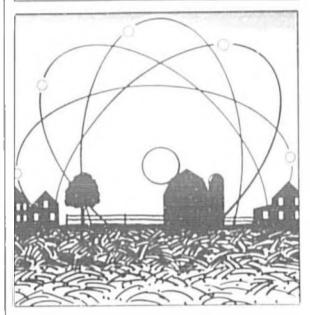
antord Herald

Bist Year, No. 127 - Sanford, Florida,

NEWS DIGEST

BRIEFS



Yucca Mountain, 90 miles Three sites northwest of Las Vegas, Hanford Wash and Deaf Smith, Texas are being considered as dump sites for permanently storage of high level waste from the nation's 108 completcial nuclear

Nevada may become dump site

SAN FRANCISCO - A high-level nuclear waste dump is a bad economic deal for Nevada. because the risks would outweigh the benefits, a national opinion survey showed Tuesday

Results of the survey, presented to the annual meeting of the American Association for the Advancement of Science, showed Nevada restdents were unconvinced their state was the safest place for the dump, but were a bit more optimistic about its economic potential.

The majority of Nevadans polled in the March-1987 survey agreed in underground repository was the best was to store high level waste, but thought each region of the country should have

Iraq making 'germ weapons'

WASHINGTON - Iraq is - manufacturing and stockpiling biological wenpons capable of causing of cholera, typhoid, boudism and other deadly diseases. ABC News reported Tuesday.

CBS News also reported Tuesday that the State Department believes Iraq is now producing weapons for germ waitare.

effect 11%. Arab and Israeli, official sources as confirming its report

Intelligence sources in Washington and the Middle East say the center tot the biological weapons operation) is 35 miles southeast of Baghdad and includes underground facilities carefully sheltered against attack. ABC News

From United Press International reports

INSIDE

■ Sports

Irish corral Mustangs, 67-45

Jamere Jackson and Keith Robinson cachscored 10 points to lead a balanced attack that gave the Notre Dame.

Eighting Irish a 67.45 victory over Southern Methodest 1 0 0 5 day night. All Note:

Dame players saw action and EL of them sented against \ the Mustames

TRE FIGHTING Ern Longmo and Tony Patterson cach

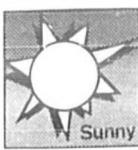
scored 12 points to lead Southern Methodist 6 - The Sustaints through the road place father first game without Kato Atmistrong their bailing source Armstrong is academic ally no highly for the rese of the seasons.

See Page 2B

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Deaths	Television5B
Editorial 4A	Weather2A
Florida 2A	World 6A

Sunny and mild today



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Two found murdered



Altamonte Springs officers and coroner's office personnel examine crime scene

Clerk says

no to Kelley

SANFORD Ben lacket

Seminob County (bicf depaty clerk)

halted an attempt by county com-

appearage fermilet Keiley to copymore than 500 cassette tapes of

county commission meetings at the

court clerk's county records de-

- Kelley said her son Chris was

blocked from making copies of the

soon machine and blank tiges

At her request. Kelley's attorney, Gr.

Andrew Spect contacted the chilk's

office demanding an explanation.

Kelley sand slee would and so-

what happens after I formally to-

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See Kelley, Page 5A.

THORK YOU TO BE STORY

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decide her next step.

copy effort

RV J. MARK BARFIELD

Herald staff writer

partment Inesday

Sanford citizens unite in battle against AIDS

By CAROL J. RUMSEY energist statt at 167

SANTORD - A group of Summer to street has ther fast night in deleat the AIDS virus extente as

Among them were the one's mayor business. education and eva baders. They wish to show asc that the is one not to turn its back on MDS paragraph to the same that came a problem other The state of the complete the state of the s

remark to be all probago to fitteenses. Beigner - S. Michill enter semas be the

See Citteens Page 5A

Harald Photo by Tommy Vincent Dr. Joseph Berger addresses crowd.

THE AIDS **EPIDEMIC**

DEATHS town After in CHICAGO AND STREET

DEATHS by W WO fite boot in 1986 a seed thought a the trap or early estable

EAPERIS On its that more than feet comments the properties of the second

CHILDREN - 1

TWENTY per er all lines med a fuldren who had

Woman recalls brother's fight after deadly blood transfusion

By CAROL J RUMSEY

AFFAMONTE SPRINGS - At the

Altamoute Springs police are

Police are hunting for the Olson's on locy who lived with them at

They were back at the scene carly

We want to talk to him and to

Police are also looking for Mrs.

the Olson's daughter Deidre.

Autopsies are scheduled in San-

See Murders, Page 5A

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was to a work that the

See Brother Page 5A.

Bundy again scheduled to die

TALLAHASSEE - Gov. Bob Martinez signed a new death warrant Tuesday for mass murderer Theodore "Ted" Bundy who lost his bid to have the Supreme Court overturn his death sentence for the slaying of a 12-year-old girl.

"Ted Bundy is one of the most notorious killers in our nation's history, and he has used legal maneuverings to dodge the electric chair for 10 years," said Martinez, who signed the warrant after Bundy's appeal was rejected Tuesday morning. "Justice has been on hold for a decade," the governor said,

"and it's about time Ted Bundy paid for his crimes. Bundy's new death warrant is the second he has received after his conviction in the death of Kimberly Diane Leach of

Lake City, Fla. He is scheduled to die Jan. 24 at 7 a.m. In Washington, Bundy's lawyer Jim Coleman said he was "shocked" that Martinez had signed a warrant giving him only

one week to mount an appeal. Bundy, a former law student, also has survived two death warrants for the murders of Florida State University students

Margaret Elizabeth Bowman and Janet Lisa Levy in January Bundy beat and strangled the two students after breaking

into the Chi Omega sorority house on the FSU campus. Bundy also is suspected in the deaths of up to 36 other women, most of them in the Pacific Northwest.

Customs, longshoremen join in drug fight

HALLANDALE - Shippers, longshoremen and the U.S. Customs Service came together Tuesday pledging an unprecedented joint effort to slow drug smuggling through American

"We'd like the drug smugglers to know that we're against them using the waterfront as a means of transporting drugs into this country," raid John Bowers, president of the International Longshoremen's Association.

Bowers said if ILA members are found participating with smugglers by failing to report concealed drug shipments, "my people will handle them pretty good without the help of the courts."

Customs commissioner William von Raab told a news conference at the Diplomat Hutel that his agency's improved efforts have not kept pace with drug imports. He said cooperation between shippers and the union always has gone on informally "but doing it on a publicly stated basis will cause a lot more cooperation."

Father says concern led to kidnapping

TAMPA - University of South Florida cancer researcher William E. Stewart II said in a telephone interview from his Texas jail cell he took his young daughter from state social workers last month because she was being abused.

"I was scared to death for my daughter's life," he told The Tampa Tribune Monday. "She was physically abused."

He did not elaborate on his allegations and Tony Edwards, spokesman for the Department of Health and Rehabilitative Services, said Tuesday agency officials "have no comment on that." Stewart, 49, is charged with illegally taking his daughter

Vivian from social workers during a visit at an HRS facility Dec. 8. Police said Stewart, taking advantage of a fire alarm, sprayed a disabling chemical in the face of social workers and fled with the child and his wife Kimberly Denmark. Denmark aurrendered herself 10 days later but Stewart

remained at large until Saturday when he was stopped for a traffic violation in Richardson, Texas, and it was discovered be

Vivian, who will be 4 on Wednesday, was placed in the custody of social workers in Texas pending her return to Florida

Patrol says older drivers need education

TALLAHASSEE - Nearly 1.3 million drivers over age 65 have never had drivers' education, a major reason elderly motorists trail only teenagers and people in their early 20s in traffic fatalities, officials said Tuesday.

"Four out of five Florida drivers over the age of 65 have never received any formal instruction in sale driving," said Florida Highway Patrol Director Bobby Burkett. "That's nearly 1.3 million drivers - one-seventh of the drivers on Florida's roads.

Though older drivers were involved in less than 9 percent of the accidents statewide in a 1987 study, they accounted for 11 percent of the fatalities. An elderly driver is four times as likely to die from injuries suffered in a traffic accident than is a younger driver, Burkett said.

Elderly pedestrians are also far more likely to die from traffic-related injuries than a younger person, with 25 percent of the pedestrian fatalities coming from the over-65 age group.

"Older drivers will be encouraged to apply newer safety practices to help insure a continued safe driving environment in the future," Burkett said.

From United Press International reports

NEWS FROM THE REGION AND ACROSS THE STATE

Violence in Miami again

United Press International

MIAMI - Racial violence crupted for a second day in Miami's black Overtown section Tuesday and apread to a second black neighborhood during the city's Super Bowl week. Gunfire killed one man and hit eight other people, and police arrested at least 250 people in an effort to quell sporadic looting.

Mayor Navier Suarez, in a televised appeal, urged calm Tuesday night and promised to appoint an independent review panel to investigate the police shooting that prompted two days of violence

"For the sake of our city, I appeal to every citizen, regardless of race, to stay calm, get off the streets, and stay in your homes," Suarez sald.

Police said a black man died in Liberty City after being shot once in the head shortly after 10 p.m. Metro-Dade County Police Detective Myriam Royle could not determine if it was directly connected to the spreading violence.

