Health Agencies May Feel Budget Ax By Friday

By DIANE PETRYK

Herald Staff Writer President Reagan's budget ax may fall as early as Friday on health-systems agencies - those federally funded regional boards and their county councils charged primarily with tasks of holding down health-care costs.

There are nine health-systems agencies in Florida.

Four health planning professionals said today the agencies' duties would be absorbed by the state if they must close, but said it might mark the end of truly local health facilities

The federal government provided money for the startup of the nationwide HSA network in 1976, and since then has promoted the agencies to establish health-care planning at the local level. By law, HSAs must determine needs for healthcare facilities in the areas they serve, and make recommendations to the state to ensure cost containment and acressibility of health care to all and prevent expensive duplication of services and equipment.

In their April 1981 to March 1982 fiscal year, HSAs will cost federal taxpayers \$90 million, according to Kim Beaton, executive director of the Health Systems Agency of East Central Florida (HSA-ECF), which serves Seminole County. A joint Senate-House conference committee agreed to cut the HSAs' allotment to \$50 million for the next fiscal year, he said, but the full Senate has yet to act on the proposal.

Beaton said some senators are trying to cut that amount by 12 percent and others want to completely eliminate federal funding for health planning.

"But those proposals probably won't fly," he said. Not as optimistic, Ronald Floyd, executive director of the Health Systems Agency of North East Florida (HSA-NEF), said: "The \$50 million is the best we can get. It could be zero."

With a \$50 million allotment, some HSAs will survive but others will be forced to fold, Floyd said. Funds are allocated to HSAs based on the number of persons in the areas they serve. be explained. HSAs serving small populations may be forced to close because their per-capita allocations would not cover professional staff members they are required by law to em-

Beaton said the HSA-ECF will survive nunless they cut out all the funding." But the HSA-NEF may not be so lucky The reason? The HSA-ECF which serves Orange, Osceola and Brevard counties as well as Seminole will begin serving

Volusia April I and consequently will pick up added population and the funds that go with it. The HSA-NEF currently serves Baker, Duval, Nassau, Clay,

Flagler, St. Johns and Volusia counties. But Volusia will be moved to the east central agencies' jurisdiction as the result of a lawsuit. Volusia originally was included with the central group, but was removed three years. ago by then Gov. Reubin Askew under pressure from a couple of state senators, Beaton said.

Both the HSA-ECF and the HSA-NEF sued because both agreed Volusia has more in common with the east central Florida area than the northeast area, he said

"Most Volusia residents come to Orange or Seminole for their medical care," Beaton said. "Nobody from Volusia goes. to Jacksonville

Six months ago Federal Judge Susan Black ruled in favor of the HSAs. The agencies asked that the transfer be implemented April at the start of their new fiscal year, Beaton

"Volusia has 250,000 people," he added: "With a \$50 million allotment (nationwide) we will receive 26 cents per capita. With a 12 percent cut in the allotment, that's still 23 to 24 cents. We will get more money with Volusia, and it won't increase

According to Floyd, the HSAs received between 50 and 63. cents per capita in the fiscal year from April 1980 to March 1981 and are receiving 31.7 cents per capita in the current year. That netted his agency \$550,000 last year and \$300,000 for the

See HSAs, Page 12A

School Lunch **Participation Dropping Off**

Herald Staff Writer

Some 12.2 percent fewer students bought meals in the 42 public-school functionins in Seminole County in September, compared with the same period a year ago.

Aml D.K. Kirkpatrick, assistant director of food services for the school administration, said a combination of reasons can be blamed for the reduction.

Much of the blame, he said, is due to cuts in federal assistance for the school lanch program that required Seminole and most other counties in the state to raise the price of the lunches. Prices were increased from 75 to 85 cents for elementary-school children and from 85 to 95 cents for secondary students for the current year.

In addition, he again blamed the federal government for changing its income guidelines for the families of students who could buy reduced-price banches or obtain free lunches.

He also said that the publicity given the move by the U.S. Department of Agriculture in September to cut the quality and quantity of school lunches also has taken a toll on those who might otherwise have continued buying the

"Many parents probably did not hear that the move was unsuccessful," Kirkpatrick said. The USDA had arged that the size of nortions served be cut and that soybean products replace meat in schoollunch menus. Two weeks ago President. Reagan scrapped the plan-

Kirkpatrick said September often is a slow month in the school lunch program. But, he said, the reductions noted are from comparisons with activity in September 1980

He said students paying the full price for lanches have dropped by 7.3 percent; sales of reduced-price lunches have dropped 32.9 percent and those participating in the free laach program have reduction in school lunch participation is 12.2 percent

The program has declined most drastically in the elementary schools, he milkshakes with meals,

said, where participation is off by 16.6 percent while the decline in the second schools (middle and high schools) is 6.1

Kirkpatrick said the reduced-price lunches have quadrupled in price since September a year ago, In September 1980 reduced-price lunches sold for 10 cents; in December the cost was 20 cents each, and by March the price had increased to 40 cents. The new federal income guidelines made many children ineligible for the program this September.

The Seminole County School Board at a 7:30 meeting today will consider a further change in the lunch program. The food-service staff last spring made the decision not to serve milkshakes with meals or a la carte this year,

In line with a board request, however, the cost of serving milkshakes has been re-examined.

Kirkpatrick said that last year school children had the choice of having milk or a milkshake served with their meal and milkshakes were available a la carte. The difference in cost between meals and milkshakes were absorbed by the food Service.

Kirkpatrick said the food service can no longer afford to absorb the difference. in cost - the cost of a milkshake is 29 cents while the cost of milk is about 15

Absorbing the difference this year would cost about \$92,613, Kirkpatrick said. And if milkshakes were served a la carte, Kirkpatrick said, it would further cut the number of lunches purchased. He said middle-school and high-school students often drink only a milkshake for

"This would cut into the daily lunch participation, which is already critical to food service finances this year," Kirkpatrick said. In addition, lunch composed of only a milkshake cannot be considered nutritionally sound, he said.

If the board decides milkshakes should declined by 12.6 percent. The overall be served with meals and a la carte, Kirkpatrick is suggesting that the price charged a la carte be 50 cents to make up the difference in cost for serving

SOCCER MADE EASY

Never let it be said that eight-year-old Greg Royster — vantage at halftime before finishing off College Park, doesn't know how to enjoy a good lead. Royster's 7-1, Saturday at the Sanford Airport field. For details

soccer feam, the Sanford 800s, cruised to a 6-0 ad- on all the Sanford Soccer Club action, see Page 8A.

Altamonte Cuts Tax Rate To \$3.77

By TENLYARBOROUGH Herald Staff Writer

Tax breaks appear to be in vogue, from

the Reagan administration to the Altamonte Springs City Commission The commissioners voted unanimously

at Tuesday night's meeting to again decrease taxes for property owners. from \$3.81 to \$3.77 per \$1,000 assessed property valuation Commissioner Dolores Vickers was not present at the meeting.

With the tax rollback, a property owner with a home valued at \$50,000 will pay \$188.50 in taxes for fiscal 1981-82. The previous tax rate cost the same property owner \$190.50 in taxes for the fiscal year. During the finalization of the ap-

proved 1981-82 budget, the commission had voted to decrease the proposed taxrate of \$3.85 to \$3.81. "With the additional tax rollback; the

city can still get what we anticipated for the 1981-82 budget," City Manager Jeff Etchberger said, "It will mean \$14,785 in revenue will not be coming into the city from taxpayers, but we will still have residents," Etchberger said.

enough to cover all budgeted items." Etchberger said the rollback is possible because of the receipt of an unanticipated \$3.8 million windfall in

taxable city property valuation. In other action, the commission unanimously voted to consider in-house applicants for the city clerk's position prior to any further screening of the approximately 38 other applicants. There are two city employees vying for the position, which became vacant when Phyllis Jordahl left Sept. 11 to take a

position in private industry. According to Seminole County Property Appraiser Bill Suber, a city may under state law increase the tax rate after a budget has been certified if it is determined additional revenue is needed to maintain the certified budget. He said a city also can decrease the taxrate when it is determined there are sufficient funds left, after the cutback, to maintain the certified budget.

"We have decided, after recompulation, to provide a tax rollback to the

Sewer Hookup Fee Set At \$525

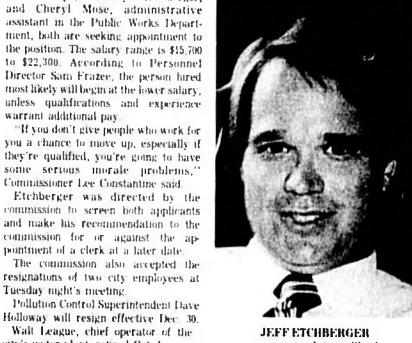
Bobba Floyd, Secretary to Etchberger, and Cheryl Mose, administrative assistant in the Public Works Department, both are seeking appointment to the position. The salary range is \$15,700 to \$22,300. According to Personnel Director Sam Frazee, the person hired most likely will begin at the lower salary, unless qualifications and experience warrant additional pay.

"If you don't give people who work for you a chance to move up, especially if they're qualified, you're going to have some serious morale problems," Commissioner Lee Constantine said

Etchberger was directed by the commission to screen both applicants and make his recommendation to the commission for or against the appointment of a clerk at a later date. The commission also accepted the

Tuesday night's meeting. Pollution Control Superintendent Dave Holloway will resign effective Dec. 30. Walt League, chief operator of the

city's water plant, retired Oct. 1.



... recommends tax rollback

\$17.40 May Settle Complaint Of Bias

The Seminole County School Board because he is black. He said he was may be able to settle a discrimination - required to punch in and out on a time complaint filed by a black Milwee Middle School custodian by paying the man-

Board attorney Ned N. Julian Jr. will recommend to the board at its 7:30 p.m. meeting today that it authorize payment of four hours' salary, totaling \$17.40 to settle a discrimination complaint filed by custodian Floyd Stringer. The meeting will be held at the school administration office, 1211 Mellonville Ave., Sanford,

Julian, in a letter to School Board Chairman Bill Kroll, recommended the payment, noting other action could be costly. He said that initially Milwee Principal Fred Dudley; Ernest Cowley, the school administration's director of non-instructional personnel, and he would have had to travel to Tampa for an all-day session with U.S. Equal Employment Opportunity Commission personnel. The trip will not be necessary if the board settles the dispute.

Julian said Stringer complained that he was unfairly docked for overtime pay

clock while white custodians were not required to clock in and out. Stringer said the white custodians thus were not docked for short absences or for tardiness. Julian said.

Pointing out that Dudley already has decided to have all non-instructional personnel use the time clock, Julian said the board would do better to settle than

"I feel the economics of the situation dictate a settlement," Julian said, adding that the settlement would not establish a precedent, because of Dudley's decision to have all noninstructional employees use the clock.

Donn D. Dernick, an officer in the Tampa EEOC office, already has ap-

proved the settlement. The proposed agreement calls for Stringer to be paid for the four hours' wages and promises that he will be treated without regard to his race.

- DONNA ESTES

By DARLENE JENNINGS Herald Stall Writer

The Seminole County Commission has passed an updated version of a previous resolution which now requires developers to pay a \$525 per unit sewer connection fee up front at the time a Department of Environmental Regulation (DER) sewer permit is processed.

Under a previous resolution passed three weeks ago, the developers were required to pay the county for the cost of both water and sewer connections.

With the new resolution, the developer also can wait a year to apply for a water hookup. The hookup will cost the developer \$425, with a minimum monthly fee of \$4.58.

The 934 developers that have already

received connection commitments, but have not paid for them, will now have 45 days to pay for their commitments or their capacities will be returned to the county, according to the new resolution.

Currently, approximately 1,298 permits have been applied for with the county, but there are only 189 sewer connections available in the county's system before the county goes on-line with the Iron Bridge facility in 1982

The updated rule also requires the developers to pay a \$11.75 monthly fee for sewer connections once the DER permit is approved.

Developers now may apply to the county for only 52 units at one time, with the opportunity to petition the county for more units.

In this way, the board hopes to prevent facility next year.

any one developer from buying up all the available sewer connections.

Approximately 11 developers have applied to the county for hookups, and they have been set on a priority list to receive them, by the county, according to Roseann Hunter, financial analyst for the Department of Environmental Services.

Even though some of the developers originally had applied for more than 52 hookups, with the new resolution they will not be eligible for them.

"We will be notifying the developers of the board's action," said Ms. Hunter. One developer, Amerifirst, had applied for some 600 units. Ms. Hunter said the county hopes the developers will be able to pick up additional units when the county goes on-line with the Iron Bridge

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IN BRIEF

Geologist Comes Up With Sinkhole Solution

GAINESVILLE (UPI) - A University of Florida geologist has developed a quick and simple method for detecting the existence of potential sinkholes under Florida's roads and highways.

The method, devised under a state Department of Transportation grant, if adopted, could prevent catastrophe by alerting officials ahead of time about the imminent collapse of a highway.

Smith's detection method involves driving four metal stakes into the ground along highways, then running electricity through them to measure electrical resistance beneath the ground.

Agencies Must Be Frugal

TALLAHASSEE (UP1) — State agencies have been told to resubmit their proposed budgets with the assumption that no new funds will be available.

In a letter to the heads of all state agencies Tuesday, Senate Appropriations Chairman Jack Gordon set an Oct. 23 deadline for the new budget requests.

Gordon, D-Miami Beach, said federal budget cuts and the "near-recession state" of the national economy make it necessary for the agencies to prepare to live with their current budgets.

Sex Suit To High Court

TALLAHASSEE (UPI) - The Florida Supreme Court has agreed to take immediate jurisdiction of a suit challenging the legality of an amendment cutting off funds to a state university that avails its facilities to groups advocating homosexuality or permissive sex.

Shaving months off of a final decision by not requiring the normal procedure of an appeal first to the 1st District Court of Appeal, the high court Tuesday set oral arguments in the case for Nov. 2.

IN BRIEF

Sadat's Death Casts Doubt Over Saudi AWACS Package

WASHINGTON (UPI) - The assassination of Egyptian President Anwar Sadat underscored arguments both for and against President Reagan's embattled proposal to sell AWACS radar planes to Saudi Arabia.

Foes of the package argue the Middle East is an unstable area and if the planes were sold to Saudi Arabia and the Saudi government fell, the aircraft could end up in enemy hands. Proponents acknowledge the region is volatile, but say for this reason the AWACS should be sold to Saudi Arabia to foster Middle East security and bolster U.S. relations.

Young In Mayoral Runoff

ATLANTA (UPI) - Former U.N. Ambassador Andrew Young failed to win the easy victory he predicted in his race for mayor of Atlanta and must face a white liberal state legislator in an Oct. 27 runoff dominated by racial and economic factors.

Young, a black, who confidently predicted a first round victory even when early partial returns showed him slightly trailing State Rep. Sidney Marcus Tuesday night, led with 41.4 percent in a non-partisan citywide race between seven mayoral candidates. Marcus forced Young into the rematch by getting about 38.1 percent of the vote.

Pacific Mother Lode Found

WASHINGTON (UPI) - Scientists exploring the eastern Pacific sea floor by submarine discovered an accessible 25-million-ton natural concentration of copper and other metals worth an estimated \$2 billion.

Dr. Alex Malahoff, chief scientist of the National Ocean Survey, announced the spectacular find Tuesday and said there is evidence of similar mineral lodes off Oregon and Washington.

WEATHER

AREA READINGS (9 a.m.); temperature: 74; overnight ow: 66; Wednesday's high: 89; barometric pressure: 30.00; relative humidity: 90 percent; winds: variable at 3 mph. THURSDAY TIDES: DAYTONA BEACH: highs, 4:06 a.m., 3:41 p.m.; lows, 9:58 a.m., 10:53 p.m.; PORT CANAVERAL: highs, 3:58 a.m., 4:33 p.m.; lows, 9:49 a.m., 10:44 p.m.; BAYPORT highs, 9:50 a.m., 11:50 p.m.; lows, 4:33 a.m., 5:08

BOATING FORECAST: St. Augustine to Jupiter Inlet, Out 80 Miles; Winds variable near 10 knots becoming northerly increasing to around 15 knots over the north portion today, Winds becoming north to northeast near 15 knots over area fonight and northeast 10 to 15 knots Thursday. Seas 2 to 4 feet increasing to 3 to 5 feet north part late today and over area Chance of showers by tonight.

AREA FORECAST: Mostly sunny today becoming partly cloudy with a slight chance of showers tonight and mostly bloudy with a chance of rain Thursday. Highs today upper 80s and Thursday mid 80s. Lows tonight mid 60s to near 70. Winds fariable near 10 mph becoming northerly 10 to 15 mph by bnight. Rain probability 20 percent tonight, 40 percent Thursday.

Evening Herald (USFS 41144)

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\$43,000 Pot Sale Lands 3 In Jail

Two Seminole County men and a Winter Park man were jailed Tuesday night after delivering about 91 pounds of marijuana to undercover sheriff's deputies.

Johnnie Doyle Clemmons, 32, of 206 Gerry St., Altamonte Springs; Mark Hilton Robertson, 27, of 643 Pansy Ave., Winter Park; and Nicholas Anthony Gromak, 21, of 1601 Stanley St., Longwood, were later released on \$5,000 bond each.

Deputies said the three men were charged with delivery of and conspiracy to traffic in marijuana.

According to the deputies' report, the men were arrested at Gromak's residence in Longwood around 9:30 p.m. The pot, with an estimated street value of \$43,000, was to have been the later delivery of an additional 200 pounds of the illicit drug.

REPEAT ENGAGEMENT?

The Seminole Community College music department has lost a second band instrument to a thief.

While a rare piccolo trumpet valued at \$1,125 had been reported stolen Sept. 28 or 29, a trombone valued at \$1,200 is now missing.

Band director William J. Hinkle told police a witness saw a male remove a trombone and case from his office Sept. 29. The witness, Hinkle said, believed at the time the person taking the instrument was a band student.

COOL HEIST A refrigeration trailer valued at \$25,000 was reported stolen Monday from the parking lot at Ball Motor Lines, 212 W. 1st St., Sanford.

Tom Ball, owner of the firm, said the 1960 Utility trailer belonged to Douglas W. Green, a self-employed hauler who used the trailer to transport tropical foliage plants north for

Although it is valued at \$25,000, Ball said Green will probably have to pay \$30,000 to replace the trailer. He described it as 45feet long, 13-feet, 6-inches high, with a stainless steel nose and doors and white sides. It has "Doug Green" in 3-inch letters on each side.

Ball said the trailer can maintain a temperature as low as 15 degrees below zero and could be used to haul frozen food or anything that must be kept cold.

He said the thief or thieves would have had to hook the trailer up to a tractor to haul it away, but said "any trucker could do it in about five minutes." The theft could have occurred anytime between Saturday

afternoon, when the trailer was last seen, according to Ball, and Monday morning when it was discovered missing. \$200 BAGGED

Kathryn Dykstra, 2590 Hartwell, Sanford, reported to police a money bag containing \$200 was stolen from a table at her residence sometime between 12:30 a.m. and 7 a.m. Sunday. A shift manager at Sobik's Subs, 2535 S. French Ave., Sanford, Dykstra said the money was to be the next morning's

Action Reports

* Fires

* Courts

* Police

operating capital.

OUTBOARD GONE

A 1975 Mercury 20 horse-power outboard motor was taken from the garage of Richard J. Dean's residence, 2437 Laurel Ave., Sanford, according to police reports.

The theft occurred sometime between 6 p.m. Friday and 8:30 a.m. Saturday, Dean told police. Police said tire tracks in the area appeared to be from a 4-wheel drive vehicle. 2 GUNS, WALLET

Two guns and a wallet were reported stolen sometime after 5:05 a.m. Saturday from the home of Jack Haws, 240012 Stevens Ave., Sanford.

According to police, someone entered the house through a north window and removed a Remington 12-gauge shotgun valued at \$270, a .22 caliber rifle with scope valued at \$80 and

HOMES RANSACKED

William F. Purkey, 2261 Pointsettla, Forest City, came home from work Monday to find his home had been ransacked after thieves gained entry by breaking a rear living room window.

The perpetrators rummaged through various closets and drawers in the rooms, according to police. Among items reported stolen were a 19-inch Zenith color TV, a Winchester double-barrel shotgun, a reel-to-reel tape deck, a Craftsman router, and a Sansui amplifier and cassette deck. The items were valued at \$2,500.

The incident occurred sometime between 8 a.m. and 3 p.m. The George Braun residence, 102 E. Cottesmore, Longwood, was also reported ransacked sometime between Sunday and 8:23 a.m. Monday.

Entry was gained by removing a kitchen window pane. **DIVERSE TASTES**

Candy bars, Kool-Aid, cigarettes and wine were among \$170 worth of items stolen sometime between 10:30 p.m. Sunday and 7:30 s.m. Monday from the Disco Grocery, 420 Magnolia St., Altamonte Springs.

According to police, thieves opened a rear door to the grocery and removed the following from behind a counter: \$15 to \$18 in cash; cigarettes valued at \$44; baby oil, \$5.07; baby lotion, \$5.07, a dozen batteries, \$30.15; two boxes of BIC cigarette lighters, \$16.50; three cans of SURE deodorant, \$4.50; a box of Kit-Kat candy bars, \$6.95; a half-box of M & M candies, \$3.96; seven rolls of masking tape, \$22.05; one box of Kool-Aid, \$9.70, and three to four bottles of wine, \$9.05. COUNTY IS VICTIM

The Seminole County Road Maintenance Department lost two hydraulic cylinders from a slope mower when thieves decided to rob the county transfer station at Upsala Road south

of State Road 46. Equipment operator Fredrick Otto Thurau reported the theft of the cylinders, valued at \$400. According to police, they were taken sometime between 3 p.m. Friday and 8 a.m. Monday.

MERCEDES TAKEN A 1965 Mercedes Benz belonging to Cletus A. Vammen, 115 Maitland Ave., Altamonte Springs, was stolen sometime between 10:30 p.m. Sunday and 1 a.m. Monday while parked at a Fern Park bar.

According to police, Bruce Vammen, of the same address, had driven the car to the bar's parking lot and had left the keys

The car, valued at \$1,800, was a 4-door model with the license number DUC 959.

SECOND TIME AROUND

For the second time since July someone broke into Glenna Crossman's residence at 785 Franklin Street, Altamonte

Entry was gained Monday between 8:35 a.m. and 10:30 a.m. Monday by breaking a window off the master bedroom, according to the police report. No list of missing items was immediately available.

HACKSAW HEIST

Unknown persons sawed a lock off a maintenance shed at the rear of an apartment complex at 2500 Howell Branch Road sometime between 4 p.m. Friday and 7:30 a.m. Monday and made off with more than \$2,000 worth of equipment, police

Taken were a paint sprayer, 100-feet of spray hose and a Graco spray gun valued at \$2,000, 20 rolls of felt fiberglass valued at \$200, and six 3-inch paint brushes valued at \$60, according to Landon Co. foreman Joe F. Taylor.

AIR COOLING UNIT STOLEN

A 9,900 BTU General Electric air conditioning unit valued at \$580 was taken while still in its packing crate from the Iron Bridge waste water treatment plant construction site in Oviedo, police say.

The theft was reported by engineer Florido Chiappell, who told police none of the construction crew knew when the unit

JEWEL'S JEWELRY STOLEN

A watch valued at \$75, pearl necklace valued at \$30 and three rings with a total value of \$80 were reported stolen from Jewel B. Bailey's residence, 505 W. 11th St., Sanford, sometime between 8 a.m. and 5:10 p.m. Monday, according to police.

United Way Reaches Nearly 20 Percent Of Its Goal

By JANE CASSELBERRY Herald Staff Writer

The United Way of Seminole County campaign drive reached nearly 20 percent of its \$305,000 goal Tuesday with new reports bringing the total of pledges and donations to \$58,052.

Larry Strickler, chairman of the Pilot Division, reported new gifts totaling \$17,400, for a grand total so far of \$26,000 in his

The new figure included a preliminary report from United Tel Flori Group \$5,887, pledged by 53 of the firm's 500 employees. Other firms represented in the report included NCR's \$6,538 (which brings NCR's total to date to \$15,138); Southern Bell, San-Stone, reported \$3,075 has been collected from ford, \$4,800; and Quip, \$600.

Terry Duffy, chairman of the Commercial Division, reported Sears' Altamonte Mall store has raised \$15,200 so far in its United

Way drive. Bob Whitehill reported an additional \$1,800 has been given in the Financial Division since the kick-off breakfast last week.

Catherine Ray, chairman of the Professional Division, reported a total of \$250 to date, with \$100 of that coming from south Seminole area clergymen and \$150 from north Seminole doctors.

A total of \$978 to Public Employees Division, headed by David Chacey, Longwood city administrator.

The Education Division, headed by Keith county educators.

New Kiwanis Club Officers Elected

Arthur P. Maheu of 408 Lakeview Drive, Sanford, is the new president of the Kiwanis Club of Sanford. An active Kiwanian for 15 years, he succeeds Terry Goembel as president of the community service organization.

Maheu is manager of the Florida Public Utilities Co. He was recently installed along with other newlyelected officers at the annual meeting held at the

Sanford Civic Center. Other officers for 1981-82 include Don Hughes, president-elect; Dr. Thomas W. Hobbs, vice president; Donald E. Coleman, secretary; James B. Grant, financial

five-year-old girl.

Ex-Pastor Gets

Airport, where he was sales manager.

but those charges later were dropped.

"I'm harassed a great deal."

County - in the spring of 1977.

"It's difficult to live in jail with this kind of charge," he said.

But Davis noted that this was not Earnest's first legal run-in

with young girls. He pleaded guilty to similar charges -

fondling three young girls at a church he pastored in Highlands

him to prison.

10 Years For Assault



ARTHUR MAHEU secretary; and Harold G. Hartsock, treasurer.

Installed as directors for the new club year were Verlin Arnett, Steven Harriett, W. R. "Tommy" Thomas, Edward Yancey, Art Brown, Roland Jernigan, and Walter H.

