

Season's Greetings

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Evening Herald and Herald Advertiser

Evening Herald

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Sanford Hospital Begins Strict Emergency Care Plan

If you are going to use the emergency room at Seminole Memorial Hospital you should be prepared to pay cash or sign a promise for payment.

The only exceptions are Medicaid and Medicare patients or those with workmen's compensation injuries.

This is the new policy of the hospital, according to Robert Deuschle of the business section of the fiscal service department. And the reason for the new policy is to cut emergency room losses.

"We are not turning anyone away," Deuschle said. "We will make financial arrangements with the patient and we will accept group insurance cards in some instances," he said.

The instances where group insurance cards are accepted are when employers in the county have agreed to help the hospital collect bills not covered by group insurance.

Deuschle said the hospital will assist the patients in preparing their own claims to their insurance companies.

"It costs the hospital money to carry accounts on the books, and there are times when it takes 30 days to 120 days to get as long as a year to collect from the insurance companies," Deuschle said.

"It costs money keeping accounts on the books awaiting payment," he said, "and it's expensive to bill insurance companies."

"We are looking for cash payment or money through a payment system from the patient so we can be sure of getting our money," Deuschle said.

Deuschle said emergency room use is usually at a time when insurance cannot be verified. And often emergency room situations are not covered by insurance until after a deductible has been met by the patient.

Asked if the hospital has the right to refuse group insurance cards in lieu of payment or arrangements for payment by the patient, Deuschle said the hospital certainly has that right.

If a person is admitted to the hospital as a result of findings in the emergency room treatment and does belong to a group insurance plan, the insurance card is accepted, Deuschle said, noting the patient's status then changes from out-patient to in-patient.

He emphasized the hospital is not turning persons away, it is only assuring that treatment will be paid for. —DONNA ESTES



ODE TO CHRISTMAS PAST

'Twas the day after Christmas, I awoke with a yawn
 To hear a loud racket out on the lawn.
 From my window and threw up the sash
 And there were my neighbors hauling out their yule trash.

Christmas ribbons and tinsel and paper so bright,
 Torn, wadded and ripped was a terrible sight.
 The beautiful wrappings and bows we had chosen with care
 Now awaited the trash man, who soon would be there.

—TOM NETSEL

Congressman Snubs Critics, Starts 2nd Mission To Iran

TEHRAN, Iran (UPI) — Idaho congressman George Hansen began his second controversial attempt to win freedom for the American hostages today and Ayatollah Ruhollah Khomeini warned that Iran must prepare to face a U.S. economic blockade.

In another sign of a possible rift between the ruling Revolutionary Council and militant students, former Prime Minister Mehdi Bazargan and fellow council member Yashollah Sahabi protested "baseless accusations" by two students in a Christmas Day television broadcast.

Other militants apologized for the broadcast, which attacked former vice premier Abbas Amir-Entezam for "collaboration" with the United States.

"These two brothers confessed to their mistake" and were ready to accept "any religious punishment," the militants said.

In a speech from the Moslem holy city of Qom, Khomeini said Wednesday the United States has "threatened us with an economic boycott" and that even "if we give this a very weak probability... we should be equipped."

"You are in a war situation," Khomeini said in a speech in congress, "economic war which is in itself a struggle between Islam and blasphemy."

He called on Iran to take steps to become self-sufficient in agriculture, urged farmers to "work hard" and in-

Carter Thanks Hostage Families

WASHINGTON (UPI) — "This is a difficult time for you — perhaps the most difficult that you and your family have ever experienced."

With those words — words that could have applied just as well to him — President Carter began a Christmas message to the families of the American hostages in Iran.

The White House said Tuesday Carter sent telegrams from his Camp David, Md., presidential retreat to the families of all the American hostages in Iran.

In the message, signed "Jimmy Carter," the president said:

"This is a difficult time for you — perhaps the most difficult time that you and your family have ever experienced. All of the American people are proud of the courage and nobility of spirit that each of you have shown in this crisis."

"Your steadfastness and support is an inspiration to all of us who are making every possible effort to achieve the safe return of your loved ones. I am sure that you are sustained by the knowledge that the prayers and hopes of all Americans are with you in these holy days."

Three American clergymen who conducted Christmas services for the captives conferred with Foreign Minister Sadegh Ghotbzadeh and collected personal messages from the hostages to their families. But they did not see the hostages.

The official Pars news agency said Tehran's spiritual leader, Ayatollah Khomeini, also visited the hostages on the 3rd day of their captivity and told them: "We have no animosity toward you and in Islam all human beings are free and equal."

"I hope (President) Carter will stop being obstinate and come to his senses so that you may be released as soon as possible," the Tehran Ayatollah said.

Rep. Hansen arrived today on his second personal diplomacy mission in two months but refused to mention specific details of his "open-ended" visit.

"I'm here to build on my past efforts," the Idaho Republican said. "The last time I opened the doors to the country, to the government, and to the embassy, I think that was very significant and I paved the way for the hostages to have more open treatment."

The three Protestant and Roman Catholic clergymen celebrated Christmas mass Tuesday with small groups of hostages — 43 in all — prompting new questions about the total number of captives held by the Iranian militants.

The clergymen met today with Ghotbzadeh but no details were released and a spokesman for the three said they had not requested a meeting with Ayatollah Ruhollah Khomeini.

After the embassy visit Tuesday, the clergymen reported the hostages appeared to be in "good shape," were no longer bound or kept in solitary confinement, and were getting exercise.

The State Department said it has never received a complete list from the militants, but the number 50 has been generally accepted, and was used by Washington in official papers it filed with the International Court of Justice.

Blackouts

FPL Adds Protection For Area

Seminole County and all of central Florida are now better protected against major regional blackouts, announced Florida Power & Light (FPL) officials.

A new 340,000 volt transmission line, connecting FPL with the Georgia Power Company was put into service on Friday. Construction of the \$9 million, 50-mile line connecting an FPL lead center in southwest Duval County to Georgia Power Company facilities at the southeast Georgia town of Kingland began in February, 1979.

The intertie will enable FPL and Georgia Power Company to exchange power during emergencies, thus improving reliability of FPL's system as well as other utilities in Florida.

Since the state's major electric systems are interconnected," said W. Scott Burns, district manager in Sanford.

FPL is strengthening its system reliability with additional major power lines. Completion of a 106-mile transmission line project in 1979 included a 400,000 volt connection between Ft. Myers and the Ft. Lauderdale area. Another 500,000-volt line will add a powerful new 123 mile link to FPL's system connecting Dade, Broward, Palm Beach, Martin and St. Lucie counties when completed in 1980. Extension of 500-volt backbone transmission lines to Georgia is now being planned for completion in the late 1980s.

Bird 'Feeder': City Loses Power

A large section of downtown Sanford was blacked out briefly Tuesday afternoon after a bird worked its way into a main feeder switch.

Power went out at about 12:30 p.m., after the feeder switch on Perimeter Avenue, just south of County Route 46, burned out with an explosive sound.

The burn-out was caused after a bird made contact between two hot points, say Florida Power & Light (FPL) workers.

While linemen worked to replace the switch, FPL switched around the affected power cables to restore service at 2:30 p.m. to most of the area. FPL workers said they still do not know how many customers were without service.



President Nixon's trip (above) to the Great Wall of China during his historic 1972 "journey for peace" was one of the highlights of the 1970s. Today, the Herald presents a glimpse at a decade of foreign policy on Page 3A and a complete look at the major events that shaped the decade on pages 7-9A.

Sanford 'Golden' Girl May One Day Be Judge

By DONNA ESTES
 Herald Staff Writer

Evelyn D. Golden, wife, mother, college instructor, practicing attorney in Sanford. On Jan. 1, she will add a new title: assistant attorney general of Florida.

Some time in the future, perhaps in the 1980s or maybe not until 1990, she will be a judge. At least that is her hope, her dream, her goal in life.

Anyone who talks to Mrs. Golden for a few minutes knows it's a judgeship is what she wants, that is what she will have.

A native of Georgia, she, her mother and three sisters moved to New York City when she was a pre-teenager. She had always planned to be a doctor. But someone in high school told her that her high B average wasn't good enough. "If I couldn't be perfect, I wouldn't be a doctor," she said.

During her years at New York City College, she majored in both philosophy and political science, became involved in politics.

She was a political activist and a staunch supporter of John Lindsay, then mayor of New York. "Everything was happening in the 1960s. I like Lindsay's politics. He was very much for the people," she said. "Young people today don't really have charismatic leaders. Leaders are not into charisma today."

Politics led her to law as a career in life. She entered Brooklyn Law School. She worked at two part-time jobs at a time to earn her way through law school.

Mrs. Golden worked in the New York City Attorney's office, for the social security administration, as a legal assistant for the legal society, as an outreach officer for the YMCA, as a recreation director and as a research assistant.

During her first year at law school she attended a conference of law students on civil rights litigation at the University of Southern California and met her future husband, Jim.

The law students attending the conference did research and wrote briefs for the activist organization.

Evelyn and Jim were in an impossible dilemma. She, a girl from Georgia, attending a New York City law school was in love with a man who was a native Floridian, attending a Florida law school. And they had met in California.

"It was a question of whether we could carry on a long-distance romance from New York to Florida. That just couldn't work," she told one of her classes at the Valencia Community College east campus recently.

Evelyn's decision was to transfer to Jim's law school, accepting she was told was another impossibility. Law schools just do not accept students in the middle of training.

"I had a B average and I showed the school my transfer woman's frivolous one and that I planned to transfer a Floridian," she said. It worked.

Jim received his law degree in December, 1974 and she received hers in March, 1976. Embarking on her career in law, she worked first as an intern in a public defender's office, then for Florida Legal Services in the DeLand office. In August, 1977 she became program director and instructor in the legal assistant program at Valencia Community College on the east campus.

In addition to being program director, she taught civil litigation, legal research, family law and business law.

Meanwhile she was practicing law with her husband at his Sanford office. While she was working all her jobs, she had two babies; Vivian-Louise, now 4 years old, and Faye Jessica-Maurine, nine months old.

"I lightened up the curriculum to make it more relevant to practicing attorneys and improved the holdings in the college library. We placed more students, who completed the program, in jobs as legal assistants or legal secretaries than ever before," Mrs. Golden said.

With the creation by the Florida Legislature last spring of the 5th District Court of Appeals at Daytona Beach, Attorney General Jim Smith had to set up an office there as well. The attorney general's office must have an office near an appellate court.

The new office meant openings for assistant attorneys general and Mrs. Golden filed her application for the job. She sent resumes to everyone who might be interested and was interviewed time and again. She also submitted samples of legal writing.

Shortly after Thanksgiving she received the word that the job was hers.

Before she completed her last class at the school as the Christmas holidays approached, Mrs. Golden performed her final effort for the program. She finished an application to the American Bar Association (ABA) seeking approval and sanction from that group for the Valencia legal assistant program.

"If approved, students graduating from the program will be readily accepted as legal assistants. It will be easier for them. Lawyers can look to the program as a standard," she said.

While serving as an assistant attorney general in the appellate court, Mrs. Golden won't have much opportunity to meet the public. Much of her time will be spent preparing "lots of legal briefs."

"I'd like to be a judge some day, but that's probably 10 years down the road. I'll probably work in the attorney general's office for a while. I want to sharpen my skills as an attorney," she said.

Being a judge is not beyond reason for a woman today, she said, noting that women often prove to have a more humane point of view, are more sensitive and believe the court system belongs to the people. Mrs. Golden takes an idealistic approach to the court system, believing it should serve all the people as the nation's founding fathers envisioned it.

A decade ago, she said, the goal of many attorneys was to become a judge. But that has changed today.

"The average judge in Seminole County earns less than \$50,000 a year," she said. "A lawyer, if he works hard, can earn \$50,000 a year and he is not in the public defender's office, then for Florida Legal Services in the DeLand office. In August, 1977 she

Today

Action	2A
Around The Clock	4A
Bridge	6C
Calendar	4B
Classified Ads	4-8B
Comics	6C
Crossword	6C
Dear Abby	1C
Deaths	1A
Dr. Lamb	6A
Editorial	6A
Horoscope	6C
Hospital	2A
Nation	1A
Ourselves	1C
Sports	1-3B
Television	2A
Weather	2A
World	2A

EVELYN GOLDEN
 ... rich background

WORLD IN BRIEF

Korea Upholds Death Verdict For 7 Men In Park Slaying

SEOUL, South Korea (UPI) — Death sentences for South Korea's former spy chief and six other men convicted in the assassination of President Park Chung-hee have been upheld by the nation's martial law commander, officials said today.

Earthquake Rocks Scotland

GLASGOW, Scotland (UPI) — A sharp earthquake rocked a large part of Scotland and northern England for about 30 seconds early Wednesday, sending people out into the streets in widely scattered areas. There were no reports of damage or injuries in the tremor.

Safety Forgotten In Court's Blaze

By DAVID M. RAZLER
Herald Staff Writer

The Seminole County Courthouse Christmas tree fire happened because a few basic safety precautions were not followed, say city and county safety officials.

The fire in the county's huge decorated tree caused minor American damage to the central lobby of the courthouse early Dec. 19. The tree, a tradition for many years, was not replaced this year. By Friday maintenance workers had cleaned most of the soot from the ceilings and walls of the county center.

Sanford Fire Chief George Harriett said the fire began when one string of lights shorted out. Building workers had failed to follow one of the most basic fire safety precautions, he said, they left the lights on while the tree was unattended.

The shorted wire acted like the heating element in an electric range. Although the tree was fresh and full of water, the cord generated enough heat to burn all the needles from the upper three quarters of the tree, Harriett said.

The fire finally extinguished itself when the wires heated to the point where they melted, breaking the short circuit.

Harriett said the problem could have also been solved if an electrician had checked the wiring. While the wires never put enough of a load on the power line to trip the main circuit breaker, the small fuse near the lights would have blown, shutting off the display before a fire could occur.

Harriett also wondered why building department inspectors, located in the courthouse, had never said anything about the tree and the lights used on it.

"Nobody ever asked us," said Bill Horn, an electrical inspector at the building department. If he had been asked, Horn said he also would have suggested using the lights with fuses, "the safest made," and insisted the tree lights be put out when no one was in the building. "I don't think they would leave the thing unattended, that's a safety rule that goes way back," he said.

WEATHER
Readings at 9 a.m.: temperature, 59; overcast; low, 51; yesterday's high, 67; barometric pressure, 30.11; relative humidity, 69 percent; wind, West-northwest at 17 mph.

FORECAST
Fair through Thursday. Mild afternoons and rather cold at night. High in the mid 60s today and low in the mid 50s Thursday. Low in the mid 40s Friday. Partly cloudy Friday through Sunday with a chance of showers in the late afternoon and early evening.

THURSDAY TIDES
Daytona Beach: high, 2:17 a.m.; 2:30 p.m.; low, 8:29 a.m.; 8:18 p.m.
Port Canaveral: high, 2:09 a.m.; 2:30 p.m.; low, 8:20 a.m.; 8:16 p.m.
Baysport: high, 8:17 a.m.

HOSPITAL NOTES
Seminole Memorial Hospital
December 24, 1979
Admissions: Mildred E. Cyril, Deltona; Fay Henry, Longwood; John J. Gallagher, Orange City; Barbara J. French, Orlando; Barbara J. French, Orlando; Barbara J. French, Orlando.

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Woman, 79, Raped At Apartment

By DAVID M. RAZLER
Herald Staff Writer

A 79-year-old Sanford woman was raped and robbed Tuesday afternoon at her apartment, police report.

When a lone man knocked on her door, asking first for the address of someone she did not know and then for a glass of water at about 4 p.m. Christmas day, the woman, a resident of a public housing project, allowed him in, police say.

After taking \$400 from her, the assailant raped the woman, police report.

ARMED BURGLARY ARREST
A man who allegedly broke into a Sanford apartment and threatened the occupants with their own kitchen knives was arrested Friday by police.

Police report they arrested Johnson Warren, charging him with armed burglary and aggravated assault. He broke into 105 Cowan Moulton Terrace Friday at 8:45 p.m. and threatened two residents with a knife when they discovered him, police stated.

Martial law commander Gen. Lee Hui-Sung, who also serves as army chief of staff and could have commuted the sentence, also confirmed a three-year jail term for an eighth defendant found guilty of destroying evidence in the Oct. 26 slaying.

California Woman Survives 'Midnight Express'

ISTANBUL, Turkey (UPI) — An 18-year-old California woman held in Istanbul's notorious "Midnight Express" prison for five months on hashish smuggling charges won a Christmas Day order of freedom on bail from a Turkish court.

Loretta Dooley, of Tracy, Calif., was granted \$1,500 bail Tuesday and once the money is deposited with the court, which U.S. consular officials were expected to do today, she will be freed from Samsunlar Prison where she has been held in "crowded and filthy" conditions since her arrest Aug. 1.

