

Self-Treatment Of Allergies

DEAR DR. LAMB — For about eight years I've been treated with shots for allergic rhinitis. I was doing fine as long as I took the allergy shots. Since we have moved I have been going to a Navy hospital and the doctor claims I have asthma. He has been giving me prednisone and other medicines. As long as I am in the hospital with intravenous medicine and breathing machines I get better. Last night I was rushed to the hospital just gasping for breath. After five shots of adrenaline I was sent home. I feel jumpy but the wheezing continues. I'm really upset as I don't know what to do. Should I change doctors or try any medicine over the counter that will help this constant wheezing?

DEAR READER — Allergic rhinitis does not cause wheezing or the breathing problems you describe. You have asthma. The confusion may arise from the point that some people who are allergic have both asthma and allergic rhinitis. The three major manifestations of these allergies are allergic rhinitis, asthma and hives. Some people have one of these and some have two or even all three.

The difference is really which cells are involved in the allergic reaction. In allergic rhinitis the cells in the nasal area are interacting with the allergic substance and pour out histamine or a related chemical that causes the nasal symptoms. In asthma, the cells in the air passages are affected. In hives the cells of the skin are involved in the reaction. Desensitization shots may help in some cases in all three of these conditions.

HOROSCOPE

By BERNICE BEDE OSOL

For Wednesday, July 20, 1977

21) Too much faith in associates today might be misplaced. Their analyses may raise false hopes, to set you up for a awful letdown.

CAPRICORN (Dec. 22-Jan. 19) Normally you take your responsibilities to heart. Today, you might goof off and be taken to task for your uncharacteristic conduct.

AQUARIUS (Jan. 20-Feb. 19) You have innate sensitivity that equips you to deal with persons in all walks of life. This quality may desert you today and you could offend the boss.

PISCES (Feb. 20-March 20) Where discipline is required for those under your wing, you may be a shade too permissive today. Don't spare the rod and spoil the child.

TAURUS (April 20-May 20) In luck and good looks aren't enough to get by on today. If you want to get something done, be prepared to tough it out.

TAURUS (April 20-May 20) In contracting for labor or services today, you aren't too sharp. You could choose the wrong help or pay too much or both.

GEMINI (May 21-June 20) Stay as far away as possible today from risky ventures. They may look good, but they'll probably fall apart.

WIN AT BRIDGE

By OSWALD and JAMES JACOBY

3NT makes with one break

that three nortrup isn't a good contract. Give West the queen of clubs and South is almost sure of at least nine tricks.

South wins trick one with the king of hearts over East's queen and leads a club toward dummy's jack. East wins with the queen and returns a heart to West who collects three heart tricks.

Everything has gone wrong for South so far, but dame fortune smiles on him from here on. He has hung on to his remaining four clubs and when he gets in with the ace of diamonds he gets a 3-3 break in clubs and has his nine tricks.

SPREADING GOOD WORD

The word is spreading — as far as South Daytona Beach at least: "Sanford is No. 1" and, as these couple of fans proudly display on their T-shirts, "Sanford is Super!" They helped root to victory the Sanford Americans, the city's representative in the Florida Little Major League's all-star district tournament. The team won, 14-4, as did Sanford's Junior All-Stars, 10-7, in New Smyrna Beach. Those T-shirts are on sale at Flagship Banks of Seminole. Both teams play again Thursday night. Details, more photos, Page 8A.

SPIDER-MAN

While attending a demonstration in radiology, student PETER PARKER was bitten by a spider which had accidentally been exposed in RADIOACTIVE RAYS. Peter soon found he had GAINED the insect's powers... and had become a human spider.

SPIDER-MAN

DOONESBURY

BITE YOUR TONGUE! THERE'S NOTHING YOU CAN DO ABOUT IT! I'M NOT A HERO, I'M A MAN!

UNCLE DUKE, I SUPPOSE I WOULD BE REMISS IF I COULD YOU EVEN HOLD TO MY CONSIDERATION FOR SOMETHING FIRST!

DUKE, THE NOT DO YOU ALWAYS GET SO TICKED OFF WHEN I THINK ABOUT THIS FIRST!

Company Asks \$227-Million Increase PSC Weighs Southern Bell Rate Hike Bid

TALLAHASSEE (AP) — Hoping to avoid a wrong number, the Public Service Commission began deliberating today how much of a rate increase to impose on 2.2 million customers of Southern Bell Telephone Co.

The company is seeking a \$227 million hike and the PSC staff has recommended imposing directory assistance charges and boosting pay telephone calls to 25 cents to help fund the increase. Some \$62 million of the proposed increases would be shared by all Floridians through an average 18 per cent hike in long distance rates.

The PSC has scheduled three days of hearings on the proposed increase by the state's largest phone company.

On the eve of those hearings, PSC Chairman Paula Hawkins

which the PSC set in 1974, when the company got its last rate hike. To fund the \$168.25 million that the PSC staff is recommending, the staff proposed hiking residential and business bills by 15 per cent a month.

It also recommended imposing a charge for calling directory assistance for telephone numbers. The staff recommended that the Bell request be cut by 25 per cent to \$168.25 million. The public counsel's office, which represents consumers, said the company only deserved a \$40.4-million hike.

Mrs. Hawkins, who often votes against her two colleagues on rate hikes, said her own recommendation would be closer to the \$40.4 million suggested by the public counsel.

"This is a record year for profit for the Bell system. They have made \$1 billion in each quarter," Mrs. Hawkins said. "How come they are back in Florida looking for a rate increase?"

Southern Bell, however, has claimed that it has been hard hit by inflation and hasn't maintained the 8.8 per cent profit margin



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Former Go-Go Dancer Freed Of Lewd Behavior Charges

By BOB LLOYD
Herald Staff Writer

A tearful former topless go-go dancer who testified an alleged incident at the Circus-Circus A Go-Go lounge, Fern Park, never happened was acquitted Tuesday in county court at Sanford on a misdemeanor charge of lewd and lascivious behavior.

Glenn June Parrish, 21, of Orlando, danced for a customer at the lounge clad only in white bikini panties the night of May 23, sheriff's deputy Robert W. Gregory testified. He said the patron made contact with her body.

Ms. Parrish testified the touching incident "never happened" and said, "I didn't do anything wrong."

Arthur Wager, assistant manager of the topless lounge

At Least 6.5 Per Cent Report: Inflation Rate Will Continue High

WASHINGTON (AP) — Americans can expect a slow reduction in unemployment next year, but face inflation of at least 6.5 per cent at the same time, congressional budget experts said today.

The Congressional Budget Office said members of Congress, writing a federal budget for the 1978 fiscal year, must conclude that "the realistic outlook is for no more than a slow unwinding of the current rate of inflation."

In testimony prepared for the Senate Budget Committee, budget office director Alice Rivlin said inflation could be held to 6.5 per cent if the hike in footprints does not exceed that figure.

Mrs. Rivlin appeared to minimize the chance of reducing inflation by cutting federal spending.

A spending policy tight enough to cut the inflation rate one percentage point would throw one million Americans out of work and raise the unemployment rate, currently 7.1 per cent, to 8.1 per cent by the end of 1978.

Inflation, as measured by the Consumer Price Index, up 6.7 per cent in 1977 and 4.5 to 6.5 per cent by the end of 1978.

As is usually the case, the Congressional Budget Office forecasts are somewhat less optimistic about the economy than those by the administration. However, no direct comparison with forecasts of President Carter's advisers is

possible because the congressional figures do not take into account the President's energy proposals, which include taxes that would go into effect next January.

Members of Carter's economic team, testifying before House and Senate budget panels on Tuesday, were optimistic.

Treasury Secretary Michael Blumenthal said the economy has "good forward momentum, relatively free from imbalances and speculative excesses."

The upsurge is slowing but the administration sees no signs of recession, he said. Good weather and successful labor negotiations, more progress against inflation should be made in 1978, he said.

Expert: Jail Fire Deaths Unnecessary

He said he believed there would have been no deaths in the July 7 fire at the federal prison in Danbury, Conn., said David Demers, a fire analyst and fire protection engineer who made an on-site inspection of each of the fires.

Demers said because intense heat is needed to set the sprinklers off, they may not be activated in time to save any inmates who start fires in small cells.

And because the inmate who allegedly set the June 26 fire at Maury County Jail in Columbia, Tenn., was rescued, Demers said a sprinkler system probably would have saved all 42 victims there.

Demers said "there would possibly have been one death" rather than 21, in the June 21 fire at the St. John, New Brunswick, City Detention Center.



Dressed as Quaker girls, these Sanford maidens perform a drill with their dolls on steps of Sanford House. The year: 1903. First row (from left), Marian Phillips Holden; Lucille Thines Doudney; the late Muriel Harrell Hunt; Florence Robb; Katharine Wilson Burleigh; Charlie Walker Kent; and Rita Wells. Top row (from left), unidentified; Essie Purdon; Charlotte Hand Lloyd; Helen Roland; Margaret Davis; unidentified. For more memories and more news of Sanford's past and present check The Herald's special Centennial edition coming up as part of your Aug. 7 edition.

Pair Arrested As Enemy Agents

FORT LAUDERDALE, (AP) — A German and an American citizen were arrested today on charges of acting as enemy agents for East Germany and the Soviet Union, the FBI said.

"We have arrested two enemy agents," said Julius L. Mattson, special agent in charge of the FBI office in Miami.

The two men were identified as Carl L. Weischenberg, 33, a citizen of the Republic of Germany and a resident of Freeport in the Bahamas, and Carl John Heiser, 111, of Highlands Beach, Fla., and an American citizen.

An FBI press release defined the charge as "acting as an agent of East Germany and the Soviet Union without prior notification to the Secretary of State."

The FBI alleges that both men were active in what they called "this capacity" from April 1978 through the present and additional charges may be filed, Mattson said.

Mattson refused to release further details of the charges, but said information would be revealed during a magistrate's hearing later today.

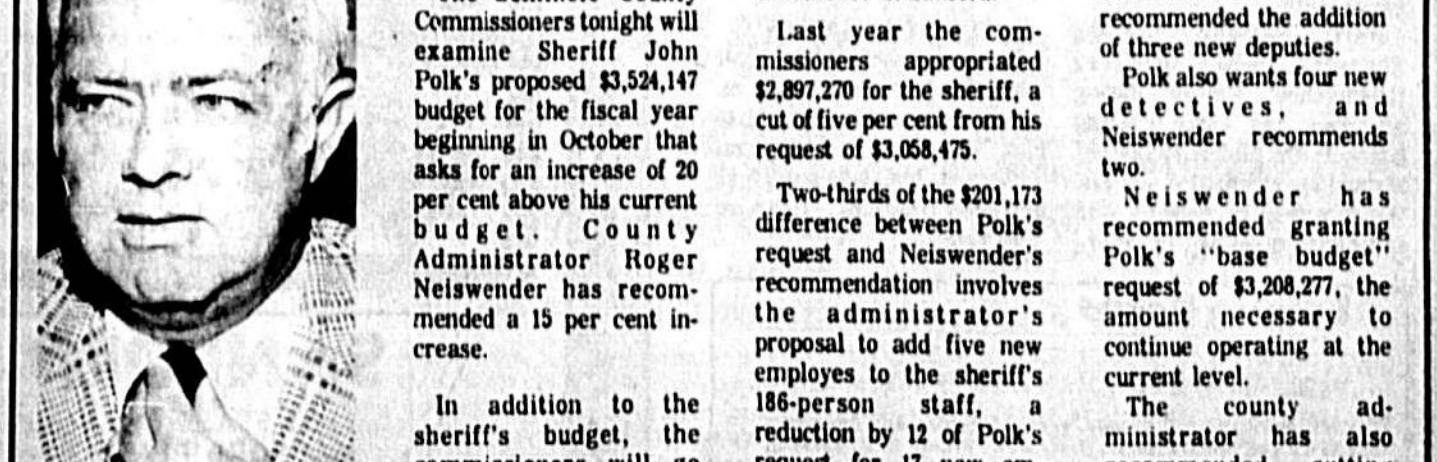
The two men were arrested without incident at the Fort Lauderdale airport as Weischenberg was preparing to leave the country for the Bahamas, Mattson said.

County Eyes \$3.5 Million Bid Sheriff Budget Gets Look

By MARK WEINBERG
Herald Staff Writer

The Seminole County Commissioners tonight will examine Sheriff John Polk's proposed \$3,524,147 budget for the fiscal year beginning in October that asks for an increase of 20 per cent above his current budget. County Administrator Roger Neiswander has recommended a 15 per cent increase.

