

Shotgun Death

Altamonte Springs Man, 29, Killed Instantly By Blast To The Head

Seminole County sheriff's investigators today were probing the circumstances surrounding Wednesday afternoon's fatal shooting of a 29-year-old Altamonte Springs man who was hit in the head with a single shotgun blast.

Joseph Husted of 1131 Pine

Street died instantly as a result of the blast, according to sheriff's Capt. Jay Leman.

He and his wife, Sammy, were alone at home when he was shot, a sheriff's report said. Leman said the shooting was definitely not suicide, but may have been an accident.

No charges have been filed in the case.

Leman said investigators are checking their files to see if the Husteds have a history of domestic disputes.

Sheriff's deputies were called to the Husted home at 2:44 p.m.

Paramedics were on the scene and Mrs. Husted, who is six months pregnant, was taken to Florida Hospital in Altamonte Springs where she was treated for shock and released, the report said.

Husted's body was taken to

Central Florida Regional Hospital, Sanford, where an autopsy was scheduled, the report said. Seminole County Medical Examiner Dr. G.V. Garay had not completed the autopsy this morning, his office said.

Leman said the Husted's 8-year-

old son and 6-year-old daughter, who arrived home from school shortly after the shooting, were taken to the home of a nearby relative.

Husted was a landscaper, a sheriff's report said.

Games

Talent Contest On Tap Tonight

By Jane Casselberry
Herald Staff Writer

Sanford's ninth annual Golden Age Games went into its fourth day today with the men's golf tournament winding up at Mayfair Country Club and the last half of the heated decathlon competition, which began Wednesday, taking place at the Seminole High School stadium.

A talent contest and variety show at 7 p.m. today in the Sanford Civic Center will climax the day's events, which also including swimming, diving, pinochle, a

Golden Age Games Results, Schedule of Events, page 3A

pancake race, and a knitting contest.

Twenty-two acts have signed up for the talent contest, according to the Greater Sanford Chamber of Commerce, sponsor of the event. Awards will be given in categories of dancing, singing, musical instruments, recitation, and comedy.

The Seminole High School Cheerleaders will add a little cheer to the occasion and Ed Holden of Deltona will be the organist. Judges will be Seminole High School Band Director Bob Maguire, Seminole County Schools Fine Arts Coordinator John Blair and Viola Kastner, former dancer.

The show is open to the public and admission is \$1.

On Wednesday, the 55 and over seniors also took part in basketball one on one and free throw competition, tennis, cribbage, and the dance contest.

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Herald Photos by Michael Beha

Mary Bowermaster, 66 of Fairfield, Ohio, jumps eight-feet four-inches Wednesday to capture first place in the long jump competition of the Golden Age Games decathlon event.

World Class Athletes Neck And Neck In Decathlon

By Michael Beha
Herald Staff Writer

The field for this year's Golden Age Games decathlon has more lustre than ever before.

Three of the senior athletes recently competed in the Masters World Games in San Juan, Puerto Rico, where they turned in impressive performances. The World Games draw more than 19,000 competitors over age 65 to compete in track and field events.

Gilberto Gonzalez of San Juan, Donald Hull of Port Orange and Mary Bowermaster of Fairfield, Ohio each turned in good performances at the games in September.

Gonzalez, 71, is a world record holder in the 70-to-74 age bracket in the 100-meter dash, 200-meter dash and 400-meter hurdles. Gonzalez also carried home four silver medals in the recent games.

Hull, 65, competed in his first World Games in September. "It was like a kid going back to school. I was competing against three former Olympians."

He was shut out of the medals but Hull remains proud of his achievements — fifth place in the high jump, fourth in the hammer throw and sixth in the 200-meter dash.



Donald Hull, 65, left, leads Gilberto Gonzalez, 71, of San Juan, Puerto Rico, by a nose in the 50-yard dash in Wednesday's decathlon competition. The pair is about that close in the overall competition at the halfway point in the 10-event competition which concludes today.

"I'll be back next year and maybe I'll do better then," he said.

Mrs. Bowermaster, 66, who won the women's decathlon two years ago, had a spectacular debut in her first World Games. She won gold medals in the long jump and the 100-meter dash and finished second in the 200-meters.

After a taste of international

competition, what brings them back to Sanford?

For Gonzalez, who flew in from an international meet in Chile to compete, it's the opportunity to see old friends. "I come to fraternize, to visit with people I haven't seen for awhile. These people treat you so well."

"I met Gilberto here and he

invited me to participate in the World Games," said Hull. "But I still come here because it's one of the nicest fun meets there is."

This year, Hull and Gonzalez are head-to-head in the 65-and up age group. Which one will win? "It's going to be a good meet," was all either would say.

Mrs. Bowermaster also returns to Sanford because of the friendly competition. "I was here two years ago and won every event in the decathlon in the 55-59 age group," she said. "Things haven't changed much. After five events she's tops in her age group and has recorded the best marks of any woman in either age group."

She got into senior athletics as therapy following a mastectomy in 1980.

"I had stopped doing things. I wasn't running or playing tennis. I stopped doing anything," she said. "Then I realized I could still compete."

Her time of 7.2 seconds in Wednesday's 50-yard dash was the third best time of any decathlon performer.

Who were first and second? For the record, Hull ran the 50 yards in 7.06 seconds and Gonzalez ran it in 7.12.

Prayer Meeting Held

Sanford Calls Snap Meeting To Discuss Blacks' Suit

By Tom Giordano
And
Donna Estes

A special Sanford city commission meeting has been called for 3 p.m. today in an effort to settle a lawsuit by five blacks trying to change the city's at-large elections to elections by district. And according to one commissioner, the matter has been discussed at length over the past 24 hours, and a prayer meeting was held late Wednesday seeking divine guidance.

City Commissioner David Farr confirmed that the issue has been talked about over the past 24 hours "not commissioner to commissioner, but commissioner to attorney, and commissioners to staff."

However, Farr also confirmed that there was a prayer meeting Wednesday night "where three commissioners were praying for one of them" prayed for divine guidance in the matter, adding, "I don't think that's a violation of the Sunshine Law, do you?"

The issue heated up this morning when Farr asked a Herald reporter not to use a statement he issued on Wednesday stating his position in the matter. Farr said Wednesday he was leaning towards a settlement. He said he was leaning toward "asking the court to set aside city charter provisions and instruct us to go to a districting plan."

"It's not the kind of plan I would personally like to work under but I think constitutionally and basically it is a better form of government for a growing community. We may be outgrowing the at-large system," he said.

Farr asked today that his Wednesday comment not be used because there had been considerable discussion over the past 24 hours on the matter, and "I don't want people to think the commission is jockeying around; that we're not facing the issue and thinking about what's best for the community. I don't want people to think it's a power play on my part. And, I don't want to renege on my

fellow commissioners. I suggested to them (sometime over the past 24 hours) that we should have the mayor take the leadership role and that we (commissioners) should stand behind him. If my comment is used from yesterday, it will make it appear that I renege on my colleagues." Farr said he also didn't feel that his talking to any of the commissioners about the issue over the past 24 hours "is a violation of the Sunshine Law."

Meanwhile, Mayor Lee P. Moore said today he did talk with Farr by telephone about the issue, and added "I don't consider that a violation of the Sunshine Law. It's been my personal opinion that I can talk to any commissioner about an issue, so long as the conversation does not include the decision-making process."

Farr said he was notified of today's special meeting by Mary Harkey-Meyer, secretary to the city manager. Moore said he notified city hall that he was calling the special meeting "because I think each commissioner needs to come to an independent decision and express it. I hope to get rid of the emotions this issue involves and talk about dollars and cents to the community and taxpayers."

Under the at-large system, all city voters may vote in all commission contests. But in district elections, only those residents of a particular district may vote for candidates running in those districts.

In calling the special meeting, Mayor Moore said it will give the commissioners the opportunity "to discuss among themselves the problem they are facing" with the civil rights voting act lawsuit filed in federal court at Orlando.

The four commissioners — Moore, Farr, Eddie Keith and Ned Yancey — polled Wednesday, said they were bothered by the possibility of having to agree to a districting plan, sought in the lawsuit, when voters of the city two times in two years voted down districting proposals.

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TODAY

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	Horoscope.....2B	World.....10A

Wife Sues Tavern In Drunk-Driving Case

A Sanford woman has filed suit against a bar that allegedly served beer to a man who later drove a car which struck a motorcycle her husband was driving, killing him.

The suit alleges that a bar maid at the Islander Tavern, 3207 S. Orlando Drive, Sanford, served beer to Loyd Edgar Albritton last August after he was "visibly intoxicated" and that later Albritton left the bar, drove his car the wrong way on the highway and collided with the motorcyclist.

Derna K. Stephen, of 2494 Myrtle Ave., filed the suit Oct. 28 in Seminole County Circuit Court, seeking in excess of \$5,000 in damages in the death of her

husband Patrick A. Stephen, 24, who was killed.

Named as defendants in the suit were the Islander Tavern, Inc., Albritton, Albritton's sister and brother-in-law, Allstate Insurance Co. which insured the car and International Indemnity Co. which insures the bar.

The state charges that Albritton, 42, of Chiefland, Fla., left the Sanford bar at about 11:15 p.m. Aug. 20 and turned onto Orlando Drive traveling south in the northbound lane.

Several cars were able to avoid Albritton's car, witnesses said, but it collided with a motorcycle driven by Stephen who was pronounced dead at the scene.

The suit alleges that before the acci-

dent Albritton had been convicted of driving under the influence six times, had two convictions as a habitual traffic offender and was a known alcoholic.

The suit alleges that Albritton was a regular customer of the Islander Tavern and that employees of the bar had seen him on numerous previous occasions in an intoxicated state.

On the evening of Aug. 20 a bar maid at the tavern served Albritton beer until "he reached a state of visible intoxication and was staggering and jolly" and his faculties were impaired.

The suit alleges that Albritton's sister and brother-in-law, Gwendolyn and James Medlock of Sanford, who were the

owners of the car Albritton was driving, were negligent in allowing him to drive the car.

The Medlocks knew Albritton was habitually addicted to alcoholic beverages and knew he did not have a valid driver's license, the suit alleges.

The state attorney's office charged Albritton with second degree murder, which carries a maximum sentence of 30 years, driving under the influence-manslaughter and driving with a license that had been suspended or revoked.

Albritton was arrested Aug. 26 and was released from the Seminole County jail the same day after posting \$8,000 bond. He is awaiting trial on the charges.

Holiday Festivities Set

Veteran's Day will be observed in Sanford Friday with ceremonies at 11 a.m. in Veterans Memorial Park on the lakefront.

Greater Sanford Chamber of Commerce President Jack Horner will be master of ceremonies. The Seminole High School Band will play and the Knights of Columbus color guard and the National Guard rifle squad will take part. Other participating groups and auxiliaries include Disabled American Veterans, American Legion, Veterans of Foreign Wars, the Fleet Reserve Association, and the Military Order of the Purple Heart.

State and federal offices, such as the Post Offices, Florida State Employment Service, Drivers License Division, and Social Security, will be closed for the holiday, as will all banks. All county and municipal offices will be open with the exception of the city of Casselberry.

—Jane Casselberry

ERA Resurrected

Full House Expected To Vote On Amendment Before Thanksgiving

WASHINGTON (UPI) — Before Thanksgiving, the House may have its second chance in 12 years to endorse the proposed Equal Rights Amendment and start it on its second struggle toward becoming a part of the Constitution.

The Judiciary Committee, on a 21-10 vote, sent the 24-word constitutional amendment to the full House Wednesday.

In 5½ hours of debate, the committee beat back a rash of amendments seeking to neutralize the ERA's effects on the draft, abortion, insurance rates, veterans benefits and private boys' and girls' schools.

The amendment sent to the full House is identical to the proposed amendment that passed the House in 1971 and the Senate in 1972 and died June 30, 1982, three states short of the 38 needed for ratification.

It states: "Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex."

Rep. Don Edwards, D-Calif., said he expects to see the

ERA debated and passed in the House Nov. 16 or 17, sending it to the Senate. Congress intends to adjourn Nov. 18 in time for Thanksgiving.

Two fierce adversaries, Judy Goldsmith, president of the pro-ERA National Organization for Women, and Eagle Forum founder Phyllis Schlafly, the ERA's staunchest opponent, were in the audience for the lively committee debate over attempts to change the wording of the amendment before sending it to the states for ratification.

The changes would have written in exemptions to spare women from the draft and to head off the courts from ordering changes in abortion policies, insurance rates, and single-sex private schools as a result of the ERA.

Opponents argued that ERA supporters should have learned a lesson from their previous failure at winning ratification and should change the language to pacify foes.

"You had 12 years and you lost," said Rep. Clay

Shaw, R-Fla. "It seems you have learned nothing." "Opponents are expected to try to defeat the ERA on the floor of the House by amending it," she warned. "We look forward to full House passage of the unamended ERA next week."

ERA supporters expect to win the two-thirds votes needed for passage in Congress. The campaign then will shift to the 50 state legislatures, three-fourths of which must ratify the amendment within seven years to put the amendment into the Constitution.

How They Voted

Following is the breakdown of the House Judiciary Committee's 21-10 vote Wednesday endorsing the Equal Rights Amendment.

Democrats voting for the amendment: Reps. Peter Rodino, N.J.; Jack Brooks, Texas; Robert Kastanmeyer, Wis.; Don Edwards, Calif.; John Conyers, Mich.; John Seiberling, Ohio; Romano Mazzoli, Ky.; William Hughes, N.J.; Mike

Synar, Okla.; Patricia Schroeder, Colo.; Dan Glickman, Kan.; Barney Frank, Mass.; George Crocket, Mich.; Charles Schumer, N.Y.; Bruce Morrison, Conn.; Edward Feighan, Ohio; Lawrence Smith, Fla.; Howard Berman, Calif.; and Frederick Boucher, Va.

Republicans voting for the amendment: Reps. Hamilton Fish, N.Y., and George Gekas, Pa.

Democrat voting against the amendment: Sam Hall, Texas.

Republicans voting against the amendment: Carlos Moorhead, Calif.; Henry Hyde, Ill.; Thomas Kindness, Ohio; Harold Sawyer, Mich.; Dan Lungren, Calif.; James Sensenbrenner, Wis.; Bill McCollum, Fla.; Clay Shaw, Fla.; and Michael DeWine, Ohio.

Golden Age Games Results

PHOTOGRAPHY
First place, George W. Wentis, Port St. Lucie; second, George W. Wentis, Port St. Lucie; third, Paul Carrol, Sanford; honorable mention, George W. Wentis.