The mayor said National Football League representatives had met with Gov. Bob Martinez to discuss security for Sunday's Super Bowl XX!II in Joe Robbie Stadium, 15 miles from Overtown, but that he knew of no plans to call in the National Guard to help keep peace.

'The area of the Super Bowl is quite fur from this area." Suarez pointed out, "People will linve absolute safety going to the

a second black man died Tuesday from injuries in a police shooting that sparked rioting the day before. The Justice Department began a civil rights investigation into the incident. in which a white police officer fatally shot a black motorcyclist.

Seven people were wounded Tuesday by scattered gunfire in the black neighborhoods of Overtown and Liberty City. Police also reported a minor incident of rock-throwing in a black neighborhood near Coconut Grove, but most reports of violence were confined to Overtown and Liberty City.

Officer Eric Butler was shot once in Liberty City but was saved by his bullet-proof and he was not injured. His assailant was arrested, police said.

Police Chief Perry Anderson said officers were told to begin arrests at 8 p.m. EST. "We can't tolerate criminal activity," he said. "I think we've been very tolerant. We're trying to bring it around tonight, or as soon as we

The fourth outbreak of rioting in Miami since 1980 began Monday on Martin Luther King Jr. Day and came in the midst of Super Bowl week when the city hoped to burnish its national Image

In Liberty City, an unidentified man was shot about 7 p.m., and paramedics who tried to evacuate the man were fired on but none was injured police

Earlier in Overtown, a 19-year-old man was shot by a white motorist who was threatened as he drove through the area, police said. The uniden-The new disturbances came as tifled driver stepped out of his car after it was pelted with rocks and bottles and opened fire into a crowd, wounding Derrick

Mitchell in the right hip, police

Mitchell was listed in good condition at Jackson Memorial Hospital. The driver fled in his

car and was at large, police said. An administrator at Jackson also said a man in police custody was treated for a gunshot wound to the groin, and authorities said a 7-year-old girl was wounded in the leg. Police said late Tuesday another person was shot in the leg. Two others were wounded but no other details were avail-

Police barricaded streets in Liberty City and Martin Luther King Jr. Boulevard - the area's major thoroughfare - was shut down. A caravan of 11 police cars made periodic sweeps of the street in a show of force.

Liberty City residents stood on street corners watching for outbreaks of violence. There were reports of looting, and smoke was seen coming from a build-

Some residents said looters were not responding directly to the motorcyllat's death and instead seized the opportunity to steal goods. Many black merchants stood by their buildings, hoping to deter looters.

"(The looters) just want to steal. They were just waiting for a chance," said Lorene Fleming. the manager of a lounge in Liberty City.

Police spokeaman Sgr. Michael Mazur sald at least 250 people had been arrested in Tuesday night's rioting, most for looting. He said about 180 of the suspects had been booked and 70 were awaiting processing.

Justice looks at shooting

United Press International

WASHINGTON - The Justice Department opened a civil rights investigation Tuesday into the police killing of a black motorcyclist that set off violent rioting in Miami on Martin Luther King Day, a spokesman said.

Department officials also dispatched mediators to Miami's black Overtown neighborhood, where the shooting occurred Monday, in an attempt to calm racial tensions that triggered the fourth outbreak of burning and looting in the city this decade.

Department spokesman Mark Weaver acknowledged that acting civil rights chief James Turner had requested the FBI inquiry even as Miami officials attempted to spruce up the city's image in advance of Sunday's Super Bowl XXIII.

He said FBI agents began Tuesday morning to investigate the slaying of Clement Lloyd, 23, prompting his motorcycle to crash and critically wound his passenger.

"We've authorized the bureau to begin a civil rights investigation immediately," sald department spokesman Mark Weaver. "We're looking for potential violations of civil rights laws."

Refugees, drugs add to problems

United Press International

MIAMI - A new wave of immigrants welcomed to Miami coupled with continued protests of police injustice and a worsening crack cocaine problem created an emotional volcano that errupted Monday night in the Overtown area.

The death of a black motorcyclist being chased by white police officers in the predominantly black Overtown neighborhood ignited hours of rock throwing, looting and gunfire on the night of the Martin Luther King Jr. holiday.

"There has been this increased sense of isolation among blacks as the focus of public attention has remained on the influx of refugess," said Florida International University sociologist Marvin Dunn.

The city's black community, many believe, has been ignored while some 5,000 mostly Nicaraguan refugees flocked here and found food and shelter. Although they wait for work permits. numy refugees have found jobs, while unemployment among Miami's blacks remains high. Then you throw in the fact that's

there's a \$1 billion building boom in their

area and they live in object poverty," said Bernard Dyer, publisher of the Miami Weekly. "That's enough to aggravate anybody.

Overtown's poor live within a "stone's

throw" away from the city's new \$54 million Miami Arena, home of the Miami Heat professional basketball team. Dyer and Jerry Rushin, vice president of WEDR, a black radio station, said a

growing crack cocaine problem also contributed to beightened emotions in City and community leaders agree

similarities exist between the 1980 outburst and the latest incident.

Martinez, Henderson discuss budget woes

United Press International

TALLAHASSEE - Gov. Bob Martinez praised Transportation Secretary Kaye Henderson following a two-hour discussion Tuesday of an unfavorable audit. but assigned his own budget aides to monitor the agency's spending.

"Mr. Henderson's done an excellent Job building roads. That's what's needed," Martinez said.

But the governor said his own Office of Planning and Budget will examine the work of Department of Transporation staff wrestling with a cash flow crunch that will delay projects

The shortfall is expected to grow to nearly \$900 million in the next six years.

Legislative Democrats have claimed the administration is trying to force them to take the politically risky step of seeking a gasoline tax increase to bail out the department. Martinez and Henderson said no gas tax rises are envisioned.

Both officials said problems outlined in a report released last week by the state auditor general existed before the administration took office in 1987.

But the problems became noticable only after the deworth more than \$100 million partment began an efficiency

program to reduce long delays between the time projects were planned and completed, they

There had been speculation

Henderson's job was in Jeopardy. but Martinez said he was mostly satisfied with his accretary's performance. Everyone wants the dramat-

te, kick him in the rump. That didn't happen," said Brian Ballard, a top aide to the gover-"He hired a problem solver

and he's got one," said Henderson. "I'm going to hang in until I solve" the budget crunch.

The audit detailed numerous problems, including tack of coordination between officials

overseeing construction and those monitoring spending.

Henderson said his aides were aware of many of the problems and were working on solutions. He said a more detailed report on the agency's budget problems would be prepared by Feb. 3.

In a letter delivered to Martinez, Henderson said more projects were completed in the first six months of the current budget year than in an entire year under the old system.

"I will not shirk responsibility for mistakes and errors in procedures and management," he wrote. "The cash flow shortfall would not have been as severe had our forecast been more accurate.

LOTTERY

The dally number Tuesday in the Florida Lottery CASH 3 game was

[]Straight Play (numbers in exact proef): \$250 on a 50 cent bet, \$500

LiBox 3 (numbers in any order) \$80 for a 50-cent bet, \$160 on \$1. Box 5 (numbers in any order) \$40

for a 50-cent bet, \$80 on \$1. Straight Box 3: \$330 in order drawn, \$80 in any order on a \$1

Straight Box 6 \$290 in order drawn, \$40 if picked in combina-tion on \$1 bet.

Sanford Herald

(USPS 461-200)

Wednesday, January 18, 1989 Vol. 81, No. 127

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THE WEATHER

LOCAL FORECAST

north at 5-10 mph.

north at 5-10 mph.

mtd 40s.

in the low 70s. Winds will be

variable, but mostly out of the

Tonight... Clear skies with a

low temperatures in the upper

40s. Winds will be from the

a high in the low 70s. Winds will

be from the northeast at 10-15

Extended outlook...Generally

fair weather turning cooler Sat-

urday. Lows Friday morning

from mid 40s north to low 50s.

Lows Saturday morning in the

Finrida 24 hour

FLORIDA TEMPS

emperatures and rantall at 7 a.m.

MIAMI (UPI)

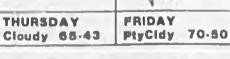
EXTENDED OUTLOOK

FULL

Jan. 21











BEACH CONDITIONS

Daytona Beach: Waves are 2 feet and choppy. Current is to the south with a water temperature of 64 degrees. New Smyrna Beach: Waves are 2 to 3 feet and scini glassy. Current is to the south, with a water temperature of 66 degrees. Sun screen factor:

TIDES

WEDNESDAY: SOLUNAR TABLE: Min. 1:50

SATURDAY

Cloudy 91.72

a.m., 2:10 p.m.; Maj. 8:00 a.m., 8:30 p.m. TIDES: Daytona Beach: highs, 5:06 a.m., 5:22 p.m.; lows. 11:30 a.m., 11:16 p.m.; New Smyrna Beach: highs, 5:11 a.m., 5:27 p.m.: lows, 11:35 a.m., 11:21 p.m.; Port Canaveral: highs, 5:26 a.m., 5:47 p.m.

BOATING

St. Augustine to Juniter Inlet -Today wind variable 5 to 10 kts. Seas 1 to 3 ft. Bay and inland waters light chop. A few showers extrem south part.