In addition to the sheriff's budget, the commissioners will go over the budgets of the county clerk, property appraiser, tax collector



SHERIFF POLK asks 20 per cent hike

Today

Around The Clock	4-A	Horoscope	3-B
Bridge	3-B	Hospital	3-A
Calendar	4-A	Obituaries	3-A
Comics	3-B	OURSELVES	1-B
Crossword	3-B	Sports	3-A
Editorial	4-A	Television	3-B
Dear Abby	1-B	Weather	3-A

About The FDA's Consumer Crusade

There is something notably unconvincing about the Food and Drug Administration's newest effort to police our medicine cabinets and deny personal liberty. The FDA's announcement, so swiftly on the heels of its embarrassing try to outlaw saccharin, that it planned to ban "daytime sedatives" was allegedly made on the ground that the tranquilizers don't perform as advertised.

The pharmaceutical products pretend to relieve anxiety when in actuality, according to our savants at the FDA, they merely cause drowsiness. Now, if anybody seriously believes that the people who purchase Compoz, Nervine and the rest do so for any reason other than to achieve, precisely, drowsiness, then they belong somewhere outside the range of normal human consumption.

"Relief of anxiety" is a psychological and even metaphysical concept, wholly subjective, and therefore outside the province of bureaucratic judgment. But it is not an extraordinary phrase in the advertising world; nor do American consumers, who should be given credit for common sense by their fathers who art in Washington, tend to take any claims by Madison Avenue with anything but the proverbial grain of salt. It has become an American pastime to carp at television commercials; we don't need Washington to show us the way.

FDA commissioner Donald Kennedy hinted that the proposed "daytime sedatives" ban foreshadowed even greater federal action to eliminate drugs advertised as cold and allergy relievers. Such a crackdown will bring about two mundane results: 1) damage an industry; 2) force great numbers of people to suffer watery eyes and sneeze a lot. That is better, commissioner Kennedy reasons, than allowing the anti-histamine-based drugs to give people cancer, the evidence for which casual relationship is as nonexistent as the supposed carcinogenic effects of saccharin.

There is something even more sinister in the proposed ban, perhaps not contemplated by the FDA, and that is that Americans have come to rely on commercial pain relievers and cold remedies, etc., as a cheap alternative to costly medical care and hospitalization. That has been, contrary to what the anti-drugstore people cry, a salutary development.

These nonprescription drugs frankly spare people from medical diagnoses that are increasingly incompetent; it does not take a Christian Scientist or an anti-doctor demagogue to notice that too many people, especially with such government assistance as is available, are flocking to doctors' offices hypochondria motivated. Deny it if you wish to, but without the commercial cocoon of the drugstore shelves even greater numbers would be queuing up for medical attention. Diagnoses are increasingly incompetent in turn: doctors simply cannot handle the load.

A third and more pernicious effect of the FDA's proposed ban will be to render people vulnerable to organized medicine. That, and down the road socialized medicine, will be the only resort in the absence of non-prescription drugs. Probably laboratory politics brought on the newest FDA crusade; moreover, it is not unlikely that the mobilization is on to deliver us the next ban as a part of it.

Losing The Faith

To get a better handle on the Carter administration's love affair with Third World deplomas it is worthwhile to note an article published last year in Foreign Policy and written by Zbigniew Brzezinski, the president's national security adviser. The article suggests that by not championing some Third World cause, the United States is isolating itself — "isolating itself" is seen as a Bad Thing According To Brzezinski. America's ethic of individualism and freedom provided a beacon of hope to the peoples of the world at one time, but its importance has receded. The shift is global values is toward "egalitarianism rather than libertarianism."

Here is the nugget of Brzezinski's article: the "global distribution of power is beginning to favor political systems remote philosophically, culturally, ethnically and racially from American and, while the process of that redistribution of power is threatening new forms of violence." Perhaps somebody should remind Zbigniew Brzezinski, and in turn Andy Young and Jimmy Carter, that the shape of the world's political, cultural, etc., philosophy was remote from America's at the time of the Declaration of Independence as well — indeed you might substitute "independence" for "remoteless." The difference is that Americans believed in themselves at that time, believed freedom to be superior to the then global distribution of power.

BERRY'S WORLD



"It's simple! There aren't any people around the castle, because of the neutron bomb!"

Around



The Clock

By BOB LLOYD

ANGLE-WALTERS

Carter's 'Revamp' Agonizing

WASHINGTON — Even before the formal announcement of President Carter's reorganization of his White House staff, moans of anguish filled the smoggy summer air of the nation's capital. Denizens of every little duchy and principality within the White House and the larger Executive Office of the President whimpered piteously at the prospect of losing their proximity to the seat of power.

Interest groups in danger of losing their champions inside the presidential compound joined the fray, predicting dire consequences for their own pet causes if a single slot on the organization chart were changed.

And all this yowling was provoked by a relatively modest shuffle of the one government entity the president really controls — his own bureaucratic "family."

Just wait until Carter starts hacking away at the underbrush of other federal agencies where the chain of command is more remote. That's when the real fun will begin.

Approximately 60 professionals at Carter's Office of Management and Budget are laboring full time on various reorganization plans in an effort to carry out the president's campaign promise to streamline the government.

They are finding, as Washington veterans long predicted, that it is far more difficult and complex than expected.

Take, for instance, Carter's effort to weed out some of the 1,159 advisory committees that now clog the federal machinery. On paper, they appear to be an inviting target for the efficiency experts at OMB since they have no real power and, in many cases, little discernible usefulness.

But what looked easy on paper has turned into a colossal headache in practice.

Interest groups, as Carter correctly perceived, are part and parcel of the "old boy" network in Washington. They are packed with important constituents and campaign contributors of influential congressmen, and with representatives of the industries and interests which the agencies they "advise" are supposed to be regulating.

Only about two dozen of the 1,159 committees were originally established by the White House. Twenty per cent were created on orders of Congress and can be eliminated only with its consent, while another 30 per cent were authorized although not mandated by Congress.

The remaining 50 per cent were set up by executive departments and agencies.

Last February, Carter instructed all federal agencies to identify which of their advisory committees could be abolished. When the list was submitted to him in May by OMB, the president was dismayed to find it contained only about 300 committees.

The reorganization team was ordered to try again, and OMB put the heat on the departments for deeper cuts. But even after further review, officials concede they will probably be able to get rid of no more than a third of the 1,159 committees.

All the while, the State Department has covered up its difficult dealings with Israel over the Liberty incident. A secret decision was made not to tell Congress nor the public about Israel's refusal to make good on its pledge.

It was the former Israeli government, of course, that balked at compensating the United States for shipping up the ship. A source close to Prime Minister Menachem Begin assured us that the new Israeli leader will want to straighten out any misunderstanding.

The Liberty, with an electronic garden of antennae attuned to the Mediterranean sound waves, was monitoring the 1977 Arab-Israeli fighting when it was attacked. The apostrophe Israelis said afterward that they had mistaken the ship for an Egyptian freighter and would make restitution to the families of the dead and wounded.

The Israelis made this formal in a June 10, 1977, message to Secretary of State Dean Rusk;

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DON OAKLEY

United Nations Good Life

In a welcome development the White House and Congress are showing concern over the lavish pay and privileges accorded to bureaucrats at the United Nations and other international organizations.

Such critical attention is long overdue, for it is the American taxpayer who pays a large part of the budgets that permit international payrollers to live the good life.

Three figures are revealing: In the U.S. Civil Service a professional with a SC-18 rank is paid \$47,500 a year. At the World Bank the same kind of job pays \$74,100. At the United Nations it is \$85,500.

In addition, the World Bank and similar institutions in Washington keep their professional employees content with country club memberships, tuition allowances, subsidized cafeterias and free trips around the world.

Not to be outdone the United Nations gives its bureaucrats pensions some 55 per cent higher than those paid in our Civil Service (and federal pensions are not bad at all). The U.N. types also get longer vacations, rent subsidies, bonuses for working away from their home countries, discount booze and exemptions from local and income taxes.

If the U.N. bureaucrat merely was overpaid, things might not be so bad. But he is also as fashionable as a unicorn's ass. During the past 10 years the U.N. work force has doubled to near 41,000 as new agencies have sprung up in an explosion of waste and duplication.

Now if the plight of the world's poor was being alleviated meaningfully, by the U.N. and the World Bank bureaucrats, their highly salaries and perquisites might be swallowed. But unfortunately, the main beneficiaries of the war on poverty are the paper-shufflers themselves.

Sen. Jesse Helms, R-N.C., made a very good point when he declared: "If these international organizations are to help the poor, they are to do so at the expense of the taxpayers of the United States going into these organizations in fact go to the poor, and not to line the pockets of international bureaucrats."

Let us also hope that President Carter and his officials mean business when they talk about shrinking international bureaucracies. The United States pays 25 per cent of the budgets of U.N. agencies, which would give this country leverage — if it has the will to use it.

Educators talk dimly about the financial woes of colleges and universities, but the latest figures on the subject seem not to support their complaints.

The National Center for Education Statistics in Washington reports the number of colleges, universities and branch campuses increased from 3,065 to 3,075 during the school year just ended.

You eliminate those things in order to free your life so that new objects and attitudes may have room to exist and grow in your life.

Begin at 'A' with these things you eliminate, and again continue straight through the alphabet. When you have completed your "throw-away list" go back to 'A' and look for all easily eliminated items. Start changing your life by getting rid of those.

"unprovoked" and that Israel's new position was "in contravention of (its) express assurances." This was harsh diplomatic language accusing Israel of untruthfulness.

But the note was never delivered. At the last minute, the United States received signals that Israel was willing to compromise. The embassy, therefore, recommended that the Rusk rebuke (the record any indication of the Government of Israel's disavowal of responsibility," explained the cable from Tel Aviv.

The Israelis finally got around to settling the injury claim in April, 1969, for \$3.3 million. But they continued to stall on the \$7 million damage claims. There was an occasional straw in the wind. A confidential cable to Secretary of State William Rogers in August, 1971, reported that the Israeli foreign ministry hoped to offer something positive "within a few days." But to this day, the damage payments have not been made.

The U.S. Liberty, meanwhile, has long since been retired from the Navy and the talks over paying for its repairs still drag on at the Pentagon.

Footnote: An Israeli embassy said the attack on the Liberty remained a matter of anguish for the Israeli people. But he added that the damage compensation "is not being pursued. We believe it is settled." The U.S. Navy, on the contrary, said discussions are still going on and State Department sources told us flatly "no con-

WORLD IN BRIEF

Wall Posters Disappear, Add Mystery To Comeback Of Teng

TOKYO (AP) — New signals from Peking indicate that the long-delayed second comeback of China's scrappy former senior vice premier, Teng Hsiangping, either has taken place or is not far off. But the disappearance today of two wall posters acclaiming his return to power added a touch of mystery to the developments.

Japanese correspondents in the Chinese capital reported that two wall posters were put up Tuesday with the news that the 73-year-old Teng had been restored to all his former posts — vice premier, party vice chairman and chief of the army general staff.

A third, larger poster — 40 yards long — went up Wednesday, but for some still mysterious reason the two posters displayed Tuesday were taken down.

The sources said there is no place in Begin's plan for Palestinian Liberation Organization representation at the peace talks.

Begin left the proposal for Carter to study after their first meeting. The Israeli leader called the proposal "a plan for the framework of the peace-making process" and White House spokesmen said Powell called it "forward looking and worthy of consideration" by the Arabs.

The sources said Begin is willing to trade large parts of the Golan Heights and Sinai Desert for peace with Syria and Egypt, but opposes withdrawal from the occupied West Bank of the Jordan, offering instead to give the zone's 600,000 Arabs autonomy and tighter links with neighboring Jordan.

Survivors include his wife, Mrs. Eva Belle Rawlis, of Sanford, Fla. He was born in Ocala, he lived in Sanford for the past 21 years. He was retired from the U.S. Navy and was a member of the First United Methodist Church of Sanford, the Eureka Masonic Lodge 317 of Elizabeth City, N.C., the Bahia Temple, Orlando and the New Bern Scottish Rite Bodies of New Bern, N.C.

Sanford; two daughters, Mrs. Cecile Dee Nise and Mrs. Perrie Dee Rawlis, both Sanford; three sons, Hardy W., III, Boca Raton, Michael Joe Gainesville and Terry Wade Rawlis, Sanford; one grandchild; three sisters, Ma. Louise Lindsey, St. Petersburg, Mrs. Eunice Adams, Jacksonville and Mrs. James Gwinn, Miami and a stepmother, Mrs. Eugene Costine, Mulberry.