Although the court did not directly state that Miss Dooley should stay in Turkey, one of her Turkish lawyers, Ayse Dogruer, said, "Of course, she should," and the next court hearing on her case was set for Feb. 5.

Vernon Dooley, her father, reached at his home in Tracy, said he is "thankful" for her release, adding, "It's the greatest Christmas present for all."

Miss Dooley, in Turkey since June on an American Field Exchange program, was picked up by two officers as she entered a post office to mail a package of cigarettes allegedly containing 7.25 grams of hashish.

In a 30-minute hearing Tuesday, a panel of three judges decided to grant her bail after an impassioned plea from Dogruer.

Action Reports

- ★ Fires
- ★ Courts
- ★ Police Beat

HIT AND RUN ARREST

Deputies arrested an Indiana man Friday night and charged him with running down a man he earlier had an argument with.

Charles Davis of Indianapolis was charged with aggravated battery and held at the Seminole County Jail following his arrest at midnight Saturday.

Deputies say Dwayne Cook, of 1129 Sanderlin Ave., Orlando, had been arguing with Davis, an argument also joined by

Cook's wife and friends and a relative of Davis, at the Joint in the Woods. The argument continued in the parking lot of the Longwood Stromberg-Carlson plant, they say. As Davis left, he ran down Cook, who suffered head and back injuries. He was treated at Winter Park Memorial Hospital, say deputies.

LONGWOOD WOMAN KILLED
The Florida Highway Patrol reports a Longwood woman was injured Saturday in an auto accident after her car crossed the median on Interstate-4.

Sandra Hopkins, 40, of 154C Springwood Circle, died Sunday as a result of injuries suffered in the collision at 5:56 p.m.; Saturday, just a few feet west of the Seminole County line.

While driving west on the highway, she crossed the median for reasons unknown. Her car was struck by a car driven by Terry Richardson of Kissimmee. Both drivers were alone in their cars at the time of the accident, said a highway patrol spokesman.

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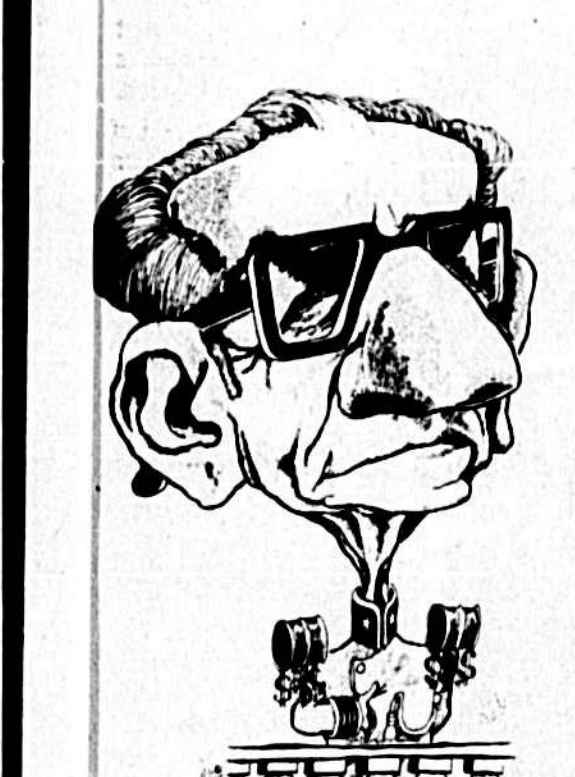
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JIMMY CARTER ... balances U.S.



SHAH PAHLAVI ... needs country



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MENACHEM BEGIN ... Israel's hope

U.S. Foreign Policy

'Fasten Seat Belts' For A Bumpy Ride Into The 1980s

By JIM ANDERSON
WASHINGTON (UPI) — If the State Department were an airplane, the pilot would now be turning on the "Fasten Seat Belts" sign. The air ahead is rough and choppy, and the skies look distinctly unfriendly.

In foreign policy, the next 12 months could be the most difficult of the Carter administration, as the president tries to orchestrate the different themes against the discordant background of a contested election campaign.

All foreign policy equations will have a new factor from now on: the Iranian crisis and the administration's response to it. The episode is a catalytic event — which has affected the country in a way that only Vietnam or the Cuban missile crisis did and aroused it in a way that recalls the attack on Pearl Harbor.

The crisis and the aftermath in Pakistan and Libya changed everything they touched, including the administration's view of the world, and how to deal with it.

Hardly anything of any consequence was untouched. It was a humbling and infuriating experience for Americans to see their flag and their embassies burned every night on the television news programs.

But, in the words of one expert, former Undersecretary of State Joseph Sisco, "It may finally erase the Vietnam syndrome from the American mind and remind us that we have a right and a need to exert some influence on those parts of the world where we have important interests."

Because it obsessed and preoccupied the administration and Congress, the crisis made one important objective — a SALT II treaty with the Soviets — infinitely more difficult, and perhaps impossible. But it made another foreign policy goal — more independence of foreign suppliers of oil — universally desirable, and therefore perhaps attainable, even at some national sacrifice.

The calendar kept running while Congress and the administration stood still, transfixed by Iran and the need to save the lives of 50 Americans who were the first hijack victims to be hijacked by another government.

Thus, the SALT II treaty, which was barely voted out of the Senate Foreign Relations committee after a strangely apathetic national debate, was delayed on its way to the full Senate vote.

The delay recalled the warning of one of the chief administration experts on SALT II, state department advisor Marshall Shulman, who had said, before the Iran crisis broke out: "Make no mistake, to delay the SALT II treaty is to kill it."

Shulman was referring to the entanglement of the complex issues of arms control and U.S.-Soviet relations with the emotions and rhetoric of the presidential election year.

Before the Iranian crisis appeared to throw the schedule off, chances were three to one in favor of the administration to win the treaty battle, in light of the chronically held revelation that the Soviet side was already a combat unit in Cuba for the first time, and despite repeated warnings from the administration, refused to remove the troops or, indeed, to acknowledge their existence.

The administration had deliberately sought to raise the entire range of U.S.-Soviet relations, as part of the great debate, and it happened, but in the worst possible way for those who are interested in reducing arms.

There now exists a consensus within the executive and legislative branches of the U.S. government that the Soviet Union has developed a strong momentum that will result in military superiority over the United States, if it has not done so already.

the canal over to the country which surrounds it. Both sides in the Middle East openly acknowledge that it was Carter's personal intervention which made possible the Camp David agreements and they, in turn, made possible the historic peace treaty between Egypt and Israel.

It was an undeniable personal triumph. Whether it will be a lasting one is not clear. The treaty was a first step on a rocky, treacherous road. The next step — dealing

with the question of Palestinian autonomy or independence — goes to the heart of the Middle East dispute.

Administration negotiators have already acknowledged that two sides will not be able to make their deadline of May, 1980, although they have been chipping away at some of the details for over six months now.

Carter and president Anwar Sadat both failed in their dream to try to involve some of the other Arab states, and the Palestinian leadership, in the talks. The moderate Arabs, including Saudi Arabia and Jordan, continue to look on the Egyptian-Israeli settlement with deep mistrust as a patchwork solution that may impede the search for what they consider real justice for the Palestinians.

That sour smell of mistrust in the Moslem world of the U.S. role in the Egyptian-Israeli agreements made it easier to muster mobs to burn the embassies in Pakistan and Libya. The mistrust is still there; so are the mobs.

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The Newsmaker In Washington

The decline of Great Britain as a world power and a succession of lackluster prime ministers, mostly Laborites, have conspired to make British state visits to Washington events that were mostly dull and barely noticed.

Now Prime Minister Margaret Thatcher has made her first official call upon this country, and suddenly there's a big difference. Thatcher is a media happening. The first woman prime minister in British history is also the most colorful and commanding presence, not to say perhaps the most controversial to reside at No. 10 Downing St. since the legendary days of Winston Churchill.

The daughter of a grocer, she speaks the Queen's English more elegantly than Lord Carrington, the foreign secretary, who is a proclaimed at the very outset on reaching the White House. Such encouraging words register large in this country, coming as they do at a time when Americans feel the need for friends as seldom before. And Mrs. Thatcher made real her support by pledging that Britain would be first to back up any U.S. call for economic sanctions against Iran to free the American hostages in Tehran.

Only hours before the Prime Minister alighted on American soil, President Carter sealed her diplomatic triumph by lifting U.S. economic sanctions imposed upon Rhodesia since 1965. Against almost every prediction, Thatcher negotiated a breakthrough that offers Rhodesians a peaceful emergence into the family of free nations.

But the "Iron Lady" is not without serious problems. The suspenseful question that stalks Prime Minister Thatcher already after only seven months in office is whether she and her fellow Tories will be given the time "to create a whole new frame of mind for Britain... to shake off the self-doubt induced by decades of dependence on the state as master instead of servant."

Can she ride out the storms kicked up by her Spartan economic policies — abolition of wage and price controls, denationalization of industry, spending cuts, higher taxes and limits on unions? Such questions are given fresh urgency by the fall of Prime Minister Joe Clark's government in Canada recently, principally because the medicine to cure ills piled up by years of liberal miracle proved to be too strong.

Aside from her patrician verve, Prime Minister Margaret Thatcher is attracting unusual attention because she is, indeed, in the forefront of a conservative reclamation of liberal policies gone awry in the industrialized democracies. Her success or failure could move this conservative trend ahead or back in the world. What Thatcher does, therefore — whether she "vaunts over trees or trips over matchsticks," as one colleague put it, is important news far beyond the shores of Britain.

Around



The Clock By DONNA ESTES

Now that the men's prep basketball squads have settled bragging rights for the Oviedo Outlook title, it's time for the lady prep teams to take the roundball spotlight for this year's Lake Howell Lady Silver Hawk Invitational.

With the exception of the Lyman Lady Greyhounds, all of Seminole County's squads will take part including Seminole, Oviedo, Lake Brantley and the host Lady Silver Hawks.

Back to the Oviedo tournament for a second. Perhaps the most overlooked individual for all-tournament honors was the Tribe's Reggie Butler. The 6-6 beanstalk never seems to perform in the spectacular vein, but a closer look at his all-around contributions each game illustrates what an integral role he plays in Bill Payne's scheme of things.

Butler's scoring is deceptive, the lanky senior averaged a shade under 10 points in the three tournament games but his rebounding and ever-present defense in the form of intimidation and blocked shots was impressive.

When the regular season returns to action on Jan. 2, Lake Howell will visit Lake Brantley while Bill Payne's troops travel to Longwood in quest of victory number 13 when they tangle with Tom Lawrence's Lyman Greyhounds. The Seminole Soccer Christmas Invitational boiled down to an all-Seminole County final. Lake Howell displayed its continued improvement with a 3-2 win over county rival Lyman.

VIEWPOINT

Political Benefits Not Likely

WASHINGTON (NEA) — The crisis in Iran is likely to be one of the most important events affecting the 1980 presidential campaign, but some of the initial assumptions about its political impact may prove to be premature or inaccurate.

President Carter, for example, is widely assumed to have benefited from a delicate balance that gave him an opportunity to "act presidential" and to display leadership qualities that were well hidden during most of his first three years in office.

Carter undoubtedly merits the wide acclaim he has received, as reflected in his dramatic rebound in the national popularity polls, for producing a delicately balanced amalgam of pressure and patience as an immediate response to the crisis.

But the president has accepted a high-risk political gamble of incredible proportions, placing most of his reelection odds in one basket even though many aspects of the situation in Iran are far beyond his control.

Carter's impressive record of early and mid-crisis management undoubtedly will be quickly forgotten and rendered wholly irrelevant if the current standoff over the hostages concludes in a dramatic fashion — either positive or negative.

If the hostages are freed in relatively short order and returned home unharmed, the president could well retain the 20 to 30 points he has picked up in the public opinion polls and even add another 10 to 20 percentage points on top of those recent gains.

But if the hostages are killed as a result of what is perceived to be a cynical mistake by the White House, the president's approval rating of Carter's performance probably will plunge to depths unmatched by any president in modern times.

VIEWPOINT

Is Fire Out Of Smoking?

Everyone — well, a lot of us who didn't have to suffer through the experience — got a chuckle recently out of the story of the Washington-New York flight grounded in Baltimore to hold off a passenger insurrection sparked by a non-smoker's objections "to be seated in the smoking section."

Actually, the swift descent of that plane may have been indicative of more than increasing public trepidation on the smoking issue.

It also suggests the direction in which the cigarette trade is going — down. Cigarette sales increased a super-light 0.67 percent during 1979 for a fourth straight year of declining growth, according to a recent Business Week magazine survey of the industry.

There is now little question that the industry is teetering at its peak, poised for a steady decline in sales," the magazine observes and predicts that the industry's "future past 1984 is murky indeed."

Paradoxically it would seem, the slowdown and forecasts of downturn come as the cigarette sellers are more active than ever. There are a record 176 brands on the market, with 55 being introduced during the past three years alone.

But the story behind the impressive numbers is a large part of the industry's problem. The focus has switched from winning new smokers to poaching on the competitor's share of a virtually stagnant market through a proliferation of variations.

Further, most of those being introduced are low-tar, less-nicotine cigarettes. In fact, a Federal Trade Commission report just out notes that for the first time more than half the brands on the market are low-tar varieties — 103 out of the 176 brands. That is 59 percent of the market, up from 46 percent a year ago and 31 percent two years ago.

VIEWPOINT

The Sandman Is Coming

WASHINGTON (UPI) — As I reported last fall, researchers have been experimenting with a new "natural" sleep aid, called Congolite, which is derived from extracts from the Congressional Record.

Has the Public Health Service, which had been concerned over the growing use of sleeping pills, underwritten a program to prove Congolite is a safe and effective way of helping people sleep? It has not.

Instead, the service announced this week it was instituting a three-year project to attack the problem through public education programs and other means.

I know not how much the government expects to spend on "Public Sleep." I do, however, feel confident in predicting the outlay will be a great deal more than it would cost to overcome insomnia with the Congressional Record.

At current subscription rates, the 50 million Americans who have trouble sleeping could be furnished with copies for about \$3.75 billion a year.

But that would be a massive overdose. Researchers claim it only takes brief excerpts from selected passages to induce drowsiness.

In my earlier report, I submitted samples of material that put mice to sleep. Below, based on subsequent research, are excerpts believed conducive to human slumber. The points at which somnolence sets in are easily recognizable.

VIEWPOINT

Lighter Side

By DICK WEST

WASHINGTON (UPI) — As I reported last fall, researchers have been experimenting with a new "natural" sleep aid, called Congolite, which is derived from extracts from the Congressional Record.

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VIEWPOINT

World Series Winners of the '70s

1970: Baltimore Orioles

1971: Cincinnati Reds

1972: Oakland Athletics

1973: Oakland Athletics

1974: Cincinnati Reds

1975: Cincinnati Reds

1976: New York Yankees

1977: New York Yankees

1978: Oakland Athletics

1979: Pittsburgh Pirates

VIEWPOINT

Major League Winners of the '70s

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1970s: A Decade In Review



Vietnam, Watergate Try Nation's Nerves

1970

Jan. 12: Biafra surrenders after waging a 31-month war for independence from Nigeria that leaves 2 million dead.

March 1: Rhodesia declares itself a racially segregated republic, severing its last ties with Britain.

April 22: Millions of Americans take part in anti-pollution demonstrations to celebrate the first Earth Day.

April 30: President Nixon orders U. S. troops into Cambodia to strike Vietcong and North Vietnamese bases.

May 4: National Guardsmen kill four students during anti-war protests at Ohio's Kent State University.

June 24: The Senate repeals the Gulf of Tonkin Resolution that had been used since 1964 to justify U. S. military involvement in Vietnam.

Sept. 4: Chilean voters give Salvador Allende a plurality in presidential balloting, clearing the way for him to become the first Communist freely elected to head a non-communist country. He dies in the September 1973 military coup that overthrows his government.

Sept. 17: Civil war erupts in Jordan between King Hussein's army and Palestinian guerrillas. After threatening to turn into an international crisis, the conflict ends 10 days later when Hussein installs a new civilian-military government and signs a peace agreement with Palestinian leader Yasser Arafat.

Sept. 28: Egyptian President Gamal Abdel Nasser, the most powerful leader in the Arab world, died at 82. He is replaced by Anwar Sadat.

Nov. 9: Charles de Gaulle, who had resigned in 1969 as president of France, dies at 78.

1971

Feb. 11: The United States and the Soviet Union are among 63 nations signing a treaty prohibiting installation of nuclear weapons on the seabed beyond their coastal zones.

March 23: William Calley is found guilty of a court-martial jury of murdering at least 22 South Vietnamese civilians at My Lai in 1968.

April 6: In a signal of China's desire for improved relations with the United States, the U. S. Table Tennis Team is invited to play at the Peking Sports Palace.

May 1: Amtrak takes over the nation's financially troubled passenger railroads.

June 15: The New York Times begins publishing the Pentagon Papers, which contain classified information on the history of U. S. involvement in Vietnam. The Supreme Court rules June 30 that the government cannot use prior restraint to halt publication of the papers by the Times and the Washington Post.