Tonight ... wind west to northwest 10 kts becoming north 15 km inte tonight. Sens 2 to 3 ft building to 3 to 5 ft late tonight but higher in the gulf

STATISTICS

SUNDAY

PtyCldy 66-52

The high temperature in Sanford Tuesday was 77 degrees and the overnight low was 54 as reported by the University of Florida Agricultural Research and Education Center. Celery

MONDAY

PlyCldy 83-64

There was no recorded rainfall during the 24-hour period ending at 8 a.m. Wednesday. The temperature at 8 a.m.

today was 56 degrees and Tuesday's overnight low was 56. an recorded by the National Minnessuin po Weather Service at the Orlando International Airport.

Other data

Monday shigh78 Barometric pressure..30.25 Relative humidity 93 pct Winds.....North, 7 mph □Today's sunset.....5:53 p.m. Temerrow's sunrise.....7:19 Washington pc

NATIONAL TEMPS

City & Ferecast

Albuquer que sy Anchorage fy Asheville sy Allente sy Billings w Birmingham pc Blemarch pc .02 Besten pc 41 22 Chicago pc Cleveland cy Dallag pc Dos Moines sy Detroit cy Dulyth cy 31 Fargo pc 12 Agraduly sy Houston sh Indianagers po Kansas City sy Las Voges sy Little Rock pc Los Angeles sy 17 Laury ville pc Memphis pc Milwoukee pc 33 36 33 47 36 Nashville pc Hew Orleans cy Objehume City by 10 14 41 77 46 40 40 41 Philodolphia sy Pertland Ore. cy. St. Lovis pc. Seattle cy

POLICE BRIEFS

Two arrested for golf course vandalism

SANFORD - Two 18-year-old Sanford men face felony criminal mischief charges for allegedly damaging the Mayfair Golf Course with their vehicles.

The latest damage, estimated at \$5,000, was discovered Monday. One of the the ts was charged for \$1,000 damage done to the same golf course Dec. 17.

Arrested were Jerry Duane Oakley, 18, of 3202 Orlando Drive #803; and Russell Paul Kitner, 18, of 129 E. Woodlawn Sanford Police Chief Steven Harriett said police received tips

from Seminole High School classmates of Kitner, which helped They also found grass residue on Kitner's Chevrolet Blazer.

The grass. Harriett said, was consistant with that on the golf Police said there were three passengers in Kitner's vehicle

when he allegedly took a joy ride on the golf course. Charges may be pending against at least one other suspect. Oakley is accused of driving his Chevrolet Impala onto the

greens Dec. 17, causing \$2,000 in damage. Bond for each suspect is \$1,000.

Polica searches bring narcotics arrests

SANFORD - Six persons, including a 71-year-old man, were arrested on narcotics charges at about 6:30 p.m. Tuesday. James Williams, 71, of 111 Castle Brewer Court, was charged with sale and delivery of cocaine, two counts of possession of cocaine, and possession of marijuana, after

narcotics were found in a search of his house. Bong is \$2,000. Charged with possession of cocaine and drug paraphernalia during a search of 110 Castle Brewer Court, were Bernard Collier, 33, of 1788 S. Bell Ave., Sanford; and Amelia Ingram, 33, of 69 Castle Brewer Court. Bond is \$2,000 each.

Katle Louise Jones, 36, of 53 William Clark Court, was charged with sale and delivery of cocaine and possession of cocaine after her house was searched, following an earlier sale of crack cocaine to an agent.

At that same location, Edwin Holt, 30, of 917 S. Holly Ave., Sanford; and Wilbur Fred Muller, 22, of 220 Tuskegee St., Sanford, were both charged with possession of less than 20 grams of marijuana. Holt is held without bond.

Jail quard reports battery

SANFORD - A man who allegedly kicked and punched a Seminole County jail guard at the jail at about 11:50 p.m. Tuesday has been charged with battery on a corrections officer. Seminole County sheriff's deputies arrested Michael Charles Maguire, 27, of Orlando, at the jail. Bond in this case is \$1,000.

Man arrested for auto burglary

SANFORD - A man who allegedly threw a tool box and hit a victim when the victim confronted the man who was burglarizing his car, was captured nearby after Sanford police were called to the scene.

After allegedly throwing the tool box at Richard Hamelin. police said, Timothy L. Robinson, 26, of no address, ran from the scene behind the Electic Avenue Game Room, U.S. Highway 17-92.

Police captured Robinson at the nearby Mr. Donut. He is also accused of burglarizing the car of John C. Aikens, at the same Electric Avenue location, at the same time - about 11 p.m. Tuesday, police said.

Robinson is charged with two counts of burglary to a vehicle. grand theft and aggravated battery, Items stolen from both victims cars were recovered from the vehicle Robinson was driving, police said.

Woman arrested on DUI charge

SANFORD - The following person faces a charge of driving

under the influence in Seminole County:

 Ann Marie Holloway, 23, of 2514 Sanford Ave., Sanford, was arrested at 1:50 a.m. today after she was seen driving on U.S. Highway 17-92. Sanford, with her car's headlights turned off.

Prosecutors review videotape of alleged racial abuse by police

United Press International

LOS ANGELES - At the request of the Long Beach Police Department, county prosecutors have started a review of a videotaped weekend incident of alleged police brutality and racism, officials said Tuesday.

Assistant District Attorney Curt Livesay, the No. 3 official in the District Attorney's Office, said prosecutors would try to determine whether Long Beach Officer Mark Dickey used excessive force in arresting Don-Jackson, a black activist and Hawthorne police officer.

The Saturday evening arrest was secretly videotaped by a news crew from NBC's "Today Show" as part of a sting operation engineered by Jackson and his supporters to demonstrate rampant abuse of minorities by Long Beach police.

The videotape shows Dickey pushing Jackson up against a store window, which shattered Police say Jackson's right elbow broke the window, but Jackson says his head shattered the

Dickey, who has been taken off active duty is then shown throwing Jackson onto the police car's hood

Livesay said Long Beach Acting Assistant Chief Eugene Brizzolara contacted prosecutors Monday and asked that the district attorney's special investigations division review the

We will be reviewing all in wait for blacks.

reports, the videotape and any other information we can obtain to determine if an investigation is appropriate into allegations of excessive force," Livesay said.

The review, which will be conducted by Deputy District Attorney Herb Lapin, is a precursor to a full-blown investigation, Livesay said.

videotape shows Dickey and his partner, Mark Ramsey, stopping his rented car for no apparent reason less than three minutes after the vehicle, driven by prison guard Jeffrey Hill, who is also black, entered Long Beach.

Jackson said that when he got out of the car to ask why he and Hill were being stopped, he was cursed at, manhandled and beaten by Dickey.

Police said Jackson was belligerent, jumped out of the car and confronted Dickey after the vehicle was stopped for straddling traffic lanes.

Jackson was booked on suspicion of using offensive words, challenging an officer to fight and obstructing arrest. He was released on his own recognizance pending a Jan. 25

court appearance. Jackson said Monday that because of the beating, he was suffering severe back and neck pain, numbness in his shoulder and a loss of feeling in his right

hand from tight handcuffs. He said the "sting" was prompted by reports of officers lying

EMERGENCY CALLS

TUESDAY

•8:27 a.m. - 26 Higgins •3:16 p.m. - 519 E First Terrace, medical call, girl. 12. St., medical call, woman, 73, transported in private vehicle. transported. ◆ 11:58 a m - 2770 Ridgewood Ave., medical call. Central Florida Regional Hos-

• 3.15 p.m. - 25th Street and Princeton Avenue, trautna. woman, 78, woman, 77; man, transported.

•3:36 p.m. - behind 808 man, 76, transported to Bay Ave., trash fire, out on

WEDNESDAY

●6 24 a.m. - 910 W. 11th Injured not transported were St., medical call, man, 55,

Land owners discuss annexation

By LAURA L. SULLIVAN Herald staff writer

SANFORD - Nearly 200 Seminole County residents met with the city director of engineering and planning last night to discuss details of a program to annex properties surrounding the city

Bill Simmons, city director of planning and engineering, told the residents Project Annexation Outreach was authorized by the city commission to help the city plan for what services will be needed in the next 20 years. The city hopes to square off boundaries and to get rid of enclaves created by previous annexa-

Jagged boundaries and enclaves create dilemmas for fire and police agencies, he said. Annexing the outlying areas would help clarify jurisdictions for city and county agencies.

Annexations through the pro-

water, and sewer services to some areas of the county. Simmons said.

About 140 requests for annexatton have been made under the program to date. Simmons said. The city distributed a letter Dec. 27 to land owners of 6,500 parcels not incorporated by either Sanford or Lake Mary.

Simmons, upon hearing arguments from several Midway residents, expressed concerns about the city providing services to Midway parcels that may be "I don't feel it is appropriate to

bring in an area such as all of Midway with its multi-million dollar deficiencies." Simmons said, if existing Sanford residents will have to pay to improve roads and drainage.

Simmons suggested that community development block grant funds could be used to a

Midway area up to standard. He estimated that "it will take 10 years - under whatever jurisdiction those areas remain - to bring them up to desired

levels." The city has not been able to provide sewer service to Midway because several pump and lift stations are needed in the area. We need to be sure drainage water has a place to go and that wastewater that is collected has a place to go," Simmons said.

The city has offered a package of incentives to sweeten the annexation offer for those who apply before Feb. 1. For landowners who have not developed their property, the city will waive the \$150 annexation fee for applicants who submit before the deadline.

