

Services Expanded

For the convenience of clients, the Seminole Community Mental Health Center will remain open on Tuesday and Wednesday evenings and Saturday mornings in both of the Center's locations.

Post Office Site Sought

LAKE MONROE — The U.S. Postal Service is seeking a suitable site upon which to build and lease a new main post office building in Lake Monroe, Postmaster Robert Mann said.

The "preferred area" for site consideration is bounded on the north by Michigan Avenue, south by Church Street, east by County Road 15, and west by Missouri Street. Sites along either side of boundary limits will be considered.

Minimum site size is 66,000 square feet of land, or a lot with dimensions of 250 feet by 265 feet.

Property owners are asked to submit their site offerings no later than Oct. 3 to Donald Fennelly, Facilities Service Office, P.O. Box 22725, Tampa, Fla. 33622-2725.

At the request of the Postal Service, the land owner will be required to provide a boundary and topographic site survey in accordance with Postal Service specifications.

After a suitable site has been located, the Postal Service will call for construction bids for a building that will be built with

Suite 1721, Altamonte Springs. In the North end of the County, the Center is located at 2462 Park Ave., Sanford.

On Tuesday and Wednesday nights, the Center will remain open until 8 p.m. and will also schedule morning appointments on Saturdays. For additional information, please call 831-2411.

Lakeview PTA Open House

Lakeview Middle School will host an open house for parents of students enrolled at the school Thursday night, according to assistant principal Fred Burnett.

The session will start at 7:30 p.m. in the gym with a welcome from Principal Rick Mossman. Afterwards, parents will follow their child's schedule, moving from class to class. Teachers will present overviews of each class, and parents will be able to schedule conferences for a later date if they desire.

The open house was originally set for Monday, but was moved to Thursday last week.

Information can be obtained by calling the school at 323-1610.

Bridge Repairs To Close Portion Of State Road 434

State Road 434 at Little Econ River will be closed 7 a.m. Wednesday for approximately 3 weeks to make emergency bridge repairs.

Detour: University Boulevard, Dean Road, SR 426 and Chapman Road. Detour signs and route markers are in place. Uniformed police officers

at the following intersections during rush hours only (if available): SR 434 and Chapman Road, SR 434 and

University Boulevard, SR 426 and Chapman, SR 426 and Dean Road, University Boulevard and Dean Road.



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**Amounts based on an 8/25/86 survey of banks in Florida on standard closing costs and fees charged to homeowners with home equity lines of \$25,000. All Barnett Banks are members of FDIC.



WORLD

IN BRIEF

Scientist: Chernobyl Long Term Radiation Report Misinterpreted

LIVERMORE, Calif. (UPI) — A biophysicist says long-term radiation from the Chernobyl disaster is "quite significant" but reports that it could equal radiation released from all nuclear tests and bombs ever exploded were based on misinterpretations.

News reports Tuesday cited a new study conducted by the Lawrence Livermore National Laboratory for the Department of Energy and said it predicted long-term radioactive fallout from the Soviet disaster could equal the total from all nuclear tests and bombs.

The stories also cited the study as saying the amount of radioactive cesium released from the crippled reactor could exceed by 50 percent the total cesium that has settled on the Earth from all previous tests and bombs.

Lynn Anspaugh, a biophysicist at the Livermore lab, said Tuesday the reports stemmed from remarks he made at a meeting of the American Nuclear Society in Saratoga Springs, N.Y., last Wednesday, and that what he said apparently had been misinterpreted.

He told a news conference at the laboratory that the total amount of cesium 137 released at Chernobyl is about one-tenth of the cesium 137 released by all atmospheric tests.

Terrorists Kidnap Frenchman

BEIRUT, Lebanon (UPI) — The underground Revolutionary Justice Organization claimed responsibility today for the abductions of an American and a Frenchman in Lebanon and accused France of breaking its promises.

In an Arabic statement sent to the independent an-Nahar newspaper, the group said it kidnapped the American Joseph James Cicippio, deputy comptroller at the American University of Beirut from Moalem west Beirut and Frenchman Marcel Coudre from Christian east Beirut.

Attached to the statement were two Polaroid pictures of Cicippio and Coudre's whose kidnapping was announced for the first time today.

Cicippio's brother-in-law, Sami Qhandour, reached by telephone confirmed that the photograph published in An-Nahar newspaper was that of Cicippio.

Lebanese police said Coudre's name is not registered on their files as a French citizen resident in Lebanon.

Nakasone Defends Comment

TOKYO (UPI) — Prime Minister Yasuhiro Nakasone, defending himself against a storm of protest in the United States, denied today he had belittled the intelligence of American minority groups but said he believed their presence had hindered American progress.

The remarks, which came as Nakasone and top officials of his Cabinet moved to dampen a spreading firestorm of indignation over what critics claimed was Japanese racial arrogance, threatened to inflame the situation further as additional reports appeared to confirm the tone of the initial comments.

Nakasone was reported to have said during a 30-minute speech to the conference that "because there are blacks, Puerto Ricans and Mexicans in America, (the intellectual level) is far lower when seen from the average."

Israeli Troops Poised At Border

ARAMOUN, Lebanon (UPI) — Israel, having sent warplanes to pound Palestinian bases in Lebanon, kept troops poised on its northern border today, ready to move in if needed to support its surrogate militia in south Lebanon.

Four suspected Palestinian targets were hit in an air raid Tuesday near the villages of Baisour, Kaifoun, Altat and Aramoun in the Shouf mountains southeast of Beirut, police and witnesses said.

A spokesman for the Israeli Defense Forces in Tel Aviv said the pilots reported "good hits" on the bases and returned safely to Israel after their 10th air strike in Lebanon this year.

The Druze Moalem Progressive Socialist Party militia, which controls the Shouf mountains, said at least two "of our comrades" were wounded in the raid by six to eight Israeli jets on Aramoun, 10 miles southeast of Beirut.

Weinberger Enrages Labor Party

LONDON (UPI) — Leaders of the opposition Labor Party reacted with fury to reported comments by Secretary of Defense Caspar Weinberger that their anti-nuclear policies could lead to the breakup of NATO.

Weinberger, in a British Broadcasting Corp. interview to be broadcast Sept. 29 but leaked Tuesday, criticized the party's election platform, which calls for scrapping Britain's nuclear deterrent and barring U.S. nuclear weapons from British soil.

Elections must be held by May 1988. The latest opinion polls show Labor slightly ahead of the ruling Conservative Party and the third-place Social Democrat-Liberal Alliance.

Denzil Davies, the Labor spokesman on defense, called Weinberger's reported comments "a crude attempt to swing British public opinion against Labor and in favor" of Prime Minister Margaret Thatcher.

Archaeologists Say Chinese Civilization 5,000 Years Old

PEKING (UPI) — A majority of leading Chinese archaeologists now believe Chinese civilization can be traced back 5,000 years — 10 centuries earlier than commonly thought, the official Xinhua news agency said Tuesday.

Xinhua said most Chinese archaeologists attending a conference last week in the northeast city of Shenyang based their conclusion on the recent discovery of a 5,000-year-old temple and tomb complex in Liaoning Province.

"The discovery in Liaoning sheds light on the impact of the ancient cultures of north and northeast China on the origin of the country's civilization," Xinhua quoted an unidentified participant as saying.

Some archaeologists advanced the idea that four areas of civilization arose in China between 4,000 and 5,000 years ago, the agency said. These civilizations were in the Yellow

River Basin of north China, the central Yangtze River Basin, the southern Pearl River Basin and the northeast.

The new find in the northeast consists of a sacrificial altar, a temple to a goddess and stone tombs estimated to be about 5,000 years old.

"China's territory is so vast that it is very hard to say in which particular area Chinese civilization originated," archaeologist Su Bingqi told the Sept. 17-21 conference.