DANCE CONTEST Alley Cat
First place, Minnie Kane, 62, Sanford; second, Wilbur Ott, 69, Bartow; third, Robert Miller, 60, Jacksonville.

Tango
First place, James Barber, 79, and Emma Weiss, 71, Winter Springs; second, Robert, 63, and Edith Miller, 60, Jacksonville; third, William, 70, and Muriel Capellaro, 69, DeLand.

Fox Trot
First place, William, 70, and Muriel Capellaro, 69, DeLand; second, Lili, 72, and Herb Vetter, 74, DeLeon Springs; third, Martha, 66, and Claude Gingras, 63, Port Orange.

Polka
First place, Carl, 61, and Jeri Haasenplug, 60, Altamonte Springs; second, Sarge, 70, and Loretta Faford, 63, Fern Park; third, Claude, 66, and Martha Gingras, 63, Port Orange.

Jitterbug
First place, Phil, 66, and Bobbi Morse, 65, Deltona; second, Claude, 66, and Martha Gingras, 63, Port Orange; third, Ite, Winnie Payne, 65, and Sarge Faford, 70, Altamonte Springs; second, Duella Sherman, 71, Zellwood, 100-29-71; third, Lucile Pellegrini, 65, Zellwood, 95-21-74.

BASKETBALL One-On-One Women Age 80-84
First place, Harriett Boyd, Lake Mary; second, Kay Thomson, Lake Mary; third, Marie-Louise Holbert, Kirkwood, Mo.

Age 65-69
First place, Ellen Brown, Wilrlington, Ohio; second, Anna Summy, Harrisburg, Pa.

Men Age 55-59
First place, John Davison, St. Cloud; second, Andrew McGuffin, Leesburg; third, Gene Cantwell, Clermont.

Age 60-64
First place, Bob Ashton, Springfield, Mo.; second, Frank Laga, Provo, Utah; third, Frank Pischera, Orlando.

Age 65-69
First place, Wilbur Ott, Bartow; second, Harry Brown, Wilmington, Ohio; third, David Jones, Pinetta.

Age 70-74
First place, Leslie Thomas, Youngstown, Ohio.

Age 80-84
First place, Henry Franke, Centralia, Ill.

Age 85-89
First place, Thomas Johnston, Miami.

Free Throw Women Age 55-59
First place, Laverne Meir, St. Louis, Mo.

Age 60-64
First place, Harriett Boyd, Lake Mary; second, Kay Thomson, Lake Mary; third, Marie-Louise Holbert, Kirkwood, Mo.

Age 65-69
Ellen Brown, Wilmington, Ohio; second, Anna Summy, Harrisburg, Pa.

Age 70-74
First place, Lorine Johnston, Miami.

Men Age 55-59
First place, Andrew McGuffin, Leesburg; second, Carl Mays, Bellevue, Ohio; third, Bob Robison, Winter Park.

Age 60-64
First place, Bob Ashton, Springfield, Mo.; second, Frank Pischera, Port Orange; third, Garold Page, Sanford.

Low Gross Women
First place, Maxine Hickman, 62, Zellwood; second, Salley Koch, 57, Zellwood, 97; third, Jean Hess, 60, Sanford.

Handicap Women
First place, Jean Morey,

GOLDEN AGE GAMES SCHEDULE OF EVENTS			
THURSDAY, NOVEMBER 10, 1983			
Dancing	2:30 P.M.	Sanford Bath & Tennis Club	American Red Cross
Ambling Contest	3:00 P.M.	City Hall	Extension Homemakers of Seminole County
Talent Contest (Admission \$1.00 at the door)	7:00 P.M.	Civic Center	Chamber of Commerce
FRIDAY, NOVEMBER 11, 1983			
Lesure Walk (5 miles)	8:30 A.M.	Civic Center	First Resource Association
Hobby Show - open to public	9:00 A.M. - 1:00 P.M.	City Hall	Extension Homemakers of Seminole County
Photography - open to public	9:00 A.M. - 1:00 P.M.	City Hall	Evening Herald
1/2 Mile Bicycle Race	10:00 A.M.	Seminole High School	Disabled American Veterans
Cards - partners or doubles only	1:00 P.M.	Sanford Woman's Club	Sanford Woman's Club
Bridge	1:00 P.M.	Sanford Woman's Club	Sanford Senior Citizens
Dominos	1:00 P.M.	Civic Center	
Hobby Show - pick up exhibits	Deadline: Thurs., November 10	City Hall	Extension Homemakers of Seminole County
Photography - pick up exhibits	1:00 P.M. - 4:00 P.M.	City Hall	Evening Herald
Archery	2:00 P.M.	City Hall	Lions Club of Sanford
SATURDAY, NOVEMBER 12, 1983			
Track and Field	9:00 A.M.	Seminole High School	Rewards Club of Sanford
Shuffleboard - doubles only	Deadline: Wed., November 9	Fort Mellon Park	Sanford Shuffleboard Club
Horseshoes	9:00 A.M.	Fort Mellon Park	Sanford Jaycees
Croquet	1:00 P.M.	Fort Mellon Park	Rotaract Club
BRACKET - TUESDAY THROUGH SATURDAY			
		CIVIC CENTER	POST CEREALS

The Golden Age Games Executive Committee or any officials will not be responsible if a conflict of activities in scheduling occurs. It will be the responsibility of the participants to carefully select their activity schedule in advance so as to pay particular attention to:

1. Deadlines
2. Approximate length of time of each activity
3. Possible delays because of weather
4. Possible delays because of number of participants

The only guarantee is that activities will not start prior to scheduled starting time. Word of caution - only participate in activities that you are physically able to perform.



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Anti-Arafat Rebels Agree To Cease-Fire

TRIPOLI, Lebanon (UPI) — Syrian-backed Palestinian rebels today accepted an Arab cease-fire and halted their week-long onslaught against Yasser Arafat's fighters clinging to their last stronghold in northern Lebanon.

Two Israeli warplanes buzzed over leftist militia and suspected Syrian-backed Palestinian guerrilla bases on the mountains east of Beirut today, drawing anti-aircraft fire, police reports said.

The brief overflights covered the mountain villages of Aley and Bhamdoun — targets of an Israeli air strike last Friday in retaliation for a terrorist bomb attack on their military headquarters in Tyre, southern Lebanon.

"The planes also flew over Beirut before heading south," state-run Beirut Radio said. The reports gave no further details.

Arafat accepted the cease-fire Wednesday, but his aides said intermittent clashes continued around the ancient Mediterranean coastal city of Tripoli throughout the night and early today.

"The cease-fire is, relatively, holding. The occasional shot and explosion could still be heard, but it looks like the dissidents have stopped their onslaught against Arafat's remaining forces still defending the perimeter of the Beddawi camp," just north of Tripoli, a Lebanese security official said.

In Damascus, the Syrian capital, dissident spokesman Mahmoud Labadi said his troops "have, in principle, accepted the cease-fire."

But he accused Arafat's forces of repeatedly violating the accord that was worked out by the foreign ministers of Saudi Arabia, Kuwait and Qatar in Damascus.

"The cease-fire is not being observed 100 percent. They are continuing to provoke us. Arafat does not want a cease-fire...He wants to keep shooting, because he will be totally finished if he stops," Labadi said.

Shells fell in the heart of Tripoli Wednesday, where most of Arafat's 5,000 Palestine Liberation Organization fighters set up multiple rocket launchers and mortar batteries close to densely populated apartment blocks.

The anti-Arafat rebels pounded the Beddawi refugee camp north of Tripoli with artillery, mortar and rocket fire, squeezing the PLO loyalists out of their last stronghold in Lebanon.

Remnants of Arafat's forces remained in the Beddawi and fought off waves of rebel tanks backed by artillery, said Abu Jihad, Arafat's second-in-command and most trusted aide.

The Syrian-backed rebels began their blitz a week ago today to oust Arafat from Beddawi and end his 14-year reign of the PLO, claiming he had grown corrupt and moderate and no longer strove for open confrontation with Israel.

Arafat told reporters Wednesday that if the rebels wanted to fight Israel, "They should go to Israel. What are they doing in North Lebanon?"

In Tripoli, Michel Amiguet, the chief International Red Cross delegate in Lebanon, Wednesday said the confirmed casualties in the first five days of fighting totaled 152 dead and 530 injured.

"Obviously hundreds more have been killed and injured since then," he said, noting at least 25 bodies were still lying in the streets of the nearby village of Deir Amar alone.

"Nobody is safe in Tripoli," he said about the fate of the northern Lebanese city with a population conservatively estimated at 150,000. "You can imagine what the consequences will be if fighting breaks out in the city, with civilians stuck in the middle of all the fighters."

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Competition Fierce In Games Bike Races

By Donna Estes
Herald Staff Writer

The competition in the bicycle races at the Golden Age Games is fierce, but polite. Contestants come from around the nation to display their skills. Some participate to add to their string of medals and others compete for the fun of it.

Nancy Kapoun and her husband, Ken, of DeBary, are participating for the first time this year in the bicycle races. They bought their bikes after last year's games.

And an exhilarated Mrs. Kapoun said Tuesday after she "rode easily" over the 5-mile course at Seminole High School. "My grandchildren will never believe that I actually competed in a bicycle race."

Mrs. Kapoun of DeBary competed in the contest for women 55 to 59 years old. In a group of five she came in fifth. "But it was fun and I'll do better next year," she said. To make riding the racing bikes more comfortable, she and her husband, Ken, modified them by installing standard handlebars and standard seats.

Tennis is really her forte. She is playing in both the mixed doubles and women's doubles.

Mrs. Kapoun and husband, Ken, who is competing in the bicycle races for men 60-64, decided to compete "not with any idea of winning, just yet. It was just for fun this year."

But with Marie-Louise Holbert of Kirkwood, Mo. and Joe Nitsch of Longwood, while it's still fun, it's fun with a purpose. They are attracted by those gold medals and they keep in shape on their bikes year-round.

Nitsch has been competing in the Golden Age Games for eight of the nine years they have been held in Sanford.

His specialty, in addition to the bike, is canoeing.

He competes only in the Sanford games and to keep in shape, he does all his shopping travel by bicycle. Over the years he has won 14 gold medals, 31 medals in all.

Tuesday, he picked up his 14th gold medal in the 5-mile mile bicycle race, beating his closest competitor by four laps in the 75 to 79 year old category.

Pacing yourself is a requirement to win a five mile race, Nitsch said. "You have to know ahead what you can do and don't go too fast."

Meanwhile, Mrs. Holbert collected another gold medal by winning the five mile race in the 60 to 64 year old age group for women.

She keeps in good condition year round, belongs to a club which bicycles more than 30 miles once a week and has raced in competitions in Czechoslovakia, Hungary and Germany.

She is also competing in the decathlon which she won in her age group last year.

Describing golden age competitions around the country as "giving me something to do," she says there is a particularly good competition in St. Louis. She also competes in the Springfield and Edwardsville, Ill. races and will be travelling to W. Palm Beach for the races there beginning Nov. 20.

"This has given me something to do since my husband died," she said.

Also going to the West Palm Beach contests is Leonard Kruger, 68, of Cheekswaga, N.Y. While here he is competing in the bicycle races and in six swimming events. In the Ft. Lauderdale contests, he was master swimming champion last year and will be returning there in December.

"And there are the competitions in March in St. Petersburg. I'll be there too," Kruger said.



Herald Photo by Donna Estes

Joe Nitsch pauses with his bike after winning the 5-mile bike race by four laps over his nearest competitor. To keep in shape year-round, he does all his shopping travel by bicycle. With 30 previous medals to his credit, his win wasn't much of a surprise.

Non-Alignment Grenada Hope

ST. GEORGE'S, Grenada (UPI) — The acting chairman of an interim government named by Governor General Sir Paul Scoon pending elections said the island hopes to be accepted as an "active but non-aligned" nation.

The interim government announced Wednesday — made up mostly of technocrats and non-partisan academics — is responsible for running Grenada's security, economic affairs and preparations for elections to be held within a year.

"Our concern would be to have Grenada accepted as a non-aligned country as well as an active member of the Caribbean Community, the United Nations and the (British) Commonwealth," said Nicholas Braithwaite, acting chairman of the council.

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State Department Probing Documents Slip-Up

WASHINGTON (UPI) — State Department officials are making a survey to determine how much secret information was compromised when a file cabinet full of classified documents was mistakenly sent to a maximum security prison for refurbishing.

Secretary of State George Shultz Wednesday ordered an investigation to determine who was responsible for permitting the unlocked four-drawer safe-like cabinet full of top-secret documents to be shipped along with empty cabinets to the Lorton, Va., prison, where they were to be fixed.

He also ordered what intelligence officials describe as a "damage assessment survey" to find out what sensitive information may have been compromised. It is reported to have included foreign intelligence information, which may dry up as a result of the disclosure.

About 30 documents showed up Tuesday after they had been turned over to Washington television station WTTG.

According to James Adams, a reporter for the station, the documents were turned over to him by an inmate "for patriotic

reasons" after the prisoner had tried, without success, to interest guards in the information.

Adams said, "Four or five other inmates, of which three or four had subsequent access to copying machines, had access to the documents."

Adams said the documents he saw included information from the Central Intelligence Agency and embassies of other countries in Washington. Two of the documents, he said, "appeared to be especially sensitive and so important they should not have been divulged." Adams said. He

said they dealt with Soviet missile deployments and "a coup in a Third World country."

The safe full of classified papers, including intelligence analyses, was discovered by staff members at the prison on Oct. 25, said department spokesman Alan Romberg.

The documents in the safe dated from January, February and March of 1983, including summaries of the morning briefing given to Shultz — some of the most sensitive information in the State Department.

Supreme Court Cool To Plea

WASHINGTON (UPI) — The Supreme Court is considering an administration plea to expand search and seizure laws so police could search open fields and woods without obtaining warrants.

But the idea got a cool reception Wednesday from several justices who seemed unwilling to accept the government's proposal.

The justices heard arguments in two cases, from Kentucky and Maine, where police officers acting on anonymous tips and without warrants entered private property to search for drugs. Both searches revealed marijuana fields.

In the Kentucky case, the 6th U.S. Circuit Court of Appeals ruled the search of Ray Oliver's farm outside of Jamestown was legal and the marijuana

confiscated from his property could be used against him in court.

But in the Maine case, the state Supreme Court ruled police, acting solely on the basis of an anonymous tip, had no right to search the property around the Hartland home of Richard Thornton without a warrant.