HOSPITAL **NOTES**

Seminele Memorial Hespital Oct. 6 ADMISSIONS

Sanford: Neilie Alink Sylvan J. Davis Essie Lee Gebhardt Matthew F. Healy, DeBary Herman Sturn, DeBary Nathan W. Stripling, Lake Mon-Jeffery Schoenholtz, Sorrentp

DISCHARGES Sanford: Elhel Ailshie Shirley M. Harrell Herbert A. Spier Zena White Keith A. Wilcox, DaBary Islah Bradley, DeLand Lustie C. Bentley, Deltona

Edgar M. Lansing, Deltona **Prescribed**

> Reading By MEDCO

Part of the breakdown in communications between patient and doctor may be due to a rather common situation. The patient generally A 36-year-old ex-preacher has been sentenced in Circuit sees a doctor because of a particular symptom he wants Court in Sanford to 10 years in prison for sexually assaulting a to get rid of and often the doctor is more interested in the Charles L. Earnest, former minister of music at Sanford's underlying condition which Ravenna Park Baptist Church, had pleaded no contest June 22 may be causing that symptom. to two counts of committing a lewd and lascivious act on a Because of this difference in perspective, many patients Judge Joseph Davis Jr. recommended that Earnest undergo may misinterpret the purpose of a prescribed treatment, or psychiatric treatment at a state facility for mentally disorfail to recognize its efdered sex offenders, after which he will be locked up in a fectiveness. So, a patient may minimum-security prison. After his release, he will be on stop taking a medication too probation for 15 years. Davis ordered Earnest to have no soon because he feels better, contact with children under the age of 18 during that time. or because of side effects, The charges against Earnest stemmed from two incidents when the doctor has an eye toward treatment of an unthat occurred between Thanksgiving and Jan. 31, when Earderlying cause which may nest molested the girl at the Ravenna Park Church and the require the full prescription. To offices of Star-Line International, located at the Sanford avoid this common communication breakdown. He subsequently was charged with committing additional always ask your physician what you should expect from a sexual assaults on an 11-year-old girl and two eight-year-olds, treatment, and then follow through with your physician's course of treatment. Prior to sentencing, Earnest pleaded with Davis not to send

MEDCO DRUGS 17-92 AT 27th ST. SANFORD

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First Federal's new IRS Approved TAX FREE All \$avers Certificates will give you a high interest rate guaranteed for one year and your savings are insured by the FSLIC. Your earnings on this certificate will be exempt from federal Income Taxes, subject to a maximum of \$2,000 on a joint return and \$1,000 for individual returns.

Check these advantages:

- \$500 minimum deposit required.
- Fully Insured by F5LIC.
- I year term.

Longwood Office

State Road 131

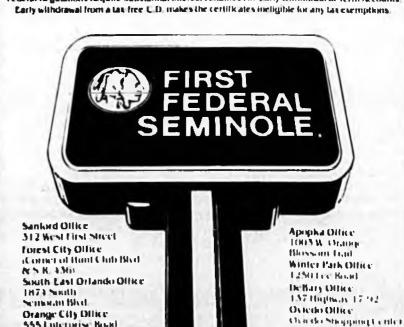
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ART SHOW THIS WEEKEND Artist Fran Tingle, of 282 Ivey Road, Sanford, specializes in oil paintings such as this fanciful scarecrow which she will display at the Fall for Arts Show in Downtown Sanford Saturday and

Probe Begun To Find Birth Defects Causes

ATLANTA (UPI) - Federal health in- telephone and city directories, voting lists, vestigators are tracking down 10,000 children and their parents for a landmark \$1.5 million study on the possible causes of birth defects, ranging from family illness to lifestyle.

The study, being conducting by the national Centers for Disease Control in the five county Atlanta metropolitan area, is believed to be the largest medical investigation of its kind ever attempted.

From extensive interviews with 20,000 mothers and fathers, federal health officials hope to learn why an estimated 3 percent of the intants born annually in the United States about 100,000 babies - begin life with major birth defects.

Besides asking about the health of parents, the team of 30 investigators will look into their occupations and lifestyles for exposure to drugs and chemicals, notably the Vietnam war defoliant Agent Orange.

"We don't know the cause of the vast majority of birth defects," admits Dr. David Erickson, chief of the birth defects study. "Maybe we will learn something more about the causes."

Erickson said investigators will trace the parents of 7,000 infants born with major birth defects in the Atlanta area since 1968 by using

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post office forwarding addresses and by talking with neighbors. The parents of another 3,000 normal children will participate as

The study is funded by the CDC, Department of Defense and the Veterans Administration. The VA and Defense Department are involved because part of the study will seek to determine if the controversial chemical Agent Orange may have caused some veterans of the war to sire malformed bables.

Investigators hope to complete the voluntary parental interviews, which involve several hundred questions, in about 18 months.

They will begin by asking about major illnesses, such as diabetes, epilepsy, heart disease and cancer, in parents, brothers and sisters. But parents also will be asked about their occupations to determine "what sort of chemicals they may have been exposed to, and the kinds of medicine and drugs they may have taken during pregnancy," Erickson said. He said interviewers will ask parents about lifestyle too - "whether they smoke or drink a lot of coffee."

"We're not only interested in mothers; we're interested in the fathers."

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CALENDAR



WEDNESDAY, OCT. 7

Sanford AA Beginners, 8:30 p.m., 1201 W. First St. Overeaters Anonymous, 7:30 p.m., Altamonte Mall,

Starlight Promenaders, 8 p.m., DeBary Community Center, Shell Road,

Born to Win AA group, 8 p.m., Ravenna Park Baptist Church, 2743 Country Club Road, Sanford, Closed. Alcoholics Anonymous, 8 p.m., Altamonte Springs Community Church, State Road 436 at Hermits Trail. Closed.

Wednesday Step AA, 8 p.m., Penguin Building, Mental Health Center, Crane's Roost, Altamonte Springs, Closed.

THURSDAY OCT. 8

Sanlanda Springs Extension Homemakers Club 10th Anniversary celebration, 9:30 a.m. to noon, Sanlando Springs Baptist Church, Palm Springs Road and State Road 434, Longwood. Former members invited. Refreshments and display of things members have

Overeaters Anonymous, 7:30 p.m., Community United Methodist Church, Highway 17-92, Casselberry. Sanford AA, 8 p.m., 1201 W. First St., Sanford.

Weight Watchers, 7 p.m., Good Shepherd Lutheran Church, 2917 Highway 17-92; 7 p.m., Quality Inn, I-4

and State Road 434. Altamonte Friendship Club, 10 a.m. meeting followed by a covered dish luncheon, Eastmonte Civic Center, Altamonte Springs, Dance, 1:30 p.m.

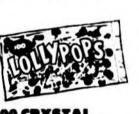
AARP-NART covered dish luncheon, and business meeting, mon, Sanford Civic Center. Guest speaker. Open to all senior citizens.

"Heart Attack: Counter Attack" Florida Hospital series, 7:30 to 9 p.m., Loch Haven Art Center Auditorium, Rollins, Mills Street, Orlando. Speakers Dr. Harischandra Bandhula Karunaratne and Dr. Zeb Burton, Call 897-1929 for registration information.

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Evening Herald

300 N. FRERCH AVE., SANPORD, FLA. 27771 Area Code 306-322-2011 or 831-8993

Wednesday, October 7, 1981-4A

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A Need To **Avoid Panic**

When President Reagan set out to reorder the nation's priorities, he knew it would be an immense and difficult task. Let's hope the American people appreciate the difficulties and give him the support he needs and deserves.

The President has to overcome the fierce opposition of those who are determined that bigspending policies continue forever and that the m welfare constituency be appeased at any cost. What columnist Patrick Buchanan calls the monopoly press — the networks, for example, are "determined to create a crisis of confidence that will undermine Mr. Reagan's program and cause Congress to scuttle conservative reforms.

Unfortunately for the liberals, there is no way to continue the massive welfare programs without creating vast new deficits that will lead to hyperinflation. The liberal bloc in Congress, for all its emotionalism over the President's budget cuts, simply hasn't a workable alternative to the retrenchment proposed by the President.

The public has to realize that the nation's current economic troubles stem from 20 years of mistaken federal policies, beginning with the Kennedy New Frontier. Two decades of bread and circuses has brought us to hard times.

Consider the tragedy of foreign aid. Secretary of State Haig recently noted that in the last decade the United States spent \$50 billion on foreign aid. That what that would have achieved at home if devoted to industrial revitalization, to new plants that would provide new jobs. Giveaways on this scale have been the stock in trade of liberal administrations and their supporters in Congress.

To dismantle even the outbuildings of the welfare state causes a furious reaction, as Congress is learning. And there are many congressmen, nominally conservative, who are getting cold feet. They fear the voting power of the welfare constituency. It will be necessary for those who believe in new prioritles to mobilize in support of the President's reforms.

The liberal pundits also are determined to use an air of panic in order to abort the necessary rebuilding of the country's armed forces. The anti-defense lobby is strong here, as in Western Europe. They don't want the U.S. to rebuild its deteriorated defenses.

President Reagan will have to campaign hard to retain public confidence. Presidents always have to fight vigorously for their programs. Political honeymoons never last four years. Mr. Reagan also may have to bolster his administration. Every administration undergoes change as events take place. Arrangements and personnel that suffice for the days of smooth sailing prove inadequate as the political firestorms begin to rage.

To date, Mr. Reagan has relied on a trio of White House advisers - Messrs. Meese, Baker and Deaver. It may be that, in order to achieve his economic objectives, he will need a unified command over the administration's economic programs and activities.

Already the suggestion has been voiced that the President needs a powerful executive and persuader - Gov. John Connally of Texas has been named — to convince the public and Wall Street and to supervise the Treasury, the Council of Economic Advisers, the Office of Budget and Management, and the U.S. Trade Represen-

It should be recalled that President Roosevelt took this approach, at one point naming James F. Byrnes as "assistant President." It is an approach that President Reagan may need to adopt.

Whatever the administrative changes, if any, the President must go to the people repeatedly to stress that salvaging the American economy is a long-haul proposition. Wonders can't be achieved overnight.

While the technique is hardly new, Casselberry Mayor Owen Sheppard swears by his new-found treatment for bursitis.

"I couldn't even think of doing this," Sheppard said, raising his arms over his head," prior to receiving treatment. Sheppard said he has been suffering with bursitis in his shoulder for about two years.

So, what is this miracle treatment that has Sheppard "up in arms?" Acupuncture.

"It was the darndest thing," Sheppard said. "I had heard about acupuncture and must admit I was skeptical. But, I went into the clinic and the doctor put a needle in my leg and a needle that looked like a ten-penny nail in my ear. Then, he put about 15 needles all around my sore shoulder."

Sheppard said he never felt any pain from the needles which were placed around his shoulder in areas determined by the doctor through the use of an instrument which picks up heat given off by the pained area.

"After the needles were in place, the doctor touched each of them with an electrical charge and I felt relief from the pain," Slapparti said. "For the past two years my shoulder has kept me awake nights and I really feel great."

But, how much did this treatment cost? Was the electrical charge exceeded only by the charge for the treatment?

"It cost me \$100 for three treatments," Sheppard said, "It was \$50 for the first visit and

\$25 for the next two." Sheppard said he doesn't plan to go back for further treatment because "there's no need to,

the pain is gone." City Councilman Bill Grier said his wife has also received treatment through acupuncture and now "she awears by it that it works." Grier said through his coaxing, his wife consented to see the doctor and undergo acupuncture treat-

"She's doing great now," Grier said. "Where other doctors and medicine couldn't offer her relief, the ecupuncture treatments did,"

But, there's more than one group of politicians

on "pins and needles." Altamonte Springs citizens will have the opportunity to meet their candidates for the Nov. 3 election of mayor, Wednesday. Mayor Hugh Harling and candidate Ray Ambrose will be on hand at 4 p.m. Wednesday at city hall in commission chambers to answer questions and allow citizens to meet them as candidates for the office of mayor.

Also expected to be present are Cheney Colardo and Dudley Bates who won their District 3 and District 1 seats, respectively, by default. The two candidates ran unopposed.

JEFFREY HART

By TENI YARBOROUGH

ROUN

Buckley And The **Killers**

A lot of people have been noticing an odd coincidence. Both William F. Buckley Jr. and Norman Mailer became public patrons of

Very amusing. Right is right and left is left, but apparently they share certain tastes. It's amusing, but wrong.

Surely the point is that Buckley befriended the convicted murdered Edgar Smith and took up his cause because he thought Smith was innocent.

Mailer, the New York Review of Books, and a lot of New York literati embraced Jack Abbott not because they thought him innocent - but precisely because they knew he was, in fact, a murderer, and a violent, angry man.

Edgar Smith had been convicted of murdering a 15-year-old girl in New Jersey. He persistently protested his innocence. He educated himself in the law. On death row, he wrote a book asserting his innocence, and he corresponded with Buckley, who believed

After Smith got out of prison, at least in part due to Buckley's interventions, all went well for a while. Then, in California, Smith was accused of attacking another woman who managed to get away. Apprehended and arrested, Smith admitted that he had killed the girl in Jersey.

Buckley had been taken in. He now says that Smith should never be released from jail. But Jack Abbott's violence, especially his rage against America, was the key to his vogue among intellectuals. He had been in prison blace he was 18, he has been convicted

of assorted crimes, and he admits that he killed another prisoner. In his book "In the Belly of the Beast," Abbott boasts that he was the most violent prisoner in the federal prison system. But he accepts no responsibility for all of his

mayhem. It's all the fault of capitalist America, a sick and evil society. The literati lapped all of this up. Led by Mailer, they helped move Abbott toward parole, got him installed in a half-way house. When he wrote "In the Belly of the Beast," they ran parts of in the New York Review of Books. Most reviewers gave it rave

So enraptured were the New York literati that akepticism went right out the window. The reviewers did not bother to question such a statement as, "In San Quentin — and in many other prisons — if a guard sees you touch another prisoner, he will shoot you down with his rifle. If he sees you run in the exercise yard, he will shoot you down. In the the process, stray bullets always strike down other prisoners."

notices.

This obvious fiction sent delicious chills down the spines of the literati.

Things like the following floated by unchallenged: "Communists always behave as anyone would expect real people in a real society to respond to one another."

Isn't that ridiculous? You really can sell the Brooklyn Bridge to the literati, just as long as you package it in the correct ideological

Abbott appeared on "Good Morning America." He starred at literary receptions. This Criminal Chic became a whole new and marvelous way of hating America, Abbott's "heast."



ROBERT WAGMAN

Is New Pact Souring?

WASHINGTON - The new relationship that President Reagan had promised between the federal government and the states began Oct. I with the arrival of the new fiscal year. But state officials have begun to find out that this partnership may not live up to their expectations.

Members of the administration spent recent weeks explaining how this new relationship would work at regional seminars attended by state officials.

The state officials already knew that they would receive more responsibility over federal programs that had been administered from Washington - and that they would receive less money in the form of "block grants" for those programs than had previously been allocated. (No fewer than 57 federal programs have been consolidated into nine block grants.)

But the administration assured the state officials that they would be able to make do by tightening eligibility requirements and eliminating waste and fraud.

Most of the questions raised by state officials at the seminars were left unanswered because the final regulations had not yet been written. However, they were assured that they would be "pleasantly surprised" when those rules eventually appeared because the Reagan administration was dedicated to getting the federal government off their backs and to eliminating waste and corruption in these programs.

Now the first regulations have arrived in state capitals around the country. State officials are surprised all right - but not

The administration representatives had suggested at the seminars that the regulations for administrating most programs would be no longer than a few pages. However, the initial rules, which cover only a few welfare programs, run 70 typeset

pages crammed with little regulatory gems. It seems that the Reagan administration is serious about removing the undeserving from the welfare rolls - but the task of finding and eliminating those individuals has been left to the states.

The new rules require the states to recalculate every recipient's benefit. They must notify those who no longer qualify under the "revised guidelines" and conduct administrative hearings for anyone who wishes to protest his loss of benefits.

Moreover, the income and benefits of participants in some programs will have to be reverified monthly rather than semi-annually as was previously the case. Some state officials say that they may have to increase their staffs by one-third simply to cope with this new requirement. This comes only after many states had reduced their own payrolls in order to cut their budgets.

Then there is the critical question of how much money Washington will eventually send to the states. After Congress went along with the administration's plan to cut 20 percent from the social services covered by block grants, state welfare officials had to struggle with some difficult decisions over which programs to reduce or eliminate.

Said a spokesman for Maryland's Department of Human Resources, "We spent the summer arguing whether services for battered children were more important than services for battered wives and whether both were more important than programs for the elderly and whether the elderly were more important than day care."

Now the president has said that additional cuts are necessary - although precisely where they will be made has not been determined. State officials realized only days before the start of the fiscal year that they would not receive even the reduced funds that the administration had led them to expect. They still have no firm idea of how much they will get.

This whole process now is being looked upon with little favor by most state officials. They are grimly waiting for the next set of regulations designed to get the federal government off the backs of the states.

DICK WEST

How To Do It The Hard Way

WASHINGTON (UPI) - Just out in paperback is yet another collection of handy hints, this one called Shortcuts - Hot Tips on How To Do Anything Better, Faster and

It covers such topics as "the best way to peel a hard-boiled egg," "the cheapest way to prevent baldness" and "the most all-around practical cure for a hangover." Since the market for this type of book ap-

parently is insatiable, I am drawing on my own style of expertise for a sequel. Its title is Roundabout - How To Do Everything the Hard Way. Here are a few sample entries:

Changing light bulbs - Never keep extra light buibs on hand, particularly if they happen to be the right size.

When a bulb goes dark, unscrew it from the

socket (a) and test to make certain it really is burned out and not just goofing off. This can be done by screwing it into another light fixture (b) that held a good bulb. If the suspected bulb remains dark in fix-

ture (b), it's a pretty good bet that it really has burned out. If, however, the suspected bulb begins to burn again, you've got real trouble on your hands. Call an electrician.

Either way, you should be able to work the bulb-testing process in such a way as to plunge the whole room into darkness, necessitating a groping trip to the hall closet to obtain a flashlight. Also check fuse box,

and drive to nearest all-night drugstore to buy replacement bulb for socket (a).

Once fixture (b) is burning again, get in car

Answering telephone - You would be surprised at the amount of time that can be wasted in a day by answering the telephone in a vague way and then using oblique means to establish the caller's identify,

The latter technique is especially circuitous if the call happens to be a wrong number, as is often the case.

One big no-no is answering the phone by giving your name. That immediately tells the person on the other end of the line who you are and that you are "in."

A more ambiguous method is to answer the phone with a greeting, such as "Hello" or "Merry Christmas." The latter is particularly effective in July.

Boiling water - The old saying that "a watched pot never bolls" is true. For this reason, it is prudent to cover the pot in which you are attempting to boil water.

The cover prevents you from looking inside the pot and gives the water n chance to boil

Some cooks use a lid to cover the pot. They say taking a little peek now and then by lifting

one edge of the lid doesn't hurt anything. I, however, recommend covering the pot

with a small tarpulin. That way, there is no chance that a few inadvertent glances will keep the water from bolling.

JACK ANDERSON

Generals, Admirals, Running Scared

WASHINGTON - The Pentagon generals and admirals are running scared - not so much of the Russians, or the administration's timid cutbacks in military budget increases, or even public wrath over curtaliment of social programs while the defense establishment lives high off the hog.

What has scared the brass hats and their buddles in the defense contracting game is Sen. Bam Nunn, of all people. The respected Georgia Democrat is a longtime champion of a strong military. But now he is trying to do something — actually do something — about the scandalous multi-billion-dollar cost overruns that have become the hallmark of virtually every Pentagon weapons program.

Nunn has offered an amendment to the defence authorization bill which would force the Pentagon to mend its profligate ways with defense contractors.

'This is the first legislative measure that would make it really painful for the services and centractors to treat weapons programs as a route to a bottomless money bag," a high

Pentagon official told my associate Indy Badhwar.

The Nunn amendment is no cure-all, but It could be effective in encouraging a little fiscal responsibility at the Pentagon. It's quite simple: It would require regular and detailed reporting to Congress on costs of every weapons program. More than that, in the likely event of a cost overrun, all spending on a project would cease until the Pentagon gave Congress a satisfactory explanation for the overrun. The secretary of defense would have to justify continued spending in person.

This attempt to make the Defense Department answerable for the billions Congress ladies out may seem reasonable to any taxpayer, but it is driving the four-star spendthrifts in the Pentagon up the wall. This kind of accountability may be OK for welfare and Medicare recipients, but for generals and admirals? What importmence!

The brass hats are discreet enough not to dress down the senator directly for in-

trying to defang the Nunn amendment by offering some innocent-seeming "preferred solutions" to the problem of overruns. Memos outlining these Pentagon substitutes fell into the hands of a conservative, Washingtonbased watchdog group, the Project on Military Procurement.

subordination. Instead, they are quietly

In some cases, the "preferred solution" involves only the change or omission of a phrase, or even a single word. But the effect would be devastating; it would allow the bigbucks brigadiers to do business at the same old charity bazaar for contractors. Some examples:

- Nunn's "total program acquisition unit cost" would be changed to "program acquisition unit cost." In plain English, this would mean that such items as military construction, test equipment and spare parts - the very areas where major cost overruns occur - would be exempted from congressional review.

- Nunn's amendment requires precise accounting of the effect of inflation on cost overruns. The Pentagon wants to bese its cost accounting on a "constant dollar" value which is not adjusted for inflation. This would enable the Defense Department to continue masking a substantial portion of an overrun as the work of inflation.

- The brass hats want to eliminate Nunc's requirement that the causes of overruns and actions taken to control them he put in writing. This would make effective congressional oversight impossible.

- Nunn's amendment states that "no funds may be obligated" on any weepons system 30 days after notification that it has gone above a promised spending level. The Peniagon wants this changed to "no additional contractual obligations may be incurred." This devious device would defeat the amendment's purpose because Congress has the right to prohibit the spending of money but cannot control contractual dealings between bureaucrais and contractors.

BERRY'S WORLD



Clinic Tells How To Avoid Tropical IIIs

MIAMI (UPI) - Miami's first clinic to teach travelers everything they need to know about staying healthy on journeys overseas and to screen them for exotic tropical diseases. when they return, has opened its doors.

The Tropical Medicine and Travelers Clinic, at the University of Miami, will school travelers in preventive medicine before they leave, said clinic directors Drs. Sandy Carden and Caroline MacLeod.

Travelers will then be reexamined when they return to determine if they have picked up any diseases.

Aside from treating patients, the clinic will also serve as a research center on tropical diseases and a repository of uptodate information about social, environmental and health conditions throughout the world.

"Everything you need to know health-wise about traveling is available here at the clinic - obtaining immunizations, medications, what current illnesses are present in different countries and preventive medicine to avoid getting sick," Dr. MacLeod said.

"We'll even give you a list of English-speaking doctors in that country.'

The clinic, which opened last week, is the first tropical medicine clinic of its kind in Miami.

Dr. MacLeod, 28, a specialist in tropical medicine, said the clinic is patterned after similar ones around the United States but is "more thorough."

The clinic will receive information daily from the Center of Disease Control, the World Health Organization and the Pan American Health Organization on disease and health status of any country.

Dr. MacLeod said people are often confused about health conditions in a foreign country, and worry about becoming ill on their trip instead of enjoying themselves.

"People get conflicting reports about what shots to get, whether to drink the water, what foods to avoid," she said. "Their travel agents tell them one thing, their friends tell them another."

Travelers will be advised on how to prevent diarrhea, yellow fever, mataria and cholera and other tropical diseases.

"A private practicing physician doesn't have the time to get updates on every exotic disease or are not trained in tropical medicine," said Dr. Carden, 26, an expert in infectious and parasitic diseases.

"We will be offering protection and preventive medicine and giving them up-to-date information and special health instructions, like if they have a heart problem or diabetes."

Clinic doctors will take blood, urine and stool samples prior to a traveler's departure. The tests will be retaken when they return from a trip to determine whether any parasites have entered the system without showing any symptoms.



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HAVE A **GAVEL!**

The outgoing president of the Sanford Optimist Club, Bill Colbert, presents a gavel to incoming president John Blair. Officers were installed Saturday night at a banquet at the Mayfair Country Club. The club's first big project of the year will be the co-sponsorship of the Seminole County High School Band Festival at 8 p.m. Nov. 7 at the Lyman High School stadium.

No More Freebies, Church Tells The World

steeple, picket fence and adjacent graveyard are similar to those at hundreds of other New England churches. But the Bar Harbor Congregational Church is known around the world as a freebie.

People from Germany, Switzerland and largel call to make reservations for free lodging in the basement of the church, which is located just off the square in this oceanside resort where motel rooms go for upwards of \$50 a night.

"Things were definitely getting out of hand," said Rev. William R. Booth. "It was predictable that word would get around, but we didn't expect the world to drop by." Now the church deacons have voted

unanimously they can't continue the program. For the past five summers, the church provided lodging free-of-charge to people who were caught in a bind. That included people without money and people who arrived too late to get a room.

"On a hot summer day, you can't find a hotel room for 50 miles." Booth said, "So we tried to help people out."

The guests would get a civil defense cot and a wool blanket. They'd sleep in the basement or a Sunday school room, surrounded by finger paintings and child-sized furniture.

That first summer, there were 87 people who were given shelter in the church.

"We had one or two a night," Booth said. "There was one fellow - a paraplegic who drove his specially equipped van into Bar Asia.

BAR HARBOR, Maine (UPI) - The white Harbor from the Midwest with his wife and mentally retarded daughter," he said. "Their reservations were fouled up, so we put them

There was never any trouble. No messes,

nothing stolen. But word got around. During the summer just ended, 351 people stayed at the church for free, representing 15 countries. Some arrived with sleeping bags and backpacks, looking for a space on the floor. And space was scarce with as many as 43 people crammed into the small church each

"Some would call and ask for reservations," Booth said. "Can you imagine?"

Bar Harbor, the oceanside playground for the Astors, the Vanderbilts, the Rockefellers and the Kennedys, is located on Mount Desert Island near Acadia National Park. The park offers spectacular mountain-top views of the Atlantic and surrounds Cadillac Mountain, where the rays of the morning sun strike the United States mainland first each day.

That's why the area is so popular. And that's why people who don't want to pay \$50 a night go to the church.

"The word is out that the Congregational Church offers the cheapest lodging in Bar Harbor," Booth said.

There were 24 people from Jerusalem who stayed at the church this summer, 39 were from Canada, 12 from Germany. There were also visitors from New Zealand, Africa and

Tax Revolt A Modern-Day Boston Tea Party

FORT LAUDERDALE, Fla. (UPI) - Angry taxpayers across Florida are joining in a grass roots movement to fight property tax hikes that has been likened to a modernday "Boston Tea Party," and disgruntled Broward County homeowners seem to be leading the way.

People across the state - angry about high property tax assessments and tax hikes of all sorts - have in recent months told local politicians in no uncertain terms that they have had enough.

The growing tax-revolt, reminiscent in feeling of California's famed property tax-cutting initiative, Proposition 13, has spread from Seminole to Palm Beach to Putnam, Pinellas, Leon, Broward and other counties.

Reflecting sentiments felt throughout the state, San Mateo resident Linda Wells recently passed out bullets to members of the Putnam County School Board and urged them to "bite the bullet." "We have," she said.

The movement seems to be the most widespread in Broward County, where commissioners have faced angry and unruly crowds during two recent budget hearings.

And the worst may not be over, with a third and final meeting acheduled tonight in the cavernous Surrise Musical Theater.

Last week's first budget hearing never got off the ground when 2,500 homeowners — furious about new property tax assessments that were sometimes double and triple over last year's - shouled down the commissioners. Carrying protest signs and chanting, the crowd was so unruly that the commissioners were not able to hold the hearing or pass a budget for the new fiscal year,

The second hearing was held at the War Memorial Coliseum, and again thousands of people showed up to protest. Security was beefed up for the second hearing and police will be stationed tonight at the theater.