Xinhua said some participants expressed the view that all four areas exercised important influences on the development of Chinese civilization.

"The common view was that the development of ancient culture in many parts of the country was unbalanced," Xinhua said. "They influenced each other and finally merged to form a common culture of the Chinese nation."

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Suspect Sees Cop But Fails In Flight

A man, who drove into the North and Marker streets area outside Altamonte Springs saw a Seminole County sheriff's deputy in the area and sped away, but was stopped by the deputy.

The driver reportedly didn't have a driver's license and the deputy, while questioning the man, reported spotting a beer can that had apparently been made into a device for smoking drugs. The car was searched and a piece of crack cocaine valued at \$10 was found on the floor, a sheriff's report said.

Gary William Hendrickson, 27, of 145 Wymore Road, Altamonte Springs, was arrested at 3:39 a.m. Tuesday on Marker Street. He has been charged with possession of cocaine and was being held in lieu of \$2,000 bond.

STOLEN, SPEEDING
A man who was speeding in a stolen car westbound on 13th Street, Sanford, was spotted by a Sanford policeman at about 11:40 p.m. Monday and arrested on a grand theft auto charge.

A police computer check confirmed the vehicle had been reported stolen and Michael Lewis Jones, 20, of 62 Seminole Gardens, Sanford, was arrested and held in lieu of \$1,000 bond.

CHECK CHARGES ADDED
A man jailed by Altamonte Springs police on Sept. 19, in connection with alleged forgeries on the account of Addys Sanchez, his landlady, has had additional forgery charges added by Seminole County sheriff's deputies.

The latest arrest, which came at 12:50 p.m. Monday at the jail and brought seven additional counts of uttering a forgery and forgery charges against the man, also are linked to the bank account of Ms. Sanchez, a sheriff's report said.

Sheriff's deputy Tom Rajchel reported talking with representatives of Southeast Bank of Altamonte Springs and First Federal of Seminole at Hunt Club Corners at about 9:30 a.m. Monday. They reportedly linked the suspect to seven more stolen and forged checks with a combined value of about \$600.

Wilfredo Torres, 21, of 118 Dogwood St., Altamonte Springs, was charged in the case and had bond set at \$1,000. He remained jailed.

POT BUST
A man who was stopped by Sanford police after his van was reportedly speeding near his home at Castle Brewer Court, Sanford, was arrested on

Action Reports

- ★ Fires
- ★ Courts
- ★ Police

charges of possession of less than 20 grams of marijuana, driving with a suspended license and having the wrong decal on his license plate.

The arrest came when the man's van was searched at about 5:50 p.m. Monday. Darron Comer, 22, of 67 Castle Brewer Court, has been charged in the case and was being held in lieu of \$500 bond.

CHECK THEFT ARREST
A man who allegedly cashed checks drawn on the account of J & W Enterprises in July has been charged by Sanford police with writing worthless checks and drafts and grand theft.

The man was jailed at 12:25 a.m. Monday, after he was reportedly linked to the bank transactions which reportedly netted him about \$550, a police report said.

Walter Andrew Nettles, 28, of Deltona has been charged in the case and was being held in lieu of \$1,000 bond.

SURGLARIES & THEFTS
The 1973 Chevrolet of Bernard L. Valentine, 36, of 416 Sonesta Court, Casselberry, was stolen Sunday or Monday. A sheriff's report said the vehicle is valued at \$500.

Two microwave ovens valued at \$321 each were stolen from a construction site at Sun Lake Apartments #9, Lake Mary, on

Saturday or Sunday. Owner Paul H. Magee, of Lake Mary, reported his loss to sheriff's deputies.

Sheriff's deputies have the name of a suspect who may have stolen \$1,348 worth of items including an air compressor, three buffers, a battery charger and a drill from J & H Auto Sales, 1898 S. County Road 427, Longwood. The loss was reported by owner James D. Hartwell, 45, of Orlando.

A sewing machine valued at \$1,200 was stolen from Custom Auto Interiors, 623 Longwood Ave., Longwood, on Saturday or Sunday. Owner Lawrence Curtis, 40, of Orlando, reported the theft to Seminole County sheriff's deputies.

Terri Bouey, 21, of 404 Longwood Ave., Altamonte Springs, reported to sheriff's deputies that a table and four chairs with a combined value of \$400 were stolen from the home of her cousin at 127 Salem Court, Altamonte Springs, Friday or Saturday.

Nancy Hartoin, of 1353 Via Villanova, Casselberry, reported to sheriff's deputies that on Sept. 14, jewelry, a tape recorder and other items with a combined value of \$500 were stolen from her van.

About \$100 cash and about \$200 worth of other items were in the purse of Helen F. Gibson, of 350 W. Hornbeam Drive, Longwood, which was stolen from her home Sunday. Sheriff's deputies have the name of a possible suspect.

FIRE CALLS

The Sanford Fire Department has responded to the following calls, details based on fire reports:

TUESDAY
—8:32 a.m., 3200 Orlando, Hargar Aluminum, rescue. A 41-year-old man with a reportedly recurring back ailment was transported to the hospital.

—1:10 p.m., 1112 Orange Ave., rescue. Sanford rescue technicians were unable to revive a 73-year-old woman who had passed out 15 minutes before their arrival. The woman was left in care of Rural Metro ambulance personnel for hospital transport.

—1:53 p.m., State Road 427, a mile north of State Road 600, car fire in unincorporated Seminole County. Fire to 1970 Pontiac Catalina already extinguished by county firemen when Sanford unit arrived. No action required.

Clarification
A report in Monday's Evening Herald quoted from a fire report that a 5:07 p.m. fire Saturday at the Sandewood Villas apartment complex had started from a clothes dryer left running in the kitchen of Apt. J-2. Sanford Fire Department Lt. Mike Hoening said today indications the dryer had been left on cannot be confirmed due to the extent of damage to the appliance.

Punk Rockers Ride West

HOLLYWOOD (UPI) — Jon Cryer, Catherine Mary Stewart and Daniel Roebuck will star in a contemporary western, "Dudes," under the direction of Penelope Spheeris for the Vista Organization. The story, dealing with a group of punk rockers from New York City and their misadventures in the modern West, was written by John Randall Johnson. Spheeris, who built her career on youth culture films, previously directed "Suburbia".

LIONS CLUB SPAGHETTI - BINGO DINNER TO BE HELD SEPTEMBER 27th

The Sanford Lions Club is sponsoring its Annual Spaghetti Dinner and Bingo on Saturday September 27th, from 4 to 8 P.M. at the Sanford Civic Center.

Tickets are available from any Lions Club member. The Dinner will benefit the Lion's Sight Program. Donations are \$3 each with children under 5 served free. For information call Chairman Johnny Greene.