June 30: The national voting age is lowered to 18 when Ohio becomes the 30th state to ratify the 26th Amendment to the Constitution.

1973

Jan. 21: Former President Lyndon Johnson dies at 64.

Jan. 25: The Supreme Court overturns all state laws prohibiting women from obtaining See AMERICA, Page 8A



The decade began much as the 1960s ended—with the nation still deep into the Vietnam conflict (left). What the White House termed a "third-rate burglary" at the Watergate offices (right) led to the resignation of President Richard Nixon (far right).

1974

Aug. 15: In a dramatic move to combat the nation's economic woes, President Nixon orders a 90-day wage and price freeze, a 10-percent surcharge on imports and an end to the link between the dollar and gold.

Sept. 11: Nikita Khrushchev, the Soviet leader who was ousted from power in 1964, dies at 77.

Oct. 25: The United Nations admits the People's Republic of China to membership in place of Taiwan.

Dec. 16: Bangladesh wins independence from Pakistan after India intervenes in their ninth-month civil war that resulted in hundreds of thousands of deaths from fighting and famine.

June 17: Five men are arrested for breaking into Democratic National Committee headquarters at the Watergate complex in Washington.

Aug. 11: The last U.S. combat troops leave Vietnam.

Sept. 1: Temperamental Bobby Fischer becomes the first American to win the world chess championship.

Sept. 8: Eight Arab terrorists invade an Israeli dormitory at the Munich Olympics, killing two athletes and taking nine hostages. In a shoot-out 20 hours later at a nearby air base, the hostages, five terrorists and a policeman are killed.

Nov. 7: President Nixon and Vice President Spiro Agnew win reelection with a landslide 60.7 percent of the popular vote, defeating the Democratic team of Sen. George McGovern and former Ambassador J. Sargent Shriver. (Shriver replaced Sen. Thomas Eagleton on the Democratic ticket after Eagleton admitted to having received electroshock treatment for depression.)

Dec. 19: The U.S. man-on-the-moon program ends as the last three Apollo astronauts to visit the moon splash down in the Pacific Ocean.

Dec. 28: Former President Harry Truman dies at 88.

1975

Jan. 21: Former President Lyndon Johnson dies at 64.

Jan. 25: The Supreme Court overturns all state laws prohibiting women from obtaining See AMERICA, Page 8A

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AFTER CHRISTMAS CLEARANCE SALE 1/2 PRICE. Items include Burger Cook, Double Mac, Electric Iron, Casserole Set, Pyrex Bowls, Pyrex Waffle Iron, Electric Fireplace, Air Conditioner, Cooler, Gas Log, Misc. Kitchenware.

BERRY'S WORLD

STOP SMOKING WITH HYPNOTISM. Illustration of a man and a woman sitting at a table.

JACK ANDERSON

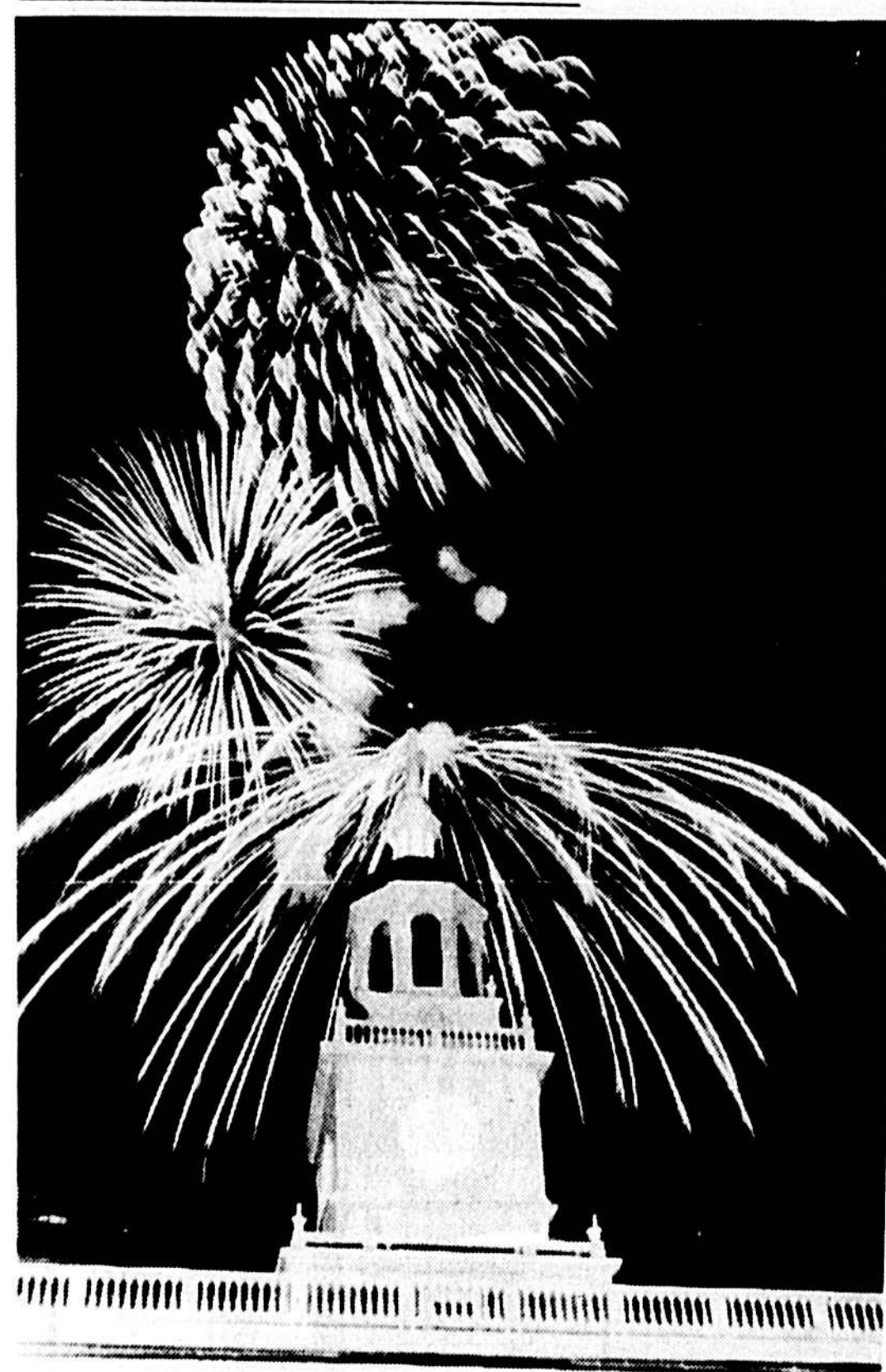
WASHINGTON — Investigative reporters grate against the political covetousness and easy friendships of official Washington. Their function is to chronicle the misdeeds, hypocrisy and greed of the high and mighty. It is far more agreeable to write pleasant stories about the powerful. Public officials, after all, are usually likable; that's why they get elected. So I have this competing urge to find something nice to say about the people whose human frailties I have exposed. After all, Christmas comes but once a year.

Merits Awarded In Christmas Spirit

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The nation's Bicentennial was celebrated with fireworks at Philadelphia's Independence Hall.

America Comes Of Age

Continued from Page 7A

abortions during their first three months of pregnancy.

Jan. 27: The Vietnam peace accords are signed by representatives of the United States, North Vietnam, South Vietnam and the Vietcong. Following the terms of the agreement, 500 U.S. prisoners of war are released by April 1 as the last U.S. troops leave Vietnam.

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Feb. 28: Some 400 American Indians lay siege to Wounded Knee, S. D., to protest their grievances against the government. Two of them are killed in gunfights with federal officers before the siege ends May 8.

May 14: Skylab, the first U.S. space station, is launched into orbit.

June 9: Secretariat strikes to victory in the Belmont Stakes to become the first winner of horseracing's triple crown since Citation in 1948.

June 14: Defense Secretary James Schlesinger confirms that U.S. B-52s made secret bombing raids into Cambodia during a 14-month period when Cambodia was officially considered neutral.

July 18: Former White House aide Alexander Butterfield reveals that President Nixon secretly taped conversations in his office.

Sept. 28: Symbolizing the increased impact of women on sports, Billie Jean King defeats Bobby Riggs in a \$100,000 tennis battle of the sexes.

Oct. 6: Egypt and Syria launch their surprise Yom Kippur war against Israel. Fighting in the fourth and largest Arab-Israeli conflict in 25 years ends Oct. 24 with a U.N.-supervised ceasefire. Secretary of State Henry Kissinger negotiates disengagement agreements between Israel and Egypt and between Israel and Syria in 1974 and 1975.

Oct. 18: Spiro Agnew resigns as vice president and pleads no contest to charges of tax evasion on payments made to him by Maryland contractors.

1970s: A Decade In Review

replaces Willy Brandt, who resigned May 6 after assuming responsibility for "outrages" that allowed an East German spy to become a member of his staff.

May 18: India becomes the sixth country to explode an atomic bomb.

May 19: Conservative Valery Giscard d'Estaing wins the presidency of France by a narrow margin over Socialist Francois Mitterand. Giscard replaces Georges Pompidou, who died April 2.

July 28: Turkey invades Cyprus in the wake of a Greek-led coup that overthrew the government of Cypriot President Makarios. Makarios returns to power Dec. 7.

July 23: Democracy is restored to Greece as its military regime resigns after losing face following Turkey's Cyprus invasion. The country's first free parliamentary elections in a decade take place Nov. 17.

July 24-26: The House Judiciary Committee votes three articles of impeachment against President Nixon.

Aug. 9: Richard Nixon becomes the first U.S. president to resign from office. Vice President Ford is sworn in to succeed him. The resignation comes on the heels of Nixon's release of tapes indicating his early involvement in the Watergate cover-up.

Sept. 8: President Ford's popularity plunges after he pardons former President Nixon for any federal crimes he "committed or may have committed."

Oct. 18: Legislation for public financing of presidential election campaigns is signed by President Ford.

Nov. 13: PLO leader Yasser Arafat calls for an independent Palestinian state in an address to the U.N. General Assembly.



One of the high points of the late 1970s (left) was the embrace between Israeli Prime Minister Menachem Begin (face to camera) and Egyptian President Anwar Sadat after the signing of their Camp David agreements. The lowest point during the decade may well have been the Jonestown tragedy (above), which claimed more than 900 lives.

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ALKA-BELTZER LIME Fast effective relief Box of 20, 1.99 99¢	LOVE TEDDY BEAR WITH PERFORMER Adorable Teddy Bear holding record perfume 1.99 1.00	DELAGAR TOILETRIES Great soap, cosmetics & bubble bath in an assortment of scents. LIMIT 1 2.99 1.99	3-SHELF PLASTIC Easy to assemble RTA. 22" x 18" x 18" REG. \$12.99 9.99
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Public Notice Construction Permit

The Florida Department of Environmental Regulation (DER) has received an application from and intends to issue a Construction Permit to the Florida Power and Light Company for the construction of a coal pulverizer at the Sanford Power Plant located on Barwick Road, near Sanford, Volusia County, Florida. No determination of Best Available Control Technology was required. Copies of the application, Technical Evaluation and Proposed Construction Permit are available for inspection at the following locations:

St. Johns River District Office, FDER
3319 Maguire Blvd., Suite 232
Orlando, Florida 32803

Bureau of Air Quality Management, FDER
2600 Blair Stone Road
Tallahassee, Florida 32301

Seminole Co. Courthouse
N. Park Avenue
Sanford, Florida 32771

Persons wishing to comment on this action shall submit comments to Mr. Bill Thomas, of the Tallahassee Office within 30 days of this notice.

Inflation Takes A Toll On America

Continued from Page 8A

June 10: Charges of illegal CIA activities are confirmed in the report of a panel headed by Vice President Rockefeller. Abuses included keeping records on 100,000 persons and groups, infiltrating black, anti-war and political groups, monitoring overseas phone calls, mail surveillance and drug testing.

July 17: U.S. and Soviet spacecrafts link 140 miles over the Atlantic. The crews visit one another and share meals.

Aug. 1: The United States, the Soviet Union, Canada and 32 European countries sign a non-binding security and cooperation document at Helsinki. The controversial accord freezes post-World War II boundaries while promoting detente and human rights.

Aug. 23: Communist Pathet Lao troops complete their takeover of Laos.

Sept. 14: Elizabeth Bayley Seton is canonized as the first U.S. saint.

Sept. 18: Helress Patricia Hearst is captured by FBI agents a year and a half after her kidnapping by the Symbionese Liberation Army, which she later claimed to have joined. She is later convicted and imprisoned on charges of participating in a SLA bank robbery.

Sept. 22: The second attempt in less than three weeks is made on the life of President Ford. Both assassination tries were made in California by women.

July 4: The United States celebrates its 200th birthday with fireworks, parades and a gathering of tall ships in New York Harbor.

July 28: Viking 1 makes the first successful U.S. landing on Mars. The robot craft transmits photographs back to Earth and performs tests on the planet's soil and atmosphere. Scientists debate whether the resulting data includes the presence of life on the red planet.

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1970's: A Decade In Review

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The decade closed on a hopeful note as Pope John Paul I (above) celebrated mass at the end of a week-long visit to the United States.

Aug. 6: Pope Paul VI dies at 80.

Sept. 29: Pope John Paul I dies only one month after his election as pontiff.

Oct. 16: Polish Cardinal Karol Wojtyla becomes the first non-Italian to head the Roman Catholic Church in 158 years. The new pope takes the name John Paul II.

Nov. 19: Egyptian President Anwar Sadat arrives in Jerusalem on his historic peace mission. Israeli Prime Minister Menachem Begin returns the visit Dec. 26.

Dec. 20: A Social Security tax hike — called by its opponents the "biggest peacetime tax increase in history" — is signed into law by President Carter. The measure is designed to keep Social Security financially solvent through the year 2000.

March 3: Rhodesian Prime Minister Ian Smith and three black leaders sign an agreement transferring power to the nation's black majority by the end of the year. The transfer — which actually takes place April 29, 1980 — still gives so much power to the white minority to satisfy black guerrilla groups and most of the rest of the world.

March 14: Israel forces Vindale southern Lebanon to "root out terrorist bases" as a ceasefire and an Israeli withdrawal are negotiated by the United Nations.

April 6: President Carter signs legislation raising the mandatory retirement age for most jobs from 65 to 70.

April 18: A treaty turning over the Panama Canal to Panama by the year 2000 is narrowly approved by the U.S. Senate.

June 6: Settling off a nationwide wave of tax-cut fever, Californians approve Proposition 13, a ballot initiative reducing property taxes by 5.5 percent.

July 18: U.S.-Soviet relations sour as two Soviet dissidents receive stiff terms in prison and labor camp for "anti-Soviet agitation."

Nov. 15: Rival factions in Zimbabwe Rhodesia announce agreement on most details of a plan to end their lengthy civil war and establish a mutually acceptable democratic government.

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FINANCEE 57¢	EVEREADY 9-VOLT ALKALINE BATTERY 1.19	EVEREADY 9-VOLT ALKALINE BATTERY 1.19	EVEREADY 9-VOLT ALKALINE BATTERY 1.19

Minorities: Health Care Remains Bad

In a 30-page report to Congress, "Health Status 1979," the health service said "only 11 percent of the white population viewed themselves in 'fair' or 'poor' health, compared with 19 percent of the black population and almost 13 percent of the Hispanic population."

Surgeon General Julius Richmond called the new conference for later in the day to outline the report.

"Compared with whites, mortality is much higher for blacks and American Indians, especially those in the younger and middle years of life," the report said. "Victim causes of death are especially high for blacks and American Indians."

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Philly Tops Bullets 95-92 With Bench

By United Press International

The Philadelphia 76ers like their bench strength and Bobby Jones is a perfect reason why.