Elsewhere, city and county governments are feeling the heat because of escalating taxes.

Tax revolts, smaller in scale compared to Broward's, but nevertheless organized "uprisings," have cropped up across the state.

Hundreds of taxpayers showed up at the Pinellas County courthouse in Clearwater last week to oppose rising property taxes.

"Hell hath no fury like an abused and overtaxed group of Pinellas County property owners," shouted Abe Azar of Largo, "You drive us to the threshold of another Boston Tea. Party.'

The protest was prompted by receipt of truth-in-millage notices of proposed taxes, warning of large increases many of 50 percent but some as high as 300 percent. Some of the "uprisings" have accred a measure of suc-

In Leon County, a group called "Citizens Unreasonably Taxed" successfully convinced the county commission to slash some \$1 million from the proposed budget and is now applying the same pressure on the county school board.

A similar success story came in Orlando, when a crowd of chanting taxpayers showed up before the Orange County Commission to protest a record budget.

The commissioners shaved the budget to \$82.8 million by postponing construction of a new county office building, reducing the county's contingency fund, deferring work on a jail work-release center and withholding money from a joint city-county parking garage. Property taxes will still increase 9.9 percent — but that is

far less than the original proposal.

in Jacksonville, about 700 angry homeowners are protesting new tax assessments to an appraisal adjustment bourd but few of the cases have been heard.



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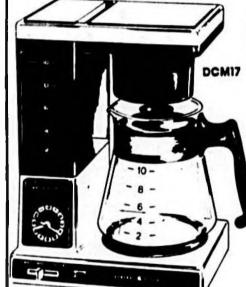
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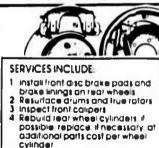
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Crowder Wastes Year, Tries To Keep Kids From Doing Likewise

Randy Crowder calls it his wasted

year. Three hundred and sixty-four days of confinement. "There's nothing worse than jail," Crowder, a nose tackle for the Tampa Bay Buccaneers told 200 interested parents and students at Lake Mary High School Tuesday night as part of the Seminole County Drug Awareness Task Force program. "It was the worst year of my life. I couldn't even go down to the local 7-11 and get a sods."

How did Crowder land in jail? He was nailed with possession of narcotics along with Don Reese while both were teammates on the Miaml Dolphins. Specifically, the two were doing and dealing cocaine.

"It was the lowest point of my life. It really brought me to my knees," remembers Crowder, who was a standout football and basketball player at Farrell High School in Pennsylvania and later an All-America at Penn State.
"I considered sulcide," admits

Crowder, who is recuperating from an injury for Tampa Bay. "All the honors I had received, I'd just thrown them all away just to get high.

"But, I'm not worried about suicide now. If I didn't commit suicide then at the lowest time of my life, I don't have anything to worry about now.'

What the intelligent big man is worried about, though, is the kids. He doesn't want them to become wastes. Crowder sees the biggest problem as drug availability, Crowder started with marijuana, but not until college.

"Everything was going my way. 1 didn't even consider what it was doing to me. It just seemed like the thing to do," he pointed out.

After his excellent college career which included three bowl games — Orange, Cotton and Sugar - Crowder was drafted in the fifth round by ni. He was disappointed in the a knee injury before his senior year caused the apprehension.

undefeated season and two straight Super Bowl championships. "I wasn't too sure how I would make out," said Crowder. "But Manny Fernandez was getting a little older and I was able to

The Dolphins made the playoffs, but missed the AFC championship when Oakland's Clarence Davis made a great catch in the end zone to end their



Sam Cook Sports Editor

Miami had a losing season the following year. Crowder was the team's most valuable player, however, as he continued to excel and only Pittsburgh's "Mean Joe" Green kept him from a pro bowl spot.

While his success continued, so did his penchant for the good life, which to him meant cocaine. "It wasn't like I was a big time pusher or anything," stressed Crowder. "I dealt in a circle with my friends."

It was that circle, though, that Crowder felt dragged him down. "When you're a professional athlete," observes Crowder, "everybody has something for you whether it's swampland or drugs."

Crowder had the wrong circle of friends. It took a one year's jail sentence to get away from them. While the jail kept him from his bad influences, Crowder says the change must come from within.

"I'm not a reborn Christian or anything like that," Crowder said. "But God helped me out. You have a lot of time to think when you're in jail and I took my problems to the Lord."

It wasn't that easy of a trip, however, "My parents had to take a stick and chain to me to get me out of bed on Sunday morning and to church," recalls Crowder. "But I'm glad they did it. They instilled in me the importance of the Lord and it helped me later."

Crowder's main word of advice is to get involved. "It doesn't have to be sports," he says. "Anything. Just get less semething begins drugs. It's that idle time that gets you.

"And I'm not just talking about t steady users. For you kids that go out and smoke a little dope once in awhile, somewhere down the road that will get you," Crowder continued.

"You better start thinking about what it can do to your life. And you better start thinking about it now. Don't be like me and wait for the last alter-

"That jail trip is no fun." Spoken like a man that should know,



Randy Crowder talks about drugs.

Halfway... Tribe Netters On Top

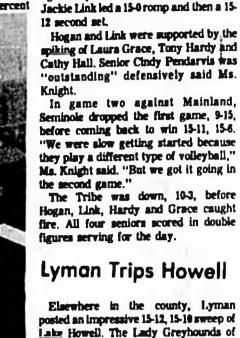
Herald Sports Editor

Volleyball in the Five Star Conference has reached the halfway point and Seminole High's Donalyn Knight couldn't and Lake Howell, who are tied for second be happier with her team's first-place at 5-3.

"If we could hold a two-game lead it

The Lady Seminoles dropped two more would be nice," Ms. Knight said Wedfoes Tuesday in Daytona Beach to up nesday morning after the completion of their Five Star record to a sparkling 7-1, the first half. Sanford's lofty status will two games ahead of county rivals Lyman be questioned Tuesday when the Tribe hosts fast-improving Lyman and Lake Brantley at 6 p.m.

The Seminoles received 100 percent



5 Star Volleyball

serving in the first game Tuesday

against Spruce Creek as Dee Hogan and

posted an impressive 15-12, 15-10 sweep of Lake Howell. The Lady Greyhounds of Karren Newman also whipped Daytona Beach Seabreeze 15-12, 15-4. The Silver Hawks disposed of the Sand Crabs 15-12, "The girls were a little intimidated,"

Ms. Newman said about the early going against Howell as Lyman fell behind, 6-1. They had never beaten them before." After the early deficit, though, junior Carol Rogers led a strong rally which produced an 11-10 Greyhound edge.

Rogers was eight-for-eight on her spike attempts for the day which helped Lyman over the hump. "We had our chances when it was 10-11 and 12-13," pointed out Howell Coach Jo-Luciano. "But net violations and a missed serve hurt us both times. But

they've got a good hall club." Ms. Newman cited Rogers' spiking and strong passing from captain Lynn Lugering as the keys to victory. "We're really excited about the whole thing," explained Ms. Newman. "My team has improved and I suppose Seminole has

"It should be a great match Tuesday."



Lyman's Amy Babcock (right) battles Lake Howell's Dianne Dumont

Saturday's Soccer Schedule

Sanford DET vs. Southeast Orange at Sanford Sanford 080 vs. F.C. United at Red Bug Park Sanford 000 vs. Winter Park al Winter Park Sanford 201 vs. South Orlando at Sanford Sanford 400 vs. F.C. United at Sanford Air

Sanford 400 vs. Downtown Orlando at San

By SAM COOK

Herald Sports Editor It's not uncommon for one player to have half of his team's goals in a soccer

When a team scores 10 goals, however, it's very unlikely that one individual could come up with half of that total.

As unlikely as it may seem, though Durrand Richards of the Celery City Printing Co. banged home five goals as Sanford 480 routed Downtown Orlando 480, 19-1, in age 14 and under soccer action last Saturday.

Richards had his foot in two of 480's five first-half goals. His first goal came on a pass from Shea Whigham and his last of the half was unamisted and gave Celery City a 5-1 lead.

In between, Whigham scored on a feed from Matt Albert and then added another goal on an assist from Steve Sapp. Tom Chernestky tallied the half's fifth goal unassisted.

Celery City added five more in the second half with Richards leading the way with an unassisted "hat trick." Chernestky chipped in another unamisted goal and Tim Roberts added a third unsistless boot.

Carry Smith turned in an outstanding job in the nets for Sanford 480, while Sheldon Richards had a good game at fullback, Celery City Printing Co. is 1-1 for the year.

Saniord 301-7, Downtown Orlando 201-0

Alex Piquer and Oberto Piedra each scored two goals as Sanford 201's Sting blanked Downtown Orlando. Mitch Albert set up four of the Sting's seven

Both of Piquer's were unassisted as 201 moved to a 2-0 edge. In the second half. Piedra added his two goals, both coming on Albert assists for the age 12 and under soccer learn.

Troy Deppen tallied an unassisted score, before Albert set up Denny Bacrach and Chris Ray for the final two points. Halfbacks Brent Possy and Mike Altiser had superb games for the

Pullbacks Corey Stickney and Winn Hodgins also turned in time efforts as

Coach Wayne Albert's squad improved to 2-0 for the season. Sanford 201 has yet to allow a goal this year. Sanford 906-3, Southeast Orange 902-

Sanford 000 used three goals by Troy Brewer - two in the first half including one on a penalty kick — to drop Southeast Orange and remain undefeated (2-0) in age 10 and under

soccer play. Tony Duncan assisted Brewer's first score, while Ben Davis and Chet Tulp helped out on Brewer's second-half

Sanford 061-3, Winter Park-2

Raymond Tossi has a thing about penalty kicks.

He never misses. Tossi booted in his 10th straight penalty kick over a two-

year period as Sanford 081 nipped Guarino booted in the second-half goal

Sanford Soccer

Winter Park, Lamar Bass added a first half goal as 001 marched to a 2-1 edge. Brian Hise rammed in the deciding goal when he picked off a rebounded shot by Travis Groover and nailed it home. Groover was cited for his outstanding play as 001 improved to 1-0-1 for the year. Groover also had an assist for the age 10 and under team.

Sanford 200-7, College Park 201-1

Jon Williams turned in a "hat trick" and Josh Leichworth added two goals as Sanford 800 ripped College Park.

Jason Walraven assisted on two goals and scored one of his own as 800 sprinted to a 6-0 first-half lead. Paul

Coach Gene Williams commended Bobby Greeniee, Brandon Cannavino. Troy Schanel, Scott Reifenrath and Shayne Stewart for outstanding defensive work. Sanford 800 is 2-0.

for the age 8 and under squad.

Sanford 488-1, South Orange 401-1 John Stuart tallied a first-half goal as

Sanford Kiwania 400 battled to a 1-1 deadlock with South Orange.

Sherry Rumler and Keith Royer turned in super performances for the Kiwanis, which fell to 1-1-1 in the 14 and under age division.

F.C. United 700-1, Sanford 600-0

In Sanford's only setback last Saturday, 666 dropped a narrow 1-0 decision to F.C. United.

The loss dropped the age 10 and under record to 1-1 for the meson.



Jon Williams heads for one of his three goals in 800's victory over College Park.



ALAN ASHBY . unlikely Astro hero



RON GUIDRY ... throws for Yanks



GEORGE BRETT . . . error opens door



STEVE ROGERS ... opposes Carlton

Norris, Gross Drill Royals

Ashby's HR Drops LA

By United Press International It seems appropriate that two unlikely heroes would emerge on the first day of baseball's first-ever mini-playoffs.

Alan Ashby hit a two-run homer with two outs in the bottom of the ninth inning Tuesday night to lift the Houston Astros to a 3-1 victory over the Los Angeles Dodgers in the opening game of their NL West series.

Earlier in the day, Wayne Gross drilled a three-run homer in the fourth to support the four-hit pitching of Mike Norris and carry the Oakland A's to a carry over solo homer in the seventh. the Kansas City Royals in the opener of

the Al. West divisional series. "It's a dream come true," said Ashby. "It is just like a Walter Mitty story. When you hit a home run to win it with two out in the ninth, well, it was just the biggest moment of my career.

"It's foolish for me to say that I was thinking about hitting the ball out because I've only hit four of them this year. But I was really thinking about hitting something hard.

hitter, I knew as soon as I caught flight of the ball that it was going to be gone. I

Mini Playoff

fans knew it. I think."

Ashby pulled reliever Dave Stewart's first pitch to him over the right-field wall to end the game and hand pitcher Nolan Ryan the victory.

Ryan, who was 11-5 this season and who had a no-hitter against the Dodgers Sept. 26, two-hit them Tuesday night but entered the ninth with the game tled 1-1 after the Dodgers' Steve Garvey hit a

Craig Reynolds, pinch hitting for Kiko Garcia in the ninth, singled off loser Stewart with two outs and scored ahead of Ashby. Ashby was mobbed at home plate by his teammates as a crowd of 44,836 stood and roared their approval.

Tony Scott's bloop single to short right centerfield with two out in the sixth knocked in Terry Puhl from second base with the game's first run. Puhl had singled to start the Astros' rally and the next batter. Phil Garner, drew a walk off "Even though I'm not a big home run Valenzuela after the rookie had pitched out on his first two throws.

Garvey tied the game 1-1 in the started jumping for joy even before the seventh, slamming Ryan's first pitch to

him above the orange line on the wall in leftcenter, Garvey's hit, the Dodgers' second off Ryan, broke Ryan's string of 16 consecutive batters retired.

Valenzuela left the game for a pinch hitter in the ninth with the score tied 1-1 after giving up six hits, striking out six and walking two.

Game 2 is this afternoon at the Astrodome, pitting the Astros' Phil Niekro against Jerry Reuss of the

At Kansas City, Mo., a two-out throwing error by Royals' third baseman George Brett prolonged the Oakland fourth and gave Gross a chance to deposit his homer over the right-field wall for three unearned runs off Dennis

"We (the A's) went into this game with a lot of confidence," said Gross. "Billy told us that we were going to win, that we were going to beat Dennis. Hey, Billy's never wrong. I believe him, we all do." Dwayne Murphy added a solo homer in

the eighth for the A's. Kansas City will send rookie lefthander Mike Jones against Oakland ace Steve McCatty in Game 2.

Oct 9 — Houston at Los Ang. 4:05 p.m. # Oct. 10 — Houston at Los Ang. 8:15 p.m.

Oct. 7 — Phila at Montreal, 1:05 p.m. Oct. 8 — Phila at Montreal, 8:15 p.m. Oct. 9 - Montreal at Phila, 4:05 p.m.

a Oct. 11 - Houston at Los Ang, 4:05 p.m (Philadelphia vs. Montreal)

x Oct. 10 — Montreal at Phila, 1:05 p.m. x Oct. 11 — Montreal at Phila, 4:05 p.m.

Fanning Changes Image

MONTREAL (UPI) - You ask for the vice president in some firms and you better bring your lunch because there are so many of them, it might take a week to find the one you want. Everybody makes jokes about vice

presidents. Jim Fanning is changing all that. Until a month ago, he was vice president of player development with the Montreal Expos and it may be he will be again next year, but right now he's their manager and if he can do with them in the next three weeks, starting with Wednesday's National League East playoff opener against the Philadelphia Phillies, what he has done in the past four, people won't be

anymore. Fanning, an unfailingly courteous impeccable dresser whose distinguished-looking gray hair makes him look much more like an executive than a baseball manager, anyway, doesn't drive his car to the ballpark

laughing at vice presidents so much

here any longer. It isn't so much because he finds himself having to concentrate on far more important things than driving, which actually is the case, but rather because he doesn't wish to break up what is turning out to be a nice, smooth arrangement.

Since moving out of Montreal's front office, where he had been more than 10 years, and taking over the club from Dick Williams on Sept. 8, Fanning has guided the Expos to 16 wins in 27 games and into the playoffs with the first-half winners and world champion Phillies.

with Gene Kirby, the Expos' ad-

His coaches, Galen Cisco, Vern Rapp, Along with doing that, Fanning has given up driving his car and now rides



Milton Richman

UPI Sports Editor

ministrative assistant of player relations. He started that as soon as he became manager and although he isn't superstitious, he wants to keep things as they are because he likes the way they've been going.

You ask the 54-year-old Fanning how his life has changed since becoming the Expos' manager and he laughs and answers in a word.

"Drastically," he says. "I used to read the front page in the newspapers every day and try to keep up with what was going on in the rest of the world. Now I don't anymore. I can't. I still read the sports page, but I'm only thinking of one thing - the ballclub. There is nothing else in my periphery."

Fanning caught for the Chicago Cubs a few seasons and managed clubs in the minors at Tulsa, Okla., Dallas and Eau Claire, Wis., but never handled a bigleague club before. He's enjoying the experience enormously.

"I suppose what I'm enjoying most is that the sum of my old self is coming out," he explains.

Steve Boros, Ozzie Virgil, Norm Sherry and Pat Mullin, have helped him out. "I told them I was going to lean on

them and I have been," Fanning says.

tough to beat in a best three-out-of-five series because of hitters like Mike Schmidt, Gary Matthews, Pete Rose, Garry Maddox, Manny Trillo and Bake McBride, but he has confidence in the four starting pitchers he plans to use: Steve Rogers, Bill Gallickson, Scott Sanderson and Ray Burris, all righthanders. The short men in the bullpen are Jeff Reardon, the hard-throwing right-hander who helped the Expos so much after coming over from the Mets for Ellis Valentine, and veteran lefthander Woodie Fryman.

Fanning realizes the Phillies will be

Fanning has great faith in them, also. "Our pitching is the key in this series," he says. "That part of our game has been very good lately."

Should the Expos go all the way by beating the Phillies, then the Western Division winners and whichever American League club gets into the World Series, Fanning undoubtedly would be asked by club president John McHale to continue managing them next year. Fanning isn't concerning himself about that.

"When he made the change, John told me I'd be taking the club for the remainder of the season," he says. "He has made no mention about what the situation will be next year and that's perfect with me. I was completely happy in helping develop our players and I'd be delighted to go back and do it again. Whatever they want me to do is

Jim Fanning has been a big-league manager a month now. Every now and then, though, he still talks like a vice

(Oakland vs. Kansas City) (Dakland leads series I-0)

(New York vs. Milwaukee)

American League

Oct. 4 - Oakland 4, Kan City 0 Oct. 7 - Oakland vs. Kan City, 3:10 p.m. Oct. 9 - Kan City at Oakland, 8: 10 p.m. x-Oct. 10 - Kan City at Oakland, 4:10 p.m. x Oct. 11 — Kan City at Oakland. 7:10 p.m.

Oct. 7 -- NY at Milwaukee, 8:10 p.m. Oct. 9 - Milwaukee at NY, 8 10 p.m. HOC1 10 - Milwaukee at NY, 4 10 p.m. HOC1 11 - Milwaukee at NY, 7 10 p.m.

(Las Angeles vs. Houston) (Mouston leads series 1-0) Oct. 6 — Houston 3. Los Ang 1 Oct 7 — Los Ang at Houston, 1.03 p.m.

National League

Raines Shoots For Saturday Game

Sanford's Tim Raines, who broke the third finger of his right hand Sept. 13 against the Chicago Cubs, hopes to get back in the starting lineup for the Montreal Expos Saturday.

The Expos open the best-of-five miniplayoff series today in Montreal. Since Raines' break, he has been limited to pinch-running duty for the Expos.

Monday, "It's still broken," said Raines cast and Raines said he will begin sliding so much." - SAM COOK

better than halfway healed."

The "Sanford Swifty" stole 71 bases for Montreal and batted .304 before his injury sidelined him the last three weeks. Raines had his hand re-xrayed. The doctor put his hand in a removable. Raines said, "The bruises are gone from

exercises with a one-pound weight immediately.

Raines' Saturday appearance in Tuesday night. "But the doctor said it's Philadelphia, of course, is contingent upon the series lasting more than three games. If he is unable to swing a bat or throw, he will be ready to pinch run.

"My legs are healthy and I'm ready to go in if we need a late-inning run,"

Happy Lake Brantley, Tullis

By JOE DeSANTIS Herald Sports Writer

Lake Brantley football coach Dave Tullis is real happy to be sitting at 3-1. He's even happier to be 2-0 in district play. The thought of last week's 14-0 shutout over Lake Howell still brings a smile to his face too. But that's as far as the pleasantries go when Tullis begins thinking about this Friday night's foe, the visiting Winter Park Wildcats.

"Last week was last week," says Tullis, "Every Friday night you have to go out and prove it all over again, and Winter Park is a tough team to prove yourself against."

The Patriots will be trying to prove their pigskin prowess against a team that was previously ranked as high as number two in the 4A state poll this season. But that was two weeks ago before Bill Scott's Lyman Greyhounds pulled the shocker of the young season by dumping the Wildcats 7-5. Winter Park bounced back against West Orange last Friday night, 10-7, to get back on the winning

Watching the game films of Lyman's upset of Winter Park has provided Tullis with some interesting insights.

"They are extremely tough on defense," says the Patriot coach. "And they're so consistent on offense. They keep the ball away from you, and when you do get it, their defense in the kind that lets you have it for three plays and then takes it back."

If that's the case, then what does Tullis think his squad has to do to chalk up victory number four of the season?

DRLANDO, Fla. (UPI) - This week's

Florida prep football poll from the Florida

Sports Writers Association, with won lost

1. Ft Lauderdale Anderson (4 0)

Panama City Mosely (40)

6. Bradenton Manatee (4.0)

record in parentheses

3. Tampa Plant (4-0)

5 Orlando Evans (40)

7. Coral Gables (4-0)

2. Dunedin (40)

CLASS &A

Patriots

as simple as that,' The Patriots came fairly close to numbers we've been dressing out." playing mistake free ball in shutting down Lake Howell last week 14-0. And for a change, the victory was as much a credit to a budding offense as to a consistently good defense.

"I'm pleased we're moving the ball better on offense," agrees Tullis. "But Brantley has given up a total of seven each week is history. It's this Friday points in 16 quarters of regulation play. night that counts."

The Patriot coach is hoping for a repeat of last week's offensive performance. One that saw the Patriots play ball control for the greater part of 48 minutes, thanks to the stalwart effort of several two-way performers.

Safety-quarterback Fred Baber connected on 8-of-13 passes for 129 yards and a pair of touchdowns. That effort combined with his defensive play at safety earned Baber the Patriot's deffensive player of the week award.

Another two-way star, Otis Cliatt picked up defensive player of the game honors. Cliatt came up with a big interception from his linebacker spot and also chipped in with three receptions, one a 16-yard touchdown pass from Baber. Cliatt added Burger King Defensive Player of the Week for his outstanding

Those typical two-way performances are something Tullis hopes the Patriots can continue, especially considering Lake Brantley is only dressing out 30

Also receiving votes: Miami Columbus, Merritt Island, Brandon, Largo, South

Plantation, Winter Park, Hillsborough, Vero

Beach, Hialeah, Orange Park, Clearwater,

Boca Raton, St. Petersburg Northeast

9. Jacksonville Raines (40)

10. Eau Gallie (4.0)

CLASS 3-A

"We're a little bruised up from the Lake Howell game," pointed out Tullis. "So far we're been fairly lucky with injuries. Out players have had to get "We have to play mistake-free ball, it's themselves in real good shape, fortunately we've done well with the

> While the offense appeared to have jelled against Lake Howell, it was the Big Blue defense that once again had its hand in a Patriot victory.

> In compiling a 3-1 record, Lake

"Give some of the credit to our assistant coaches," says Tullis. "They deserve it for the job they've done, but you have to credit the kids on defense too. They take a lot of pride in the way they've been playing. It's been a case of everybody on defense going out and doing their jobs, executing like they've been taught."

Thanks to Apopka's 10-7 Saturday night victory over Mainland, the Patriots head into Friday's Winter Park confrontation sitting atop the Five Star Conference tied for the lead with county-rival Sanford. Despite the fact Winter Park is a nonconference opponent, Tullis is naturally licking his cops for a fourth win.

"Every game is important, whether it's district or non-district," says Tullis. "Any kind of a win helps you build momentum."

Lake Brantley hopes to keep the ball rolling with an 8 p.m. kick off in the friendly confines of Tom Story Stadium Friday.

Lake Brantley

Seminole

Spruce Creek

Mainland

Lyman

Apopka

Del.and

Lake Howell

Overall

2-1

3-1

2-2

District and Conference

2-0

1-0

1-0

2-1

1-1

1-1

1-2

0-2





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Raiders Split Two Net Matches

1. Tallahassee Leon (40)

1 St.Pete Lakewood (40)

5 Ft Lauderdale Aquinas (3 0)

Palatha(40)

volleyball team split a pair of games accomplish little else. "Our offense just Tuesday, dropping a 7-15, 15-13, 15-10 wouldn't work," mouned Coach Heanna match to Florida Junior College before Gallagher. "We just couldn't get it play Lake City Junior College, upending host Daytona Beach Junior going."

College 15-2, 11-15, 15-10. Vobornik served eight service points in turned back Daytona. "Debra was really for admission.

Seminole Community College's girls the loss to FJC, but the Raiders could good offensively," raved Gallagher.

Former Lake Howell standout Sharon dominated play at the net as SCC easily the SCC gymnasium. There is no charge

"She was really attacking at the net." Thursday, the Raiders return home to Gallagher's crew has lost twice to Lake

Against DBJC, 5-foot-114 Debra Dyer City this year. Game time is at 6 p.m. in

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WEDNESDAY

Volleyball...

Oviedo, Colonial, Lake Howell at Lake Howell 3:30

Lake Brantley at Seminole (junior varsity only) 6 p.m.

Freshman football...

Osceola vs. Crooms at Seminole High School 7:30

Bishop Moore at Lake Howell 7:30 p.m.

THURSDAY

Junior Varsity football... Seminole at Lyman 7:30 p.m. Bishop Moore at Lake Mary 7:30 p.m. Lake Brantley at DeLand 7:30 p.m. Volleyball...

Lake City CC at Seminole CC 5 p.m. - 6 p.m.

FRIDAY

Varsity football... Seminole at Apopka 8 p.m. Colonial at Lyman 8 p.m. Lake Weir at Oviedo 8 p.m. Winter Park at Lake Brantley 8 p.m.

Cross Country... Seminole County Championships at Trinity Prep 4 p.m.

Morale — The Invisible Winning Edge

Humans are competitive animals. The sum total of the mental and and as they daily meet on their fields of competition at work or at play, each individual or group strives to win over the other.

This endless search for dominance exists over the entire spectrum of human endeavor, and is visible in the home, the school, the market places, the battle field, the art galleries, the political arenas, the sales rooms, and even the places of worship.

All sports were invented as a harmless outlet for man's surplus competitive urges. Our nation was founded on the basic premise of free enterprise: that individuals and groups should be free to lawfully compete without restriction.

Statisticians can chart the results of these conflicts as one individual or group is more or less successful than another, and, to a degree, predict future success or failure based on past performance-whether in the stock market, on the battlefield, or on the playground.