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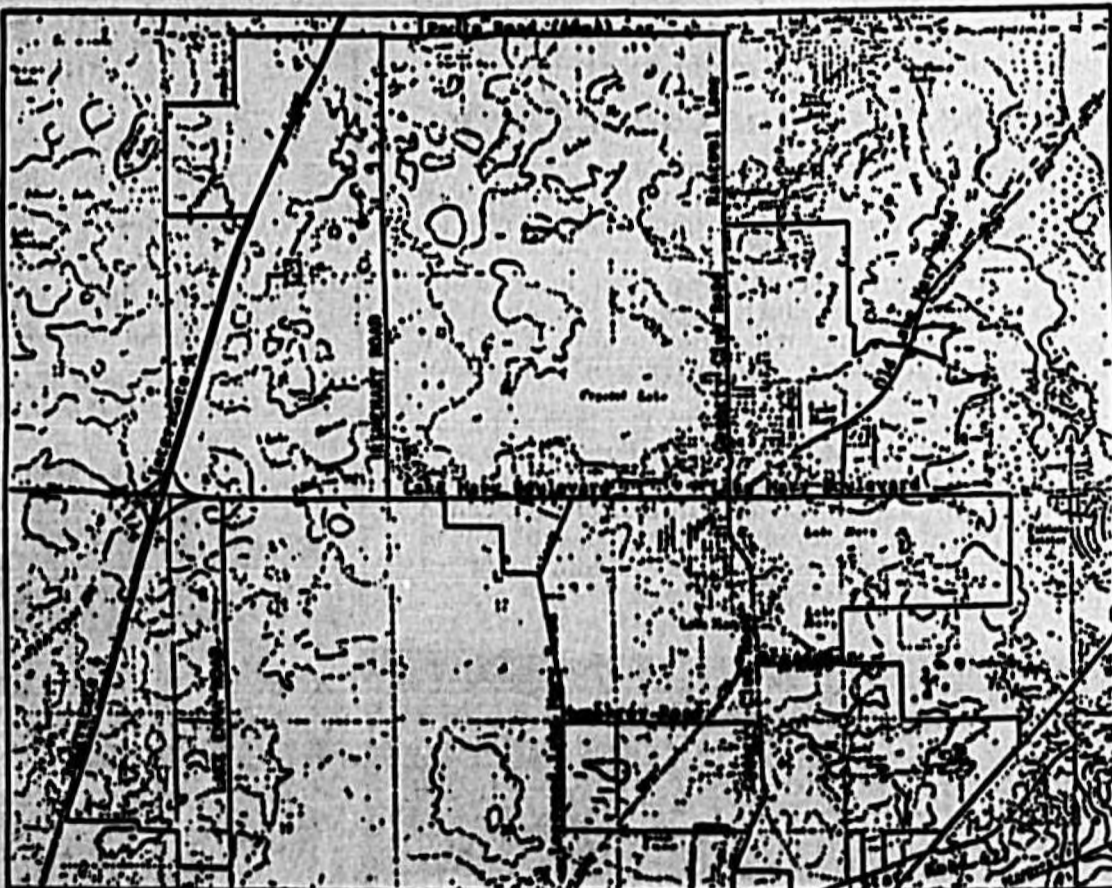
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NOTICE OF CHANGE OF LAND USE CITY OF LAKE MARY, FLORIDA

THE CITY COMMISSION OF THE CITY OF LAKE MARY, FLORIDA, PROPOSES TO CHANGE THE USE OF LAND WITHIN THE AREA SHOWN IN THE MAP IN THIS ADVERTISEMENT.



A Public Hearing on the proposal will be held on Thursday, October 2, 1986, at 7:30 P.M., or as soon thereafter as possible, by the City Commission of Lake Mary, Florida, in the City Hall, 158 N. Country Club Road, Lake Mary, Florida. The city Commission will consider the first of the two required readings of an Ordinance entitled:

AN ORDINANCE OF THE CITY OF LAKE MARY, FLORIDA, AMENDING ORDINANCE NO. 239 OF SAID CITY; SAID ORDINANCE BEING THE COMPREHENSIVE LAND USE PLAN OF THE CITY; PROPOSING CHANGES TO THE USE OF TWO (2) PARCELS OF LAND ON SEMINOLE AVENUE BETWEEN FIFTH AND NINTH STREETS, AS MORE SPECIFICALLY DESCRIBED HEREIN; AND PROPOSING CHANGES IN LAND USE AS DESCRIBED IN THE CITY OF LAKE MARY TRANSPORTATION PLAN, AND; PROVIDING FOR THE INCORPORATION OF THE TRANSPORTATION PLAN AND WASTEWATER MASTER PLAN INTO THE CITY COMPREHENSIVE PLAN; PROVIDING FURTHER FOR APPROPRIATE AMENDMENT OF THE LAKE MARY LAND USE PLAN MAP OF 1985 TO CONFORM WITH THE INSTANT LAND USE CHANGES; PROVIDING FOR SEVERABILITY, CONFLICTS, AND EFFECTIVE DATE.

Interested parties may appear and be heard with respect to the proposed ordinance. The hearing on such ordinance may be continued from time to time until final action is taken by the City Commission. If anyone decides to appeal any decision of this ordinance, he will need to ensure that a verbatim record of the proceedings, which includes the testimony and evidence upon which the appeal is to be based, is made.

A copy of the proposed ordinance is on file with the City Clerk of the city and may be inspected by the public.

Dated this 12th day of September, 1986.

Carol Edwards
City Clerk, City of Lake Mary, Florida

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Yanks, Jays Vie For 2nd Place, Pride

United Press International Baseball fans looking for some semblance of an American League race in October will have to settle for the second-place battle in the East.

That's about all the excitement left before the playoffs for AL fans. Boston leads the division, but Toronto and the New York Yankees are each nine games back with identical records of 82-69.

"The big thing is we've got some pride to show," Toronto outfielder Jesse Barfield said. "I don't think there's been a team in our division to finish first, then come back and finish second in a long, long time."

Yankees Manager Lou Piniella held a team meeting in Anaheim, Calif., earlier in the month to stress the importance of a strong finish.

Barfield's league-leading 34th homer Tuesday night helped the Blue Jays past Detroit 6-3 and the Yankees beat Baltimore and lame-duck manager Earl Weaver 5-3 in 10 innings.

Elsewhere, Milwaukee defeated Boston 8-5, leaving the Red Sox magpie number at three.

With Toronto trailing 3-2 at Detroit, Barfield's home run off Eric King tied the score.

"I got a 3-2 fastball right down the middle," Barfield said. "My guess is he wanted it in a little bit more. They'd been pitching me in."

Two singles and an out later, Garth Iorg lined a RBI double to left to give Toronto a 4-3 lead. Tony Fernandez followed with a two-run double.

In other games, Oakland edged Chicago 4-3, Minnesota routed Kansas City 9-2, Cleveland defeated California 5-2 and Texas outslugged Seattle 12-6.

In the National League, it was New York 9, St. Louis 1; Montreal 10, Chicago 5; San Diego 5, Atlanta 2; Pittsburgh 6, Philadelphia 5; Cincinnati 8, San Francisco 5; and Houston 4, Los Angeles 0.

Yankees 5, Orioles 3

At Baltimore, Dave Winfield scored on a wild pitch by Brad Havens in the 10th inning to lift the Yankees. New York's Don Mattingly singled to stretch his hitting streak to 22 games, the longest in the majors this year. Mattingly went 1 for 5 to drop his batting average to .350.

Brewers 8, Red Sox 5

At Milwaukee, Rick Manning hit a three-run homer and Tim Leary picked up his first home victory since June 20 to lead the Brewers. Despite the loss, Boston leads the AL East by nine games and its magic number for clinching the division title remained at three.

A's 4, White Sox 3

At Oakland, Calif., rookie Mark McGwire drove in two runs and scored another on an error in a three-run sixth inning that propelled the A's. The White Sox committed five errors in the game, including three in the sixth. Steve Carlton, 4-3, was the loser. Rick Rodriguez, 1-1, earned the victory.

Twins 9, Royals 2

At Minneapolis, Gary Gaetti hit two home runs and drove in six runs to power the Twins. The six RBI marked a career high for Gaetti and the two homers gave him 33 for the season. Mike Smithson, 11-14, went the distance for the victory. Dennis Leonard, 8-13, lasted just 1 2-3 innings and took the loss.

Indians 5, Angels 2

At Anaheim, Calif., rookie Greg Swindell limited California to four singles and Pat Tabler doubled home the winning run in the eighth inning. Swindell, 21, notched his first complete game and won his fourth straight decision after losing his first major-league start. Mike Witt, 18-9, took the loss.

