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Ueberroth Takes Bold Swing At Drug Abuse In Baseball

NEW YORK (UPI) — Baseball commissioner Peter Ueberroth has decided to play good old-fashioned hardball in his efforts to stop drug abuse in the national pastime.

Ueberroth announced Tuesday he was ordering

Move applauded, 9A

mandatory drug testing for all professional baseball personnel — from owners to secretaries, but not major league players. The players are covered by a separate drug program which was negotiated as part of last year's Basic Agreement.

However, the commissioner said he is confident the Major League Players Association will join the program. Ueberroth said he sent an "urgent letter of request" to Donald Fehr, executive director of the Players Association, and Lee MacPhail, head of the Player Relations Committee, the owners' bargaining committee, asking that they join the mandatory testing program.

"The union will be sympathetic and help us," Ueberroth said. "We must stop drugs in baseball, and we will."

However, the Players Association has not said if it

'The union will be sympathetic and help us. We must stop drugs in baseball, and we will.'

**—Peter Ueberroth
Baseball Commissioner**



will climb on the commissioner's bandwagon.

"He hasn't notified us of anything other than the fact that he was going to do something," said Mark Belanger,

special assistant to Fehr at the Players Association.

"When the commissioner says that urinalysis are mandatory, I understand his intention is a good one," said

catcher Ted Simmons of the Milwaukee Brewers. "But if I want to do it, I'll do it."

"There's only one reason why urinalysis is not in the existing contract, and that's because it's against one's constitutional rights. You can't force someone to submit to one against his will. He wants to clean up pro baseball and I think that's great."

Belanger said mandatory drug testing had been brought up during the negotiations on the drug agreement last year, but was set aside to be studied by a council of three physicians.

The players' drug program is essentially voluntary, permitting either a player or club management to seek treatment for a player. The agreement allows the club to reduce a player's salary if he misses considerable playing time. The council resolves any disputes between players and clubs.

One of the reasons Ueberroth was elected commissioner was because of his hardline opposition to drugs. As president of the Los Angeles Olympic Organizing Committee, he supported a comprehensive drug program aimed at cleaning up

See UEBERROTH, page 5A

Longwood Favors Pulling Out Of SCA

By Jane Casselberry
Herald Staff Writer

Longwood, one of the two cities in the county to still have representatives to the board of Seminole Community Action, Inc., is succumbing to pressure from other cities to withdraw its support from the agency as well.

Of the seven Seminole cities, only Longwood and Oviedo still have members on the board.

Four of Longwood's commissioners said at a Tuesday night work session that they were in favor of the pulling out of the anti-poverty organization, but the fifth, Perry Faulkner, the city's representative on the SCA board, was told if he wished to continue to serve on the board it would be as a private individual.

Appeals for support to area cities by Faulkner on behalf of the board of SCA have triggered a flood of phone calls to Longwood Mayor Harvey Smerilson from the other mayors and officials demanding to know if Longwood was backing SCA. He said they urged him to join them in dumping the agency in favor of the county taking over its programs.

Faulkner, who said the board is attempting to create a new image for SCA, which has lost funding for all its programs except the Head Start preschool program, said that his personal attorney is helping the group restructure its charter. He said they are seeking financial help from local governments and businesses to raise the \$32,000 needed for personnel no longer paid for by CETA, repair vehicles and pay for the fire retardant material being required for walls and children's cots.

Faulkner said he made it clear that he was not speaking for the city, but for the SCA board and that the cities he had spoken to were receptive.

Smerilson said Seminole County is in the process of forming an agency to take over operation of Head Start. He said there is "overwhelming evidence of misappropriation of funds" in the weatherization program

See LONGWOOD, page 5A



Herald Photo by Tommy Vincent

Crosswalk Watchers

Showing off their awards for a job well done are the outstanding safety patrol students from each of the county's elementary schools. The awards were presented by the Sanford chapter of Rotary International. The recipients are, front row from left to right, Georgette Pereira, Casselberry Elementary School; Curtis Hamlin, Midway Elementary; Jeff Bouley, Winter Springs;

Tim Fink, Lake Orienta; Angela Trosper, Idyllwild; and Ernie Cavallaro, president of the Sanford Rotary. Back row: Sheriff's Lt. Beau Taylor, supervisor of the safety patrol program; Stephanie Brewer, Goldsboro; Paul Teslo, All Souls School; Michael Randall, Altamonte Springs; Kevin Blagg, Lawton; and, Kelly Smith, Bear Lake.

Reagan's VE-Day Speech Sounds Warning

Soviets Threaten World Peace

STRASBOURG, France (UPI) — President Reagan praised Europe on VE Day for rising from the ruin of World War II but warned of a new Soviet nuclear threat that is "undermining stability" and threatening 40 years of peace.

In the major address of his 10-day European journey, Reagan also told the European Parliament the postwar allies must work to stabilize relations with the Soviet Union and to turn away from pessimism and paralysis.

While the speech celebrated VE-Day and recounted the re-

The world remembers VE-Day, page 2A

joining in Europe and the United States on May 8, 1945, Reagan also cautioned that the Soviets now have a new nuclear weapon in their arsenal that was "clearly designed to strike first and thus disarm their adversary."

Reagan was warmly received as he entered the parliament chamber but a few members voiced opposition to his policies. A member wore a blue ribbon that said "Hands off Nicaragua."

Others stood in the aisle with signs saying, "Freeze now!" and "Space weapons lead to war."

Reagan was applauded 33 times during his speech but boomed loudly at least eight times when he spoke of U.S. policy in Central America. He was heckled about that reference several times through the rest of his speech. Reagan looked startled at first but then ignored the heckling.

Later, some members walked out of the chamber in protest.

One of the members who walked out, Barbara Castle, a

See REAGAN, page 5A



Herald Photo by Tommy Vincent

Cars Collide

Drivers and passengers await towing of their cars following an early-evening collision of a Ford Granada and a Datsun 280zx on Markham Woods Road, west of Sanford. Stephen Smith, driver of the Ford, received minor injuries. His passengers, Carole Smith, his mother, and nephew Nicholas Patrick Glynn, were not injured. No information will be available for three to seven days about the driver of the Datsun or the ages or addresses of the people in Smith's car, according to the Florida Highway Patrol. The 6:30 p.m. accident is under investigation.

Let 'Em Live Elsewhere, Lake Mary Attorney Says

By Richard Truett
Herald Staff Writer

"As many people as possible should live in Sanford, Mt. Dora, New York, Miami—not in Lake Mary," City Attorney Robert Petree suggested at a special workshop session of the Lake Mary City Commission Tuesday night.

He said the city should buy up as much land as possible to keep it from being developed.

Commissioners were discussing updating the city's comprehensive land use plan with Malcolm Little and Dianne Kramer, two independent consultants who advise city administrators on growth.

Little told the commission that timed growth management was the best way to control the city's land use. "You can control growth by timing how you want to implement it," Little said.

Little cited two reasons why there will be big changes in Lake Mary:

- Because Lake Mary is part of Metro Orlando, it will be attractive to people who move here, and will continue to grow.
- Because the citrus industry has suffered from freezing winter weather for two straight years,

that land is now prime development property. It will attract developers. Lake Mary has 1,620 acres of citrus property.

The commissioners agreed that industry should be concentrated around the I-4 area to keep traffic out of the city. Petree said he does not want to see Lake Mary Boulevard turn into another state Road 436 at 5:30 p.m. or take 15 minutes to cross.

Petree said even though it is not feasible to produce citrus anymore in Lake Mary, many people do not want to see multi-family high rise buildings take the place of dead orange groves.

But Little said, "There's no way you are going to build houses on 1-acre lots and have something that someone without a hell of a lot of money will be able to afford."

Commissioner Russ Megonegal said the city needs:

- A revised map that will that will establish zoning areas.
- A word description of the map compatible with the commission's thinking.
- Effective ordinances, with the language refined.
- Help with developers and timing of developments.

County Will Protest City Annexations

By Donna Estes
Herald Staff Writer

Little more than 24 hours after it held a harmony meeting with the Sanford City Commission, the county commission Tuesday declared two annexations by the city "illegal" and instructed County Attorney Nikki Clayton to attend Monday night's city commission meeting to tell the board the county's objections.

Ms. Clayton said the annexations create enclaves — county areas completely surrounded by city territory — which is clearly in violation of state annexation law.

And Mayor Bettye Smith said today, "If we are creating an enclave we obviously don't want to do so."

The annexations involve a parcel of property off county Road 427, owned by Joe B. Baker, a former city commissioner, and another parcel, owned by real estate broker Garnett White. The White property is adjacent to Carriage Cove mobile home park and abutting 427. Ms. Clayton said not only one but several enclaves are created by the two Sanford annexations.

The Baker annexation ordinance was adopted on April 22 while the White annexation is set for final approval Monday. About a year ago, Baker sought annexation to the city to get water and sewer services. When the county indicated it would challenge the annexation in court, Baker withdrew his petition. When he petitioned again in recent months he also deeded an easement through his property to the city of Sanford.

Ms. Clayton told county commissioners the county has 30 days after adoption of an annexation ordinance to challenge the Baker matter in court. She reminded that a member of her office would have appeared at the city's public hearings protesting the annexation of the Baker tract if the county had

been aware the action was underway.

Commissioner Bill Kirchhoff has been working with the Council of Local Governments in Seminole County to get an interlocal agreement approved by all the cities and the county requiring that all the governing bodies will keep each other informed of impending annexations and rezonings.

Ms. Clayton said she will appear before the Sanford City Commission Monday to ask the board to reconsider the annexation actions. And Commissioner Fred Streetman said he hopes there will be "no more litigation than absolutely necessary."

In the past, the county has challenged annexations by the cities of Longwood, Lake Mary (on Heathrow) and Casselberry (on Deer Run) in the court on the basis of enclaves created and won in all three instances. The parcels remain in the unincorporated county.

Ms. Clayton has also been negotiating with the city of Winter Springs on an annexation which the county says is illegal.

She reported to the commission that any possible suit there should be left pending

See PROTEST, page 5A

TODAY

Action Reports.....	6A
Calendar.....	8B
Classifieds.....	6,7B
Comics.....	2B
Dear Abby.....	3B
Deaths.....	2A
Dr. Gott.....	2B
Editorial.....	4A
Florida.....	5A
Hospital.....	5A
Nation.....	2A
People.....	1,3B
Sports.....	7,10A
Television.....	8B
Weather.....	2A
World.....	3A

Before His Time

MUSKEGON, Mich. (UPI) — Retired Muskegon Chronicle Editor Robert C. Herrick was sitting in his kitchen when he noticed his name listed in the obituary column of Michigan State University's "S Club" spring edition. The magazine chronicles events in the lives of alumni varsity athletes.

When his wife indicated she hadn't yet seen the publication, the 73-year-old Herrick quipped, "Well, you missed something."

"It's like Mark Twain said," Herrick remarked, "Rumors of my demise are greatly exaggerated."

Marian Alborell, secretary to "S Club" editor Fred Stabley, said a letter to life member Robert C. Herrick had been returned with the word "deceased" on the envelope. "We've had this happen twice through the years," she said. "It's just terrible."

WORLD IN BRIEF

Reluctant Contra Recruits Killed; Nicaragua Suspends Its Draft

MANAGUA, Nicaragua (UPI) — A disaffected Nicaraguan rebel commander has accused his former comrades of executing reluctant recruits and burying them in clandestine cemeteries in Honduras and Nicaragua.

"What the Contras are doing is scandalous. It is an unjust and unnecessary war where assassination is the order of the day for those who refuse to join the FDN forces," said Efrén Mondragon Lopez Tuesday when he arrived in Managua to accept government amnesty.

In a related development, the *Chicago Tribune* reported Nicaragua's leftist government has decided to suspend the country's military draft and freeze the size of its arsenal.

The newspaper quoted Nicaraguan military officials as saying the draft would be suspended in May and June because of the army's recent successes against the U.S.-backed Contras. But other Nicaraguan officials acknowledged that the move was also prompted by the nation's economic problems and by growing opposition to the draft.

The *Tribune* said the military would reinstitute the draft if additional troops are need to battle the Contras.

Police Blamed In Black's Death

JOHANNESBURG, South Africa (UPI) — Family members made arrangements for a private autopsy on the body of a black union organizer who died of head injuries soon after being freed from police custody. Trade union leaders blamed police for the death.

Police Tuesday confirmed Andries Raditsela, a senior shop steward at a tire factory outside Johannesburg, died in a hospital Monday shortly after he was released from custody.

A spokesman in Pretoria said police would give no further details until an official inquiry was completed.

But the Chemical Workers Industrial Union, which issued a statement calling for an investigation and blaming police for Raditsela's death, said Raditsela was in good health when he was detained at Tsakane, about 30 miles southeast of Johannesburg, early Saturday.

The union said police accused him of driving a stolen car and detained him even though he produced papers proving he had rented the vehicle.

Violence erupted in Tsakane shortly after Raditsela's death was announced and two men, ages 39 and 35, were stoned and then burned to death, police said.

The men were killed by a crowd of about 250 blacks in what appeared to be the latest in a wave of attacks on moderate blacks seen as cooperating with the government of white-ruled South Africa.

Cease-Fire Crumbling

BEIRUT, Lebanon (UPI) — Scattered shelling and light clashes in Beirut today marred a fragile cease-fire that ended 12 hours of artillery and rocket battles between rival Christian and Moslem militiamen.

But militia leaders along the Green Line, which divides the capital into Christian and Moslem areas, talked by walkie-talkie in an attempt to end the fighting and reopen at least one of the six roads linking the two sectors.

Continued sniper fire and several clashes were also reported along the Green Line, which has been the scene of heavy fighting for 12 days.

Burger To Would-Be Judges: Keep Views To Yourselves

MIAMI (UPI) — Chief Justice Warren E. Burger says he is flatly opposed to candidates for a judiciary appointment being questioned about their specific views on divisive issues, such as abortion.

"If I were before a committee, I would decline to answer any such question and a judge ought to decline ... tactfully," Burger said in an exclusive question-and-answer interview with *Miami Herald* editors published in today's editions.

The newspaper said questions were confined to matters of judicial administration of the Supreme Court and that Burger's office reviewed the edited transcript for accuracy.

Agreeing that federal judges are underpaid, Burger said the problem of attracting outstanding lawyers to the bench and

keeping them as judges is very serious.

"Since I've been in office, there are something over 40 who resigned from the federal bench on an economic basis," he said. "Now the net of it is not just judges. The members of Congress are underpaid."