For owners of developed land in the county, the city will waive existing open space fees and allow time payment of utility

ject would also improve paving. further extent to bring the impact fees at 10 percent per annum interest. The \$650 water impact fee fa. family home may be paid over a five-year period, amounting to \$13.81 added to the monthly service bill. The \$1,700 wastewater impact fee may be paid over a ten-year period. equalling \$31.06 per month.

Impact fees are required to fund construction of new water and sewer lines needed in annexed areas, and to increase the capacity of the water and sewage treatment plants. Simmons said

If the city is unable to annex an applicant's land immediately because surrounding neighbors do not annex, the city will keep the application on file and offer the same waivers when the land can be annexed.

Under the Florida Voluntary Annexation Act. the city may not annex any properties without the landowners' request.

Fred Cooper, 58, dies of cancer

Fred H. Cooper, editorial page editor of the Sanford Herald, author of the newspaper's award-winning weather column. and executive secretary of the Florida Sports Writers Association, died at his home Tuesday.

Despite suddenly deteriorating heaith, Cooper, 58, reported to work dally until shortly before Christmas when weakness forced him to a hospital for an examination The diagnosis included cancer.

Cooper led a versatile life and pursued many personal and professional interests, He was known as a folksy, easy-going fellow with a cheerful outlook on

He was born in Pontotoe, Miss. and earned degrees from Tulane University in New Orleans and American University in Washington, D.C.

He was a pilot; he was fond of history and literature: he was a student of business and finance. In the U.S. Army, he served as a psychological warfare writer.

in 1972, he served as vice chairman of the state board of missions for the Florida Baptist

In addition to his newspaper career, which included positions on the New Orleans Times-Picavune, the Washington Star, the Sarasota Herald-Tribune and an affiliation with the Associated Press, he was director of information services and publicity for 15 years at Stetson University in DeLand.

See eulogy on Page 4A.

He joined the Sanford Herald in 1985 after leaving Stetson.

He wrote a popular daily column about the weather that was sprinkled with humor and Biblical and literary references

His varied interests served him. well as the editor of the editorial page for which he wrote and edited editorials and columns on local, state national and international issues.

Couper was known to athletes. coaches, sports writers and editors around the state and he played a key role in development of the Florida Sports Hall of Fame in Lake City

Despite his illness, he maintained his interest in the project in his final days. He was a significant force in

the development of the Central Florida Press Club. Cooper is survived by his wife.

Shirtey Jo, and two sons, Chip. of Orlando, and Joey, of New Caanan, Conn. A memorial service is sched-

uled for 1:30 pun. Friday at the College Park Bintist Church, 1914 Edgewater Dr., Orlando. In lieu of donations, the family

suggests contributions be made to Hospice of Central Florida, Suite 112 500 Winderly Place, Mattland, 32751, or the Florida Sports Hall of Fame Foundation. P.O. Drawer 1847, Lake City,

Mayors demand help for hungry, homeless

United Press International

WASHINGTON - Boston Mayor Ray Flynn said Tuesday President Reagan leaves a legacy of hunger and homelessness in the nation's cities but that the incoming Bush administration has an opportunity to reverse the trend.

Tam optimistic that President-elect George Bush. working with Speaker Jim Wright and our new Senate Majority Leader George Mitchell, as well as with the next HUD (Housing and Urban Development) Secretary Jack Kemp, will provide the national leadership necessary to provide real help for our neediest Americans," Flynn told a news conference as the U.S. Conference of Mayors openned its annual midwinter meeting.

Flynn, a Democrat who heads the mayors' task force on hunger and homelessness. made his remarks as he released a survey of 27 major cities finding demands for food assistance and shelter were growing in a majority of

"We mayors want to work with our next president to end what he has called our 'national crisis' of homelessness," Flynn said, noting Bush has already pledged "full funding" — \$250 million - for legislation aimed at the homeless problem-

When asked if Bush, given

the budget deficit, could make good on his campaign promises on homelessness and other urban issues. Flynn said. Bush "would totally lose face with the American public if he does not deal with the problem of homelessness."

"During the past year, requests for emergency shelter increased by an average of 13 percent across the survey cities," the report said. It said requests for emergency food assistance "increased in 68 percent of the responding cities, by an average of 19 percent."

The survey results showed that's quarter of the homeless. in surveyed citles are children.

Apart from homelessness, the report also said that demand by low-income people for assisted housing increased In 88 percent of the responding cities - on average by 43 percent and no city reported a decreasing demand.

The findings parallel results released last week of a separate survey by the National League of Cities in which municipal officials warned that while they expect to see economic growth, the lack of affordable housing could hinder that growth.

In its new report, mayors reported that the average wall for a family seeking assisted housing is 21 months and in-63 percent of the survey cities, the waiting lists have been closed

Bentsen's father, 95, dies in auto accident

United Press International

EDINBURG, Texas - The 95-year-old father of Sen Lloyd Bentsen, D-Texas, was killed in Jackson, 30, claims the an automobile crash Tuesday when he pulled into the path of another car on a rural road in South Texas, authorities said.

Lloyd Bentsen Sr., introduced to much of the nation when he campaigned for his son's vice presidential bid last year, was pronounced dead at the scene of the wreck about 5 miles west of Edinburg, not far from his large estate in Mission. Two people in the other car were injured and hospitalized.

Mike Cox, a spokesman for the Texas Department of Public Safety, said Bentsen was alone in his car and heading north on Farm to Market Road 404. He was seen stopping briefly at a stop sign before starting to crosb State Highway 107 and then was struck on the passenger side at about 7:20 a.m. CST.

'It was reported by troopers at the scene that Mr. Dentsen ianed to yield the right of way at a stop sign," Cox said

The second car was driven by Ramiro Rosales, 22, accompanied by his sister, Margarita Rosales, 19, both of Mission. authorities said. Administrator Thomas

Symonds at Mission Hospital said the driver was treated and would be released later Tuesday. His sister, listed in stable condition, suffered a facial injury and will require surgery. Symonds

Bentsen Jr learned of his father's death at about 10.30 am EST, when he returned to his Senate office after introducing fellow Texan James Baker to the committee weighing Baker's nomination to be secretary of state. Spokesman Jack Devore said the senator had no comment and had arranged to fly

The Virgil Wilson Funeral Home in McAllen was chosen to

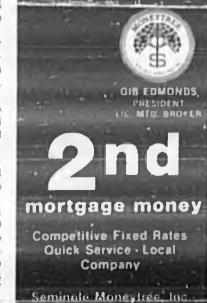
handle arrangements, and the McAlien medical examiner's office was to perform an autopsy.

Bentsen Sr., who founded a sprawling farming and real estate business in the Texas Rio Grande Valley, had been introduced to many Americans in person or on television last year when he campaigned actively for hts son despite his age and made an appearance at the Democratic National Convention in Atlanta.

Gov. Bill Clements said Tuesday, "Mr. Bentsen was a great Texas entrepreneur who contributed much to the people of our state, particularly those in South Texas Rita and Lexpress our deepest sympathy to the Bentsen family.

Originally from White, S.D., Bentsen Sr. moved to South Texas on military assignment in 1917 and returned after World War I to seek his fortune.

Cavazos said her boss occasionally was frustrated with reporters who flooded the valley.



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EDITORIALS

A eulogy for Fred Cooper

Men are dreamers, dreaming of the best they will accomplish and the greatness they will achieve. The dreams occur in

Fred Cooper was a dreamer.

Few men, however, truly make a difference and fewer still move mountains.

Fred Cooper is different; he was a mountain. That is why he will be remembered. Mr. Cooper, the editorial page editor of the Herald, died Tuesday of cancer.

A man wants to leave something behind when his time comes; he wants to be

remembered for something worthwhile.
There are, of course, Mr. Cooper's tangible achievements: two academic degrees, career mileposts at large newspapers such as the Washington Star in the nation's capital, and in academic administration at Stetson University; a lay leader in the state Baptist Convention; an officer and catalyst in a statewide journalism association, and more, including awards for his writing.

But it is in the intangibles, in the nuances of life, that the measure of a man sometimes comes into sharpest focus and reveals the most distinguished, memorable aspects of his character.

Mr. Cooper's legacy is his indefatigable spirit: bountiful joie de vivre, infectious optimism and disarming wit, as well as his compassion and fairness.

So consistent was he in his outlook and conduct that it amounts to an excellent model of decency. It was evident in his words and deeds. It echoed from his folksy columns, as well as from the serious editorials he wrote on this page, and was reflected in his cheerful relations with his family, friends and professional and casual acquaintances.

Mr. Cooper was far too gentle and modest a man to have boasted as did Cyrano de Bergerac. But he epitomized his romantic

To sing, to laugh, to dream,

To walk in my own way and be alone, Free, with an eye to see things as they are, A voice that means manhood — to cock my

Where I choose — At a word, a Yes, a No. To fight - or write. To travel any road Under the sun, under the stars, nor doubt If fame or fortune lie beyond the bourne. Never to make a line I have not heard In my own heart; yet, with all modesty. To say: "My soul, be satisfied with flowers, With fruit, with weeds even; but gather

In the one garden you may call your own." So, when I win some triumph, by some chance,

Render no share to Caesar - in a word. I am too proud to be a parasite. And if my nature wants the germ that

Towering to heaven like the mountain pine. Or like the oak, sheltering the multitudes, I stand, not high it may be, but alone!