The federal appeals court, in a 5-4 ruling, said the search was reasonable because "the legal principles that protect privacy ... do not protect the desert island, the mountain top or the open field."

The state court ruled the police officers were never "legitimately" on Thornton's property and, therefore, the confiscated marijuana could not be used against him.

...Sanford Calls Meeting

Continued from page 1A

Moore said: "Voting by district disturbs me. I feel the commission represents the city of Sanford and not a particular area and should be voted on at large. I haven't really made up my mind. I can't believe we are going to benefit the city by having someone live in and represent a certain area. This is the direction I'm going in and I'm entitled to my opinion."

Keith said, "I've got too many thoughts in my mind like the referendum and how the people voted. I see minorities elected all over the United States without districting. I just don't know what we should do," he said, pointing to the cost of a court battle which city attorneys have said could be \$250,000 plus their fees and costs.

"Just because someone wants you to do something, you can't lay down and play dead," Keith said.

Yancey said he is still debating the question in his mind. "We shouldn't hand this to them on a silver platter. I hate to burden the taxpayers with a suit, but I think this is what is going to come about."

Attorneys for the city, Bill Colbert and Ned Julian Jr., told the commissioners earlier this week that Federal Judge Elizabeth Kovachevich wants a decision from the city on whether it will fight or settle the suit. Colbert and Julian suggested the decision be reached by or before Monday night's regular city commission meeting because the judge wants to know prior to the board's Nov. 21 meeting.

The suit charges that the at-large system of electing city commissioners in Sanford disenfranchises qualified black voters and denies to black voters and candidates equal access to the political process.

The plaintiffs in the suit are asking that the city be required to set up geographic districts with city commis-

sioners elected by voters within those districts.

Farr said it is also his inclination to resist any settlement.

"I find it deplorable to have to do something because someone tells me to do it — gives me an ultimatum," he said.

"However, when calm reasoning and prudent thinking prevails, it will probably be the wisest thing for the city in the long run to achieve a resolution of the matter without compromise or giving in."

But "there are more considerations than the sheer cost of the lawsuit. Also to be considered is the disruption of the community if this suit drags on for two or three years or longer," Farr said. "I believe it will cause a disruption of business life, a dilution of effort by organizations such as the chamber of commerce and industrial action committees trying to bring industry and business to the community because of this cloud of a lawsuit."

Commissioner Milton Smith was not available for comment Wednesday or today.

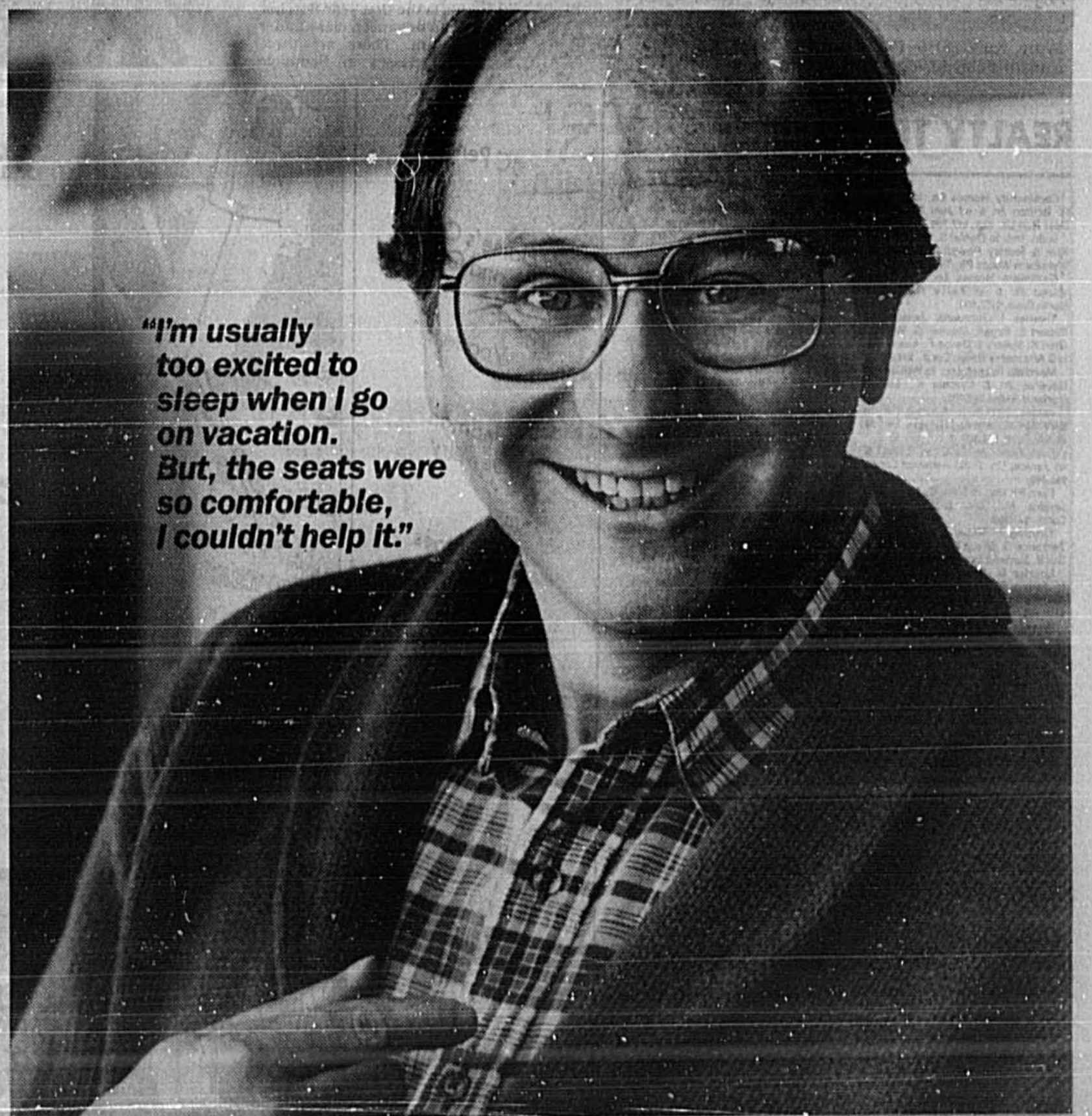
Keith denied that he had discussed the issue with any other commissioner during the last 24 hours.

"No, it's against the law. I wouldn't discuss these things. I've got more sense than that. I have talked to city attorneys about it," said Keith.

Keith said he was at the Central Baptist Church last night, but did not actually attend a prayer meeting that was held at the church.

Keith said he got to the church after the prayer meeting started at 7 p.m. and did not enter the building at that time. He said he stood outside and talked with his brother-in-law until the prayer meeting was over.

He said that after the meeting he saw city commissioners Farr and Smith come out of the church, and he assumed they had attended the prayer meeting.



"I'm usually too excited to sleep when I go on vacation. But, the seats were so comfortable, I couldn't help it."



Call your Travel Agent or Amtrak at 800-342-2520.

ALL ABOARD AMTRAK

Updated Auto-Mechanics Program Helping SHS Students Find Jobs

Competency is the key in Seminole High School's revamped auto mechanics program. In full swing for the first time this academic year.

Thanks to a transfer of equipment from Valencia Community College, obtained through a \$30,000 federal grant, Seminole High has obtained some of the most up-to-the-minute equipment available, including a \$16,000 motor analyzer.

"Everybody was trying to get this equipment," said Howard Butcher, Seminole High's auto mechanics instructor. "But we convinced them we could put it to the best use."

Along with the advanced gadgetry for dealing with modern

cars' maintenance and repair, came a state-adopted individualized competency-based program.

"The state Department of Vocational Education came in and helped me set it up," Butcher said. "Everything is taught in modules and students work at their own pace."

Another innovation this year is team teaching. Former power mechanics instructor Joe Provost combines his experience with Butcher as they present learning situations.

Ed Tossie, Seminole's Director of Vocational Education, termed Seminole High's overall program the most unique and updated of the district's three: Oviedo and Lyman high schools also teach

auto mechanics. Tossie said Lyman uses the state's curriculum and has developed it into an award-winner on the national level. He said he Seminole's younger program has the potential to be as successful.

The beauty of the program, Butcher explained, is that it's helping graduates find jobs. "Before," he said "what we taught was known as 'power mechanics,' which included a little bit of everything. And grades were based on the teacher's observations."

"Now we teach only automotive tasks. The student works at his or her own speed and 75 percent of the grade is based on competency in completion of specific performance objectives."

Students are able to work at their own speed because the program comes with pre-packaged learning modules that require competency be demonstrated before the student may move on. From an introductory module, students may continue through units on brakes, steering and suspension, tune-ups, air-conditioning and so forth.

When the student completes a module he must demonstrate competence in the tasks presented. For instance, before satisfactorily completing the unit on brakes, Butcher explained, the student must successfully complete an auto brake job.

This is the feature of the new program that will help graduates get jobs, he said.

Complete records on the competency of each student will be kept for five years.

"When an employer calls me," Butcher said, "I'll be able to pull the student's file and tell him exactly what the student can do."

A "C" student may be competent to work in a general capacity at a service station, he said. Students who complete all the modules and do well at it could be placed directly in a dealership service department.

While 75 percent of the grade is based on demonstrated competency, tests count for 15 percent and an assessment of the student's attitude comes into play for 10 percent.

Although it was started up last year, this is the first year Butcher has had an advanced class under the program. There are three beginning classes at Seminole

High this year and one advanced class. The beginners meet for an hour while the advanced class is given a two-hour block of time.

There are six girls in one class this year, about 15 altogether and Butcher said he expects they'll make up about 5 percent of the classes in the near future.

"They're good," he said. Butcher said he sees programs such as Seminole High's auto mechanics course as important because it allows specialization. "The general mechanic can't keep up with 'high-tech cars and innovations,'" he said. "And we will keep updating the program."

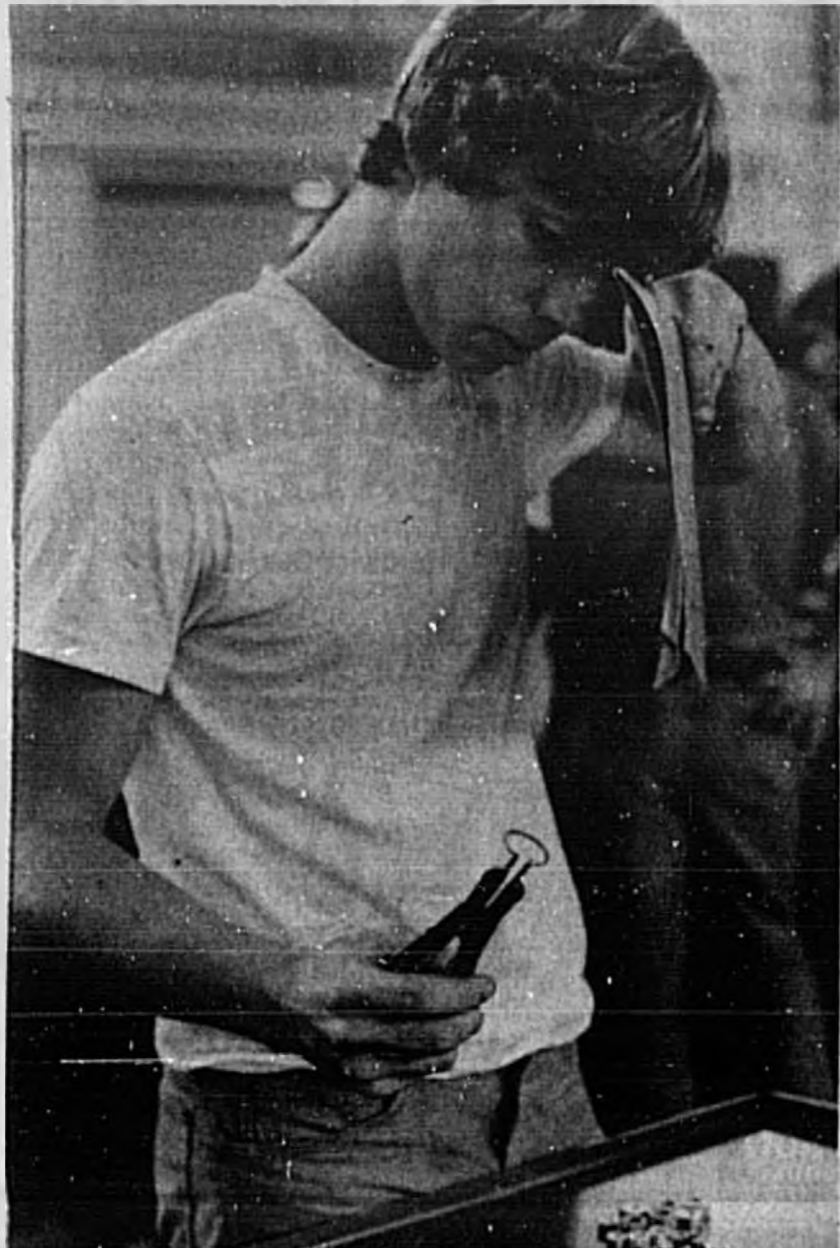
For these reasons he said he foresees a great demand for SHS auto mechanics graduates.

The program has already been leading to job placement for about 50 percent of the graduates.