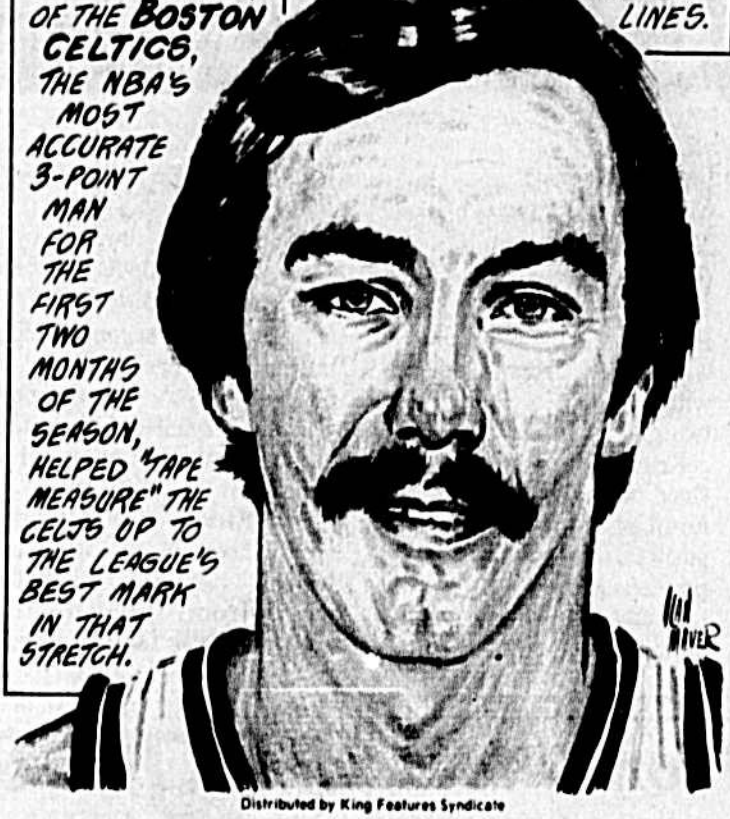
"I like coming off the bench," Jones said Tuesday after scoring 12 of his 18 points in the fourth period to help the Sixers score a 95-92 victory over the Washington Bullets.

"It allows me to come in and do the things I want to do," the six-year forward from North Carolina continued. "I can contribute."

Jones also held Washington's Elvin Hayes in the game's leading scorer with 20 points, just three points in the first 10 minutes of the period. Jones scored seven points and blocked a shot during a two-minute, 30-second timeout.

Reserves Steve Mix and Henry Bibby also helped in the margin, and Philadelphia Coach Billy Cunningham said the play of his bench was a key factor.

"We have a lot of confidence in our reserves," Cunningham said. "We have a great deal of depth up front." The Bullets, displaying some emotion and intensity often missing this season,



CHRIS FORD OF THE BOSTON CELTICS. THE NBA'S MOST ACCURATE 3-POINT MAN FOR THE FIRST TWO MONTHS OF THE SEASON. HELPED THE CELTICS TO THE LEAGUE'S BEST MARK IN THAT STRICH.

traced to an early lead but the 76ers finally took control of the game in the fourth quarter when the spurt led by Jones gave them a 94-84 lead.

In other games, Cleveland defeated Detroit, 111-101; Utah topped Denver, 122-111; New York beat New Jersey, 121-102, and Portland ripped Golden State, 115-91.

Cavaliers 111, Pistons 101; Mike Mitchell tossed in 23 points and grabbed a career-high 18 rebounds to help Detroit's seventh straight win. Eric Money topped the Pistons with 22.

Jazz 122, Nuggets 111; Guard Terry Furlow, in his first game as a Utah starter, scored an NBA career-high 37 points and Adrian Dantley added 27 points to help the Jazz break a three-game losing streak. Dan Issel led Furlow for game-scoring honors with 37 for Denver.

Kajika 121, Nets 102

Fouts Edges Campbell As UPI's Player Of Year

NEW YORK (UPI) — The most productive season ever put together by a pro quarterback has brought Dan Fouts of San Diego UPI's AFC Player of the Year Award.

Fouts, who broke an NFL single-season passing record this year in leading the Chargers to their first playoff berth since 1965, Tuesday narrowly edged Houston's Earl Campbell by one vote for the honor.

Fouts, whose 4,082 yards passing broke Joe Namath's single-season record of 4,007, was named on 26 ballots cast by UPI's panel of 56 pro football writers — four from each AFC city. Campbell, the NFL rushing leader who helped Houston to the playoffs for the second straight season, received 25 votes.

Cleveland quarterback Brian Sipe had four votes and Pittsburgh's Terry Bradshaw one.

Fouts, who led San Diego to a 12-4 record and the AFC West title, was the AFC's top passer. He led 52 of 520 passes for 4,082 yards and 24 touchdowns and in one stretch, Fouts, who completed a league-high 62.6 per cent of his passes, had four straight 300-yard passing games to set an NFL record.

Fouts was the first San Diego performer to win the Player of the Year Award since running back Paul Lowe in 1965 and only the third since the award was instituted in 1960. Wide receiver Lance Alworth also won in 1963.

Campbell was the NFL rushing leader with 1,697 yards and his 19 TDs ranking tied an NFL record set by Green Bay's Jim Taylor.

Fouts will be at quarterback Saturday when the Chargers play host to Campbell and the Oilers in a divisional playoff. The winner advances to the AFC title game on Jan. 6 and a shot at a Super Bowl berth.

"This is by far the most fun I've ever had playing football," said Fouts, 28, a seven-year veteran. "It's because of the way we're playing, the guys on the team and the coaching staff. We're all so very together. We've been through the adversity and we've grown together.

"There are no ego problems on this team. And I think that is the trademark of all good teams in all sports."

Duke Hangs On To Top Spot In College Poll, Kentucky No. 2

NEW YORK (UPI) — Duke University, after an unimpressive and tension-filled week that almost resulted in two embarrassing losses, was able to hold on to its No. 1 ranking today after the fourth week of the United Press International Board of Coaches ratings.

The Blue Devils, 8-0, survived a scare early in the week from determined Boston College, managing to hold off the Eagles, 70-64, in overtime, in the Industrial Classic. With barely enough time gone by to heave a sigh, Duke nearly got knocked off by Providence, squeaking to an 82-78 victory over the Friars.

Kentucky, 10-1, with victories over Georgia, California and Purdue, moved up one notch into the No. 2 position, picking up seven first-place votes in the process. Notre Dame, 7-0, posted a 10-point victory over Fairfield and jumped from fifth to third, registering a single first-place vote.

North Carolina, which upset highly ranked Indiana, 61-57, vaulted from ninth to fourth while improving its record to 5-1.

North Wins 42nd Blue-Gray

MONTGOMERY, Ala. — Five yards to Oregon State's Steve Curry for a second score Tuesday to direct the North to a 22-13 victory in the 42nd Blue-Gray Classic.

Terback Bill Hurley ran for one touchdown and passed

Kegler's Korner

HALL & CHAIN

Standings: Moon Place, In-Trusts, Go Between, All in the Round, To, The Head

High Games: Bob See 14; Ernie Rulon 19; Johnnie Lutzschner 14; Drew King 10; Ernie Hickson 18; Bryant Hickson 10; Ray Fore 18; Glynn Huff 12; Shirley Settle 14; Joe Mader 15; Frankie Lutzschner 12; Peggy Moon 17; Jo Waggoner 13; Mary Blair 14; Nancy Juniper 11; High Series: Johnny Lutzschner 40; Drew King 44; Ernie Hickson 49; Bryant Hickson Jr. 40; DeShader 30; Frankie Lutzschner 33; Peggy Moon 43; Mary Blair 37; Nancy Juniper 50.

Other Highlights: Star of Week: Nancy Juniper 50. High Average: Jim Nader 17; Gus Seton 19.

JEW BOWLETTERS

Standings: Tires & Wheel Service, Ladies Auxiliary Fleet Reserve, Willy's Amoco, Seminole Loan, Mison Auto Parts, June's Beauty Shop, Galloway Builders, Jacobs Drive Service, Johnny Walker, Midway Fabric & Crafts, High Games: Elaine Kestival 19; Janet Ripp 17; Shirley Fore 17; Thelma Wickham 17.

High Series: Shirley Fore 42. Converted Spills: Elaine Osham 42; Mary Sasseran 21; Shirley Simes 30.

Other Highlights: Queen of Week: Sharon Clevor

DELTONA PINBUSTERS

Standings: Jet Set, Bare Hares; Spicers; Cracker's; Rents; Double Diner; Dikamos; Bucks & Dots; Yankees; Poyner; Rents at Heart; Lucky Strikes; Galors; Super Sports; Leprechauns; E-Z Martz; Charter Amputee Orange Bowlers; Four Diamonds; Air & Mrs. Rogers; Hi Balls; Easy Goers; Gems; Hacienda Ninos; Strikers.

High Games: Bob Augie 220; Ed Gumbert 200; Ben Kiesel 200; Henry Mueller 190; Ralph Grooms 188; Will Keratock 187; Raymond Rucker 186; Rose Patrick 185; Andy Patrick 185; Eulah Othaus 174; Mike Burke 175; Arthur Strain 172; Sam Kaminsky 172; Verne Pohl 171.

High Series: Ed Gumbert 537; Ben Kiesel 519; Andy Patrick 515; Ralph Grooms 510; Raymond Rucker 499; Bob Augie 494; Henry Mueller 488; Lou Bolton 474; Ted Puckett 464; Sam Kaminsky 461; Bill Miller 460; Mac McChubb 444; Rose Patrick 439; Lucille Trichter 430; Eulah Othaus 428.

Converted Spills: Ruth Fooks 5; Ralph Grooms 57; Charles McDonnell 510; Eulah Othaus 5; 4-10; Verne Grooms 57; Mac McChubb 5-8-10; Amy Arroyo 5-10; Joe Dresher 5-10; Ted Pook 1-7 twice; Genevieve Santoro 57; Raymond Rucker 7-9; Lucille Trichter 4-5; Taddy Barnett 4-7; Edith Thibodeau 5-10; Frances Trichter 5-10; Ted Puckett 5-10; Jim Arroyo 2-10; Lou Bolton 3-10; Ben Kiesel 3-10; Bob Osham 3-10.

Other Highlights: Rose Rittlinger almost a triple 67-67-68.

DEBARY SOCIAL LEAGUE

Standings: Village TV, Jim Davis, Blue, City, Village Inn, Debary Sanitation, Ralph Osham, Sam, Seven Builders, Terrie Van Loan, Car, Sir J's, Jaycees, Charles Place.

High Games: Mike Neal 347; Karl Rosenberger 324; Harold Sauer 2217; Mill Miller 208-190; Jack Downer 190; Don Hever 184; Ray Jordan 183.

High Series: Harold Sauer 566; Mill Miller 564; Wes Hoff Jr. 559; Mike Neal 555; Larry Jordan 541; K-Ray Jordan 532; Karl Rosenberger 525; Don Hever 510; Jack Downer 510; Bob Osham 50.

Other Highlights: Mike Neal 347 game award.

HIJOCKEYS

Standings: Lake Mary Pub, Flagship Bank, Sunbeam Realty, Lucky Carvers, WOT's Top & Awnings, DeHaines Sanitation, WOT's 1, Crab House, Sanford Heating.

High Games: Carol Conwell 300; Tony Bryant 181; Jan Hever 178; Barbara Zoricic 179; Verne Miller 161; Ann Curtis 177; Betty Moore 174; Martin Lindberg 161; Diana Rogers 160; Hank Hunter 154; Joe Baker 153; Verne Miller 14.

High Series: Carol Conwell 552; Tony Bryant 418; Ann Curtis 407; Barbara Zoricic 403.

Converted Spills: Louise Hart 519; Verne Miller 517; The Miller 571; Carol Conwell 510; Verne Dickson 510; Conwell Ripp 57; Joanne Adams 57.

Other Highlights: Turkey; Carol Conwell; Nancy Roberts; Ann Curtis.

BUCK'S LADIES LEAGUE

Standings: B&W Market, Sander's, Dick's Appliance, Santa Boats, Donn Lind Clearing, Williams' C&H, Hope Dry Clean Laundry, Florida Estroline.

High Games: Mary Johnson 441; Eve Rogers 164; 191; Carolyn Betts 143; Cheryl Gaudreau 140; 190; Cleary Davis 140; Kathy Cooper 140; Evelyn Melanson 117; Patsy Burgess 117; Kim Kipper 117.

High Series: Mary Johnson 452; Eve Rogers 457; Evelyn Burgess 422; Anna Koppel 421; Carolyn Betts 407; Cheryl Gaudreau 311; Cleary Davis 306; Kathy Cooper 311; Anna Koppel 307; Evelyn Melanson 280; Patsy Burgess 267.

Converted Spills: Eve Rogers 5-10; Mabel Vogel 5-4.

Other Highlights: Turkey; Kathy Cooper; Two, One, Two.

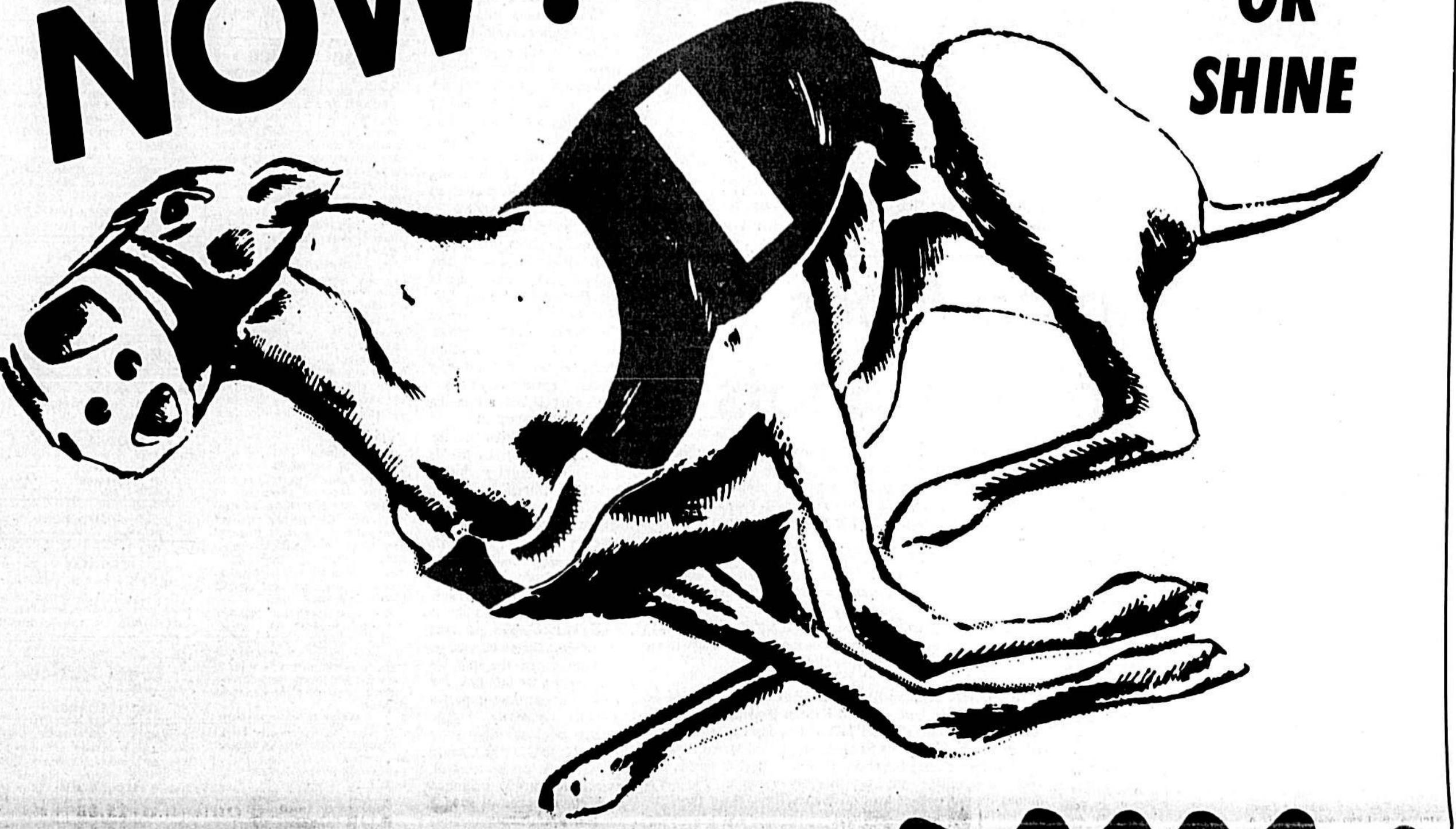
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MATINEES MONDAY • WEDNESDAY • SATURDAY
NEW MATINEE POST TIME 1:15 P.M. DOORS OPEN AT 12 NOON

SORRY - NO ONE UNDER 18 ADMITTED

SANFORD-ORLANDO KENNEL CLUB

SCOREBOARD

Dog Racing

AT SANFORD ORLANDO
Entries for Wednesday's opening night

1st race — 5:10. C. 1. Miss San 27; 2. Texas Charge 41; 3. Deltona 17; 4. Urge Me On 51; 5. Depend On 52; 6. Southern Cross 61; 7. Nordic Scott 41; 8. Dots's Damsy 105.

2nd race — 5:40. C. 1. M's Topsy 101; 2. Cortez Belle 172; 3. Calum Jones 14; 4. Jasmine Tech 101; 5. Lyle Jarvis 537; 6. Esie Express 41; 7. Monte Heine 81; 8. Clifton Along 44; 9. 2nd race — 6:10. C. 1. Sugar Ell 101; 2. Highway Agent 52; 3. Ulfaca 171; 4. Malcolm Farris 51; 5. Cortez Cal 101; 6. J.S. Justin 141; 7. Marlene Andrew 101; 8. Harbell 41.