"As a citizen — not as a judge, as a citizen — I would like to have members of Congress be \$125,000- or \$150,000-a-year people, and then that would, those standards, would have some impact on the federal courts. In the long run, it's going to damage the federal court system if something isn't done. ... It doesn't apply just to judges, it applies across the board."

Burger was asked if a majority of Supreme Court justices have shown a predilection to favor the government on the 1969

Freedom of Information Act.

"There were thousands upon thousands of instances of the application of the act, and the openness, the information was revealed," he said. "If there was a predilection on the part of justices to show some hostility toward the Freedom of Information Act, it would have been not 15 cases but many times 15" (in which the high court favored the government).

Burger said press coverage of the courts does not harm the administration of justice although, "Some of it is not as accurate as it should be."

"But judges have no business talking to the press except where the subject is essentially administration. ... Our communications should be through our opinions."



Justice Burger

Trade Ban Protests In A Dozen Cities

House Squabbles Over Nicaragua Embargo

WASHINGTON (UPI) — House Republicans defend the U.S. trade embargo against Nicaragua as a tool to pressure Managua to reform and are heatedly reminding Democratic critics they denied President Reagan his other option — aid for the anti-Sandinista rebels.

But in about a dozen cities thousands of demonstrators rallied against the Reagan administration's policies toward Nicaragua, and police arrested more than 450 people on charges of blockading federal buildings.

House Speaker Thomas O'Neill said he isn't one of those President Reagan thinks are having second thoughts about voting down his \$14 million aid package to Contras rebels. Regan said those who voted no were victims of a "disinformation campaign."

"The president and his spokesman suggest that I have changed my mind on the issue," O'Neill said Tuesday. "That is not the case and the president knows full well it is not the case."

O'Neill, D-Mass., said there is an effort among Democrats to fashion some kind of aid program for the Contras despite the House defeat.

During debate last month, many Democrats said Reagan

was wrong to go first for the military option against Nicaragua instead of applying economic pressure.

Reagan did that, effective Tuesday. The only exemption is contracts in force before the embargo was announced May 1, and only then for six months.

The announcement came at a joint trade and foreign affairs subcommittee hearing in which Langhorne Motley, assistant secretary for Latin America, defended the embargo.

Motley said he regretted Reagan had not had time to properly consult Congress on the sanctions.

"The president, in his judgment, has said there is a threat to the United States," Motley said. "It is his determination there is a threat and you don't run it (Nicaragua policy) based upon running a popularity poll."

The hearing was dominated by political bickering — Democrats questioning the wisdom of the sanctions and Republicans saying it was the Democrats who had urged Reagan to use the economic tool first.

"I don't like the Sandinista regime any more than anyone else in Congress," Rep. Don Bonker, D-Wash., said. "Time and again, we've seen unilateral trade embargos fail. Haven't we

learned the lesson from our Russian grain embargo?"

Rep. John McCain, R-Ariz., said Democrats were offering no alternative, just "standing back with their hands folded."

Rep. Henry Hyde, R-Ill., read the statements of House Democrats who opposed aid for the Contras while calling for economic pressure. Many now question those sanctions, he said.

"No matter what we're for, they're against," Hyde said.

Louisiana Seeks Revival Of Creation-Science Law

NEW ORLEANS (UPI) — A federal judge must decide whether to grant the state a full-scale trial on the issue of allowing creation science to be taught in public school classrooms.

An appeal of a January ruling that struck down the creation science law was scheduled to come up before the 5th U.S. Circuit Court of Appeals today.

U.S. District Judge Adrian Duplantier struck down the law in January, saying a trial was unnecessary to determine that teaching the biblical theory of creation in public schools would clearly violate constitutional separation of church and state.

Duplantier said the law requiring balanced treatment for creationism and evolution was similar to an Arkansas law struck down for the same reasons in 1982, after a 10-day trial that drew worldwide attention.

Any further evidence in a Louisiana trial "could not affect the outcome," Duplantier wrote.

"We decline to put the people of Louisiana to the very considerable needless expense of a protracted trial," he ruled.

The American Civil Liberties Union, which challenged the creation-science law in both states, hailed the decision as a victory over fundamentalist Christians.

But state prosecutors plan to ask a three-judge panel of the appeals court to return the case to

the lower federal court for a trial.

"We are obligated to support laws written by the Legislature unless they are patently unconstitutional," Attorney General William Guste said after the January ruling. "We don't feel the creation law is unconstitutional."

The 5th Circuit may agree the law is unconstitutional and uphold Duplantier's ruling, or it may send the case back to Duplantier for a trial. The decision is expected sometime later.

Opponents say the biblical theory of creation — that the planet was created in six days only a few thousand years ago — is not science and has no place in the classroom.

"It is a religion out of some fundamentalist group in San Diego that was trying to ram this down children's throats," said state Rep. Quentin Dastugue, a Republican who opposed the creation-science bill passed in 1981.

Two state senators — Democrats Sydney Nelson and Ben Bagert — have introduced a bill in the current session forbidding the state to spend any more money to appeal creation-science rulings.

"The attorney general has said whatever the Legislature's will is, he'll abide by that if they strip the money from this case," said spokesman Rusty Jabour in Baton Rouge.

The state has spent about \$100,000 defending the law so far, he said.

Man Not Guilty In Fake Grenade Toss

A Sanford man accused of throwing a training hand grenade under another man's car was acquitted of throwing a destructive device. The man still faces possession of marijuana charges stemming from an arrest following the alleged incident.

Jeffrey Lynn Lackey, 25, of 107 Airport Blvd., received a direct acquittal by Circuit Judge Dominick J. Saffi Monday. He was accused of placing the fake grenade under the car of Kevin Cook, of Sanford.

According to court records, on Dec. 5 Cook and a man argued at the Sanford bar where Cook works. Cook threw the man out. Cook then went home and to bed. He was awakened about two hours later by his roommate who said he heard gun shots.

The shots apparently had been fired into Cook's car and what appeared to be a hand grenade with its firing pin disengaged was found under the car. It did not explode because of an apparent flaw in the fuse mechanism, sheriff's demolition expert Lt. Marty LaBrusciano said. The suspect was traced through a partial fingerprint found on the grenade and was arrested Dec. 12. At that time, officers with a search warrant reported finding more than 20 grams of marijuana along with drug paraphernalia at the suspect's home.

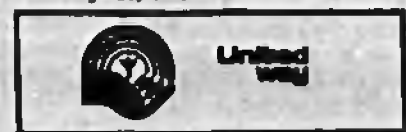
The drug charges have not been brought to trial.

At Monday's trial about the fake grenade, Lackey testified he never touched the simulated grenade.

—Deano Jordan

BUILDING PERMITS

- The Sanford Building Department issued the following permits:
- Central Baptist Church, 1311 Oak Ave., for a satellite dish, \$2,000.
 - MKT Housing, 180 Justin Way, 9 foot block wall, \$7,000.
 - Lamar Center, 2638 Myrtle Ave., to enclose a carport, \$300.
 - Wernco Service Station, 110 N. Franch Ave., to erect a convenience store and demolish an existing building, \$63,800.
 - E. J. Sheppard, 2209 Oak Ave., for stockade fence, \$733.
 - Rose Fulghum, 2888 Palmtoe Ave., for a glass sliding door, \$300.
 - Ben Wade's Grocery, 509 E. Seventh St., reroofing \$1,500.
 - Edwarda Urgelles, 755 Santa Barbara Drive, construction of a single family home, \$41,198.
 - Willie Mae Brown and Yvonne Barrington, 104 Bellvue Circle, for a utility shed, \$200.
 - Shenandoah Village, 4726 Orlando Drive, reroofing a duplex, \$1,204.



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FLORIDA IN BRIEF

Cabinet: Tuition Tax Credits Would Undercut Education Drive

TALLAHASSEE (UPI) — A federal proposal to give tax credits for tuition at non-public schools would hurt Florida's efforts to improve public education, Gov. Bob Graham and the Cabinet believe.

Shuttle Readied For Trip Home

CAPE CANAVERAL (UPI) — Challenger's brakes were damaged in its California landing and the shuttle's heat-shield tiles suffered the usual chips and dings, but the ship is in good condition overall, officials say.

At the Florida shuttleport, scientists planned to continue work to study tissue samples and the organs of two dozen rats carried into space aboard Challenger to learn more about the subtle biological changes brought on by extended exposure to weightlessness.

Iraqis Jailed In Passport Scheme

FORT LAUDERDALE (UPI) — Four Iraqi men were taken into custody on charges they paid an FBI undercover agent \$108,000 for bogus Iraqi passports and military identification cards, but agents do not know why the men wanted the documents.

Man Admits Shooting Wife To Spare Her 'Living Hell'

FORT LAUDERDALE (UPI) — Rowell Gilbert told neighbors he shot his 73-year-old wife to spare her the "living hell of suffering and degradation" of Alzheimer's disease.

Assistant State Attorney Kelly Hancock, before reading his case Tuesday, disputed the defense portrayal of Emily Gilbert's health.

ing his wife. "Mr. Gilbert made a statement to me that it was just something that had to be done," sheriff's deputy Robert Harter testified.

James Ongley, an assistant Broward County medical examiner, said Gilbert told him he loaded a single bullet into a 9mm Luger and placed it three or four inches from his wife's head.

"He said he snuck up behind her so she wouldn't see what he was doing and shot her in the head," Ongley said.

HOSPITAL NOTES

Central Florida Regional Hospital Tuesday ADMISSIONS	Deborah A. Lanza, Daytona Horace M. Cochran, Lake Mary DISCHARGES
Sanford: Ruby G. Bennett Julius Ford Lousie Hampton Rodney Miller Gary D. Morrison James Price Lawrence E. Slussor William A. Sheen Paulette M. Huffman, DeBary Charles A. Hammel, Daytona	Sanford: Jennie M. Fly Josephine S. Newsum Wesley Sroobore Arnold P. Shephard, Daytona Walter Holman Jr., Orange City Bernie B. Kohler, Orlando
BIRTHS Robert and Deborah Lanza, a baby girl, Daytona	

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House Takes Up Election Reform Bill

No Opponent, No Money

TALLAHASSEE (UPI) — Unopposed candidates for political office could no longer collect and spend campaign contributions under a bill approved by the House this week.

...Ueberroth

Continued from page 1A
the Olympics. "It is a problem in sports, a problem in society and we have to clean it up," Ueberroth said.

...Longwood

Continued from page 1A
administered by SCA and cheese and butter had been allowed to spoil when it distributed surplus commodities.

...Reagan

Continued from page 1A
liberal member of parliament from Britain, later told ABC News: "We found it a warmongering speech. He blamed all the world's worries on the Soviet Union and the rest were pure as driven snow."

...Protest

Continued from page 1A
while Winter Springs considers a first response agreement with the county.

legal campaign contribution from \$1,000 to \$250; and to outlaw political funds maintained by leaders of the political parties.

major league front office personnel...everyone." Ueberroth did not release details of the testing program, but said in a four-paragraph statement the specifics of the testing would be announced in the "very near future."

there is no truth to this rumor. However, the commission is considering expanding the Skylark sewage treatment plant to increase its capacity from 200,000 gallons to 400,000 or even 600,000.

One of the new percolation ponds at the Skylark plant has been filled up with water and is now being tested for three weeks when they will test the other one before they are put in use.

state visit before returning to Washington Friday. About 900 peace activists, including 15 leftist members of parliament, protested against Reagan's visit, carrying banners saying "Yankee go home" and "No to intervention in Latin America."

agreement with the county's fire department. Under first response agreements such as the county has with Altamonte Springs and Longwood, whichever department — the county or the city — is closest to a fire responds to fight that fire regardless of whether it is in the county or the city.

The bill would also:
—Fine candidates and political action committees \$50 per day for missing deadlines for filing campaign disclosures.
—Limit campaign spending by unopposed candidates to "thank you" ads, to in-district party fundraisers and to the fulfillment of obligations made before the deadline for filing for election passes.
—Conform state deadlines for filing for election to federal deadlines, and
—Prevent candidates or their campaign managers witnessing absentee ballots cast in their races unless the voter is a member of the immediate family.

Indictments may be forthcoming this week following an extensive probe into drug trafficking in the majors. Players from nine of 12 National League cities were brought into the Pittsburgh grand-jury investigation, and have been given immunity from prosecution in exchange for testimony.

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MONDAY-FRIDAY 10-5

NO PERSONAL CHECKS

Stubborn Sun Bank Snares 8th Straight

Sun Bank is being downright stubborn. The only unbeaten team in the Sanford Little American League, wants to stay that way and they're proving it by beating up on the rest of the league.

Tuesday night, Sun Bank scored eight times in the first inning and never looked back en route to its eighth straight win of the season, 14-3 over Seminole Ford at Westside Field.

Tony Duncan and Tony Armond had two hits each in the big first inning while Al Perkins and Lorenzo Polk also contributed base raps. Sun Bank also took advantage of four walks in the inning.

The first-inning outburst was all winning pitcher Al Perkins

Baseball

needed. The crafty lefthander allowed just four hits.

Ricardo Ransom had two of the four hits for Seminole Ford.

ADCOCK STOPS ATLANTIC

While Sun Bank has yet to lose a game, defending league and city champion Adcock Roofing remains in second place, but has three losses. Adcock Roofing rolled up a big lead early Tuesday en route to a 13-7 victory over Atlantic Bank at Fort Mellon Park.

Adcock scored 10 runs over the first three innings and reliever Erskine Howard held off a late rally to preserve the win.



Tony Chavers had three hits Tuesday.

Howard, Tony Chavers and John Dumph slugged three hits each to pace the 13-hit Adcock Roofing attack. Ray Adcock added a pair of singles and scored three runs.

Johann Brewington and Anthony Duval had two hits each to lead Atlantic Bank.

Southpaws

Ebbert, Hagen Hurl Mound Masterpieces

In a league better known for its hitting, pitching was the rule of thumb last week in the Altamonte Springs Senior League as two old left-handed teammates turned in quality efforts.

The winners — Greg Ebbert and Jeff "Lefty" Hagen — were instrumental southpaws when the Altamonte Juniors finished second in the World Series two years ago at Taylor, Mich.

Ebbert tossed a three-hit shutout, and was backed by a 10-hit offensive attack as the Indians won by the slaughter rule over the Yankees, 10-0, in five innings, in Altamonte Little League Senior Division action.

Ebbert struck out six and issued no free passes while giving up three singles, two to Scott Conklin and one to Greg Metzger.

Chris Cornelius clouted a double and drove in three runs for the Indians while Eric Swannie and Mario Riveron contributed two singles apiece. Ebbert also drove in a run with a base rap.

In the second game, Hagen struck out 11 and walked three as the Angels topped the Dodgers, 4-1.