What Fred Cooper quietly symbolized does tower as dynamic and dramatic as a mountain.

It is what remains alive It is what will endure.

It is the stuff that inspires dreams

It is the stuff that can move mountains. That is what makes the difference.



ROBERT WAGMAN

Fledgling legislators test their wings

WASHINGTON - With 99 percent of November's congressional incumbents re-elected, you might expect the 101st Congress to be much like its predecessor.

But from all indications, this new Congress may end up very different.

Over the past six years, in both chambers. there has been a gradual generational shift as long-serving members retired and younger legislators assumed power. If anything, this trend has accelerated.

The most striking example is the selection of Maine's George Mitchell as Senate majority leader, succeeding Robert Byrd of West Virginia who gave up the leadership post after 12 years.

Mitchell, 55, a former federal judge who was first appointed to the Senate in 1980 to fill an unexpired term, has risen faster than any senator since Lyndon Johnson in 1953.

He won in great measure because of the support he received from the 11 Democrats first elected in 1986 - and from the five elected for the first time last November. Together these two groups of fledgling senators represent 30 percent of the Democratic majority. Mitchell responded to their support by naming several to key committee assignments and others to key sea's on administrative committees

While Rep. Jim Wright, D-Texas, was re-

elected speaker of the House, several younger members including Reps. Bill Gray, D.Pa., and Tony Coelho. D-Calif. - selected, respectively, as Democratic caucus chair and majority whip will probably have considerably more power in

the new Congress, especially if Wright's prestige is damaged by an ongoing ethics investigation.

Two of the most important issues facing Congress in the coming months will be the budget and the savings and loan crisis. The key committees addressing those issues will be led by new chairmen.

Sen. James Sasser, D-Tenn., and Rep Leon Panetta, both considered rising stars, will head the Senate and House budget panels. Both men are moderate to liberal and will play key

but conservative Republicans appear to be spoiling for a

fight.

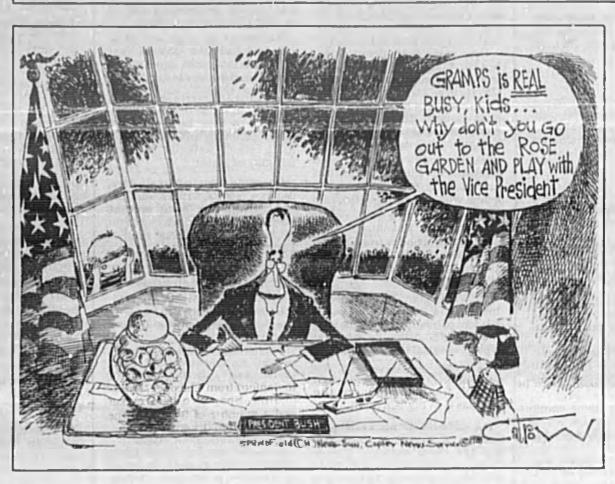
the new administration over how to attack the deficit

It had been expected that longtime House banking committee head, Rep. Fernand St Germain, D-R.I., would be the key Capitol Hill player in the S&L ballout. But his unexpected defeat has thrust Rep. Henry Gonzalez of Texas into the role. Gonzalez, now in his 15th term. seems particularly unprepared for this task.

Likewise in the Senate, with the retirement of longtime banking committee chairman Sen. William Proxmire, D-Wisc., the chairmanship falls to Michigan Democrat Donald Riegle. He will probably take a greater leadership role in the financial institutions area than Gonzalez, but no one is sure where he stands on some critical questions concerning S&Ls.

In the 100th Congress, much was accomplished because the GOP worked closely with the majority to forge consensus legislation on numerous issues. But it looks like the 101st Congress, especially the House, is going to be a much more contentious place.

While George Bush has held out the olive branch to the Democratic leadership, conservative Republicans have assumed power on the minority side in the House, and they appear to be spoiling for a fight.



DAVID S. BRODER

The goods and bads of Reagan

Even the oldest living Americans can recall only three Presidents who served at least two terms and left office still held in high regard by most of their fellow-citizens: Franklin D. Roosevelt, Dwight D. Eisenhower and now Ronald Reagan. For the 113 million Americans under 30, Reagan is unique in that regard.

That simple achievement is one unchallengably positive part of the legacy of the retiring Chief Executive. After more than a generation of presidential tragedies, scandals and disappointments. Reagan showed that the job could be done - that it would not inevitably overwhelm, devour or diminish

anyone who undertook it. That achievement, though simple, was not easily accomplished. Often he seemed to be foundering as his predecessors had done. Leafing through the files of newspaper and magazine stories assessing Reagan's performance at various times during the past eight years, a large majority (including most of my own) are critical in character, pessimistic in tone. The same is true of the shelf of Reagan books by journalists and administration insiders, featuring titles or subtitles like "Gambling with History," "Why the Reagan Revolution Failed," or "The Unmaking of the President 1984-1988 "

He defled the prophet of doom, as he triumphed over a would-be assassin's bullet. over cancer and the effects of his advancing age. The tenacity with which he clung to his views and the resiliency with which he fought off severe setbacks - the worst economic downturn since the Great Depression, the bombing of the Marine barracks in Lebanon the personal scandals that plagued so many of his aides, the rejection of Supreme Court nominees, and all the rest - can be seen in retrospect as a significant contribution to the nation's revived self-confidence.

He was not a Teflon President: The effects of the disclosure of the secret arms sales to Iran on his personal reputation are still visible in the polls two years later. But he was tough and confident, and he was not puffing when he said in his Farewell Address that he has helped lift the nation's spirits. The Gallup Poll measuring general satisfaction/dissatisfaction with they was things are going in the United States went from a majority of 78 percent feeling dissutisfied at the start of Reagan's tenure to 56 percent feeling satisfied at the

Beyond that, individuals may honestly differ in their judgment on Reagan's impact. The six-year stretch of unbroken, noninflationary economic growth which Reagan calls his proudest achievement is described by George Will, in an inclaive Newsweek essay on his Whim House friend, as "a debilitating feast,"

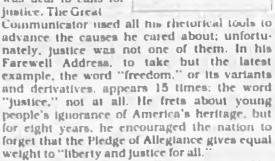
force-fed by huge budget deficits that

"mortgaged much of our future vitality." I share that view, but the legacy of deficit spending can be overcome if prosperous Americans accept a slightly reduced standard of living and the necessity of paying the bills Reagan postponed. More worrisome to me is the damage half a generation of young Americans has suffered as a result of Reagan policies which widened the gap between rich and poor, between whites and minorities.

History will not deal kindly with his administration's deliberate efforts to slow

down or reverse the two previous decades of steady progress in reducing poverty and discrimination. It was not just Ed Meese and Brad Reynolds pushing Justice Department lawyers into court battles to reopen settled issues of civilrights enforcement. It was Reagan himself signaling moral indifference to the struggle for equality.

He was neither heartless nor blased personally, but he was deaf to calls for



But there have been offsetting gains. The appraisals of the Reagan presidency give due notice to the peaceful character of the world scene as he departs and the dramatic improvment in U.S. Soviet relations, for which he must share plaudits with Mikhail Gorbachev and others.

Less has been made of the revolution in American domestic policy, for which Reagan can claim full credit. To a greater extent than almost anyone thought possible, he has achieved his long-cherished goal of shifting the initiative and responsibility for domestic programs out of Washington and back to the states and cities.

VINCENT CARROLL

How a kinder, gentler nation should behave

It's nearly official. Soon we enter the kinder, gentler era promised last summer by a rhapsodic George Bush. Why, even Congress appears disposed to new-found good As always, though, talking about a new era

ts easy. The proof will only surface in actual policy. For example:

• Education. Nothing is crueler than consigning millions of urban kids to lives of functional illiteracy. yet that is what American public

schools do today. Middle-class kids fare better, of course, but even they learn scandalously less than their counterparts in advanced countries around the world - especially in science and math.

A kinder, gentler Congress will recognize that public schools require structural reform. not merely another shower of money. Our schools already ingest more of the gross national product than does edu-



cation in most countries. And we spend more today per student than we did in 1980 when the supposedly mean-spirited Reagan era began.

Child care. A kinder, gentler Congress will not favor one form of child care over another. Rather than directly subsidize regulated day-care centers, it will instead assist all parents with young children through expanded tax credits.

With such credits, families would receive the same benefit whether they sent their kids to a franchised day-care center or a church program, arranged to leave them with neighbors or relatives, or, for that matter, kept them at home with one parent.

The most popular child-care proposal in last year's Congress was neither kind nor gentle. It was a discriminatory bill favoring model yuppie families. Worse, it would have further undermined the role of parents in child-rearing while boosting the role of institutions.

 Housing and the homeless. A kinder, gentler Congress will ignore calls for the federal government to finance more lowincome housing which lines the pockets of developers and bankers while creating instant slums. Government doesn't grow food to help the hungry; it gives them food stamps. It should assist those who need housing through expanded use of housing vouchers.

Better yet, Congress could threaten to end housing subsidies to communities in the process of liquidating their housing stock through such perverse policies as rent

Regulation. Airline, trucking and telecommunications deregulation have saved consumers tens of billions of dollars. A kinder, gentler Congress will search out other areas of the economy to unchain it will start by loosening Depression-era restrictions on commercial banks. Meanwhile, it will repudiate a host of well-meaning proposals whose main effect would be to shrink the Jobmarket - such as a bill ordering private firms to provide 10 weeks of parental leave.