These predictions are always less than perfect, because man is also an emotional animal, and his performance in conflict is always affected by his mental attitude. These ever changing intangibles are not subject to a number analysis, and often result in performances that are not in consonance with predictions. These surprises make life and sports intensely interesting-at least to the vicarious spectator who does not risk his own life or fortune on the outcome of that particular contest.

emotional attitudes of humans is known as morale. The Encyclopedia Britannica Dictionary definition of morale is slightly unsatisfactory, describing it as "a sense of common purpose or a degree of dedication to a common task regarded as characteristic or dominant in a particular group or organization." Which simply means that you can't see, taste, touch, hear, or smell morale, but you can indirectly test the effects of it with these senses and judge the degree of morale as an overall effect. It is the great intangible that affects all of us all of the time.

Military commanders call it "esprit de corps", and spend billions of dollars in a never ending struggle to achieve the highest possible morale in the individual and the fighting unit. They know that any well-trained, disciplined, and equipped small group with high morale can outlight a much larger group with low morale, and suffer fewer casulties in the process. They also know that the secret is vested in leadership.

This high interest in morale, however, is not restricted to the military. The money spent by American business every year on employee benefits in an effort to raise morale makes the military personnel budget look like a poor boy's pocket change. Smart executives know that the effects of high morale in their organization are more productive man hours, a

Cliff Nelson Football Prognosticator

better product at a lower price, sales charts that zoom up and off the sheet, and a blue chip stock; whereas poor morale produces the opposite effect.

They also know that the key to high morale is leadership, and therefore continuously recruit the brightest and the best. Those young leaders capable of inducing high morale within the organization are assured of rapid promotion and bright futures. The others are shunted aside, stalemated in their jobs, and soon forgotten.

The performance of athletes too, is severly affected by their morale, and football teams, because they are composed of fairly large groups, are probably more affected than those of other sports. Professional teams recruit the best of the amateur players, pay them handsomely, and rigorously train them to execute complex plays in a disciplined environment that is very similar to the recruitment and training of a commando unit. Not only are the tactics similar, but the immediate objective of the football team is also very like that of a military unit meet the opposing force and conquer It with minimum casualties to your

The objectives of football franchise management, however, are the same as any other big businessmaximum profit with minimum investment. So long as the game tickets are sold out in advance, and each team in the NFL is assured of an equal slice of the broadcast pie whether they appear on television or not, management is usually not intensely interested in the team's actual win record. These diverse objectives of management and team

account for much internal conflict.

You can spot the teams with low morale very easily. Players are summarily released and usually gripe latterly to the news media. Darine games, players are frequently called for fouls, particularly offsides, backfield motion, and holding balls. Their turnover rate is high against them. Runners fumble tile ball excessively, and pass receivers jump upward only to have the ball tip their fingers and (if they are lucky! fall harmlessly to the ground. The receiver as often as not then falls to the ground and is hart. The team with low morale is always roldled with injuries.

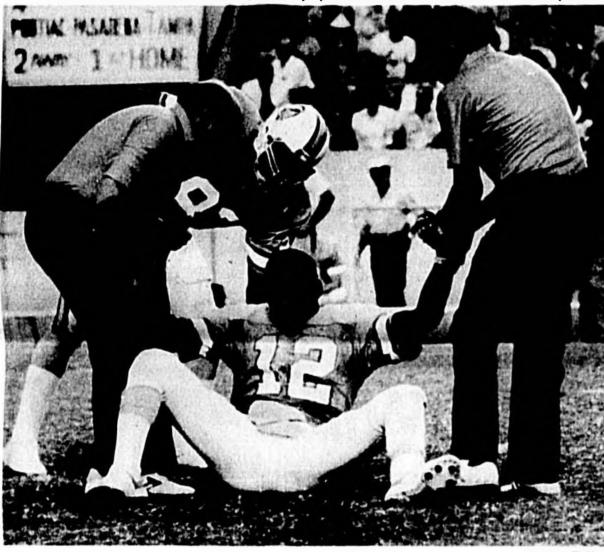
High morale is just as easy to spot. It is a juy by watch these teams murch crisply into position and execute their plays with precision. The runners always seem to find a small hole in the line, and seldom fumble Ineir receivers strain upwards at extra fraction in a crowd of defenders, and the ball miraculously sticks to their fingers and is tucked safely away before the

tackle. These players seldom stay down, but leap exuberantly to their feet and toss the ball to the nearest

striped shirt. Procedural fouls are rare, and turnover rates are low. Injury rates are low too, but when a key player is taken off the field, a replacement arrives who somehow performs well. These teams sometimes win by very narrow margins-but they manage to win. And when they lose, their last play of the game is executed with the same machinelike precision as the first. They hold their heads high when the game is over, because they know they have played their individual best, and in that there can be no shame.

Effective leadership that can instill high morale in the individual and the group is not a statistic that can be tabulated, but it is very real, none-the-less. It gives a leam "class", which is another word for high morale, and is carried by a team as an aura of invincibility through every play in the game. It can turn sure losers into winners and dumbfound the experts. It is the mystic Excalibur whose singing edge scatters the foe on the battlefield. It is the invisible winning

If you are looking for a job, choose a company with high employee morale; you will be happler. If you are a betting football fan, look for the little clues that indicate the merale of a team, and bet on the team with high morale when all other factors are equal. You will be a winner most of the time.



Tampa Bay quarterback Doug Williams gets three helping hands after taking a helmet in the chin from Detroit's Doug English Sunday In the Bucs 28-10 victory. Williams, despite the severity of the blow, came off the deck and fired two more touchdown passes to ensure the victory. The

strong-armed Grambling University product finished with four TDs for the afternoon. The Buccaneers play at Green Bay Sunday, They are tied for first place in the NFC Central with Minnesota. Both are 3-2.

McKay Expects **Ding-Dong Battle Against Packers**

TAMPA, Fla. (UPI) - "It will be a ding-dong battle in Green Bay," said Tampa Bay Buccaneer Coach John McKay. That was his assessment Monday of next weekend's clash of his Bucs and the Packers in an NFC Central Division game. The game could turn into an aerial circus.

Tampa has been unable to mount a consistent running game, averaging only 96 yards per game on the ground, with lows of 12 yards against Kansas City and 49 Sunday in a 28-10 win over

But with strong-armed quarterback Doug Williams and receivers Kevin House, James Wilder and Jimmy Giles. Tampa is a deep pass threat.

Williams threw four touchdown passes Sunday, despite completing only 13 of 29 passes.

"I think we have the ability to make the big plays because of Doug and our receivers," McKay said Monday. "I just think that's what we can do."

Green Bay also has a strong passing game with Lynn Dickey throwing to John Jefferson, James Lofton and Paul Coffman. McKay described the Packer pass catchers as "three very fine receivers."

"I think Green Bay right now is as good as anybody in our division," McKay said. The Bucs go into the game with a 3-2 record, and are 2-1 in division play. They are tied with Minnesota at 3-2, but the

Vikings are 3-1 in division play. Green Bay is 2-3 on the year. The Green Bay game will be the first of three straight on the

road for the Bucs, a fact that causes McKay concern. "I don't mind who we're playing this year, I don't like the schedule," he said. "I don't like to be on the road for three weeks in a row. I think that's tough. You play before unfriendly crowds, one, but you get awfully tired of traveling."

The Bucs go to Oakland the week following the Packer game and then will be in Philadelphia the next week, facing the prospect of a Monday night game because of the baseball playoffs.

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Red Wings Spoil Brooks' Debut

By United Press International Using a flashy offense that emphasized skating, stickhandling and criss-crossing, newlyhired coach Rangers to a 9-1 pre-season record, the best in the NHL.

using some innovative techniques of season coaching debut Tuesday night, at 14:09 for an insurance goal. guiding the Red Wings to a 5-2 victory over the Rangers.

Mark Osborne's first NHL goal, the

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Q (3-4) 48.20; P (6-3) 138.00; T

Fourth yame

Q (2-4) 27.00; P (4-2) 74.10; T

Fifth game

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game-winner at 17:51 of the second period, and John Ogrodnick pair led the Red Wings.

Osborne, assisted by Walt Herb Brooks led the New York McKechnie and Mike Foligno, scored a disputed goal to snap a 2-2 tie. Referee Bruce Hood ruled the puck But Detroit coach Wayne Maxner, had rolled over the goal line past Ranger goaltender Steve Weeks. his own, spoiled Brooks' regular- Foligno drilled a 45-footer past Weeks

The line of Dale McCourt, Ogrodnick and Don Murdoch on the right "We had some information on the was the most productive for the way they were playing," Maxner said. Wings, who were one of only five grinning. "I told our guys to send one teams not to qualify for the playoffs man in and sometimes have him not last season. In addition to Ogrodnick's go too deep, so that in effect it was a two goals, Murdoch, a former Ranger, half a man forechecking and 412 men got an empty net goal in the final minute.

Brooks did not seem disturbed that

Pro Hockey

his pro debut was a losing one. "We may have to pay the price early, but in the end we'll be better-

Nordiques 6, Whalers 5 At Quebec, Michel Goulet scored a pair of breakaway goals in the first period to spark the Nordiques. Peter Stastny upped the Quebec margin to 3-0 with the final goal of the first period, and Marc Tardiff, Alain Cote and Andre Dupont rounded out the Quebec

Maple Leafs 6, Jets 1 At Winnipeg, Rick Vaive scored twice during a 40-second span in the first period and set up the game's final goal to lift the Leafs. Lucien DeBlois

scored Winnipeg's lone goal came at 10:10 of the second period and the Leafs exploded with three goals in six minutes in the third, as Darryl Sittler, Terry Martin and Derlago scored. Blues 6, Penguins 2

At St. Louis, Blair Chapman and Mike Zuke scored two goals each to lead the Blues. Larry Patey and Bernie Federko, who each had two assists, also scored in the first period for the Blues.

Canucks 4, Rockies 2 At Vancouver, Lars Molin's first NHL goal, in the second period, proved to be the winner to lift the Canucks. The Rockies came back with two unanswered goals in the third period before Jerry Butler iced the game with an insurance tally into an

empty net with 22 seconds left.

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SATURDAY 8:00 A.M. - 5:00 P.M.

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(6-4-6) 733.20 4 Bilbeo Oyarl I Olea Azcoilla Q (3-4) 54.20; P (4-3) 140.40; T 10th game

7 Urizar Q (2-7) 52.20; P (2-7) 98.10; T 2-7.5) 372 A4 \$ Lecube (2-7-5) 372.00 11th same

2 Ricardo Azcoitia 15.20 7.80 10.80 BENTLEY 3 Pila Zubi 11.80 -8 Gasti-Vegas Q (2-3) 33.40; P (2-3) 113.50; T 12-3-01 451.00 1219 pame 8 Bilbao

18.40 10.20 7.20 1 Marti Azcoitla 7.40 4.20 Q (3-8) 47.60; F (8-8) 126.60; T (8-3-4) 317.40 A - 1,436; Handle \$142,050

Deals

Sports Transactions

By United Press International Baseball Baltimore — Signed righthander CS. OF 6 SHORT 1/2 BALLON Dennis Martinez to a five-year Cincinnati — Signed shortstop

Dave Concepcion to a five year, guaranteed contract worth between \$4.5 million and \$5 million. Toronto - Assigned the contracts of pitchers Phil Huffman and Ken Schrom and catcher Dan Whitmer to their Syracuse (AAA) Chiefs affillate in the International

Chicago - Placed kicker Hans Nietsen on waivers and signed kicker John Roveto. Cleveland — Acquired kicker Matt Bahr from San Francisco for NY Glants -- Placed running sch Bitty Taylor an undisclosed draft choice. back Billy Taylor on waivers.

Heckey Boston — Released forward Bobby Lalonde: sent defensemen Larry Meinyk to Erie (AHL). St. Louis - Sent center Alain Lemieux to their Salt Lake City farm team and returned defenseman Rick Wilson to his junior teem in Canada.

foronto - Purchased midfielder Juan Carlos Molina, defender Victor Kodella and David Woodsford.

In a dispersal draft of NASL leams that folded last month, the following players were selected: From Atlanta, forward Brian Kidd went to San Jose From California, delender

Stephen Feeney went to Montreal and forward Laurie Abrahams to

From Washington, defender Berny Dargia went to Seattle, midfielder Peter Baralic to Tuisa, goalkeeper Jim Brown to Chicago and forward Ole Mikkelsen to Fort

From Calgary, goalkesper Tom Soric went to Tempe Bay, palkeeper Jurgen Stars to Tampa Bay, forward Franz Gerber to Tuise and midfielder Jurden Rocher to Chicago

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Egypt Moves Swiftly, Names New President

CAIRO, Egypt (UPI) - Vice President Hosni Mobarak, a strong supporter of peace with Israel, was nominated to succeed assassinated President Anwar Sadat in a swift move assured of confirmation today by Egypt's parliament.

Mobarak narrowly escaped death Tuesday when rebel soldiers gunned down Sadat at a military parade, and emerged as the undisputed political heir of the Egyptian leader.

Sadat Had Many Enemies

CAIRO, Egypt (UPI) - Three shadowy organizations claimed credit for the grenade and gunfire assassination of President Anwar Sadat, but Libya, the PLO, the Soviet Union and Moslem fanatics all had reasons to wish him dead.

Egyptian security police trying to find who planned Sadat's assassination today interrogated four soldiers who broke ranks at a military parade Tuesday to hurl two grenades and fire automatic weapons on the

AREA DEATHS

GLENN ALBERT SWOFFORD Glenn Albert Swofford, 55,

of Route 3, Jasper, died Friday. Born in Cherokee Springs, S.C., he moved to Altamonte Springs in 1934. He was a retired Jasper police chief and a member of the First Baptist Church, Jasper. He had served in the Coast Guard, was a former Florida Highway Patrolman, a former member of the Winter Park Police Department, a former Newberry police chief and a Mason.

He is survived by his wife, Louise; a daughter, Mrs. Glenda Martin, Jasper; two sons, Allan, Jasper, and Roger, Ocala; five brothers, Robert, Collegedale, Tenn., former Altamonte Springs and Derrick, both of Oviedo; mayor and county commissioner W. Lawrence, Warren, N.C., Carlyle, Altamonte Springs, Herbert, Orlando, Richard, Stone Mountain, Ga., and three krandchildren.

Harry T. Reld Funeral Home, Jasper, is in charge of arrangements.

MARY STEVENSON

Mary G. Stevenson, 62, of 77 Bermuda Circle, Oviedo, died Tuesday at Seminole Memorial Hospital. Born on Dec. 29, 1918, in Wisconsin, she moved to Oviedo in 1969 from Wisconsin. She was a Lutheran and was a former meat wrapper in a butcher shop.

Survivors include her husband, Robert Stevenson, Ovledo; two daughters, Mary Pilgrim, Orlando and Sandy Rabine, Wisconsin; one son, William Tororice, Pompano Beach; one sister, Lucille

Anderson, Wisconsin; seven grandchildren and one greatgrandchild.

Winter Park Funeral Home is in charge of arrangements.

THOMAS FULTON WILSON

Thomas Fulton Wilson, 34, of Wilson Avenue, Oviedo, died Friday at Winter Park Memorial Hospital, Born in Hazelhurst, Ga., he moved to Oviedo from there in 1948. He was a landscape gardener and a member of Grant Chapel Methodist Church, Oviedo.

Survivors include his wife, Barbara Ann; his mother, Ada Wilson, Oviedo; a daughter, Jackie Wilson, Oviedo; two sons, Germaine two sisters, Inez Brunson and Ethel Wilson, both of Newark, N.J.; two brothers, Glenn. U.S. Army, West Germany, and Randy, Linden, N.J.

Lawson Funeral Home is in

MRS. ELEANOR WATKINS Mrs. Eleanor Watkins, 33, of 10307 Acapulco Way, rural Seminole County, died Monday at Florida Hospital-Orlando. She was born Dec. 3, 1947, in Fort Myers. She was a housewife and a member of the Longwood Bible Baptist Church.

Survivors include her husband, Bobby; a daughter, Michelle Lee Watkins, Orlando; a sister, Rosa Lee Ruth Roth, Miami; two brothers, George and William Marsh, both of Winter Garden; and her mother, Mrs. Hazel Marsh, Pine Hills.

Semoran Funeral Home is in charge of arrangements.

... HSAs Victims Of Reagan Budget Cuts

(Continued From Page 1A) current year. But he said he can't estimate what it will be next

Although the loss of Volusia will hurt the HSA-NEF financially. Floyd said the budget cuts may knock out so many of the smaller HSAs that there will be more funds to disperse among those surviving.

"They're (the federal government) saying that if a group can't operate on the dollars allotted, then we won't fund them," Floyd said, adding it is likely 50 or 60 of the smaller agencies will be forced to fold.

But even those that survive will be forced to make adjustments. Beaton and Floyd said staffs could be cut to the minimum and some operations curtailed.

Beaton said the east central Florida agency will continue to conduct review of proposed medical projects, plan development and implementation and resource development, but would cut some some planning. The agencies' budget for the current year is \$348,000, and he said he expects it to remain roughly the same next year, with the addition of Volusia offsetting the expected budget cut.

Of course, he admitted there's always the chance all funding will be cut. He said the Senates' decision could come as early as Friday or in the next couple of weeks as the federal budget is finalized.

But even with a \$50 million allotment now, the future of the agencies is shaky.

"We don't know Reagan and (Budget Director David) Stockman won't propose further cuts," said HSA-ECF data manager Larry Cook. "And Reagan has asked for power to impound federal funds at any time."

Floyd agreed the future looks grim for HSAs.

What would happen without the agencies? Floyd, Beaton, Cook and Gary Clarke, deputy assistant secretary for health planning and development for the state, agreed it could mean less local input into decisions concerning medical services and facilities.

How could a withdrawal of local funding create less local

As the system works now, whenever a group proposes to build a hospital or other medical facility, expand an existing one or offer additional major services, it first must file a letter of intent with the HSA serving its area. The letter of intent is followed by a formal proposal, which is reviewed by the HSA.

In addition to professional staff, HSA boards include consumers and providers of health care. The HSA-ECF is composed of some 100 area residents, who represent a crosssection of the community, Beaton said. Consumers of health care are the majority and represent business, civic, economic and racial sections of the community.

Providers of health care, such as doctors, hospital administrators, insurors and health-professions schools, also are represented. Sub-area councils represent the individual

The HSA also holds local public hearings on every proposal, followed by extensive project review. It also considers each proposal in light of its established plan, which projects needs for the areas it serves. The HSA then makes a recommendation on each proposal to the state.

The state reviews the HSA's findings and makes the final decision to permit or deny.

Under state law, new hospitals and expansions must obtain a "certificate of need" from the state.

One major question that occurred to Floyd and Beaton is, what would happen to the local public hearings if the decisions are to be made in Tallahassee?

"That's a good question," admitted Clarke, who oversees

Girl, 6

Saves 7

ALBANY, N.Y. (UPI) -

A 6-year-old girl ignored

her mother's order to flee

and went back into her

burning apartment

building to wake up at least

seven other tenants who

otherwise would have been

trapped in the blaze, fire

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officials said.

both the state Office of Community Medical Facilities and the Office of Comprehensive Planning.

The process would be less local "for sure," he said.

"Without the HSAs the local hearings are a major thing we'd have to pick up on," Clark added. "It would have a major impact on us, and it would depend on whether the Legislature wants to fund the process or not.

"Another thing we would have to do (without the HSAs) is to help the applicants fill out the forms. It would be a major impact on us," he said.

But Clarke said much of the HSAs' other work reviewing proposals must be duplicated by his staff anyway.

"As you know by what we went through in Sanford (with the proposal to build a new hospital), the state comes to an independent decision," he said. "My staff always writes an independent assessment."

Beaton, however, said he doesn't see how the state can absorb all the work done by nine HSAs covering all proposals for construction, expansion or new equipment for hospitals, nursing homes, hospices, home health-care agencies, ambulatory-care centers, or any health-care facility that requires

'They've got three people up there. What are they going to do?" Beaton asked.

Clarke, to the contrary, said he has a staff of 50 including 33 professionals. These include, he said, six certificate-of-need reviewers, three to monitor the certificate-of-need program. three architects and engineers, one lawyer, five plandevelopment personnel, five data collectors, and five to six persons assigned to special projects.

He admitted some work would have to be streamlined, but said the state changed its statutes last session, already lightening the workload. Where previously it required a review of proposals to buy patient-care equipment valued at \$164,000 or more, it now requires a review only if the proposed equipment costs \$400,000 or more.

This will enable many hospitals to buy CAT scanners and certain X-ray equipment, for instance, without state approval,

For purchase of capital improvements such as computer systems or construction, the state now will require a review only if the project is in excess of \$600,000.

Floyd said the Legislature has appointed a Certificate of Need Task force to make recommendations on the state certificate-of-need law by Jan. 1, 1982.

But Floyd maintained, "Local control goes out the window without the HSAs." He said, however, that if federal funds are cut funding might be found for some of the agencies on a local level - from, say, counties, contributions from insurance agencies, and the like.

"There might be a two year gap or so," he said, "but it could

"This area (northeast Florida) has been doing comprehensive medical planning since the early Sixties," he said. 'So it's accepted well here. The federal funding didn't start until 1976.

"Those areas that started up their planning in 1976 probably felt more resistance to it," he added.

Although someone inevitably steps up at every HSA hearing to assert the review process and regulations interfere with free enterprise, Floyd said he believes the regulations are necessary because the health-care industry is unique.

"It's not the fault of the doctors or hospitals or consumers of health care," he said, "It's just because of the nature of the animal. It's (health care) a serious matter — doctors have trained long and deserve their pay, and hospitals must pay

"There is no such thing as competition in the medical field The health care system cannot operate under the free enterprise system. In the economy generally the more providers you have the lower the price. But that can't work in medicine. People don't shop around for a cheap doctor; they want to get well," he added.

"If auto manufacturers make too many cars the price goes down. But too many doctors see fewer patients, and the price

has to go up to meet costs," he said. The same is true for hospital equipment. The fewer people using an expensive piece of equipment, he explained, the more each must pay for it to be there. That's why duplication of services is so costly and why the HSAs try to prevent them, he

Hospitals must be prevented from incurring costs that are too high, he added.

"If you got paid based only on your costs, you wouldn't drive a Ford, you'd drive a Mercedes," he said.

Would the state pay for picking up where HSAs leave off if federal funding is eliminated?

HSA representatives went to the Legislature last year and asked for \$3 million, Clarke said. "They were predicting what has happened (at the federal level). The Legislature said, 'We don't know; come back if it happens.' Well, it's happening. It could go either way now. If they fund HSAs, at what level is anybody's guess."

The HSA-ECF currently is considering reparate proposals from two groups to build a hospital in Longwood and a proposal to expand Florida Hospital-Altamonte.



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Cook Of The Week: Donna Smith

Favorite Recipes Come From Homeland, Sweden

Herald Correspondent

Donna Smith's family migrated from Sweden to Minnesota in the 1800s. "I suppose the reason for settling in Minnesota was because of the similarity it had with their homeland. The weather and the land are typical of what you might find in Sweden," Donna says.

Donna and her husband, Torn, live at 143 Fairway Drive in Sanford. They have three children, Tom III, Terry and Cindy, and one grandchild. Tara Suzanne. Tom is an ordained minister

and insurance agent with the National Standard Life Insurance Company. Donna is a homemaker and custodian of the safe deposit vault at Atlantic National Bank of Seminole, Sanford.

"Swedes are a very tight knit group of people. I grew up in a small community filled with my relatives. All through my childhood, Swedish was the only language spoken in our home. At Christmas, it was an almost endless round of dinners with relatives. The tables were laden with roast beef, Swedish sausage and all types of sweets. Every hostess also included Lutfisk. Basically, Lutfisk is any white fish, prepared by a special salting process. Another favorite is Lefse. Lefse is leftover mashed potatoes mixed with salt and flour and fried on a hot griddle," Donna added.

.The Smith's lives are closely entwined with the Lake Mary Baptist Mission. Donna is an organist and Tom is a supply minister.

Recently, a new project has begun at the church. "We are beginning what we call children's church." Donna said. She explained, "It will be for children ages 4 through 10. The service will be one hour and run in conjunction with the regular church service. We are gearing it to the children's interest, keeping in mind the length of their attention span, Tom will lead the service and I will play the plane. We are very enthusiastic about the program."

Donna looks forward to her

Donna Smith starts dinner for family.

portunity to brush up on my Swedish," she said.

MOTHER'S SWEDISH RYE BREAD Mix 2 packages of yeast with 1 teaspoon sugar and 1/2 lukewarm 'water, Re aside while you mix the

following: 2 cups rye flour 1 cup sugar

% stick oleo (cut up) 14 cup dark molasses 1 rounded tablespoon salt 4 cups warm water

Add yeast mixture to above, Make a stiff dough - using white flour approximately 4 pounds. Knead well and place in greased bowl. Cover and let rise until double in bulk. mother's yearly four-month. Shape into loaves, Let rise. visits. "It gives me an op- Bake at 375 degrees about 45 minutes. Yield: 5 or 6 loaves. SWEDISH GLORIFIED RICE

1 package lemon galatin 1 can crushed pineapple

2 cribs poried like 1 cup sugar 1 cup whipping cream (beat

Prepare gelatin according to directions - using the pineapple juice and water. When partly cool, add rice

and sugar. Add pineapple and then mix in the whipped ROSETTES 2 eggs, beaten

1 teaspoon sugar 1/4 teaspoon salt 1 cup mllk 1 cup flour (approximately)

Dip rosette iron in batter and fry in hot grease. Sprinkle with sugar when cool. Keep in air-tight container to avoid becoming soggy.

FRUIT SALAD 2 tablespoons flour 12 to 14 cup sugar 2 eggs - well beaten 1-3 cup lemon juice 4 cup pineapple juice Cook until thick and clear.

Chill and pour over the remaining ingredients. 3 bananas I cup pecans

3 medium apples 3 stalks celery 1 (614 oz.) can pineapple

chunks (drained) Yield: approximately 8 to 10 **BROKEN GLASS**

3 small packages lemon, lime and cherry gelatin 1 small envelope unflavored 1 cup plneapple juice

4 pint whipping cream Dissolve each package of fruit-flavored gelatin in 113 cups of water. Pour into ice cube trays to set. Dissolve unflavored gelatin in 15 cup cold water. Heat 14 cup pineapple juice and add to gelatine mixture. Then, add rest of pineapple juice. Whip cream, add 4 cup sugar and 1 teaspoon vanilla to cream. Add to unflavored gelatin mixture. Cut the fruitflavored gelatin into 1-inch

Pour into crust and chill. CRUST graham crackers crushed 4 cup sugar

cubes and fold into mixture.

4 cup melted oleo Place in angel food pan save 1-3 for top. Yield: 16 to 20 servings.