Baseball

Zac Maddox led the Angels' offense with a double and two runs batted in. Robbie Duprey added a double and two more ribbies.

In the third Senior Division game, Penny Sequeiros and John Bruetz locked up in a pitcher's duel for seven innings and it was Sequeiros that came out on top as the Dodgers scored once in the bottom of the seventh to pull out a 4-3 win over the Cardinals.

In the bottom of the seventh, with one out, Warren Woodard drew a walk and, one out later, Pat DeLuca smacked a single. A wild pitch moved the runners to second and third and Woodard scored the winning run on another wild pitch.

Sequeiros had the better control of the two pitchers and that ultimately made the difference. Sequeiros gave up five hits, struck out five and walked only three. Bruetz allowed six hits, struck out nine but walked seven.

McEnroe Advances

NEW YORK (UPI) — For a full four minutes, John McEnroe explained what was wrong with his game, the fans, and the weather.

Vince Van Patten, who had just come off the court with McEnroe, presented a stark contrast to his moody rival. Flashing his beat Hollywood smile, Van Patten explained how happy he was and how much he enjoyed the match.

If you know anything about people, you'd presume Van Patten was the winner of their Tuesday night contest. If you're familiar with tennis, you'd suspect something different.

McEnroe, despite his demeanor, had just swept the final nine games to complete a 6-4, 6-0 victory over Van Patten in an opening-round match of the \$615,000 Tournament of Champions.

The tournament, carrying an \$80,000 first prize, is sponsored by Shearson Lehman Brothers.

In temperament and talent, McEnroe and Van Patten are courts apart, and their performances Tuesday night provided ample evidence.

McEnroe, who returns to Forest Hills today to play Jaro Navratil of Czechoslovakia, is ever the perfectionist. Despite his one-sided victory, he had reason for disappointment.

"It was very windy and I wasn't ready for the conditions," McEnroe said. "It was my first time outdoors this season and you don't feel like you're getting in a groove. I felt sluggish, I wasn't moving as well, and the ball toss was tough."

All other seeded players in action Tuesday won first-round matches, including No. 3 Aaron Krickstein, No. 4 Henrik Sundstrom and No. 5 Johan Kriek.

Krickstein routed Hans-Peter Kunderl of Austria, 6-1, 6-1. Sundstrom beat fellow Swede Jonas Svensson, 6-4, 6-2, and Kriek defeated Christophe Roger Vasselin of France, 7-6, 6-2.

Ivan Lendl, the second seed, was scheduled to start today's second round matches on the stadium court against Ronald Agener of Haiti, followed by McEnroe-Navratil.

The featured evening match sends Krickstein against Roberto Saad of Argentina.

There was one major upset Tuesday as No. 6 seed Vitas Gerulaitis, the 1980 T of C champion, fell to 20-year-old Marian Vajda of Czechoslovakia, 4-6, 6-4, 6-4.

...Rams

Continued from 7A

back to take fourth in the two mile at 9:55.2. He has run a 9:47 this season in the two mile.

"Ken had a totally different style than Matt (Palumbo)," McGee said of Rohr. "He likes to hang back and run an even pace while other people are dying. When he hits a pace he just maintains it."

"Ken was in 10th place in the mile (at region) after he passed the first quarter and had huge pack in front of him," added McGee. "He moved up to sixth at the end of the half mile and then into fifth after the third lap. He moved into third on the last lap before dropping to fourth. Ken gets his adrenaline pumped by passing people."

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HAPPY HOUR DAILY 4 TIL 6

PEOPLE

Evening Herald, Sanford, Fl. Wednesday, May 8, 1983-1B

Top Winners In Garden Club Flower Show

The Garden Club of Sanford Inc. held the Annual Flower Show, *Patterns and Patches*, at the clubhouse. The 3-day standard show show attracted a steady stream of flower fanciers. In right photo, Bob Douglas, representing Sun Banks, presented Abbie Owen the Sweepstakes Award in Design. The Sweepstakes Award is given to the exhibitor in the Design Division and Horticulture Division winning the most blue ribbons.



Mary Tillis, winner of the Sweepstakes Award in Artistic Design, accepts the trophy from Wayne Albert of First Federal Savings and Loan of Seminole.



Walter White of Empire of America Federal Savings Association presents the Creativity Award to Garden Club president Mary Tillis for her arrangement, 'Modern Stitchery.'

Herald Photos by Tommy Vincent

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Talent, Gong Show To Benefit Clinic

In keeping with the designation of May as "Better Speech and Hearing Month" and to concentrate attention on local facilities available for communicative disorders, area Sertoma and La Sertoma clubs are joining forces to present a "Talent and Gong Show" Saturday May 18 at the University of Central Florida's Engineering Building Theatre. All proceeds from the benefit performance will be donated to the Communicative Disorders Clinic on the UCF campus.

The show, which begins at 7:30 p.m., will be preceded by an open house at the clinic beginning at 3 p.m. The public is invited to tour the clinic, meet the staff and volunteers, and then stay for the entertainment. Prizes will be awarded in three talent categories—best performance from Sertoma, from La Sertoma, and from non-members. Students and faculty at UCF and interested supporters are expected to enter the competition. Advance tickets are \$3 (\$3.50 at the door) and are available from club members, from the UCF clinic, or from telephone reservations (695-7597).

The Winter Park La Sertoma Club is the sponsor and originator of the program and has issued challenges to other clubs to become involved either by entering acts in the talent contest, inviting others to participate, or selling tickets. According to Barbara Kuhn, director of the show, "This is a timely and appropriate project for area clubs because speech and hearing is an international sponsorship for both Sertoma and LaSertoma, and the UCF clinic is an affiliate of the Sertoma Foundation."

In addition to the clinic open house and talent show, the May 18 events will feature free refreshments, celebrity judges and a number of undisclosed "surprises." Dress rehearsal for the show will be Saturday afternoon of the evening's performance, and assistance is available to work with individuals or groups who wish to participate. "This is tremendous opportunity to combine fun with charity," says Kuhn. "And we're hoping that the Central Florida community will assist us on stage or behind the scenes in this service project for the speech and hearing impaired."

Girl Scouts Set June Safety Clinic

Citrus Council of Girl Scouts and the Central Florida Chapter of the American Red Cross are co-sponsoring a Safety Clinic to be held June 7-10, at the Girl Scout Program Center in Seminole County. The courses are open to adults and girls who meet age and course prerequisites, whether or not they are registered Girl Scouts. Men are welcome to attend.

The following courses will be offered: Basic Rescue, Advanced Lifesaving, Water Safety In-

structor, Canoeing Instructor, and Sailing Instructor. These courses have a \$50.00 fee which includes all meals and lodging. Also being offered is Multimedia Standard First Aid Instructor or First Aider, CPR Instructor or Basic Life Support.

Fees for these courses vary as to length of the course. For more information about the courses, schedules and fees, or to request an application contact the Girl Scout Service Center, (305) 645-1020.

Boy Scout Barbecue

A barbecue chicken dinner will be held Saturday, May 11, at the Good Shepard Lutheran Church, 2917 Orlando Drive, Sanford, to raise funds for Boy

Scout Troop 508. Hours for the barbecue, open to the public, will be from noon to 6 p.m. The cost is \$3.50 per person.

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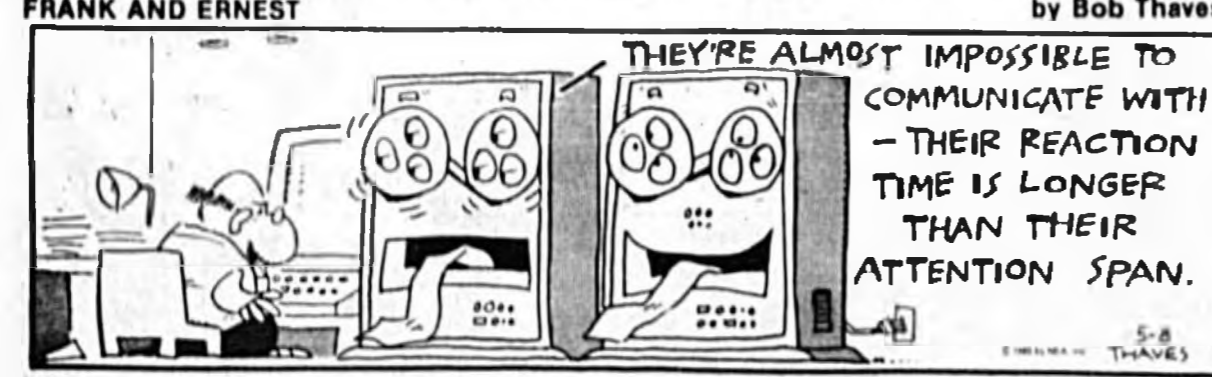
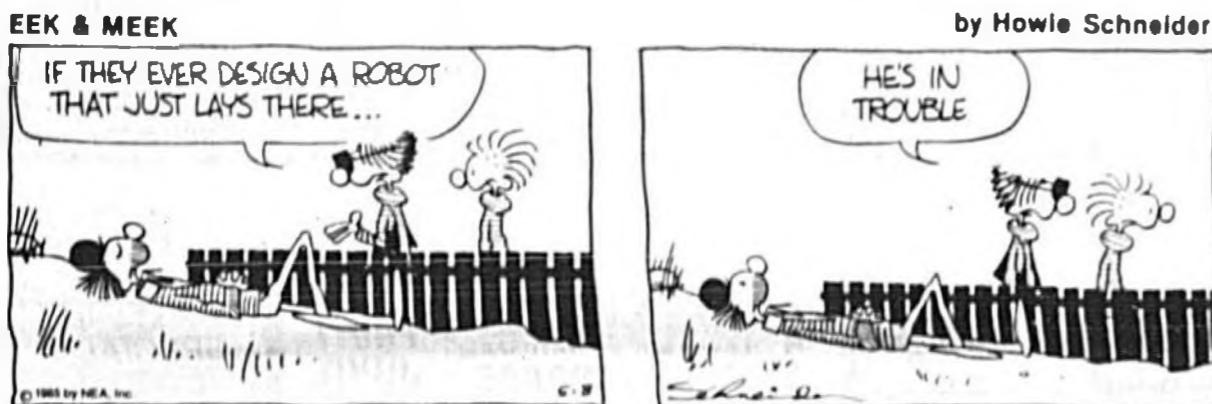
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Old Football Injury May Require Surgery



DEAR DR. GOTT — I injured my knee playing football about 10 years ago. Ever since then, when I walk for a long period of time, my knee swells slightly and gets very tender. What can I do?

DEAR READER — You may have suffered internal knee damage, involving the cartilage, during your football career, or you may have sprained the knee and stretched the ligaments that support it. Slight swelling after exercise is of no consequence. However, if you have pain, limitation of movement or locking of the knee, you should be examined by an orthopedic surgeon.

DEAR DR. GOTT — If a person had a lobectomy due to tuberculosis, would he be more likely to develop emphysema in later years?

DEAR READER — No. The lobectomy itself would not cause emphysema, because at the time of the operation, the surgeon removed only the diseased portion of one lung.

However, many patients who have had TB also smoked heavily or worked in occupations that involved air pollution. Inhaled particulate matter can cause a staggering array of lung diseases — from asbestosis to farmer's lung — that can lead to emphysema.

Tuberculosis can cause a condition called "pulmonary fibrosis," characterized by extensive lung scarring. This scarring can produce the same type of shortness of breath we associate with emphysema. If a person has difficulty breathing as he ages, this may be due to heart disease or the normal amount of emphysema that comes with advancing age. A lobectomy, TB or any lung infection can accelerate the expected loss of lung function that is part of the aging process.

DEAR DR. GOTT — If a person's nails are marked with ridges or lines, what does this indicate?

DEAR READER — Longitudinal ridging of the nails affects everybody who enters the ranks of the elderly. Like gray hair and wrinkled skin, nail

ridging is inescapable and requires no treatment.

Transverse ridging of the nails, however, can indicate a nutritional deficiency. If you are young and have newly ridged nails, help yourself to a physical examination by a specialist in internal medicine.

DEAR DR. GOTT — My 8-year-old son has very offensive underarm odor. It just started this year. I keep him clean and bathed daily, but after only a few

minutes in hot weather, the odor is unbearable.

DEAR READER — Check out the underarm areas of your son's clothes. Often, perspiration oils are not completely laundered out of the clothing, and with repeated wearing, the clothes themselves begin to smell.

Send your questions to Dr. Gott at P.O. Box 91428, Cleveland, Ohio 44101.

ACROSS

- Inventor Franklin
- River in Europe
- Eastern beasts of burden
- Harem apartment
- Air (comb. form)
- Sea bird
- Gamble
- River in West Germany
- BC Pacific island
- Fish
- Actor Nimoy
- Discharge
- Glide on snow
- Tolerant
- Wind (comb. form)
- Elaborate poem
- Suave
- Federal agent (comp. wd.)
- Identical
- Tiny distance
- Make angry
- Hit hard
- Child's vehicle
- State
- Sunflower State (abbr.)
- Warrior
- Mediterranean sailing vessel
- Outer (pref.)
- Bird feed
- Babylonian deity
- Count (Ger.)
- Joint
- Everything
- Sarong
- Consign
- Cereal grain

DOWN

- Roberts
- Biblical garden

Answer to Previous Puzzle

X	E	R	E	B	E	C
E	N	A	M	O	R	
N	E	B	U	L	A	R
O	R	B	S	O	E	
O	L	A	P	A	C	
E	K	G	S	K	A	T
I	N	S	R	E	N	
M	U	T	R	E	E	
I	B	S	E	N	M	L
L	O	O	P	T	A	
L	A	N	P	H	D	
O	T	I	O	S	E	
S	H	A	P	E	S	
S	E	N	S	E		

43 Actor Wallech
45 Undivided
47 Work tables
49 Table supports
50 Light brown
51 And others (2 wds.)

52 Norse poem
54 Construction beam (comp. wd.)
55 Slippery
56 She (Fr.)
59 Poetic contraction

WIN AT BRIDGE

By James Jacoby
The "two-over-one game force" system means simply this: When you respond to an opening bid by bidding a lower ranking suit on the two level, you and your partner now have an agreement that your side will play at least a game contract.

Although invitational values are difficult to describe when playing this method, it is very effective when the responder has a good hand and is uncertain about the best game contract. Look how well it worked in today's deal.

After South had rebid two hearts, North was able to bid two no-trump without worrying about whether South might pass. When South did bid three clubs, North could feel his way with three hearts, allowing South to bid four with the actual

hand. With only five hearts, South would have bid three no-trump.