 Taxes and private savings. It's time tax policy strengthened incentives to save rather than stifled them. A kinder, gentler Congress will authorize tax-free accounts in which parents can save for their children's college education. It will also index the capital gains tax so inflation doesn't strip investments of their accumulated value.

Admittedly, many people who extol Bush's vision of a kinder, gentler nation resist the policies outlined here. They prefer the false political kindness often practiced in the past, one in which the state limits choices rather than enlarges them and seizes additional private earnings rather than fostering productivity and independence.



Stocks open higher

United Press International

NEW YORK - Prices opened higher Wednesday in moderate trading of New York Stock Exchange issues as buyers returned to the market after a two-day absence in spite of news of a sharper-than-expected hike in the trade deficit.

The Dow Jones industrial average, which fell 10.00 Tuesday, was up 2.50 to 2217.14 shortly after the market opened.

Advances led declines 422-269 among the 1,167 issues crossing the New York Stock Exchange tape. Early turnover amounted to about 7.590,000 shares.

Before the market opened, the government sald the seasonally adjusted U.S. merchandise trade deficit widened to \$12.51 billion in November, up sharply from \$10.3 billion in October and the largest gap since June.

Most analysts had expected a widening of the deficit to around \$11 billion.

Ralph Bloch, senlor vice president and chief market analyst at Raymond, James & Associates in St. Petersburg sald Wednesday that a trade gap figure significantly higher than the expected \$11 billion would fuel concerns that the Federal Reserve will hike Interest rates to curb spending.

Dollar drops sharply

United Press International

The dollar was sharply lower in early New York trading Wednesday following a larger-than-expected Commerce Department report on the nation's trade picture. Trading was described as

The nation's trade deficit widened to a seasonally adjusted \$12.5 billion in November, up sharply from \$10.3 billion in October and the targest gap since June, the Commerce Department re-

Money market analysts in New York said they expected the November trade gap to be around \$11.3 billion.

Dow Jones

Dow Jones Averages

10:00 a.m. 30 Indus 2208.04 off 6.60 20 Trans 1000.65 off 3.73 15 Utils 189.13 up 0.18 65 Stock 843.74 off 2.21

Before the trade report was released the dollar was higher on major foreign currency

In Tokyo, the dollar strengthened alightly against the Japanese yen in slow trading, closing at 127.90 yen. up 0.20 from 127.70 yen on Tuesday.

Gold And Silver

NEW YORK (UPI) -- Foreign and domestic gold & silver prices quoted in dollars per troy ounce Wednesday: Gold

London Previous close 402.25 up 0.75 Morning flxing 402.85 up 0.60 Hong Kong 403.00 up 0.25 New York

Comex anot gold open 403 00 up 0.30 Comex spot silver open 5.924

off 0.02 (London morning fixing change is based on the previous day's closing price.)

Local Interest

These quotations provided by members of the National Association of Securities Dealers are representative inter-dealer prices as of mid-morning today. Interdealer markets change throughout the day, Prices do not include retail markup or markdown.

	RIG	Ask	L
American Pione	er 314	3%	ı
Barnett Bank	34	3414	ı
First Union	20%	20%	ı
FP&L	204	3014	l
Fla. Progress	34%	3414	ı
HCA	46%	4614	l
Hughes Supply	17%	17%	ı
Morrison's	2314	2334	l
NCP Corp.	5436	5414	l
Pleasey	39	401/2	l
Scotty's	1234	1214	l
Southeast Bank	2214	22%	l
SunTrust	20%	2034	l
Walt Disney	68	6814	l
Westinghouse	524	52%	l
Brunswick	1814	1814	
HBJ	916	914	
Fla. National	16%	164	
Winn-Dixle	4436	44%	
Emerson	.30%	30%	

Citizens-

Continued from Page 1A

neurological disease," Berger said. "These patients lose the ability to work and care for themselves."

Whigham's family and friends know this to be true, as they watched a young man's friendly, but forceful personality turn doctle -- childlike. At times, he even scrambled to recall his wife Sally's name, and the names of his close friends and family. Some feel they lost Whigham twice, when a virus ravaged his brain, and when he died.

Already they have contributions totaling \$1,850 - the majority of which came from Sally - and an agreement by Sen. Bud Gardner to file a bill in the Legislature to seek matching funds of up to \$1.5 million. Help also came from Sanford's First United Methodist women and youth groups.

Whigham's brother, John, said the group will challenge others not only in their own community, but throughout the state to educate their citizens and create awareness of the

In this county, 47 cases of AIDS have been reported to date. In 1988, 15 cases were filed. According to the Seminole County Public Health Unit, of those 15, three were through Continued from Page 1A sexual contact, seven through homosexual contact, two because of intravenous drug use. and two due to bloud transfusions. Berger says the real figure is likely to be 10 times higher. And no one is immune. Whigham is a prime example of that. He received AIDS through a blood transfusion. The chances of its happening are slim, but they exist.

'Nationwide the odds are one in 50,000 of becoming infected through transfusion," Berger said, "Of course some pockets of the country may be higher than otheru - Miami, San Francisco, New York, But, It is stated that this country everyday, so if the figure is correct that means one person a day is becoming infected.

Berger : research into AIDSrelated neurological illnesses was awarded a \$3 million grant from the National Institutes of Health. The project, started in April, involves a five-year study of 200 people tested positive for the AIDS virus, but showing no Sanford 32771.

50,000 units of blood are used in symptoms. A control group with persons of similar age, sex, race and other characteristics, who are not infected with the vinus will also be recruited and followed.

Contributions may be made by sending checks made payable to the Thomas E. Whigham Fund/University of Miami, in care of Clements Whigham CPA. 541 N. Palmetto Ave., Sutte 104,

Murders-

Continued from Page 1A

ford. After that, Garver said, police may reveal the cause of death. There was no sign of forced entry to the house and nothing missing except Mrs. Olson's car and their son.

Neighbors were questioned by police and reported not seeing or hearing anything out of the ordinary, Garver said.

Co-owner of the Ovledo Inn. Marilyn Kiester, said she last saw 56-year-old Mrs. Olson Friday night when the Olsons had dinner at the inn. Mrs. Olson, who worked at the inn for almost 12 years didn't show up for work Monday as scheduled, Klester

said. Kiester has co-owned the restaurant for just over one year. "This is a great shock."

Kiester said. We can't make any

sense of this senseless act." She remembers Mrs. Olson as "a great, wonderful friend A super worker, always lending a hand. We're a very close family, a restaurant family here. We

Mr. Olson, 60, who was a retired security guard who worked part-time and who was also a U.S. Navy veteran, Klester said, often visted the restaurant. Neither of the Olsons had expressed any lear to Mrs. Olson's co-wealters.

called her Miss Polly.

Kelley

Hooper said he could not allow her to copy records requiring significant staff time to collect and sort, but he made several files available to her that required little staff time to retrieve.

Kelley had assured commissionera her large-scale requests on public information copies would stop until Jan. 24 when they next meet. She said during machine for such copies. That that time, she would have a more definite idea as to the extent of coplesshe wanted.

Commissioners voted 3-2 for the delay, although commissioners Bob Sturm and Fred Streetman wanted to decide the

isaue of wether Kelley or the commission - using taxpayer's dollars - should pay the thousands of dollars for the staff and materials costs for the copies, many covering a span of 18 years.

Kelley has said she will not request additional copies from the clerk's office until a legal opinion has been issued concerning the use of Kelley's opinion had not been made as of press time Wednesday.

Commissioners Sandra Glenn and Pat Warren decided on the delay to give Kelley more time to complete the list of information

Brother-

Continued from Page 1A whether helping out as a school volunteer, hawking Christmas trees for the Optimists, or promoting Seminole High School through booster projects. However, this was different, there were children to consider, his

them teased or treated cruelly as had occurred chewbere. "He felt to have something bad happen to Tommy Jr. or Bert would be a fate worse than death," Coleman said. "He loved hovs. I think he accept leaving his wife, and all of us, but I don't think he ever

own children. He didn't want

accepted leaving his boys. A decision was made to discuss the specifics of Whigham's illness, and not the underlying cause. For awhile he continued as a partner in the law firm of Stenstrom, Mcintosh, Julian, Colbert, Whigham & Simmons. To ensure his work was in top form, he only saw clients while in the presence of another at-

torney His life now consisted of monthly treks to Jacksonville's Mayo Clinic for blood work. His blood cells eventually lost all ability to fight the disease. He began receiving AZT, the only drug licensed in the U.S. for use against the AIDS virus. He also began receiving the hefty bills that come with it, bills that amounted to \$10,000 in one year, not including doctor's appointments. In fact, by the time of his death, AIDS care totaled nearly \$100,000 for Whigham.

By March of '88, it was harder to deny the Illness. Forty pounds lighter, Whigham suffered from the aweats, and nausea. He lost his taste for food, and even lost his memory.

"The first time he told me that, I laughed," Coleman said. "I said Tom that's called middle age, welcome to where we all are. He said, no, this is different."

It was different, as a July trip to Jacksonville confirmed Whigham's liver had enlarged, he developed a blood infection nearly died - and discovered a lesion on the left temporal lobe of the brain. The lesion had caused the memory difficulties Soon he would learn a viral infection known as progressive multifocal leukoencephalopathy caused the lesion. The power of PML is so brutal that doctors told family to hope for cancer. But, it was PML, and his life would change even more dramatically.