Rangers 12, Mariners 6

At Seattle, Ruben Sierra hit a two-run homer and drove in three runs to lift the Rangers. Texas trounced California by eight games in the AL West. Any combination of California victories and Texas losses totaling four would eliminate the Rangers. Charlie Hough, 15-10, outdueled Billy Swift, 2-8.

MAJOR-LEAGUE ROUNDUP

STANDINGS

Table showing American League Standings with columns for team, W, L, Pct., GB, and home/away records.

Table showing National League Standings with columns for team, W, L, Pct., GB, and home/away records.

LEADERS

Table showing Major League Leaders for batting, pitching, and fielding across various categories.

Deshaises' 8-K Magic Shaves Number To 2

United Press International Add Jim Deshaies to the list of players George Steinbrenner's crack baseball committee let get away.

Deshaies, the left-hander the Yankees traded to Houston for Joe Niekro last September, tossed a two-hitter Tuesday night to give the Astros a 4-0 victory over the Los Angeles Dodgers and cut Houston's magic number for clinching the National League West to two.

N.L. Baseball



Deshaies Steinbrenner

The former Yankee also established a major-league record by striking out the first eight batters he faced. Deshaies broke the record set earlier this year by another former Yankee, Joe Cowley of the White Sox.

That's right, the same Joe Cowley who Friday pitched the major leagues' first no-hitter in two years.

Deshaies, 10-5, finished the game with 10 strikeouts and walked one in notching his first major-league shutout and complete game. The only hit he allowed was a leadoff single by Steve Sax in the fourth and a one-out single to Enos Cabell in the seventh.

"I wasn't aware of the record, to tell you the truth," Deshaies said. "I was aware Joe had struck out seven, but I wasn't sure if that was the record."

"It was kind of a freak thing. But it's not surprising because of the type of pitcher I am. I had a good fastball early, but I knew I still had a long way to go. I was going to go as long as I could and throw as hard as I could."

Deshaies' eight victims all struck out swinging, except for Dodgers cleanup hitter Pedro Guerrero, who was caught looking.

The 26-year-old from Massena, N.Y., had not pitched since Sept. 10. Houston Manager Hal Lanier rested Deshaies after the rookie was rocked in three previous starts, giving up 20 hits and 12 runs in 13 innings.

"I had kind of struggled lately and then I had 10 days rest," Deshaies said. "We were on the verge of winning (the division) and I was on the bench watching. I wanted to help the team out."

The Astros can clinch tonight if they beat San Francisco and Cincinnati loses to Atlanta. Lanier was planning on going with a three-man rotation for the playoffs, but Deshaies' performance Tuesday could alter his thinking.

At Atlanta, pinch hitter Terry Kennedy slapped a two-run single to center with two out in the seventh inning and reliever Craig Lefferts set a San Diego record by appearing in his 79th

Reds 6, Cardinals 1

At New York, Bob Ojedra scattered three hits over six innings and Ray Knight, Keith Hernandez and Darryl Strawberry belted home runs to power the Mets. Ojedra, 17-5, gave up a run in the third inning. Jesse Orosco pitched the last three innings to earn his 19th save.

Reds 6, Phillies 5

At Cincinnati, Kurt Stillwell singled in Ron Oester from second base with two out in the seventh inning to snap a 2-2 tie and help the Reds tie San Francisco for second place in the NL West. Tom Browning, 14-13, picked up the victory and Ron Robinson pitched the final two innings for his 11th save.

Pirates 6, Phillies 5

At Pittsburgh, Barry Bonds slammed a two-run homer to cap a three-run ninth inning rally. Bonds' 16th homer came off loser Steve Bedrosian, 8-6, and culminated a Pittsburgh comeback from a 5-0 deficit. Barry Jones pitched two innings of scoreless relief to improve to 3-4.

Advertisement for Uniroyal tires, featuring 'Steel-Beated' radial tires and 'Rain Gauge' tires. Includes pricing information and a 'MONEY EXPRESS Credit Card' offer.

A.L. Rejects Sale Of Rangers To Gaylord

NEWPORT BEACH, Calif. (UPI) - The American League Tuesday announced it has rejected the sale of controlling interest in the Texas Rangers to the Gaylord Broadcasting Company, which already owns a minority of the team.

baseball's relatively new restructuring rules, another vote could be taken at Wednesday's joint major-league meeting. "There were a variety of issues discussed and a goodly amount of time invested on the subject," AL President Dr. Bobby Brown said. "At no time, in no way was the Gaylord Broadcasting

Company's or the Gaylord family's or Mr. Ed Gaylord's reputation, integrity or intention in question. "The American League simply made a statement today: Our league will not sanction any new television broadcasting entity or superation obtaining controlling interest in any of our franchises."

...Leaders

Continued from 8A

now, he's our most consistent player. Benny just has an eyeball for that football."

Glenn's 18 tackles, along with 13 the first week, moved him in second place with 31 total behind Seminole's Earnie "Sackman" Lewis. Lewis picked up seven solos and seven assists against Titusville to push his county-leading total to 34.

Seminole's Warren and Lyman's Scott King also turned in impressive efforts and are tied for third with 28. Lake Brantley's Stanhill came up with 10 tackles and 11 assists to climb into fifth place with 27 stops.

While the tackles mounted, the sacks were almost nonexistent. Lewis, who collected two against Astronaut, still leads. Teammate Blake picked up another fumble recovery to lead that category with two. Blake, moved to safety from monsterback, also blocked a punt and caused a fumble. Warren, the Tribe's quick-hitting middle linebacker, turned in a career-high 10 tackles and seven assists. Seminole's Kelley also had seven solos, seven assists and a fumble recovery.

The stealers of the airways remained the same. Lake Mary's Sheldon Richards along Lyman's Scott Radcliff and Johnny Luce are tops in interceptions with two apiece.

Offensive heroes were few and far between last year. Howell's Mark Wainwright was the standout. He threw the first two — and the only two — touchdown passes of the year to slotback Bill Wasson. Both were 10-yards. On one play, Wasson ran a down and out in the right flat to beat the cornerback. On the second, Wasson drifted past the linebackers on a crossing



Warren

Blake



Glenn

Golloher

pattern and made a diving fingertip grab.

Along with the Wainwright-Wasson combo, senior kicker Jeff Phillips is another potent weapon. Phillips, an excellent soccer player, moved to Cocoa last year but returned to Howell for his senior year. The golden-toed booter has hit 4 of 4 field goals from 38, 31, 31 and 24 yards.

Another offensive outburst came from Seminole's Curtis Rudolph who ran for 89 yards on 16 carries and caught three passes for 32 yards.

Lake Mary and Oviedo are idle Friday. The Rams (1-1) return to action next Friday against arch-rival Seminole in a SAC clash. Oviedo (1-1) hosts New Smyrna Beach (1-1) in a District 4A-5 game.

The SAC resumes action Friday when Seminole (0-2) hosts Lake Howell and Lake Brantley (0-2) entertains Lyman (1-1). Oviedo leads the SAC race with a 1-0 mark. Brantley is 0-1.

Lady Lions Have Right 'Moves'

By Chris Fister
Herald Sports Writer

The season has just begun, but it appears Oviedo's Lady Lions have made all the right "moves" to become a legitimate Central Florida area power.

Oviedo's number one hitter on last year's district championship squad, Stephanie Nelson, graduated but senior Kelly Price has moved into the leadership role on the front row.

The Lady Lions also lost setter Kim Verne to graduation but Kelly Davidson, a fine setter in her own right, has moved back into the Oviedo school district to further strengthen Oviedo's chances.

Looking to solidify her front row play, coach Anita Carlson moved Suzanne Hughes up to varsity and said the 6-0½ sophomore has great potential.