With the spade ace as opening lead, declarer had no problem. He could ruff a spade, throw two clubs on the A-K of diamonds, and cover the nine of hearts with the 10.

However, a club lead would have given the defenders a chance to shine. East should overtake the club 10 with the jack. South must duck. Now East returns a heart. Declarer wins the ace and plays a spade.

West wins the ace and leads a heart into declarer's strength. South can now come to only five heart tricks, one spade, two diamonds and the club ace. That's only nine tricks, so the result is down one.

That would be the kind of nifty defense that gets written about.

NORTH 5-8-85
♦ K Q
♥ 17
♠ A K 5 4 3 2
♣ 7 3 2

WEST ♦ A 10 8 4
♥ Q 5 4 3
♦ Q 7 6
♣ 10 9

EAST ♦ J 7 6 5
♥ 9
♠ J 10 9 8
♣ K Q J 4

SOUTH ♦ 9 3 2
♥ A K J 10 6 2
♠ ...
♣ A 8 5 5

Vulnerable: East-West
Dealer: East

West	North	East	South
Pass	2♣	Pass	1♥
Pass	2NT	Pass	2♥
Pass	3♥	Pass	3♣
Pass	Pass	Pass	4♥

Opening lead: ♠A

HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY MAY 9, 1985

Someone you've drifted apart from may re-enter your life in the year ahead and your bonds of friendship will be renewed. The relationship will now become very meaningful in your life.

TAURUS (April 20-May 20) Carefully consider all of your alternatives before entering into agreements today, but once you make a commitment, stand by your work at all cost.

GEMINI (May 21-June 20) Confidential company matters should only be discussed with persons who are directly involved. Weigh your words carefully when talking to outsiders.

CANCER (June 21-July 22) There's a chance that the behavior of a valued friend could

be annoying today. No one is perfect, so quickly forgive and forget.

LEO (July 23-Aug. 22) You'll perform efficiently today tasks that are of your own choosing, but you might be inept and careless with jobs imposed upon you by others.

VIRGO (Aug. 23-Sept. 22) Instead of buying impulsively, take lots of time today to study any bargain you are offered. There's a chance it'll be less than a good deal.

LIBRA (Sept. 23-Oct. 23) Do not be timid or wishy-washy today in matters that affect your welfare or material security. Stand up for your rights.

SCORPIO (Oct. 24-Nov. 22) Your best interests may not be fully served today because you could be too easily swayed by outside influence. Treat all fairly, but also look out for yourself.

SAGITTARIUS (Nov. 23-Dec. 21) Use your smarts in your

business dealings today. Don't make concessions unless the other party is prepared to do some adjusting as well.

CAPRICORN (Dec. 22-Jan. 19) You have friends in positions to help you advance your hopes, but to gain their assistance, you'll have to be more specific about your objectives.

AQUARIUS (Jan. 20-Feb. 19) In a career situation today, an ally will come through for you as promised. However, he will expect you to keep secret whatever transpires.

PISCES (Feb. 20-March 20) Even though the amount may be trifling, don't make a loan today to someone your instincts warn against. Your intuition is trying to protect you.

ARIES (March 21-April 19) Small mistakes are possible today in your commercial dealings. However, if you take the time to do things in an orderly fashion, errors can easily be avoided.





Thespians Conference

Sheri Sargent, from left, Jerry Ragsdale and Jane Epps (sponsor) of Seminole High School were among the participants when approximately 1,200 high school students and their sponsors recently attended the 1985 Thespians Conference at Florida State University in Tallahassee. The conference, hosted by the FSU School of Theatre, included workshops and competition in music and drama.

Pankhurst To Install And Present Awards

The monthly meeting of Pankhurst will be an evening dinner event on Thursday, May 9 at 6:30 at the Holiday Inn, I-4 and State Road 46, near Sanford.

The featured guest speaker, Marti Salt, Channel 9 Anchor, will discuss the trials and tribulations of *Putting Together a Newscast*. Also on the evening agenda will be the installation of officers.

Gretchen Schapker, outgoing president will present awards to her outstanding board members.

New officers for 1985-86 will be: president, Dede Schaffner; president elect, Joyce Sims; secretary, Norma Ragsdale; treasurer, Lynda Mays; membership, Mary Bell Streetman; projects, Betty Stanley; public relations, Pamela Morris; youth, Marilyn Denton; scholarship, Sandra Barker; logistics, Wanda Abel; social, Barbara and Kercher and Janice Springfield; ways and means, Becky Kraft; and newsletter, Joan Walker.

Presiding over the installation

of officers will be Sanford Mayor Bettye Smith who is also a member and past president of Pankhurst.

Pankhurst, a woman's service organization, was established in 1980 to bring women together through development, service, education, and leadership. A unique organization, Pankhurst provides a forum for growth and the sharing of ideas and talents and meets monthly. A major goal is to provide two scholarships to area high school girls and a third scholarship for a mature woman returning to college.

For the second consecutive year, Pankhurst will present a series of classes for women to be held at Seminole Community College. The 5-week course began Tuesday and is entitled "Women's Issues in Our Times" and open to the public. Registration is \$5 and any interested women are asked to register at the SCC Administrations Office.

Fashion Show To Spark Sweetwater Installation

The May 13th Luncheon and Fashion Show at the Sweetwater Oaks Country Club is a fête in honor of the Sweetwater Oak's Garden Club officer installation ceremony which will take place beginning at 11 a.m.

The new Garden Club officers to serve the 1985-86 term are as follows: president, Jean Morris, V.P. (membership), Winnie McPherson, V.P. (programs),

Margaret Kirkpatrick, V.P. (hospitality), Florence Zmudka, secretary, Margaret Moore, reporter, Naomi Zarensky, and treasurer, Marilyn Reilly.

Ruth Ault, in charge of the Garden Club's publicity, reports that this meeting will be the final meeting of the 1984-85 year. Meetings for the 1985-86 season will resume on Sept. 11. — Nancy Frye

Smoker's Tragic Death Inspires Reader's Vow

DEAR ABBY: On April 5, I read a letter in your column in the Rocky Mountain News that did something for me that nothing else was able to do. It made me decide to quit smoking.

It was written by a woman signed "Grieving in Gulfport," whose beloved younger sister had died from lung cancer. Her doctor bluntly stated, "Cigarettes killed her."

"Grieving's" final paragraphs hit me like a thunderbolt. "Abby, why do advertisers make cigarette ads so attractive? Instead, they should run a before and after picture of a once beautiful woman vomiting and bald from radiation therapy."

"I know this letter is too long for your column, but if it makes just one person reach into her purse (or his pocket) and throw away that pack of cigarettes, it will be worth it."

Abby, please tell "Grieving" that her letter made this 42-year-old, four-pack-a-day woman reach into her purse and throw her cigarettes in the trash! I've taken an oath to never smoke again.

Too bad she didn't sign her name. She deserves to be thanked publicly.

FREE IN DENVER



Dear Abby

DEAR FREE: She did sign her name, but requested that her letter be signed "Grieving in Gulfport" if published.

However, I telephoned her to tell her what a terrific impact her letter had made, and asked if I could reveal her identity.

She said, "If you think it will help just one person, go ahead."

So, orchids to you, Dorothy Sosebec in Gulfport, Miss.!

DEAR ABBY: I never thought I'd be writing to you for advice, but here I am.

My world is in chaos, and for the first time in my life I am considering suicide. I am the mother of two beautiful twin boys who are 2 years old. I often wonder if they'd be better off without me. I'm 22.

Six months ago I left my husband to live with a married man I thought I loved. I destroyed two families because of

my selfishness, and now I'm miserable. I realize that I do not love this older married man.

I want my old life back, but I know my husband and his family will never forgive me for what I have done. Please help me.

suicide prevention office. Then phone that office and tell the people there that Abby told you to call. Do this immediately, and let me hear from you at once. I care.

ASHAMED IN AMHERST

DEAR ASHAMED: You really want to live or you wouldn't have written to me. You can be helped, and I want to help you, but it's not possible unless you tell me how to reach you.

Please call your telephone operator and ask for your local

(Every teenager should know the truth about sex, drugs and how to be happy. For Abby's booklet, send a check or money order for \$2.50 and a long stamped (39 cents) self-addressed envelope to: Abby, Teen Booklet, P.O. Box 38923, Hollywood, Calif. 90038.)

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SATURDAY • MAY 11th
FIRST FIFTY CUSTOMERS RECEIVE A FREE PAIR OF WISS SCISSORS!

Your Headquarters For:
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 WINTER SPRINGS CENTER
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 MON.-SAT. 9:30-5:30 **327-2914**

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50 MG ZINC #2339 99¢ 250 - \$2.39	LEDERLE CENTRUM #0854 \$6.99 130	10 GRAIN 1200 MG LECITHIN #0718 \$1.29 100 500 - \$5.99	500 MG VITAMIN C #0037 99¢ 100 500 - \$4.89	400 I.U. VITAMIN E #0991 \$1.79 100 250 - \$4.39
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IF YOU CAN FIND A LOWER LOCAL RETAIL PRICE, WE'LL MATCH IT!

COUPON GARLIC CAPS #0370 REG. \$2.49 EXP. 5/22/85 \$1.49 100 500 - \$4.99	NO LIMIT 50 MCG SELENIUM #0854 99¢ 250 - \$2.39	GRAPEFRUIT DIET WITH GLUCOMANNAN #0787 Make 1985 your year for success. Be thinner, be healthier, be more attractive. The way the Grapefruit Diet with Glucomannan is setting now it looks like this is going to be our most successful diet product of the year. Be part of that success, get your Grapefruit Diet plan now. Menu plan included. \$9.99 Two week supply
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COUPON BANANA CHIPS #1376 REG. \$1.19 EXP. 5/22/85 79¢ 1 lb.	COUPON DOUBLE NATURAL SODAS #1376 REG. \$1.19 EXP. 5/22/85 29¢ 12 oz.	COUPON FRUIT JUICE #1376 REG. \$1.19 EXP. 5/22/85 29¢ 7 oz.
COUPON WHOLE WHEAT FLOUR #0078 REG. \$1.09 EXP. 5/22/85 59¢ 5 lb.	COUPON GRAPEFRUIT SECTIONS #0970 REG. \$1.19 EXP. 5/22/85 39¢ 1 lb.	COUPON PIONEER ALOE VERA SHAMPOO #2201 REG. \$1.49 EXP. 5/22/85 \$1.49 1 lb.

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FRESH GROUND PEANUT BUTTER #1800 REG. \$1.49 1 lb.	WHOLE WHEAT FID BARS #1300 REG. \$1.99 1 lb.
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CHILD CARE PRE-SCHOOL KINDERGARTEN

Presents OPEN HOUSE
SATURDAY MAY 11th 11AM - 3 PM
 Ribbon Cutting At 11:00 AM

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Marvelous Mixed Flowers In A Pfaltzgraf Stoneware Serving Dish Topped With A Colorful Pot Holder.

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Teleflora

Potpourri

Perform Magic With Popover Pizza

Magicians invent a world of wonder on stage, creating marvelous illusions that mystify audiences. Magic, however, is not reserved only for the stage. Conjure up your own magic in the kitchen with this Upside-down Popover Pizza.

Almost magically, the top crust puffs up during baking. Underneath is a savory mixture of favorite pizza ingredients.

Crust is made with Gold Medal Wondra quick-mixing flour for quicker-than-the-eye mixing. Just pour or dip and level the flour. Because of its granular texture, the flour disperses instantly in liquids. There's no sifting, kneading or rising time.

For a presto-changeo variation, you may want to substitute ground lamb, duck or even venison for the ground beef and pork, and use a prepared pizza sauce.

As it is said in the world of magic, "It must be seen (and tasted) to be believed... no description is adequate."

UPSIDE-DOWN POPOVER PIZZA

- 10 ounces bulk pork sausage or 1 pound ground beef
 - 1/2 cup chopped onion
 - 1/4 cup chopped green pepper
 - 2 tablespoons Gold Medal Wondra flour
 - 1/2 teaspoon dried basil leaves
 - 1/2 teaspoon fennel seed
 - 1/4 teaspoon dried marjoram leaves
 - 1 can (15 ounces) tomato sauce
 - 8 ounces mozzarella cheese, thinly sliced
 - 1 cup Gold Medal Wondra flour
 - 1 cup milk
 - 1 tablespoon vegetable oil
 - 1/2 teaspoon salt
 - 2 eggs
 - 1/4 cup grated parmesan cheese
- Heat oven to 425°. Cook and stir sausage and onion in 10-inch skillet until sausage is brown and onion is tender; drain. Stir in green pepper, 2 tablespoons flour, the basil, dandel seed, marjoram and tomato sauce; heat to boiling. Boil and stir 1 minute. Pour into ungreased rectangular pan, 13x9x2 inches. Arrange mozzarella cheese slices on top. Beat 1 cup flour, the milk, oil salt and eggs with hand beater until smooth; pour over cheese slices. Sprinkle with parmesan cheese. Bake until puffy and golden brown, 25 to 30 minutes. Serve immediately. 6 to 8 servings.

roll wrapper with one point toward you. Spoon about 1/2 cup pork mixture horizontally across and just below center of wrapper. Moisten all edges of wrapper with water. Fold bottom corner over filling and roll halfway up wrapper, making an elongated roll. Fold two side corners inward over filling. Roll up toward remaining corner; press gently to seal. Repeat with

remaining egg roll wrappers and filling.

In uncovered electric wok, heat three cups corn oil to 375° F. Carefully add egg rolls, two at a time. Fry 2-3 minutes or until golden brown. Drain on paper towels. Serve with hoisin sauce. Makes 10.

For a Perfect Cup of Tea:
Preheat teapot by rinsing with hot water.

Bring fresh, cold water to full, rolling boil.

Use one tea bag per cup of water.

Pour boiling water into teapot and cover.

Let stand 3-5 minutes.

Gently squeeze tea bags and remove.

Serve plain, as the Chinese prefer, or add sugar or honey, as desired.



Conjure up your own magic in the kitchen with this Upside-down Popover Pizza.



PRICES EFFECTIVE THURSDAY, MAY 9 THRU WEDNESDAY, MAY 15, 1985. QUANTITY RIGHTS RESERVED.