CARROTS AU GRATIN 3 cups cooked sliced

carrots, drained 1 1014 ounce can condensed cream of celery soup

1 cup shredded American cheese Va cup fine dry bread crumbs

1 tablespoon melted butter Combine carrots, soup and cheese in a 1 quart casserole. Combine bread crumbs and butter and top casserole. Bake at 350 degrees for 20 minutes. Yield: 4 servings.



Fashions for furnishinas were on parade to help the United Methodist Women with their parior project. The styles shown during luncheon ran the gamut from short shorts and T-shirt, shown by

Susana Huaman. left, to a dazzlina black gown, modeled by Karen Jacobs, right.





Lucile Jarrell models a colorful candy stripe dress featuring blouson sleeves and a

contrasting tie belt.

Energy-Saving Sale!



dressy frock will take model Arlea Wright to that special event when glamor is the order of the occasion.

Fashion Show Sparks Parlor Lunch Benefit

The United Methodist Women of the First United Methodist Church, Sanford, have been in the throes of refurbishing and renovating the church parlor for more

The parlor project has been completed, but not without

To help liquidate the balance due, the churchwomen sponsored a luncheon Friday in fellowship hall. About 250 patrons showed up for the Hawaiian-style luncheon and fashion show staged by Lois' Place, Sanford.

Luncheon chairman Rubye King and her committee were attired in colorful long gowns enhanced with matching leis and flowers in their hair.

Hiblscus and other tropical flowers and plants added an authentic touch of the Pacific paradise islands in the decor of the dining area.

Around-the-clock fashions for all seasons were shown by an entourage of local models who seemed wrapped up in the latest fashlons - and their roles - while showing styles for the benefit.

Jerri Kirk, fashion commentator, described each fashion as the models drifted toward the stage in the center of the large hall, Bart Peterson Jr. assisted the

See FASHIONS, Page 1B

Help For Feeding Handicapped

By GAYNOR MADDOX Special To The Hearld

Feeding the handicapped can pose problems. But there are techniques that can please both the disabled person and the provider.

We recently interviewed Etta Ruth Young, a skilled cook and private nurse. She described the meals that she serves to an 87year-old writer who is handicapped but otherwise in generally good health.

He lives alone and eats only two meals a day. Breakfast is usually around 10 a.m. and dinner is always at 5 p.m. His breakfast usually consists of orange juice or fresh fruit, heated french bread, marmalade and coffee.

Mrs. Young recommends the following dinners especially for the handicapped. Note the extensive use of fresh vegetables and fruits as well as the minimal use of sugar and salt. Little cooking time is required for most of these dishes.

MONDAY: Shirred eggs; boiled potatoes (quartered and buttered); salad of Boston lettuce, green peppers, beefsteak tomatoes, purple onions and paraley with oil and vinegar dressing; cantelope. Shirred eggs are prepared by dropping two shelled eggs into a fireproof ramekin, then adding butter, a drop of cream, sait and pepper. Place in the oven for a few

seconds until the eggs set. TUESDAY: Bratwurst with mustard; rye bread; cole slaw: thin-aliced friend potatoes; broccoli; sliced fresh pineapple;

sugar cookies. WEDNESDAY: Tuna-celery camerole; steamed rice; baby green peas; nectarine, ginger cookies. The casserole is made by combining a half-can of Campbell's Cream of Celery Soup, a half-can of non-fat milk, a small can of tuna, two dashes of Worcestershire sauce, dill, salt and pepper; simmer until heated through.

'THURSDAY: Chopped airloin patty; baked potato; fresh green beans cooked with garlic cloves; aliced beefsteak tomatoes with sliced purple onions; purple plum; frosted

strawberry cupcake. FRIDAY: New England clam chowder; tuna fish platter; french bread; watermelon. Then platter is prepared by arranging two hard-cooked eggs, a small can of tuna, a sliced green pepper, a sliced purple onion and sliced beefsteak tomatoes on a bed of Boston lettuce; douse with oil and vinegar

SATURDAY: Sauteed chicken livers; creamed potatoes; fresh green beans cooked with garlic cloves; purple plum; sponge cake.

SUNDAY: Quartered baked chicken basted with white wine; broad noodles; fresh spinach; sliced beefsteak tomatoes; peach chocolate cake.



We will be CLOSED All day THURSDAY, OCTOBER 8, In observance of the JEWISH HOLIDAY



218-220 E. FIRST ST. SANFORD 322-3524

Save up to 30% on 20 styles of energysaving fabrics. Plus, savings up to 20% on wide range of casement, sheer and antique satin draperies, woven woods and mini-blinds, too! Catpeta Sase, for, or e great Saxony plants 322-8315 or 122-7642

A cup of mushrooms is rich in niacin and iron,

and makes a low calorie treat for the diet-conscious.

Just in time for holiday decorating.



PHILIPS DECORATING DEN

IN BUSINESS SINCE 1951

CONTRACTOR CONTRACTOR

319 WEST 13th ST.

SANFORD

WED THRU -

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U.S.D.A. CHOICE NATURALLY AGED HIND QUARTER OF BEEF CUT-WRAPPED AND FROZEN

U.S.D.A. CHOICE SIDE OF BEEF

CUT-WRAPPED AND FROZEN U.S.D.A. CHOICE SIRLOIN TIP

U.S.D.A. CHOICE EYE ROUND ROAST

U.S.D.A. CHOICE

TOP ROUND

RUMP ROAST

49

LONDON BROIL OR ROUND STEAK FRESH DAILY

GROUND CHUCK

1 LBS. OR MORE

2108 S. FRENCH AVE. (17-92) NEXT TO MR. C'S FRIED CHICKEN PHONE ORDER AHEAD 323-452**B** It's Ready When You're Ready



YOU'VE GOT IT.

FROM LOW ON I'M GOUWA THINK OF

MYSELF FIRST ...



YOU POPO! IT'S A SURE TOUCHDOWN WHAT ARE YOU SLIPING FOR?







by Chic Young Seth's son WHAT A STUPID 5 Companion of QUESTION! 9 Stout stick 13 Suffix 14 Corride cheer 55 Bring into 15 Reclined 16 Soft drink 18 Droop 19 Intermediate 20 City in Utah 21 Author Lavin 23 Inner (prefix) 28 Soundness of

44 Doesn't exist

48 Jackie's 2nd

husband

Bagnold

50 Cereal grass 52 Billboards

58 Son of Isaac

59 Acorn tree

63 Extinct bird

64 Interrogates

DOWN

1 Electric fish

5 Emeraid Isla

Derive

4 Ster

6 Loop

39 Vaulter's shaft & Feet aircraft

21 | 22

2 College 25 Arid athletic group 26 Irish clan

9 South African state (abbr.) 10 Nautical term 38 Curvy letter

11 Semester

22 Wheel ados

24 Of the USN

27 Transversa

32 Set up golf

31 Wight

23 24 25

4Z 43

46

knowledge and know-how.

With the marriage of the two,

PISCES (Feb. 20-March 20)

Someone with whom you may

be associating today could be-

quite lucky for you. This

person likes you and wants

you to share in his or her good

ARIES (March 21-April 19)

shopping or social. The

results will be most

TAURUS (April 20-May 20)

against competition whose

impressive than yours, you

won't buckle under. You know

somehow that Lady Luck is on

GEMINI (May 21-June 20)

A philosophical outlook is the

key to your success today.

Because you feel and act

lucky, you will actually at-

CANCER (June 21-July 22) Begin looking for the pluses in

all your involvements today.

You'll uncover all kinds of

wonderful things you have

LEO (July 23-Aug. 22) The

good will you project today is

quickly embraced by others.

They'll respond in kind with

the open friendliness and

VIRGO (Aug. 23-Sept. 22)

There is a profitable market

for your wares today, be they

sevices or goods. It's im-

portant to keep in mind that

tract good fortune.

going for you.

you can't lose.

fortune.

gratifying.

your side.

sociable and relaxed can Treat all whom you meet

produce some pretty good today like pals, whether your things for you today, whether contacts are business,

following your birthday by Even if you're matched

Astro-Graph. Mail \$1 for each track record is far more

45

HOROSCOPE

For Thursday, October 8, 1981

By BERNICE BEDE OSOL

YOUR BIRTHDAY

October 8, 1981

birthday, chances are you'll

expand upon your social

circle considerably. Many of

your newfound friends will

also prove to be quite lucky

LIBRA (Sept. 23-Oct. 23)

Environments which are

your involvements are with

business contacts or friends.

Find out more of what lies

ahead for you in the year

sending for your copy of

to Astro-Graph, Box 489,

Radio City Station, N.Y.

10019. Be sure to specify birth

SCORPIO (Oct. 24-Nov. 22)

There are a lot of people doing

many good things today on

your behalf. Even If this is not

visible to you at this time,

SAGITTARIUS (Nov. 23-

Dec. 21) When you give free

reign to your imagination you

have the ability to come up

with some pretty nifty ideas.

Today, you'll be most im-

CAPRICORN (Dec. 22-Jan.

19) Today's conditions are

exceptionally bright regar-

ding your career and earning

so these marvelous op-

portunities are taken ad-

AQUARIUS (Jan. 20-Feb.

19) Your positive thinking is

success today as your valuable.

EXPLAIN

LATER,

MARK!

potential. Take the initiative warmth you display.

just as responsible for your what you have to offer is

you'll somehow sense it.

for you.

date.

pressive.

vantage of.

ANNIE

是一个人,我们就是一个人,我们就是一个人,我们就是一个人,我们就是一个人,我们就是一个人,我们就是一个人,我们就是一个人,我们就是一个人,我们就是一个人,我们就

到 -WHO IS THE,

ANNIE ?! IS HE

BONNERS, OR .

In the year following your

47 Selves

28 Arab country 51 Air (prefix)

30 Skin disease 53 Destitute of

48 Low tide

light

54 Goes to court

56 River in Texas

57 Macao coin

58 Greek letter

19 Doily

60 Eternally

62 Peep

ACROSS

(prefix)

28 Understm

33 Quiz

34 Grudge

36 Compass

point 37 Coal mine

title

40 Sleeping

42 Eyed

40

sickness fly

38 Jane Austen

by Mort Walker



Wednesday, Oct. 7, 1991

MR. DITHERS, DON'T

YOU RESPECT MY

INTELLIGENCE?

HE EXISTS

BALANCE

00 YOU

SHOW?

OF COURSE I RESPECT

YOUR INTELLIGENCE

by Art Sansom



by Bob Montana













by Bob Thaves

Enlarged Heart Has Many Causes

DEAR DR. LAMB - I am under treatment for hypertension. I'm a 64-year-old female with a small frame and of normal weight. The doctor is giving me Serpasii-39 For each Apresoline. My two brothers 17 Chain cable 41 Surge also take blood pressure 43 Dine 45 Carried

medicine. In the last 10 years I have changed my life style for the better - more fresh vegetables and fruits, no junk food, salt-free diet, no smoking. I don't exercise or take walks but I will if that is a good idea.

My concern is that my doctor told me during my last physical that my heart was enlarged, compared to two years ago. He said only that it could be from the hypertension. Can this enlargement be reversed with better medication or exercise? DEAR READER - There

are many causes of heart enlargement. It is true that persistent high blood pressure can cause it. Whenever the heart has to work harder it enlarges like any other muscle that is required to work with greater force. The higher the blood pressure, the stronger each contraction of the heart muscle must be, so it is no wonder that it enlarges.

Frequently heart enlargement from overwork of the heart can be reversed simply by decreasing the work the heart must do. In the case of high blood pressure that means lowering the blood pressure. Your doctor may want to change to newer medications that can help to control your pressure better within desirable ranges.

To give you a better understanding of what factors control your blood pressure, I am sending you The Health Letter number 15-8, Your Vital Blood Pressure. Others who want this issue can send 75 cents with a long, stamped, self-addressed envelope for it to me, in care of this newspaper, O.O. Box 1551. Radio City Station, New York, NY. 10019.

Your diet changes all sound good, but if you have any extra fat at all under your skin it may help lower your fecting the baby.



Dr. Lamb

blood pressure more if you will eliminate it. In addition to staying on a low-fat, lowcholesterol diet, plus controlling your calories, daily walking may help a great deal. Start with a few minutes twice a day and gradually increase your walking so you can walk comfortable at least 30 minutes twice a day.

DEAR DR. LAMB - I would like to know the difference between syphilis by birth and that by intercourse. I am a birth contact. I was 7 when the disease was found. My eyes were affected by it. I have given birth to fine healthy children. I have made it a point to tell any doctor who sees me about it. Is there a chance that I will have a recurrence? If so, what would the symptoms of congenital syphilis be? I am 42.

DEAR READER - You undoubtedly have been cured of any infectious organism as a result of your treatments. And tests that would have been done since then have surely confirmed this. The main difference between congenital syphilis and sexually transmitted syphilis in adults is that the infection can affect the developing body. One manifestation was the damage to your eyes. It can also affect the shape of the skull, the teeth and even the nose.

If you have had no skeletal or other changes during childhood you need not expect any new changes now. And you cannot transmit the disease because there are no infectious organisms in your body to transmit. Women who are sexually active need to know they can catch syphilis during pregnancy and the infection may be hard to detect, even though it is af-

WIN AT BRIDGE



By Oswald Jacoby and Alan Sentag West made the normal

opening of fourth best of his

Opening lead: 44

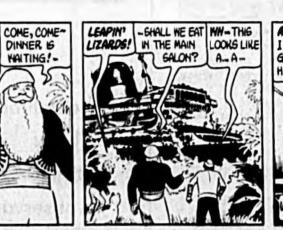
held the trick as East played the three and South the 10-7-61 deuce. Dummy's three of clubs was led to South's jack and West was back on lead with

the king. West paused to count points. He held 12 and dummy six, leaving just 22 for South and East.

South was using the standard 22-24 point notrump range so that he had to have the whole 22. Of course, South might have shaded his bid by one point and East could hold the jack of diamonds. But even if he held that card and declarer just K-Q-10, a waiting lead

would be hopeless. There was just one chance for West to beat the contract and that was to find that South had just been dealt ace-deuce of spades. One slim chance is better than no chance at all. West led a low spade and eventually got in with his ace of diamonds to cash three nice spade tricks and keep the rubber alive. (NEWEPAPER ENTERPRISE ASSN)

by Leonard Starr





by Dougles Coffin



Entire School Plants Organic Garden

What a joy to live in a small, country community!

One of the benefits of rearing your family in Geneva is your children can attend a school like Geneva Elementary School where learning is practical - and fun!

This year, under the guidance of the school principal, Mrs. Nancy McNamara, the entire school, from Donna Poniotowski, instructional aide, kindergarten through fifth grade, is and Annice Kelly, maintenance engineer, participating in planting an organic got their heads together.

urban horticulturist, came out with a list of vegetables that grow this time of year.

plece of land. That's when Mrs. Char- involved. mlan Brooks, fifth grade teacher, Mrs.





Since the prized peanut crop planted by The project started when Tom Davis, Mrs. Brooks' class last year was harvested by someone other than those who dld the work, she felt it was absolutely The next step was selecting a good essential this year that "guardians" be

So, Mr. Kelly approached my husband,

garden on our property which is adjacent to the school ground - and which is private land, not public.

The past two Saturdays a group of parents, students and teachers have gathered and worked several hours preparing the soil. They also have a compost pile that will be used as natural fertilizer.

Each class now has its own plot in the garden, and soon we will be able to see the turnips, beets, carrots, lettuce, collards, peppers, corn and other vegetables beginning to surface.

The benefits to the students will not only be the harvest they reap when the vegetables are ready to be picked, but also the harvest they will reap in cooperating with one another.

The "sneaky" teachers and principal of the school are also working in the three R's - Readin' (the directions on the seed packs) - Ritin' (reports on the project) - and Rithmetic (measuring the rows, depth of the soil when planting the seeds, and counting the yield, etc.).

Mrs. Brooks had one additional interesting comment about the garden project. Work in the garden, i.e. weeding, hoeing, watering, will be used as "rewards or discipline", depending on

the student's needs. For example, if someone is suffering from hyperactivity and needs a little "extra attention" — they will get it in the garden, pulling weeds!

Also, on the other side of the coin, if a student finishes his work early, and enjoys working in the garden, the reward will be just that - a fun trip to the gar-

When you drive by the school and see a class out in the sunny garden spot, don't think they are goofing off - they are really learning.

Mrs. W.T. (Henrietta) Edwards. be held at 10 a.m. at the community hall, and 10, from 9 a.m. until 5 p.m.

Thomas Roll, Seminole County Drug the topic, "School Children and Drugs." All parents of school-aged children and refreshments for sale, too.

others in the community who are interested in this subject are urged to attend this meeting.

Following Mr. Roll's presentation, the homemakers will hold their regular monthly business meeting, followed by a "bring your own sandwich" luncheon. Tea, coffee and desert will be provided to all guests by the club members.

If you like a good, old-fashloned president of the Geneva Homemakers rummage sale, come to the fellowship Club, has arranged to have a special hall of the Geneva United Methodist guest speaker for the Oct. 14 meeting to Church this Friday and Saturday, Oct. 9

The UMW's of the church have worked Education Counselor, will be speaking on long, hard hours in preparation of this annual fund raiser — and they will have

Loyal Reader Wants Best Of Dear Abby

"numero uno!"

DEAR ABBY: I've read you faithfully ever since you started 25 years ago and clipped many of the items I thought were worth keeping. I have over 1,200 of them.

One letter signed "Too Late" caused me to visit my elderly mother every day during her last two years in a nursing home, and I will always be indebted to you for giving me the motivation that The chapter "Encore, now permits me to live with a Encore" contains those letclear conscience.

Why don't you put together a book containing the cream of all the letters that have appeared in your column over the years? It would be a cinch best-seller.

E.S.G. IN SAN FRANCISCO

DEAR E.S.G.: You must have "E.S.P." I have put sophomore girl offered to together a book containing the leach me how to play tennis if

Homemakers Anniversary

Road and State Road 434, Longwood.

during the past 10 years will be featured.

models on and off the stage.

and Lucy Buynak.

skirt and matching bathing suit.

Sanlando Springs Extension Homemakers Club will

celebrate its Tenth Anniversary Thursday from 9:30 a.m. to

noon at the Sanlando Springs Baptist Church, Palm Springs

Members, including former members, are invited. Refresh-

ments will be served and displays of the club's activities

(Continued From Page 1B

Bettye Smith began the show wearing a long sunburst

The grand finale featured Lisa Barker showing black

palazzo-styled pants and a frilly white organzo blouse. A

black ruffled umbrella completed the dazzling ensemble.

Susana Huaman, Lisa Polgar and Lisa Clontz.

School girl models were Leslie Gordon, Britney Tyre,

Other models were Bettye Smith, Lisa Barker, Nell

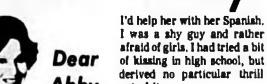
Touchton, Jo-Anna Bass, Pam Tucker, Vivian Buck,

Rubye King, Myra Stapleton, Glenda Edwards, Mary

Blair, Paula Simpson, Lucile Jarrell, Nellie Coleman,

Martha Yancey, Arlea Wright, Karen Jacobs, Lois Dycus

color print ensemble Aztec inspired, fashioned with a full



of kissing in high school, but derived no particular thrill Abby out of It. Well, I learned tennis. She learned Spanish and was so grateful she offered to take "cream" - it's titled "The me riding in her Model-A-Best of Abby" and will be in the bookstores on October 8.

Ford. We became better acquainted, and one moonlit night we were parked under the tall ponderosa pines of ters most frequently re-Flagstaff, Ariz. I ventured quested for a rerun. You will into a few nervous but be pleased to know that the delightful moments of petting, one signed "Too Late" ranked when suddenly she stunned me with, "Sam you can't kiss worth a damn!"

DEAR ABBY: The letter I was terribly embarrassed from "Never Been Kissed" and all I could say was, "Well, prompts this: When I was a that's the way my mother college freshman, a lovely used to kiss me."

> "That's what I thought," she retorted, "Now, quit puckering up your lips like a bunch of stiff nerves. Moisten them just a little, then part them ever so slightly and keep them soft and velvety ... like this." Then she kissed me several times. I learned fast and in no time at all I was an expert. FAST LEARNER

> That's the best kind of lip DEAR ABBY: Our problem is a lady who sings so loudly in church that she drowns everybody else out. She is a regular churchgoer and is getting up in years, so nobody wants to hurt her feelings by calling this to her attention, but I can tell you it sure doesn't make for very good listening. Suggestions? She

gets louder every Sunday.

ANOTHER CHURCHGOER

DEAR CHURCHGOER: The poor woman could be losing her hearing. However, she goes to church to pray, right? And so do you. So next Sunday, throw in an extra prayer for her, and practice the virtue of tolerance.



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S-FLASHES 419

FLIPFLASHI

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LONGWOOD: Hwy. 17-92 at S.R. 434 434 Center, 600 S.R. 634 CASSELBERRY: Seminale Plaza 1433 Semeran Blvd. ALTAMONTE SPRINGS: 974 West S.R. 436, 464 E. Altamonte Drive ORANGE CITY: Four Townes Shopping Center





An important new Florida consumer and animalprotection law affecting pet shops, dog and cat breeders and the pet-owning and purchasing public is now effective.

According to Emily F. Gleockler, president of Rumane Information Services, a non-profit national humane organization based in St. Petersburg, the new Statute 565.195 requires that every dog and cat transported into Florida for sale or acquired and offered for sale within Florida must be at least eight weeks of age. A dog brought into Florida for sale must be inoculated no more than 30 days and no less than 14 days before entry into the state against canine distemper, hepatitis, leptospirosis, tracheobronchitis and canine purvo virus. If the dog is acquired in the state for sale, it shall be inoculated prior to sale.

The same regulations apply to cats, except that inoccupations shall be for feline distemper and feline respiratory infections.

The new law requires that every dog and cat sold in Flerida must be accompanied at all times prior to sale by an official health certificate signed by a veterinarian licensed by the state of origin or an authorized veterinary inspector of the U.S. Animal Disease Eradication Division that shows the age, sex, breed, description, and health record of the dog or cat and the name and address of the consignor and the consignee. The certificate shall list the vaccines administered to the dog or cat and shall state that the animal has no contagious or infectious diseases and no intestinal or external parasites.

Legal Notice

SMERIPP'S SALE Disecution issued out of and or the seal of the Circuit Court of Seminole County, Florida, upon a Sinal judgement rendered in the oldresaid court of the 23rd day of Optioer, A.D. 1981, in that certain cale entitled, Selen Unkrich f u b o Plaintiff, vs. Robert E. Anderson. Gefendant, which aforesaid Writ of Execution was delivered to me a Sheriff of Seminals County, Florida, and I have levied upon the iblinwing described properly owned by Rabert E. Anderson. shid property being located in Seminole County, Florida, more particularly described as follows: One 1945 Volkswagen, Jan In John, ID No. 115972902 storing same at Allamonte Towing Service, 117 Marker Street, Allamonte

Springs, Florida end the undersigned as Sheriff of Seminole County, Florida, will at 11:00 A.M. on the 19th day of Oceper, A.D. 1961, offer for sale and sell to the highest bidder, for cash, subject to any and all existing liens, at the Front (West) Door of the Seminote County Courthouse in Santord, Florida, the above described personal property.
That said sale is being made to Winty the terms of said Writ of Emecution

John E. Polk, Sherill Seminole County, Florida Publish September 73, 107 Oc tituer 19, 1981 DEM 99

Legal Notice

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, IN AND FOR BRE-VARD COUNTY, FLORIDA CIVIL ACTION NO. 29-3759 CA 81-

D-A FIRST NATIONAL BANK OF BREVARD, formerly known as FIRST NATIONAL BANK OF MERRITT ISLAND, a national

Plaintiff.

UNIVERSAL HOWARD COM-PANY, a dissolved corporation NELSON L DAVIS, JOAN E DA

benk.

Defendants NOTICE OF FORECLOSURE SALE

TO WHOM IT MAY CONCERN NOTICE IS HEREBY GIVEN that pursuant to an amended summary final judgment dated No. 79 5759 CA 01 D A of the Circuit Court of the Eighteenth Judicial Circuit, in and for Brevard County, Florida, in which FIRST NATIONAL BANK OF BREVARD, formerly known as FIRST NATIONAL BANK OF MERRITT ISLAND, a national bank, is the plainfilf and UNIVER SAL HOWARD COMPANY, a dissolved corporation, NELSON L. DAVIS and JOAN E. DAVIS, both individually and as members of the last board of directors and trustees of UNIVERSAL HOW ARD COMPANY, SARAH RED-MAN as a member of the last board of directors and trustee of UNIVERSAL HOWARD COM PANY, FLORIDA MARBLE POLISHERS HEALTH AND WEL FARE FUND. THE UNITED STATES OF AMERICA. THE STATE OF FLORIDA DEPART PLOYMENT SECURITY and THE STATE OF FLORIDA DE PARTMENT OF COMMERCE. DIVISION OF EMPLOYMENT SECURITY, ROBERT A. DAVIS CONTRACTORS, ACME CLASS COMPANY, INC., MORRIS TILE DISTRIBUTORS, INC., E. G. BOWLES COMPANY, THE BIL CO COMPANY and THARP PLUMBING SYSTEMS, INC., are the defendants, for the purpose of satisfying said final judgment, I will sell at public outcry, for cash in hand, to the highest and best bidder, at the South Door of the Brevard County Courthouse in the City of Titusville, Florida, at the of November, 1981, the following

described real properly in Seminole County, Florida, to wit leet of the East 200 feet of Block A. Semoran Square, as recorded in Pial Book 15, page 40. Public Records of Seminole County.

Florida: The North 100 leet of the East 200 teet of Block A. Semoran Square. as recorded in Plat Book 15, page 40. Public Records of Seminole County, Florida, less the West 75 leet thereof.

the following described personal property in Brevard A 1974 Mooney M20F Airplane,

Serial No. 27 0013N7744M.
All inventory, accounts receivable and confract rights owned by UNIVERSAL HOWARD. COMPANY.

Defendant's interest Prudential Life Insurance Company Policy No. 39420335 WITNESS my hand as Clerk of the Circuit Court, Brevard County, Florida, and the seal of said Cour in Yilusville, Breyard County,

tember, 1961. R.C. WINSTEAD, Clerk of the Circuit

By M.E. Elling Deputy Clerk (SEAL) RAYMOND, WILSON, CONWAY, BARR, BURROWS & JESTER

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NOTICEOF

SHERIFF'S SALE

NOTICE IS HEREBY GIVEN that by virtue of that certain Writ

of Execution issued out of and

under the seal of the Circuit Court

of Orange County, Florida, upon a final judgement rendered in the

atoresaid court on the 3rd day of

June, A.D. 1981, in that certain

case entitled, Jack C. Gaddy, Plaintiff, vs. Automated Intensive

Fish Farming, Inc., a Florida corporation, Defendant, which

atoresaid Writ of Execution was

delivered to me as Sheriff of

Seminole County, Florida, and I

have levied upon the following

described properly owned by

ming, Inc., said property being

located in Seminole County, Florida, more particularly

The leasehold interest of

Automated Intensive Fish Far

ming, Inc., in that certain property

described as: The East to of the

SW to of the NW to of the NW to.