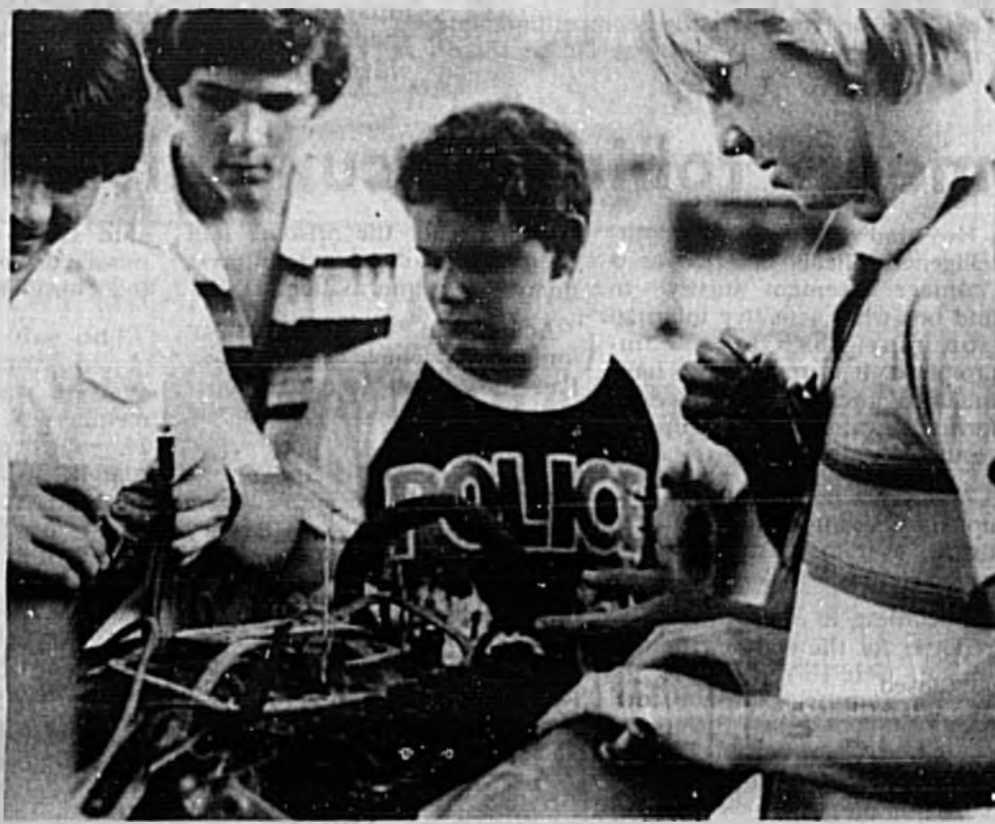
"We are running better than half," Butcher said. "A good student is no trouble to place."

Part of the auto shop at Seminole High includes working mock-ups of motors and engines and shocks and other car parts that Butcher put together himself over the summer.

These mock-ups work, and allow students to get actual hands-on experience before working on complete cars.—Diane Petryk



Syme Kutz, SHS 10th grader, studies the snap ring of a transmission during one hour-long class.



Butcher, above right, discusses the different sizes of nuts, bolts, and washers used in modern auto mechanics with 11th grader Victor Blue. In photo at left, left to right, 10th graders Neal Falnt, David Hansen, Wayne Robey and Mark Koch inspect valves in a V-8 engine mock up in the auto mechanics laboratory.

Herald Photos by Diane Petryk

REALTY TRANSFERS

Community Homes Co. to George H. Britton Jr. & wife Joni M., Lot 27 Deer Run Un. 22A, \$77,700.

Suda, Inc. to Daniel S. Powell & wife Kim & Shirley Powell, sgl., Lot 126 Wyndham Woods Ph. Two, \$59,200.

Gallimore Homes Inc. to Frank Vilens Jr. & wife Kerry A., Lot 48 North Cove, \$127,900.

Thomas I. Johnson & Jenilyn to Robert L. Bryan, Stephen G. Wilkes, Glen K. Spears & David F. Allen, Un. 690 Altamonte Ridge Cond., \$25,000.

Marcos Homes Inc. to William J. Nevers Jr. & Cynthia K., Lot 40 Harbour Ridge \$43,100.

James Freeman & Patricia to Edridge E. Bravo III, sgl., Un. 39 Sandy Cove, \$22,500.

Fern Park Inv. to Elihu Bogert & wife Janice, Un. F-205 Ashwood Cond., \$34,900.

Fern Park Inv. to Gary C. Jones & wife Sandra M., Un. B-303 Ashwood Cond., \$41,900.

Timothy P. Weber & wife Brenda to Terrance O. Shoup & wife Linda, Lot 8, Blk B, Sunland Est., \$42,000.

Laurier G. Rouleau & Jacqueline to James E. Murtha & wife Suzanne Murtha Lot 378 Winter Spgs Un. 4, \$119,500.

Wrenca Homes Inc., to John M. Martin & Susan R., Lot 477 Wrenwood Un. III, am Addn, \$42,000.

Larry D. Hughey & Ann to Alfred J. Ruggiero & wife Jocelyn C., Lot 16, Blk M, Lake Mills Sh., \$15,000.

Courtney W. Dorrell & wife Vicki A. to Louis M. Mauro & wife Harriet L., Lot 67 The Colonades, Third Sec., \$37,000.

Karl O. Stairs & Helen to Johnsons Management Co. Lot 47 less N 7.3' less part, Blk A, Seminole Hts., \$204,000.

(QCD) Suzanne Carr (form Smith) to Suzanne Carr & hb. Owsina, Lot 11 less E 10', The Springs Live Oak Village 1st Addn, \$100.

(QCD) Richard Cecil Bennett to Richard C. Bennett & Darlene A., Lot 25, Blk G, Fismoor Un. 1, \$100.

Richard Hall & wife Anne to Derrell H. Hooper & wife Gloria, Tr. 1, part of Lot 23 W of R.R. McNeil's Org. Villa, \$33,000.

Simpson S. Garland & Rosie to Otto McDaniel & wife Pearl, Lots 13 1/2 & 15, Avocado Terr., Sanl. granlors 11th est, \$15,000.

(QCD) Seymour D. Israel to Deborah S. Israel, Lot 30, Blk C Spring Valley Farms, \$100.

(QCD) Hilda Roszell to Terry J. Roszell & Richard Roszell, Lot 4, Blk 8, Top I, Sanford, \$100.

Winter Spgs. Dev. Corp. to Trendmaker Homes, Inc. Lot 91, Tuscaville, Un. 9B, \$21,700.

ZOM Forest Hills, Ltd. to James E. Lutz, Inc., Lot 2, Longwood Hills, Un. 2, \$25,000.

Winter Spgs. Dev. to Jim Hughes Inc., Lot 68 Tuscaville, Un. 11B, \$29,200.

Elmer E. Fuson & Elitz to Richard W. Hillman & wife Joyce, Lot 25, Welvie Hills, Sec. 4, \$104,500.

Downs Prop. to Alan S. Weinstein, Un. 2180 Palm Springs Cand. At The Springs, \$97,800.

Alvin W. Klutts & wife Lucille to Richard L. Robinson, Tr., Lots 9 1/2 12 & 14, Kam's Villa Park, \$55,800.

Kenneth E. Beehen & wife Kathryn to Michael P. Sprouse & wife Carol D., Lot 11, Blk K, Lake Wayman Heights,

Lake Addn, \$5,000.

Paul M. Whitley & Janice D., sgl. to Elton H. Booday & wife Bobbye S., Lots 11 & 12, Blk 7 Highland Park, \$42,800.

Lena Ludlow, wid. to Bob M. Ball Sr., Lot 12, Blk 13, Dreamwood, \$15,200.

(QCD) Louis Attine & Shirley to James Attine, Lot 14, Blk 22, Suburban Homes, \$100.

Barton Pilcher & George Willis to Ansel Briganti & wife Sylvia, W 79' of Lots 9 & 10, Blk E, Flora Hts., \$4,500.

Equity Realty Inc. to Stanley Brickley & wife Jean Un. 54E, Destiny Springs, \$51,900.

Peter D. Row, sgl. to Timothy P. Weber & wife Brenda, Lot 139 Lk Saury Shores, \$44,500.

Dieter Kirsten & Doris to Steven Wallenstein & wife Mary L., Lot 4, Brentley Cove, \$135,000.

Barry Newman & Paulette to Eugenio Farach & wife Maria, Lot 46, Windtree West, \$88,500.

A. Kenneth Wagner & wife Jeannele to George J. Adler & wife Savannah, Lot 2, Blk B, Sweetwater Oaks, Sec. 17, \$220,000.

Robert Harris & wife Lalla to Lalla A. Harris, ind., Lot 31, Blk 3, Fairlane Ests. Sec. 1, repl, \$100.

Gladys Ford to Joseph P. Mackst 111 & wife Cynthia, Lot 9 blk 43, Townside Ha. Chuliveta, \$30,000.

(QCD) Albert L. Hampton & Avice M. to Marrae Jones, S 29' to Top Lot 5, blk 7 Tr. A, Sanford \$100.

Robert E. Brown & wife Patricia to Jan C. Lewandowski & wife Suzanne, Lots 21-22, blk B, Santando Springs Tr. 26, \$92,500.

Ranjit S. Basl & wife Harjit K. to Sanjay Tandon sgl. & Jee S. Ahluwalia, sgl., Lot 4 Blk 3 cedar ridge Un. 1, \$75,000.

Urban Exp. Corp. to Philpot Homes Inc., Lot 30 & 80 Welvie Cove, Ph. One, \$68,700.

John F. Phelps & Irveline to Kenneth T. Grimes & wife Marie L., Lot 148 Lake of the Woods, \$75,900.

Murphy Prop. Inc. to Henry M. Crain Jr. & wife Joy M., Lot 9, Blk 9, Dreamwood 3rd Sec., \$25,900.

The Ryland Grp. Inc. to Elitz W. Farrell & Kenneth Oslager, Lot 48, Deer Run Un. 7A, \$42,000.

Shadobay Ltd. to Puile Home Corp., Lots 128-143, NCL & Tr. D, Shadobay Un. Two, \$214,300.

H. Miller & Sons to Paul F. Minot & wife Sue E., Lot 2, Tuscaville Point, \$94,700.

Marcos Homes Inc. to Peter J. Ferraro & wife Jodie, Lot 28 Blk 9 North Ori ranches Sec 10, \$43,800.

The Ryland Group Inc. to John Schwartz & Regina & Elitz M. Schubert, sgl., Lot 42, Deer Run, Un. 7A, \$42,200.

(QCD) David P. Harris & wife Judith to Visual Arts Prod. Inc., par. N: Lot 7 blk 34, Townside of 70, Culiveta, \$100.

Kenneth G. MacDonald & Doris to Marya T. Madich sgl., Lot 25, Blk C, English Ests. Un. 3, \$97,500.

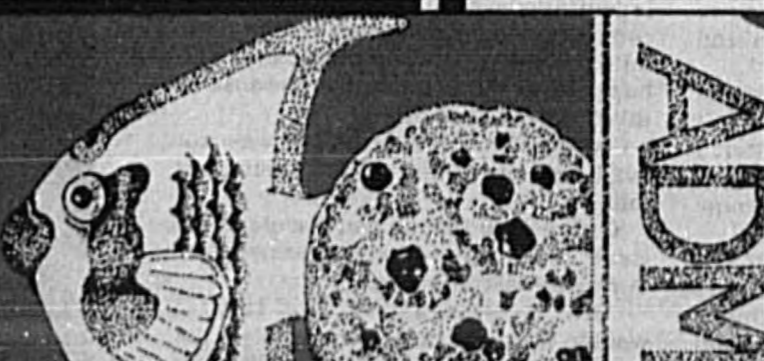
Barbara A. Bebb, sgl. to Angela D. Roche (mar.) Lot 8, Blk C, Gleaves S/D, \$80,800.

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Gene Causing Huntington's Disease Identified

Evening Herald, Sanford, Fla. Thursday, Nov. 10, 1983-7A

BOSTON (UPI) — Researchers say they have uncovered the gene that causes Huntington's disease, an incurable brain disorder with hard-to-detect symptoms such as drunken-like behavior that strikes in the prime of life and afflicts 20,000 Americans.

Scientists at Massachusetts General Hospital and Indiana University said the discovery opens the way for genetic counseling and other protective measures against the disease, but emphasized there is still no cure.

The breakthrough marks the first time that scientists have uncovered the defective genetic material for such a disorder, the researchers said, and offers hope that similar illnesses, such as cystic fibrosis and Alzheimer's disease, can be more easily identified.

Until now, Huntington's disease, also known as Huntington's chorea, could not be detected until victims began showing

symptoms, usually in their late 30s.

"It's likely the investigators will now use this approach successfully in many such disorders," said Dr. James F. Gusella, a Harvard Medical School professor who helped conduct the three-year study at MGH.

The findings appear today in *Nature*, a leading scientific journal in Great Britain.

Gusella said researchers located the disorder on human chromosome 4. Each human cell carries its own identical set of chromosomes, which contain all the information needed to make a human.

More than 20,000 people in the United States suffer from the disease and another 100,000 may be carrying the disease and not know it, experts estimate.

Folksinger Woody Guthrie died of the disease in 1967.

The Huntington's gene is present at birth, but symptoms appear at an average age of

38. Affected individuals live an average of 19 years after the first symptoms.

Early symptoms include dullness, irritability and carelessness in personal grooming, which can be emotionally devastating to a person whose life previously had been productive.

Victims are sometimes mistakenly arrested as drunks because the disease also affects the way they walk.

Guthrie lost his memory and intellect and became an invalid before it finally killed him.

Gusella said researchers used the principles of classic genetics combined with new recombinant DNA technology to identify the gene. Recombinant DNA technology is a set of techniques, developed within the last 15 years, that allows scientists to interpret the information contained on chromosomes.

Lack Of Mother's Touch Triggers Slow Growth

DURHAM, N.C. (UPI) — Researchers at Duke University Medical Center believe the lack of a mother's touch triggers a survival mechanism in babies that results in slower growth.

Studies of baby rats showed surprising metabolic changes in the pups when they were separated from their mothers for a little as two hours, the researchers said.

"It's a survival mechanism," said Dr. Paul Schanberg, a pharmacology professor. "The absence of the mother is life-threatening and the pup senses this threat through specific biological cues."

The baby's body shifts its metabolism from stimulating growth to maintaining the body as it is, thus

conserving energy for survival at the expense of growth, Schanberg said.

Schanberg and researchers Dr. Cynthia Kuhn and Dr. Gary Evontuk based their observations on years of observing rats and their pups.

Schanberg believes the metabolic changes are a result of evolution and apply to humans and other mammals besides rats.

Preliminary studies at Duke and other institutions have suggested human babies need to be touched in order to grow properly.

Schanberg said even a baby rat with a stomach full of milk stopped using the milk for growth until the mother returned. "The pup focused all its metabolic functions on surviving,"

Calendar

THURSDAY, NOV. 10

Pros and cons of Proposition 1 will be discussed at annual meeting of Friends of the Library of Seminole County, 7:30 p.m., Seminole County Agri-Center auditorium, Five Points complex, Highway 17-92. Guest speakers, Clive Thomas of WKIS and Daryl Traynor, co-chairman of Orange County Floridians for Tax Relief. Get-acquainted coffee at 7 p.m. Open to the public.

Book Fair, 8 a.m. to 3 p.m. and 7-9 p.m., All Souls School library, 810 Oak Ave., Sanford, featuring children's books. Open to the public.

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

Sanford Alanon, 8 p.m., The Crossroads, Lake Minnie Road off Highway 17-92, Sanford.

Oviedo AA, 8 p.m., closed, First United Methodist Church, Oviedo.