PILLSBURY FLOUR
PLAIN OR SELF RISING
5 LB BAG
79¢

JUMBO BOUNTY TOWELS
ASSIST. MICROWAVE OR DESIGNER ONE ROLL
79¢

MOTT'S APPLE JUICE
APPLE GRAPE OR APPLE RASPBERRY 3 PACK
99¢

KRAFT DRESSING
FRENCH ITALIAN, 1000 ISLAND OR CATALINA 16-OZ BOTTLE
\$1.39

SUNSWEEP PRUNE JUICE
48-OZ JAR
\$1.59

Rawson, The New Owner A Renewed Commitment Rededication To You

MEAT

BONELESS CHUCK ROAST
Pantry Pride
USDA GRADED
CHOICE BEEF
LB **\$1.38**

TOP QUALITY GRAIN FED FRESH PORK SLICED
QUARTER PORK LOIN LB **\$1.28**

U.S.D.A. GRADE A
ROCK CORNISH HENS 24-OZ AVG. SIZE **98¢** LB

PLANTATION HICKORY SMOKED SLICED BACON
1 LB PKG. **\$1.38**

U.S.D.A. TOP CHOICE BONELESS BEEF
CALIFORNIA STEAKS LB **\$1.78**

TOP QUALITY GRAIN FED FRESH PORK
CENTER CUT PORK CHOPS LB **\$1.78**

TOP QUALITY GRAIN FED FRESH BIFLOIN HALF SLICED FRESH **PORK ROAST** . . . LB **1.28**

U.S.D.A. TOP CHOICE BONELESS BEEF **CALIF. ROAST** . . . LB **1.78**

LEAN FRESHLY GROUND **BEEF CHUCK** . . . LB **1.68**

3 BREAST QTR. WITH BACKS, 3 LEG QTR. WITH BACKS & 3 OBLET PROS **LOTS OF CHICKEN** . . . LB **.58**

U.S.D.A. TOP CHOICE BONELESS BEEF FOR STEW **CHUCK CUBES** LB **1.88**

TYSON'S TRAY PACKED CHICKEN **CORN DOGS** 1 LB PKG. **1.18**

FLASH FROZEN ARROW TOOTH **FLOUNDER** . . . LB **1.38**

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HYDRADE PURE PORK **ROLL SAUSAGE** . . . LB **.98**

DAIRY

TROPICANA 100% PURE HALF GALLON **ORANGE JUICE** **\$1.99**

KRAFT MIRACLE **MARGARINE** 8 STICKS 16-OZ PKG. **.99**

ASLEED CREAMY WHIPPED OR EASY DIET **COTTAGE CHEESE** 32-OZ **1.89**

KRAFT INDIVIDUALLY SLICED **AMERICAN CHEESE** 12-OZ **1.79**

ASLEED **SOUR CREAM** 2 8-OZ **.89**

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SUNNYLAND 16-OZ PKG. **JUMBO FRANKS** **\$1.69**

MEAT, BEEF OR THICK SLICED **LYKES BOLOGNA** 16-OZ PKG. **1.69**

3 LB CAN **AGAR'S HAM** **5.99**

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KAHN'S CHUNK **BRAUNSCHEWIGER** 16-OZ PKG. **1.29**

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PANTRY PRIDE **KING SIZE WHITE BREAD** 20-OZ LOAF **3/\$1.49**

COUNTRY SQUARE 16-OZ **FRENCH BREAD** **2/\$1.09**

NATURE'S GRAIN WHITE 16-OZ **PULL-A-PART BREAD** **2/\$1.69**

FROZEN

JENO'S CRISP AND TASTY **PIZZA** ALL VARIETIES 10.3-OZ FROZEN **99¢**

BIRDSEYE **COOL WHIP** . . . 12-OZ **1.09**

AUNT JEMMA REGULAR OR CINNAMON **FRENCH TOAST** 8-OZ **.99**

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REGULAR ALL VARIETIES **MORTON DINNERS** 11-OZ **.99**

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DR. WEST TOOTHBRUSHES HARD, MEDIUM OR SOFT **5/\$1**

CONDITION 8-OZ FROZEN EXTRA BODY OR NORMAL **CLAIROL SHAMPOO** 20-OZ **1.29**

EXTRA REGULAR, CONDITIONING OR SENSITIVE **EDGE GEL** 7-OZ **1.49**

ACTION CAPSULES 10 COUNT OR **ACTIFED TABLETS** 12 CT **1.49**

VARIABLE INTENSIVE CARE **BABY POWDER** 34-OZ **1.79**

TETLEY FAMILY SIZE TEA BAGS 24 COUNT **\$1.59**

JIFFY CORN MUFFIN MIX 8.5-OZ BOX **4/\$1**

R.C. COLA, DIET RITE, R.C. 100 or VERNOR GINGER ALE 6 PACK 12-OZ CAN **\$1.59**

Microwave Magic

Super Salads Even Easier Than Before

The warm weather is about to descend on us again and that usually means that lighter meals are now to our liking. Salads, fruit, vegetable, meat and fish can provide many nutrients in a "lite" satisfying way.

The microwave makes preparing salads even easier than before. The vegetables will have a better color, gelatins will be smoother, meats will cook quicker and preparation time as a whole will be shorter. Cream cheese can be softened in less than a minute and water brought to a boil quickly.

While asparagus is still available, try this salad.

- ASPARAGUS SALAD**
 1 pound fresh asparagus
 2 small sweet onions-sliced in rings



Midge Mycoff

Home Economist
 Seminole Community College

- 1/2 pound fresh mushrooms-sliced
 Dressing
 one third cup cider vinegar
 1 tablespoon sugar
 2 tablespoons of lemon juice
 1 teaspoon of garlic salt
 1/2 teaspoon of dry mustard
 1/4 teaspoon of basil
 1/2 teaspoon of oregano
 1 cup vegetable oil
 fresh ground black pepper
 Place the vinegar in a 2-cup

measure. Microwave on 100 percent power for 30 seconds, or until vinegar is hot. Add sugar, lemon juice and herbs and stir. Microwave asparagus in a covered container on 100 percent power for 3-5 minutes. Drain and cool. Add onions and mushrooms to the asparagus. Pour dressing over the vegetable mixture. Cover and chill several hours before serving.

Taco salads are on many menus these days-make this one at home.

MEXICAN SALAD

- 1-3 teaspoons chili powder (or to taste)
 1/2 teaspoon garlic salt
 1 pound lean ground chuck

- 1 large head of iceberg lettuce
 1 (15 ounce) can of kidney beans
 1/2 cup of celery, chopped
 2 tomatoes, chopped
 1/4 cup ripe olives, sliced in rings
 1/2 cup of red onions, chopped
 1 cup sharp cheese, grated
 1 (8 ounce) bottle Catalina dressing
 1 (10) package of corn chips crushed

Microwave ground chuck, chili pepper, garlic salt on 100 percent power for 5-6 minutes. Drain. Rinse chili beans. Add beans, celery, tomatoes, olives, onions, cheese and dressing to the lettuce that has been washed, drained and torn into bite size pieces. Add the drained meat. Chill at least one hour before serving. Add corn chips and toss. O.K!

This special fruit salad makes 16 servings. It's a good one for a church or school covered dish supper.

SIMPLY SCRUMPTIOUS STRAWBERRY SALAD

- 1 (20 ounce) can of crushed pineapple
 1 (6 ounce) box strawberry Jello
 2 cups buttermilk
 1 (8 ounce) container of whipped dessert topping
 1/2 cup chopped pecans
 Drain pineapple well. Put juice in a large glass bowl. Heat juice 1-2 minutes on 100 percent power. Add and dissolve Jello. Cool. Add buttermilk and pineapple and place in refrigerator until mixture starts to thicken. Fold in dessert topping and nuts pour into a large pyrex dish or several small molds.

Just a little different twist on an old favorite!

LAYERED POTATO SALAD WITH MUSTARD SAUCE

- 6 medium potatoes, cooked and sliced
 2 onions, sliced and divided in rings
 3 hard boiled eggs, chopped
 1 cup olives, sliced

Mustard Sauce:

- Two thirds cup mayonnaise
 one third cup mustard
 Vinegar to taste
 Microwave potatoes on 100 percent power 15-18 minutes, or until slightly firm. Allow to stand 5-10 minutes covered. Cool. Peel and slice. Place a layer of potatoes, onions, eggs and olives. Drizzle mustard over potatoes etc. Layer and drizzle more mustard sauce. Chill and serve.

I "grew up" in Pennsylvania, we had this salad as the first lettuce and green onions came from the garden.

PENNSYLVANIA DUTCH WILTED LETTUCE

- 5 slices bacon
 3 teaspoons bacon drippings
 1/4 cup of cider vinegar
 2 tablespoons of water
 1 tablespoons of water
 one-eighth teaspoon pepper
 1/4 teaspoon dry mustard
 4 green onions, thinly sliced
 Leaf, Bibb or other tender lettuce (one pound of fresh spinach is a delicious substitute for lettuce). Microwave bacon in a glass baking dish, or on a microwave rack, on 100 percent power for 4-5 minutes, or until bacon is crisp. Drain bacon, crumble and set aside. Combine remaining ingredients, except lettuce and onions and mix well. Microwave on 100 percent power for 2-3 minutes or until hot. Pour hot dressing over lettuce and onions in a salad bowl. Toss lightly and garnish with crumbled bacon. Serve immediately.

Of Pantry Pride Brings To Excellence And Our Valued Customers.



WE WILL CONTINUE TO REDEEM CASH DIVIDEND CERTIFICATES THRU MAY 11, 1985.

MOTHER'S DAY SPECIAL
16 PIECE IRONSTONE DINNERWARE SET
 (REGULAR PRICE \$29.99)
\$9.99
 OUR PRICE...
 SERVICE FOR 4 ASSORTED PATTERNS: 9-OZ MUGS, 8 1/4" SOUP BOWLS, 7 1/4" SALAD PLATES AND 9" DINNER PLATES. OVENPROOF, MICROWAVE OVEN & DISHWASHER SAFE.

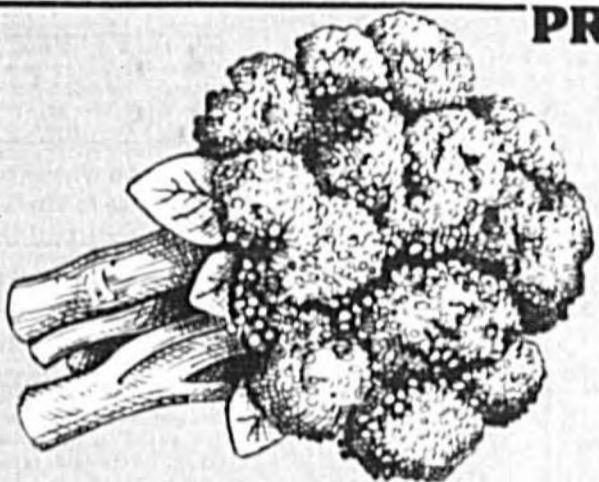
HI-C FRUIT DRINKS
 ALL FLAVORS
 64-OZ JAR
\$1.19

JIF PEANUT BUTTER
 SMOOTH OR CRUNCHY
 18-OZ JAR
\$1.69

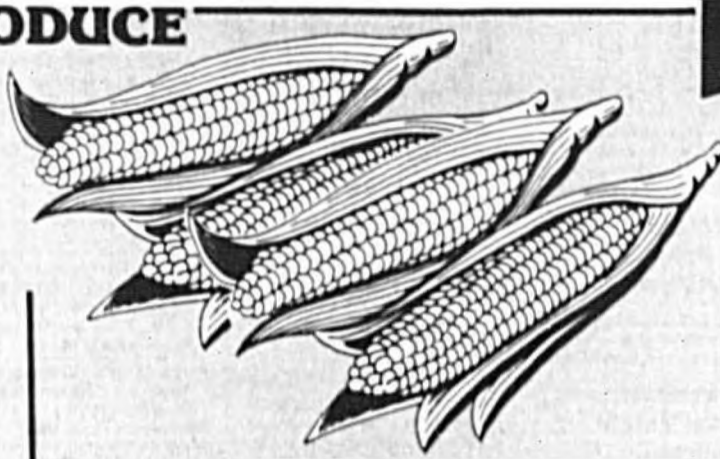
WESSON CORN OIL
 48-OZ BOTTLE
\$2.49

BUSCH or NATURAL LIGHT BEER
 12 PACK 12-OZ CAN
\$3.59

PRODUCE



FRESH BROCCOLI
 BUNCH
79¢



FRESH YELLOW CORN
 10 EARS
\$1.59

JUMBO HEAD CAULIFLOWER
\$1.39

FRESH GREEN CUKES
6/\$1

FRESH WATER-MELONS
19¢ LB

JUICY FRESH PEACHES
99¢ LB

- D'ARNOU EATING PEARS... LB .69
 FRESH CELLO RADISHES... 8-OZ BAG .14
 FRESH YELLOW SQUASH... 3 LB FOR 1.00
 FRESH CELLO CARROTS... 2 LB BAG .49
 FRESH GREEN ONIONS... 4/1.00
 FRESH CALIFORNIA LEMONS... 10/99

- JUNE BOY SWEET RELISH** 8-OZ JAR **59¢**
RICE A RONI YELLOW RICE 8-OZ BOX **2/\$1**
PRINGLES POTATO CHIPS ALL VARIETIES 6-OZ CANNISTER **\$1.19**
KAL KAN DOG FOOD ALL VARIETIES 14-OZ CAN **39¢**

- ALMOST HOME ALL VARIETIES **NABISCO COOKIES** 12-OZ **1.59**
NABISCO COOKIES OREO SANDWICH 20-OZ **2.09**
NABISCO PREMIUM SALTINES 16-OZ **1.15**
KAL KAN GREAT CRISP OR BETTER CHEDDARS SNACK CRACKERS 8-OZ **1.09**
JAR KRAFT MUSTARD 26-OZ **.88**
STRIPE ROACH TRAPS TWO PACK **.89**

IN THE DELI/BAKERY STORES ONLY

- LEAN BOILED HAM** HALF POUND **\$1.19**
COUNTRY PRIDE FRESH FRIED CHICKEN 16 PIECE SATCHEL **\$6.99**
FRESH BAKED WHITE BREAD 1 LB LOAF **69¢**

- PENNSYLVANIA DUTCH STYLE HALF POUND Lebanon Bologna** .1.99
DOMESTIC Swiss Cheese HALF POUND **1.89**
DELICIOUS HEALTH HALF POUND Vegetable Salad .89
HAM & CHEESE SANDWICH EACH **\$1.69** ON A FRESH BAKED CROISSANT
LARGE SOFT SESAME SEED OR PLAIN Sandwich Roll .81.89
MOTHER'S DAY Sheet Cake 24 PAN **4.99**
MOTHER'S DAY Rose Cake TWO LAYER **8.99**