Funeral Notice
RAWLS, HARDY W., JR., — son of Cecile Dee Nise and Hardy W., Sr., of Sanford, who died Tuesday, will be held at 11 a.m. Friday at Britton Funeral Home with Rev. Leo King officiating. Burial will be in the Sanford Masonic Cemetery. There will be graveside services at Oaklawn Memorial Park, Orison in care.

Funeral direction is not something that just anyone can do. It requires people who take a sincere interest in the problems of others. W. L. Gramkow is such a person; he cares about what he does.

GRAMKOW FUNERAL HOME
130 WEST AIRPORT BOULEVARD
SANFORD, FLORIDA
TELEPHONE 327-2727
WILLIAM L. GRAMKOW

PEPSI COLA 8 PACK 12 OZ. CANS 1.29

Palestinian Students Claim Brutality

Israelis Flinching Under Torture Charges

JERUSALEM (AP) — Sami Hassan Abdul Kaddar, a Palestinian college student, lay in a hospital bed, a large bruise across his back and his upper right arm a rainbow of dark colors.

Kaddar, 19, claimed he had been beaten by police during an anti-Israeli demonstration in Ramallah on the occupied West Bank of the Jordan River last March. Israeli authorities said the youth's allegation might be true.

Kaddar told a reporter he also was insulted, made to drink water that had been used to wash floors, forced to curse his mother and Allah, and kicked in the groin. The Israelis said these charges were lies.

"Sometimes happens that things get out of hand, especially when the demonstrators are throwing rocks," a source in the Israeli military occupation government said. "But we would have no reason to do those other things."

Israeli claim that they run the most benevolent occupation in history, and are trying to introduce democracy to a people who always lived under absolute rulers.

At the same time, the Israelis say, they must defend themselves against organized terrorists who operate in secret.

How Israel handles this delicate situation is coming under increasing scrutiny and dispute.

The most damaging charges came in a four-page article by the London Sunday Times last month. It cited at length three cases of Arabs who claimed they were beaten, sexually assaulted, given electrical shocks or put in darkened cells the size of broom closets for long periods to obtain confessions.

In an unusual step for a government which often shrugs off attacks by the press, the Foreign Ministry published what it called a case-by-case rebuttal, and accused the Sunday Times of printing half-truths and distortions.

The government replied pointedly to what it described as the undisputed integrity of Israel's independent judiciary, which occasionally has thrown out confessions which it suspected were extracted unfairly.

In 1972 Maj. Gen. Rehavam Zeevi, then the commander of Israel's central district, admitted in court that he had offered a pistol and one bullet in exchange for a confession from Kozo Okamoto, surviving member of the Japanese terrorist squad that committed the Tel Aviv airport massacre May 30 of that year.

Many Lawmen Unstable?

CONCLUSION IS DRAWN BY DR. EDWARD SHEV OF SAUSALITO, CALIF., AUTHOR OF A NEWLY PUBLISHED BOOK ENTITLED "GOOD COP-BAD COP."

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SOLAR PIONEERS

Couple's Work To Harness Sun Spans Almost A Quarter-Century

The Herald Services
SOUTH BRUNSWICK, N.J. — Take a simple statistic. The sun has gone down in the evening and come each morning every day since creation.
 Yet, except for a few pioneering prophets sprinkled throughout history, only a crisis situation has made man look back to his original source of energy for an answer to some of his problems.
 "Most people don't realize the potential of our sun," said Stella Andrassy of nearby Kingstons. "Even some who do, merely decide it's too expensive, or something, to try to meet the crisis logically with this alternative method of energy."
 With her husband, Mrs. Andrassy has been working on practical applications for solar energy for almost 25 years. Mrs. Andrassy, who fled Communist oppression in Hungary



MRS. ANDRASSY WITH SOLAR OVEN

Because of her writings, Curtis-Wright Corporation, then located near Trenton, invited Mrs. Andrassy to become a member of the staff. This was in 1952.
 The corporation constructed a 100 per cent solar-heated house, with the water and heating system developed by Mrs. Andrassy. The house, built in Clarksville, was subsequently purchased by the Shell Oil Company, and the solar house was torn down.

The Andrassys purchased a five-acre tract and home in Kingstons, so she could be close to her employment. They began working in earnest on development of solar devices. The Count is a mechanical engineer, and together the couple has constructed — and holds patents on — solar cooking ovens, solar water heaters and a solar dehydrator. The instruments are ready for mass production.

Another project conceived by Mrs. Andrassy is being given serious consideration in a pilot program in Princeton. Sewage sludge is being turned into fertilizer and distilled water. One 320-square-foot solar still has been in use for more than a year.
 She recalled how the project got started: "I knew it would work, but I needed some sludge to work with," she said. So this regal woman with her clear, blue eyes, walked to the door of the Princeton sewage treatment plant, and knocked on the door.
 "I asked them if I could borrow some sludge." With her deep, throaty laugh, she said, "They were happy to give it to me ... all I wanted."

The Princeton sewage treatment plant spews forth some three million gallons of sludge daily. For more than 40 years, sludge from Central New Jersey communities has been disposed of by dumping into the Atlantic Ocean. It has become an increasing problem, since more and more sewage treatment plants are being constructed as people move from urban centers. The effluent is endangering the beaches and creating a dead sea dumping area.
 Mrs. Andrassy provided a solution which involves an especially-designed solar still. From it, she extracts pure drinking water, and a top grade fertilizer, rich in the needed minerals, like phosphorous and nitrogen, from the sludge. "And the cost is relatively small," Mrs. Andrassy said enthusiastically.

Another project which has brought pleasure to the Andrassys is their Solar Dehydrator. They dry fruits, vegetables, fish and

other items by utilizing the sun.
 Since they grow most of their own food in their backyard garden, they use the fruits of their labors. Mrs. Andrassy said last year's grape harvest was "magnificent." She made great amounts of raisins, and said, "With the price of raisins what they are, it is a great savings to use the sun."
 The Andrassys make much use of the solar oven they developed, and Mrs. Andrassy said she bakes breads and other foods on bright days. "You just have to plan ahead, and cook things when it's sunny in this area. I just heat them up on a regular stove on cloudy days, but even that is a saving," she said.

The Andrassys have dreams too.
 The couple wants to donate three acres of their property to establish the Sol-El Institute, as a center for exchanging in-

"We have collected so much information...it would be a shame for future generations not to have it."

formation on solar and other modes of renewable energy.
 "We have collected so much information, and it would be a shame for future generations not to have it," Mrs. Andrassy said.
 As the couple envisions it, there would be an exhibition area where working models of existing solar devices would be displayed. Mrs. Andrassy said, "Our land has been designated as an area for research and light industry, so the location is ideal. Sol-El Institute would coordinate the development of technical and economic information, as well as marketing approaches."
 She added, "The combination of solar energy and windpower could solve so many of our nation's present problems. It could save the United States millions of barrels of oil each day."

"Most people don't realize the potential of our sun."

said, "There are two major problems facing our world today. One is that we are choking on the waste materials created by the industrial age, and the other is that we are close to the end of the fuel supply that keeps those machines running."

She said the nearing of the earth's inhabitants to scraping the bottom of the energy barrel has awakened some to realizing that the orange-colored ball in the sky may hold the key to survival itself.

Mrs. Andrassy and her husband, Count Imre Andrassy, met when he was a military attaché to her native Sweden, from Hungary.

When the Communists took over Hungary, the Andrassys emigrated to the United States. After their arrival in this country, Mrs. Andrassy, who speaks seven languages fluently, met Dr. Maria Telkes, a pioneer in the solar energy field.
 As a journalist, she asked Dr. Telkes to help her write a book on

CALENDAR

- WEDNESDAY, JULY 20**
 Air Force Sergeants Assn. Auxiliary, 8 p.m., McCoy Family Club.
- THURSDAY, JULY 21**
 AARP and NART, 2:30 p.m., Sanford Civic Center. Diet Workshop, 10 a.m. and 7 p.m., Montgomery Ward, Interstate Mall.
 Friendship Club, 10 a.m., Altamonte Civic Center. Sanford AA, 8 p.m., 1201 W. First St.
 Lake Mary Rotary, 8 a.m., Mayfair Country Club. Casselberry Lions, 6:30 p.m., Bonanza, SR 436, Altamonte Springs.
 South Seminole Optimist, 7:30 a.m., Ramada Inn, SR 436.
 Sanford Civitan, 7:15 a.m., Buck's.
 Senior Citizens Dance, 2 p.m., Altamonte Springs Civic Center.
 Nitecaps International, 1:30 p.m., First Federal, 2424 Edgewater, Orlando.
- Maitland-South Seminole Chamber of Commerce Mid-Summer Social, social hour, 7:30 p.m., Shenandoah Room, Contemporary Hotel; dinner show at Pioneer Hall, Fort Wilderness, 9 p.m.
- FRIDAY, JULY 22**
 Seminole South Rotary, 7:50 a.m., Lord Chumley's Altamonte Springs.
 Sanford-Seminole Jaycees, noon, Jaycee Building. Tanglewood AA, closed, 8 p.m., St. Richard's Church. Longwood AA, closed, 8 p.m., Rolling Hills Moravian Church, SR 434.
 Young Adult Club for singles, 9 p.m., Orlando Garden Club, 710 E. Rollins.
 United Cerebral Palsy adult group, 7 p.m., YMCA, 43 N. Mills Ave., Orlando, for all adults with CP. For transportation call 841-4276.
- SATURDAY, JULY 23**
 Sanford AA Women's Group, 2 p.m., 1201 W. First St. Casselberry AA, closed, 8 p.m., Ascension Lutheran Church.
 Barbecue chicken supper, 5-7:30 p.m., Upsala Presbyterian educational building, Country Club and Upsala Road, sponsored by Dorcas Circle.
- MONDAY, JULY 25**
 Diet Workshop, 7:30 p.m., Sanlando United Methodist Church SR 434 and I-4.
 Sanford Rotary, noon, Civic Center.

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According to the regulatory agency's order, FPL will, for the first time, have an "inverted rate" structure. This means that the first 750 kilowatt hours you use in any month will be at one rate, and all electricity you use above that, during the monthly billing period, will be at a higher rate.

Kilowatt Hours	Old Rate	New Rate (Inverted Structure)	Increase	New Costs, If Inverted Rate Structure Applied	Increase
750	\$ 27.27	\$ 29.01	6.4%	\$ 31.36	15%
1200	40.78	46.96	15.2%	46.90	15%
2000	64.82	78.67	21.7%	74.51	14.9%
3000	94.85	118.75	25.2%	109.04	15%
4000	124.89	158.64	27%	143.56	14.9%

All the above figures include applicable franchise fees.

Using our historic rate structure, the rate increase recently granted because of inflation would have amounted to about 15%. This new structure works so that the heavier user will pay a substantially higher increase—up to 27%.

On the other hand, the minimum user will pay a 6.4% increase. The 1,200 kilowatt hour user will pay about 15% more, and anyone using over 1,200 kilowatt hours monthly will pay increases from 15% to 27%.

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Political Primer: Ambition Plus Election Year Equals...

TALLAHASSEE (AP) — See Bob run. Watch Bill run. See Bill run against Bob. Watch Bob get mad at Bill. See Bill get mad at Bob.

Bob thinks Bill promised not to run. Bill says he made no such promise.

New Bill is calling Bob names. Bob is calling Bill names.

What fun. They're acting just like adults.

Bob is Atty. Gen. Robert Shevin, who has announced for governor. Bill is Insurance Commissioner Bill Gunter, who has not announced but probably will.

The story dates back to late 1974, when Shevin was thinking about running for the U.S. Senate.

Gunter also wanted to run for the Senate. But he didn't want to run against Shevin, as Gunter called Shevin and asked him not to run. Both are Democrats.

Shevin said he agreed not to seek the position and said Gunter was an grateful he promised not to run against Shevin for governor in 1978.

Gunter ran for senator, but Shevin's friend Sen. Richard Stone beat him.

Gunter was sad because he didn't have an office, and decided to seek the post of ousted Insurance Commissioner Tom O'Malley.

Shevin said he promised to help and asked Gov. Reubin Askew to appoint Gunter.

Shevin says he remembers Gunter was very eager, and even called Shevin while he was

playing tennis with Askew. "I remember he called me once while I was playing tennis with the governor out on the court."

Analysis

As a matter of fact, Shevin said, "he offered to get in for governor in 1978."

"If I get this appointment or don't get it's appointment this is all I'm interested in. If I get this appointment, I won't run for governor in 1978."