FRIDAY, NOV. 11

Seminole Sunrise Kiwanis, 7 a.m., Skyport Restaurant, Sanford Airport.

Willing Workers Yard Sale and Bazaar, Good Shepherd Lutheran Church, next to Penny's in Sanford Plaza, Highway 17-92.

Optimist Club of South Seminole, 7:30 a.m., Holiday Inn, Wymore Road, Altamonte Springs.

Veterans Day program, 11 a.m., Veterans Memorial Park, Sanford lakefront. Speaker is the Rev. Amos Jones. Local veterans groups will participate. Open to the public.

Garage sale at Flea World to benefit the Hemophilia Association, 8 a.m. to 5 p.m., Booths E-24, 25, and 26, Highway 17-92 between Longwood and Sanford.

Sallie Harrison Chapter DAR, 2 p.m., home of Mrs. Paul Mikler, 117 Hillcrest Drive, Oviedo. Speaker Mrs. W.E. Baker on "A Bit of Americana."

Benefit Art Auction featuring works by famous artists to benefit the Green House Family Counseling Center, 8 p.m., Maitland Civic Center. Wine and Hors D'oeuvres Preview, 7 p.m. For information call 422-1521.

Free blood pressure checks, 9 a.m. to 5:30 p.m. in lobby of Central Florida Regional Hospital, 1401 W. Seminole Blvd., Sanford.

17-92 Group AA, 8 p.m., Messiah Lutheran Church, Highway 17-92, south of Dog Track Road, 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.

Tanglewood AA, 8 p.m., St. Richard's Episcopal Church, Lake Howell Road, Alanon, same time and place.

Sanford AA Step, 8 p.m., 1201 W. First St., Sanford. Closed.

SATURDAY, NOV. 12

East-West Sanford Kiwanis Club, 8 a.m., Skyport Restaurant, Sanford Airport.

Bowel Cancer Exams Target Over-50 Group

NEW YORK (UPI) — People over 50 are the target of a new early detection effort to expand the use of examinations for colorectal or bowel cancer, the American Cancer Society has announced.

Noting that thousands of lives can be saved each year, the society said only 12 percent of the vulnerable population without symptoms submit to annual exams and the three-year drive will try to increase that percentage to 30.

Colorectal cancer in 1983 is projected to afflict 126,000 adults, 93 percent of those over the age of 50, and result in over 58,000 deaths. When cancer is spotted early, three-fourths of patients can be saved.

Tests for early detection of colorectal cancer include:

- Proctosigmoidoscopy, a visible examination method using a flexible, lighted tube that is inserted into the inner rectum and lower colon. The society said more than 60 percent of all colorectal cancers can be detected by such exams.
- Digital (finger) rectal examination, a technique doctors say finds 12 percent to 13 percent of the bowel cancers.
- Testing for hidden blood in the stool, helpful in identifying cancer or pre-cancerous conditions in colon and rectum.

The cancer society also will expand bowel cancer education programs aimed at the nation's 200,000 doctors, stressing their role in early detection.

The society's checkup guidelines for patients without symptoms recommend an annual digital rectal examination

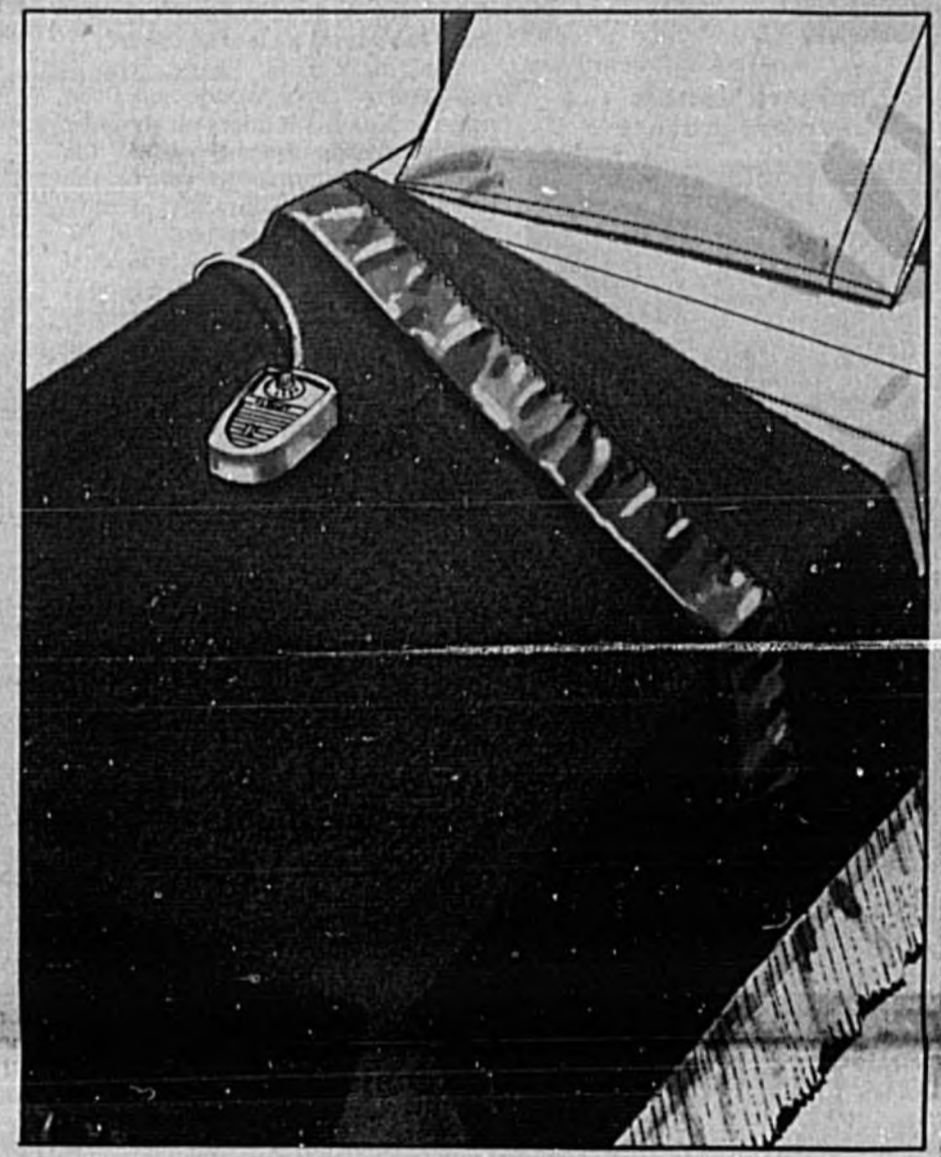
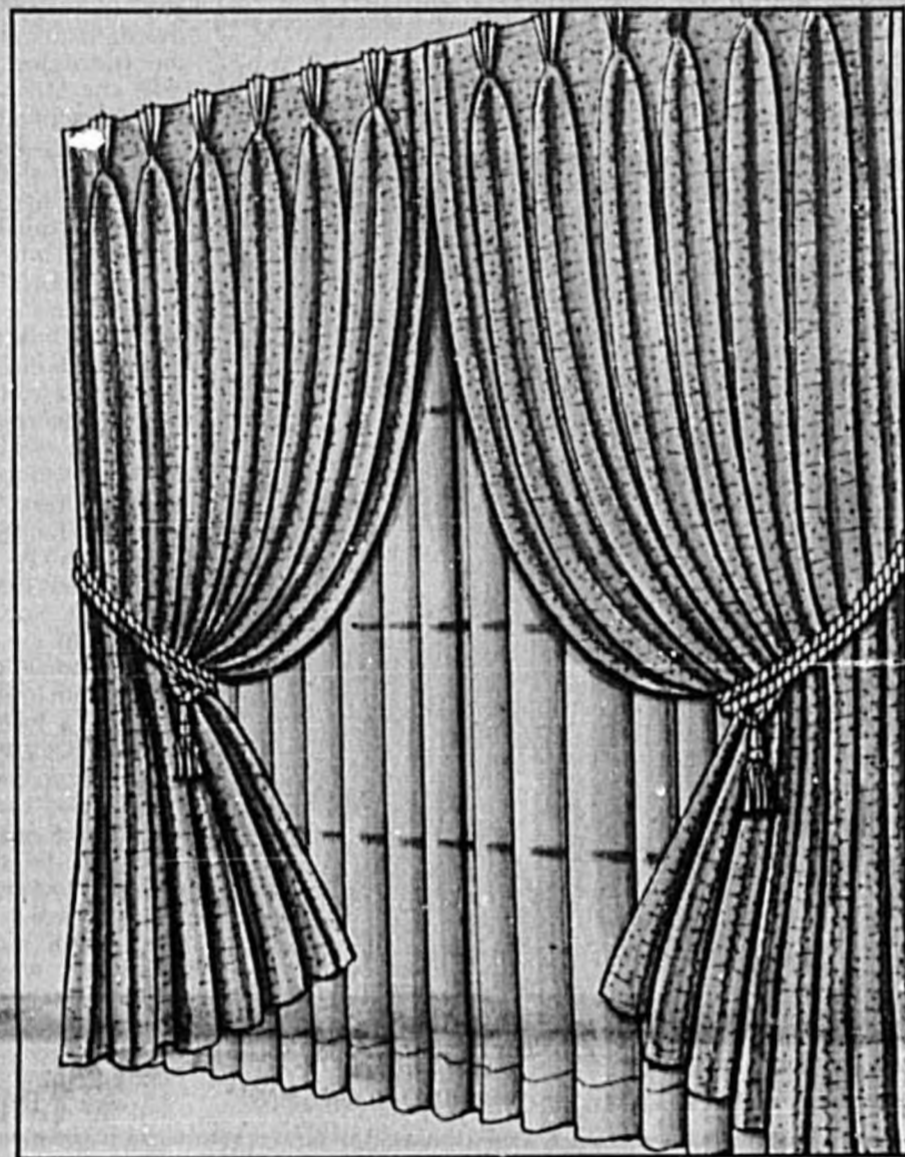
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GARAGE SALE-\$3.00

FRIDAYS FLEA WORLD

FRIDAY-SAT-SUN 8-5 PM - 445-1792

Pre-Holiday Sale



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Sale \$38 pr. 50x84"
 Reg. \$45. Our Westwood draperies have a wonderful knack for fitting into almost any decor. In an attractive open weave with a texture striped effect. More choices in stock for you at savings of 15% to 30%.

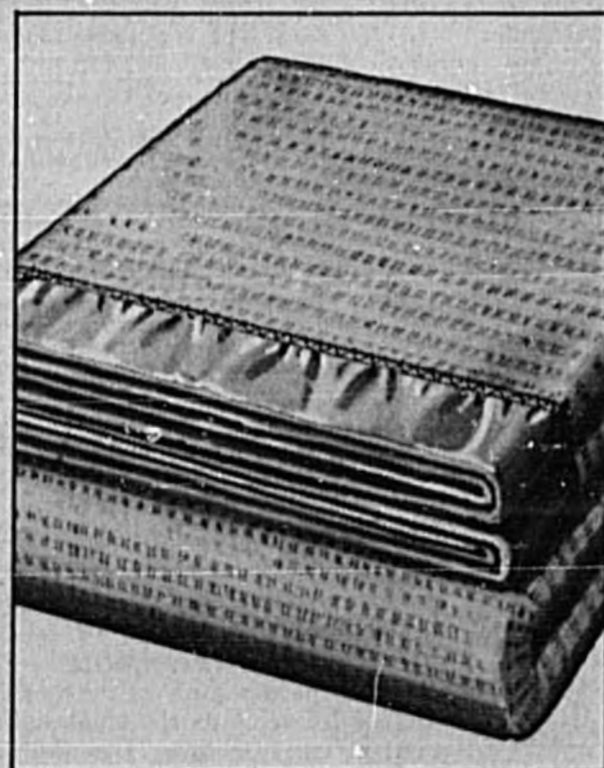
	Reg.	Sale
75x84"	\$ 79	\$ 67 pr.
100x84"	\$105	\$ 88 pr.
125x84"	\$130	\$104 pr.

12% to 50% off All blankets on sale.

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 Reg. \$30. Just one sample of the cozy blankets in store, all at 12% to 50% savings. The economizer's choice, our twin size easy-care electric blanket of acrylic/poly in solid colors.

	Reg.	Sale
Full size, with single control	\$40	\$33.99
Full size, with dual control	\$50	\$43.99
Queen size, with dual control	\$60	\$49.99

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40% off Thermal blankets.

Sale 10.99 Reg. \$16 Twin size acrylic thermal blanket for warmth without weight. Lovely colors, too. At dream-come-true prices!

	Reg.	Sale
Full size	\$19	14.99
Queen size	\$23	17.99

25% off All accent rugs

Choose from our entire line of accent rugs. Just the thing to brighten a hallway or add a cozy touch to the bedroom. Find plushes, sculptured looks, stripes, solids and geometrics, all at 25% off.

Save 20%-30% Solid color bedpillow

Sale \$7 Reg. \$10. Standard size bedpillow covered with poly/cotton in choice of solid colors. Dacron® polyester fiberfill. Queen size, Reg. \$13 Sale 10.40

Sale 6.99

Super Touch Bath Towel
 Reg. \$10 Hand Reg. \$7 **Sale 4.99**

Wash Reg. 3.50 **Sale 2.99**

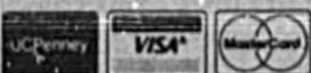
Sale 6.99 twin
Solid color percales

Reg. 8.99. Beautiful solid colors to mix or match. In poly/cotton. Fitted and flat sheets are the same price. Additional sizes and pillow cases also available at savings.



20% off Savings for baby

Sale 3.46 Reg. 4.33. Flannel shirt, sizes 1-4.
 Sale 3.99 Reg. 4.99. Corduroy crawler of 100% cotton. Sizes 1/2 to 3.
 Sale 4.80 Reg. 6.50. Hunt Club® turtleneck top of poly/cotton knit. Sizes 2T-4T.



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WORLD IN BRIEF

Search Intensified For Heineken Heir

AMSTERDAM, Netherlands (UPI) — Police intensified a search today for kidnapped beer baron Freddie Heineken, whisked off a narrow street by three hooded gunmen in an orange panel truck.

The 60-year-old grandson of the Heineken Beer founder and his chauffeur were abducted Wednesday evening, hours after he hosted a luncheon for 100 police officers who helped investigate an extortion plot involving the beer industry.

The Heineken Breweries switchboard remained open throughout the night for a call from the unidentified kidnapers, but police said no ransom demand in exchange for the multimillionaire had been made by 5 a.m. today.