COCA COLA, DIET COKE, TAB, SPRITE, MR. PIBB or MELLO YELLO
 8 PACK 12-OZ CAN
\$2.09

BUSH'S BAKED BEANS
 21-OZ CAN
59¢

A & W ROOT BEER
 REGULAR OR SUGAR FREE
 6 PACK 12-OZ CAN
\$1.39

BUSCH or NATURAL LIGHT BEER
 12 PACK 12-OZ CAN
\$3.59

American Sampler

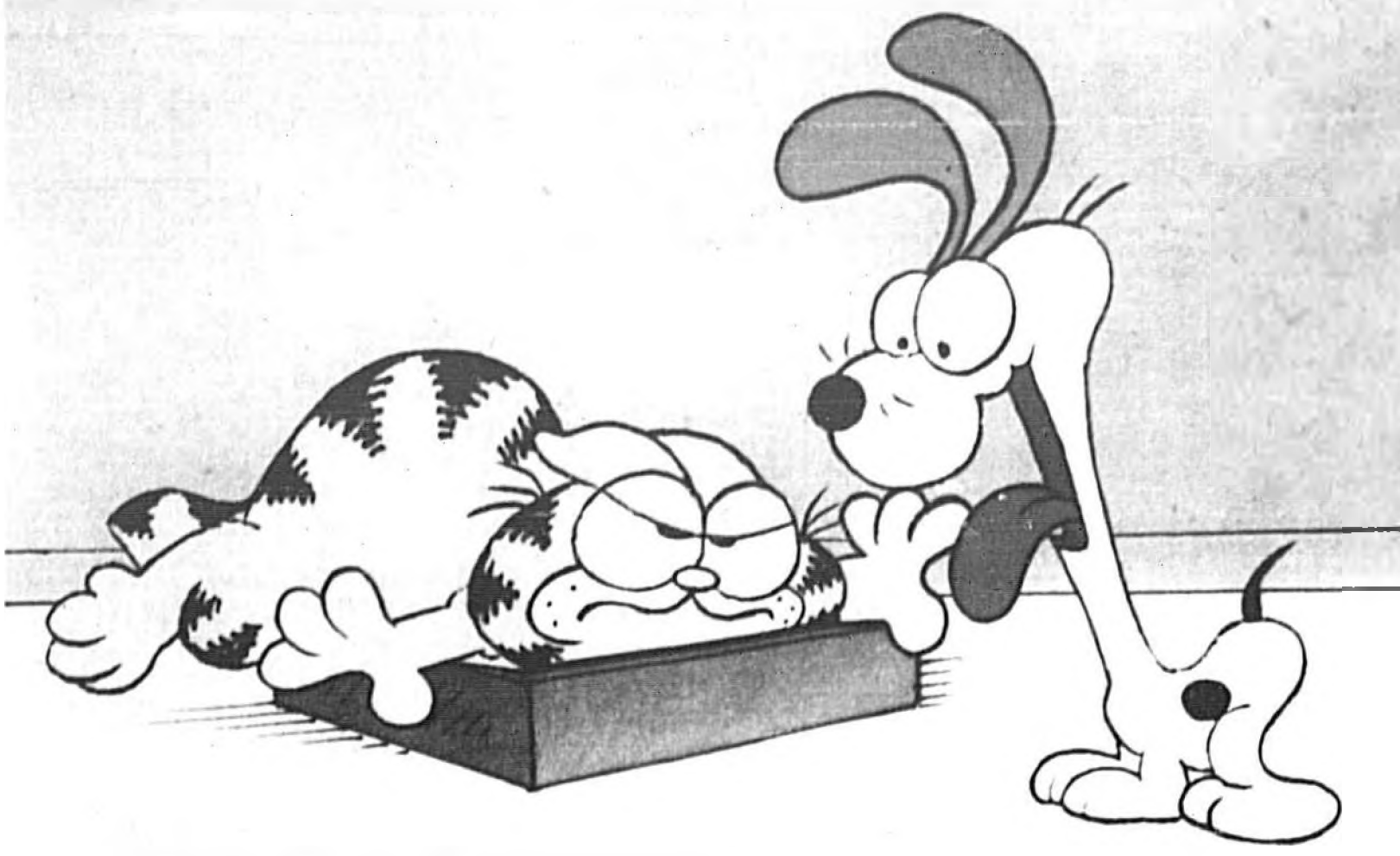
This Steeple Pudding gets its name from the steeple-like shape of the mold. It is a cross between Lemon Pudding and Steeple Cream, both popular desserts when Williamsburg was the capital of the Virginia colonies.

STEEPLE PUDDING

- 1 cup sugar, divided
 1/2 cup corn starch
 3 cups milk
 1/2 cup lemon juice
 4 egg whites, at room temperature

In 3-quart saucepan, stir together 3/4 cup of the sugar and corn starch. Gradually stir in milk until smooth. Stirring constantly, bring to boil over medium heat and boil 1 minute. Remove from heat. Stir in lemon juice. Turn into large bowl. In small bowl with mixer at high speed, beat egg whites until foamy. Gradually beat in remaining 1/4 cup sugar until soft peaks form. Gently fold into lemon mixture. Turn into 7-cup mold. Tap mold on counter to reduce air bubbles. Cover; refrigerate overnight or until firm. Unmold onto serving platter. If desired, garnish with whole blanched almonds and candied violets and serve with sliced strawberries. Makes 10 servings.

PRICES GOOD ONLY IN SEMINOLE COUNTY. DUE TO OUR LOW PRICES WE RESERVE THE RIGHT TO LIMIT QUANTITIES. SOME SOLD TO DEALERS, NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.



GARFIELD CHARACTERS © 1978 UNITED FEATURE SYNDICATE, INC.

'Odie, You Wanna Die?'

Odie, right, is treading on dangerous ground when he attempts to get Garfield the cat out of bed in "Here Comes

Garfield" animated special to be rebroadcast Friday at 8:30 p.m. on CBS, channel 6

These TV Games Are No Trivial Pursuit

By Joan Hanauer UPI TV Reporter

NEW YORK (UPI) — Name all of Elizabeth Taylor's husbands. How many bones are there in the human body? Who signed Clark Gable's army discharge papers at the end of World War II?

They are among those asked on "The Real Trivial Pursuit" on ABC Thursday 9-10 p.m.

The shows pits a celebrity team of Hal Linden, Heather Locklear and Ted Knight against Loretta Swit, Tony Danza and Joyce DeWitt playing a version of the game that has had Ameri-

cans dazzling friends and neighbors with their flashes of meaningless information for the last few years.

For trivia punts this is not the real "Trivial Pursuit." There is no board, no play of the dice, no being forced to answer ques-

Worse, the celebrities are very charming but the producers of the show don't take the game seriously.

The celebrity teams select questions for each other from a supersized trivia box. They are assisted by answers — some glib, some real — from just plain folks as well as a list of celebrities from Joan Rivers to Wayland Flowers and Madame.

It is funny when someone names "Sleazy" as one of Snow White's seven dwarfs, or when a bunch of Los Angeles cab drivers are asked the location of Gorky Park and start giving directions.

But people who take their game shows seriously look for competition instead of comedy — an armchair version of Monday night football in which they are penalized for incomplete knowledge and score touchdowns by throwing an accurate answer right between the goalposts.

These celebrities are only toying with the game. Real players know it is not a trivial pursuit.

As to the questions above: Elizabeth Taylor was married to Nicky Hilton, Michael Wilding, Mike Todd, Eddie Fisher, Richard Burton, Richard Burton and Sen. John Warner, R-Va.

There are 206 bones in the human body.

And Ronald Reagan signed Gable's World War II army discharge.

They are playing games on "The Cosby Show" Thursday night — and the man with a puzzle to solve is Cosby as Cliff Huxtable, who prides himself each year on being able to figure out what his family's gift will be.

He takes shameful advantage of his kids and tries a variety of dirty tricks, but he does not discover that is birthday present is — Lena Horne.

TONIGHT'S TV

Table with columns for Wednesday and Thursday evening and morning programs. Includes titles like '6:00 NEWS', '7:00 P.M. MAGAZINE', '8:00 MOVIE: "Going For the Gold"', '9:00 FACTS OF LIFE', etc.

Table with columns for Thursday evening and morning programs. Includes titles like '8:30 MOVIE: "A Man Called Gannon"', '9:00 MOVIE: "The Last Hurrah"', '9:30 MOVIE: "Wilson"', '10:00 MOVIE: "The Last Hurrah"', etc.

Table with columns for Thursday afternoon and evening programs. Includes titles like '11:05 CATS IN HATS', '11:30 SCRABBLE', '12:00 MIDDAY', '12:30 SEARCH FOR TOMORROW', '1:00 DAYS OF OUR LIVES', etc.

CALENDAR

THURSDAY, MAY 9 Alzheimer's Support Group of Sanford, 7 p.m., second Thursday of month, Howell Place, 200 W. Airport Blvd., Sanford. Sharing and support for families and health givers of Alzheimer's Disease victims. Call 321-0686. Sanford AARP Chapter 1977, noon, Sanford Civic Center. Covered dish lunch, business meeting and program on foot care by Dr. R.C. Kramer, podiatrist. Rummage sale sponsored by Christian Women's Fellowship of First Christian Church, 9:30 a.m. to 4 p.m., 1605 S. Sanford Ave., Sanford. Ad2 Greater Orlando 6-9 p.m., Citrus Club, CNA Towers, downtown Orlando. Free to members, \$5 for non-members. Mari King, governor-elect of American Advertising Federation, will speak and new officers will be nominated. International Training in Communication Greater Seminole Club (previously Toastmistress), 7:30 p.m., Altamonte Chapel Education Building on State Road 436, second and fourth Thursdays. Sanford Jaycees, 7:30 p.m., Jaycee building, 5th and French, Sanford. Community health discussion on delayed parenthood, Baby, Maybe?, 7 p.m., Orlando Regional Medical Center - Speakers - Dr. N. Donald Diebel, director of medical education for OB/GYN, Dr. Lynda Pollack, clinical geneticist, and Dr. Tom Guest, clinical psychologist. For information call 841-5111, ext. 5528. Sanford AA, 1201 W. First St., 5:30, closed discussion, and 8 p.m., open, speaker. Oviedo AA, 8 p.m., closed. First United Methodist Church, Overeaters Anonymous, open, 7:30 p.m. Community United Methodist Church, Highway 17-92, Casselberry. FRIDAY, MAY 10 Central Florida Metal Detecting Club, 7:30 p.m., Goldenrod Community Center, 4783 Palmetto Ave., one block south of Aloma Ave. New members welcome. Rummage sale sponsored by Christian Women's Fellowship of First Christian Church, 9:30 a.m. to 4 p.m., 1605 S. Sanford Ave., Sanford. Central Florida Kiwanis Club, 7:30 a.m., Florida Federal Savings and Loan, State Road 436 at 434, Altamonte Springs. Seminole Sunrise Kiwanis Club, 7 a.m., Airport Restaurant, Sanford. Optimist Club of South Seminole, 7:30 a.m., Holiday Inn, Wymore Road, Altamonte Springs. Central Florida Book Bank Florida Hospital-Altamonte Branch, 601 E. Altamonte Ave., 9 a.m. to 5 p.m. Gentle Exercise for seniors, 10:30 a.m., Casselberry Senior Center, 200 N. Lake Triplett Drive, Casselberry. Wekiva AA (no smoking), 8 p.m., Wekiva Presbyterian Church, SR 434, at Wekiva Springs Road, closed. Longwood AA, 8 p.m., Rolling Hills Moravian Church, SR 434, Longwood. Alanon, same time and place.

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Cook Of The Week

Native Daughter Makes Feast Of Dad's 'Catch Of The Day'

By Dorothy Greene
Herald Correspondent

Just mention a fish fry or a barbecue and the whole Muse clan beats a path to Mom's house for a family day of good eating.

Our Cook of the Week is Gwen Muse of Lake Monroe whose family needs no special occasion to get together and cook up whatever Dad's "catch of the day" happens to be. Lately, speckled Perch heads the menu along with potato salad, grits, hush puppies and baked beans. "What's a fish fry without all the salads and trimmings to go with it," says Gwen.

Gwen and Clyde Muse make their home in the quiet little community of Lake Monroe where Clyde's retirement years allow him to enjoy a favorite pastime of fishing. "We were both born and raised right here in Sanford," says Gwen, "which is unusual because there aren't too many of us natives around anymore."

One of eight living children, four brothers and three other sisters, Gwen says, "Our family lived right across from the grammar school. Mother really influenced my cooking. I used to sit around and watch her all the time until I guess she got tired of it and put me to work. I just like to cook. When mother wasn't cooking, she was sewing, and I can remember sitting in the window and watching her sew. Soon I picked that up, too, and I've been sewing ever since."

Taking advantage of her talent with needle and thread, Gwen became a fine dressmaker. "I don't do it anymore," says Gwen, "but I have made outfits for many fine people. I've made dresses for just about anything from beauty pageants to wedding dresses. I really loved doing it. Now I just do it for relaxation. It's the best tranquilizer."

Gwen recalls memories of her younger days growing up in Sanford, and the changes that have taken place over the years. "Mother and Daddy moved around quite a bit in those days," says Gwen. "I think we moved just about every year. Most of the schools I went to are all torn down now." Gwen was graduated from Sanford High School, which was the Middle School until recently. "They had cheerleaders and majorettes," says Gwen. "I wasn't a majorette in school, but I do remember being a Majorette in my Dad's American Legion Post. When I was just



Herald Photo by Tommy Vincent

Gwen Muse of Lake Monroe: 'I just like to cook.'

a little bit of a thing, I used to march in all the fancy parades downtown. Each organization had little kids dressed in little uniforms marching so proudly. The American Legion had an old train, like a trolley car, that Dad used to drive in

all the parades. I wonder what ever happened to that old car.

With a jolly laugh, Gwen tells of how she met and married Clyde Muse. "I was dating his brother," says Gwen, "and when Clyde came

home from the army, I was introduced to him. We dated for about nine months and then we ran off to Georgia and got married. It was so funny, because he knew we had plans, but we had decided to elope over the weekend and when we returned, Mother said, 'Well, now we know what the wedding cake was for.'

But that was in 1947 and since then Gwen and Clyde have raised four daughters and are a close and loving family. Shirley, Carol and Stephanie and their families live in Sanford and Wanda and her family live in Tampa. "Right now," Gwen says, "the girls and I are making a career out of visiting Chinese restaurants. We just love Chinese food and every Monday is our day to have lunch together. We usually go shopping, then try out a different restaurant, just me and the girls. That's our day ladies' day."