3rd race — 6:40. C. 1. Joyful Spirit 61; 2. Sudden Jump, Imps 101; 3. R. Dev's Delight 61; 4. G.E.'s Ruby 171; 5. Manatee Heine 51; 6. Noel Scott 41; 7. Tally Burr 101; 8. Rockham Batters 153.

4th race — 7:10. T.M. 1. Keystone Gambler 61; 2. San Abe 537; 3. Patti Good 41; 4. Jane Corliss 101; 5. Wright Ding 41; 6. Ebonette 51; 7. Alan Kicks 61; 8. Orlantrave 171.

5th race — 7:40. A. 1. Let It Ride 61; 2. Worthing 101; 3. G.H.G.'s Sammie 51; 4. Swimming Jim 61; 5. Confirmed 537; 6. Pantheon 101; 7. Mr. Pix 171; 8. Drilling Mole 41.

6th race — 8:10. C. 1. Swamill Shirley 61; 2. L.L. Lay 81; 3. Officer Job 61; 4. Thor Brother 537; 5. Wright Hole 41; 6. Miss Scribble 51; 7. G.E.'s Ruby Day 101; 8. Spicy Pepper 61.

7th race — 8:40. B. 1. Marie Ann 537; 2. Wright Elvin 41; 3. Hummer Glory 171; 4. Phantom's Golden State 41; 5. Two Stars 171; 6. Jay Maiden 61; 7. Yankton 61; 8. Jason Scott 81.

8th race — 9:10. B. 1. Benevolent 41; 2. Manatee Norma 101; 3. Pretty Sadie 171; 4. Tally Andy 81; 5. Star Patrol 101; 6. Wright Huggy Day 51; 7. Day 537; 8. Dam Yank 41.

9th race — 9:40. T.M. 1. Rick Agreed 61; 2. Boston Mandy 171; 3. Memory Bank 171; 4. Paul Lane 181; 5. Aqua Dulce 101; 6. Wright Arch 41; 7. Assoupt Pass 61; 8. Backstage Flash 51.

10th race — 10:10. C. 1. Calmell 171; 2. Annelia Car 61; 3. Gotta Repeat 171; 4. Pittsburg 537; 5. Highway Ghost 101; 6. D's Amy Bellamy 171; 7. G.M.'s Shave 61; 8. Easy Eddie 101.

11th race — 10:40. C. 1. Talk On Feet 537; 2. Skiplin L'uphin 61; 3. Tuff Deal 61; 4. Jim's Tera 41; 5. Don's Mack 61; 6. Tough Shave 101; 7. J. Scud 171; 8. Royal Maudslod 101.

Pro Basketball

AT SANFORD ORLANDO
Entries for Wednesday's opening night

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SHOP SANFORD & ORLANDO DAILY 9:30-9:30, SUN. 12-6

WED., THURS., FRI., SAT.

SHOP DELAND, KISSIMMEE, MT. DORA, LEESSBURG 9-11, SUN. 12-4

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College Poll

NEW YORK (UPI) — The UPI's panel of 56 pro basketball writers has named Duke University as the top college basketball team in the nation for the 1979-80 season.

Duke, 22-0, is ranked No. 1 in the UPI's poll, which is based on votes from writers in 100 cities. Duke's perfect record is the only one in the nation.

Other top teams include Kentucky, 19-1, and North Carolina, 18-1.

Pro Football

Sanford's Season
1st race — 5:10. C. 1. Miss San 27; 2. Texas Charge 41; 3. Deltona 17; 4. Urge Me On 51; 5. Depend On 52; 6. Southern Cross 61; 7. Nordic Scott 41; 8. Dots's Damsy 105.

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Herald Cartoonists Look At The Past — And Future

THE BORN LOSER

by Art Sansom EEEK & MEEK

by Howie Schneider



Americans turned off their televisions sets and took to the road in the 1970s. The jogging movement swept the nation as people finally became involved in taking care of their own health.

Preventive Medicine Takes Hold In U.S.

By LAWRENCE LAMB, M.D.
Special to the Herald

No one will win a Nobel prize for the most significant achievement in medicine of the past decade. It was not a dramatic breakthrough — or even the CAT scanner for which Allan Cormack and Godfrey Hounsfield won the Nobel prize.

The big news of the 1970s was an achievement by the American people: for the first time in several decades, the ever-rising death rate from both heart attacks and strokes reversed and actually declined.

Heart attacks, the leading cause of death in the United States and other industrialized nations, declined about 18 percent in men between the ages of 35 and 74 from 1963 to 1973. The death rate from heart attacks continues to fall in the United States but not in the rest of the industrialized world.

Now that the epidemic has been reversed, scientists debate why that occurred.

Undisputed by the controversy, Americans turned off their TV sets and took to the road. More than 12,000 people entered New York City's marathon race late in 1979.

The jogging movement that swept the nation was only one of many signs that people had finally become involved in taking care of their own health. The age of preventive medicine had arrived.

Americans also improved their eating habits. Many decreased their intake of calories, fat and cholesterol.

The number of men who smoked declined. Doctors set up screening clinics for the early detection of high blood pressure.

While very few marathon runners die of heart disease, a few recent reports have shown that even running the marathon will not guarantee protection against heart attacks.

The lesson seems to be that people who run or diet or do not — and who are successful in adequately lowering their cholesterol and who keep their blood pressure down and who do not smoke — significantly decrease their risk of heart attacks and strokes.

Meanwhile, surgeons are doing assembly-line coronary bypass operations for people with severe coronary artery disease. As the decade wears on, doctors could not yet agree on whether all these heart operations are even necessary.

Since most patients who have the surgery also go on diets, quit smoking and undergo a supervised exercise program, there is no clear evidence whether it is the surgery or the associated rehabilitation that is responsible for the good results in many cases.

What will all this lead to in the '80s? Altering lifestyle will continue to be important and will significantly affect the health of millions.

Medicines to lower cholesterol have had a dubious track record. But new products may be available that can be added to food to help eliminate excess cholesterol and fat through the digestive system, thereby helping to decrease significantly the number of people who have strokes and heart attacks.

In cancer, chemotherapy has begun to flourish. Since a small cancer cell may be undetected in any tissue, it is important to develop chemicals that can destroy these hidden abnormal cells, literally reaching where the knife cannot.

Another important medical event of the '70s was the eradication of smallpox on a worldwide basis.

What do we expect in the '80s for the infectious diseases? It will be the decade of virus control. Already there are signs that herpes simplex may be controlled by lysine.

It will be the decade when great strides are made in eradicating harmful bacteria harmful to man through genetic engineering. Bacteria and perhaps viruses may be put to work producing needed chemicals and helping mankind.

All of these promised improvements mean that people can live longer and be healthier in the not-too-distant future. That means we will have to do more to help people in their later years. Some hopeful developments suggest that something may be able to be done to help maintain healthy brain function and to reduce the problems of older people's no longer being able to care for themselves.

The vast complex chemistry involved in brain function has barely been touched, nor has the overall problems of the aging brain. There will be plenty to discover and do in the '80s and the decades to come.

Through it all, the people themselves will be important participants in maintaining and improving their health and quality of life.

SAVINGS GOOD THRU SAT., DEC. 29, 1979

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HERSHEY'S MINATURES Bite size candy bars 14-oz. bag 199¢	ELITE CHOCOLATE COVERED CHERRIES Yummy! 19-oz. box 99¢	COLGATE MFP FILLER PAPER Pack of 250 sheets 99¢	PLANTERS PEANUTS 34 oz. Dry Roasted or 24 oz. Cocktail Your Choice 188¢
PLANTERS MIXED NUTS Without peanuts 12-oz. can 249¢	BRACH'S THIN MINTS Chocolate covered 12-oz. box 189¢	FRANZIA CHAMPAGNE Pinot or Extra Dry 33.4 fl. oz. 239¢	
PHOTO CENTER SYLVANIA FLASH BAR 14 flashes 199¢	COLOREX COLOR FILM 35mm 135 exposures 99¢		
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Look Of The Week

Great Grandmother Finds Cooking Can Cheer Her Up



Christine Lee, 2, just loves the cooking of her great grandmother, Annabell Deere, and especially the freshly cooked turnip greens she is sampling.

By TOMNETSEL
Herald Staff Writer

With 17 grandchildren and 7 great grandchildren Annabell Deere has a lot of company stopping by her home at 665 Riverview Ave. in Sanford. And they rarely go away hungry.

Cooking is one thing Mrs. Deere does well and she claims it is good for her in more ways than one.

Besides eating nutritious and healthful foods, Mrs. Deere, who was 74 on her last birthday, finds cooking can cheer her up.

"Whenever I get depressed," she said, "I get up and cook. It's kind of a therapy, but if I don't watch it I cook too much and the kids say I go outside and wave people down to stop and eat."

When Mrs. Deere is not cooking at home she can often be found at the Free Methodist Church helping with the church suppers. She said she particularly enjoys cooking the meat courses.

Her skill at meat dishes earned her a good reputation with the sailors a number of years ago when she cooked at the Sanford Naval Air Station.

"They'd get these old frozen chickens that weren't too good but that would make it taste good." She was referring to a recipe for Spanish Chicken she worked out for the navy using simple ingredients that make the tasteless birds palatable.

Pies are a particular favorite of Mrs. Deere, who has lived in Sanford for 57 years, and she remembers eating at piece of peanut butter pie in a restaurant once that she particularly enjoyed.

She enjoyed it so much that instead of asking for the recipe, she worked it out herself, adding to, or changing ingredients until it suited her.

She said there are several recipes for peanut butter pie around but this is the version she worked out herself and many people enjoy.

PEANUT BUTTER PIE: Crusts, makes enough for two.
2 cups flour
pinch of salt
1 cup of shortening, less a tablespoon

Blend thoroughly with a hand blender and add just enough water so the mixture will roll up and form a ball of dough. Roll out and cover pie pan.

FILLING:
2 cups milk
1/2 cup sugar
3 egg yolks
1 teaspoon vanilla
3 tablespoons corn starch
Mix ingredients in a pan and cook until it thickens. Let cool.

1/2 cup peanut butter
1 cup powdered sugar
Blend together with fork then put most of it in the bottom of the baked pie shell leaving a little to sprinkle on top of pie. Cover with the cooled pudding mixture.

2 egg whites
2 tablespoons sugar
Whip these to make a meringue and pour over pudding mixture. Sprinkle

CABBAGE CASEROLE:
1 head cabbage
2 tablespoons margarine or butter
2 tablespoons flour
1 1/2 cups milk
1 cup Cheddar cheese, grated

Wash and slice cabbage. Boil for about 10 minutes, then drain. In a pan make a white sauce by blending flour with melted butter and adding milk. Put cabbage in casserole and pour sauce over it, topping with grated cheese. Bake 30-40 minutes in 350 degree oven.

SPANISH CHICKEN:
2 chickens, cut into serving pieces
1 green pepper, chopped
2 medium onions, chopped
1 tablespoon celery seed
1 bottle catsup

Coat chicken in flour and sear in frying pan. Place chicken and other ingredients in large pot and add enough water to cover meat. Cook for 45 minutes until chicken is done.

BROCCOLI CASEROLE:
2 packages frozen broccoli
1/2 cup margarine
1 can cream of mushroom soup
1 can cream of chicken soup
1 cup diced chicken, ham or turkey

Prepare broccoli according to directions on package then place in casserole with diced meat. Mix together margarine and soups and pour into casserole. Bake 30 minutes in 350 degree oven.

Stitchin' Time

Antique Quilts Need TLC

By JOANNE SCREIBER
Special To The Herald

Have you an antique Victorian crazy quilt in your attic? Chances are it needs a gentle dose of TLC (tender loving care) to put it back in good condition. This is a worthwhile project — crazy quilts are rich, colorful accents for contemporary living rooms and they steadily are increasing in value.

Anita Wood, designer and writer, specializes in tracking down antique quilts and restoring them to their original glory.

She points out that the Victorian quilters use luxurious fabrics such as velvet, brocade, silk and satin. They are lavishly embroidered, with feather stitching joining the patches and additional embroidery on the solid-color patches.

Often the history of a whole family can be read in the quilt, with embroidered names and dates, symbols of special interests such as musical motifs.

The patches themselves normally were made from wedding gowns, ball gowns and similar special-occasion garments.

The crazy quilts are not meant to show a pattern, like the patchwork quilts. The overall effect is a joyous, extravagant jumble of color, texture and pattern.

Anita Wood points out that crazy quilts can be restored, by giving them a new backing

and repairing frayed edges with a border.

She recommends a good quality polyester crepe for strength, sheen and good color. If there are threadbare patches, don't try to replace them. Simply hand-stitch nylon net in a blending color over the bare spot.

Here are Anita's instructions for backing and bordering an antique quilt:

1. Lay the quilt out flat on the floor. If the edges are uneven, square them with a yardstick and tailor's chalk. Cut four strips of fabric longwise 6 inches wide and 12 inches longer than corresponding quilt sides.

This allows extra at each corner for mitering. Then cut four strips of light-weight Pellon the same size and baste to the back of each strip.

Baste the borders along the chalked lines, right sides facing the right side of the quilt. Miter corners. Stitch seams and trim to 1/2 inch.

Baste cotton batting or fiberfill to back of quilt, right to the unattached edge of the backing. Cut lining for back joining sections so the back is the same size as the quilt plus border. Lay lining to quilt right sides together. Baste and stitch, leaving a 20-inch opening for turning. Trim edges, clip corners and turn. Press edges flat and hand-stitch opening.

With neutral-color embroidery floss, tuft through quilt at intervals about 12



Quilt expert Anita Wood shows her latest project: An antique Victorian crazy quilt, with rich fabrics and lavish embroidery, which she is restoring. The new border is basted in place. This quilt was made in squares and usable extra squares were found with the frayed old quilt.

inches apart. To tuft, thread one yard of floss through a long, sharp embroidery needle. Don't knot it.

Take a single stitch from the back of the quilt, leaving about two inches of thread to lie on the wrong side. The stitches will not show on the right side. The ends in square knot and trim to one inch.

With this restoration, a crazy quilt will delight quilt lovers for another hundred years.

A new quilt book, "All Time Quilt Favorites," gives

Getting Married

Engagement and wedding forms are available at the Herald office to announce these events. The forms may be accompanied by professional black and white photographs if a picture is desired with the announcement. Wedding forms and pictures must be submitted within two weeks of the wedding.

MONEY SAVING TIP: Shrinkage can result from over drying. Remove clothes from the dryer while there is still a trace of moisture to help avoid this problem.

TOOTH DECAY: The most universal of human diseases.

The average human body consists of about 50 trillion cells.

Complete instructions for making a quilt, including mitering corners, plus patterns for 20 favorite patchwork quilts. To get your copy, send \$2 plus your name, address and zip code to Stitchin' Time, c/o this newspaper, Box 509, Radio City Station, New York, N.Y. 10019.

TOOTH DECAY: The most universal of human diseases.

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THANKS FOR HELPING YOUTH Aaron Richardson (right) director of the Sanford Housing Authority Youth Club and his assistant Joanne Williams present a plaque and certificate of appreciation to Roger Whiting of Bob Dodge Dodge for his help throughout the year to the youth organization. Whiting also furnished the automobile the Youth Club, a division of the Seminole Black Progressive Organization, decorated for the Sanford Christmas parade which won first place for the best decorated auto.

Women Buy Clothes So 7th Avenue Can Pay Rent

By ELLIE GROSSMAN
NEW YORK (NEA) — "Never you mind." That's what young women said to Seventh Avenue in the '70s. "We're going to tell each other what to wear."

And they did. They dictated that jeans, carpenter pants and other work clothes that made you look like you did something for a living were good. So was anything that looked like you bought it from a native of Guatemala or Tibet who was used to wearing hats, ponchos, sweaters and vests with lots of colors and fringes.

Also good was not wearing a bra or anything else restrictive because no one had any business in the first place forcing women to bind themselves with corsets, girdles — and shoes.

No painful pointed toes or stiletto heels for us, the young women said. They wanted shoes that looked like they were made of Earth Shoes, work boots and sandals.

Finally, to make sure they could tell each other apart, they painted, sewed or studded their denims.

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Finally, to make sure they could tell each other apart, they painted, sewed or studded their denims.



and things with individual designs. Seventh Avenue sneaked

Doctor Called Womanizer Accused Of 'Galpractice'

DEAR ABBY: My boss has a problem that is affecting me. He is a womanizer. He is married (for the second time) and is unfaithful to his wife. He has a child to keep her home. She was a nurse, and loved her work. (He is a doctor.)



I have heard telephone conversations my boss has had with his lady friends, and some of them even come to the office. Do I shut my eyes to all this? If I quit my job, I will need an explanation to my boss and his wife since I am friendly with both. She is a lot younger than he is and has confided in me that she married him for his money. She laughs at "rumors." Do I laugh it off, too?

DEAR ABBY: I think it would be better for all concerned if you quit your job. You know too much about your boss's private life to maintain a proper business relationship with him. And you know too much about the boss's wife to be working for her husband. You don't have to explain why you're quitting. Just say you decided to make a change. Then make it.