"There's a misunderstanding here," Shevin said, "but I said, 'No, Bill, that's not necessary.'"

Gunter couldn't be contacted for comment, but his aide, Harold "Buz" Rummel, told Gunter's side of the story.

"I had heard he was saying some things about me which I didn't particularly appreciate," Shevin said. "He denied it and that satisfied me."

Rummel said he can't remember what Shevin was mad about, but said Gunter never called Shevin names.

Gunter and Shevin shook hands.

But Shevin doesn't trust Gunter. Gunter doesn't trust Shevin. They're not best friends. "I don't have any personal feelings against him other than the fact I guess he didn't mean what he said a couple of years ago," Shevin said.

Rummel said Gunter won't let Shevin worry him.

"Shevin is a candidate for governor and can be expected to take shots at Bill because Bill is a possible opponent," Rummel said. "Bill accepts it in that vein."

weeks ago when they met with Askew and other Cabinet members.

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Evening Herald, Sanford, FL. Wednesday, July 20, 1977-18



MARTY NUGENT, NEW YPI AREA SUPERVISOR

YPI Is 'Support System' For Area Youth: Nugent

By JEAN PATTESON OURSELVES Editor

People have always told Martha (Marty) Nugent that she was born 20 years ahead of her time.

"But it just makes good common sense to me, to think and act the way I do," responds Marty, the new area supervisor and volunteer coordinator for Youth Programs Inc. (YPI) in Seminole County.

Through the years, she has applied this good common sense more particularly in the areas of personal and social relationships, often through volunteer agencies.

Her dream had always been to be a doctor or psychiatrist working at the Mayo Clinic.

"But I got out of that dream when I was about 22 and all my girlfriends were getting married, having babies..."

Marty's overriding thought was, "what do I have to sacrifice as a woman to be a success as a doctor?" And at the time, her conclusion was that she would have to sacrifice too much.

She no longer thinks that way, although she has gone the "only a housewife" route for a number of years and is the mother of six children. The insights she has gained over the years into the breakdown of the traditional nuclear family, and the changing roles of parents have helped tremendously in her counseling work at such institutions as YPI.

"The family is breaking down. Single parent families are becoming the norm," explained Marty. She believes this social revolution brings with it a new set of problems for parents and their children which can be alleviated to a large degree by what she calls a "support system," comprised, often, of volunteers.

Marty is a firm believer in volunteerism. Like California's Gov. Jerry Brown, she believes that more volunteers, rather than more government social services are the answer to many socio-economic problems.

"Having traveled so extensively as a Navy wife, I became aware that people everywhere need support systems," said Marty. As her particular interest is children and teenagers, she is aware that a traditional support system, the nuclear family, is disappearing.

"So we are looking for substitutes. And volunteers can fill the gap when one or other parent is missing in a child's life," said Marty.

Often in a single parent family, the parent (especially if she is a woman) is primarily concerned with survival — paying the rent and putting bread on the table. The result, said Marty, is that the child sometimes starts feeling neglected or resentful.

"If we can supply a volunteer, the kid can let out his frustration, anger or disappointment in a non-threatening situation. He then often becomes more aware of his parent's problem, and more cooperative."

She feels sympathy for the working mother, and supports strongly that role. "I think a child can have extra respect for his mother when he sees her doing meaningful work outside the home." For this reason, she is also an advocate of quality child care institutions.

The rewards to the volunteer are two-fold, she added. "You are part of a group (her support system theory) and you are getting strokes (positive reactions) from the kids."

After a gypsy life following her Navy husband (12 years in Rhode Island was the longest she remained in one place) Marty, recently divorced, believes she will be making Florida her permanent home. "It gives me that sense of community I have been looking for," she said.

Although her work at YPI keeps her on the run, like many busy people, she is constantly seeking to expand her horizons. She dreams of the day when she can open her own counseling agency.

Cook Of The Week

'Plain Old American' Is Her Style

By ELDA NICHOLS Herald Correspondent

Dot Pavelchak, Fern Park, admits she loves to cook, but mostly just plain old American cooking. "You know, like pot roast and potatoes," she said.

Not a cook book follower, Dot likes to change recipes around to fit her own taste. She and her husband, Joe, enjoy entertaining friends with outdoor bar-b-quees, with their lakeside home a natural setting.

Dot gives credit to both her mother and mother-in-law for her interest in cooking. "I grew up with a mother who was an excellent cook. The time when I married, I learned from my mother-in-law's style of cooking. She came from Austria. Between the two, I learned a lot." Dot passes her recipes on to her daughter and daughter-in-law. "They're both becoming excellent cooks," she said.

Hoarding food is not Dot's style. "I just don't believe in buying up food and storing it away. I just shop as I need it," she said. She prefers preparing fresh vegetables instead of canned or frozen. She's not into health foods, because, as she said, "I'm not a believer in cancer being caused by everything you eat."

Most of Dot's cooking is from scratch, but she suggests cake mixes are really handy as you can do so many different things with the basic dough. "They're also less expensive than stirring up the entire cake from scratch," she said.

Dot has always been active in school affairs, from being PTA president several times to Seminole PTA County Council President, as well as Athletic



DOT PAVELCHAK SLICES WALNUT ROLL.

Booster Clubs. "I like to play golf and we are enjoying our new grandchild," she said. Dot also keeps her husband's books and figures the payroll.

SQUASH CASEROLE

2 or 3 cups yellow squash, cooked until tender with one large diced onion, and then drain. Mix with 5 or 6 strips of bacon, crumbled. Mix together 2 eggs, beaten, 1/2 cup milk, 1 cup medium sharp cheddar cheese, grated, 1 tsp. oil, and bake in a 9x13 baking dish. Spread bread crumbs over top and bake at 350 degrees, about 30 min. Parmesan cheese may be sprinkled on top if desired also.

BATTER FRIED ZUCCHINI APPETIZERS

Mix 1 egg, milk and flour to a batter about the thickness of pancake batter. Slice small zucchini in thin slices and mix with batter. Let sit for 1/2 hour, stirring occasionally. Heat oil in deep fat fryer, as for French fries. Drop zucchini in basket in fryer for 3 min. Remove and drain and serve.

WALNUT ROLL

1 Pillsbury Hot Roll Mix
 1 lb. very finely chopped or ground English walnuts
 1/2 cup dark brown sugar
 1/2 cup white sugar

Prepare roll mix as directed, let rise 45 min. Combine nuts and sugar, divide dough into two pieces. Roll out into large, thin circle, spread half of the filling on each piece of dough and dot with butter. Rollings may also be added if desired. Starting at one side, roll as you would a jelly roll. Shape in a horseshoe and bake 350 degrees, for approx. 25 min., or until golden brown. Brush with melted butter after baking. Slice thinly. May be served warm or cold. This stays fresh for a long time if wrapped in foil.

BEAN CASSEROLE

2 cans French style green beans
 1 can bean sprouts
 1 can water chestnuts, sliced
 2 cans Cream of Mushroom Soup
 Mince onion
 salt and pepper to taste

Drain beans and bean sprouts, mix with drained and sliced water chestnuts, onion, salt, pepper and mushroom soup. Bake in a 13x2 baking dish at 325 degrees for 35 to 45 min. Top with a can of French fried onion rings before frying. Serves 8.

BEF Noodle Bake

1 medium onion, chopped
 2 lbs. ground beef, brown with chopped onions
 1 lb. Cheddar Cheese, sharp, grated
 1 Jar Ragu Spaghetti Sauce, large
 1 lb. egg noodles, wide or medium
 1 Boil noodles, drain. In a 13x9 glass baking dish, mix all ingredients together and bake 30 min., at 350 degrees, until brown. Serves 8 to 10.

WHIPPED CREAM POUND CAKE

3 cups sugar
 1 stick butter
 3 cups flour
 1/2 pint whipping cream
 5 eggs
 1 tsp. vanilla

Cream sugar and butter together, add vanilla. Alternate flour and whipping cream to mixture. Add eggs, one at a time, beat each egg 1 min. Pour into greased tube pan. Bake 300 degrees for 1 hour and 20 min. IMPORTANT: Start in cold oven.

BEAN CASSEROLE

2 cans French style green beans
 1 can bean sprouts
 1 can water chestnuts, sliced
 2 cans Cream of Mushroom Soup
 Mince onion
 salt and pepper to taste

Drain beans and bean sprouts, mix with drained and sliced water chestnuts, onion, salt, pepper and mushroom soup. Bake in a 13x2 baking dish at 325 degrees for 35 to 45 min. Top with a can of French fried onion rings before frying. Serves 8.

Clark Family Reunited In Sanford

The family of the late William and Laura Clark gathered to relive old memories, see old friends and give honor to their forefathers at a recent family reunion.



Attending reunion were (from left) Walter McDonald Jr., Virgil McDonald, Sharyle M. Simmons, Hubert Ford, Mattie M. Zanders, Frederick McDonald and Laura M. Grayson.

Members of the Collins family attending were Eartha Simmons, Philadelphia. In memory of William and Laura Clark, the family presented a plaque to the church.

Philadelphia, Mattie McDonald Zanders, Miami; Frederick McDonald, Ann Arbor, Mich.; Virgil McDonald, Washington, D.C., and Sharyle McDonald Simmons, Philadelphia.

Hubert Ford, Mattie M. Zanders, Frederick McDonald and Laura M. Grayson.

Doesn't Want Girls Calling Her Son

DEAR ABBY: Please, please print this for me and all the other mothers who have this problem.

What happened to the good old days when the boys chased the girls? I am the mother of a 17-year-old boy, and I am bothered day and sometimes as late as midnight by girls calling my son on the phone. When I say he's not home, they keep calling. Sometimes when I answer they even hang up in my face.

"Abby, boys don't like to be called by girls. I know that the girls my son likes best are the ones who never call him."

I have a 14-year-old daughter and if I ever catch her calling a boy I'll tan her hide.

I hope every girl in St. Louis who knows my son reads this! ST. LOUIS MOM

Seminole Plaza's

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Seminole Plaza 1111 N. 4th Casselberry 339-2899

Wedding Writeups

Summer is the wedding season. To have your wedding announcement and picture published in The Herald, stop by The Office at 300 N. French Ave., Sanford, and fill out a Herald wedding form. Bring a 5x7 glossy black and white print of the bride, or the bridal couple, if you would like a picture to accompany the writeup. Deadline for publication is 30 days after the wedding day. Engagement announcement forms are also available at The Herald office.

"FLORIDA" ARRIVE ALIVE

55

Styles By Vicki Adcock and Susan Wheaton

Jam-Up Hairstyling for Men & Women

REDKEN

802 FRENCH AVE. SANFORD, FLORIDA 32771 322-4171

Grandparents Have Rights Too

Grandparents denied visitation privileges to children of divorced parents are learning that they have rights, too. A recent Wisconsin ruling permits grandparents to petition for, and be granted, visitation privileges based on the child's need for closer family contact.

Lee Gerontine, an attorney who was instrumental in bringing about the Wisconsin ruling, says that each state has its own standard for deciding the issue, most grandparents will have to petition the court for the legal right to visit their grandchildren.

Pre-Moving Sale

STOREWIDE

20% TO 50% OFF

Carroll's FURNITURE

116 W. FIRST ST. SANFORD PH. 322-5181 EASY CREDIT TERMS

BLONDIE by Chic Young

COULD YOU HELP ME GET MY KITTEN UP HERE, BUMSTEAD?
THANKS MR. BUMSTEAD!

BEEBLE BAILY by Mort Walker

SARGE, I'D YOU EAT THAT BAG OF POTATO CHIPS ON MY DESK?
I THINK SO.
HOW COULD YOU DO THAT?
IT WAS AN HONEST MISTAKE, SIR.
IT LOOKED JUST LIKE A BAG I USED TO HAVE.

THE BORN LOSER by Art Sansom

WHY DO YOU DRINK SO MUCH?
IT'S A MEDICAL THING.
I KNOW!
BUT I LIKE TO DRINK TO EVERYBODY'S GOOD HEALTH.

ARCHIE by Bob Montana

YOU PITCHED A GOOD GAME, BETTY? TOO BAD YOU LOST, BUT YOU CAN'T WIN 'EM ALL!
WIN SOME, LOSE SOME!
RIGHT, ARCHIE?
IT ISN'T WHETHER YOU WIN OR LOSE, IT'S HOW YOU PLAY THE GAME!
BAAAANK!