I stay busy all the time," says Gwen. Very active in the Church of God of Prophecy, Gwen is excitedly looking forward to this year's youth camp. "It's like a week long revival with fun and fellowship," Gwen says. For about eight years Gwen has been head cook at the camp and this year the church has its own camp with everything brand new and Gwen says, "It's going to be just great cooking in a new kitchen with the other ladies. We have to cook in very large quantities in these huge pots, and everything has to be done just right. We have big country breakfasts and the kids all enjoy it."

Aside from Gwen's summer duties at the youth camp, she is very much involved in teaching a junior Sunday School class. She is also a Missionary leader helping to raise funds for missionary work, and along with a group of people, Gwen is a "band leader," not the musical kind, but "we help" the Pastor keep up with the flock," says Gwen.

Gwen's six grand children range in age from 17 years to 2 1/2 and it's the little one that helps keep her young, she says. "We keep little 'K.C.' with us a lot because my daughter Stephanie works, so he spends the night with us and then Clyde takes him fishing. He likes to throw his net in the water, or his fishing pole to see what he can catch. He's even thrown the car in the water and

See COOK, 2C



Big Bucks To Help Fight Cancer

Television's Dallas was the theme of the Annual ACS 125 Gathering held in the Paola mansion of Jan and Don Bauerle. Patrons depicting wealthy oil magnates and their ladies fair donated big bucks to help the continuing research for a cancer cure. One of the largest donations came from Codisco

Inc., a \$1,000 check which Ernest Cavallaro, second from left, assistant secretary treasurer of Codisco Inc., presents to Edith McNeill of the Sanford Lake Mary ACS Unit Local Unit president Vivian Buck, left, and Dr. Everett Shocket, right, president of the State ACS, share in the presentation.

In And Around Longwood

Old Timers Honored At Annual Reception

Sittin' and sippin', talking and remembering - this was the laid-back format of the Old Timers' Reception held by the Longwood Civic League's Woman's Club last Sunday afternoon to honor the city's older citizens. There was no formality, no long speeches, just a few words and introductions and a short impromptu speech by the Mayor (forced to the speaker's stand by a tiny septogenarian).



Nancy Frye
Longwood Correspondent
323-8893

It was a hot afternoon with old ceiling fans stirring the conversation, as neighbors visited neighbors young and old, talked about old times and new, and met old friends and made new while enjoying the sumptuous refreshments homemade by the ladies.

Mr. John Coons sat over in a corner and provided background music with his keyboard in his lap as the ladies flitted about in pretty spring dresses and the men stood or hunkered down in their ties and "good britches." Old photographs and clippings were displayed and passed around. A bottle display of old remedy bottles found in Longwood was set up.

The Old Timers' Reception, formerly the Silver Anniversary Tea, was begun in 1912 by the clubwomen and is held annually in the arched interior of the old club building on Church Avenue in Longwood. This building, built in 1870, was originally a chapel and community center located on the site where the Episcopal Church now stands. When this Episcopal Church was being built in 1882, the little chapel was hauled off to West Longwood where it served as the Self Union Chapel. In 1914 the Civic League Woman's Club purchased the building and has it moved to its present site to serve as their club's housing and where the ladies have established a small library to serve the Longwood community.

Last week's Springs Art Show 1985 in the Altamonte Mall boasted more than 1,000 pieces of artwork created by students from 38 area public schools.

The art, judged by professional artists and art teachers, and sponsored by the Seminole Council of Parent-Teacher Associations and the school board, presented awards for the seventh annual show last Sunday.

These county students were winners: Shauntel Boardman, Altamonte Elementary; Loch Haven Scholarship; Hannah Hawkins, Eastbrook, Optimist Creative Writing Award; Joe Pagan, Spring Lake, Matland Art Center Scholarship; Kindergarten Group, Lake Orienta, Sanford-Seminole Art Assoc. Award; Andrea White, Lakeview Middle; Loch Haven Scholarship; Susan Baylor, Lyman High; Sanford Jr. Woman's Club Award; and for two Lake Mary High students, Lori Lanier, the Altamonte Mall's Merchants Assoc. Award and Joey Weisburg, the Best-in-Show Award from the Seminole County Council of P.T.A.

FAMILY DOLLAR

Mother's Day May 12th

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413 E. FIRST ST. (Next To Winn Dixie)

...Cook Of The Week

Continued From 1C

we never did find it. He really keeps us busy." Clyde's retirement from civil service in 1983 allows him to spend time in his garden, says Gwen. "It's not very big, but it keeps us with all the greens we can use. I don't do any canning, but I do a lot of freezing. We've got collards, squash, turnips, potatoes, peas and more," Gwen says. "Right now we've gotten into the strawberries and I've got some jams and jellies made." "Our main family get-together is on Christmas Eve. Everybody gathers out here and the house is so full, you can hardly get in. We fix a big supper and open our gifts so the children can be home with their families on Christmas morning. We just take any opportunity we can and gather for a barbecue or fish fry," says Gwen.

Sharing some of her family's favorite recipes, Gwen has included her famous Okra Gumbo and several salads that are sure to add a delicious note to your outdoor cooking. For a large group, her camp recipe for English Apple Pie is just the

thing. Following is a list.

OKRA GUMBO
 1 lb. sliced okra
 1 can whole tomatoes, chopped
 1 medium onion, chopped
 1 1/2 cups raw potatoes, diced
 4 slices bacon
 salt and pepper to taste
 Brown bacon, drain, break into small pieces or crumble. Add potatoes and water and cook about 5 minutes. Add remaining ingredients and cook for 15 to 20 minutes until vegetables are tender and Gumbo is thick. You may have to add more water. Serves 6.

EXTRA SPECIAL SALAD
 2 boxes lemon gelatin
 1 N 2 can crushed pineapple, drained (save juice)
 1/2 cup crushed pecans
 1 package Dream Whip topping
 1 8 oz. package cream cheese
 Prepare gelatin according to directions, add pineapple. Let stand till well gelled or overnight

Prepare Dream Whip. Whip together with cream cheese and spread over gelatin mixture. Let set at least 1 hour.
 blend together:
 1 cup pineapple juice
 1 tsp. lemon juice
 3/4 cup sugar
 2 tablespoons cornstarch
 2 eggs, beaten well
 Cook until thick. Cool, then spread over cheese mixture. Sprinkle with nuts. Chill and enjoy!
 Serves 12.

COPPER PENNIES

(Carrot Salad)
 Place in large bowl:
 2 lbs. carrots, sliced and cooked till barely done
 1 large sweet onion, sliced
 Combine in a saucepan:
 1 can tomato soup
 1/2 cup cooking oil
 1/2 cup sugar
 Bring to a boil and cook for 5 minutes. Pour over carrots, mix and refrigerate. This salad will keep for weeks, if it lasts that long! Serves 6 to 8.

MARINATED SALAD FOR A CROWD
 Combine:
 1 bottle Italian Dressing (16 oz.)
 1 pkg. garlic-cheese dressing, prepared as directed
 place in a large bowl:
 2 jars green olives
 1 can black olives
 1 large can whole mushrooms
 1 jar pepperoncini peppers
 1 bunch fresh broccoli, washed and cut into flowerettes
 1 head cauliflower, washed and cut into flowerettes
 1 jar pickled onions, drained
 1 lb. carrots, sliced thin
 Green onions, cut in 1 inch pieces (optional)
 8 oz. cubed Cheddar cheese
 8 oz. cubed Mozzarella cheese
 1 pint basket cherry tomatoes
 Pour dressing over vegetables, mix well and refrigerate. Mix every 2 hours. Can be made a day before serving and vegetables added if you need more. Gwen likes to use a large plastic bowl with a good seal which can be turned upside down to mix.

For A Special Evening

A touch of glamour makes an evening a special one, and planning a meal so your company can imagine that they are dining in another country is an excellent way to entertain with panache. Whether your guests will dine at a "farm" in Italy with a pasta course and then rabbit, or at a "vineyard" in France with a pate and coq au vin, set the scene for dinner with a smashing first course and watch the evening take off.

Our favorite dinner invitation would be to the Russian Imperial Palace at the turn of the century. The meal begins with a delicate, icy-cold soup made especially for the Czarina, followed by Beef Stroganoff for the main course.

At the time of the Czar, many exotic foods were brought by diplomats who were often accompanied by a chef on their official visits. When the first grapefruit arrived, it probably was served in a spectacular dish created just for the occasion.

Czarina's Chilled Cucumber Soup is such a starter. Lusciously smooth, it has flavor that stimulates the palate and whets the appetite. Cubed cucumber, chicken broth and sparkling grapefruit juice from Florida are whipped in a blender with chopped dill pickle, scallions and tarragon. When thoroughly chilled and ready to serve, champagne is added for a flavorful touch of luxury. Serve with a dollop of sour cream for special effect.

Another country much in our minds these days is India, with television and the movies entertaining us with stories of that exotic land. Curry might be on your menu, preceded by a spectacular Rajah's Royal Carrot Soup — carrots simmered in chicken broth and grapefruit juice, spiced with cumin and cinnamon and served hot, with yogurt on the side. For a special touch, try a printed scarf on the table and, instead of wine, serve beer in stemmed glasses.

CZARINA'S CHILLED CUCUMBER SOUP
 4 large cucumbers, pared, seeded, cut in pieces (6 cups)
 1 can (6 ounces) frozen concentrated grapefruit juice from Florida, thawed, undiluted
 6 cups chicken broth or bouillon, degreased
 1 cup sliced dill pickles, drained
 2 small scallions
 2 teaspoons dried leaf tarragon
 2 cups dry champagne or dry white wine, chilled
 1 cup sour cream
 Combine cucumber, grapefruit juice concentrate, chicken broth, pickles, scallions and tarragon. Cover. Process in blender or food processor, in several batches, until smooth. Chill at least 1 hour. Just before serving, stir in champagne. Serve with sour cream.

YIELD: 8 servings (about 10 cups).

RAJAH'S ROYAL CARROT SOUP
 3 cups chicken broth
 2 cups grapefruit juice from Florida
 6-8 medium carrots (1 pound) pared, cut in chunks
 1 medium onion, cut in chunks
 1/4 teaspoon ground cumin
 1/4 teaspoon ground cinnamon
 1/4 teaspoon salt
 1 cup sour cream or plain yogurt
 In large saucepot combine broth, grapefruit juice, carrots, onion, cumin, cinnamon and salt. Bring to a boil. Reduce heat. Simmer 25 minutes or until carrots are tender. Puree vegetables and cooking liquid in a blender or food processor. Return to saucepot; heat. Serve with sour cream or yogurt.

YIELD: 6 servings (about 8 cups).



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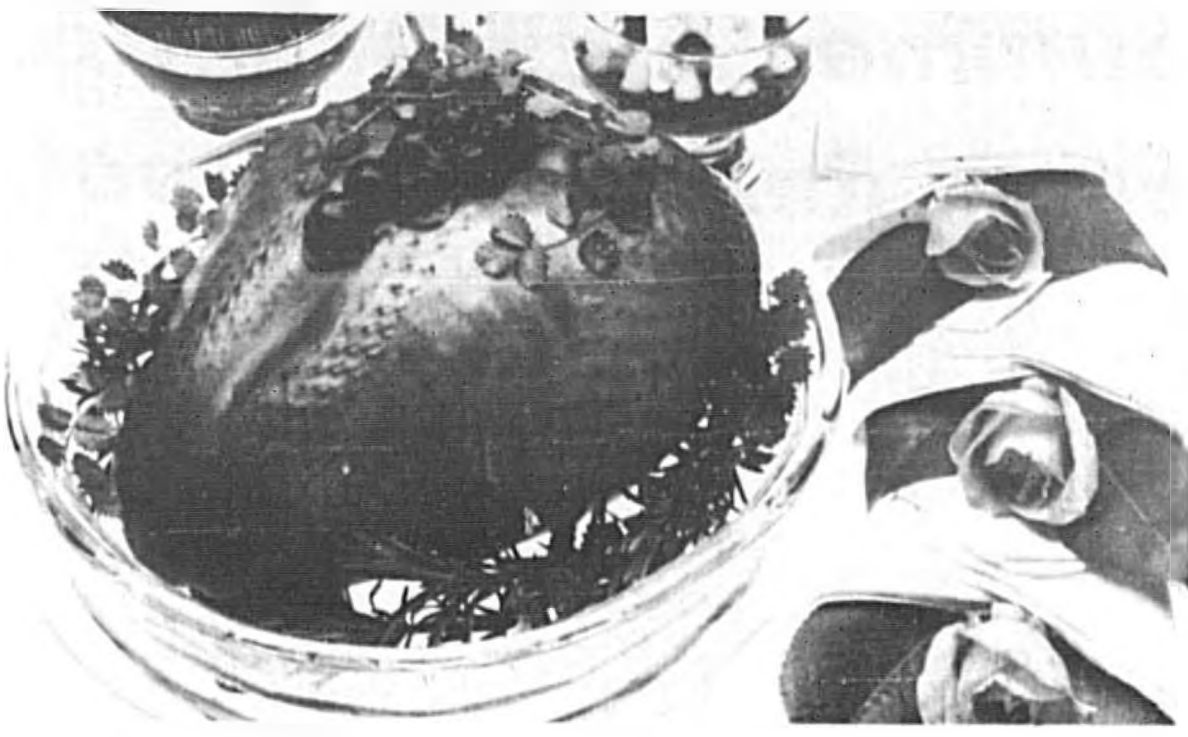
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Festivity Takes On Simply Elegant Air

So Simply Prepared, Simply Sensational



Cherry pie filling complements roast turkey breast.

Festive occasions have a new flair. They are both simple and sensational, a style appropriate for today's active host or hostess. In fact, the contemporary cook frequently looks for easy-to-prepare foods that offer a touch of distinction.

With this menu, simplicity takes on an elegant air. The familiar ingredients are found in most kitchens or are readily available. Yet these entertaining

ideas, enhanced by the serving pieces and fresh roses, create a presentation ideal for most any event — birthdays, graduations, anniversaries, bridal showers and other special occasions throughout the year, such as Mother's Day, Valentine's Day.

Cherry pie filling goes beyond dessert in this menu. As a sauce tinged with the sweetness of pineapple juice and the spiciness

of brown mustard, it adds a subtle yet distinct flavor to turkey breast.

For dessert, it's Cherry Shortcake Supreme — alternating layers of cherry filling, white cake and whipped cream. The delicate cake, easily prepared with a white pudding cake mix, can be baked in advance to save last-minute preparation time.

Or, try Cherry Cream Delight. Cherry pie filling spiced with orange peel makes a perfect topping for this delectable ice cream pie in a chocolate crumb crust.