Trips to the office became infrequent, and only to have secretaries read him his correspondence. A mind once capable of near photographic memory for detail struggled with a one-page letter. It took him five minutes to read, and was doubly as difficult to retain. His vision, too, suffered. Of this article, Whigham

could read only the headline. As driving was out, he relied on his brother. Frank, to pick him up from his home each day,

and deliver him to their parent's. Commerce began a scholarship Whigham shared big family breakfasts, and got so caught up in laughter and conversation that it would be noon before he

It was also the home comfortable to his many friends and acquaintances. They visited daily, and Whigham told them daily that he loved them, he loved them all very much. Rumors had spread, and most understood at this time that AIDS was killing their friend. Coleman said it didn't matter, they still came in droves to be near htm.

"Sometimes we didn't know if we should prepare lunch for 10 or 30," Coleman said, "That's how it was. It was incredible, and it went on for weeks."

And so they went through the summer very anxious to know more about the brain lesion. They visited the University of Miami'a Jackson Memorial Medical Center - a premier center for AIDS treatment - and received more aggressive diagnostic work. They threw every drug at Whigham steroids, anti-viral, everything. A weekly pill reminder case was needed on a daily basis. He was

not giving up.
Whigham returned home in September to some wonderful honors by members of the community. His family is proud that a disease known to divide other communities had united this

The Seminole County Board of County Commissioners passed a resolution in recognition of Whigham's contributions to the community. The School Board gave him an award for his coordination of Law Week 1988. The Sports Committee at the Greater Sanford Chamber of



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All of the Whigham offspring live in his name, and the Seminole within 20 minutes of their County Bar Association parents, Julian and Mildred established an award to honor Whigham. It is a comfortable an outstanding attorney for home, a home where Tom contributions made to the community.

> The icing on the cake was the naming of the Seminole High School football stadium the Thomas E. Whigham Stadtum. On a Friday evening last

October he stood before packed stands, with his wife beside him. and a clear sky made perfect for the evening. It was the same place he had triumphed in years ago as a member of Seminole's undefeated football team of

He listened as Seminole principal, Wayne Epps, spoke, It was a special moment for Epps, who had been Whigham's little league baseball coach, high school football coach, and chemistry teacher. Whigham's family was gathered about, and friends came from as far away as California and Washington. They cheered him on, and fought back tests — all un-derstood the significance, the power of the moment.

Because Whigham's speech and memory were now damaged by the brain virus. Coleman did the talking. But for those standing close by, Whigham could be heard repeating. "This is such a good night, This is such a good night."

On Oct. 18, 1988 at 2:25 p.m., Thomas E. Whigham died. Three weeks earlier, cancer had swept through his body. He left 17 letters to friends and family telling them of their importance in his life, and his last words were, "Hove you."

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DEATHS

HELEN L. CASTRO

Westwood Court, Sanford, died Tuesday at South Seminole Community Hospital. Longwood. Born Sept. 22, 1917 in Worcester, Mass., she moved to Sanford from Chicopee, Masa., in 1977. She was a homemaker and a member of St. Augustine Catholic Church, Casselberry,

grandchildren.

Home, Forest City, in charge of arrangements

WILLIAM R. CROASDALE

Jan. 20, 1924 in Philadelopha. Allentown, Pa., in 1957. He was

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Helen L. Castro, 71, 108

Survivors include daughters. LaBossiere, Winter Garden. Christine Fournier, Bette Wilkins, both of Casselberry: son, Robert, Sanford: 12 grandchildren: six great.

Baldwin-Fairchild Funeral

William R. Crousdale, 64, 405 Lake Drive, Chuluota, died Monday at his residence. Born

Chuluota Assembly of God. He was also a member of the U.S. arrangements. Diplomatic Courier Service. Survivors include wife. Margaret; son, John R., Omaha, Neb.; brother, Frank C., West

Palm Beach; three grandheildren.

arrangements. MARION ARTHUR JOYCE

Marion Arthur Joyce, 55, 1916 Spring Ave., Oviedo, died Monday at his residence. Born June 9. 1933 in Lawsonville, N.C., he moved to Oviedo from there in 1964. He was a truck driver and owner of the M.A. Joyce Construction Cleanup Co. and a Protestant. He was an Army veteran and a member of the DAV Chapter No. 30, Sanford

Survivors include wife, Clara he moved to Chuluota from O.; son, Danny M., Christmas; sisters, Hallie Collins, Stuart, Va., Eva Martiis Sandy Ridge. N.C., Martha Boyd, Collinsville, Va., Jettie Atkins, Lucy, both of Lawsonville; brother, Willie W., Madison, N.C.; one grandson.

Funeral services will be held in North Carolina Gaines Funeral Home, Longwood, in charge of

A. GENE WHITE

A. Gene White, 45, Collins Road, Osteen, died Saturday at 315 Matthews St., Osteen, Born. Aug. 28, 1943 in Falling Rock, W. Va., he moved to Central Florida from California in 1975. Baidwin-Fairchild Funeral He was a school bus driver for Helen Sullivan, Enterprise, Carol Home, Goldenrod, in charge of Seminole County and a Protestant. He was a Navy veteran, a member of the Osteen Volunteer Fire Department and the School Bus Drivers Association.

Survivors include mother. Lena, Osteen; son, Michael. California; daughter, Lavette, California; brothers, Herman H. Bowen, Osteen, Leo, Sharon, Pa-

Brisson Guardian Funeral Home, Sanford, in charge of arrangements.

FUNERALS

WHITE, A. GENE
Funeral services for Mr. A. Gane White Osteon, will be Thursday at 10 30 a.m. in the Brisson Guardian Chapet with the Rev. John J. Hinton efficieling Bursal will be in the Osteon Cometery. Franch may call at the funeral home Wednesday from 2.9 p. m. Brisson Guardian Funeral Home, Sanford, in charge of arrangements

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NATIONAL



Baker's confirmation appears on track

WASHINGTON - James Baker, moving steadily toward confirmation as the next secretary of state, seemed certain to receive approval from the Senate Foreign Relations Committee after a day of easy testimony.

Baker, who served as President Reagan's chief of staff and later as his treasury secretary, was the first Cabinet officer to be named by President-elect George Bush.

Unless objections arise, Baker appears certain to become the first member of the Bush Cabinet to receive committee approval and Senate confirmation.

Committee members ranging from conservative Sen. Jesse Helms, R-N.C., to liberal Sen. Christopher Dodd, D-Conn., praised Baker Tuesday as a pragmatist, an experienced government official and a man of honor.

Foreign Relations Committee Chairman Clatborne Pell, D-R.L. called for the hearings to conclude Wednesday. He scheduled a vote on Baker for 10:30 a.m. EST Thursday.

U.S. buys Soviet weapons from market

WASHINGTON - The United States for the past year has been buying on the "open market" Soviet MiG fighters and Soviet air defense equipment for testing and evaluation by the U.S. military, a defense official said Tuesday.

The deputy director of the Pentagon's Operational Test and Evaluation office, Karl Pflock, said Washington for the first time bought "on the world market" Soviet MiG-15s, 17s, 19s and 21s - both unarmed and armed with Soviet weapons.

In addition, the Pentagon is buying Soviet air defense equipment that, when completed, will amount to that of an air defense system of two Russian ground regiments and be similar to what U.S. pilots might face in event of war.

"We get them on the world market," Pflock said. "Basically we get them through source or through (arms) dealers. He explained that "through source" meant some of the older

MIGs were bought through aircraft trade publications. "To my knowledge, no one has sent an order into the Kremlin for these babies," he said. The United States previously obtained most Soviet planes and weapons via clandestine or "spooky means," Pflock said.

As a result, he added, it was "very difficult to get them out in public for operations tests." 'So we went out into the open market and we have obtained

Soviet or Soviet-like threat equipment," he said. "We have been quite successful."

From United Press International reports

Child killer had long criminal history

United Press International

STOCKTON, Calif. - A young man in full combat gear who sprayed a school playground with a Russian assault rifle, killing five children and wounding 32 others, was described as a troubled drifter with a long criminal history

Within hours after the brief. furlsus and methodical attack at a predominately Asian elementary school, a picture began to emerge of the young man who killed himself after littering the schoolyard with dead and wounded children.

Police identified the killer as Patrick Purdy, 26, but noted that he had many aliases in a long arrest record, including a weapons conviction. They said

He just stood there with his knees slightly bent, just moving the gun back and forth, back and forth, firing at the students. 5

-Eyewitness Lori MacKey

he had an apartment !! nearby Lodi, although his car had been registered in Sandy, Orc., near Portland.

Deputy Police Chief Lucien Neely said the names Patrick West and Eddle Purdy West were two of the many the gunman used, and that cards he carried bore three different birthdates

Dressed in fatigues and a flak jacket and wearing ear plugs, he carried two pistols and an AK-47

Soviet assault rifle with fixed bayonet.

The attack began when Purdy set his car on fire about noon in what police called a diversionary tactic. He then strode to the playground and began firing the automatic rifle "with a full banana clip" of ammunition.

word "Victory" in white letters. One ellip bore the letters S-S-A investigators said he fired bland."

police said. Police said one pistol bore the

50-60 rounds from the Sovietmade rifle, stepping out from behind a portable classroom and ducking back to reload.