PRISCILLA'S POP by Al Vermeer

OH, PRISCILLA, I HAD THE MOST WONDERFUL DREAM LAST NIGHT!
IT WAS PRODUCED BY THE NATIONAL EDUCATION ASSOCIATION...
...AND DIRECTED BY OUR LIBRARIAN! IT WAS ALSO IN TECHNICOLOR!
WHAT WAS IT ABOUT?
I FORGOT!

MOVEMENT TO A DAUNCKER... by Howie Schneider

...LIKE COLOR TO A PAINTER...
...LIKE A SUPREME CHALLENGE TO ME!

BUGS BUNNY by Stoffel & Heimdal

CRASH!
I'M SORRY, BUT I LOST CONTROL OF MY MASTERPIECE!
WILL 10 DOLLARS COVER YOUR LOSSES? SIGH!

FRANK AND ERNEST by Bob Thaves

DOORS IN OUT STUCK

TUMBLEWEEDS by T. K. Ryan

O.K., SO I NEED A BATH!
THERE'S ABSOLUTELY NO TRUTH TO THE RUMOR THAT I BEEN MADE A NATIONAL WILDLIFE REFUGE!

What Causes Enlarged Heart? Dr. Lamb

DEAR DR. LAMB - I am a 44-year-old widow and live alone. The doctor says I have an enlarged heart and he is giving me Hygroton for water.

What causes an enlarged heart? Is there any pain? How large does it get compared to normal size? Can you ever feel it when it gets enlarged? What is the best way to care for an enlarged heart? Is it serious? Does it cause rheumatic fever? Can it be inherited? Does it ever cause heart attacks?

DEAR READER - A normal person who is a vigorous athlete may develop a heart that is somewhat larger than less active people. Why? Because the heart is a storage organ and must store blood inside its chambers before it beats to pump blood with each heart beat. The heart enlarges to accommodate more blood so it can function better in these individuals. In that case it is a sign of health, not disease.

In other instances, and I am certain this is true of your case, the heart enlarges because there is some underlying disease. There are four chambers to the heart and any one or all can be enlarged. If the valve inside the heart between the upper and lower left chambers is faulty the upper chamber (left atrium) may get as large as a wash-tub and may fill a major portion of the chest.

The lower left chamber (left ventricle) is the chamber most often involved in disease. This is the chamber that does all of the heavy pumping of blood to your body and is responsible for the measurable blood pressure in your arm. It can enlarge because of high blood pressure - causing it to overwork - or from a defect in the valve at the outlet of the heart.

Disease of the arteries to the heart muscle, from fatty-cholesterol deposits, may cause diffuse damage of the heart muscle and eventually failure.

What does failure mean? The muscle fibers are like long springs and when they are overworked the heart fails. It is not as effective in pumping blood as it was. This may lead to the accumulation of fluid. That may be why you are taking a medicine to eliminate fluid from your body.

Enlarged hearts do not cause heart attacks. Also, a heart attack that weakens the heart muscle may result in failure with heart enlargement.

Nor does an enlarged heart cause rheumatic fever. But damage of heart valves from rheumatic fever disease may overwork the heart and lead to heart enlargement.

An enlarged heart is not inherited as you can see from the list of things I have mentioned that can cause this condition. And surgery is not needed for an enlarged heart itself, but if the enlargement is associated with a defective valve then in selected cases it is wise to replace the valve by surgery. This is a sometimes productive, remarkable results for years and may extend life.

The most common cause of death is a heart attack. Everyone should learn what to do if a person has sudden stoppage of the heart.

CROSSWORD

ACROSS: 1. Moribund; 2. Run; 3. Victim's golem; 4. Fishing float; 5. Totter; 6. Lively mad; 7. Ostrichlike bird; 8. Healed; 9. Women's patriotic society (abbr.); 10. Pouches; 11. Actor Mineo; 12. Same (Fr.); 13. Curmudgeon; 14. Harsh speech (pl); 15. Curved spike; 16. Wriggly fish; 17. Pelican; 18. Hebrew holy day (abbr.); 19. Spread for bread; 20. Lowest; 21. Good (lat); 22. Research room; 23. 42 Day (Sp); 24. Choir voice; 25. Sandwich type; 26. King of the Visigoths; 27. Bird (var); 28. Put in writing; 29. Tread to attract; 30. 54 Residue society (abbr.); 31. Sound detector; 32. Give a new title to; 33. Hank of twine; 34. Brother (Fr); 35. Deposits; 36. Plethm; 37. Lower surfaces; 38. Piece of lumber; 39. 41 Dunks; 40. 43 Texas longhorn; 41. 27 Genoa; 42. Determinate; 43. 49 Dust cloth; 44. 51 Spanish gold; 45. 37 Derby; 46. 37 Derby; 47. 37 Derby; 48. 37 Derby; 49. 37 Derby; 50. 37 Derby; 51. 37 Derby; 52. 37 Derby; 53. 37 Derby; 54. 37 Derby; 55. 37 Derby.

HOROSCOPE by BERNICE BEDE OSOL

For Thursday, July 21, 1977

YOUR BIRTHDAY July 21, 1977
This coming year you may come up with something you can't quite get past the idea stage. Now's the time to seek out a friend who knows how to promote promising projects.

CANCER (June 21-July 22)
You'll perform best today when left to your own devices. If you have anything important to do, go where others can't peer over your shoulder.

AQUARIUS (Jan. 20-Feb. 19)
Today you're fortunate in areas where chance plays an important part. Couple your gaming instincts with sound judgment, however.

PISCES (Feb. 20-March 20)
Someone who is not easily irritated and who cares a great deal for you is working to help you solve a problem you've found too tough to tackle.

LEO (July 23-Aug. 22)
Should you have a strong hunch or be bold, assertive conduct is the key to your success today. You can gain the pinnacle you aspire to by being aggressive.

VIRGO (Aug. 23-Sept. 22)
If there's something you and your mate want to do that contributes to your domestic well-being, do it today. You're on the same wave length.

TAURUS (April 20-May 20)
Profit motivates you today. You'll expend every effort to make a buck, and the occasion may arise where you'll be able to do so.

GEMINI (May 21-June 30)
You're excited to be around today. You have that mystic Midas touch that turns to golden happiness everything you do.

SCORPIO (Oct. 24-Nov. 22)
In joint ventures, take the subordinate role but keep close to the action. This is your formula for success today.

SAGITTARIUS (Nov. 23-Dec 21)
Do something with a friend who knows where the action is.

WIN AT BRIDGE by OSWALD and JAMES JACOBY

Count falls short of game

He considers a pass at two notrump, but with four very good spades he goes to three spades.

Now the buck has been passed right back to South. If South had two more points he would have just about an ace and a king more on a minimum and would go on to game. As it is, he still wants to the game, but makes a wise decision and passes.

Not that four spades would be a really bad contract. With spades breaking 3-2 all South needs is a 3-3 diamond break to have 10 tricks. As it is, diamonds don't break and South is mighty glad that he stopped below game.

A Carolinian wants to know if you should open one notrump with:

♠ A x x x ♣ K x x x x ♦ J x x ♣ A x x x x

The answer is a resounding NO. The good six-card suit combines with the 16 high-card points to make the hand too strong. Open one diamond and make a strong rebid such as to notrump if partner responds.

(For a copy of JACOBY and MODERN, send \$1 to: "Win at Bridge," c/o The New Yorker, P.O. Box 489, Radio City Station, New York, N.Y. 10019)

SPIDER-MAN by Stan Lee and John Romita

PRICE IT, PARKER! WHY HOLD ME DATE A FLAKE LIKE YOU, WHEN I'S AVAILABLE?
THANKS TO YOU!
NO BIG MOUTH HERE! BEHOLD, YOUR BEANED TONGUE IS CLUTCHING IN ON MY TAIL!
ANYTHING?
AND! WHAT WOULD YOU SAY TO ME? I COULD TALK TO YOU!
SAY IT, MASTER! IF THE LADY WHISPERS YOU, THAT'S HER PROBLEM!
THE ANSWER IS A RESOUNDING NO!
WHAT A PUNCH! YOU'RE ALL MOUTH AND NO MUSCLE, SONNY!

DOONESBURY by Garry Trudeau

LOOK, I DON'T SEE WHAT YOU'RE GETTING SO BORED UP ABOUT! IT'S NOT LIKE I'M GOING TO BE EXTRACTING THE LASTERE FROM MYSELF!
BEGGERS, THIS APRIL'S PLANTATIONS DO ODD A DEAL TO PASS UP! THE ANGLE SPREADS BEING LET SO FOR LESS THAN 300 BELLS A BUCK!
FRIEND OF A FRIEND WHO'S FALLEN ON HIS FACE! I'M GONNA LETTING GO!
GUY'S HEART-BROKEN, OF COURSE, BUT BETTER ME THAN THE BANKS, YOU KNOW?
"PLACEBO?"

PARK AND SHOP The Meat People featuring ... **LAZY AGED BEEF**

STEAK HEAVY WESTERN LAZY AGED BEEF FULL CUT ROUND **\$1.34** Lb.

SAVE OVER \$4.49 at PARK and SHOP with these coupons!

SIRLOIN, LONDON BROIL OR CUBE FAMILY PACK STEAK HEAVY WESTERN LAZY AGED BEEF YOUR CHOICE...Lb. **\$1.44**

BONELESS ALL MEAT STEW 3 lbs. or more **99¢** Lb.

T-BONE or RIB STEAK HEAVY WESTERN LAZY AGED BEEF **\$1.64** Lb.

STEAK PATHO, TEXAS CUBE or BOTTOM ROUND Your Choice **\$1.38** Lb.

SHOULDER ROUND, CALIFORNIA ROAST or CHUCK STEAK HEAVY WESTERN LAZY AGED BEEF Your Choice **98¢** Lb.

SMOKED HAM STEAKS CENTER SLICE **\$1.29** Lb.

PORK CHOPS BLADE CUT FAMILY PACK **74¢** Lb.

PORK ROAST 2-4 LB. AVG. BLADE CUT **69¢** Lb.

PORK RIBS GEORGIA COUNTRY EXTRA MEATY **84¢** Lb.

U.S.D.A. Inspected ICE PACK

FRYER BREAD, THIGH, WHOLE LEG, GIZZARD **68¢** Lb.

MEATY NECK BONES, PORK KIDNEY, PORK TAIL or PORK EAR **39¢** Lb.

100 PCT. PURE GROUND CHUCK 3 lbs. or more **99¢** Lb.

TENDER SLICED BEEF LIVER **34¢** Lb.

SUNNYLAND REG. or BEEF ALL MEAT FRANKS 12 oz. pkg. **69¢**

FRESH FROZEN FRYER BACK OR NECK 5 Lb. Pkg. **99¢**

MEATY OX TAIL **69¢** Lb.

BONELESS OVEN ROAST **\$1.34** Lb.

FANCY EXTRA LEAN BACON THICK SLICED **99¢** Lb.

SUNNYLAND FOOTLONG ALL MEAT HOT DOGS FAMILY PACK **99¢** Lb.

HOMEMADE PURE GEORGIA PORK SAUSAGE **89¢** Lb.

SUNNYLAND ALL MEAT BOLOGNA **99¢** Lb.

Map showing location of Park and Shop at the intersection of 17th St., 25th St., and 4th St. in Sanford, FL.

Store Hours: 4th & SANFORD AVENUE
Mon., Tues., Wed. 8 A.M. to 7 P.M.
Thurs., Fri., Sat. 8 A.M. to 9 P.M.
Sunday 8 A.M. to 1 P.M.
PARK AVE. & 25th St. 8 A.M. to 9 P.M. 7 Days A Week

CREAM STYLE CORN 16 OZ. CANS **79¢**

SWEET PEAS 16 OZ. CANS **64¢**

CHOPPED SPINACH BUSH 15 OZ. CANS **1.00**

SPAGHETTI with TOMATO SHOWBOAT 14 OZ. CANS **4 CANS \$1.00**

PRICES GOOD THURS., JULY 21 THRU WED., JULY 27, 1977 - QUANTITY RIGHTS RESERVED
At Park and Shop Carry Out Service is our Service to You. No Tipping Please!