Along with the power of Price, the setting of Davidson and the potential of Hughes, the Lady Lions have experience and depth at every position. Oviedo, which opened the season with a 15-3, 15-9 rout of Bishop Moore last week, returns to action tonight at St. Cloud. Oviedo opens play in the Seminole Athletic Conference on Tuesday, Sept. 30, against Seminole. The game is scheduled for Oviedo High but may be moved to Seminole if construction on the Oviedo gym is not finished.

"Rather than any one or two standouts, we have talent and experience at every phase of the game," coach Carlson said. "It's hard to tell after one game, but we have the potential to do very well."

Volleyball

Of the returning front row players for the Lady Lions, Price is the leader as she started all of last season and came on strong down the stretch. Price is one of the top athletes in Central Florida as she also excels at soccer and is one of the top hurdlers in the state. She also was one of the top heptathletes in the state last season.

"Kelly (Price) did a good job offensively last season," Carlson said. "Stephanie (Nelson) missed some games with injuries and Kelly always came through when Stephanie was out."

Senior Barbara Malone and junior Jodie Switzer, two other returning players, will be counted on for power on the front row along with junior Bobbie Kelly. Junior Jill Knutson is another returning player who can contribute either on the front row, defensively or as a setter.

The defensive leaders are seniors Cindy Wood, Mikki Eby and Trudy Ferguson, all key players on last year's team.

"Cindy (Wood) is a real steady player all the way around," Carlson said. "Bishop Moore had a lot of trouble with her serves and Jill (Knutson) and Kelly (Davidson) also served really well."

If the Lady Lions realize their potential, they could very well move into the favorites role in the SAC and the district.

ZOMBIES DISAPPEAR, OVIEDO WINS

Oviedo coach Carlson must have been a little spooked Monday night. The zombies out on the court didn't look much like her Oviedo High volleyball team.

While the Lady Lions' bodies were on hand for the match against St. Cloud, their minds were still on the bus as St. Cloud downed Oviedo in two games.

Tuesday night, the Lady Lions were themselves again much to the delight of Carlson as she watched her team claim a pair of victories. Oviedo opened the tri-match at Trinity Lutheran Church in Orlando with a 15-8, 15-2 rout of Melbourne Central Catholic and came back to sweep Orlando Luther, 15-7, 15-9.

Oviedo upped its record to 3-1 with the wins and returns to action Thursday night in Orange Belt Conference play at Kissimmee Osceola.

"The girls found out that you have to have your mind on what you're doing," Carlson said. "We had a little pep talk and they came out mentally ready tonight."

In the opening game against Melbourne CC, Wood served nine consecutive points to lead the way for Oviedo. Kelly Davidson added seven straight serves in game two; Offensively, Carlson said Knutson, Price, Malone and Hughes had several good hits while Davidson and Knutson also set well.

In the match against Luther, Malone's serving was the highlight as she made 12 out of 13 serves. Carlson said Price led the offensive attack while Wood, Eby and Ferguson were outstanding on defense.

NASCAR Officials To Lift Ingram's Suspension

DAYTONA BEACH (UPI) — Stock car driver Jack Ingram, who NASCAR officials suspended indefinitely following an accident in which he was ruled to have intentionally hit another car, will have the suspension lifted next week, it was announced Tuesday.

Ingram, who drives on the late model

sports car series and has won a record five points championships in that division, also was fined \$5,000 immediately following a crash involving Ronnie Pressley and another car at a race in Asheville, N.C. After being arrested in the fights that broke out after the three-car accident, Ingram was suspended. The

suspension, which will be 15 days in duration, will be lifted Monday. "After reviewing the situation we felt this would be the best course of action," said Ed Cox, NASCAR administrative competition director. He said Ingram would be on probation for the remainder of the season.

...Castle

Continued from 8A

This is 1986 and most of the decline has happened within the past five or six years.

Why? Again, the opinions are many and varied. Some say that it's simply a matter of numbers. When people flock to new activities like weight training or aerobic dance, it leaves fewer to play tennis.

Some think that many people were in tennis mainly for the exercise and that it takes less time and often less money to jog or do an aerobic work-out along

with someone on TV. Or, some just walk around the neighborhood a few times.

Some say that the cost of good equipment has gotten so high that a lot of people are looking for cheaper activities. To join a private club is not cheap and many are rather exclusive and hard to get in anyway.

In my opinion, the main reason for the decline of the numbers playing the game lies in the fact that tennis is probably the most difficult game to play well.

I stress play well. When one first gets involved in tennis everything goes okay for a while. Most people improve drastically for about six months.

Then the trouble starts — all of a sudden the improvement stops, and a long plateau is reached.

Many beginners never go beyond this point. To get better from there takes hours of practice, maybe private lessons, etc., etc. Many drop out and go to another activity at this time. It simply isn't enjoyable to them unless they can get better, so they start playing racketball or some other sport in which they can make quicker progress.

Most don't have the patience to improve. If they only knew that a few months of really hard work at the six-month period would help them make another jump up, I think they would stay in the

game. Anyway, for whatever reason tennis has declined, it has. It's sad to see courts sitting empty, and they are. It's sad to see people getting into other activities after only a few weeks or months of tennis, and they do.

The United States Tennis Association is aware of the problems and is trying to do something about it. Free clinics with big-name pros are being set up all over the United States. Lots of TV time and magazine space is promoting tennis and even massive programs to get kids free rackets.

Maybe, just maybe, it will all work and tennis will become the sport of the 90s.

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TV/RADIO, FOOTBALL, JAI-ALAI, ODDS, X-COUNTRY, CROSS COUNTRY, etc. Table with multiple columns and rows of sports scores and schedules.

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Cook Of The Week

Family And Church Come First For Creative, Happy Homemaker

By Dorothy Greene
Herald Correspondent

Nothing makes our Cook Of The Week happier than a car full of lively kids. As far back as high school, Jackie Crawford of Lake Mary, remembers enjoying Home Economics classes and children. "I think I was always meant to be a mother," she admits. As a straight "A" student in Home Ec., Mrs. Crawford was president of the Future Homemakers of America, which is an ideal prerequisite for motherhood and homemaking.

Mrs. Crawford can identify with a long line of good cooks going way back to the late 20s when her grandfather built one of the first family-type restaurants in Sanford. It was called Angel's, "and people came from all around to eat there," she says. "He was very famous for his spaghetti and his chili, which he burned before adding the rest of the stuff — that was his secret. It was mostly short orders, and my dad worked there, too. Old time Sanford people would probably remember it. That was when McReynold's drug store was right across the street and Seminole Sporting Goods was there, too."

Born in Stuart, Mrs. Crawford's family moved to Sanford when she was 3 years old. Her older brother, John Angel, now lives in Chicago. During the late 1960s her dad was Superintendent of Schools in Sanford. Many pleasant memories are recalled when Mrs. Crawford speaks of her childhood visits to her grandmother's house in Millen, Ga. "I spent most of my summers with my grandmother and that was when you could call down to the local grocery store and give your order and they'd deliver it to your back door," says Mrs. Crawford. "I learned how to cook from her. She took a lot of time with me. And, of course, Mom cooked just like her. "Wishing that some of today's children could experience some of the same pleasurable memories, Mrs. Crawford adds, "With the Crepe Myrtle lining the streets of that little town, you could walk downtown to the post office or to the show or whatever, it was really quaint."

Some of the things Mrs. Crawford's grandmother taught her how to cook "are some of the things I don't even use today, which is really terrible," she admits. "I learned how to make biscuits, corn bread and cakes from scratch which people don't really do much any more. With four kids and an extremely busy schedule, especially around dinner time, my menu is geared toward things that are simpler, like baked chicken, baked potato and a vegetable and a salad sometimes."