To complete the menu, include your favorite green vegetable, such as fresh broccoli or green beans. The vegetables can be steamed atop the stove or in the microwave. With just a hint of seasoning, such as an herb butter, steamed fresh vegetables add interesting texture and flavor to the meal. New potatoes, baked until tender and then sprinkled with dill, along with a crispy salad and croissants provide the finishing touch.

With the addition of fresh roses, the table setting itself becomes regal in appearance. True, most people prefer red roses. But no matter what the shade or the quantity, roses are colorful, easy to arrange and provide unlimited opportunities for an innovative decor.

With this buffet preparation for the menu and the table setting is minimal, leaving plenty of time to enjoy the celebration and the food itself.

Shortcake:
1 white cake mix with pudding mix
3 eggs
1 cup plain yogurt
1/2 cup vegetable oil
1/4 cup water

Generously grease and flour 10-12 French tart forms or use 10 to 12 6-ounce Pyrex custard cups. Mix all ingredients in large mixing bowl at low speed until moistened. Beat 2 minutes at highest speed. Bake in 350° oven for 20-25 minutes or until cake springs back when touched lightly in center. Cool 5 minutes on cake rack; turn out.

Creamy Filling:
2 packages (3 ounces each) cream cheese, softened
1/4 cup milk
1 teaspoon almond extract
1 tablespoon powdered sugar
1 cup whipping cream, whipped, or 2 cups prepared whipped topping

Blend cream cheese, milk, extract and powdered sugar until smooth. Fold in whipped cream.

Cherry Layer:
2 cans (21 ounces each) cherry pie filling

2 teaspoons grated orange rind
1 teaspoon almond extract
Stir orange rind and extract into cherry pie filling.

Split shortcakes in half horizontally. Layer ingredients into serving dishes, beginning and ending with cherry layer.

CHERRIES OVER ALL
Looking for intriguing ways to use cherry pie filling? Just think — "cherries over all" — and try these suggestions.

• Heat cherry pie filling and use as a quick and flavorful topping over waffles or pancakes. For a special brunch, top a Belgian waffle with vanilla ice cream, warm cherry pie filling, whipped cream and nuts.

• Spoon cherry pie filling over pound cake, cheesecake or ice cream. Use right out of the can or mix with bits of grated orange peel, chopped nuts or fresh fruits.

• Prepare distinctive sauces by combining cherry pie filling with spices — cloves, nutmeg, cinnamon, ginger, curry powder, fruits — chunky applesauce, mandarin oranges, whole cranberry sauce, or nuts — almonds, pecans, pine nuts, or walnuts.

• Use these sauces over meats, such as pork, lamb, veal chops, roasts, and ham slices; or over poultry, such as chicken, turkey breast, Cornish game hens and duckling.

• Create a refreshing and light meal with cherry soup. Combine one can (21 ounces) cherry pie filling, 2 1/2 cups plain yogurt, 2 1/2 cups milk and 2 tablespoons lemon juice. Serve chilled with a salad and crusty bread.

• Layer cherry pie filling with eight ounces of plain yogurt or sour cream for a refreshing parfait. Sprinkle with coconut.

• Cut calories one-third by using "lite" cherry pie filling in any of these recipes.

TURKEY BREAST WITH PIQUANT CHERRY SAUCE
1 5- or 6-pound breast of turkey



Fresh picked... but not picked over.

We keep our produce under wraps, but not the reason why. We begin by selecting fruits and vegetables at their peak of freshness. Then, the best of these are carefully wrapped to protect them all the way to your table. So when you're picking produce, pick Publix-wrapped. It's fresh picked, but not picked over.



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Roast On The Grill
Florida Tender Sweet
Yellow Corn
8 ears for
\$1

Serve with Cheese Sauce, Tender
Fresh Broccoli
large bunch
79¢

Tropicana Premium Pack,
100% Pure Florida Chilled
Orange Juice
half gal.
\$1.99



where shopping is a pleasure 7 days a week

...Buffet

Continued From 3C

- 1 can (21 ounces) cherry pie filling
- 1/2 cup pineapple juice
- 2 tablespoons mild brown mustard

Conventional Directions: Place thawed turkey breast, breast-side-up, in 3-quart baking dish. Season turkey breast as usual. Bake in 325° oven for 2 1/2 to 3 hours or until meat thermometer registers 170° in the thickest part, not touching bone. Let stand, tented with foil, for 15 minutes before slicing.

Microwave directions: Place thawed turkey breast, breast-side-down, in 3-quart baking dish. Season turkey breast as usual. Cover loosely with wax paper. Microwave on high power for 10 minutes. Rotate dish one-fourth turn. Microwave on medium (50% power) for 15 minutes. Turn turkey breast over; microwave with breast-side-up on medium (50% power) for 15-30 minutes or until meat thermometer registers 170° in thickest part, not touching bone. Let stand, tented with foil, 15 minutes before slicing.

Combine cherry pie filling, pineapple juice and brown mustard. Heat to warm, do not boil. Serve over sliced turkey.

CHERRY CREAM DELIGHT Chocolate Crumb Crust:
1/2 cup butter or margarine
1 1/2 cups chocolate cookie crumbs (about 16 cookies)

Conventional directions: Melt butter; add cookie crumbs, stir to mix well. Press into bottom and against sides of 9-inch pie plate. Cool. A ready-made chocolate crust may also be used.

Microwave directions: Place butter in 9-inch glass pie plate. Microwave on high power 30 seconds or until melted. Add cookie crumbs; mix well. Press into bottom and against sides of plate. Cool.

Ice Cream Layer:
1 pint chocolate ice cream
1 pint vanilla ice cream

Allow ice cream to soften. Stir until smooth. Spread chocolate ice cream in chocolate crust. Spread vanilla ice cream over chocolate ice cream layer. Freeze until firm, about 3 hours.

Cherry Topping:
1 can (21 ounces) cherry pie filling
1 tablespoon grated orange rind

Combine ingredients in small bowl. Cover and refrigerate until serving time.

At serving time, set pie onto warm dampened towel. Cut pie into wedges; lift onto serving plate. Spread cherry topping onto each slice. Top with a dollop of whipped cream, if desired.

Chocolate Pretzels

From ancient Rome to present day, pretzels have played an interesting if not curious role in "snacking" history.

• Though the origin of the name is most likely from the German term "bretzel" some think its true derivation is Latin meaning "a little reward." Another school of thought gives it the same origin as the word "prayer," and yet a third story combines these two versions. According to this line of thought, pretzels gave pretzels as rewards to children who learned their prayers properly.

• Pretzels (as we know them) were not always available in the familiar nugget, twisted or log shapes. Legend has it that at one time pretzels were produced as large rings to be worn around the neck (before being eaten) to ward off evil spirits.

• In yet another place and time, pretzels were hung on fruit trees in the hopes they would help the trees to bear well.

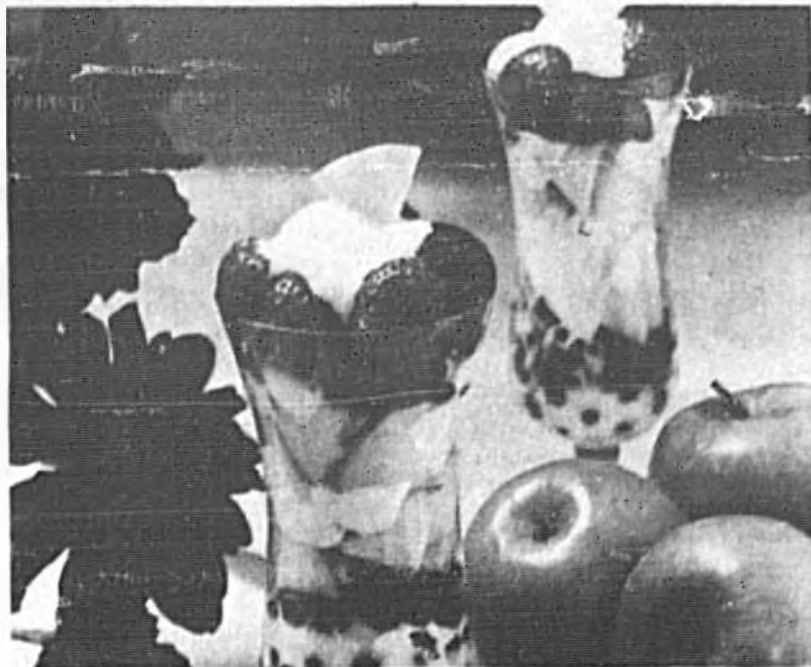
• And for those of a superstitious nature, supposedly breaking a pretzel ceremoniously while making a wish, will make the wish come true.

CHOCOLATE DIPPED PRETZELS

1 1/2 ounce package (2 cups) milk chocolate morsels
1/2 cup vegetable shortening

About fifty 3-inch twisted pretzels or nuggets or rods

Combine over hot (not boiling) water. Nestle milk chocolate morsels and vegetable shortening; stir until morsels melt and mixture is smooth. Remove from heat but keep chocolate over hot water. Dip pretzels into chocolate mixture and coat evenly; shake off any excess coating. Place pretzels on waxed paper-lined cookie sheets. Chill in refrigerator until coating sets (about 15 minutes). Gently loosen from waxed paper. Serve immediately or store in refrigerator until ready to serve. Yield will vary according to size of pretzels. Makes about 50 dipped pretzels.



Apples add contrast in parfait.

Summer Apples Star In Easy, Refreshing Treat

When it comes to summer desserts almost every cook has the same requirements. The dish should be refreshing, kind to both pocketbook and waistline and get you out of the kitchen fast!

Impossible? Of course not. It's easy to create interesting desserts tailor-made to soothe on even the most sultry day. All you need are good ingredients and a few minutes to concoct a dessert that's a summer's dream.

GRANNY'S APPLE PARFAITS
1 cup vanilla yogurt
2 teaspoons orange liqueur
1/2 teaspoon ground cinnamon

2 Granny Smith Apples, cored and diced
1/2 pint strawberries, hulled and cut in half
1 cup fresh blueberries
Blend together yogurt, orange liqueur and cinnamon. Layer diced apples, strawberries and blueberries with yogurt in parfait glasses or dessert dishes. Chill until ready to serve. Makes 4 to 6 servings.

3 Granny Smith Apples, cored, cut in cubes (3 cups)
1 1/2 cups honeydew melon balls
1 1/2 cups seedless grapes

Mix sugar and water in saucepan; stir over low heat until sugar dissolves. Add cinnamon stick; bring to boiling, simmer 5 minutes. Remove from heat, remove cinnamon stick; stir in wine and lime juice. Cool. Combine apples, melon and grapes in large bowl; pour syrup over fruit. Chill several hours before serving.

Yield: 6 to 8 servings



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Bianco, Rosato or Lambrusco **Cella Wine**
1.5-lit. bottle
\$4.99



Colorful Carrot Coin Salad can be made the day before.

Salads

Make-Ahead Salads Great For Summer Gatherings

Sideline salads are perfect accompaniments for so many summer occasions, such as family reunions, neighborhood barbecues and church socials. Make-ahead salads, particularly ones that marinate in dressing ahead of time are a special bonus because there's no worry about last-minute preparation.

To celebrate summer's salad days, the Kraft Kitchens have created two make-ahead marinated salads that are designed to make the cook's work

easier. Carrot Coin Salad is a colorful marinated salad that is appealing and easy to prepare in quantity. Thinly-sliced carrots, which may be cut by hand or sliced in a food processor, are blended with green pepper and sliced green onion as the salad base. To give the salad a sweet-sour flavor, raisins are added to the vegetables and the ingredients are marinated in a mixture of tomato soup and French dressing.

Allow the salad to marinate

overnight in the refrigerator, then bring it to the party in a covered container. At the party site, arrange the salad in lettuce-lined individual bowls or on a lettuce-lined salad platter.

Another make-ahead salad combines a variety of canned and fresh vegetables, such as artichoke hearts, cucumber slices and chopped tomato, marinated in Kraft French or Italian dressing, then served over greens and topped with sunflower seeds. Gypsy Salad may be made the evening before serving and marinated overnight, or it may be prepared as little as two hours ahead of time. Either way, it means no last-minute fussing in the kitchen.

CARROT COIN SALAD

- 4 cups carrot slices
- 1 cup green pepper strips
- 1/2 cup raisins
- 1/2 cup green onion slices
- 1 10 3/4-oz. can condensed tomato soup
- 1 8-oz. bottle French dressing
- Lettuce

Parboil carrots 5 minutes, drain. Combine carrots, green peppers, raisins and onions. Add combined soup and dressing; mix lightly. Cover; marinate in refrigerator overnight. Serve on lettuce-covered salad plates.

GYPSEY SALAD

- 1 8-oz. bottle French or Italian dressing
 - 1 14-oz. can artichoke hearts, drained, cut in half
 - 1 1/2 cups cucumber slices
 - 1 cup mushroom slices
 - 1 cup chopped tomato
 - 1/2 cup onion rings
 - 1 1/2 qts. torn assorted greens
 - 2 tablespoons sunflower seeds
- Four dressing over combined vegetables. Cover; marinate in refrigerator 2 hours. Place greens in serving bowl. Add vegetable mixture and sunflower seeds; toss lightly.

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Florida Grade A White
Large Eggs
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Publix Milk
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Publix Teller

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Free Cooking Classes

For people on the go who want to learn more about good cooking but need to find the time, the Rich Plan, a division of Rich-United Corporation, is holding free cooking, microwave and nutrition classes that condense instruction into one easy-to-learn demonstration.

All classes start at 7 p.m. at the Rich Plan Frozen Food Center in the Altamonte Springs, Altamonte Mall, upper level, next to Sears.

MICROWAVE: Class covers demonstration and lecture on microwave cookware, how a microwave works and what modern cooking techniques get the best results. Foods sampled in class. (May 21)

CONVECTION/MICROWAVE: Demonstrated are the advantages and uses of convection cooking. Conventional recipes are converted into microwave methods and prepared. Foods sampled in class. (Tuesday, May 14 and 28)

COOKING I: Course is designed to set-up the proper starter kitchen. Use and care of utensils demonstrated. Cuts of meats are explained along with a look at the basic food groups. (Thursday, May 9)

COOKING II: Learn about vegetables and proper meal planning. Cooking terms and what spices blend with what meals are reviewed. (Thursday, May 16)

COOKING III: Advanced cooking class goes into more detail on complex meal preparation. Tips are given on food arrangements and culinary techniques. (Thursday, May 23)

NUTRITION: Lecture given on "Staying in Control of Your Personal Eating Habits." Lifestyle and better nutrition management are highlighted. (Thursday, May 30)

For more information, call the Rich Plan at 1 (800) 662-3063 and ask for marketing. Space is limited. Reservations needed.

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