Police tightened security at airports, border crossings and harbors in an effort to track down the chairman of Heineken Breweries and Heineken Holdings and his abductors.

FLORIDA IN BRIEF

Adoption Offers Pour In For AIDS Baby

MIAMI (UPI) — Hundreds of people have offered to adopt an abandoned baby stricken with AIDS and social workers say they expect to place the 14-month-old girl with foster parents later this month.

Media coverage prompted callers from across the nation and overseas to offer their homes to the wide-eyed youngster, expected to die within three years from acquired immune deficiency syndrome, health authorities said.

More than 200 people responded Wednesday to a plea for someone to take in the girl, who had been rejected by more than 20 foster homes in Dade County because she has AIDS, health officials said.

The child, whose Haitian mother died three weeks ago from AIDS, was abandoned by her father.

AREA DEATHS

MRS. ALICE O. KENNEDY
Mrs. Alice O. Kennedy, 50, of 510 1/2 E. 10th St., Sanford, died Tuesday at Central Florida Regional Hospital, Sanford, Fla. Born Jan. 31, 1933, in Valdosta, Ga., she moved to Sanford 42 years ago.

Survivors include devoted friend, Lonza Hickmon, Sanford; six daughters, Ester Barber, Edwards, Calif., Arthritis Gainers, Sanford; Peggy Kennedy, Rochester, N.Y.; Priscilla Bradley, Sanford; Aretha Hickmon and Sabrina Hickmon, both of Sanford; one son, Michael Kennedy, Sanford; a sister, Eva Mae Knight, Sanford; three brothers, James P., William T., and Charlie B. Ward, all of Sanford; 10 grandchildren.

Sunrise Funeral Home, Sanford, is in charge of arrangements.

DANIEL J. MARTIN
Mr. Daniel J. Martin, 87, of 656 U.S. Highway 17-92, Fern Park, died Wednesday at Orlando General Hospital. Born Aug. 9, 1896, in Akron, N.Y., he moved to Central Florida from Buffalo, N.Y., in 1977. He had been a firefighter in Buffalo and was a member of St. Louis Catholic Church. He was a member of Firefighters Local 282.

Survivors include a son, Daniel J. Jr., Winter Springs; two grand-children.

Baldwin-Fairchild Funeral Home, Altamonte Springs, is in charge of arrangements.

WANDA G. BOWEN
Mrs. Wanda G. Bowen, 66, of 34 Carriage Hill Circle, Casselberry, died Tuesday at Florida Hospital-Orlando. Born Sept. 21, 1917, in Gardner, Mass., she moved to Casselberry from Schenectady, N.Y., in 1971. She was a legal secretary and a member of St. Augustine Catholic Church.

Survivors include a daughter, Barbara Casselberry; sisters Barbara Sarnowski, Casselberry, Bette Gilbert, Schenectady, Irene Miller, Scotia, N.Y.; three brothers, Joseph, Chester, and Theodore Griffith, all of Schenectady; one grandchild.

Baldwin-Fairchild Funeral Home, Altamonte Springs, is in charge of arrangements.

MICHAEL B. HARRY
Michael B. Harry, 14, of 3302 Chadwick Road, Apopka, died Tuesday at his residence. Born March 29, 1969, in Bedford, Ohio, he moved to Apopka from Mahomet, Ill. in 1971. He was a student and a member of St. Andrew's Presbyterian Church.

Survivors include his parents, Mr. and Mrs. Richard D. Harry; brother, Rick, Apopka; paternal grandparents, Mr. and Mrs. Robert J. Northfield, Ohio; maternal grandparents, Mr. and Mrs. Harold McIntosh,

Environmental Report Card Minnesota, California Top The List; Florida 17th

WASHINGTON (UPI) — States that do the most to improve their environmental quality — such as Minnesota and California — are not forcing industry to flee to "pollution havens," according to the Conservation Foundation.

In a study on environmental regulations and their impact on where industry locates new facilities, the Washington-based research organization found that some states with the most active environmental programs also are successful in attracting new industry.

The foundation "failed to turn up any credible evidence that environmental regulations have precipitated, or are about to precipitate, a widespread exodus of American industry abroad," the study stated.

"Neither have they caused a migration of industry from one state to another in search of pollution havens," it added.

Along with the report, the foundation released a ranking of states according to their environmental quality efforts. Using a complex formula of 23 "environmental and land-use indicators," the foundation ranked Minnesota No. 1 among the 50 states, and California second.

Generally, Eastern and Northern states ranked higher than Western and Southern states for their efforts to improve and preserve the environment.

Christopher Duerksen, an attorney with the foundation and author of the study, stressed that the rankings "don't necessarily mean a state does or doesn't have good environmental quality."

"This is an 'effort index' — it reflects

what states are doing on environmental quality," Duerksen said.

The 23 indicators used by the foundation for the rankings measure factors such as state congressional delegation voting records on environmental and energy issues, state per capita environmental quality-control spending,

and whether a state grants tax breaks for solar energy projects.

The report cited government figures demonstrating many states with strong environmental quality programs also rank highly in attracting business investment. These include Minnesota,

California, Massachusetts and Washington.

Duerksen said the study shows states that intentionally relax environmental laws as part of a "strategy of smokestack chasing" have not been successful in attracting big industry.

How The States Rank

WASHINGTON (UPI) — The following is the Conservation Foundation's ranking of state environmental quality efforts, based on 23 "environmental and land-use indicators." The 23 factors are listed below the state rankings. The maximum possible score for a state is 63.

1. Minnesota 47
2. California 46
3. New Jersey 45
4. Massachusetts 44
5. Oregon 42
6. Washington 39
7. Maryland 37
7. Montana 37
7. New York 37
7. Wisconsin 37
11. Indiana 36
12. Hawaii 34
12. Kentucky 34
14. Connecticut 32
14. Maine 32
18. Michigan 30
18. Ohio 30
18. South Dakota 30
21. Delaware 29
22. Iowa 29
22. Illinois 29
23. Pennsylvania 28
23. Virginia 28

26. Arkansas 27
27. Colorado 26
27. Rhode Island 26
29. Georgia 25
29. North Carolina 25
29. South Carolina 25
32. Arizona 24
33. Alaska 23
33. Kansas 23
33. Tennessee 23
33. Utah 23
33. West Virginia 23
33. Wyoming 23
39. Nebraska 22
39. Nevada 22
39. North Dakota 22
39. Texas 22
43. Louisiana 21
43. New Hampshire 21
43. Oklahoma 19
44. New Mexico 18
47. Idaho 16
48. Mississippi 15
49. Missouri 14
50. Alabama 10

The 23 factors, in no particular order of importance, measure:

- Voting record of state congressional delegation on environmental and energy issues.
- Existence of state environmental impact statement review process.
- Priority given a state planning director by the state legislature.
- Existence of a state income tax checkoff for wildlife and fisheries.
- Per capita environmental quality-control expenditures.
- Existence of federally authorized state hazardous waste control.
- Existence of "umbrella" state environmental agency with responsibility for air, water, noise and hazardous waste pollution.
- Existence of tax breaks for use of solar energy.
- Existence of state protection of wild, scenic or recreational rivers.
- Per capita expenditures for noise-control programs.
- Existence of legislation protecting wetlands or endangered species habitat.
- Per capita expenditures for state parks.
- Existence of state power plant siting law with environmental review process.
- Existence of state requirements for comprehensive land-use plans.
- Existence of environmental protection "as a stated goal in land-use law."
- Existence of a federally approved state surface mine reclamation program.
- Existence of a state flood plain law.
- Existence of specific state land-use policies or laws.
- Adoption of an "aesthetic rationale, standing alone," to support use of governmental power.
- Per capita expenditures for natural resources, parks and recreation, sewerage, sanitation, housing and urban renewal.
- Existence of a federally approved state solid waste management plan.
- Existence of agricultural preservation regulations.
- Existence of a state register of historic places or "recognition of conservation restrictions."

Trade, Defense Dominate U.S.-Japanese Talks

TOKYO (UPI) — President Reagan today glimpsed a piece of Japanese history, witnessing a pageant of seventh century Samurai bow-and-arrow warfare, and then aired friendly differences of opinion on 20th century economic and military problems with Prime Minister Yasuhiro Nakasone.

Their comments following a second meeting in as many days, along with failure to produce a joint statement, underlined tensions that remained unresolved.

In televised statements after what Reagan termed "two days of very productive discussions," both leaders claimed progress had been made but indicated they had a long way to go before resolving differences on trade and Asian security.

Looking pale and tired, Reagan, 72, stumbled several times while delivering his prepared text.

Reagan publicly called on the Japanese — whose

post-World War II constitution renounces militarism — to "share more of the burden" in maintaining Asian security.

Nakasone, pressed in private by Reagan to liberalize trade restrictions, chided the United States for high interest rates that he said contributed to the trade imbalance between the two countries, that could reach \$30 billion next year.

He also called for careful "step-by-step" arms negotiations with the Soviet Union that would not lead to "the sacrifice of the Asian region."

Reagan promised any agreement with the Soviets would not result in a shift of Soviet rockets from Europe to Asia.

The two governments did announce one agreement — a joint commission to study ways to stabilize the relationship between the dollar and the yen. The United States believes Japan has intentionally undervalued the yen to help sell its products abroad.

"There's no simple overnight solution to our trade problems but we've agreed to exert our best efforts to solve these issues," the president said.

"We welcome recent actions," said Reagan. "And I emphasize the importance of further measures to open the Japanese market to trade and investment. ... We're seeking reductions to Japan's tariffs on certain products. ... Japanese quotas on agricultural products are a cause for concern. In return the United States must combat protectionism in our country," he said.

Survivors include a daughter, Mrs. Othel Duval, Sanford; three sons, J.C. Abney and James Abney, Sanford, Willie Lee Abney, Hartford, Conn.; five grandchildren and five great-grandchildren.

Wilson-Eichelberger Mortuary is in charge of arrangements.

ALICE FRANCES FUGATE
Alice Frances Fugate, 72, of 8 Plaza Oval, Casselberry, died Wednesday at her home. Born Oct. 16, 1911, in Richmond, Va., she moved to Casselberry from Washington, D.C. in 1957. She was a retired school cafeteria worker and was a member of Women of the Moose 766, Orlando.

Survivors include two sisters, Kathryn K. Wunder, Wakefield, R.I., Gertrude K. Holt, Richmond.

Gramkow-Gaines Funeral Home, Longwood, is in charge of arrangements.

HATTIE LEE ABNEY
Mrs. Hattie Lee Abney, 85, of 1002 W. 8th St., Sanford, died Wednesday at the Park Lake Health Center, Winter Park. Born June 2, 1898, in Batesboro, S.C., she had been a resident of Sanford for more than 40 years. Prior to entering the Health Care Center, she resided with her daughter and previously maintained an apartment at Redding Gardens, Sanford. She was a homemaker and member of St. Paul Missionary Baptist Church.

Funeral services for Mrs. Alice O. Kennedy, 50, of 510 1/2 E. 10th St., Sanford, who died Tuesday, will be Saturday at 3 p.m. at Providence Missionary Baptist Church, Lake Monroe, with the Rev. Oliver Glover officiating. Burial in Restvale Cemetery, Visiting 3 p.m. Friday at the chapel. Sunrise Funeral Home, 900 Locust Ave., in charge.

Funeral services for Mrs. Hattie Lee Abney, 85, of 1002 W. 8th St., Sanford, who died Wednesday, will be held at 1 p.m. Saturday at St. Paul Missionary Baptist Church, 813 Pine Ave., Sanford, with the Rev. Amos C. Jones, pastor in charge. Calling hours for friends will be from noon until 9 p.m. at the chapel. Burial to follow in Restvale Cemetery. Wilson-Eichelberger Mortuary in charge.

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EQUAL HOUSING LENDER

PEOPLE

Evening Herald, Sanford, Fla. Thursday, Nov. 10, 1983-1B



Leah Benner, from left, president of Alpha Nu Chapter of Alpha Delta Kappa, welcomes Seminole County teachers Barbara Vincent, Elaine Van Lue and Marcella Brandeberry into the honorary teachers' sorority.

Teachers Support Scholarship House In Tallahassee

Alpha Nu chapter of Alpha Delta Kappa, honorary teachers' sorority, has begun the 1983-84 year with three noteworthy meetings, according to Leah Benner, president.

In September three Seminole County teachers were initiated into Alpha Nu chapter of ADK following a luncheon at the Imperial House. The three new members are: Marcella Brandeberry and Barbara Vincent, both teachers at Woodlands Elementary and Elaine Van Lue, teacher at Winter Springs Elementary.

In October Alpha Nu and Gamma Gamma chapters of ADK joined to observe Founder's Day with a dinner at the Longwood Hotel in Longwood. The candle lighting ceremony honoring the four founders of ADK was conducted by Gamma Gamma members Ruth Long, Carol Dudley, Mary Lee Miller, Judy Schiedegg, Linda Smith, Betty Crytzer and Ann Hughes.

Members were reminded that ADK was founded in 1947 to promote excellence in all areas of education, to

recognize outstanding educators, and to contribute to world understanding and good will and peace through an international fellowship of women educators united in their goals for education. Thirty-six years later ADK is international in scope with chapters in all 50 states and ten foreign countries.

The 110 chapters in Florida support a Scholarship House in Tallahassee. There are 20 Florida girls with ADK scholarships living at the house this year including Melody Wohlgmuth from Sanford.

A limited number of scholarships are also provided for international scholars studying to be teachers.

Five members of Alpha Nu chapter attended the District III fall meeting in Leesburg: Leah Benner, Elizabeth Gallant, Mary Grace Kosky, Marion Nichols, and Belle Rumbley.

Marilyn Marrow, ADK Florida state president, told members that the state theme for the year is "Florida's Visions," and the international theme is "The Challenge of Each New Day."



Gamma Gamma Chapter members of ADK conducting the Founder's Day ceremony are, from left, Ruth Long, Carol Dudley, Mary Lee Miller, Judy Schiedegg, Linda Smith, Betty Crytzer and Ann Hughes.

Junior Miss Pageant Saturday

The public is invited to the crowning of the 1983 Seminole County Junior Miss by the 1982 winner, Stephanie Seaman, and master of ceremonies, Rick Saylor, formerly of Y-106 radio. The program will begin at 8 p.m., Saturday, Nov. 12, in Lake Mary High School auditorium.

Admission price of \$5.00 per person includes a souvenir program and hair care products from a national sponsor.