Mrs. Crawford was married in 1970 to Dennis "Dusty" Crawford, sales representative for Sunniland Corp. in the Building Materials Dept. When asked how they met, Mrs. Crawford explains, "Actually, I had known Dusty for a long, long time. He is six years older than I am and my mother and Dusty's mother had been very good friends. We'd visit a lot, and I can even remember him babysitting with me once when our mothers were

playing bridge. I guess it was when Dusty had come back from the navy and we were visiting his mom, he walked in and later asked his mother 'Who was that?'" After taking notice that a childhood friend had blossomed into a pretty young woman, "we began dating shortly after that and six months later we got married. It was just love at first sight," she says, "and has been ever since."

Mrs. Crawford's young, active family includes Chad, 13, an avid sports enthusiast who enjoys soccer, surfing and skateboarding, Stephanie, 11, is "a typical girl," says Mrs. Crawford, "very feminine and interested in clothes, makeup — and boys." Micah, 4, and Matthew, almost 2, are Mrs. Crawford's active little handfuls that keep her busy and on her toes. "There's never a dull moment. I'm glad the Lord gave me a girl amongst all these boys," she laughs.

"We like going to the beach and camping," says Mrs. Crawford, "and Dusty likes fishing a lot. We enjoy mostly outdoor activities. We were raised that way, camping, fishing and hunting in this area and enjoy anything that has to do with nature."

Mrs. Crawford has a lot of hobbies, "but I don't get into them heavy like some people do," she explains. "I love ceramics, I like art and I like flower arranging and I love interior decorating." She also enjoys sewing and working in the yard, but her most visible efforts are in her talent for interior decorating and the way she has tastefully planned and furnished her comfortable home. Surrounded by 18 stately oak trees, the Crawford home is tucked away in a quiet section of Lake Mary and is the heart of a close knit family. "This is a home, and a home is where you live; it's not a showplace," says Mrs. Crawford. "That's my philosophy." Before her last two children were born, Jackie Crawford was a Dividend



Jackie Crawford treats her family to traditional meals she was raised on.

at school. "That was a lot of fun, working with kids," she says. "I guess I like kids. I even bought a big car so I can take all the kids with me. We got this great big Suburban and it was the best thing I ever did. You can get all the surfboards and the playpens and the coolers and the kids in it, because I don't mind taking kids with me, and teenagers, too, always went all their friends to come along."

As members of the Wekiva Assembly of God in Longwood, the Crawfords are very actively involved with the church family. Mrs. Crawford helps in the nursery and works with the Missionettes, which is very similar to the Girl Scouts organization. "We meet every Wednesday night, and that's a girl from fourth grade to eighth grade. We take them camping and have parties and lock-ins," explains

wife and mother whose outlook is guided by one central figure. "and that's Jesus Christ," she smiles. "That's my life, really, and whatever God wants me to do with it is fine with me," she says. "Before I became a Christian, I was just interested in ME and what I could do. But when I became a Christian, God put 'home' back in my heart. I even had two more kids and just love being a wife and a mother. The specialness that God can put in your marriage — it's just so wonderful. Rusty and I have always had a good marriage, but with God in your marriage, there's just no comparison. I just wish everybody knew that!"

Much of Mrs. Crawford's cooking retains the traditional touch as she uses recipes that have been in her family for many years. "Even though I don't cook like I used to, at Christmas I do. I cook a lot of the traditional things that I was brought up with and that my family has learned to like, too, but that I don't do on a regular basis," she says.

Below are some family favorites that have a permanent place in Jackie Crawford's recipe file:

HAM-POTATO SKILLET DINNER

3 cups large diced potatoes
1 large onion
2 cups diced ham
Salt and pepper to taste
1 cup diced Cheddar cheese
Place all ingredients except cheese in large skillet and cook over low heat until done. Sprinkle top with diced cheese and cover with lid until melted.

Good with boiled cabbage wedges. Serves 6.

AUNT LUCILLE'S POTATO ROLLS

1/2 cup shortening
1/2 cup sugar
1 cup potato water
1 cup milk
1 tap. baking soda
1 Tbls. salt
1 medium potato
1 cake yeast
Enough flour to make a stiff dough

Peel potato, dice and boil till done. Cool potato water until warm. Pour in large bowl. Add yeast, salt and sugar and let stand for yeast to activate, 5 minutes. Add shortening, milk, soda and potato (mashed). Begin to add flour and continue until not sticky. Let rise; punch down. Shape into rolls of your choice. Bake at 350 degrees until golden brown. Time will depend on size of rolls. Makes about 60 rolls. Good with roast beef.

CORN PUDDING

1 can creamed corn
1 can whole kernel corn
2 eggs
1/4 cup sugar
Salt to taste
Mix in casserole dish. Bake at 350 degrees approximately 45 minutes. Serves 4 to 5.

SWEET POTATO CASSEROLE

3 cups cooked sweet potatoes
1/2 cup sugar
2 eggs, beaten
1/2 tap. salt
1/2 stick butter, melted
1/2 cup milk
1 1/2 tap. vanilla
Topping:

See COOK, 3B,

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Microwave Magic

A Taste Of History From The Northeast

We continue our tour of American regional cookery, with our country's earliest history is from the Northeast or New England states. The Atlantic coast provided plenty of seafood, scallops and clams among favorites. The Indians taught the Pilgrims about tapping the trees for maple syrup and growing native vegetables such as maize (corn) and squash. They showed them how to gather and make use of wild berries and nuts. The cranberry, now called cranberry, found its way to the table of the early settlers. Many of our traditionally American foods come from this region rich in history.

This old-fashioned New England soup can be found on menus anywhere in our country. You can easily prepare it in the microwave oven, and serve it as a first course or as a meal in itself.

NEW ENGLAND CLAM CHOWDER

3 slices bacon
1-2 cans (8½ ounces each) minced clams
1 large potato, cubed
¼ cup chopped celery
1 small onion, chopped
2 cups light cream
3 tablespoons flour
¾ teaspoon salt
¼ teaspoon thyme

¼ teaspoon pepper
1 teaspoon parsley
Place bacon in a 2-quart casserole. Cover with paper towel. Microwave on 100% 3-4½ minutes or until bacon is crisp. Remove bacon and set aside. Add liquid from clams to drippings along with potato, celery and onion. Cover with lid. Microwave on 100% power 10-12 minutes or until vegetables are almost tender. Combine cream and flour until smooth. Stir into vegetable mixture. Stir in salt, thyme, pepper and parsley. Microwave on 100% power 7-8 minutes or until mixture boils and thickens, stirring 2-3 times during last half of cooking time. Stir in clams. Microwave on 100% power 1-2 minutes or until heated through. Crumble bacon and sprinkle over chowder.

Overcooking toughens fish or shell fish, whether they are microwaved or cooked by traditional methods. Use minimal micro-times to retain moisture and flavor.

SCALLOP CASSEROLE

1 pound fresh scallops
1 tablespoon water
3 tablespoons butter
2 tablespoons chopped onions
¼ cup chopped green pepper
1 cup sliced fresh mushrooms
3 tablespoons flour



Midge Mycoff
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1 cup light cream
1 teaspoon salt
¼ cup white wine, optional
2 teaspoons lemon juice
1 tablespoons butter
3 tablespoons dry bread crumbs
2 tablespoons parmesan cheese
¼ teaspoon paprika

Combine scallops and water in 1-quart casserole. Cover. Microwave on 100% power 3-3½ minutes or until scallops are set, stirring twice. Set aside.

Combine 3 tablespoons butter, onion, green pepper and mushrooms in 4-cup glass measure. Microwave on 100% power 2½-3 minutes or until vegetables are almost tender, stirring once. Stir in flour, add cream and salt; stir until blended. Microwave on 100% 3¼-4½ minutes or until mixture boils and thickens, stirring once or twice during the last half of cooking time. Stir in wine and lemon juice. Drain scallops. Add sauce to scallops, stirring until combined. Microwave 1 tablespoon butter in small glass bowl 30-45 seconds. Mix in bread crumbs, parmesan cheese and paprika. Sprinkle over scallops.