ASSORTED FLAVORS SHASTA NO DEPOSIT NO RETURN 64 oz. jug **79¢**

PILLSBURY PLUS ASST. CAKE MIX 18 oz. pkg. **64¢**

HEFTY SUPER 30 GAL. TRASH BAGS 15 count **\$1.99**

KELLOGGS CORN FLAKES 18 oz. **74¢**

MARATHA WHITE QUICK GRITS Lb. pkg. **39¢**

PILLSBURY INSTANT POTATOES Lb. pkg. **89¢**

SUN MAID RAISINS 15 oz. pkg. **\$1.09**

DOUGLAS WHOLE CHICKEN 3 lb. can **\$1.59**

RED ROSE TEA BAGS 100 ct. **\$1.89**

OPEN PIT B-B-Q SAUCE 18 oz. bitl. **69¢**

MULLER ELBOW MACARONI 2 lb. pkg. **89¢**

TRAIL BLAZER DOG RATION 25 lb. bag **\$3.49**

LUX BATH SOAP 3 5 oz. bars **\$1.00**

DAIRY DEPT. SAVINGS

KRAFT VELVETA CHEESE 2 Lbs. **\$2.29**

MRS. FILBERTS OLEO 1 lb. Tub **49¢**

BORDENS COTTAGE CHEESE 24 oz. **99¢**

LADY BORDEN ALL NATURAL ICE CREAM ASST. FLAVORS 1/2 Gal. **99¢**

Prices Cooled on **FROZEN FOODS**

MORTON FRIED CHICKEN 2 lbs. **\$1.99**

MORTON GLAZED DOUGHNUTS 7 oz. **79¢**

JENO CHEESE PIZZA THICK CRUST **\$1.39** 17 oz.

Cream of the Crop PRODUCE

GOLDEN RIPE BANANAS Lb. **17¢**

CRISP CARROTS 1-lb. pkg. **2 45¢**

TENDER GREEN BEANS Lb. **29¢**

VALUABLE COUPON SAVE 57¢

CLIP THIS COUPON PRE CREAMED SWIFTNING 42 oz. can **99¢**

Limit 1 with \$10.00 order excluding tobacco. Expires July 27th.

VALUABLE COUPON SAVE 80¢

CLIP THIS COUPON BORDEN MILK GALLON **\$1.29**

Limit 2 with \$10.00 order excluding tobacco. Expires July 27th.

VALUABLE COUPON SAVE 69¢

CLIP THIS COUPON DELTA JUMBO TOWELS Pkg. **34¢**

Limit 3 with \$10.00 order excluding tobacco. Expires July 27th.

VALUABLE COUPON SAVE 32¢

CLIP THIS COUPON NORTHERN WHITE TOILET TISSUE 4 roll pack **69¢**

Limit 3 with \$10.00 order excluding tobacco. Expires July 27th.

VALUABLE COUPON SAVE 31¢

CLIP THIS COUPON MARTHA WHITE FLOUR 5 Lb. Bag **48¢**

Limit 1 with \$10.00 order excluding tobacco. Expires July 27th.

VALUABLE COUPON SAVE 48¢

CLIP THIS COUPON STOKELY TOMATO CATSUP 14 oz. **3 \$1.00**

Limit 3 with \$10.00 order excluding tobacco. Expires July 27th.

VALUABLE COUPON SAVE 56¢

CLIP THIS COUPON FLA. GRADE A SMALL EGGS DOZ. **4 \$1.00**

Limit 4 with \$10.00 order excluding tobacco. Expires July 27th.

VALUABLE COUPON SAVE 57¢

CLIP THIS COUPON PUNCH DETERGENT GIANT 49 OZ. **58¢**

Limit 1 with \$10.00 order excluding tobacco. Expires July 27th.