Sponsored by the Altamonte South Seminole Women Jaycees, the top three Junior Misses will receive scholarship money for their college educations. All participants receive prizes and the memorable experience of being involved with other young women of their caliber, displaying a well-rounded wholesomeness and concern for their community.

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Look and feel as beautiful as the festive season ahead. Sophisticated and versatile . . . come in and see ours in black, grape and wine-berry.

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Engagement

Freeland-McAlexander

Mr. and Mrs. Jerry Augustus Freeland of Ackworth, Ga., announce the forthcoming marriage of their daughter, Sheila, to James David McAlexander, son of Mr. and Mrs. J.E. McAlexander, 1600 Sanford Ave., Sanford.

Born in Augusta, Ga., the bride-elect attended Lee College, Cleveland, Tenn., and is employed as a secretary.

Her fiancé, born in Sanford, is a 1981 Graduate of Seminole High School. He attended Lee College and is employed by Mac's Electric Service Inc., Sanford.

The wedding will be an event of Nov. 12, at Alpha-etta Church of God, Alpha-etta, Ga.



Sheila Freeland, James D. McAlexander

Retired Policeman Gives Safety Rules

DEAR ABBY: I am a retired Chicago policeman now living in Arizona. I am constantly amazed at these retired people who open their wallets in public and expose large sums of money and a string of credit cards. Don't they realize that they are asking for trouble? I see this done at every checkout counter.

After the victim was robbed, this is what we used to suggest:

1) Carry only as much money as you can afford to lose.

2) Carry only the credit card you will be using. Leave the rest at home, and be sure the cards and a list of their numbers are in separate places.

3) Keep your house keys and your ID in different places on your person. If a purse snatcher or a pickpocket gets both, he can rob your home anytime. If you do happen to lose both, have your locks changed immediately — I mean the same day!

Almost none of the victims had obeyed any of the above rules.

C.R. HALEY,
PHOENIX, ARIZ.

DEAR MR. H.: Your rules are helpful for everyone — not only retired people. Thanks for reminding us.

DEAR ABBY: A man from Toronto was visiting friends in Florida last winter. Being handy around the house, he offered to repair a loose shelf for his friends. The shelf was lined with an old



Dear Abby

newspaper, and when the Toronto visitor looked at it he noticed that it was *The Toronto Sun!*

Face up was a "Dear Abby" column he knew he had never read, and being a fan of yours, he promptly scanned it right there on the shelf.

That column had a special meaning for him because he was a transsexual who had never had any help with his problem. In your column was a letter from Christine Jorgensen, suggesting that you publish addresses of places around the country where transsexuals could find help. Our friend quietly pocketed the column before he fixed the shelf.

Today he is a patient of "Confide," a personal counseling service in New York, one of the places you named, and he is well on his way to fulfilling a lifelong dream — to become a woman.

I thought you would like to know that you helped a very desperate man who was afflicted with the feeling of having been born into the wrong sex.

NO NAME, PLEASE

DEAR ABBY: I am a 30-year-old single female

who seems to attract gay men. Wherever I am, if there's a gay man around he will strike up a conversation with me. I find gay men very attractive and a lot of fun to be around, and I would like more gay men friends, but I'm afraid of being labeled a lesbian. What should I do?

GAY ATTRACTION

DEAR ATTRACTION: Where did you get the idea that the only females who socialize with gay men are lesbians? It's absurd. Attractive people attract attractive people — straight and gay.

If you put off writing letters because you don't know what to say, send for Abby's complete booklet on letter-writing. Send \$2 and a long, stamped (37 cents), self-addressed envelope to Abby, Letter Booklet, P.O. Box 38923, Hollywood, Calif. 90038.

Art Auction Aids Family Counseling

The third annual Benefit Art Auction sponsored by the Green House Family Counseling Center Board of Directors will be held Friday, Nov. 11, at the Maitland Civic Center, 641 S. Maitland Ave.

A wine and hors d'oeuvres preview is scheduled at 7 p.m., followed by the auction at 8 p.m. Donation is \$4. One of the selections will be awarded as a door prize. The public is invited.

The collection of custom-framed works include lithographs, etchings, serigraphs, paintings and watercolors. The artists include Calder, Chagall, Dalí, Lautrec, Picasso, Renoir, Rockwell and Vasarely.

Park West Galleries of Southfield, Mich. will conduct the auction. A registered certificate of authenticity will be provided with each painting. According to Vicki Bell, the buyer will find quality and variety, but most of all, the best art for the least money.

Proceeds will benefit the Green House Family Counseling Center, a non-profit United Way Agency, now in its 14th year of service to Central Florida.

For information, call 422-1521 or 628-5787.

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Slightly irregular
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45" polyester and Cotton, 100% Polyester, Machine Washable, With Coupon Only
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SPECIAL PRINTED OUTING FLANNEL
Machine Washable
45" WIDE
Small and dainty prints
Compare at 1.98 yd.
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Tremendous Selection
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ULTRA LUXURIOUS LUCERNE VELOUR
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Lustrous weight in lovely colors. Easy care • Compare at 10.98 yd.
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Easy Care 60" wide • Beautifully Styled Wovens and Blends
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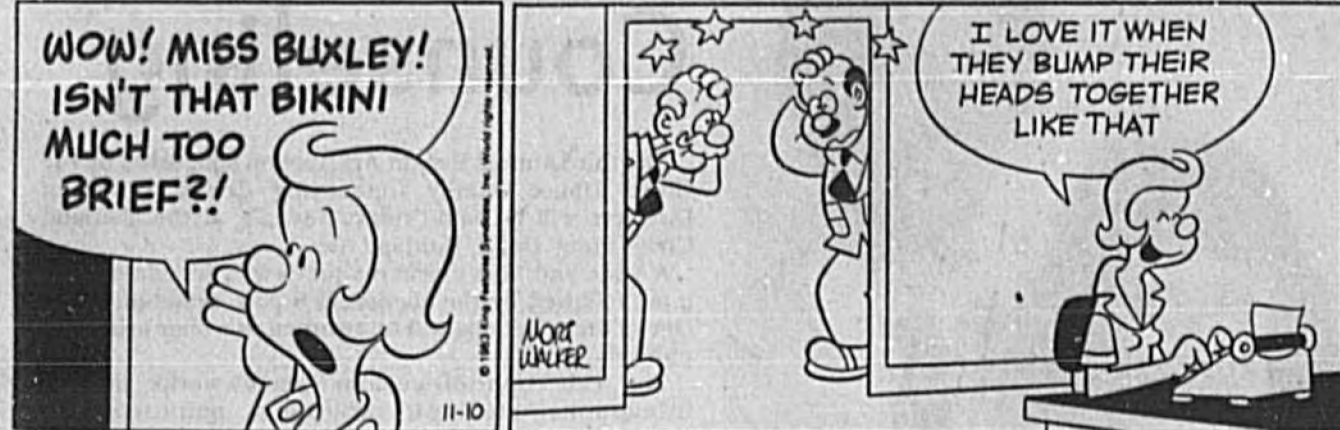
Knight's SHOE STORE
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322-0204 Sanford

by Chic Young



BEETLE BAILEY

by Mort Walker



THE BORN LOSER

by Art Sansom



ARCHIE

by Bob Montana



EEK & MEEK

by Howie Schneider



MR. MEN AND LITTLE MISS

by Hargreaves & Sellers



BUGS BUNNY

by Stoffel & Heidahl



FRANK AND ERNEST

by Bob Thaves



TUMBLEWEEDS

by T. K. Ryan



ACROSS

- 1 Chess piece 51 Knurl 53 Group of actors 57 Prongs 58 Feels 59 Hindu ascetic 60 This (Sp.)

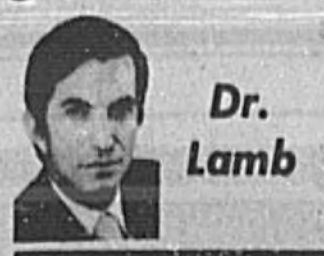
DOWN

- 1 Wheel track 2 Gold (Sp.) 3 CIA 4 Token of affection 5 Greek letter 6 Yours and mine 7 Aquatic animal 8 Sobbing 10 German negative 11 Rocky Mountain park 12 Whittles 15 Southern general 17 In good taste 19 Hindi dialect 20 Immediately 21 Kind of grain 23 Length unit 26 Act 28 Slugger's special 30 Spoka 32 Island near Corsica 33 Set 34 Word of division 36 Lets 39 Cracks 41 Fancy vase 42 Dirty 43 Sound equipment of TV 45 Past time 48 Furniture oil 50 Not any 52 Rumanian coin 54 Navy ship prefix (abbr.) 55 Domestic animal 56 Noun suffix

Answer to Previous Puzzle



Exercise Best Bet For Firming Breasts



DEAR DR. LAMB — At age 18 I weighed 260 pounds. Now at age 30 I weigh 175 pounds. These pounds have been lost gradually over the years, but I lost 40 at one time. With the weight loss I got lots of exercise in the line of sports — softball, golf, tennis, biking, volleyball and lots of walking. I'm 5 feet 10 inches tall and have large bones.

However, during my weight loss my breasts have become super saggy. There seems to be no support left. I am a rather large-busted woman and would like to redevelop some support if possible. Are there any exercises one could do? Any information would be appreciated.

DEAR READER — A large portion of the normal non-lactating breast is fat tissue. When a person loses lots of fat it is common to lose fat from the breasts as well. That will lead to sagging. It is not a lot different from the sagging that follows nursing or pregnancy when the breasts are distended and ready to give milk.

The firmness of the breast is dependent upon its content — fat or milk — and the strength of the supporting tissues. That means the multiple ligaments inside the breasts are like fine tendons. The skin itself will stretch as needed.

But like the face when there is more skin than underlying structure, sagging occurs. And there are no exercises that really help eliminate the sag. You can build up the muscles behind the breast and improve your posture, but the breast itself still sags. The trick is to get the tendons inside the breast to shorten and that doesn't usually happen to a major extent.

I would advise that when you exercise you use a good support bra. In fact, I would recommend wearing one all day long

and possibly at night. The more support the breast gets the better its chances for any recovery that might occur.

Otherwise you might get some help from a plastic surgeon who does breast reconstruction. You could have a consultation.

DEAR DR. LAMB — I have read that vitamin D in large amounts can be harmful. I would appreciate knowing the number of international units that can be taken safely only basis.

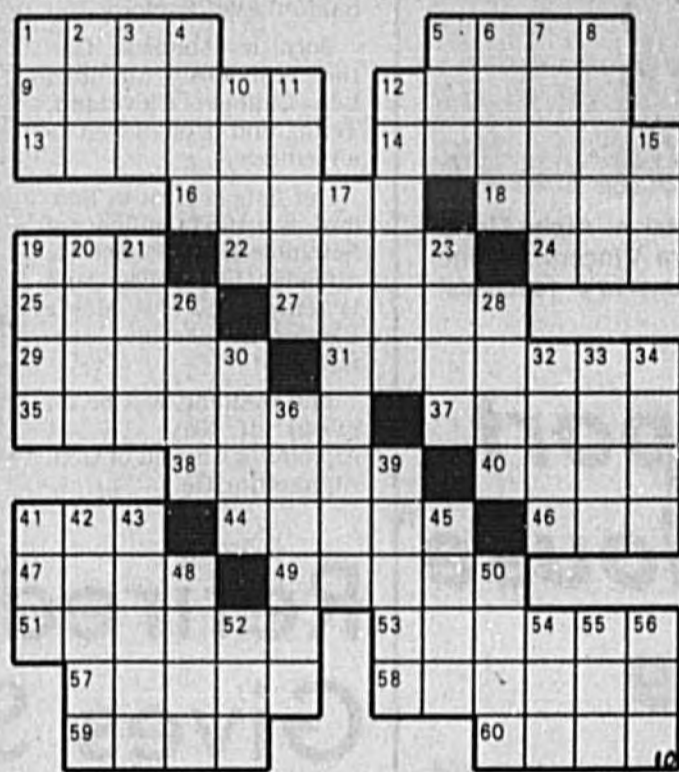
Should vitamin D be taken with calcium in order for the latter to be most effective?

DEAR READER — The recommended daily dietary allowance (RDA) for most is about 400 units. That is equivalent to 10 micrograms, a potentially harmful substance if taken in excess. Most authorities feel that the total intake should be limited to only four or five times the RDA if you want to avoid vitamin D toxicity.

The exception is the patient who has poor calcium absorption, which may be a factor in middle-aged or older women who have osteoporosis (dissolving bones). In these cases additional vitamin D, as well as additional calcium, is commonly prescribed.

Some studies suggest a metabolic change occurs in old age that affects vitamin D and that this in turn may be why these people have a problem in absorbing calcium.

Send your questions to Dr. Lamb, P.O. Box 1551, Radio City Station, New York, N.Y. 10019.



HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY NOVEMBER 11, 1983

Make it a point this coming year to establish definite financial goals. If you have specific marks you hope to achieve each quarter, you will manage to do so.

SCORPIO (Oct. 24-Nov. 22) Matters of material significance will be handled well by you today. Make it a point to use these same skills when dealing with others socially. Scorpio predictions for the year ahead are now ready. Romance, career, luck, earnings, travel and much more are discussed. Send \$1 to Astro-Graph, Box 489, Radio City Station, N.Y. 10019. Send an additional \$2 for the NEW Astro-Graph Matchmaker wheel and booklet. Reveals romantic compatibilities for all signs. Be sure to state your zodiac sign.

SAGITTARIUS (Nov. 23-Dec. 21) Your basic nature usually impels you to forgive and forget. Follow these inclinations today instead of harboring resentment over an old experience.

CAPRICORN (Dec. 22-Jan. 19) Friends will know you are not looking for a free ride, so don't stymie their efforts if they want to do something nice for you today.

AQUARIUS (Jan. 20-Feb. 19) Something promising is in the offing which will arouse your hopes. Another person may be involved, but his or her role will be minor.

PISCES (Feb. 20-March 20) Your standing in the eyes of your contem-

poraries will go up a few notches today because of your ability to turn adverse situations into winners.

ARIES (March 21-April 19) You may have an old problem with which to contend today, but you'll come out on top if you maintain an optimistic attitude. Be positive.

TAURUS (April 20-May 20) Joint ventures should work out rather well today, provided you mastermind the moves. There's a chance your associates will lack your vision.

GEMINI (May 21-June 20) If you are in a position of authority today, use your power graciously. Try to win others' respect, not their ire.

CANCER (June 21-July 22) This can be a productive day careerwise, provided you organize your time and efforts properly. Focus on your ambitions, not on fun.