Microwave (100%) 1½-2 minutes or until heated through. Serve with rice.

The early colonist learned quickly from the Indian methods of preserving and preparing foods. Corn and beans were staples and it was not uncommon for these foods to be eaten three times a day. Succotash (an Indian word) means a dish combining corn and beans and some times other things, almost like a stew. This is a very modern method of preparing this age-old American mainstay.

SUCCOTASH

1 (10 ounce) package frozen lima beans
1 (10 ounce) package frozen whole kernel corn
¼ cup milk or light cream
3 tablespoons butter
1 teaspoon salt
Pepper to taste

In a 2-quart casserole combine lima beans and corn, cover and microwave on 100% power 9-11 minutes or until vegetables are tender, stirring once. Stir in remaining ingredients; heat covered 1-2 minutes.

Squash was the other staple vegetable. Pumpkin (a squash) was often the difference between survival and starvation for the early settlers.

Any squash can be microwaved whole. Be sure to pierce the skin several times with a fork.

MAPLE CREME

2 cups milk
1 envelope unflavored gelatin
¼ cup maple syrup
1 cup whipping cream
Combine milk, gelatin and maple syrup in 4-cup glass measure. Let stand 5 minutes to soften gelatin. Microwave on 100% power 5-6 minutes or until steaming hot, stirring once. Stir until gelatin is dissolved. Cool and refrigerate until mixture begins to thicken. Beat cream until thickened. Fold into gelatin mixture. Spoon into serving dishes. Refrigerate until served. Garnish with additional whipped cream and chopped nuts.

Next week: Southwest United States cuisine.

GLAZED SQUASH

2 acorn squash
1 tablespoon lemon juice
¼ teaspoon grated lemon peel
¼ teaspoon nutmeg
¼ cup honey or maple syrup
Place whole squash on a paper towel in microwave oven. Microwave on 100% power 8-10 minutes or until soft. Let stand 5 minutes. Slice crosswise. Re-

move seeds; set aside. Combine remaining ingredients. Place squash in a baking dish. Spoon sauce over squash. Cover with plastic wrap and microwave on 100% for 2 minutes. Baste squash with sauce.

Desserts were special occasions and were often fruit or puddings, sweetened with maple

syrup. Hasty Pudding may be a dessert with which you are familiar. It is made of corn meal (what else?) and molasses or maple syrup.

This pudding made with the microwave is light and creamy and flavored with maple syrup. Microwave cooking makes it a "hasty" pudding too.

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Cosmetic Surgery Can Prevent Lifetime Of Pain Humiliation

DEAR ABBY: Because I am a man of some prominence in this community, I have put off writing for years for fear of being recognized, but I shall wait no longer. Two years ago you told a young man to seek medical help for his enlarged breasts, even if it means hooking the family car. Thank you for that expert advice. In some males the problem is only temporary, during puberty, but I urge any young man who still has enlarged breasts at the age of 15 to do something about it.

I speak as a 72-year-old man who has been humiliated by large breasts since the age of 14. I loved to swim, until the tops disappeared from men's swimsuits when I was in my early 20s. I have not been swimming since.

As a teen-ager, I used to bind myself with wide adhesive tape. I had to quit because of constant skin rashes.

I even bought a bra once (by mail order), but realized that modern bras are to emphasize, not to hide. Anyway, I found that I wore a 46-C.

When I needed help 50 years ago, cosmetic surgery was in its infancy. I purposely remained a bit overweight so my problem would be less conspicuous, but in more recent years I have learned to live with it. A young man not so afflicted cannot imagine the suffering I endured. People are terribly cruel to those who are different, especially when the difference provokes dirty remarks and innuendos.

And so, Dear Abby, continue



Dear Abby

to let young men know that this problem will get worse through the years, and can warp one's life. I, for example, chose not to consider marriage, for I could not have appeared bare-cheated even to a wife.

ANONYMOUS, OF COURSE

DEAR ANONYMOUS: Your letter was long, but well worth the space. Even though a problem afflicts a relatively few, the pain is not diminished to those afflicted. Thank you for telling your story. Perhaps somewhere, a young man will identify with it and learn that he need not endure a lifetime of suffering as you did.

DEAR ABBY: What does a man do when he approaches 60, has a beautiful wife and fine children, but still feels the need for more excitement?

I decided to renew acquaintances with a woman with whom I had had a very romantic encounter many years ago. I reminded her of the thrilling romance we had, and in no time at all we were reliving those days with renewed passion. The effect on me was phenomenal, but the effect on the woman was even more amazing. She loved it!

You see, the woman I renewed

acquaintances with was my wife!

This might serve as a useful suggestion to some bored husbands and wives of any age. My wife does not know I'm

writing this, but she'll recognize old Romeo as her born-again lover when she sees it.

LIVING AND LOVING

DEAR LIVING: There's a

lesson to be learned here. It was well stated in the lyrics of a song that was popular in the '30s: "You'll find your happiness lies right under your eyes, back in your own backyard."

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Continued From Page 1B

GRAHAM CRACKER CAKE
2 sticks butter
2 cups sugar
6 eggs, beaten
1 pkg. (7 oz.) coconut
1 box graham crackers, crushed
1/2 cup milk
1 cup pecans, chopped
1 tsp. vanilla
Cream butter, then add sugar, mixing well. Add remaining ingredients. Blend well and pour into greased tube pan. Bake at 325 degrees for 1 1/2 hours.

GRAHAM CRACKER CAKE

2 sticks butter
2 cups sugar
6 eggs, beaten
1 pkg. (7 oz.) coconut
1 box graham crackers, crushed
1/2 cup milk
1 cup pecans, chopped
1 tsp. vanilla
Cream butter, then add sugar, mixing well. Add remaining ingredients. Blend well and pour into greased tube pan. Bake at 325 degrees for 1 1/2 hours.

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Sale Date: Sale Good
Thru Sunday, Sept. 28th
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Salt-Free Seasonings Enhance Mexican Foods

**By Aileen Claire
NEA Food Editor**

If you're watching your sodium intake, but love Mexican food, don't fret. Prepare some main course dishes using salt-free seasonings and low-sodium cheeses.

A special low-sodium lime dressing adds its own piquant flavor to salad greens or chopped tomato to go with the main dishes.

CHICKEN ENCHILADAS

1½ cups diced cooked chicken
½ cup sour cream
1/3 cup chopped celery
¼ cup thinly sliced scallion
3¼ teaspoons lime or lemon juice, divided

1¼ teaspoons salt-free 14 herb and spice blend, divided
¼ teaspoon ground cumin
¼ jalapeno pepper (canned), seeded and finely chopped
6 corn tortillas

½ cup chopped fresh tomato
1/3 cup shredded low-sodium Cheddar cheese

Preheat oven to 375 degrees. Combine chicken, sour cream, celery, scallion, 3 teaspoons of lime juice, 1 teaspoon salt-free herb and spice blend, cumin and jalapeno pepper in medium-size bowl.

Heat small skillet over medium heat. Heat 1 corn tortilla on each side until just softened, about 20 seconds. Remove.

Spoon ¼ cup filling in a line down the center of tortilla. Fold sides over to enclose filling, overlapping ends slightly. Place

seam side down in small oven-proof baking dish. Continue to heat and fill remaining tortillas in same manner. Combine tomato, remaining ¼ teaspoon lime juice and ¼ teaspoon salt-free herb and spice blend in a small bowl. Arrange over top of enchiladas and sprinkle with cheese. Bake about 10 minutes, until heated through and cheese is melted. This kitchen-tested recipe makes 8 servings.