DEAR ABBY: I've got a problem I have lived with for years. I have a 21-year-old male who is considered good-looking by many people, but I have a problem that is really getting to me. I am an older (37 and holding) woman who is fortunate enough to be loved by a younger man (30). When we first started going together, over eight months ago, I was somewhat self-conscious about the age difference which was obvious to most. So, just for fun, I had a couple of T-shirts printed up. His read, "NO, I AM NOT HER SON." And mine read, "NO, I AM NOT HIS MOTHER."

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Serve Pork For 'Good Luck,' Economic Start In 1980.

New Year's Day 1980 economically will be hog jowl day and the time to enjoy many other delicious pork dishes. There are plenty of pigs on the market and the demand is down. Therefore, pork prices will be attractive to the frugal shopper.

Take advantage of this pork abundance family, club or neighborhood style to cook a whole pig. First, gather some good hickory firewood; if that's not available, oak will do. Burn the wood down to some good coals.

The pig can be made easily with concrete blocks that will raise the grill 24 inches from the coals. Leave empty spaces in the bottom layer of the blocks to throw in the hot coals for uniform heating.

The pig is prepared by having the butcher split him, with head intact, all the way through the rib cage. Place it on the grill or a firm foundation where you can break the ribs on each side of the backbone. This will permit the carcass to lay flat on the grill.

Flip the pig meate up and salt well. Then place it on the grill meate side down. Get hot coals from your bonfire and spread them thin for slow cooking. Then be ready for about an 18-hour vigil. Keep steady heat under the pig by replacing the coals as they burn out.

Carl Pierce of the Florida Department of Agriculture's Division of Forestry is the expert on this method of pig-cooking. He lets his pig cook meate side down 10 to 12 hours on this slow fire. Hog good it is! Well, Pierce has the following testimony of Florida legislators who attend the Department of Agriculture's Legislative Appreciation Day.

As the pig is cooking, Pierce mixes a sauce to baste the carcass from time to time.

1 1/2 gallon vinegar
1/2 pint lemon concentrate
black pepper

After the 12-hour meate-side-cooking, Pierce turns the carcass over for the skin-side and begins basting the meat with the sauce. Still using a low fire, the pork simmers and excess fat gathers in the pockets of the carcass. Occasionally dip off the excess fat.

Cook the carcass from the skin-side down position until the meat is falling apart. This takes about eight hours and the meat can be picked off with a fork.

Let the pork cookout guests serve themselves direct from the carcass. Add another outdoor dish by boiling sweet corn in the husk. For decor's sake, serve the corn in an old-fashioned triangular pig feed trough.

This Pierce style pork cook-out is right for all eaters, gourmet, light and heavy.

This is a new image for the pig since DeSoto first introduced them into the United States in the 16th century. The Spaniards did cook their pigs on campfires but not with a festive air. The big difference between pork then and now is that the Spaniards did it that there was more fat on the pig. Today, cross-breeding has brought us leaner meat piglets that is now on weight-reducing diets. Pork has about 70 calories per ounce of cooked meat and 42 milligrams of cholesterol per 100 grams raw weight. Pork is at its best when cooked at an internal temperature of 170 degrees Fahrenheit.

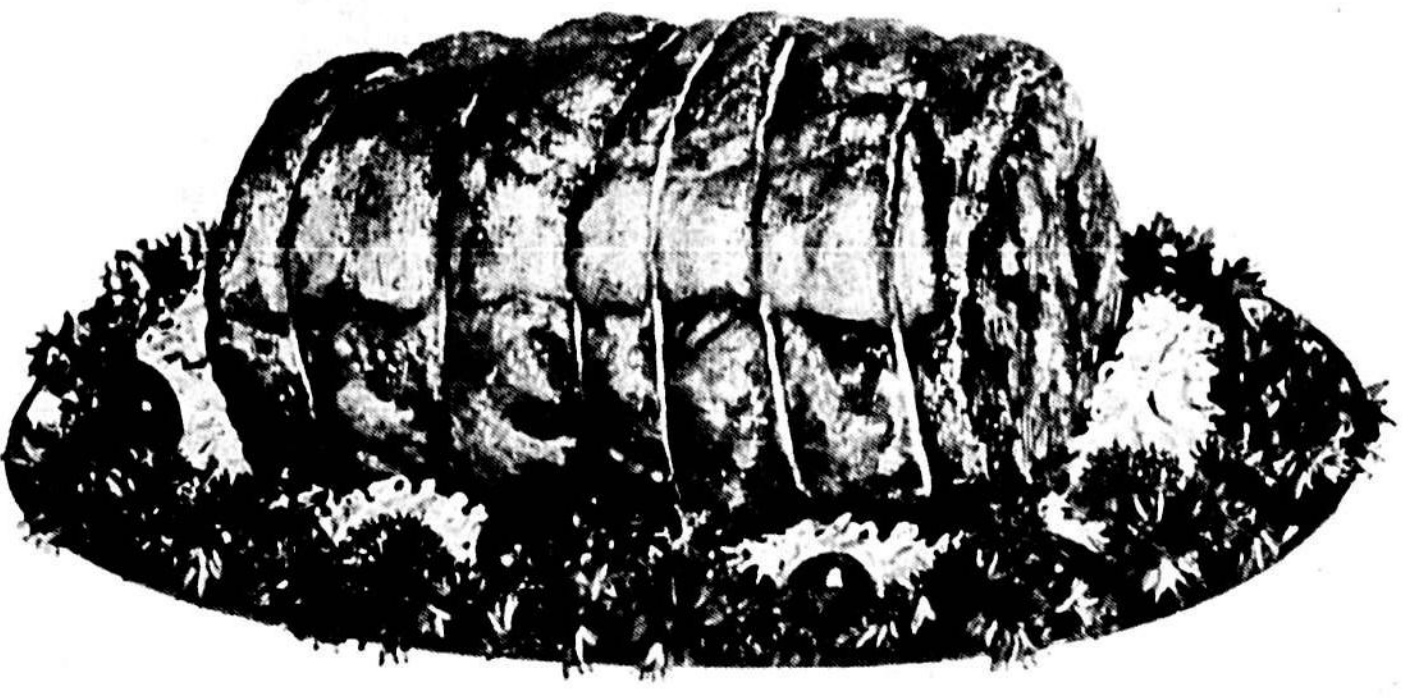
At home, the housewife can plan 1/4 to 1/3 pound of boneless meat, such as tenderloin, per serving. A pork chop serving, with bone, is about 1/3 to 1/4 pound. If you're serving spareribs or a bony piece of pork, plan on 1/4 to 1/2 pound of meat per person. Regardless of the cut of pork, color is important. Pick pink to delicate rose pork with a fine texture and moderate amount of marbling throughout (veins of white fat).

Cooking that kind of pork will be successful if you do it on a low temperature. That means the amount of electric, leaves the meat tender, juicy and flavorful. At the same time, it will cook more evenly.

A recommended oven temperature for roasts at 325 degrees Fahrenheit will assure the optimum internal temperature of 170 degrees Fahrenheit.

In this day and time the hog jowl dish will really be representative of the infatuation times. This is a dish evolved from the hard times of yesterday; and again in 1979 we are being asked to be frugal.

So why not keep the tradition alive?
HOT HOG JOWLS



Building, Tallahassee, Florida 32301. EGG NOG
10 eggs
1/2 cup granulated sugar
3 to 4 cups Bourbon whiskey
1 cup Jamaican rum
1 quart milk
2 pint heavy cream
Grated nutmeg

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WELCOME THE NEW YEAR WITH FOOD SAVINGS

2 STORES IN SANFORD
PARK AVE & 25th ST. 4th & SANFORD AVE.
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PARK AVE & 25th ST. 4th & SANFORD AVE.

THESE PRICES GOOD THURSDAY DEC 27 THRU WEDNESDAY JAN 2

Pork Chops **88¢**
MEATY GEORGIA PORK
Spare Ribs **99¢**

SHANK PORTION
Smoked Ham **79¢**

BROOKS COUNTY SMOKED PURE PORK
Sausage **1.98**

20 OZ. PACK

MIX OR MATCH 'EM

DOUBLE LUCK 16 OZ. CUT GREEN BEANS 29¢
TRELIS 16 OZ. 29¢
15 OZ. ARGENT PEAS 29¢
15 OZ. ARGENT BEANS 29¢
15 OZ. ARGENT SAUERKRAUT 29¢
15 OZ. RED & WHITE WHOLE POTATOES 29¢

28¢ Ea.

FROZEN FOOD

CHEESE SAUSAGE OR PEPPERONI JOHN'S PIZZA **89¢**

TENDERLOIN 1/2 LB. **49¢**
Bagels **89¢**
Garlic Bread **89¢**
Lemonade 4.75, **1.00**
Sausage **89¢**
COFFEE RICH **59¢**

Lipton TEA BAGS \$1.79

MILLER BEER \$1.78

HAPPY NEW YEAR

SMOKED Hog Jowl 45¢ LB.

OUR BEEF IS USDA CHOICE

DEL MONICO Steak \$3.78 LB.

FRYERS 45¢

FIRST CUT CHUCK STEAK \$1.48

100 PCT. PURE GROUND Beef 5 LBS. OR MORE \$1.38 LB.

DAIRY DEPT.

SHARP CHEESE **1.49**

SNACK DIP **59¢**

BISCUITS 2.69, **69¢**

MARGARINE **79¢**

CREAM CHEESE **99¢**

SOFT ICE CREAM **99¢**

THIRST-C ADE **89¢**

NEW YEAR'S EXTRAVAGANZA

MR. AUTOMATIC COFFEE 1 LB. **2.39**

PRINGLES **99¢**

MOIST & EASY CAKE MIX **89¢**

DISHWASHER CASCADE **1.99**

GRAPEFRUIT JUICE **1.19**

PRODUCE SPECIALS

RED DELICIOUS APPLES 4 LB. **88¢**

POTATOES 10 LB. **97¢**

Lettuce 3 HOE. **99¢**

YELLOW Onions 3 LB. **48¢**

Tomatoes 3 LB. **1.00**

FRESH Cole Slaw **.39¢**

AFTER CHRISTMAS fashion clearance 25 to 50% off

Starts Wednesday December 26th

- DRESSES • HANDBAGS
- SPORTSWEAR • BLOUSES
- AFTER 5 DRESSES
- PANTSUITS

MASTER CHARGE — BANKAMERICARD
PHONE 283-7100
2722 South Orlando Drive
(Formerly Flagship U.S. Bank of Seminole Blvd.)
Sanford

DOORS OPEN PROMPTLY AT 8 A.M. THURS., DEC. 27TH

Knights' SEMI-ANNUAL SHOE SALE

Shoes BY FLORESHEIM NATURALIZER JACQUELINE VALUES TO 34.99 NOW 9.90 TO 19.90

Shoes BY CALIFORNIA COBBLETS & CONNIE VALUES TO 28.99 NOW 6.90 TO 16.90

Shoes BY NATURALIZER & CONNIE VALUES TO 31.99 NOW 4.90 TO 14.90

MEN'S SHOES
DRESS SHOES FREEMAN, NUNN, RAND, BUSH Values to 49.99 **19.90 To 29.90**
DRESS & CASUAL FREEMAN, RAND, WEDS Values to 24.99 **8.90 To 18.90**

CHILDREN'S SHOES
DRESS AND CASUAL STYLES BY POLL PARROTT AND SCAMPARINO Values to 19.99 **4.90 To 10.90**
Save 20% on children's boots.

LADIES' BOOTS Values to 24.99 **20% OFF**

LADIES' SLIPPERS 4.99

EVENING SHOES Save to **50%**

LADIES' HANDBAGS UP TO **50% OFF**

WIDE RANGE OF STYLES & COLORS

Don't miss this opportunity to buy many, many quality shoes at a fraction of their original cost!

Knights' SHOE STORE
208 E. FIRST ST. DOWNTOWN SANFORD
322-0204

BLONDIE comic strip by Chic Young. Panels show Blondie and Dagwood in a kitchen setting.

BEETLE BAILEY comic strip by Mort Walker. Panels show Beetle Bailey and his co-workers.

THE BORN LOSER comic strip by Art Sansom. Panels show a man in a suit looking thoughtful.

ARCHIE comic strip by Bob Montana. Panels show Archie and his friends.

ECK & MEEK comic strip by Howie Schneider. Panels show two men in a conversation.

PRISCILLA'S POP comic strip by Al Vermeer. Panels show Priscilla and a man.

BUGS BUNNY comic strip by Stoffel & Heindahl. Panels show Bugs Bunny in a desert setting.

FRANK AND ERNEST comic strip by Bob Thaves. Panels show Frank and Ernest with a car.

TUMBLEWEEDS comic strip by T. K. Ryan. Panels show a tumbleweed and a man.

ACROSS puzzle grid with clues for 1-15. Includes a small diagram of a boat.

ACROSS puzzle grid with clues for 16-30. Includes a small diagram of a boat.

ACROSS puzzle grid with clues for 31-45. Includes a small diagram of a boat.

ACROSS puzzle grid with clues for 46-60. Includes a small diagram of a boat.

ACROSS puzzle grid with clues for 61-75. Includes a small diagram of a boat.

ACROSS puzzle grid with clues for 76-90. Includes a small diagram of a boat.

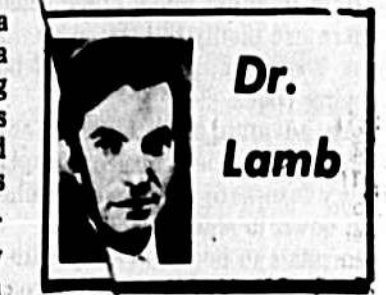
ACROSS puzzle grid with clues for 91-105. Includes a small diagram of a boat.

ACROSS puzzle grid with clues for 106-120. Includes a small diagram of a boat.

ACROSS puzzle grid with clues for 121-135. Includes a small diagram of a boat.

Gout Can Attack Your Great Toes

DEAR DR. LAMB—I'm a 75-year-old male and I have a swollen joint in my right big toe. I was told that this was gout and I should take six bone meal tablets daily to reduce the swelling.



this mistaken idea and they think the excess calcium intake will aggravate the condition rather than alleviate it. Am I right?

DEAR DR. LAMB—If you're correct in saying that your enlarged toe is caused by gouty arthritis, then you may need other treatment.

Gout often attacks the great toe. When it's an acute attack, the toe may be red, hot and swollen and very painful. In addition, in the course of time people with gout may have uric acid salts or crystals deposit in the joint space and build up in the area. It's somewhat like lime building up in the pipes or inside the lining of the kettle.

Osteoporosis or degeneration of the bone, which is particularly common in women past the menopause and in some men at older age, is more likely to occur in an individual on a calcium deficient diet.

Now there is one rare medical condition associated with taking too much calcium and that's the person who uses a lot of soluble antacids such as baking soda and at the same time drinks a lot of milk or takes a lot of calcium.

WIN AT BRIDGE NORTH 12-24. WEST EAST. SOUTH EAST. WEST EAST.

SPIDER-MAN comic strip by Stan Lee and John Romita. Panels show Spider-Man in his web.

ZOOBIES comic strip by Craig Leggett. Panels show a man and a zebra.

TV HIGHLIGHTS

WEDNESDAY EVENING

6:00 (7) (7) NEWS (10) MASTERPIECE THEATRE "Poldark" Demiza discovers that Ross' trial is in danger of being perjured by paid witnesses. (Part 9 of 16)

6:30 (9) NBC NEWS (13) CBS NEWS (15) ABC NEWS (17) BOB NEWHART Bob and Emily invite Carol to share her "heavy" experiences with the "overweight" worktop.

7:00 (1) THREE A CROWD (2) P.M. MAGAZINE (3) THE WILD FAITH Domergue, Kenneth Tabey. A giant octopus enters San Francisco Harbor after being attacked by an H-bomb.

7:30 (1) TIC TAC DOUGH (2) THE NEWLYWED GAME (3) HOLLYWOOD SQUARES (5) MAUDE Maude takes on the medical profession after she receives treatment from a new doctor.