LEO (July 23-Aug. 22) Instead of having the party at your place this evening, get your friends together and go out on the town. Changing the location could prove enjoyable.

VIRGO (Aug. 23-Sept. 22) Subdue tendencies today to look for flaws in others, especially family members. When you overlook their faults, they'll ignore yours.

LIBRA (Sept. 23-Oct. 23) You'll be generous and outgoing today, and these are desirable qualities. However, don't be the only one who grabs for the check.

WIN AT BRIDGE

Table with columns for NORTH, WEST, EAST, SOUTH and rows for cards and dealer information.

opening was weak even by that game's standards, but Jeff Westheimer, who sat South, Blackwooded his way to six no-trump. He knew he might be overbidding, but looked for luck, including help from the defense.

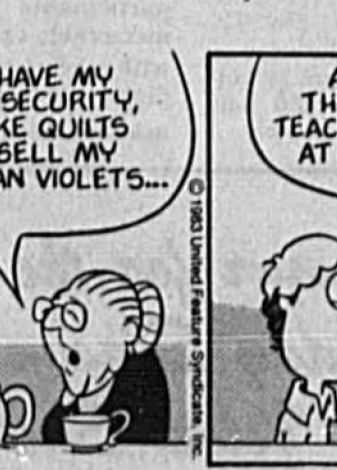
It came immediately. West elected to open the ace of clubs and Jeff, who had started with 10 sure tricks, now was looking at 11. Clubs were continued and East's 10 forced declarer's king.

Jeff cashed the A-K of hearts to see if the queen would drop. It didn't, but Jeff still had a squeeze for his 12th trick. All he needed was to find the queen of hearts and queen of clubs in separate hands.

He ran off the six spades to come down to a three-card ending. Dummy's last three cards were the heart jack, club jack and diamond 10. Each defender had to come down to two diamonds, East in order to keep the club queen, West to keep the heart queen. As a result, South's A-K-2 of diamond took the last three tricks.

By Oswald Jacoby and James Jacoby The special rubber bridge game at New York's Cavendish Club is exciting indeed. Dummy play tends to be very good, bidding and defense somewhat random. North's three-spade

GARFIELD



TONIGHT'S TV

THURSDAY

- 6:00**
 (1) (3) (5) (7) (9) NEWS
 (1) (3) BJ / LOBO
 (2) (10) MACNEIL / LEHRER NEWS HOUR
 (2) (8) ONE DAY AT A TIME
 (2) (10) LITTLE HOUSE ON THE PRAIRIE
- 6:30**
 (2) (4) NEC NEWS
 (3) (5) CBS NEWS
 (7) (9) ABC NEWS
 (1) (3) ALICE
 (2) (8) GOOD TIMES
- 7:00**
 (2) (4) PEOPLE'S COURT
 (3) (5) P.M. MAGAZINE How John Lennon's name is being exploited (Part 1), airbursting 10,000 feet above the Mojave Desert.
 (7) (9) JOKER'S WILD
 (1) (3) THE JEFFERSONS
 (2) (10) NATURE "On The Tracks Of The Wild Otter" Wildlife photographer Hugh Miles finds an opportunity to film a female otter on one of the remote Shetland Islands.
 (4) (8) ROWAN & MARTIN'S LAUGH-IN
- 7:05**
 (2) CAROL BURNETT AND FRIENDS
- 7:30**
 (2) ENTERTAINMENT TONIGHT Interviews with Linda Evans and Kenny Rogers; Patricia Neal, Sam Jaffe, director Robert Wise and Ray Bradbury discuss the sci-fi classic "The Day the Earth Stood Still."
 (3) (5) WHEEL OF FORTUNE
 (7) (9) FAMILY FEUD
 (1) (3) BARNEY MILLER
 (2) (8) TIC TAC DOUGH
- 7:35**
 (2) GOOD NEWS
- 8:00**
 (2) (4) GIMME A BREAK The town's new mayor (George Kirby) dines at the Kanisky residence and takes a special interest in Nell.
 (3) (5) MADONN, P.I.
 (7) (9) LIFE'S MOST EMBARRASSING MOMENTS, PART III Steve Allen hosts a third collection of famous people's goofs and blunders; featured stars include Penny Marshall, Cindy Williams, Bette Davis, Dick Cavett, Dolly Parton and Mr. T.
 (1) (3) HAWAII FIVE-O
 (2) (10) WILD AMERICA "Hog Wild": Marty explains how some wild hogs were imported from Europe and others are domestic stock that have reverted to the wild, and he manages to run into the native North American member of the hog family, the peccary.
 (4) (8) MOVIE "Eyes of Laura Mars" (1978) Faye Dunaway, Tommy Lee Jones. A chic photographer is terrified by psychic visions of her friends being murdered.
- 8:05**
 (2) NCAA FOOTBALL Duke vs. North Carolina State

Cable Ch.	Channel	Station
(7) (9)	(ABC) Orlando	(1) (35)
(5) (6)	(CBS) Orlando	(8) (4)
(4) (2)	(NBC) Daytona Beach Orlando	(10) (2)

In addition to the channels listed, cablevision subscribers may tune in to independent channel 44, St. Petersburg, by tuning to channel 8, tuning to channel 13, which carries sports and the Christian Broadcasting Network (CBN).

- 8:30**
 (2) (4) MAMA'S FAMILY Naomi starts getting obscene phone calls after winning an employee award at the food store.
 (2) (10) ALL NEW THIS OLD HOUSE
- 9:00**
 (2) (4) WE GOT IT MADE Mickey goes through with her plans to marry a powerful business executive (Alejandro Rey), but fate intervenes during their honeymoon (Part 2).
 (3) (5) SIMON & SIMON A.J., Rick and detective Downtown Brown (Tim Reid) try to clear an undercover policeman framed for the murders of two fellow officers.
 (7) (9) TRAUUMA CENTER A rodeo clown is trampled by a bull, and a boy suffers serious brain damage in a fall into a deserted smokesack.
- 9:30**
 (2) (4) CHEERS Carla decides to have a tryst with her newest love interest (Don Amadolis), not knowing that he has a heart condition.
 (2) (10) THE GOOD NEIGHBORS
- 10:00**
 (2) (4) HILL STREET BLUES Chief Daniels uses Hill Street officers in a ploy to upstage another precinct's commander (J.A. Preston) who is also a rival mayoral candidate.
 (3) (5) KNOTS LANDING Gary weds Abby, then is shocked during his honeymoon to spot a hotel employee who bears a startling resemblance to the late C.J.
 (7) (9) 20/20
 (1) (3) INDEPENDENT NETWORK NEWS
 (2) (10) ODYSSEY "Bath Waters" Archaeologists, engineers and geologists excavate the hot springs spa in Bath, England, to learn about the Romans who built the baths 2,000 years ago. (R) []
 (4) (8) KOJAK
- 10:30**
 (1) (3) BOB NEWHART
 (2) (4) (5) (7) (9) NEWS
 (1) (3) BENNY HILL
 (2) (10) ALFRED HITCHCOCK PRESENTS
 (4) (8) TWILIGHT ZONE
- 11:00**
 (2) NEWS
- 11:30**
 (2) (4) TONIGHT Host Johnny Carson. Guest: gardening expert Thelma Cruso.
 (3) (5) WKRP IN CINCINNATI
 (7) (9) ABC NEWS NIGHTLINE
 (1) (3) THICKE OF THE NIGHT Scheduled: Daniel J. Travanti, light promoter Don King, novelist Jackie Collins.
 (2) (10) HOUSE CALLS
- 11:40**
 (2) THE CATLINS
- 12:00**
 (2) TRAPPER JOHN, M.D. Two hospital patients (Lance Kerwin, Nancy Walker) form an unlikely bond of mutual trust. (R)
- 12:10**
 (2) MOVIE "Golden Boy" (1939) William Holden, Barbara Stanwyck.
- 12:30**
 (2) (4) LATE NIGHT WITH DAVID LETTERMAN Guest: scientist Dr. Robert Jastrow.
 (7) (9) ALL IN THE FAMILY
- 1:00**
 (2) (4) MOVIE "The Big Sleep" (1948) Humphrey Bogart, Lauren Bacall.
 (3) (5) STREETS OF SAN FRANCISCO
- 1:10**
 (3) (5) MOVIE "Home To Stay" (1978) Henry Fonda, Kristen Vigard.
- 1:30**
 (2) (4) NBC NEWS OVERNIGHT
- 2:15**
 (2) MOVIE "Hong Kong" (1951) Ronald Reagan, Rhonda Fleming.
- 2:30**
 (2) ENTERTAINMENT TONIGHT
 (3) (5) CBS NEWS NIGHTWATCH
- 3:00**
 (2) (4) NBC NEWS OVERNIGHT
 (7) (9) MOVIE "Partners in Crime" (1973) Lee Remick, Lou Antonio.
- 4:00**
 (2) (4) NBC NEWS OVERNIGHT
- 4:05**
 (2) ALISTAIR COOKE'S AMERICA
- 4:20**
 (7) (9) MOVIE "Reprisal" (1956) Guy Madison, Felicia Farr.

FRIDAY	Channel	Station
MORNING		
5:00	(2) (4) 2'S COUNTRY	
5:05	(2) AGRICULTURE U.S.A.	
5:30	(2) (4) NBC NEWS OVERNIGHT	
5:35	(2) WORLD AT LARGE	
6:00	(3) (5) CBS EARLY MORNING NEWS	

- 6:00**
 (5) (6) CAROLE NELSON AT NOON
 (1) (3) BEWITCHED
 (2) (10) NATURE
 (4) (8) MOVIE
- 12:05**
 (2) PERRY MASON
- 12:30**
 (2) (4) SEARCH FOR TOMORROW
 (3) (5) THE YOUNG AND THE RESTLESS
 (7) (9) RYAN'S HOPE
 (1) (3) BEVERLY HILLBILLIES
- 1:00**
 (2) (4) DAYS OF OUR LIVES
 (3) (5) ALL MY CHILDREN
 (7) (9) ANDY GRIFFITH
 (1) (3) FLORIDA HOME GROWN
- 1:05**
 (2) MOVIE
- 1:30**
 (3) (5) AS THE WORLD TURNS
 (1) (3) DICK VAN DYKE
 (2) (10) ALL NEW THIS OLD HOUSE
- 2:00**
 (2) ANOTHER WORLD
 (7) (9) ONE LIFE TO LIVE
 (1) (3) GOMER PYLE
 (4) (8) MAGIC OF DECORATIVE PAINTING
 (5) (6) BONANZA
- 2:30**
 (3) (5) CAPITOL
 (1) (3) DREAM OF JEANIE
 (2) (10) MAGIC OF FLORAL PAINTING
- 3:00**
 (2) (4) GILLIGAN'S ISLAND
 (3) (5) GUIDING LIGHT
 (7) (9) GENERAL HOSPITAL
 (1) (3) THE FLINTSTONES
- 4:05**
 (2) THE MUNSTERS
- 4:30**
 (1) (3) PINK PANTHER
 (2) THE BRADY BUNCH
 (4) (8) LOVE BOAT
 (5) (6) THREE'S COMPANY
 (7) (9) NEWSCOPE
 (1) (3) CHIPS PATROL
 (2) (10) ART OF BEING HUMAN
- 5:05**
 (2) LEAVE IT TO BEAVER
- 5:30**
 (3) (5) M*A*S*H
 (7) (9) NEWS
 (2) (10) ART OF BEING HUMAN
- 5:35**
 (2) BEVERLY HILLBILLIES

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Julia Cooks Up New Show And Also Serves 'Dinner'

By Peter Meade
 Even Julia Child likes to get out of the kitchen occasionally. And that's just what America's most charismatic cook does on her new PBS series "Dinner at Julia's."

Don't worry, there'll still be plenty of food, glorious food. If you're trying to shed a few excess stones, be warned one can probably gain several pounds by osmosis from watching the 13-week series.

The sixth program of "Dinner at Julia's" airs Friday, Nov. 18 (Air dates may vary; please check local listings). The guest chef for the evening is Jim Cohen of Denver's Tante Louise Restaurant and he prepares a calorie overdose called Kentucky Ham Mousse.

For the "out of the kitchen and into the field" segment Mrs. Child travels to a date farm in Indio, Calif., to check the progress of the main ingredient she needs to prepare the evening's cheese-stuffed dates.

"I learned so much," says



Julia Child

Mrs. Child of this and the other similar spots shown during each half-hour. "Did you know there are male and female date trees? The females are the ones with the orange buds."

The highlight of each program is the dinner for 10 served at the \$3.5 million home they rented for five months in Santa Barbara, Calif. The house is elegant, but most importantly it has a

kitchen area (designed by her husband, Paul) that was large enough not only to accommodate Mrs. Child's various cooking apparatus but also a television camera.

"It was probably less expensive than a studio," says Mrs. Child. "Most of the furniture was loaned, there was plenty of room, but the plumbing kept breaking down."

Mrs. Child refers to herself as "tri-coastal" because she and her husband live in Cambridge, Mass., but avoid the Eastern winter by living in Santa Barbara or in France. If she can find a sponsor for next season — this year Polaroid donated \$900,000 and American Express helped out with the chefs — she'd love to take the show to Europe in search of some of the continent's best chefs.

"Next year, instead of bringing the chefs to us," she says, "we'll go to the chefs."

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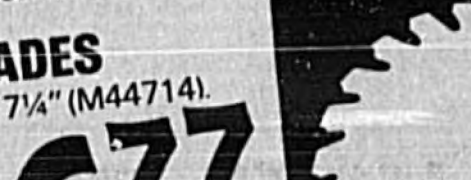


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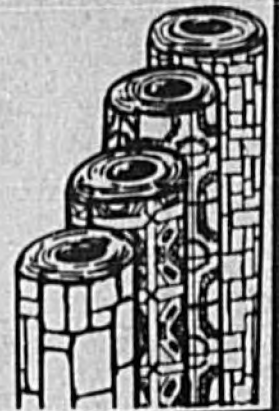


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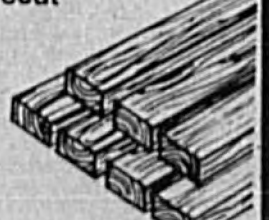


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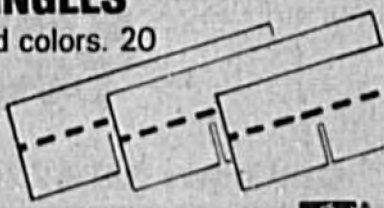
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