RED CHILI PORK STEW

4 pounds boneless pork, cut into 1-inch cubes
Flour for dredging
¼ cup vegetable oil
2 cups chopped onion
3 cloves garlic, minced
2 cans (14 ounces each) no-salt-added stewed tomatoes, undrained

1 1/3 cups cold water
2 tablespoons salt-free 14 herb and spice blend

2 to 4 teaspoons chili powder
1¼ teaspoons dried oregano
3 tablespoons red wine vinegar
Chopped fresh parsley for garnish

In a large bowl, toss pork cubes in flour, shaking off excess. In a large heavy stainless or enameled pot, heat oil over medium-high heat. Lightly brown pork in several batches, transferring browned meat to a large bowl. Add onion and garlic to pot and saute until softened. Return meat to pot along with any juices that have accumulated. Add tomatoes, water, herb and spice blend, chili powder and oregano; stir to

blend. Bring to a boil, then partly cover and simmer over low heat for 1½ hours, until pork is very tender, stirring occasionally. Stir in vinegar.

To serve, transfer stew to a large serving dish and sprinkle with parsley.

Note: Stew can be prepared

early in the day and reheated before serving. This kitchen-tested recipe makes 8 servings (12 cups).

LIME DRESSING

½ cup vegetable oil
3 tablespoons olive oil
3 tablespoons fresh-squeezed lime juice

1 teaspoon salt-free 14 herb and spice blend

Put vegetable oil, olive oil, fresh-squeezed lime juice, herb and spice blend and cumin into a glass jar.

Cover tightly and shake container until dressing is well

blended. Refrigerate. Serve on salad greens or chopped tomatoes. This kitchen-tested recipe makes about ¾ cup.

SALT-FREE herb and spice seasoning and other low-sodium ingredients enhance Mexican dishes such as chicken enchiladas or red chili pork stew.

In Good Taste

Hi-Tech Success Turns To Exotic Greek Cuisine

**By JOHN DEMERS
UPI Food Editor**

BERKELEY, Calif. (UPI) — When Sotiris Kitrilakis left Greece to find his fortune in technology, he could not have guessed his greatest satisfaction awaited him in hills and valleys still stubbornly harvested by hand.

Kitrilakis, an Athens-born graduate of MIT and early innovator of the heart-lung machine, has spent the past two years bringing the United States the finest flavors his ancient homeland can produce.

Surprisingly perhaps, he faced one of his toughest challenges at the very beginning — convincing the small farmers of Greece he was serious about his plan.

"They said, 'You must be crazy, taking olives to America,'" Kitrilakis recalled. "All they knew about America was 'Dallas' and 'Dynasty,' and they just couldn't picture J.R. eating an olive or a stuffed grape leaf."

The Ewings might indeed reject Kitrilakis' product line, but it has drawn raves from gourmet magazines — not to mention from wave after wave of tasters at events like the Fancy Food Show in New York.

That encounter served as inspiration for a simple but memorable dinner at the Berkeley home Kitrilakis shares with his writer wife Thalia, a meal in which she kept up the hospitality while he set out samples of his specialties, tossed a tomato-rich calamari salad and baked a glistening white fish fillet in lemon and oregano.

Only the wine was not Greek. Kitrilakis apologized, explaining that while some wonderful wines are produced in Greece, the consistency is not such that it is successfully exported. Precisely such a realization led to the founding of his new company, Peloponnese.

It seemed to Kitrilakis the agricultural advancements that had turned Europe into a new kind of bread basket were working their way into Greece. But they were producing lines of items dedicated to the middle, with few great disappointments but few great joys.

Kitrilakis, who with Thalia spent part of each year in a tiny Greek village, realized that much of what was best in the surrounding hills was straying no farther than their town square.

"We deal exclusively with the small growers, whose products don't find their way into channels," he said. "The Athenians, when they want good olive oil,

they don't go to the supermarket. They go to their cousin in the country. We try to act as the surrogate cousin."

Peloponnese found its earliest success in San Francisco, working out to Seattle and Portland, then the entire West Coast and finally the East as well. Haddon House recently picked up the line, plugging its vast distribution network into the Peloponnese equation.

"Eating is a pleasure — that's where it has to start," said Kitrilakis. "In Greece, the meal is almost a ritual. It is never something trivial, to be gotten over with. When people come to your house, you really have an obligation to make sure they feel satisfied."

SOTIRIS KITRILAKIS' MIDIA GEMISTA

24 medium mussels
1½ cup water
¾ cup white wine
¼ cup extra-virgin olive oil
2 large onions, finely chopped
4 scallions, finely chopped
¼ cup black currants, soaked in water for 20 minutes
½ cup pine nuts
½ teaspoon ground thyme
½ cup uncooked rice, washed Salt

Wash and scrub the mussels in cold water, removing the "beard" and discarding any whose shells are open. In a 4-quart pot, place the mussels, 1 cup water, ½ cup wine and salt to taste. Steam 6 to 8 minutes. Remove mussels, set aside, let any sand settle and save 1 cup of the liquid.

In a saucepan, cook the onions and scallions in the olive oil over moderate heat until soft and translucent. Add the rice and cook for 2 minutes, stirring continuously.

Lower the heat, add the liquid from the mussels and cook tightly covered until the rice is almost done, approximately 8 minutes. Remove the mussels from their shells and add to the rice along with the drained currants, pine nuts and thyme. Simmer for 3 minutes.

Let the mixture cool slightly while covered, about 5 minutes, then stuff into the mussel shells with 1 mussel per shell. Place the stuffed shells in a Dutch oven, being careful to avoid spilling, and keep shells closed by weighting down with a plate.

Add the remaining water and wine. Simmer for about 5 minutes, until the rice is completely done. Serve hot or at room temperature.

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Baked Bluefish Cutlets

½ cup grated Parmesan cheese
1 cup fine dry bread crumbs
¼ cup chopped parsley
1½ teaspoons salt
¼ teaspoon pepper

1 bluefish (about 3 lbs.)
1 egg
2 tablespoons milk
2 tablespoons butter or margarine
Vinegar

Mix cheese, crumbs, parsley, salt and pepper. Cut fish into pieces and dip into beaten egg mixed with milk; then roll in dry crumb mixture. Cook in hot butter until lightly browned on both sides. Put in shallow baking pan and bake in preheated moderate oven (350° F) for 20 minutes. Serve with a little vinegar. Makes 4 servings.

Easy Boiled Shrimp

1 box shrimp boil seasonings
1 tablespoon salt
1 large onion, chopped

Juice of 2 lemons
5 lbs. of shrimp

Combine the shrimp boil seasonings, salt, onion, lemon juice and 2 quarts boiling water in a large kettle. Add the shrimp, then return to a boil and boil for about 5 minutes or until the shrimp are pink. Drain well, then shell and devein. Chill the shrimp until ready to serve. Makes 4 servings.

Parch, Mexican Style

1½ lbs. perch fillets
½ cup fine dry bread crumbs
1 small onion
¼ cup soft butter or margarine

1 teaspoon chili powder
½ teaspoon each of thyme and pepper
¾ teaspoon salt
Lemon wedges

Wipe fillets with damp cloth and arrange in a shallow baking dish. Blend remaining ingredients except lemon wedges and spread on fish. Bake in preheated very hot oven (450° F) for about 25 minutes. Garnish with lemon wedges. Makes 4 servings.

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WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD SEPTEMBER 25 - 27, 1986

SUPER BONUS SPECIAL
SUPERBRAND SLICED INDIVIDUALLY WRAPPED CHEESE FOOD
79¢
12-oz. PKG.
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD SEPTEMBER 25 - 27, 1986