8:00 (2) REAL PEOPLE Reports on a reunion of Black World War II fighter pilots, an Indiana nudist colony, Mr. Backwards, and a 10-year-old disc jockey are featured. (9) (3) YOUNG MAVERICK Ben becomes heir to a still-to-be played poker hand while to him by a friend who dropped dead during a high-stakes game. (Part 1)

8:30 (1) TODAY (2) MORNING NEWS (3) MORNING NEWS AMERICA (15) WORLD OF SUPER ADVENTURE (16) SESAME STREET (R)

9:00 (1) TODAY (2) MORNING NEWS AMERICA (3) CAPTAIN KANGAROO (4) TODAY IN FLORIDA (5) GOOD MORNING FLORIDA

9:30 (1) TODAY (2) MORNING NEWS AMERICA (3) CAPTAIN KANGAROO (4) TODAY IN FLORIDA (5) GOOD MORNING FLORIDA

10:00 (1) TODAY (2) MORNING NEWS AMERICA (3) CAPTAIN KANGAROO (4) TODAY IN FLORIDA (5) GOOD MORNING FLORIDA

10:30 (1) TODAY (2) MORNING NEWS AMERICA (3) CAPTAIN KANGAROO (4) TODAY IN FLORIDA (5) GOOD MORNING FLORIDA

11:00 (1) TODAY (2) MORNING NEWS AMERICA (3) CAPTAIN KANGAROO (4) TODAY IN FLORIDA (5) GOOD MORNING FLORIDA

11:30 (1) TODAY (2) MORNING NEWS AMERICA (3) CAPTAIN KANGAROO (4) TODAY IN FLORIDA (5) GOOD MORNING FLORIDA

12:00 (1) TODAY (2) MORNING NEWS AMERICA (3) CAPTAIN KANGAROO (4) TODAY IN FLORIDA (5) GOOD MORNING FLORIDA

12:30 (1) TODAY (2) MORNING NEWS AMERICA (3) CAPTAIN KANGAROO (4) TODAY IN FLORIDA (5) GOOD MORNING FLORIDA

TV HIGHLIGHTS CABLE CH. (7) (7) NEWS (10) MASTERPIECE THEATRE "Poldark" Demiza discovers that Ross' trial is in danger of being perjured by paid witnesses. (Part 9 of 16)

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SAVE 40¢

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3 PACK 12-oz. CANS

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EACH **99¢**

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3 HEADS **\$1.00**

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ICE CREAM

HALF GAL. **79¢**

SAVE 39¢

BLUE BAY TUNA

6 6 1/2-oz. CANS **39¢**

<p>SAVE \$1.00</p> <p>AGAR BONELESS CANNED HAM</p> <p>3 LB. CAN \$4.69</p> <p>LIMIT ONE WITH COUPON GOOD IN SEMINOLE COUNTY & APOPKA STORES DECEMBER 27-29</p> <p>COUPON GOOD ONLY WITH ADDITIONAL PURCHASES OF \$3.00 OR MORE EXCL. CIG.</p>	<p>SAVE 30¢</p> <p>HICKORY SWEET SLICED BACON</p> <p>1-LB. PKG. 89¢</p> <p>LIMIT ONE WITH COUPON GOOD IN SEMINOLE COUNTY & APOPKA STORES DECEMBER 27-29</p> <p>COUPON GOOD ONLY WITH ADDITIONAL PURCHASES OF \$3.00 OR MORE EXCL. CIG.</p>	<p>SAVE 30¢</p> <p>PLUS DEPOSIT COCA COLA</p> <p>8 16-oz. BTL. 69¢</p> <p>LIMIT ONE WITH COUPON GOOD IN SEMINOLE COUNTY & APOPKA STORES DECEMBER 27-29</p> <p>COUPON GOOD ONLY WITH ADDITIONAL PURCHASES OF \$3.00 OR MORE EXCL. CIG.</p>
<p>SAVE 39¢</p> <p>THRIFTY MAID UNSWEETENED GRAPEFRUIT JUICE</p> <p>46-oz. CAN 39¢</p> <p>LIMIT ONE WITH COUPON GOOD IN SEMINOLE COUNTY & APOPKA STORES DECEMBER 27-29</p> <p>COUPON GOOD ONLY WITH ADDITIONAL PURCHASES OF \$3.00 OR MORE EXCL. CIG.</p>	<p>SAVE \$1.00</p> <p>ASTOR INSTANT COFFEE</p> <p>10-oz. JAR \$3.49</p> <p>LIMIT ONE WITH COUPON GOOD IN SEMINOLE COUNTY & APOPKA STORES DECEMBER 27-29</p> <p>COUPON GOOD ONLY WITH ADDITIONAL PURCHASES OF \$3.00 OR MORE EXCL. CIG.</p>	<p>SAVE \$1.00</p> <p>HARVEST FRESH U.S. No. 1 (VENT VUE BAG) WHITE POTATOES</p> <p>10 LB. BAG 88¢</p> <p>LIMIT ONE WITH COUPON GOOD IN SEMINOLE COUNTY & APOPKA STORES DECEMBER 27-29</p> <p>COUPON GOOD ONLY WITH ADDITIONAL PURCHASES OF \$3.00 OR MORE EXCL. CIG.</p>
<p>SAVE 39¢</p> <p>SUPERBRAND ASSORTED FLAVORS ICE CREAM</p> <p>HALF GAL. 79¢</p> <p>LIMIT ONE WITH COUPON GOOD IN SEMINOLE COUNTY & APOPKA STORES DECEMBER 27-29</p> <p>COUPON GOOD ONLY WITH ADDITIONAL PURCHASES OF \$3.00 OR MORE EXCL. CIG.</p>	<p>SAVE 39¢</p> <p>SUPERBRAND SOUR CREAM</p> <p>1-LB. CUP 59¢</p> <p>LIMIT ONE WITH COUPON GOOD IN SEMINOLE COUNTY & APOPKA STORES DECEMBER 27-29</p> <p>COUPON GOOD ONLY WITH ADDITIONAL PURCHASES OF \$3.00 OR MORE EXCL. CIG.</p>	



PRICES GOOD DECEMBER 26-29

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<p>SAVE \$1.10</p> <p>W-D BRAND USDA CHOICE BONELESS BOTTOM ROUND ROAST</p> <p>LB. \$1.99</p> <p>LIMIT 2 WITH COUPON COUPONS GOOD ONLY WITH ADDITIONAL PURCHASES OF \$3.00 OR MORE EXCLUDING CIGARETTES.</p>	<p>SAVE 40¢</p> <p>MILLER BEER</p> <p>LIMIT 2 WITH A \$3.00 OR MORE PURCHASE EXCL. CIGS.</p> <p>6 PACK 12-oz. NRB'S \$1.69</p> <p>CRACKIN' GOOD PRETZELS . . . 2 \$1.00</p>			
<p>SAVE 40¢</p> <p>USDA CHOICE UNTRIMMED WHOLE BONELESS BOTTOM ROUND</p> <p>LB. \$1.79</p> <p>20 TO 28 LB. AVG.</p>	<p>SAVE 20¢</p> <p>USDA CHOICE WHOLE UNTRIMMED BONELESS N.Y. STRIPS</p> <p>LB. \$3.39</p> <p>14 TO 16 LB. AVG.</p>	<p>SAVE 50¢</p> <p>W-D BRAND USDA CHOICE BLADE CUT CHUCK ROAST</p> <p>LB. \$1.59</p> <p>BEEF CHUCK CENTER CUT 7 BONE CHUCK ROAST . . . \$1.79</p>	<p>SAVE 28¢</p> <p>W-D BRAND 100% PURE 10 LB. HANDED GROUND BEEF</p> <p>LB. \$1.29</p> <p>W-D BRAND - TWELVE 4-oz. PATTIES (LB. \$1.19) Beef Patties 3 \$1.37</p>	<p>SAVE 60¢</p> <p>PINKY PIG BRAND FRESH ECONOMY PORK CHOPS (5 SIRLOIN & 5 BLADE)</p> <p>LB. 99¢</p> <p>FULL 1/2 FRESH OR SMOKED PORK LOINS SLICED INTO Pork Chops . . . \$1.49</p>
<p>SAVE 19¢</p> <p>ALL FLAVORS CHEK DRINKS</p> <p>3 28-oz. BTL. \$1</p> <p>SAVE 10¢ CRACKIN' GOOD REGULAR OR WAVY Potato Chips . . . 79¢</p>	<p>SAVE 20¢</p> <p>ARROW BLEACH</p> <p>1 GAL. 49¢</p> <p>ARROW Detergent . . . 59¢</p>	<p>SAVE 30¢</p> <p>ARROW ASSORTED COLORS BATH TISSUE</p> <p>LIMIT 2, PLEASE</p> <p>4 ROLL PKG. 69¢</p> <p>HIFTY TALL Kitchen Bags . . . 29¢</p>	<p>SAVE 28¢</p> <p>BLUE BAY TUNA</p> <p>LIMIT 1 WITH \$3.00 OR MORE PURCHASE EXCL. CIGS.</p> <p>6 1/2-oz. CAN 39¢</p> <p>DEEP SOUTH Mayonnaise . . . 59¢</p>	<p>SAVE 30¢</p> <p>FISCHER - TAGLESS TEA BAGS</p> <p>100-CT. PKG. 99¢</p> <p>CRACKIN' GOOD WHEAT BITS OR ONION BITS . . . 2 \$1.00</p>
<p>SAVE \$1.00</p> <p>HARVEST FRESH GREEN CABBAGE</p> <p>3 HEADS \$1</p> <p>HARVEST FRESH YELLOW Cabbages . . . 5 79¢</p>	<p>SAVE \$1.00</p> <p>HARVEST FRESH EASTERN RED DELICIOUS APPLES</p> <p>13 FOR \$1.89</p> <p>TROPICANA ORANGE Juice . . . 59¢</p>	<p>SAVE 26¢</p> <p>MORTON ALL VARIETIES POT PIES</p> <p>8-oz. SIZE</p> <p>4 \$1</p> <p>SAVE 20¢ ON 2 - MORTON (EXCLUDING HAM & BEEF) T.V. Dinners . . . 2 59¢</p>	<p>SAVE 26¢</p> <p>ASTOR ORANGE JUICE</p> <p>3 PACK 12-oz. CANS \$1.99</p> <p>COUNTRY FRESH PRESTIGE ALL NATURAL Ice Cream . . . 59¢</p>	<p>SAVE 40¢</p> <p>SUPERBRAND SOUR CREAM</p> <p>2-LB. CUP \$1.19</p> <p>SAVE 10¢ ON 3 SUPERBRAND ALL FLAVORS SWISS STYLE Yogurt . . . 3 99¢</p>

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Worldwide Medley



Try this quick oriental celery saute

Oriental Cuisine Lessens Calories

If you are calorie conscious, but bored by a summer of salads, it's time to acquaint yourself with the ancient art of stir-frying. For starters, try this Oriental Celery Saute. Quick and easy, it is guaranteed elevate celery from its usual place in the vegetable bin as a salad-stretcher to a status spot as an exotic side dish on your dinner table.

Pasta Given Spanish Accent

Pasta makes an excellent side dish or light supper when served with homemade fresh tomato sauce and a green salad. A Spanish seasoning sauce called sofrito is a mixture of tomatoes, garlic, onion, parsley and stuffed green olives, all sauteed in olive oil. In Spain the sauce usually tops rice. Serve with fine egg noodles for a tasty side dish.

AND NOODLES
8 ounces fine egg noodles (about 4 cups)
1 tablespoon salt
3 quart boiling water
1 large onion, chopped
1 clove garlic, minced
2 tablespoons olive oil
2 medium tomatoes, peeled, seeded and coarsely chopped
2 medium paprika
1/2 cup Spanish stuffed green olives, halved
1/4 cup chopped parsley
Gradually add noodles and salt to rapidly boiling water so that water continues to boil. Cook uncovered, stirring occasionally, until tender. Drain in colander.
Meanwhile in large skillet, saute onion and garlic in oil until golden. Add tomatoes and paprika. Cook over low heat, stirring often, for 5 minutes.
Add olives, parsley and noodles. Cook and stir until hot.

European Bread Americanized

FRUIT 'N' CHEESE DANISH
1 tablespoon sugar
3/4 pt. cream cheese, softened
1/4 cup sugar
1 teaspoon cinnamon
16-oz. can refrigerated big flaky biscuits
1/4 cup margarine or butter, melted
Any flavor fruit preserves
Heat oven to 375 degrees F. Blend the 1 tablespoon sugar and the cream cheese until smooth; set aside. Combine the 1/4 cup sugar and the cinnamon. Separate dough into 16 biscuits. Dip both sides of biscuits in melted margarine, then in sugar-cinnamon mixture. Place on ungreased cookie sheet. With thumb, make a 1/4-inch indentation in each roll; fill with rounded teaspoonful cream cheese mixture. Bake at 375 degrees F. for 15 to 20 minutes or until golden brown. Top each roll with preserves. Serve warm or cool. 16 rolls.
TIP: Cream cheese (crystal) sugar can be substituted for sugar-cinnamon mixture.

1/4 cup butter
one-third cup dry bread crumbs
one-third cup sugar
1/2 teaspoon lemon juice
1/2 teaspoon cinnamon
1/2 cup finely chopped nuts
one-third cup raisins
1/2 cup refrigerated cream cheese rolls
Lightly butter
Fill small saucpan, melt butter. Add crumbs; place 1 to 2 minutes or until crumbs are golden brown. Combine apples, raisins, sugar, lemon juice, cream cheese and vanilla; toss lightly. Heat oven to 350 degrees F. On lightly greased cookie sheet, place dough into 3 long rectangles. Overlap long sides of dough and roll up; brush with butter. Sprinkle with powdered sugar. 3 servings.
Bake at 350 degrees F. for 20 to 25 minutes or until golden brown. Sprinkle with powdered sugar. 3 servings.

How To Make Your Frozen Yogurt

You can make your own frozen yogurt in your favorite fruit flavor. Keep a supply ready for any occasion. And serve it with sliced fresh fruit for a lower-calorie lunch once or twice a week.

- BASIC FREEZER-TRAY YOGURT**
1 envelope unflavored gelatin
1/4 cup cold water or orange juice
1/4 cup sugar
1/4 teaspoon salt
1 cup mashed ripe bananas (5 medium)
1 tablespoon lemon juice
1 (8-ounce) container plain yogurt
2 egg whites, unbeaten
In small saucepan, sprinkle gelatin over water or orange juice. Place over low heat. Stir constantly until gelatin dissolves, about 3 minutes.
Stir in sugar and salt. Remove from heat. Stir in bananas and lemon juice. Stir in plain yogurt.
Pour into freezer tray or 9-by-5-by-3-inch loaf pan. Freeze until firm.
Turn mixture into large bowl. Add egg whites. Beat at high speed of electric mixer until smooth and fluffy, about 10 minutes. Return to freezer tray. Freeze until firm.
This kitchen-tested recipe makes about 3 1/2 cups.
BANANA-RUM-RAISIN FROZEN YOGURT
Substitute 2 tablespoons rum (or 1 teaspoon rum flavoring)



You can make your own frozen yogurt with bananas or strawberries

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WEXFORD CANDY JAR 99¢
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Potato Can Help Dieters

It happens to all of us, no matter how strong our resolve. We slip and eat the table without taking second helpings or desserts. But somehow, at that tantalizing moment we're unable to resist.

Now's the time to turn to potatoes for help. A single 5 ounce potato, baked in its skin, contains about 90 calories. And eight potatoes in the peak of harvest season, Idaho potatoes are plentiful supply in markets so dieters (and everyone else) can look forward to delicious, satisfying eating with the world's finest potato.
Potatoes are no longer regarded as just "filling." They've been recognized as an excellent source of complex carbohydrates, important to dieters and non-dieters alike. The Keep 'em Low (Calorie) Topping with its tangy blue-cheese, yogurt and cottage cheese base, is a mere 35 calories of good eating. Chinese Broccoli and Almond Topping over a baked spud totals just 280 calories and is so delectable no one will guess it's a diet dish!
Interested in more Idaho potato main dish recipes? There are plenty more in a new free booklet: "Serve 'Em Proud...Great Baked Idaho Potato Main Dishes." Send a stamped, self-addressed envelope to: Idaho Potato Commission, Box 1068, Boise, Idaho, 83701. Ask for the "Serve 'Em Proud" booklet.
KEEP 'EM LOW (CALORIE) TOPPING
4 Idaho potatoes
1/4 cup cream cheese
1/4 cup plain yogurt



Baked potatoes, topped with a creamy blue cheese sauce, can be included in most weight-loss diets.