WINN-DIXIE
THE BEEF PEOPLE

SAVE WITH **WE ACCEPT USDA FOOD STAMP COUPONS**

SAVE 30¢
USDA GRADE "A" W-D BRAND FROZEN BAKING HENS
LB. **39¢**

PLANT "A" TURKEY LEG QUARTERS . . . LB. 39¢

SAVE 40¢
W-D BRAND USDA CHOICE BEEF CHUCK BLADE
LB. **79¢**

USDA GRADE "A" WHOLE FRESH FRYERS **49¢**

7 BONE CENTER CUT BEEF CHUCK ROAST . . . LB. 99¢

SAVE 60¢
USDA CHOICE W-D BRAND BONELESS BEEF WHOLE
BOTTOM ROUND
LB. **\$1.09**

18 TO 24 LB. AVG.

BONELESS BEEF STEAKS **DELMONICO** . . . LB. \$2.99

BONELESS BEEF 100% PURE
Cubed Steaks . . . LB. \$1.99

WESTERN CORN FED FULL L FRESH PORK LOINS SLICED INTO
Pork Chops . . . LB. \$1.99

RECIPY SHIRT (1-LB. PKG./ST.19)
Sliced Bacon . . . 2-LB. PKG. \$2.19

RECIPY SMOKED SHOULDER ARM WHOLE (SUCES/18.99)
Picnics . . . LB. 79¢

SWIFT PREMIUM LIGHT AND DARK
Turkey Roast . . . 2-LB. BOX \$3.99

W-D BRAND COOKED
Sliced Ham . . . 16-oz. PKG. \$2.99

W-D BRAND COOKED
Sliced Picnic . . . 16-oz. PKG. \$2.79

W-D BRAND, REGULAR, ALL BEEF, AND THICK
Sliced Bologna . . . 1-LB. PKG. 99¢

W-D BRAND, SLICED, SPICED LUNCHEON AND
Salami . . . 8-oz. PKG. 79¢

PALMETTO FARMS PIMENTO (8-oz. CLIP/16P)
Cheese Spread . . . 16-oz. CUP \$1.19

COPELAND'S
Rod Hot . . . 24-oz. PKG. \$1.99

SUNNYLAND FRESH COUNTRY STYLE
Sausage . . . 2-LB. BAG \$2.19

WELLSVILLE FRESH SMOKED REGULAR SAUSAGE AND
Polish Sausage . . . LB. \$1.59

SLICED, SEAMLESS, AND DRYERED
Beef Liver . . . LB. 89¢

TURKEY
Fish Fillet . . . LB. \$1.29

W-D BRAND U.S. CHOICE FEDERALLY INSPECTED HEAVY WESTERN
ROUND ROAST
LB. **\$1.39**

18 TO 24 LB. AVG.

W-D BRAND USDA CHOICE BONELESS BEEF BOTTOM
ROUND STEAK
LB. **\$1.49**

W-D BRAND USDA CHOICE BONELESS BEEF
CHUCK ROAST
LB. **\$1.19**

SAVE 30¢
SUPERBRAND SHERBET OR
ICE CREAM
HALF GALLON **69¢**

COUNTRY FRESH ALL NATURAL ALL FLAVORS PRESTIGE
ICE CREAM . . . HALF GAL. \$1.99

SAVE 17¢
ALL NATURAL SUPERBRAND
YOGURT
3 8-oz. CUPS **\$1**

SAVE 20¢
SUPERBRAND REGULAR OR STA 177
COTTAGE CHEESE
2 LB. CUP **\$1.29**

ROMANO CHEESE **75¢**

MARGARINE **59¢**

MARGARINE **69¢**

MAZOLA **79¢**

CREAM **2 \$1.00**

ORANGE JUICE **99¢**

REDDI WHIP **99¢**

W-D BRAND 100% PURE
GROUND BEEF
10 LB. HANDI PACK **\$6.89**

W-D BRAND USDA CHOICE BONELESS BEEF
CHUCK ROAST
LB. **\$1.19**

W-D BRAND USDA CHOICE BONELESS BEEF
CUBED STEAK
4 LB. PKG. **\$1.69**

TWIN POPS **89¢**

FRUIT PIES 3 **\$1.00**

POT PIES 3 **\$1.00**

CHICKEN **\$1.99**

GREEN PEAS 2 **\$1.00**

FILLET **99¢**

TOPPING **69¢**

THRIFTY MAID SLICED OR HALVES
PEACHES
2 29-oz. CANS **88¢**

ROYAL GELATIN 5 3-oz. PKGS. **\$1.00**

W-D BRAND USDA CHOICE BONELESS BEEF
BOTTOM ROUND
15 LB. PKG. **\$19.99**

U.S. CHOICE, W-D BRAND, BONELESS BEEF
DEL MONICO STEAKS **\$11.99**

WESTERN CORN FED FAMILY PACK
PORK LOIN
15 LB. **\$19.99**

SAVE 33¢
ALL FLAVORS CHEK DRINKS
NO RETURN BOTTLES
4 28-oz. BTL. **\$1**

LONG GRAIN RICE
3 LB. BAG **59¢**

SAVE 21¢
THRIFTY MAID
PEACHES
2 29-oz. CANS **88¢**

ROYAL GELATIN 5 3-oz. PKGS. **\$1.00**

W-D BRAND USDA CHOICE BONELESS BEEF
BOTTOM ROUND
15 LB. PKG. **\$19.99**

U.S. CHOICE, W-D BRAND, BONELESS BEEF
DEL MONICO STEAKS **\$11.99**

WESTERN CORN FED FAMILY PACK
PORK LOIN
15 LB. **\$19.99**

REGULAR RAGU
Spaghetti Sauce 15 1/2-oz. JAR **69¢**

DEL MONTE PINEAPPLE GRAPEFRUIT
Drink . . . 2 48-oz. CAN **99¢**

DEL MONTE
Tomato Juice . . . 48-oz. CAN **69¢**

DEL MONTE CUT AND SLICED
Green Beans . . . 1-LB. CAN **37¢**

DEL MONTE
Peas . . . 17-oz. CAN **39¢**

DEL MONTE
Spinach . . . 15-oz. CANS **\$1.09**

DEL MONTE CUT
Green Beans . . . 4 8-oz. CANS **\$1.00**

DEL MONTE
Peas . . . 3 8-oz. CANS **89¢**

DEL MONTE
Puttling Cups . . . 4-PK. PKG. **79¢**

DEL MONTE
Catsup . . . 14-oz. BTL. **49¢**

SAVE 10¢
NABISCO
Vanilla Wafers . . . 12-oz. PKG. **59¢**

SAVE 8¢
NABISCO
Fig Newtons . . . 16-oz. PKG. **85¢**

SAVE 2¢
7 SEAS GREEN GODDESS
Dressing . . . 8-oz. BTL. **67¢**

DEL MONTE
Steak Sauce . . . 10-oz. BTL. **\$1.13**

PILSBURY PLUS
Cake Mix . . . 19 1/2-oz. PKG. **69¢**

THRIFTY MAID
SWEET PEAS
4 16-oz. CANS **\$1**

THRIFTY MAID
GREEN BEANS
4 16-oz. CANS **\$1**

THRIFTY MAID
WHOLE KERNEL CORN
4 16-oz. CANS **\$1**

THRIFTY MAID
TOMATOES
4 16-oz. CANS **\$1**

W-D BRAND USDA CHOICE BONELESS BEEF
BOTTOM ROUND
15 LB. PKG. **\$19.99**

U.S. CHOICE, W-D BRAND, BONELESS BEEF
DEL MONICO STEAKS **\$11.99**

WESTERN CORN FED FAMILY PACK
PORK LOIN
15 LB. **\$19.99**

COMET
CLEANSER
2 2.5-oz. PKG. **83¢**

SOFTENER
DOWNY
2 26.4-oz. PKG. **\$2.64**

DOG FOOD
5 15-oz. CANS \$1

DEEP SOUTH
PEANUT BUTTER
1 16-oz. JAR **69¢**

THRIFTY MAID
SWEET PEAS
4 16-oz. CANS **\$1**

THRIFTY MAID
GREEN BEANS
4 16-oz. CANS **\$1**

THRIFTY MAID
WHOLE KERNEL CORN
4 16-oz. CANS **\$1**

THRIFTY MAID
TOMATOES
4 16-oz. CANS **\$1**

SAVE 50¢
SUPERBRAND OR PINEBREEZE GRADE "A"
LARGE EGGS
2 DOZ. **\$1.00**

FISHER'S
BLACK PEPPER . . . 4-oz. PKG. 69¢

SAVE 66¢
LIPTON
TEA BAGS
100-CT. PKG. **\$1.49**

ASTOR
Tea . . . 22-oz. JAR \$1.77

SAVE 50¢
KRAFT
MAYONNAISE
QUART JAR **89¢**

DEEP SOUTH
SWEET RELISH . . . 22-oz. JAR 69¢

SAVE WITH **WINN-DIXIE**
THE BEEF PEOPLE

PLUMP, JUICY SANTA ROSA
PLUMS
2 LBS. **\$1.00**

ATLANTIC ICE . . . 8 LB. BAG 59¢

BAKERY SPECIALS

DEE DARING LARGE LOAF
Family Bread . . . 3 20-oz. LBS. \$1.00

DEE DARING WHOLE OF
Hamburger Buns 3 16-oz. PKGS. 89¢

DEE DARING SOUR DOUGH
Muffins . . . 3 12-oz. PKGS. \$1.00

DEE DARING
Raisin Bread . . . 16-oz. LOAF 69¢

DEEP SOUTH BARBEQUE
Sauce . . . 16-oz. JAR \$1.00

LILAC
Bath Tissue . . . 4-ROLL PKG. 69¢

THRIFTY MAID
Apple Juice . . . 2 32-oz. SIZE \$1.99

THRIFTY MAID (WITH BEANS)
Chili . . . 2 15-oz. CANS 89¢

LAST TWO WEEKS!
TO COMPLETE YOUR GARDEN BOUQUET
CHINA SET
88¢ EACH

• Dinner Plate
• Coffee Cup
• Saucer
• Bread & Butter Dish
• Dessert Dish

HARVEST FRESH
PRODUCE

TROPICANA
ORANGE JUICE
3 PINTS **\$1.00**

HARVEST FRESH LARGE
NECTARINES
2 LBS. **\$1.00**

HARVEST FRESH SOUTHERN
PEACHES
3 LBS. **99¢**

LARGE (RED TO THE RIND)
WATERMELONS
EACH **\$1.99**

WESTERN RED DELICIOUS
APPLES
13 FOR **\$1.99**

LARGE (GREAT FOR SALADS)
AVOCADOS
2 FOR **\$1.00**

LARGE, JUICY
LEMONS
11 FOR **89¢**

HARVEST FRESH LETTUCE
ROMAINE
3 LBS. **99¢**

THRIFTY MAID
SWEET PEAS
4 16-oz. CANS **\$1**

THRIFTY MAID
GREEN BEANS
4 16-oz. CANS **\$1**

THRIFTY MAID
WHOLE KERNEL CORN
4 16-oz. CANS **\$1**

THRIFTY MAID
TOMATOES
4 16-oz. CANS **\$1**

SAVE 10¢
HEINZ KETCHUP
32-oz. BTL. **79¢**

SAVE 40¢
ARROW DETERGENT
49-oz. PKG. **69¢**

SAVE 34¢
NO RETURN BOTTLES
OLD MILWAUKEE
BEER
6 PACK 12-oz. NRBS. **\$1.19**

ALL VARIETIES CRACKIN' GOOD
PRETZELS . . . 3 7-oz. PKGS. \$1.00

SAVE 30¢
VITALIS
8-oz. BTL. **99¢**

SAVE 10¢
VO 5 NON AEROSOL SCENTED/UNSCENTED
Hair Spray . . . 8-oz. BTL. 99¢

SAVE 50¢
FLUCKER LADY
Shaver . . . EACH 99¢

SAVE 21¢
7-oz. BTL. **Fasteeth** . . . 88¢

RIGHT GUARD
4-oz. BTL. **79¢**

DRISTAN
24-CT. PKG. **\$1.47**

POWDER DOUCHE
Massengill . . . 3-oz. BTL. \$1.35

ANTIPERSPIRANT NON AEROSOL REGULAR OR NEUTRAL
Ban Basic . . . 5-oz. BTL. \$2.39

JUMBO LILAC
PAPER TOWELS
ROLL **39¢**

ARROW
PAPER NAPKINS . . . 2 180-CT. PKGS. \$1.00

LISTERINE
ANTISEPTIC
32-oz. BTL. **\$1.69**

K & S
MONOFILAMENT
EDGER & TRIMMER
EACH **\$23.95**

THRIFTY MAID
SWEET PEAS
4 16-oz. CANS **\$1**

THRIFTY MAID
GREEN BEANS
4 16-oz. CANS **\$1**

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4 16-oz. CANS **\$1**

FRENCH AVE. & 25th ST.
419 E. FIRST ST.
SANFORD

Everybody WINS at PUBLIX and with $\frac{S}{H}$ Green Stamps you choose your own prizes!



PLUS AN ADDITIONAL 2250 STAMPS WHEN YOU REDEEM THESE GREEN STAMP MERCHANDISE COUPONS

THIS AD EFFECTIVE THURSDAY, JULY 21ST THRU WEDNESDAY, JULY 27TH, 1977. CLOSED SUNDAYS...

Publix reserves the right to limit quantities sold



COUPONS 1 & 2 ARE WORTH 300 STAMPS ON A PURCHASE OF \$15 THROUGH \$19.99 ... COUPONS 1 & 3 ARE WORTH 400 STAMPS ON A PURCHASE OF \$20 THROUGH \$24.99 ... COUPONS 2 & 3 ARE WORTH 500 STAMPS ON A PURCHASE OF \$25 THROUGH \$29.99 ... COUPONS 1, 2 & 3 ARE WORTH 600 STAMPS ON A PURCHASE OF \$30 OR MORE ...

Grid of 24 coupon items, each with a description, quantity, and expiration date. Items include frozen pizzas, breads, soups, meats, and dairy products.

OUR BONUS TO YOU GET UP TO 600

WHEN YOU CLIP AND REDEEM THESE BONUS COUPONS

EXTRA S/H Green Stamps

Coupon 1: 100 EXTRA S/H GREEN STAMPS on purchases totaling \$5.00 to \$9.99.

Coupon 2: 200 EXTRA S/H GREEN STAMPS on purchases totaling \$10.00 to \$14.99.

Coupon 3: 300 EXTRA S/H GREEN STAMPS on purchases totaling \$15.00 to \$19.99.

Table of 100 S/H Green Stamps items, including Breakfast Club Eggs, Fantail Shrimp, and various meats.

Table of 50 S/H Green Stamps items, including Sliced Bacon, Sliced American, and Pork Loins.

Table of 50 S/H Green Stamps items, including Wesson Oil, Canned Ham, and various soups.

Table of 50 S/H Green Stamps items, including Whipped Topping, Sealtest Ice Cream, and various frozen foods.

Table of 50 S/H Green Stamps items, including Sweet Cherries, Miracle Whip, and various meats.

Table of 50 S/H Green Stamps items, including Brookfield Butter, Health & Beauty Aids, and various dairy products.

Publix, the Place for Everything Under the Sun



Publix SANFORD PLAZA - SANFORD LONGWOOD VILLAGE CTR - LONGWOOD SEMINOLE PLAZA - CASSELBERRY

Publix reserves the right to limit quantities sold

Publix, the Place for Everything Under the Sun

Publix, the Place for Everything Under the Sun

Publix, the Place for Everything Under the Sun

TONIGHT'S TV

- Wednesday Evening
6:00
(1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

- 9:00
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- 11:00
(1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

Legal Notice
CITY OF LAKE MARY, FLORIDA
NOTICE OF PUBLIC HEARING
TO WHOM IT MAY CONCERN:
NOTICE IS HEREBY GIVEN BY THE BOARD OF ADJUSTMENT OF THE CITY OF LAKE MARY, FLORIDA, THAT SAID BOARD WILL HOLD A PUBLIC HEARING ON AUGUST 3, 1977, TO CONSIDER A REQUEST FOR A VARIANCE TO ALLOW AN R-1 ZONING DISTRICT TO BE USED FOR THE CONSTRUCTION OF A SINGLE-FAMILY RESIDENCE ON THE FOLLOWING DESCRIBED REAL PROPERTY:

4-Personals
DIVORCE FORMS - For free in Florida. Write to: Mrs. J. M. ...
18-Help Wanted
SECRETARY IV, Board of County Commissioners. Typing & shorthand. Salary \$129 to \$179 weekly. Apply Seminole County Personnel Office, Court House, Sanford.

30-Apartments Unfurnished
All units have lighted & floored attic storage at.
SANFORD COURT APTS.
3301 Sanford Ave. 323 301
The sooner you place your classified ad, the sooner you get results.

34-Mobile Homes
Trailer near Oviedo, 3 BR, \$115 mo. 1st & last, plus deposit. Couple, 1 collect. 964-74-3229.
Hal Colbert Realty INC.
MLS REALTOR
JUST LISTED - Dreamwood section, 4 BR, 2, \$24,500.

41-Houses
413 Bay Ave. Sanford, 3 BR, 1 bath, Kitch, carpeted, \$19,500 low money down. Robb's Realty, 322 9283.
CallBart REALTOR
322 7498
Wm. J. THOMPSON REALTY
Reg. Real Estate Broker

Wednesday's FAMILY SPECIAL
49¢ pieces of chicken
49¢ pieces of turkey
49¢ pieces of beef
49¢ pieces of pork

Smoky & Pandit
Vegetarian Special
Smoky & Pandit
"Smoking"
"Smoking"
"Smoking"

Thursday Morning
(1) (2) (3) (4) (5) (6) (7) (8) (9) (10) (11) (12) (13) (14) (15) (16) (17) (18) (19) (20) (21) (22) (23) (24) (25) (26) (27) (28) (29) (30) (31) (32) (33) (34) (35) (36) (37) (38) (39) (40) (41) (42) (43) (44) (45) (46) (47) (48) (49) (50) (51) (52) (53) (54) (55) (56) (57) (58) (59) (60) (61) (62) (63) (64) (65) (66) (67) (68) (69) (70) (71) (72) (73) (74) (75) (76) (77) (78) (79) (80) (81) (82) (83) (84) (85) (86) (87) (88) (89) (90) (91) (92) (93) (94) (95) (96) (97) (98) (99) (100)

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18-Help Wanted
Man with children needs live in housekeeper. Can live in 1 or 2 children of her own. \$34 4100. Auto Parts - counter person, experienced. Ref. P. O. Box 1657, Sanford, FL 323 073.

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Buy two orders of Fish & Chips and get one FREE!
Present this coupon on any participating Arthur Treacher's Fish & Chips and get one order of Fish & Chips free with the purchase of two orders. Offer expires August 7, 1977.

Save 50¢ on Arthur Treacher's Chicken & Chips.
Present this coupon on any participating Arthur Treacher's Fish & Chips and get one order of Chicken & Chips for 50¢ off the regular price. Offer expires August 7, 1977.

SEEK & FIND SPEAKERS OF THE HOUSE
R B Y L L L A D N A R D A E R E
A B O A C D G T R O O D L Y A T R A L
P S N P A E M H C N E A I C A S O N

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Save 15¢ on Arthur Treacher's Krunch Pup!
Present this coupon on any participating Arthur Treacher's Fish & Chips and get one Krunch Pup for 15¢ off the regular price. Offer expires August 7, 1977.

SEEK & FIND SPEAKERS OF THE HOUSE
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A B O A C D G T R O O D L Y A T R A L
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Reg. Real Estate Broker

Low-cost Krunchin'!
In a budget pinch? Try some low-cost Krunchin' at Arthur Treacher's. And save a bundle when you munch a boatload of our Krunchy, original Fish & Chips, Or Chicken & Chips. Or a nifty Krunch Pup!
For the meal you can't make at home that's closest to your home, check below.
Arthur Treacher's Fish & Chips.
2700 ORLANDO DRIVE (HWY. 17-92) SANFORD
SUMMER SCHEDULE
June 12th thru Aug. 31st
SUNDAY CLOSED
MONDAY PRIVATE PARTIES
TUESDAY PRIVATE PARTIES
WEDNESDAY 10:00 a.m. - 4:00 p.m.
7:30 p.m. - 10:30 p.m.
THURSDAY 7:30 p.m. - 10:30 p.m.
FRIDAY 1:00 p.m. - 4:00 p.m.
7:30 p.m. - 10:30 p.m.
SATURDAY 11:00 a.m. - 3:00 p.m.
11:00 a.m. - 3:00 p.m.
7:30 p.m. - 10:30 p.m.
10:30 p.m. - 1:00 a.m.
Melodee SKATING RINK
2700 W. 25th St. (SR 44A) Sanford
Ph. 322-3233

To List Your Business... Dial 322-2611 or 831-9973
SEE THEM TODAY!
323-3301
322-7498
322-9283



BRAN BARBECUE BUNS & ONION BREAD

Budget Breads Whet Large Appetites

BRAN BARBECUE BUNS
Hamburgers, hot dogs, picnic sandwiches become epicurean treats when tucked into homemade bran barbecue buns. They're perfect for all kinds of outdoor feasts because a bun offers more crust than crumb. (Makes 18 buns)
4 to 7 cups unbleached white flour
2 cups whole bran cereal
1/2 cup sugar
1/2 tsp salt
2 packages Fleischmann's Active Dry Yeast
1 1/4 cups water
1 cup milk
1/4 cup dark molasses
1/2 cup Fieischmann's Margarine
1 egg white, slightly beaten
1 the cold water

Onion Bread
Sesame seed or poppy seed
1 1/2 cups unbleached flour. In a large bowl, thoroughly mix 2 cups flour, bran, sugar, salt and undissolved Fleischmann's Active Dry Yeast. Combine water, milk, molasses and Fleischmann's Margarine in a saucepan. Heat over low heat until liquids are very warm (120 degrees F-130 degrees F.). Margarine does not need to melt. Gradually add to dry ingredients and beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add 1 cup flour mixture. Beat at high speed 2 minutes, scraping bowl occasionally. Stir in enough additional flour to make a soft dough. Turn out onto lightly floured board; knead until smooth and elastic, about 8 to 10 minutes (dough may be sticky). Place in greased bowl turning to grease top. Cover; let rise in warm place, free from draft, until doubled in bulk, about 40 minutes. Punch dough down; divide in half. Divide each half into 9 equal pieces. Roll into balls and place on greased cookie sheets. Flatten to 3-1/2 inch circles. Cover; let rise in warm place, free from draft, until doubled in bulk, about 50 minutes. Combine egg white and 1 tablespoon cold water; brush gently on buns. Sprinkle with undissolved Fleischmann's Active Dry Yeast. Combine water, milk and Fleischmann's Margarine. Heat over low heat until liquids are very warm (120 degrees F-130 degrees F.). Margarine does not need to melt.



