

Now as then, pumpkin pies wind up the feast. This year, we vary the tradition with pumpkin's near relative, sweet winter squash. It teams beautifully with Florida orange juice and grated peel; honey, cinnamon and nutmeg add their flavors. Whipped cream and orange sections garnish the dessert. It is velvety, delectable, and adds a vivid note to the holiday table.

### HARVEST HOLIDAY PIE

2 packages (10 ounces each) frozen cooked winter squash, thawed (2½ cups)

¾ cup Florida orange juice

½ cup sugar

¼ cup honey

¼ cup butter or margarine, melted

3 eggs, lightly beaten

1 teaspoon grated or-

ange peel

¼ teaspoon ground allspice

¼ teaspoon ground cinnamon

¼ teaspoon ground nutmeg

1 unbaked 9-inch pie shell

1 cup heavy cream, whipped

2 Florida oranges, sectioned

In a large bowl combine squash, orange juice, sugar, honey, butter, eggs, orange peel, allspice, cinnamon, nutmeg and salt; mix well. Pour into prepared pie shell. Bake in a preheated 425°F. oven 15 minutes. Reduce heat to 350°F. and bake 40 to 45 minutes longer or until a knife inserted in center comes out clean. Cool completely. Garnish with whipped cream and orange sections. Yield: One 9-inch pie.

### OLD-FASHIONED GRAPEFRUIT APPLE COBBLER

¾ plus ¼ cup sugar,

divided

2 tablespoons plus 1 teaspoon cornstarch

1 teaspoon ground cinnamon

4 Florida grapefruit, peeled, sectioned

2 cooking apples, peeled, cored, thinly sliced

1 cup all-purpose flour

1 teaspoon baking powder

¼ teaspoon salt

¼ cup butter or margarine

½ cup Florida orange juice

1 egg, lightly beaten

In large bowl combine ¾ cup sugar, cornstarch and cinnamon; mix well.

Add grapefruit and apples; toss to coat evenly with sugar mixture. Spoon into an 8-inch square baking dish.

In medium bowl sift together flour, remaining ¼ cup sugar, baking powder and salt. Using a pastry blender or 2 knives, cut in butter until mixture is the consistency of fine bread crumbs. Combine orange

juice and egg; beat into

45 to 50 minutes or until top is browned. Serve

over fruit. Bake in a

warm or cold. Yield: 6

preheated 375°F. oven servings.



Citrus sparks cobbler, pie.

juice and egg; beat into 45 to 50 minutes or until top is browned. Serve over fruit. Bake in a warm or cold. Yield: 6 preheated 375°F. oven servings.

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# Holiday Strategies Help To Avoid Diet Disasters

**By Kathleen Silvasoy**  
The holidays can weigh heavily on those trying to stay on a diet. Tables groan with traditional, calorie-laden favorites and it's hard to resist the urge to eat, eat, eat.

"While many individuals are able to cope with eating right and exercising at other times of the year, the Thanksgiving to New Year's Day period can be especially difficult for even health-conscious fanatics," said Lee Haiken, editor of Weight Watchers magazine.

Short of wearing a blindfold, though, a few "holiday trimming" strategies can help you survive and conquer temptation.

Haiken recommends you view the period from Thanksgiving to New Year's as a series of separate celebrations, and follow your usual eating patterns in-between.

It is also important to set realistic goals, said Haiken. Instead of over-

restricting yourself, be flexible about what foods you will allow yourself without completely abandoning your weight-control efforts.

Make it clear to family and friends that you're serious about your efforts, and enlist their support, she said. With their help, you can avoid bingeing on tempting high-calorie foods.

A good strategy is to involve yourself in non-food holiday traditions that keep you out of the kitchen. Work on crafts, write out Christmas cards, go caroling.

Lauve Metcalfe, a corporate health and fitness consultant, agrees that the key to keeping your weight down is to keep your spirits high.

Metcalfe suggests you eat a filling snack or meal before going to a holiday party, as you'll be less inclined to overdo on rich appetizers.

Non-alcoholic drinks, such as water or juice, can be an effective dieting tool, she said. Fluids

suppress the appetite by creating a feeling of fullness. Keep a glass of water or juice in your hand at all times.

Other tips Metcalfe suggested are:

-Turkey without the trimmings. Turkey is higher in protein and lower in calories than any other poultry or meat. Remove the skin before eating and stay away from the stuffing. It's also a good idea to roast the turkey with a foil tent and water on the bottom of the pan instead of basting it with butter or oil.

-Selective munching. Eat only those foods you truly love and choose nutritional clout over empty calories. Good choices are raw vegetables and fruit, deviled eggs, chicken wings or meatballs. Avoid chips or pretzels as the salt content can cause water retention and bloating.

-Tighten your belt. Snug pants or a skirt will help heighten your awareness of your

waistline and make you think twice about expansion.

-Holiday spirits. Alcoholic drinks can spell disaster. They are high in calories to begin with and as alcohol levels increase, will power decreases.

-Exercise. The holidays are for celebrating so what better time to dance, which burns off calories. If you don't feel like cutting the rug, take a walk after dinner. It will raise your metabolic rate and burn calories.

But if you still have trouble, there's one last resort. The Tyco toy company is offering a new Muppets scale this year with a most familiar face that serves as a gentle reminder - Miss Piggy.

For a free booklet of other weight loss tips, send a stamped, self-addressed envelope to: Lauve Metcalfe, "V8" Small Changes Diet, PO Box 1232, Adam Avenue, Bensalem, PA 19020.



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