Section 21 Township 20 South,

Range 32 East (Less the South 264

and The West 19 of the East 19 of

the NW 14 of the NW 14 of the NW

4. Section 21. Township 20 South.

Range 32 East (less Road Right of

Way over the North Part of

Eight (8) 27 feet lanks with

plumbing and controls
Well and Pump with Supply

and the undersigned as Sheriff of

Seminote County, Florida, will at 11:00 A.M. on the 19th day of Dc

tober, A.D. 1981, offer for sale and

sell to the highest bidder, for cash,

subject to any and all existing tiens, at the Front (West) Door of

the Seminole County Courthouse in

Sanford, Florida, the above

That said sale is being made to saidsty the terms of said Writ of

described personal property.

Seminale County, Florida

Publish: September 23, 30, Oc.

tober 7, 14, with the sale on Oc-

John E. Polk, Sheriff

laber 19, 1981.

DEM N

Pressure Tank Fence Around Property

Property.

described as follows:

Automated Intensive Fish Far

339-1725

2214 MI

phone the manager at

Airport Blvd. 44

Casselberry 66

Lake Mary 66

behind Robson Marine

facing Sanford Plaza

with a Classified Ad.

Man. Must

helpers, Apply in person Starline Enterprises inc.,

Evenings.

real rewards and the met

950 Mellonville Ave.

Doug Maliciawski

Ortando, 851-1560

RATES

DEADLINES

Noon The Day Before Publication Sunday - Noon Friday

4-Personak

WHY BE LONELY? Write "Get A Mate" Dating Service All ages P.O. Box 6071, Clearwater, Fl. 33518.

LORELY: Write "Bringing People Together Dating Service!" All ages & Senior Cilizens P.O. Box 1651, Winter Haven, Fla. 33880

6—Child Care

FOR the Ultimate in Child Care A Child's

EVENING care 5 p.m. to 7 a.m. Lasselberry area Call evenings 471 2544

> BABY sitter needed. 3 nights a week 323 7418.

DAY time baby sitting in my home, no weekends, have ref. 121 0614

SPUR OF THE MOMENT BABYSITTING . 323 9366

I'LL BABY SIT ANYTIME

323 4417 MATURE, responsible woman will care for your child in my

home: 321 0784

9-G000 111111	P IV EAT
Bananas	3 lbs. 1.00
Cukes	5 for 1.00
Large Peppers	5 for 1.00
W.Lopes	each 79c
Green Onions	2 for 79c
Salad Tomatoes	4 lbs. 1.00
Ex Lg Tomatoes	1b. 49c
Pumpkins	79c up
Red Del. Apples	4 lbs. 1.00
Rome Apples	3 lbs. 1.00
Gold Del. Apples	3 lbs. 1.00
Mutzu Apples	3 lbs. 1.00
Fresh Apple	

Cider 12 gal. 1.99 Fresh Maple Syrup SOLbs. Polatoes 4.90 Jumba Onions 4.90 SLbs Polatoes B7C

Tim Buc Toe Corn is in and Jack O' Lantern Pumpkins are in. We Take Food Stamps LEROY FARMS **SR 46**

Watson's Old Farm BLUE CRABS LIVE OR DRESSED 7 DAYS 9 4, 640 8134.

Legal Notice

NOTICE OF SHERIFF'S SALE

NOTICE IS HEREBY GIVEN that by virtue of that certain Writ of Execution issued out of and under the seal of the COUNTY Court of Orange County, Florida. upon a final judgement rendered in the aforesaid court on the 3rd day of August, A.D. 1981, in that certain case entitled, Merrill, Lynch, Pierce, Fenner & Smith. nc. Plaintill, vs. Leonard C. Edwards, Delendant, which foresaid Writ of Execution was delivered to me as Sheriff of have levied upon the following lescribed property owned by Leonard C. Edwards, sald properly being located in Seminole County, Florida, more par-

icularly described as follows: Loi 11, Lake Sylven Estates, according to the plat thereof as recorded in Plat Book 12, Pages 13 and 14. Public Records of Seminals County, Florida, owned by Leonard C. Edwards.

and the undersigned as Sheriff of Seminole County, Florida, will at 11 00 A.M. on the 79th day of Oc lober. A.D. 1981, offer for sale and ell to the highest bidder, for cash, subject to any and all existing iens, at the Front (West) Door on the steps of the Seminole County Courthouse in Santord, Florida, he above described REAL

That said sale is being made to salisty the terms of said Writ of

John E. Polk, Sherilf

Seminale County, Florida Publish October 7, 14, 21, 28, with he sale on October 29, 1981.

NOTICE OF VACATING AND ABANDONING AN ALLEY

TO WHOM IT MAY CONCERN: You will take notice that the City Commission of the City of Sanford, lorida, on September 28, 1981, passed and adopted Ordinance No. 1577, to close, vacate and abandon the north south alley between Eighth Street and Ninth Street and between Bay Avenue and Melionville Avenue, being more particularly described as follows: That certain north south alley in Block 10. Tier H. E.R. Traiford's Map of the Town of Santord, acconding to the Ptal thereof as ecorded in Plat Book I, Page 115. of the public records of Seminole County, Florida, reserving the use of same unto the City of Sanford. lorida, for utility purposes.

City Commission of the City of Sanford, Florida H. N. Tamm, Jr. City Clerk Publish: October 7, 1981

AVON REPRESENTATIVES

the state of the s

444 3079 - Collect BS \$ 8708 LAYOUT Filter, Welder Shear & Brake Operators, First and

Second Shiffs, Top Pay, Good Brnelits, Call Florida Iron Inch's Inc. 327 0200.

18—Help Wanted

The Part Time Career

PART - FULL TIME RH - LPH - AIDES Quality Professionals Needed to meet help needs of Seminale County Hospitals - Nursing

HIGHEST PAY -IMMEDIATE PAY On Call Medical Services

* * * * * * * *

AAA EMPLOYMENT WE HELP PEOPLE GET JOBS THEY WANT Tennis Instruction - U.S.P.T.A. Certified Group or Private AND THE SALARY lessons. Children a specialty. THEY NEED. **WE CAN HELP** YOU. LOW FEE WITH TERMS

> **CALL EARLY 323-5176** TYPIST

Good location and benefits COMP. TRAINEE Great opportunity for the go getter to gel the chance, challenge, careeri

MED, ASST. Your experience earns top dollar heret

DESK CLERK Local Firm. Will train tharp person.

FORKLIFT od Boss, benefits, good pay Start right away.

REFRIG. PERSON ocal company, steady work 1917 French

************** COOK

FAST FOOD OPERATION Good salary, hospitalization, 1 week paid vacation every 6 months. Experience necessary. Phone Manager Lake Mary 44 — 322 8345. ****************

PROFESSIONAL man & 7 yr old daughter desire a long term live in housekeeper References, Lake Branfley area. 323 4330 Ext (302).

MAID I day a week must have references & frans, Call eve & all day weekends 831-7174.

WORK at home Jobs available! Substantial earnings possible Call 504 641 8003 Ext. 187 for nformation WOMAN Rigger in a Wood-working Shop. Same ex-

18—Help Wanted

REGISTERED nurse position available with home health agency. As part time nurse excellent salary, days only to appointment call 321 0800 or

H—Business Opportunities

HERALD PAPER ROUTE FOR SALE 322 1233

TWO questions. Will you be financially independent in 2 to 5 years? Are you paid wha you are worth? If not call 323

29-Rooms

SANFORD - Reas, white & monthly rates. Util inc. Kil. 500 Oak Adults 841 7863

> LARGE sleeping rooms apply evenings 23(1)

Celery Ave. Reasonable LARGE spacious furn, wkly maid service, whly rates, 422

Palmello Ave. 323 8441. 30-Apartments Unfurnished

LUXURY AFARTMENTE Family & Adults section. Pootside 2 Bdrms. Master's Cove Apts. 323-7900. Open or

2 Bdrm 11s bath, Fireplace, Format Dining R., Modern Kitchen, Cent HA, Quiet and wooded 321 \$411 all \$1

HAVE Apartments. Duplexes and Houses for Ren June Porzig Realty 322 6478

BAMBOO COVE 2 bedroom apis. Available, Manager on premises, 323-1340.

Ridgewood Arms. 2 Bdrm. Apts. from \$285.3 Bdrm. also avail Pool, tennis court, 323

ENJOY country living? 2 Bdrm Apts. Olympic sz. Post. Shenandeah Village, Open 9-5.

223-2928.

7 BDRM Apt. Furnished \$275 Mo. No Pels 323 4308

Sanford — 1 bdrm + den; ceramic bath, furniture available, adults, \$725 mo. 1

Blvd., Sanford. 2 Bdrm, 2 Ba. The Realty Store, Realtors 1 471-1918 Mariner's Village on Lake Ada, 1 bdrm from \$250, 2 bdrm from

SANDALWOOD VIlles Airport

5780. Located 17-92 just South of Airport Blvd. in Santord, All Adults, 323 8670 Mellohville Irace Apts Specious, modern 2 Bdrm,) Bath apt. Carpeted, kit equipped, CH&A, Near hospital & lake, Adults, no

pets. \$270, 322 9253.

Utilities not included.

Make room in your affic, garage. Sell idle items with a Classified Ad. Call a friendly ad taker at 322 2411 or 831 9993.

SANFORD FURN. APT. 3 rms, utilities, \$60 dn. \$180 mo.

CASSELBERRY UNFURN

HOUSE 2 bdr. kids, \$100 dn. \$235 mo

SANFORDOPT TO BUY 2 bdr. carport, kids p.k. \$250.

SAV-ON-RENTALS Seminole 319-7200 SAV ON RENTALS REALTOR

31A—Duplexes

SANFORD spacious 2 bdr.

I bih. air, drapes \$350 mo + dep 339 4542

7 ADR. Air ww carpet, slove. \$275 with lease & sec. 322 2962 2 BDR , 2 bth 2541 Ridgewood

Ave. Sanford, kit furn, \$335 mo. + dep., no pets. call collect 298 1723 eves 295 0072 days.

32—Houses Unfurnished

a Zdrm. 2 B. with double car garage, in Dellona, Call 574-1432.

NEWENERGY EFFICIENT HOME 13 Built in erergy savers, affic storage, Deltona Area 323 3310

2BDR Country cottage, central heat \$250 mo. includes water. Older only need to apply. 372 0787

3 BDR. 3 bth, extra large great room, dining rm, huge modern kil., wood burning carpeled & draped, screened porch, large lot, quiet neigh borhood, close to school. Ref & dep 322 1610

SANFORD 3 bdr. 2 bth. applic. including w.d. no pets \$37 Dep. req. 323 8322, 322 2649

ATTRACTIVE 3 bor . 1'2 bth.

CHA, washer dryer, con veniently located \$375 373 6570 WINTER Springs (am home)

br. 2 b. air c, carpet, drapes, fam rm, lenced, no pels. 645 1824

2 BDR, central air, tenced yard, close to fown \$350 mo 321 0595 RENT with option.

2845 Empire Pt. \$375 Ma Broker Owner 834 4724 3 BDR, 2 bth, lamily rm., kit furn, large fenced back yard,

required, 222 4261.

32—Houses Unfurnished 31—Apartments Furnished

REALTOR 830 8800 2 BDR. 1 bth, range & refrig.

AFFORDABLE

\$435 mg

gas heat, new air, fenced yard & freshly painted \$307 o att 5 p.m. 645 2124

Homes for cent. 3 Bdrm. \$350 to

H D REALTY INC.

SANFORD

LOCH ARBOR 32. CHA, carpet, garage porch, fence, shade, \$450 + denosil, Phone #11 5094.

PRDR. 2 bith ser, porch, carport. cen H A & w W \$375 mo dep: 322 9404 all 5 p.m.

37—Business Property

For rent or lease - 10,320 sq. ft. industrial or warehouse. 918 W. 1st St., Senford. 323-1100.

37-B-Rental Offices

SMALL OFFICE - PAR TIALLY FURNISHED, PLUS COPIER! \$250 MONTH!! CALL 323 9141. OWNER REALTOR.

> Office Space 830 7723

37D-Industrial for Rent

LEASE - SANFORD 7.000 Sq. Ft. Prime 17-92 Ideal Location light Manufacturing or Com-mercial Full Air conditioned Plenty Office space, and parking Call Ar. Buie 322 5510

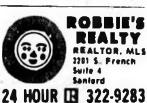
40—Condominiums

CONDO furn 1 tidr, fully equipped kit., pool, 1st & last

41—Houses



Yel close in Beautiful 1 Bdrm. 2 Bath, 2 Story Home, Large Eat in Kilchen Fireplace, Dual Zoned Air Conditioning Tastetully and completely redecorated Situated on 1 Acre of Land. with several large shade frees. Priced right at \$79,500...



and the contract of the contra fied Ads

CONSULT OUR AND LET AN EXPERT DO THE JOB

cen. HA, \$300 mg. references

To List Your Business... Dial 322-2611 or 831-9993

Additions &

Remodeling BATHS, kitchens, roofing, block, concrete, windows, add a room, free estimate, 323 8461

Air Conditioning

Chris will service AC's, refrig. freezers, water coolers, miss.

Beauty Care

Call 031 5813

TOWER'S BEAUTY SALON FORMERLY Harriett's Ber Nook, \$19 E. 1st St., 272-5742.

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Animal Haven Sparding and Grooming Kennels, Shady, insulated, screened, fly proof inside, outside runs. Fans Also AC cages. We caler to your pets. Starting stud registry Ph. 322 5752.

Make your Budget go further. shop the Classified Ads every

Snow Hill Kunnel offers Cat & Dog Flea Balhs, \$5 up. 24 Hour, Full Service, 265-5712.

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Complete Coramic Tile Serv. walls, floors, countertops, re-model, rapair, Fr. est. 339-8211.

MEINTZER TILE New or repair, leaky showers out specialty, 25 yrs. Exp. 849 8541

Cleaning

BETTY BOOPS CLEANING SERVICE CALL FOR ESTIMATE AFTER 5 p.m. 322 9335

Clock Repair

2045 Park Ave. 372 4309 **Concrete Work**

GWALTHEY JEWELER

Concrete Work, footers, floors &

pools Landscaping & work Free est 3227181 MAN QUALITY OPERATION 9 yrs. exp. Patios. Driveways.

etc. Wayne Beat 327 1321 **Electrical**

Quality electrical work 22 yrs. experience. Minor repairs to complete wiring, 322 0214

Hendymen

Painting, carpentry, all types of home repairs. Call for free estimate. 322 1975

Hauling

YARD, construction and misc clean up

Call anytime 223 a250

Home Improvement

CENTRAL PLOSIDA HOME Painting, Roofing, Carpentry Lic. Donded & Guaranteed

Free Estimates 223-2849

& B Home Improvement -Corporary work of any type. pointing (interior or exterior). plumbing, specialize in mobile home repairs & roof coafing. od patio decis. Free estimate 323 4054

Landscaping

LARGE TREE INSTALLER.

Landeles ring

Acreage & lot clearing. Fill dirt top soil for sale 322 3433

Lawn Maintenance

DUNN RITE Lawn Service. Mow, edge, trim, vacuum, mulch, sod. Reas, 377 2598.

Masonry BRICK, block, fireplace, patios. barbecue grills, and repairs.

Nursing Center

OUR RATES ARE LOWER Lakeview Nursing Center 919 E. Second St., Sanford 322 4707

Painting

Heilman Painting & Repairs Quality work, Free Est, Disc. to Seniors, 834 8490, Refer

Painting & or Pressure Cleaning

No job too large or small Quality a must. Call 322 0071. References. Fr. Est.

Plumbing

Preddie Rebinson Plumbing. Repairs,' laucets. W Sprinklers, 323-8518, 323-8704.

Plumbing repair — all types water heaters & pumps.

Plumbing

PONSECA PLUMBING. CON struction, Repairs, Emergen Cy. Lic., Bonded, Ins. 323 4675.

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Remodeling Specialist We handle the Whole Ball of Wax B. E. Link Const.

322-7029

Financing Available Roofing

ROOFS, leaks repaired. Replace ratten eaves and shingle work licensed, insured, bonded.

Christian Roofing 17 yrs. exp.

Mike 272-4372

349 5750, free est, Rerooting, specialize in repair work & new roofing. SOUTHERN RODFING IS 175

exp. re roofing, leak special ist. Dependable & honest price. Day or night 322 1383.

Sandblasting

SANDBLASTING DAVIS WELDING

Small Home Repair

repair, free est. All work guaranteed 331-8465. **Tractor Work**

SMALL home repairs, roof

BUSHHOG MOWING GRADING 323 5787

Tree Service

JUNGLE Jim Tree Ser ... Frimming, topping & removal, free estimate (also rubbish removal) 834 7499

Trimming, removing & Land-scaping, Free Est. 223-2293.

4

HARPER'S TRBE SERVICE

\$29,900 331 8031 3 BDR . 1 bth. assume FHA mtg. \$2,500 dn \$32,500 total, eac

cond, move right in 327 2874 DELIGHTFUL DeBary - extra large 3 bdr. 2 bth home with lots of closels, on 12 acre wooded. lake front tot: Dream kit, refrig, island stove washer & dryer, cent, system, www.carpet, 14x20 screened porch, patio, and closed garage, \$87,500

> FOUR TOWNES REALTY INC BROKER



321-0041

MLS After hrs. 323-7154 and 322-6952

321-0041

REALTON



Alger & Pond REALTY, INC.

NEW LAKE MARY - High School area 2 Bdrm 1 Bath home with tenced yard. Perfect starter home, with owner financing Low down payment, \$34,900.

VA REPO 1 Borm I Bath home with carport utility rm. Cent AH Only \$33.000

CALL 323-7843 REALTORS

ALL FLORIDA REALTY OF SANFORD REALTOR

Excellent Business opportunity in good location. Complete stock included in this priced reduced to \$1800

2544 S. French 322 0231 After Hours: 349 9000, 322 0779

Park

ASSOCIATES, INC. REALTORS! 12 Offices Throughout Central Florida LAKE MARY

323-8940 SIP W. Lake Mary Blyd IN DRIETWOOD VILLAGE

COUNTRY property in lown Good income, duplex and 2 1 home on 3 acres, convenient. owner financing \$71,000

LAKE MARY - Spacious 12 on wooded lot, accented with quality features, includes all appliances \$88,000

EXCLUSIVE Maytair area Contemporary 2 story Custom A Frame on 34 acre large name, great for doctors



THE CENTURY 21 SYSTEM HELPS more people buy and self else in America. Call today and let if work for you. Call 323 3050

Hayes Real Estate Services, Inc 435 W 251h St Sanford

Each office is independently owned and operated

STEMPER AGENCY

BUILDING IN FERN PARK Zoned All Nice Wooded lot Many trees, Central location. paner will assist \$15,000

OWNER SAYS SELL 3 Borm 1 Bath on large lot. Has wwo Fireplace, above ground pool. Owner motivated \$12,500

COUNTRY LIVING 2 Bdrm 1 Bath Low down payment, and paner will finance \$17.500

2 BORM RENTAL Excellent location, new carpeting, nice

lot. \$295 Mo. plus security.

REALTOR 322-4991 Day or Night

41-Houses

HAL COLBERT REALTY

323-7832 207 E. 251h S1

Harold Hall



REALTY, INC. REALTOR 323-5774

WE HANDLE RENTALS REST BUY IN SANFORDI 2 borm winew paint & carget, separate DR, eat in kit. bdrms + good assumption at

REDUCED \$12,0001 3 bdrm. 1 bath home zoned Restricted Commercial with 125 feet on highway for prime exposure. Now just \$44,900!!

OVER 1900 to 11 in this 2 story w 2 fireplaces, 4 bdrms, + 2 baths Special Commercial soning + great location allow for unlimited possibilities Owner linancing available, fpo! \$47.50015

STORY APT HOUSE -Completely remodeled winew wiring, plumbing, smoke alarms, 2 paddle fans + large rooms. Positive cash flow 4 excellent financing! You'd better hurry at only \$47,50011 323-5774

SANFORD REALTY

doublewide and lot with dock St. Johns River, \$35,500.00

DESIRABLE LOCH ARBOR -- 1 Bdrm_2 Bath on large corner (o) \$67,500.00

COMMERCIAL - State Road 44 I plus acres close to new hospital Owner financing

REALTOR 323-5324

BATEMAN REALTY

RENT with Option 31 New Carpet, freshly painted, \$150

Lic Real Estate Broker



STENSTROM

REALTY - REALTORS Sanford's Sales Leader

> WE LIST AND SELL MORE HOMES THAN ANYONE IN THE SANFORD AREA

SEAUTIFUL 4 Bdrm, 2 Bath home in Ramblewood on plan. Equipped Kitchen, patie. Central HA. Wall Wall carpe only 1 yr. old! \$62,908. Assumable mortgage

GREAT INVESTMENT NICE ? Bdrm. I Balb each unit Lovely landscaped lot! Super

location Both rented, \$55,700. FAMILY'S DELIGHT 1 Bdrm. 2 Bath Home with beautiful enclosed pool and patio areas

Cent H. At Spacious rooms. lots of extrast \$42,900. JUST LISTED Spacious remodeled 3 Bdrm. 1 Bath

home on large shaded (of) Fireplace. Cent HA, Wall to Wall carpel, Florida rm. porch. plus 3 rental units. 6110.000.

CALL ANYTIME

322-2420

ASSUMABLE 7% mortgage Good starter home with touch country 4 bdrm 112 bth with carpet and a c \$8000 mortgage / .. . \$100 Pl sale price \$14,900

CallBart

REAL ESTATE REALTOR, 322 7498

MAKE ROOM TO STORE YOUR WINTER ITEMS SELL DON'T NEEDS" FAST WITH A WANT AD Phone 322 2411 or \$31 9993 and a friendly Ad Visor will help

42—Mobile Homes

ATLAS 10x46 l bedroom_\$2500 349 5256

Samebody is looking for your bargain. Offer it today in the Classified Ads

CHECK THIS OUT LIFUL 1982 Royal Oaks 28 wide 3 bdr. 7 bth. garden tub. deluxe carpet, cathedral ceilings, brick fireplace, wood siding, shingle roof, paddle fan and many more extras. Only \$26,900, VA financing nb money down, 10 % down conventional See at Uncle Roys Mobile Home Sales of Leesburg, U.S. Hwy 441 S. 904 787 0324 Open weekdays 8

CHECK OUT UNCLE ROYS LARGE selection of 14 wides prices start \$4995. VA finan cing no money down. 10% conventional

7 30. Sun 12 6

Shop Uncle Roys Mobile Home Sales, Leesburg, U.S. Hwy. 441 5 904 787 0324 Open 7 days

See our beautiful new BROAD MORE, front & rear BR's GREGORY MOBILE HOMES 3803 Orlando Dr.

VA & FHA Financing NEW Nobility, 3 bdr. 2 bth. dbl wide, shingle roof, wood siding Oct special \$18,995 delivered & set up Open Sundays

Uncle Roys Mobile

Home Sales Of Leesburg 904 787 0324 1972 MASTE Office Trailer 12x50 ff. Central Air Heat. New carpet and paint. Excellent mediate use \$4995 122 #300

43-Lots-Acreage

LAKE MARY LISTOF lots, nice trees \$15,000 each | 322 4812

it you aren't using your pool table, take a cue, and sell it with a Herald classified ad. Call 322 2411.

SANFORDREALTY

123-5124 REALTOR N. GA. & N.C. MTN LOTS -SCENIC VIEW & LAKE. FRONT SOME MORTGAGES

WEKIVA FALLS AREA. WOODED RIVER FRONT ACRE \$25,000

AS LOW AS 71, PERCENT.

ACRES \$17.500 TERMS

PINES, SCRUB DAK, \$18,500

OSTEEN IT ACRES WOODED PAVED ROAD FRONTAGE

GENEVA 211 ACRES WOODED ZONED MOBILE, \$12,500

GENEVA 20 ACRES WOODED COCHRAN ROAD \$3,500 PER

COMMERCIAL PACRESON 17 77 NEAR LAKE MARY BOULEVARD. \$150.000

SEIGLER REALTY BROKER 3765 HWY. 17-92 321-0640

SANFORD Prime 16:59 Acres options for soning \$12,500 w Terms. W. Maliczowski 322 7983. Eves 372 3387

43-B-Lots & Acres on Wanted .

WANTED 100 to 200 acres in Orange or Seminole Counties. zoned for mobile home sub division. Send all details cluding location, to P.O. Box 1868. Ocala, Fla. 32678.

46—Commercial Property

2 APARTMENT Houses For most. 373 6306

Kids outgrow the swing set of small bicycle? Sell these idle items with a want ad. To place your ad, call your friendly Classified gal at The Herald. 322 7411, or 831 9993.

44B- Investment **Property**

INVESTORS PLEASE! ? Triples units just arrived Purchase separately or both for \$80,000 with owner holding. Call on this one! June Porzig Realty Realtors, 322 8678

47-Real Estate Wanted

Garage sales are in season. Tell the propie about it with a Classified Ad in the Herald. 322 2411/ 831-9994

CONTRACTOR OF THE PROPERTY OF

OUR BOARDING HOUSE



47-Real Estate Wanted

CASH FOR EQUITY We can close in 48 hrs. Call Bart Real Estate 322-7498

We buy equity in Houses, apartments, vacant land and Acreage. LUCKY INVEST-MENTS, P. O. Box 2500, Sanford, Fla. 32771. 322 4741.

WANTED budget prices 5 cilizens to buy P D Box 116 C O Evening Herald, PO Box 1457, Sanford, Fla. 32771

47-A-Mortgages Bought & Sold

We pay cash for 1st & 2nd mortgages Ray Legg. Lir. Mortgage Broker 339 7769

50-Miscellaneous for Sale

SNAKE PROOF BOOTS \$49.99 ARMY NAVY SURPLUS 310 Sanford Ave 322 5791

WEDDING dress, veil & slip included \$150

SEW AND SAVE

SINGER Zig Zag and cabinet Pay balance \$68 or 10 payments \$7.50 See at Santord Sewing Center, Santord Plaza

Don't Despair Or Pull Your Hair Use A Want Ad 322 7611 or 831 9993

50-A-Jewelry

WEDDING ring set size? 574 597H

STORING IT MAKES WASTE-SELLING IT MAKES CASH PLACE A CLASSIFIED AD NUW Call 322 2611 or 831 9993

51—Household Goods 8 SETS Custom Made Drapery 63 long. Cost \$1100 Self for \$200. Double Bed new, \$100.