COOKING IS FUN

PAPAYA IN THIS JAM

By CECILY BROWNSTONE
Associated Press Food Editor

You've probably noticed that the papaya - that lovely fruit - is now a staple in supermarkets. And that's all to the good. Many of us, according to nutritionists, need to increase our consumption of fruit. Eating papaya is, in our opinion, a painless way to achieve this!

In the main, the papaya is best served "as is" or in a fruit compote. But once in a while we come across a really worthwhile way of putting it into a "made" dish. Last year we called no-cook Papaya Topping to your attention. It's made with papaya, banana, pineapple and lemon juice and enlivens a simple compote of bananas and oranges.

Right now we want to give you another superb no-sugar recipe calling for papaya. It's as easy to make as last year's Topping. The recipe comes from Mrs. James Kealoha, the wife of a former government official of Hawaii. Mrs. Kealoha uses her Papaya Pineapple as a jam and we found it lovely to spread on toasted buttered English muffins. But we also used it other ways. For example, it wasn't a bit too sweet to be savored as a compote. It's a marvelous served over angel food cake with a puff of whipped cream. It's also delightful as a filling for layer cakes. And it's a great accompaniment for eggs and bacon, ham or sausage for brunch.

MRS. KEALOHA'S
PAPAYA JAM
3 ripe papayas, halved and seeded
8-ounce can crushed pineapple in unsweetened pineapple juice
1 teaspoon fresh lime juice

With a tablespoon, scoop out the papaya pulp; cut into about 1/2-inch cubes - there should be about 2 cups. (The cooking process will break down the cubes a bit but some texture will be retained.) Turn into a medium saucepan with the pineapple. Bring just to a boil. Remove from heat and gently stir in the lime juice. Cool. Store in a covered jar in the refrigerator if the "jam" is to be eaten soon or pack into an airtight freezer-proof container and store in the freezer for later use. We kept ours in the freezer for a couple of months with no change in flavor or color. Makes about 3 cups.

DINNER FOR TWO
Portuguese Pork Chops
Rice
Green Beans
Fruit-Compote Beverage
PORTUGUESE PORK CHOPS
It's a skilled dish.
4 thin pork chops
1/2 cup cider vinegar
1/2 cup wine
1 tablespoon sugar
1/2 teaspoon salt
1 tablespoon whole mixed pickling spice
1/2 clove garlic, minced
1/2 teaspoon ground nutmeg
When cooking fat from around chops. Wipe together the remaining ingredients. Arrange the pork chops in a single layer in a shallow container into which they will just fit. Pour the marinade over them. Cover tightly. Refrigerate for 3 or 4 hours. Drain. Dry with paper towels. Fry in hot olive oil until cooked through. Makes 2 servings.

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PORTUGUESE PORK CHOPS 1.11, 1.08, 3c	PORTUGUESE PORK CHOPS 1.11, 1.08, 21c	PORTUGUESE PORK CHOPS 1.39, 1.18, 21c	PORTUGUESE PORK CHOPS 2.71, 2.60, 11c
FRUIT COCKTAIL 1.33, 1.28, 5c	FRUIT COCKTAIL 71.66, 5c	FRUIT COCKTAIL 1.95, 1.44, 11c	FRUIT COCKTAIL 2.45, 2.42, 3c
FRUIT COCKTAIL 1.89, 1.82, 7c	FRUIT COCKTAIL 1.99, 1.84, 15c	FRUIT COCKTAIL 37.34, 3c	FRUIT COCKTAIL 1.45, 1.42, 3c
FRUIT COCKTAIL 43.39, 4c	FRUIT COCKTAIL 39.36, 3c	FRUIT COCKTAIL 39.28, 2c	FRUIT COCKTAIL 1.73, 1.64, 9c
FRUIT COCKTAIL 69.64, 5c	FRUIT COCKTAIL 61.56, 5c	FRUIT COCKTAIL 79.74, 5c	FRUIT COCKTAIL 1.21, 1.18, 3c
FRUIT COCKTAIL 2.15, 1.92, 23c	FRUIT COCKTAIL 67.62, 5c	FRUIT COCKTAIL 2.39, 2.36, 3c	FRUIT COCKTAIL 1.99, 1.93, 6c
FRUIT COCKTAIL 83.78, 5c	FRUIT COCKTAIL 95.94, 11c	FRUIT COCKTAIL 1.89, 1.82, 7c	FRUIT COCKTAIL 59.58, 1c
FRUIT COCKTAIL 1.65, 1.58, 7c	FRUIT COCKTAIL 95.94, 11c	FRUIT COCKTAIL 6.19, 6.14, 5c	FRUIT COCKTAIL 58.56, 2c
FRUIT COCKTAIL 76.72, 4c	FRUIT COCKTAIL 99.88, 13c	FRUIT COCKTAIL 1.19, 1.14, 5c	FRUIT COCKTAIL 42.40, 2c
FRUIT COCKTAIL 35.32, 3c	FRUIT COCKTAIL 2.09, 1.98, 11c	FRUIT COCKTAIL 49.64, 5c	FRUIT COCKTAIL 89.88, 1c
FRUIT COCKTAIL 99.96, 3c	FRUIT COCKTAIL 2.59, 2.38, 21c	FRUIT COCKTAIL 2.36, 2.18, 18c	FRUIT COCKTAIL 93.90, 3c
FRUIT COCKTAIL 1.83, 1.78, 5c	FRUIT COCKTAIL 63.60, 6c	FRUIT COCKTAIL 79.74, 5c	FRUIT COCKTAIL 69.66, 3c
FRUIT COCKTAIL 1.45, 1.42, 3c	FRUIT COCKTAIL 118.17, 1c		

Summer Fresh Produce
POTATOES 68¢
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Evening Herald

69th Year, No. 286 - Thursday, July 21, 1977 Sanford, Florida 32771 - Price 10 Cents

Brother Can You Spare A... Dime? Quarter? ...

By JANE CASSELLBERRY
Herald Staff Writer

A dime or a quarter? That'll be the dilemma facing users of pay telephones in Seminole County's new health director at an annual salary of \$33,000.

The new director, Dr. Hamida Battla, a Winter Springs resident, was confirmed to the post by the county commission today on the recommendation of Troy Todd, the county's human services director.

She fills the post which had been vacant since July 15 when Dr. Orville Barks, who had been the county health director two years, retired.

The softspoken Pakistani native was formerly staff physician of the state-run Migrant Health Project in Oviedo and Midway.

"I feel the experience which I gained there will be helpful to me as I move into the county-wide work," Dr. Battla said.

Dr. Battla will supervise the work of the county health department's 35 employees, but she will not be merely an administrator. "I will be giving examinations and treating patients as well," she said.

The clinic will provide Seminole County residents with information and care in the areas of family planning, prenatal care, immunizations and venereal disease.

Dr. Battla's office will be in the Sanford center at 900 S. French Ave., "but I will be going to the Longwood clinic as well," she said.

Dr. Battla performed pre-employment and executive physical examinations for Florida

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party business line.
Winter Park Telephone Co. Vice President Kenneth Pelouquin said his company had filed a \$2,699,000 rate increase request with the PSC on July 11 and they had voted to suspend the filing, which means PSC now has up to eight months to hold public hearings and consider the request.

The base monthly rate for a single party residential account would go from \$8.25 to \$10.50 and a single party business phone from \$19.60 to \$26.30. There would be no increase for extensions or other miscellaneous costs, company spokesmen said.

If granted there would be an 18.3 per cent increase in local

Dr. Battla Named New Health Chief



DR. HAMIDA BATTLA
... a lot of potential!

Computers To Aid Area Students In Choosing Colleges

By MARYLIN SHEDDAN
Herald Staff Writer

Computers are everywhere - everybody knows that. They pop up in the most unlikely places, but there are some spots they just won't be seen: like high school guidance offices. Right? Definitely wrong. Not only are the mechanized brains about to invade Seminole high schools - but they are going to make it a lot easier for students.

By late September this year two computer terminals will be installed in Seminole County (locations still to be determined). They are the operating end of the first phase of a new program which will permit guidance counselors to provide students with up-to-date data on 11,000 colleges throughout the country.

"A student sitting down at one of those terminals could plan his curriculum in high school, select a college, and get complete information on the courses, costs, student enrollment, housing and most other pertinent data about that school," says Randy Johns, Johns is head of Seminole County School Board's data processing department.

"A group of us went down to see this program demonstrated," he says. "It went about like this: the computer flashed lines on the screen saying something like, 'hello. I am your friendly guidance computer. What is your name?'"

After the questioning student

Consumer Prices Increase By Six Tenths Of 1 Per Cent

WASHINGTON (AP) - Higher costs for food and a broad range of services pushed June consumer prices up six-tenths of 1 per cent, matching the previous month's boost in prices, the government reported today.

The rise was a disappointment to government economists who had hoped some moderation in consumer prices would follow a slowdown in wholesale price hikes in May and a sharp wholesale price drop in June.

Retail food prices, which climbed seven-tenths of 1 per cent in May, rose by eight-tenths of 1 per cent in June and marked the sixth straight month of sharp increases in the cost of food.

The government planned to release a second report on the nation's economic health later today and it was expected to be more encouraging. A preliminary estimate from the Commerce Department indicated the economy had another strong quarter, with the Gross National Product growing in the April-June period at about the same rate as the first quarter's 6.9 per cent rate.

Wholesale prices - a precursor of costs a consumer eventually faces - fell seven-tenths of a per cent in June after several months of steep increases. The drop was the first since last August and was largely the result of a 6.3 per cent decline in prices of farm products.

Changes in the wholesale food prices are usually reflected at grocery counters within a few weeks but this has not been the case so far for the June decline. The Labor Department said a large part of the June increase in retail food prices was caused by higher prices for processed foods such as dairy products, canned and frozen fruits and



POT CROP SEIZED
Seminole sheriff's deputies today chopped down approximately 100 eight-foot-tall marijuana plants in a fenced plot discovered off SR-119 near Wagner's for at least eight months, were the highest quality marijuana ever found growing in the county and could have produced thousands of dollars in the illegal drug. Officers hauled the plants away to be destroyed and said they had been cultivated apparently by trespassers on the private property.

Today

Around The Clock	4-A	Dr. Lamb	3-B
Bridge	3-B	Horoscope	3-B
Calendar	5-A	Hospital	2-A
Comics	3-B	Obituaries	5-A
Crossword	3-B	OURSELVES	1-B-3
Editorial	4-B	Sports	6-A
Dear Abby	2-B	Television	6-B
		Weather	2-A

U.S. Computers Open To Crooks?

WASHINGTON (AP) - Security controls over data transmitted through the AIS network need to be strengthened to prevent use of the system for unauthorized purposes, an audit said.

The communications system, run by the General Services Administration, receives messages from agencies' terminals and sends them to their proper destinations.

For instance, a claim for Supplemental Security Income, federal welfare for the aged, is filed at a local Social Security office. The request for payment would be typed on a terminal and transmitted to the computer system, which in turn would send it to the Social Security computer in Baltimore.

But the system cannot tell which terminal is sending a message. A deliberate attempt to disguise a terminal's identity can succeed.

The auditors used a terminal in Washington, but not a Social Security terminal, to test the system with requests for Supplemental Security Income claims directed at the main Social Security computer.

"We found that the SSA com-