There's Artistry In American Sandwiches

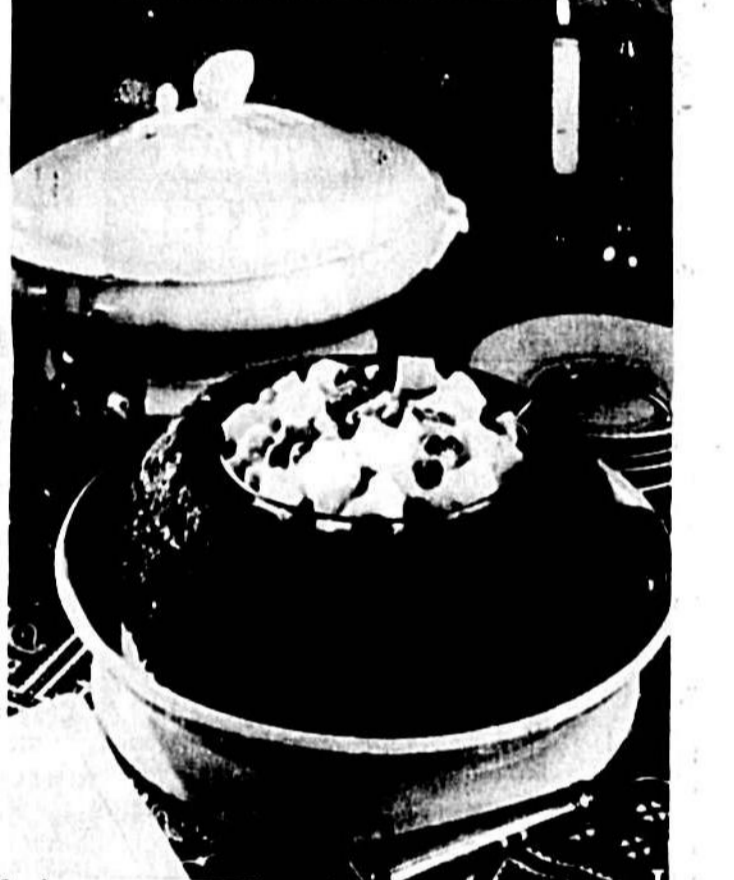
There's artistry in the making of a sandwich. Americans seem to have a special flair for combining unusual but complementary ingredients.

Joe's special sandwich — which blends spinach, ground beef, eggs and cheese with such seasonings as Italian herb, herb pepper and garlic — might have been too much for the Earl of Sandwich. However, it makes a flavorful filling for pita bread, buns or hero rolls. Serve with your favorite potato dish and fresh vegetable sticks.

- JOE'S SPECIAL SANDWICH**
1 (10-ounce) package frozen chopped spinach, thawed
1 pound ground chuck
1 cup frozen chopped onion
1 clove garlic, minced
1/2 teaspoon salt
1/2 teaspoon Italian herb seasoning
1/4 teaspoon herb pepper seasoning
2 large eggs, beaten
1 cup shredded Cheddar cheese
4 (6-inch) pita breads, halved, or sesame hamburger buns
Drain spinach well. Press out excess liquid.
Brown meat with onion and garlic over high heat, stirring occasionally. Drain off excess fat.
Add spinach and herb seasonings. Stir over low heat until spinach is hot.
Stir in eggs and salt to taste. Sprinkle with cheese. Continue to cook just until eggs are set, occasionally stirring gently. Remove from heat.
Gently open pita-bread halves. Fill each with about 1/2 cup spinach-meat mixture. Or serve on sesame hamburger buns. Serve once.
This kitchen-tested recipe makes 4 servings.
NOTE: 1/2 teaspoon seasoned pepper or lemon-and-pepper seasoning may be substituted for herb pepper.

Ring Leftovers With Stuffing

Ring Leftovers With Stuffing



Herb seasoned stuffing ring is perfect for serving Turkey a la King or other creamed dishes.

The stuffing from the turkey is gone as is the gray. What's left are the last tender tidbits of poultry and they're too good to waste. What's needed is a new recipe idea if you are to enjoy those last morsels of leftover turkey.

- STUFFING RING WITH TURKEY A LA KING**
1 (8-ounce) package herb seasoned stuffing
1 (10 3/4-ounce) can condensed chicken broth
4 eggs, well beaten
2 (10 1/2-ounce each) cans condensed cream of chicken soup
2 cups diced cooked turkey
1 (4-ounce) jar pimiento, drained and diced
1 (10-ounce) package frozen peas
In a bowl, mix stuffing, chicken broth, eggs and milk. Pour mixture into a well greased 8-cup ring mold. Bake in a preheated oven (350 degree F.) for 40 minutes or until puffed and brown. While ring is baking, combine remaining ingredients in a saucpan and simmer until piping hot and peas are cooked. Unmold ring on a platter and pour Turkey a la King into a bowl and place in center of ring. Cut ring into sections and spoon Turkey a la King over stuffing. Makes 6 servings.

Cinnamon Crisp Stirs Memories

Apple desserts made with fresh apples of the fall season go well with all festive meals. An apple-cinnamon crisp will remind many of Grandma's homemade apple and nut apple betties of years ago.
APPLE-CINNAMON CRISP
1 (11-ounce) can condensed Cheddar Cheese soup
1 cup brown sugar
1 teaspoon lemon juice
1/2 teaspoon ground cinnamon
1/2 teaspoon ground nutmeg
8 cups very thinly sliced apples (about 8 apples)
1/4 cup quick-cooking oats, uncooked
1/4 cup chopped walnuts
2 tablespoons milk
1 tablespoon butter or margarine, softened
Combine soup, 1/4 cup sugar, lemon juice, cinnamon and nutmeg.
Toss apples with soup mixture. Pour into buttered 8-inch square or 10-inch round baking dish.
Combine 1/4 cup sugar with remaining ingredients.
Sprinkle over apples.
Bake at 375 degrees for 45 minutes or until done. Let stand 15 minutes or more before serving.
Serve with whipped topping or ice cream if desired. This kitchen-tested recipe makes about 5 1/2 cups.

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70¢ OFF PANTRY PRIDE COFFEE
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NEW ZEALAND LAMB LEGS \$169

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WEXFORD CANDY JAR 99¢
DIAL ANTI-PERSPIRANT 99¢
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WEXFORD CANDY JAR 99¢
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WEXFORD CANDY JAR 99¢
DIAL ANTI-PERSPIRANT 99¢
WEXFORD CANDY JAR 99¢
DIAL ANTI-PERSPIRANT 99¢

NEW YEARS PARTY

LIQUOR SALE

ABC HAS THE LOWER EVERYDAY PRICES PRICES IN THIS AD GOOD THRU THURSDAY JAN. 1 AT ALL 150 ABC'S IN FLORIDA

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ABC "DISCO" LOUNGE HI-WAY 436-ONE BLOCK E. OF I-4 LIVE ENTERTAINMENT OPEN SUNDAY

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SAXONY GIN RUM VODKA 3.99 CHOICE QT. ANY 12 - 47.75

94° GIN LONDON TOWER GILBEY'S 80° GIN 5.59 CHOICE QT. CASE 66.95

OLD REPEATER 8 YR. KY. BRBN. EARLY TIMES 4 YR. KY. BOURBON 5.89 CHOICE QT. ANY 12 - 70.65

WISER'S 10 YR. CANADIAN BOND 6.59 CHOICE 25.4 OZ. ANY 12 - 78.95

SEAGRAM 6 YR. V.O. CANADIAN 6.59 CHOICE 25.4 OZ. ANY 12 - 78.95

IMP. GERMAN NIEHSTEINER GUTES DOMTAL '76 VINTAGE SPATLESE 4.99 CHOICE 25.4 OZ. 3.99 IN LAST 100 #300

STANLEY KY. GIN 4.69 CHOICE QT. ANY 12 - 55.95

OLD THOMPSON BLENDED WHISKEY 4.69 CHOICE QT. ANY 12 - 55.95

QUEEN ANNE SCOTCH 5.99 CHOICE 25.4 OZ. ANY 12 - 71.95

GEO. DICKEL 5.99 CHOICE 25.4 OZ. ANY 12 - 71.95

CERTIFIED VODKA 5.69 CHOICE QT. ANY 12 - 66.25

EXTRA BROOKS STR. KY. BRB. 5.69 CHOICE QT. ANY 12 - 66.25

TARKOV VODKA MEXICANA TEQUILA 5.49 CHOICE QT. ANY 12 - 66.25

MYERS RUM JAMAICAN BEEFEATER GIN 6.89 CHOICE 5TH ANY 12 - 82.85

GOOD WED. DEC. 26 **QUART REBEL** 6.09

GOOD THURS. DEC. 27 **QUART TAAKA VODKA** 4.05

GOOD FRI. DEC. 28 **QUART CANADIAN LORD CALVERT** 5.59

GOOD SAT. DEC. 29 **QUART GORDON'S GIN** 5.19

GOOD MON. DEC. 31 **QUART LAUDERS SCOTCH** 5.29

GOOD TUES. JAN 1 **QUART CHRISTIAN BROS. BRANDY** 6.19

GOOD WED. DEC. 26 **QUART VERMOUTH** 2.99

GOOD THURS. DEC. 27 **QUART ANDRE PINK CHAMPAGNE** 2.39

GOOD FRI. DEC. 28 **QUART GALLO RED ROSE** 2.89

GOOD SAT. DEC. 29 **QUART LANCERS ROSE** 2.99

GOOD MON. DEC. 31 **QUART MATEUS ROSE** 2.79

GOOD TUES. JAN 1 **QUART TAYLOR CREAM SHERRY** 3.19

86° SCOTCH ROYAL VELVET 5.39 CHOICE QT. ANY 12 - 63.95

CLAN MacGREGOR 80° SCOTCH 5.39 CHOICE QT. ANY 12 - 63.95

50.7 OZ. MAGNUM CALIF. MAGNUM 2.19

JACQUINS 5 YR. BRANDY 6.49 QT. ANY 12 - 74.95

MINIATURES 4.99

94° GIN OMEGA 5.99 QT. ANY 12 - 68.95

AMARITTO AMBROSIANO 9.49

STR. KY. BRB. EREN HORN 6.99 CHOICE QT. ANY 12 - 79.95

V.O. BARTON 10 YR. 6.99 CHOICE QT. ANY 12 - 79.95

MOULIN ROUGE CHAMPAGNE 2.59

1/2 GALLON PINA COLADA 2.99

BLOODY MARY MIX 1.09 QT.

LIBERTY STEINWEAR 3.49

PLANTERS PLANT CANDY 1.09

CITRUS CLEAR PLANT CHAMPAGNE GLASSES 1.59

PEMARTIN - IMP. SPAIN CREAM SHERRY 4.99

ICE CUBES 69¢

MAGNUM 4.49

BETTER WINES 4.99

LAMBRUSCO BIANCO WHITE RED WINE ITALY 1.49

Sebastiani 4.99

IMP. WINE UNDER \$3 2.99

IMP. WINE UNDER \$4 4.49

Evening Herald

72nd Year, No. 109—Thursday, December 27, 1979—Sanford, Florida 32771 Evening Herald—(USPS) 481-280—Price 15 Cents

County Case Could Reach Supreme Court

By DAVID M. RAZLER
Herald Staff Writer

An Altamonte Springs attorney is trying to challenge before the U.S. Supreme Court, a Florida law which provided an extra \$93,000 to the Seminole County Clerk's general fund.

Attorney Harvey Alper is preparing to request the court take jurisdiction in the case involving the dissolution of a chain of drug stores in 1976. He said he must file his request by Jan. 2, but even if he gets the necessary papers prepared in time, he only has about a one in 25 chance of

actually having his case decided by the high court. The case involves about \$93,000 in interest on just under \$2 million in escrow with the Clerk's office while the Circuit Court in Seminole tried to decide which of over 200 creditors of Webb's Fabulous Drugs were entitled to the money's interest.

Under Florida law, income generated by the clerk's office goes to the clerk, a law Alper says denies the creditors their rights. "I'm sure it didn't cost the clerk \$93,000 to invest the money," he said, explaining he believes the county is only entitled to costs under the constitution.

Circuit Court Judge Kenneth Leffler agreed with Alper and found the law unconstitutional. However, the state managed to win a reversal last year in the Florida Supreme Court. Now Alper is on to fight the decision in Washington. Alper said he became involved in the case as an appointed aide to the court when Eckerd Drugs of College Park Inc. offered about \$2 million to buy out Webb's. Webb's had more than \$2 million in outstanding

8 Polling Places Changed

By DIANE PETRYK
Herald Staff Writer

Eight election precincts in Seminole County have new polling places. The changes were made to improve voting facilities and to replace polling places that became unavailable, said Camilla Bruce, supervisor of elections. Voters in the following precincts will vote for the first time at these new polling places in the presidential preference primary March 11:



Garbage Piling Up On Sanford Streets

By DONNA ESTES
Herald Staff Writer

Christmas garbage and trash at 3,000 Sanford households, piled at the curb since Tuesday, will be picked up Friday. No pickups were made Tuesday, Christmas Day, as the city's refuse and trash collectors had the day off. Since Wednesday was a regular day off for the sanitation workers, refuse wasn't picked up Wednesday either and the same thing will happen over the New Year's holiday. City Manager Warren Knowles said today.

Mayor Lee P. Moore said, however, he received a number of complaints Wednesday and will be discussing with Knowles whether the same schedule should be maintained next week. "Hindsight is much better than foresight," Moore said, noting the city commission decided to work garbage and trash crews Christmas Eve, when other employees had the day off. It was also decided that the crews would not work on Christmas. And Wednesday was a regular day off for the crews which work a four-day week, 10 hours daily. "We avoided having to pay for another holiday period," Moore said.

Concern that a health hazard might exist from the garbage being piled up for three days before it is picked up Friday was expressed by County Sanitation Val Robbins. Robbins said if the garbage is properly bagged, as it is supposed to be, and considering the cool weather, there is no problem. He added that many do not properly

bag their garbage and if the weather were hot there could be a health problem. City Commissioner David Farr said he received no complaints. Asked what the curb since Tuesday, will be picked up Friday. No pickups were made Tuesday, Christmas Day, as the city's refuse and trash collectors had the day off. Since Wednesday was a regular day off for the sanitation workers, refuse wasn't picked up Wednesday either and the same thing will happen over the New Year's holiday. City Manager Warren Knowles said today.

Moore said if the city had called the sanitation personnel in to work on Wednesday, their regular day off, the city would have had to pay time-and-a-half or double time.

Knowles said city hall received 56 calls Wednesday inquiring when garbage and trash would be picked up since it was not picked up Tuesday. He said two of those calls were complaints. "Most people understand that workers get a paid holiday," Knowles said.

The manager said it costs about \$1,200 per day to operate a refuse crew, and while the city in the past has paid overtime wages for refuse collection on holidays, the budget is too tight this year to carry the extra cost. Knowles also said there would be no rebate of garbage fees to those households which received only one refuse collection this week and will receive only one next week.

Captives To Be 'Witnesses' Against U.S.

By DAVID M. RAZLER
Herald Staff Writer

Iranian officials said today that they will appear before a tribunal as witnesses against the United States in the trial of Iranian hostages held in Tehran.

AYATOLLAH KHOMEINI said in an interview published today that Iran intends to release all the U.S. Embassy hostages in Tehran after their trial by an international tribunal even if they are found guilty of spying.

"Ayatollah Mohammed Beheshti, secretary of the Iranian Islamic revolutionary Council, said the hostages will appear before a tribunal as witnesses. The religious leader, in the interview in

Iran Official Warns Against Sanctions

By DAVID M. RAZLER
Herald Staff Writer

TEHRAN, Iran (UPI) — Iran, declaring itself virtually at war with the United States, warned all the American hostages will be tried as spies if the U.S. Security Council imposes any economic sanctions against it.

Three American clergymen ended their Christmas visit to Iran and flew home via London early today, although the questions they raised about the exact number of hostages held in the occupied U.S. Embassy for 94 days remained unresolved.

The clergymen — the Rev. William Sloane Coffin, William J. Howard Jr. and Catholic Bishop Thomas Gumbleton — who are carrying 33 personal messages from the hostages, said they saw all the captives — 43 of them — but the State Department insisted there are 60 hostages and the matter was unlikely to be settled until Washington and the clergy compared lists.

Controversial figure, Rep. George Hansen of Idaho, continued his solo and unofficial diplomatic efforts, which have drawn criticism from colleagues and the White House, to secure the release of the captives but he refused to give any details of his second mission to Iran since the Nov. 4 siege began.

The foreign minister previously said the hostages would be called only as "witnesses" rather than defendants at the grand jury hearings.

"They (the hostages) may decide to burn the poster or to throw darts at it," McCormack said. "Our point is that those people are Americans, this reflects their, and they should be able to decide whether they want the posters."

The 17½-inch by 20-inch posters, which sell for \$2 retail in the United States, display a picture of Khomeini encircled by five rings. McCormack said the posters can be used for dart boards, or for target practice.

Portugal Head Resigns

LISBON, Portugal (UPI) — Caretaker Premier Maria de Lourdes Pintasilgo, Portugal's first woman head-of-state, resigned today and cleared the way for the formation of the nation's first center-right government in 5 years.

Portugal's first center-right government in 5 years.

Today

Action Reports	2A
Around The Clock	4A
Bridge	2B
Calendar	2B
Classified Ads	6-8B
Comics	4B
Crossword	2B
Dear Abby	2B
Dr. Lippman	2B
Florida	2B
Herald	2B
Horoscope	2B
Humor	2B
Justice	2B
Life	2B
Local News	2B
Politics	2B
Real Estate	2B
Science	2B
Sports	2B
Television	2B
Weather	2B
World	2A



A FAMILY AFFAIR
Donald Bushart makes exercising a family affair as he works his way through Heart Park on the lakefront in Sanford, with his son Randy and daughter Kim. The Busharts are vacationing here from Elmira, N.Y., and find our chilly mornings "just like October back home."