Color TV Antenna 150 you are having difficulty finding a place to live, car to drive, a job, or some service

want ads every day. 51-A-Furniture

BIG FURNITURE

LIQUIDATION SALE Overstocked, must dispose of all kinds of furniture at reduced prices. All top grade and good condition. Dining Rm. and Dinette Sets. Bedroom Sets and odd pieces. Living Room sets and Hide A Beds and chiars plus all accessories

pieces. Open daily 10 5 p.m. **DELLS AUCTION** CENTER

323-5620 CHINA Cabinets, Cedar war drobe, glassfront bookcase old frunk, old oak barrel. Aft 6 6 m. & weekends 322 4794

ROUND diging table \$30. Sq. and table \$30 9 pc brown vetvel sofa \$350 327 2190

WILSON MAIER FURNITURE 111 115 E. FIRST ST 322 5677

52—Appliances

SIDE by side 1801 Cypress Ave

RENT A Washer, Dryer, Refrigerator, or TV 904 775 6995 Kenmore parts, service, useu Washers MOONEY APPLI ANCES 323 0697

53-TV-Radio-Stereo

with Major Hoople

Good Used TV's, \$25 & up MILLERS Ph. 322 0352 2619 Orlando Fr.

54—Garage Sales

RUMMAGE Sale at the Geneva Methodist Church on 1st Street. Friday & Saturday. Oct 9th & 10th 9 a.m. 10 5 p.m. Lots of stuff very reasonable

Coffee & sandwiches for sale

BUDGETS BOLSTERED WITH VALUES FROM THE WANT AD COLUMNS

OCT 10. 10 a m 5 pm only Baby clothes furn toys Corning Ware misc Corner of 29th & Gale Place.

RI & SAT. Oct 913 9 am 4 pm Snapper Riding lawn mower edger, aquarium books, lots of misc 100 Par Place, Southwest corner golf

CARPORT Sale Sat and Sun 8 5 209 Bradshaw Dr. Small Appl. Small freezer, misc. 4 FAMILY garage sale Misc

course

everything from soup to nuts 406 Pine Dr. Loch Arbor Thurs . Fri & Sat LUTHERAN Church of the Redeemer, 2525 Oak Ave

5at Oct 10 9 2 pm **RUMMAGE** Sale First Christian Church 1607 Sanford Ave. Oct. 4 11tru 10th 9 10 4 30

57 A-Guns & Ammo

GUN auction Sunday Nov 1 Santord Auction 1215 5 French Ave More into 323 7340

59-Musical Merchandise PIANOS & organs large & small

starting as low as \$149.95 Bob Auto 301 W. 1st Sanford

61—Building Materials

GARAGE door cypress. 127 2316 or 139 3205 The sooner you place your

get results

classified ad. the sooner

62—Lawn-Garden

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TONIGHT'S TV

WEDNESDAY

EVENING

6:00 (15) SANFORD AND BON (10) IT'S EVERYBODY'S BUSI-(17) ANDY GRIFFITH

6:30 (I) HEC NEWS
(I) CAS NEWS
(II) ABC NEWS
(III) (III) CARTER COUNTRY
(III) IT'S EVERYBOOY'S BUSI-(17) GOMER PYLE

7:00 THE MUPPETS P.M. MAGAZINE A INChnique for quitting smoking involving vilamins and accupuncture; a company that produces expensive go-cart versions of automobiles, Cathie Mann sees how producers feed their casts, Dr. Marina Granich on how to stop sibling rivalry. D SOKER'S WILD (10) MACHEL / LEHRER

(I) ENTERTAINMENT TONIGHT SO YOU ASKED FOR IT FAMILY FEUD FAMILY FEUD (35) BARNEY MILLER

(17) CAROL BURNETT AND

ED (10) DICK CAVETT "The Texas Mystique Guests Paul Burka A.C. Green, Dale Robertson, Maxine Messinger. (R) 12 (17) BANFORD AND BON

1 REAL PEOPLE Featured a convention of lattooed people; a eomen's basketball team that only plays men, a fashion show for dogs (1) MR. MERLIN (Premiere)

Merlin the magician, now running a garage, is ordered to train an apprentice in magic
(7) 23 BASEBALL American League playoff game (§) (35) CHARLIE'S ANGELS (10) STEPPING OUT A unique group of 40 institutionalized mentally handicapped people prepara for their first public performance at

(17) MOVIE "Easy Come. Easy Go (1967) Elvis Presley, Dodie Marshall. A Navy frogman mistakenly believes he has found a vast sunker treasure.

the Sydney Opera House in Austra-

6:30
(3) WKRP IN CINCINNATI
(Season Premiere) Carlson's old
receptionist relinides a romantic
flame, and WKRP receives a bomb threat (Part 1)

 DIFF'RENT STROKES

Arnold is blamed when Mr. Drummond orders the removal of all vending machines from the school.

(1) MOVIE Coward Of The

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Evening Herald



(7) Q

(ABC) Orlande (CBS) Orlanda (HRC) Daylana Beach

Orlanda

(II) (35) **(12)** (17) (10) 🙉

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Orlande Public Breadcasting System

In addition to the channels listed, cablevision subscribers may two in to independent channel 44, \$1. Patersburg, by tuning to channel 8; tuning to channel 13, which corries sports and the Christian Broadcasting Network (CBN).

County" (Premiers) Kenny Rogers. Fredric Lehne, A sensitive youth is deemed a coward in his small Southern lown because he honors a pledge he made to his dying father

not to light.
(1) (35) THE ROCKFORD FILES
(10) RETURN TO SPACE (10) RETURN TO SPACE Astronaut Rusty Schweickart hosts a survey of America's return to manned spaceflight after a 6year pause

(1) THE FACTS OF LIFE Natelie's first date spreads some racy stories about her. (A)

10:00 (4) NICHOLS AND DYMES Two country boys-turned-Federal-agents by to infiltrate a truck hijacking ring.
(I) (35) INDEPENDENT NETWORK

(10) WORLD BPECIAL "The Red Army" The strengths and weaknesses of the Russian military are examined. (F

10:30 (D (35) LOVE, AMERICAN STYLE 11:00

T1:00

(35) BENNY HILL
(10) POSTSCRIPTS
(27) ALL IN THE FAMILY 11:30

(1) TONIGHT Host: Johnny Carson Guest: Buddy Hackell.

Carson 12 (17) MOVIE "Fort Dobbs"

[1958] Chot Walker, Virginia Mayo. A man overcomes personal obstathe things he cherishes most. 12:00 (3) WHERP IN CINCINNATI Les

KIT 'N' CARLYLE "

considers suicide when a sports writer makes an insinuating remark about him. (R)

(Z) LOVE BOAT "The Under-

study JoAnne Harris, "Married Bingles" Polly Bergen, Steve Allen, "Lost And Found" Sandy Duncan, Jen Stafford. (R) 12:30

TOMORROW Guest: Ster-

12:35 MOVIE "Murder By Decree" (1978) Christopher Plummer, James Mason. 1:10

(B/W) (1935) Fredric March. Charles Laughton 1:25

(17) MOVIE "Pirates Of Tortuga" (1981) Ken Scott, Letitia Roman. 2:55

(7) ED NEWS

3:25
(7) MOVIE "Melody Of Hate"
(C) (1975) Susan Flannery, Keith Baxter, (2) (17) MOVIE: "The Quiet Ameri-can" (1958) Audie Murphy, Michael

THURSDAY

MORNING 4:55 (17) MESION: IMPOSSIBLE

5:00 (7) MARCUS WELEY, M.D.

5:15 (17) RAT PATROL (TUE) 5:30

by Larry Wright

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24

一个大大的,我们就没有一个大的,我们就是一个大大的,我们就是一个大大的,我们就是一个大大的,我们就会被一个大大的,我们就会一个大大的,我们就会会会会会会会会会会 第一章

1100 West 13th St., Sanford

SUPERMARKET

(1) (2) BUNRISE SEMESTER 5:40 (17) WORLD AT LARGE (MON) 5:45 (17) WORLD AT LARGE (TUE,

5:55 (2) (17) CABLE NETWORK NEWS

HEALTH FIELD (FRI) (I) (35) JIM BAKKER

6:30 (I) (I) BEWITCHED 6:45 (10) A.M. WEATHER

7:00 TODAY

WAKE UP

GOOD MORNING AMERICA

(35) TOM AND JERRY 10) VILLA ALEGRE (R)

7:30

MORNING WITH CHARLES (10) SESAME STREET C 8:00

(1) (35) CASPER (2) (17) I DREAM OF JEANNIE 8:30 (I) (35) GREAT SPACE COASTER (10) MISTER ROGERS (R) (2) (17) MY THREE BONS

HOUR MAGAZINE
(I) O DONAHUE
(I) O IT (17) MOVIE
(II) (35) GOMEN PYLE (35) GOMER PYLE (10) BESAME STREET ()

9:30 (1) (35) ANDY GRIFFITH 10:00

(4) TIC TAC DOUGH (5) WELCOME BACK, KOTTER (35) I LOVE LUCY (10) EDUCATIONAL PRO-10:30

O BLOCKBUSTERS

ALICE (R)
10 (35) DICK VAN DYKE
10) ELECTRIC COMPANY (R) (A) WHEEL OF FORTUNE

THE PRICE IS RIGHT
OF LOVE BOAT (R)
(35) BUD BREWER (10) EDUCATIONAL PRO-(17) MOVIE

11:30 PASSWORD PLUS
(1) (35) INDEPENDENT NETWORK

AFTERNOON

12:00 (I) CARD SHARKS (1) (2) (2) (2) NEWS (1) (35) RHODA 12:30

FR (4) NEWS (1) S THE YOUNG AND THE (I) AYAN'S HOPE 1:00

DAYS OF OUR LIVES IMON. TUE, THU, FRI)

BASEBALL (WED) (7) (2) ALL MY CHILDREN (1) (35) (2) (17) MOVIE

(1) AS THE WORLD TURNS

(4) ANOTHER WORLD (MON. TUE, THU, FRI)
(1) (2) ONE LIFE TO LIVE BEARCH FOR TOMORROW
(35) YESTERDAY'S NEWS-

REELS (TIME APPROXIMATE) (MON. WED)
(1) (35) COME CLEAN (TIME APPROXIMATE (TUE)

3) (35) HOGWILD (TIME APPROXIMATE) (FRI) 3:00

(E) (I) TEXAS (MON, TUE, THU. (1) O GUIDING LIGHT (1) O GENERAL HOSPITAL (MON. (T) (35) BUGS BUNNY AND FRIENDS (10) FROM JUMPSTREET (A)

(MON)
(10) IAM, I CAN, I WILL (TUE)
(10) PEOPLE OF THE FIRST LIGHT (R) (WED) (THU) (10) QUE PASA? (FRI) (12) (17) FUNTIME

3:30

Fa Floyd Theatres PLAZA TWIN ALL SEATS 99 PLAZAI 7:45 ONLY " BURT REYMOLDS. Rustin ONLY MOVIELAND

100 Hug 17 02 S 323 1214 SCARED TO DEATH HAPPY BIRTHDAY TO ME (1) (35) SCOOBY DOO (10) ELECTRIC COMPANY (R) (10) ELECTRIC COMPAN (12) (17) THE FLINTSTONES

3:59 (V) BASEBALL (WED)

4:00 THE HOUSE ON THE PRAIRIE (MON-THU)

BASEBALL (FRII) RICHARD SIMMONS MERV GRIFFIN (MON, WED.

35) WOODY WOODPECKER 10 SESAME STREET CO

(C) HAPPY DAYS AGAIN (I) (35) TOM AND JERRY (I) (17) LEAVE IT TO BEAVER

(MOH-THUI

3) A HOGAN'S HEROES

(1) (35) THE INCREDIBLE HULK

(2) (10) MISTER ROGERS IR) (10) MISTER ROGERS (R) (17) THE BRADY BUNCH

5:30 (1) LAVERNE & SHIRLEY & COMPANY (MON-THU) M'A'S'H (10) POSTSCRIPTS

12 (17) BEVEALY HILLBILLIES WEDNESDAY IS CHICKEN DAY



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A Crunchy, Nutritious Protein To Make Simple Foods Special

Pasta salads have become popular because they are a delicious light and nutritious main dish. Pasta salads are also economical and easy to prepare.

For a delicious flavor and color variation we've used spinach noodles in this Almond Fettucine Salad. Tuna and almonds are the high quality and low cost protein sources. Almonds have no cholesterol and less saturated fats than animal protein. And their nutritional value is high with significant amounts of riboflavin, vitamin E, magnesium and copper.

The creamy dressing has a tangy flavor reminiscent of traditional Fettucine Alfredo. Almonds add great taste and a crunchy texture contrast. The almonds have been toasted to enhance their flavor and crispness.

To toast: spread almonds in an ungreased baking pan or skillet. Place in a 350-degree oven or over medium-low heat on the stove top for 5-10 minutes (depending on the form of almonds that you are using) or until almonds are a light golden brown. Stir once or twice to assure even browning. Note that almonds will continue to brown slightly after being removed

ALMOND FETTUCINE SALAD

- 4 ounces spinach noodles
- 3 cups shredded lettuce
- 2 cans (612 ounces each) tuna, drained and flaked
- I large tomato, cut in thin wedges Toasted slivered almonds
- Almond Cream Dressing (recipe follows)

Grated Parmesan cheese

Cook noodles as package directs; rinse with cold water, drain and chill. In serving dish, arrange lettuce, noodles, tuna and tomato. Sprinkle with almonds. Just before serving, pour dressing over all; toss thoroughly. Sprinkle with grated Parmesan cheese if desired. Makes 4 to 6 main dish servings. ALMOND CREAM DRESSING

2-3rd cup sour cream

- 4 cup vegetable oil
- 14 cup tarragon vinegar 14 cup grated Parmesan cheese
- 1 teaspoon pepper
- 4 cup toasted slivered almonds
- 2 tablespoons sliced green onions

In small bowl, combine sour cream, oil, vinegar, cheese, salt and pepper. Stir in almonds and onions. Makes about 1% cups. HACIENDA EGGS WITH ALMONDS

- 1-3rd cup chopped onion 1 tablespoon vegetable oil
- 14 cup diced green chilles
- 1 can (8 ounces) tomato sauce
- 14 teaspoon salt
- teaspoon basil
- teaspoon garlic powder
- 1-3rd cup toasted blanched slivered almonds
- 4 corn tortillas, fried crisp, drained
- 4 fried, poached or scrambled eggs
- 6 avocado slices
- 14 cup sour cream

In small saucepan saute onion in oil 5 minutes over medium heat. Stir in chilles; cook 1 minute. Add tomato sauce, salt, basil and garlic powder. Simmer 3 minutes. Stir in 3 tablespoons of the almonds. For each serving, place 2 tortillas on an individual plate. Top with 2 eggs, 12 cup of the hot sauce, 3 avocado slices and 2 tablespoons of the sour cream. Sprinkle with half of the remaining almonds. Makes 2 servings. ALMOND HAM BALMAGUNDI

14 cup chopped carrols

- to cup chopped celery
- % cup chopped onlons 2 tablespoons vegetable oil
- 2 cups diced cooked harm 1 cup lentils, rinsed
- 6 cups water
- 1 small bay leaf 14 teaspoon pepper
- 12 cup ground toasted almonds

14 cup toasted sliced almonds

In 3-quart saucepan saute carrots, celery and onions in oil over medium heat 5 minutes. Add ham, lentils, water, bay leaf and pepper. Bring to boil; reduce heat and simmer about 40 minutes until lentils are tender, stirring occasionally. Stir in ground almonds and salt to taste. Garnish each serving with sliced almonds. Makes 6 main dish servings.

COOKIER ALMOND COOKIES

- 1 cup butter or margarine, softened 114 cups sugar
- 1 egg, separated
- 2 cups flour 1 teaspoon nutmeg
- teaspoon salt

112 cups blanched slivered almonds, tossted

Cream butter and I cup of the sugar. Add egg yolk. Sift together dry ingredients; stir into creamed mixture with 1 cup of the almonds. Press into 1512 x 1012-inch buttered jelly roll pan. Lightly beat egg white; brush over all, then sprinkle with remaining 14 cup sugar. Top with remaining almonds; press into dough. Bake in 275-degree oven about 50 minutes, until golden. Cool; cut into bars. Makes about 3 dozen cookies. ALMOND INDIAN CORN

2 cups whole natural (ubblanced) almonds, toasted

- 2 quarts freshly popped corn
- 14 cup grated Parmesan cheese to cup melted butter or margarine
- I teaspoon Worcestershire sauce

1 tablespoon seasoning: toasted onion or mild garlic dip mix, or lemon-pepper, or seasoned salt

evenly. Serve in bowls to eat out of hand. Makes about 2 quarts.

In large bowl, combine almonds, popcorn, and Parmesan cheese. Mix together melted butter Worcestershire sauce, and seasoning. Pour over almond-popcorn mixture, tossing to coat

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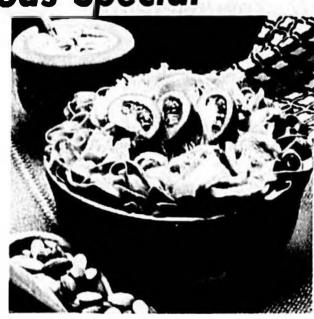
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Almond Fettucine Salad, right photo, laced with a tangy, creamy dressing, tastes as good as it looks. Hacienda Eggs With Almonds, left, is a fresh approach to the breakfast or brunch scene.





Microwave Magic

Casseroles **Appetizing** In Fall

These cooler fall days cause me to want to cook those hearty, heavier casseroles I've been avoiding during the Summer.

Any kind of pasta and cheese dish does well in the microwave if you reduce the power level to 50 percent (medium) to be compatible with the cheese. Microwave cooking time is about half that of the conventional oven time. Great engery saver! You won't miss the browning of conventional methods if you sprinkle the top of the cheese casserole with paprika or bread crumbs mixed with butter and paprika.

These nutritious favorites are complemented by a crisp green salad, crusty bread and fresh fruit dessert. Red and green seedless grapes are plentiful and a good buy now. Try these for dessert. Wash and clip into small bunches and stack on a glass plate. You've got a pretty centerplece too.

MACARONI AND CHEESE

1 package 8 oz. macaroni, cooked and drained

1 egg, beaten 2 cups 8 oz. grated cheddar cheese

Midge Mycoff

Home Economist Seminole Community College



- 2 cups evaporated milk 1 teaspoon salt 2 tablespoons butter
- 12 teaspoon paprika

Cook macaroni as directed. It can be cooked in the microwave, but is not a time saver. Grease a round 2-quart casserole. Layer half of cooked macaroni and casserole, top with half the cheese. Repeat. Combine egg, milk and salt, pour over macaroni. Sprinkle with paprika and dot with butter. Microwave uncovered at 50 percent power (medium) 14 to 16 minutes. Let stand 5 minutes. If your microwave oven has less then 650 watts, add 2 minutes to the cooking time.

Spaghetti and tomato-beef mixture are layered. A quick serve Italian dish. Serves 4

CASSEROLE SPAGHETTI

- 7 oz. package thin spaghetti 1 lb. ground beef
- 16 oz. can stewed tomatoes 4 cup tomato paste
- 2 tablespoon sugar 2 teaspoon each of salt, oregano leaves,
- basil leaves
- 1 teaspoon garlic powder Le teaspoon pepper
- 1 tablespoon butter
- ta teaspoon pepper 1 tablespoon butter

tomato paste, sugar and seasonings. Microwave 100 percent power (high) 4 to 6 minutes. In a 2-quart round casserole layer half the spaghetti mixture, then meat mix-

> around edges. Rotate the casserole four times during the cooking if your microwave oven is not equipped with a carousel. This will give better distribution of the macrowaves and more even cooking.

14 cup sliced green onions

2 cups shredded American or Cheddar

Cook spaghetti as directed on package.

Drain and mix with butter and onions. Break ground beef into small chunks and brown in

microwave oven 100 percent power (high) 4 to

5 minutes. Stir twice. Drain. Stir in tomatoes,

ture; repeat, Sprinkle with cheese

microwave, uncovered 50 percent power

(medium) 14 to 16 minutes or until bubbling

For problems or questions relating to microwave cooking, write to me in care of the Evening Herald.

Next week's column: Microwave Oktoberfest.

SWEET JUICY RED

DELICIOUS

LISEWHERE 79



A mild, aromatic curry sauce heightens flavors and transforms stuffed chicken breasts into a deliclous delicancy fit for guests as well as family.

Chicken Low In Sodium, High In Flavor

Cutting down on sodium in your diet? Here's a recipe that's low in sodium (just a little more than 100 mg, per serving) but high in flavor.

Plump chicken breasts are baked with a flavorful stuffing of shredded wheat, fruits, and herbs and spices. A mild, aromatic curry sauce heightens flavors and transforms these stuffed chicken breats into a delicious delicancy fit for guests as well as family.

LOW-SODIUM CURRIED CHICKEN BREASTS STUFFED CHICKEN BREASTS

- 4 large whole chicken breasts, boned, skinned and split (about 2 pounds)
- 3 tablespoons vegetable oil
- 2 tablespoons finely chopped onlon
- 5 shredded wheat biscuits, finely rolled, or 2 cups spoon size shredded wheat, finely rolled (about 1 and one-third cups
- 12 cup finely chopped apple
- 2 tablespoons raisins I egg, slightly beaten
- 14 teaspoon ground cinnamon
- 14 teaspoon powdered sage
- in teaspoon ground black pepper

CURRY SAUCE

- 2 tablespoons vegetable oil 2 tablespoons all-pourpose flour
- 1 teaspoon curry powder 14 teaspoon ground black pepper
- 2 cups milk

GARNISH

- 1 tablespoon reserved shredded wheat crumbs 1 tablespoon chopped parsley
- Cooked rice, unsalted
- 1. Make Stuffed Chicken Breasts: Preheat oven to 375 degrees F. Grease a 12 x 8 x 2-inch baking dish. Pound chicken
- 2. In medium skillet, over medium heat, heat oil; saute onion until tender, about 3 to 5 minutes. Remove from heat. Reserve I tablespoon shredded wheat crumbs for garnish; stir remaining crumbs, apple, raisins, egg, cinnamon, sage and pepper into skillet; mix well. Spoon about one-third cup mixture onto center of each breast; roll up; secure tightly with toothpicks. Place in prepared baking dish; cover with foil;
- 3. Make Curry Sauce: Meanwhile, in medium saucepan, combine oil, flour, curry powder and pepper; gradually stir in milk until smooth. Over medium heat, bring to a boil, stirring constantly; lower heat; simmer, stirring, until thickened, about 2 to 3 minutes. When chicken has baked 15 minutes, pour over sauce; re-cover; bake an additional 10 to 15 minutes.
- 4. To Serve: Mix reserved 1 tablespoon shredded wheat crumbs with chopped paraley; remove toothpicks from chicken breasts. Spoon cooked rice, unsalted, onto serving platter; top with chicken breats and curry sauce. (Serve remaining curry sauce alongside.) Garnish with shredded wheat parsley mixture. Makes 8 servings.

In low-sodium cooking, substitute an equal amount of lemon rind for any salt called for in package directions.

To Microwave Low-Sodium curried Chicken Breast:

1. Pound chicken breast slightly. In 112-quart microwaveproof bowl, microwave oil and onion at 100 percent power until onion is transparent, about 11/2 to 2 minutes. Prepare stuffing and stuff breasts as in Step 2. Place in 12 x 8 x 2-inch ungreased microwave-proof baking dish; cover with plastic wrap, leaving 1 corner open. Microwave at 100 percent power 3 minutes; remove from oven.

2. In 212-quart, microwave-proof bowl, combine curry sauce ingredients as in Step 3. Microwave at 100 percent power 7 to 8 minutes, Stirring every 2 minutes, until sauce comes to a boil and is slightly thickened. Pour over chicken; re-cover; microwave at 100 percent power 7 to 8 minutes, rotating to turn at 312 minutes, until chicken is tender. Serve as in Step 4.

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Margarine 48°	69	

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Potted Meat _4/81	11-
Grape Jelly99°	1111
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Liver SausageLB 58° BB	Hot Dogs 98°	Margarine 48°
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GOOD OCT. 8 THRU OCT. 14, 1981.

Evening Herald, Sanford, Fl. Wednesday, Oct. 7, 1981-3C

Spruce Up Vegetables With Sauces

Vegetables certainly get their share of abuse. There are a lucky few home gardeners who can enjoy a

variety of vegetables at their wholesome best. . . nicked, washed, cooked just to the point of doneness, and simply served.

The rest don't fare as well because by the time most vegetables reach the marketplace they are less than perfect. The greater the period between picking and cooking, the longer the time needed to make them palatable. Nutritive values, color, texture and especially flavor are often reduced. Just compare a tomato picked fresh from the garden with

one picked underripe and shipped to the city. They both may have a bright red color but that's where any similarity ends, Piquant flavors, different cooking methods and ingenuity in combining familiar vegetable varieties can dress vegetables

up and make them more interesting. Roquefort is a versatile blue-veined cheese made from sheep's milk that helps snap vegetables out of their doldrums. Only a small amount is nceded. Sauces are probably the quickest way for the cook to spruce

up vegetables. They can be made separately from the vegetable and poured over it when ready to serve. Or the sauce is cooked, then mixed with the vegetable in a casserole dish, with or without a topping added, and baked.

Nearly everyone has heard of quiche or tarts baked with vegetable fillings in a partially cooked pastry shell. When these egg type mixtures are baked in fireproof dishes without pastry, they are called gratins. There are a variety of vegetable souffles. And last, but not least, vegetables certainly transcend being called ordinary when they are dipped in fritter batter and deep-fat fried.

Avocado Sauce is an uncooked blend of avocado, yogurt, onion and Roquefort that is an excellent dip for raw vegetables or spooned over fresh, sliced tomatoes. It also is delicious poured over hot steamed cucumbers, celery, cauliflower or broccoli

If you're not a calorie counter, Hoquefort Sauce Supreme is a rich, cooked sauce that is compatible with all vegetables. It is especially attractive served over a dish of cauliflower and broccoli for sharp contrasts in color. Another combination with eye appeal is steamed zucchini or celery mixed with carrots, both sliced julienne style, and topped with ground English walnuts. This same Roquefort Sauce is used in an unusual casserole of lima beans and pears.

AVOCADO SAUCE

I large ripe avocado

2 tbsp. lemon juice

I thsp. chopped onion 1 oz. Roquefort cheese, crumbled

2 tsps. cornstarch Slice the avocado, dipping each slice in the lemon fuice. Combine all of the other ingredients with the avocado and lemon in a blender until smooth. Makes 2-2-14 cups.

ROQUEFORT SAUCE SUPREME

1 thap, butter, I thep, all-purpose flour

I cup heavy cream

2-15 ozs. Roquefort cheese, crumbled

Melt the butter in a saucepan: stir in flour. Add cream stirring with a whisk until there are no lumps. Add Roquefort and continue stirring over low heat until smooth and thick. Makes 1-45 cups.

ROQUEFORT-LIMA BEAN CASSEROLE

1 - 10 oz. package frozen lima beans, blanched 1-12 cups drained, canned pears cut in bite-size Recipe for Roquefort Sauce Supreme

Drain both the lima beans and pears on toweling to remove as much moisture as possible. In a small buttered casserole dish alternately layer the beans, pears, and sauce ending up with beans, then sauce on top. If the large casserole dish is used the sauce recipe may have to be doubled. If desired, top the mixture with unsensoned, white bread crumbs. Heat, covered, at 350 F. for about 40 minutes or until the mixture bubbles and is heated through. Makes 4 cups.

BAKED SPINACH GRATIN

1 - 10 oz. package frozen chopped spinach

1-3rd cun mineed onion

2 (bsp. butter 4 cup milk

4 large eggs

1-12 cups creamy cottage cheese 4 ozs. Roquefort cheese, crumbled

Salt, pepper, nutnieg

Squeeze all of the water out of the spinach. It should then measure 12 cup. Saute the onion in the butter for 2 minutes until softened. Add the spinach and cook, stirring for another 2 minutes. Remove pan from the heat. Stir in the milk and let the mixture cool.

Beat together the eggs, cottage cheese and Roquefort. Stir in the spinach mixture. Season with salt, pepper and nutmeg. Pour Into a greased baking dish. Bake for 35-40 minutes at 350 F. or until a knife inserted in the center comes out clean. Makes 6-8 servings.

VEGETABLE FRITTERS

Requefort-Wine Batter: 1-1-3rd cups all purpose flour

l tsp. salt

4 tsp. pepper 1 tbsp. melted butter

4 cup crumbled Roquefort cheese 2 egg yolks, beaten

% cup dry white wine

2 egg whites, beaten Oil for frying

Mix flour, salt, pepper, butter, Roquefort and egg yolks in a blender until smooth. Gradually stir in the wine. A Chablis is a good choice. Allow the batter to rest and ferment while covered in the refrigerator for 12 hours. Vegetable Preparation:

Green beans, egg plant, mushrooms, zucchini, cauliflower, broccoll, celery, small bite-size onions and potatoes are all good vegetable selections. Wash and peel the vegetables, Cutany large vegetables into cubes or slices about 1-3-inch thick. Parboil those vegetables that have a longer cooking time such as cauliflower, green beans etc. Dry all of the vegetables on towelling. Let the hatter reach room temperature. When you are ready to begin frying, beat the egg whites until stiff and add them to the batter.

Nothing is more important than the temperature for frying. The wise old gourmet, Alexander Dumas, put it aptly when he said the food must be "surprised" by the hot fat, to give the crusty, golden coating so characteristic and so desirable. Use a thermometer and fry the food in small batches at about 375 F. for 2-3 minutes if the vegetables are precooked. Uncooked vegetables will take 5-7 munutes at 350 F.-360 F. Drain on toweling and serve immediately.

There should be enough batter to coat 2 cups of food.

October is Seafood Month

Tender Morsels From Sea Offer All-Year Goodness

The Florida Department of Natural Resources has proclaimed October as Seafood Month.

A variety of fresh seafood is plentiful year-round in Florida. Seafood contains ligh-level protein, vitamins and minerals. BROILED SCALLOPS

EN BROCHETTE 2-12 lbs. large sea scallops

16 slices bacon

paprika for color seasoning salt

la lemon yellow rice

Take 2 or 3 scallops (depending on size) and wrap in one slice of bacon. Repeat this step 15 more times using all the scallops

Take a 12-inch skewer and place each scallop bundle on carefully. Place the completed skewers on a cookie sheet and place under a hot broiler. Keep the brochette under the broiler till the bacon becomes lightly browned. Remove from the broiler and season lightly with the seasoning salt, paprika and lemon juice.

Place the brochettes back into a 400 degree F. oven for approximately 10 minutes until the bacon is crisp and the scallops are firm to the touch. Serve the brochettes on a bed of yellow rice, and baste with the drippings from the cookie sheet. Serves four.

CHILI FISH BITES WITH DIP

- 1 pound fish fillets, fresh or frozen
- I cup dry bread crumbs
- i teaspoon salt
- 1 teaspoon chili powder
- 2 tablespoons melted margarine or cooking oil Chili Sour Cream Sauce

Thaw fish if frozen. Skin fillets; cut into 1-inch pieces. Combine bread crumbs, salt, and chili powder. Coat each fish bite with crumb mixture. Place fish bites in a single layer in a well-greased baking pan, approximately 15 x 10 x 1 inches. Pour margarine over fish. Bake in a very hot oven, 450 degrees F., for 15 to 20 minutes or until fish flakes easily when tested with a fork. Makes approximately 30 hors d'oeuvres.

CHILISOUR CREAMSAUCE 1 cup sour cream

- 112 tablespoons minced green chilles 2 teaspoons, sweet pickle relish
- in teaspoon salt
- Combine all ingredients; chill. Serve as dip for Hot Chili Fish Bites. Makes approximately 1 cup dip.

DINNER BELL FISH SOUP

- 1 pound fish fillets, fresh or frozen 2 cups water
- 112 cups chopped onion
- I cup sliced carrots
- 1 cup elbow macaroni 1 teaspoon salt
- In teaspoon cloves
- in teaspoon pepper 1 can (1112 ounces) condensed split pen with ham soup

Chopped paraley (garnish)

Thaw fish if frozen. Skin fillets; cut into 1-inch pleces. In a 5quart Dutch oven, combine water, onlon, carrots, macaroni, salt, cloves, and pepper; bring to a boil. Reduce heat; cover and simmer for 4 to 6 minutes or until carrots are almost tender, Add soup and milk, stirring until well mixed. Add fish; cover and simmer for 8 to 10 minutes longer or until fish flakes easily when tested with a fork. Garnish with chopped parsley. Makes 6 servings.

SEASONED FISH DIP

- 2 cups cooked, flaked fish I cup large curd cottage cheese
- 1 cup sour cream 2 tablespoons chicken seasoned stock base
- 1 tablespoon chopped pimento
- 1 tablespoon chopped parsley
- Chopped parsley (garnish) Assorted chips, crackers, or raw vegetables

Combine all ingredients except garnish and crackers; chill. Garnish with chopped parsley. Serve with chips, crackers, or vegetables. Makes approximately 3 cups of dip.

SEAFOOD STEW WITH CORNBREAD DUMPLINGS

- 2 pounds fish fillets, fresh or frozen I large onion, sliced
- 14 cup margarine or cooking oil
- 1 package (10 ounces) frozen mixed vegetables, thawed 1 can (4 ounces) sliced mushrooms, drained
- 2 cans (1012 ounces each) condensed cream of celery soup
- I cup milk 1 teaspoon salt
- teaspoon thyme
- 4 slices bacon, chopped
- 'z package (18 ounces) corn muffin mix

Thaw fish if frozen. Skin fillets, cut into 1-inch pleces. In a 6quart Dutch even, cook enion in margarine until tender, not brown. Add mixed vegetables, mushrooms, soup, 1 cup milk, salt and thyme. Heat and stir until hot. Add fish; cover and bake in a hot oven, 400 degrees F., for 12 to 15 minutes. Fry bacon until crisp; drain on absorbent paper. Prepare muffin mix as directed on package label, reducing milk by half. Fold in bacon; drap 6 to 8 mounds of batter onto hot fish mixture. Heturn to oven and bake uncovered for 20 minutes or until dumplings are done and fish flakes easily when tested with a fork. Makes 6 servings.

DILLY FISH STEW

- 2 pounds fish fillets, fresh or frozen
- 212 cups carrot strips 1 large onion, sliced
- 2 tablespoons margarine or cooking oil 14 cup all-purpose flour
- I can (I pound) tomato wedges, OR whole tomatoes, undrained
- 1 cup water
- 2 teaspoons salt

- 6 whole peppercorns
- 1 bay leaf
- 1 cup sliced dill pickles Lemon slices, OR chopped paraley (garnish)

Thaw fish if frozen. Skin fillets; cut into 112-inch pieces. In a 5-quart Dutch oven, cook carrot strips and onion in margarine until onion is tender, not brown. Stir in flour. Add tomatoes, water, salt, peppercorns, and bay leaf. Bring to a boil. Reduce heat; cover and rimmer for 15 minutes. Add fish and dill pickles. Cover and simmer for 10 to 15 minutes longer or until fish flakes easily when tested with a fork and vegetables are tender. Remove bay leaf. Garnish with lemon slices or chopped parsley. Makes 6 servings.

GOLDEN CREAMY FISH POTAGE

I pound fish fillets, fresh or frozen 112 cups cooked, diced potatoes OR 1 can (1 pound) whole

potatoes, drained, reserving liquid, and diced 112 cups reserved potato flquid, OR water

- 1 can (10% ounces) condensed cream of chicken soup
- 4 cup sliced celery
- 4 cup sliced carrots 14 teaspoon salt
- 1 jar (8 ounces) pasteurized process cheese spread Chopped paraley (garnish)

Thaw fish if frozen. Skin fillets; cut into 1-inch pieces. In a 3quart saucepan, combine 112 cups potato liquid, soup, celery, carrols, and salt. Bring to a boil; cover and simmer 4 to 6 minutes or until vegetables are tender, stirring occassionally. Add cheese spread, fish, and diced potatoes; simmer for 8 to 10 minutes longer or until fish flakes easily when tested with a fork. Garnish with chopped parsley. Makes 6 servings.



Brolled Scallops En Brochette is a dietary delight.





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Halloween Marshmallow **Creations**

Everyone thinks of Halloween as a magical time. Ghosts and goblins rule the neighborhood; mysteriously costumed figures go from house to house, and empty shopping bags become full of assorted goodies to take home and gloat

It's time once again for that yearly ritual — but many parents are finding that an at-home Halloween get-together, planned around kids' favorite treats, is just as much fun as the traditional trick or treating.

Each child can make an individual Goblin Cupcake Witch, Indian or Ghost with just a few easy ingredients. The Kraft Kitchens have created some exciting Halloween treats that are surprisingly simple to make. Start with large home-baked or store-bought cupcakes; turn them upside down, and frost all over with Angel Mallow Frosting, which an adult can make ahead of time.

Then, take a package of miniature marshmallows, and place them in even rows all over the frosted cupcakes. Distinctive facial features and decorations are added with candy corn, gumdrops, chocolate shot and other candies.

Serve the Halloween party treats with kid-pleasing beverages - apple juice, cider, or hot chocolate with miniature marshmallows. Then watch them have as much fun eating as creating!

CUPCAKE GOBLINS

12 cupcakes Angel Mallow Frosting Miniature marshmallows Colored sugar

Candy Corn

To create goblins, invert and frost cupcakes. Cover with marshmallows. For eyes, cut marshmallow in half horizontally, dip cut side in colored sugar. Use candy corn for nose. 12

Voriations:

Wicked Witch: Create face features with decorative candies and miniature marshmallows. Create hat from colored paper: decorate with miniature marshmallow halves.

Injun Man: Create face features with decorative candles. For feathers, arrange gumdrops and miniature marshmallows on toothpicks; insert in cupcake.

Ghost: Create face features with black jelly beans.

ANGEL MALLOW FROSTING

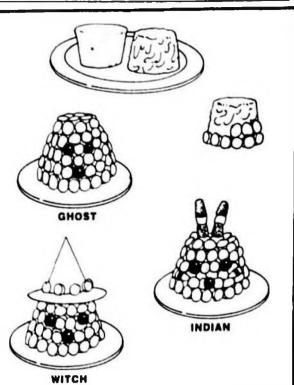
14 cup sugar

I egg white

1 tablespoon water

1 cup (one-half 7-oz. jar) marshmallow creme 12 teaspoon vanilla

Combine sugar, egg white and water in double boiler beat with electric or rotary beater over boiling water until soft peaks form. Add marshmallow creme; beat to stiff peaks. Remove from heat; beat in vanilla. Tint frosting with food coloring, if desired.







Frozen foods from Publix -for easy eating anytime. It's Oktoberfest at Publix. Come celebrate and save!

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Minute Maid Concentrate

Orange

Juice ..



Preparing delicious, well-balanced meals is easy when you start with Publix' frozen foods. Choose from favorites for every occasion while they're priced for special savings.

Sara Lee Almond, Blueberry or Raspberr Coffee Rings	bpd ou	99°
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MACARONI & CHEESE CASSEROLE OR CHICKEN, TURKEY OR BEEF

Morton's

Pot



Weaver's Chicken Rondelets	12-02 phg	\$ 199
(Makes 3 Loaves) Bridgford's Bread Dough	48 or pkg	89°
Seafood Department		
In Lemon Butter, Gorton's Sole	9 oz pig	\$ 169
Gorton's Crunchy Fish Sticks	12 oz phg	\$ 1 ⁶⁹
Gorton's Crunchy Fish Portions	12 oz phg	\$ 1 ⁶⁹
Gorton's Potato Crisp Fish Fillets	12-02 pkg	\$ 1 89

For Dinner

Earth Grain Garlic Bread	16 of	\$ 1 39
Bridgford Parkerhouse Rolls	25 or .	69°
Ore Ida's Crinkle-Cut Potatoes	32 of	\$ 109
Birds Eye Little Ears Corn on the Cob	pkg of 6 ears	\$ 4 19



Banquet Fried Chicken	2 lb pag	\$239
Mrs. Smith's Pumpkin Custard Pie	28 or pkg	\$ 129

Armour Dinner Classics

Seafood Newburg	10 az	\$2 ²⁹	
Beef Burgundy	64d 10,2-01	\$2 ⁴⁹	
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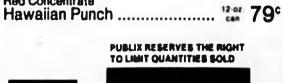
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Let Fridge 'Bake' Tasty Souffle

Dessert souffles are for those times when you want to serve something special. Perfect for holiday entertaining, these dramatic dishes can be divided into two principal types; baked

Many people envision the cooked variety when they think of souffles . . . those unpredictable creations where egg white beating and timing from oven to table are critical. Less common, but just as delicious and impressive, are the chilled variety. Cold souffes, such as this recipe for Caramei Praline Souffle, have several advantages. They can be prepared in advance and they hold well. Since the refrigerator does the "baking," it's practically impossible for a chilled souffle to

The amount of mixture poured into the souffle dish governs the height to a no-bake souffle. Wrapping a 3-inch dollar of aluminum foil (secured with tape) around the top of the dish permits one to pour the dessert mixture beyond the top of the bowl. After chilling and just before serving, the collar is removed to reveal the towering dessert.

Well worth the effort, Caramel Prailne Souffle is a delicious and impressive finish to any special meal.

CARAMEL PRALINE SOUFFLE

I envelope unflavored gelatin

112 cups cold water 28 caramels

2 tablespoons sugar

5 eggs, separated

teaspoon salt I cup heavy cream, whipped

2 tablespoons augar

4 cup chopped pecans, toasted

Soften gelatin in ½ cup cold water. Melt caramels and sugar with remaining water in covered double botler or saucepan over low heat. Stir occasionally until sauce is smooth, Stir small amount of hot mixture into egg yolks; return to hot mixture. Cook 3 to 5 minutes over low heat, stirring constantly or until thickened. Stir in gelatin. Cool to room temperature. Beat egg whites with salt until stiff peaks form. Fold egg whites and whipped cream into caramel mixture. Wrap a 3inch collar of aluminum foil around top of 1-quart souffle dish; secure with tape. Pour mixture into dish; chill until firm. Remove foil collar before serving.

Melt sugar in skillet over medium heat until clear and caramel-colored. Stir in nuts; spoon onto greased cookie sheet. Immediately separate nuts with two forks. Cool; break into small pieces. Sprinkle over souffle before serving. Makes 6 to 8 servings.

RICH TWO-TONED CAKE

1 package (4 oz.) Baker's German's sweet chocolate

2 tablespoons water 2 cups sifted cake flour

2-12 teaspoons double-acting baking powder

teaspoon salt a cup butter or margarine

I cup granulated sugar

4 egg yolks, slightly beaten 's cup milk

1 tablespoon vanilla

4 egg whites, stiffly beaten Sweet Chocolate Glaze

Heat chocolate with water in small saucepan over low heat, stirring until chocolate is melted. Cool.

Sift flour with baking powder and salt. Cream butter. Gradually beat in sugar and continue beating until light and fluffy. Add egg yolks in two additions, beating well after each. Combine milk and vanilla. Add flour mixture alternately with milk, beating after each addition just until smooth. Do not overbeat. Fold in beaten egg whites. Pour 3-1/2 cups of the batter into greased and floured 9-inch tube pan. Blend chocolate mixture into the remaining batter; spoon over white batter in pan. Do not stir. Bake at 325 degrees for about 1-1/2 hours or until cake springs back when lightly touched. Cool in pan 15 minutes. Remove from pan and finish cooling on rack. Top with Sweet Chocolate Glaze.

Note: Chocolate mixture will go to the bottom as the cake bakes.

Sweet Chocolate Glaze. Heat 1 package (4 oz.) Baker's German's sweet chocolate, broken into pieces, with 3 tablespoons water in small saucepan over low heat, stirring constantly until chocolate is melted and mixture is smooth. Makes about 1/2 cup.

Cooking Contest

Oriental Stir-Fry Recipes Wanted

Amateur cooks in the Central Florida area who create their own recipes will have a chance to win a \$1,000 first prize in the upcoming Chun King Wok Cook-Off.

The cook-off, to be held Nov. 17 at the Altamonte Mall in Altamonte Springs, is a competition for Oriental stir-fry recipes. All recipes must be original and unpublished.

The contest culminates when six finalists are selected to prepare their recipes before an audience and judges' panel at the mall from noon to 1:30 p.m.

In addition to the \$1,000 first prize, a \$500 second prize will be awarded and all finalists will receive an electric wok.

"The Wok Cook-Off was created last year to reward creativity in Oriental-style food and stir-fry cooking," says Chun King's Peter Thomson. "Stir-frying suits today's lifestyle because it's easy, fast and economical."

A stir-frying demonstration and cooking lesson will be given by Chun King consultant Mrs. Anne Byrd on Nov. 16 at 7:30 p.m. at the mall. Mrs. Byrd will also act as mistress of ceremonies at the contest Nov. 17.

Mrs. Byrd, the author of two cookbooks, attended the Cordon Bleu of London and the Culinary Institute of America in Hyde Park, N.Y., and is the owner of an international cooking school in Greensboro, N.C.

The regional contest is open to residents of Orange, Seminole and Volusia counties, except for employees and families of Del

Monte Corp, and its affiliates. Only one entry per family will be accepted. Entry blanks are available through newspaper ads or may be obtained by sending a self-addressed, stamped envelope to Chun King

No previously published recipes will be accepted. All entries must be postmarked by Nov. 7, 1981.

Cook-Off, P.O. Box 3038, Winston-Salem, N.C. 27102.

Potpourri

A mushroom turkey bake sounds more intriguing than a turkey-noodle casserole.

Use leftover, canned or delicatessen turkey slices for the basis of this casserole. It includes taste-tempting ingredients such as mushrooms, cheese, green pepper and onlons.

Make this for a simple party dish and serve with a mixed green salad for 6 to 8 persons. A fruit pie with whipped cream or ice cream tops off the dinner menu that is relatively inex-

MUSHROOM TURKEY BAKE

- 1 package (8 ounces) broad noodles 6 tablespoons butter or margarine, divided
- 1 pound fresh mushrooms or 2 cans (6 to 8 ounces each), sliced mushrooms
- 1 cup finely chopped onion
- 14 cup finely chopped green pepper 4 cups diced cooked turkey
- 2 tablespoons diced pimiento
- I teaspoon poultry seasoning l teaspoon salt
- in teaspoon ground black pepper
- 1 cup grated Cheddar cheese 2 cups medium white sauce
- 12 cup water or milk I cup soft bread crumbs

Cook noodles in unsalted boiling water until almost tender; drain. Add 2 tablespoons of the butter; toss and set aside. Rinse, pat dry and slice fresh mushrooms or drain canned mushrooms. In a large skillet, heat 2 tablespoons of the butter. Add mushrooms, onion and green pepper; saute 5 minutes. Add turkey, pimiento, poultry seasoning, salt and black pepper. In a 3-quart casserole, place 1-3 of the noodles; topwith half of the mushroom-turkey mixture. Sprinkle with $^{4}\mathbf{z}$ cup of the cheese, Repeat, ending with noodles. Mix white sauce with water. Pour over all. Melt remaining 2 tablespoons butter; stir in bread crumbs. Sprinkle over the top. Cover and bake in a preheated 350-degree oven, 30 minutes. Remove cover and raise oven temperature to 450-degrees. Bake 10 to 15 minutes longer or until crumbs are golden. This kitchen-tested recipe makes 8 to 10 portions.

ORIENTAL ONION SOUP

- 2 large sweet spanish onions
- 3 tablespoons butter or margarine
- 4 cups chicken broth or 3 cans (10-12 oz.) each
- 1 tablespoon soy sauce
- 2 eggs, beaten slightly Fresh mushroom slices, for garnish

Peel and thinly slice onions to equal 4 cups. Lightly saute in butter or margarine until onions are just tender. Add chicken broth, soy sauce and salt. Heat to boiling. Pour eggs into boiling soup in a thin stream, stirring to form shreds. Serve,

garnished with slices of mushrooms. Serves 4 to 6.

PEASANT BREAD (Makes 2 loaves)

- 6 to 612 cups unsifted flour
- 4 cup dark molasses I tablespoon salt
- 2 packages Fleischmann's Active Dry Yeast
- 214 cups very warm water (120 degrees F-130 degrees F.) 2 tablespoons bottled browning and seasoning sauce
- 2 tablespoons peanut oil
- 1 cup crumbled shredded wheat 2 cups whole bran cereal
- 1 tablespoon cold water
- In a large bowl thoroughly mix 212 cups flour, molasses, salt and undissolved yeast.

Gradually add very warm water, 1 tablespoon bottled browning sauce and peanut oil to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add shredded wheat, bran and 14 cup flour; mix slowly to soften, then beat at high speed 2 minutes, scraping towl occasionally. Stir in enough additional flour to make a stiff dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 1 hour.

Funch dough down; turn out onto lightly floured board. Divide in half. Roll each half into an 8 x 14-inch rectangle. Roll up as for a jelly roll, tapering ends of loaves. Place on greased baking sheets. Cover; let rise in a warm place, free from draft, until doubled in bulk, about 1 hour.

Combine remaining browning sauce and cold water; brush loaves with mixture. Bake at 400 degrees F. for 30 minutes, or until done. Remove from baking sheets and cool on wire racks. SNOW CRAB SAUTE IN BASIL BUTTER SAUCE

- 1 pound frozen Alaska Snow crab clusters 3 tablespoons butter
- 1 tablespoon lemon juice
- 1 clove crushed garlic 14 teaspoon each salt and basil
- teaspoon pepper 4 firm, thick tomato slices Chopped parsley

Thaw crab, Cut into serving-size pieces; crack. Melt butter in large skillet; stir in remaining ingredients except tomatoes and parsley. Add crab. Cover and heat gently 5 minutes or until thoroughly heated; remove crab to platter and keep warm. Quickly saute tomato alices on both sides in butter mixture. Arrange around crab. Pour butter sauce over ail; garnish tomato slices with parsley. Makes 2 servings.

Serving Tip: Serve with crusty French rolls and crisp green



Anne Byrd, cookbook author and owner of an international cooking school, will be mistress of ceremonies at the cook-off Nov. 17 at Altamonte Mall. Mrs. Byrd will also give a stir-fry cooking demonstration at the mall

Nov. 16 at 7 p.m.





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Avocado Fanciers: Get Ready To Enjoy Season

Avocados teamed with bananas, pineapple and strawberries and 'dressed' with a creamy dressing is a flavor-filled salad treat.



If you are an aficionado of those large, beautiful avocados from Florida, get ready to enjoy them. The season for Florida avocados is beginning and plentiful supplies are expected to be available in our markets through January. And if you have never tried them, there is no better time than now

Avocados from Florida have special qualities that make them different from other commercially grown fruit. The varieties that flourish in Florida grow nearly twice the size of other avocados. Because of their bigger size they make very attractive and deliciously edible "showboats" for serving main dish salads and meaty fillings, both hot and cold. They're also terrific serving containers for dips like guacamole.

Another special quality of Florida avocados is that they are lower in calories than other avocados. So, if you are a calorie watcher, you'll find avocados from Florida can add important variety to the diet as well as pretty color to make meals look even more appetizing

But the very best part of an avocado is its wonderful, buttery-smooth, nutty flavor. The mellow taste of avocados is one that blends with and enhances a variety of other foods, especially juicy, fresh fruits. What make this fruit salad special is the Avocado Cream Dressing. Avocados, sour cream and lime juice are whirled in the blender until velvety smooth

Not only is this dressing filled with rich avocado flavor, but it's also a beautiful, natural green color.

No matter how you serve Florida avocados-whether sliced into salads, layered in sandwiches or whirled into dressings and dips-you can count on them to add variety and great taste

AVOCADO FLA, SALAD

Lettuce leaves 2 medium Florida avocados, peeled and sliced

4 bananas, peeled and sliced 1 pint strawberries, halved

4 cups fresh pineapple chunks or canned pineapple chunks, drained

2 cups cottage cheese

Avocado Cream Dressing (recipe follows)

12 cup chopped nuts

Line four individual serving plates with lettuce leaves Arrange avocados, bananas, strawberries and pineapple. equally divided, on lettuce. Add a scoop of cottage cheese (about 12 cup) to each serving; sprinkle with nuts. Pass Avocado Cream Dressing separately.

Makes 4 main dish servings.

AVOCADO CREAM DRESSING

2-3rd cup sour cream

3 tablespoons lime juice 115 tablespoons honey

12 teaspoon sain

Dash figuid hot pepper sauce

1 medium Florida avocado, peeled and cubec-

Measure sour cream, lime juice, honey, salt and pepper sauce into container of electric blender; blend to mix. Add avocado cubes. Blend until smooth, scraping sides of container as needed. Serve as salad dressing or as dip for fruit chunks and slices.

Makes about 134 cups.

GUACAMOLE.

Place I small tomato, I small onion, I small dried red pepper (optional) in chopping bowl; chop fine. Add 6 peeled, pitted avocados; 212 tesp. salt, 2 teasp. lemon juice; 2 tablesp. mayonnaise; I teaspn. salad oil; 4 drops liquid hot pepper seasoning; chop fine, but do not mash. Serve in wooden bowl or

AVOCADO HALVES WITH HEARTS OF PALM

2 tablesp vinegar

One-third cup salad oil

teasp salt

1s teasp pepper 4 avocados

1 No. 2 can hearts of palm

Place vinegar, salad oil, salt, and pepper in jar; refrigerate Halve avocados; remove pits; pare. Dice drained hearts of palm; place in avocado halves. Shake dressing; spoon some over each avocado.

EGG-AND-AVOCADO SALAD

For each serving, allow half an avocado and half a hardcooked egg. Do not peel avocado; remove pit. Place avocado half in large lettuce cup. In hollow of avocado, place hardcooked-egg half, with cut side up. Top with this dressing: Mix 14 cup mayonnaise, 14 cup French dressing, 1 tablesp, chili sauce, 2 teasp, grated onion.





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