Lori MacKey, who was teaching hearing-impaired students in the portable classroom. about six feet from the gunman, said she could see his face clearly as he mowed the children

i saw him holding this huge rifle. He just stood there with his knees slightly bent, just moving the gun back and forth, back and forth, firing at the students," she said.

"He was just staring at the playground. He had an intense look on his face. He was not smilling; he was not frowning. The man's expression was

Thornburgh: Meese deserves peace, case closed

United Press International

WASHINGTON - An internal Justice Department report again raised questions about the conduct of Edwin Meese, but Attorney General Dick Thornburgh said he considers the case of his predecessor

The department's watchdog branch, in a scathing report made public Tuesday, rebuked Meese for a half dozen breaches of federal ethics rules and "conduct which should not be tolerated of any government

Thornburgh, who had to evaluate his predecessor's conduct, made the report public after a 10-week review, saying he was keeping a promise he made at his Senate confirmation hearings last summer.

"I've accepted the report as filed." said Thornburgh, who only last month Invited Meese to an office Christmas party. "I consider the matter closed. ... 1 think Mr. Meese is entitled to some peace."

Asked whether a stronger statement was not needed to might have left on the Justice tion. Department, Thornburgh re-

has been forthcoming from the Office of Professional Responsibility is strong enough."

The office's 61-page report said that on several occasions during his six years as one of President Reagan's most trusted aides. Meese succumbed to requests to help his lawyer have longtime friend, E. Robert Wallach, serve his lobbying clients.

If Meese still were attorney general, the report said, "we would recommend ... that the erase any stain Meese's conduct president take disciplinary ac-

Citing Meese for assisting classmate.

plied. "I think the report that Wallach's efforts to promote a defense contractor and a \$1 billion pipeline project, the report sought to debunk Meese's contention that he was "com-pletely vindicated" when a special prosecutor decided last July not to seek his indictment. In his 830-page report last Bummer, Independent prosecutor James McKay said that Meese "probably violated" three federal tax and conflict-of-Interest laws.

His report focused particularly on Meese's close ties and assistance to San Francisco lawyer Wallach, his law school

Poland moves toward making union legal

United Press International

WARSAW, Poland - The Communist Party approved a resolution Wednesday providing for the re-legalization of the banned Solidarity trade union under certain conditions, the official news agency PAP said.

The initial reaction from Solidarity was guarded, and leaders of the union scheduled a meeting Wednesday afternoon in the northern port of Gdansk to discuss the move by the Communist Party Central Commit-

In a stormy session that ended at 3 a.m. Wednesday, the 200-member Central Committee also gave an overwhelming vote of confidence to Gen. Wojciech Jaruzelski.

With a majority of votes, the (Communist Party Central) Committee approved the stand on political pluralism and union pluralism," PAP said.



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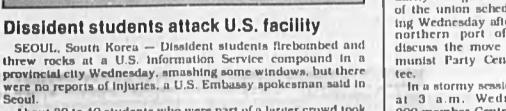
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About 30 to 40 students who were part of a larger crowd took part in the attack in Kwangju, 170 miles south of Scoul, using Molotov cocktails, rocks, steel pipes and sledge hammers. naid U.S. Embassy spokesman Jack Sears in Seoul. Two atudents were arrested. "Although there were no reports of injuries ... the attackers

broke some 30 windows and damaged one of the center's official vehicles" before police dispersed them with tear gas. Sears said. "Various other parts of the center and a nearby

police box were also damaged by fire." The students dashed from behind a nearby hotel in downtown Kwangju and stormed the compound, the domestic Yonhap News Agency reported. It said the youths shouted "Execute (President) Roh Tae-woo" and "Drive out U.S.

imperialists" as they staged the attack. Two student leaders elimbed on the roof of a USIS building and hung a placard demanding punishment of Roh and the ouster of Americans. Yonhap said.

The two students also shouted slogans accusing the United States of "pulling the string from behind" in a bloody 1980 civil uprising in Kwangju and charging Roh with being "the mastermind of massacre and irregularities," Yonhap said.

Compartment that held bomb identified

LOCKERBIE. Scotland - Police investigating the bombing of a Pan Am jetliner last month that killed 270 people said Tuesday they have identified the baggage compartment where the explosive was hidden, information that would reveal when

Authorities also know the names of passengers aboard Flight 103 whose luggage was packed in the baggage container and their backgrounds will be checked, police said.

But Detective Chief Superintendent John Orr refused to say if the plastic explosive was smuggled onto the Boeing 747 in Frankfurt, West Germany, where the Pan American World Airways flight originated, or at London's Heathrow Airport, where the flight and baggage changed planes.

"I may have an indication as to where the baggage ... came from but I don't think it would be helpful here at this time to be specific about it," said Orr, who heads the inquiry in the Scottish village of Lockerbie where the plane fell from the sky

Malaysian leader hospitalized

KUALA LUMPUR, Malaysia - Prime Minister Mahathir Mohamad suffered a mild stroke Wednesday and was rushed to the Kuala Lumpur General Hospital, doctors said.

The 62 year old head of state complained of chest pains at 1 a.m., physicians said. 'His condition is stable and satisfactory," said hospital

director Datuk C. Fonseka. The hospital's senior cardiologist, Dr. Robaayah Zambahari, was in charge of the case.

The doctors said Mahathir suffered a mild stroke. Mahathic was initially elected prime minister in 1980 and is now in his second term.

From United Press International reports

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Sports

INSIDE:

- People, Page 4B
- Comics, Page 8B Classified, Page 9 B



IN BRIEF

BASKETBALL

Pressley paves way for Kings

SACRAMENTO, Calif. - Harold Pressley scored 24 points, including 2 3-pointers, helping the Sacramento Kings end a three-game losing streak with a 123-109 victory over the Houston

Rockets Tuesday night. Ed Pinckney contributed 20 points, 13 in the second half, and four other Kings scored In double figures.

The Rockets, who lead the Midest Division, shot 37 per-cent and was outrebounded 53-50. Eric Floyd paced Houston with 23 points.



The Rockets shot only 39 percent in the first quarter and then dropped to 8 of 23 for 35 percent in the second quarter. Olajuwon, who produced only 4 points in the first period, added 5 in the second but the Kings pushed their cushion to 17 points on Ricky Berry's 3-point jumper midway through the second quarter.

PASEBALL

Cubs sign shortstop Dunston

CHICAGO - The Chicago Cubs and shortstop Shawon Dunston have come to terms on a contract for the 1989 season, the team announced Tuesday.

Dunston, a member of the NL All-Star team last season, hit .249 in 1988 with nine homers, 56 RBI and 30 stolen bases. He was the subject of serious offseason trade talks.

The Cubs also announced they had come to terms with pitcher Al Nipper, who posted a 2-4 record in 1988 with a 3.04 ERA in 22 games, 12 of which were starts.

Terms of the contracts were not disclosed. Cubs General Manager Jim Frey talked with the Pittsburgh Pirates and Montreal Expos during the offseason about a possible deal involving Dunston, but nothing ever material-ized. Dunston had said in hoped to remain with

FCOTBALL

Senior Bowl set for Saturday

Saturday's Senior Bowl in Mobile, Ala., has a unique situation.

While it's not unusual for a college all-star team to have a number of players who won national honors for their performances during the previous season, this year's Senior Bowl South squad is believed to be the first to have a first-team All-America and two second-team All-Americas from the same school making up the middle of its defensive line.

The school is Auburn, which gave up the fewest points (7.2), fewest rushing yards (63) and fewest total yards (218) per game of all major college football teams last fall. The three men largely responsible for that performance - and probably playing side-by-side for the last time Saturday - are All-America Tracy Rocker and second-team All-Americas Ron Stallworth and Benji Roland.

HOCKEY

Islanders upset Penguins, 5-2

Losing to the team with the worst record in the league might have seemed like a bad dream for the Pittsburgh Penguins Tuesday night, and after Mario Lemieux was held to only two shots on goal in the Islanders' 5-2 upset, even New York had a little trouble believing it was real.

"Holding Mario to two shots is really tin-possible, I think," Islanders defensman Reed Larson sald.

Then again, some of the saves goaltender Kelly Hrudey made against Leinteux's teammates bordered on the incredible, too.

"Hrudey played really well," Penguins Coach Gene Ubriaco said. "He stopped us in the first period, and gave them a chance. The Islanders played a sound, tight defensive game. Hrudey came up big."

In other games, Calgary whipped Detroit 7-1, Quebec dumped New Jersey 7-1, St. Louis stopped Los Angeles 5-2, and Vancouver tripped Philadelphia 5-3.

From staff and wire reports



COLLEGE BASKETBALL

28:30 p.m. - 51, 68, Vanderbilt at LSU, (L) 18 p.m. - SUN, FSU at Arkansas, (L) □9 p.m. — ESPN, North Carolina at Duke, (L)

NBA BASKETBALL □ 10|30 p.m. - OR, New York Knicks at Golden

State Warriors, (L)

Complete listing on Page 2B

Scalpers making a bundle

United Press International

MIAMI - Five days before the Super Bowl, end zone seats started at \$400 on the scalpers' market and football mantacs bartered everything from pickup trucks to miniature pontes and special treatment at the doctor's office for tickets.

The unauthorized resale prices are "up a little bit" over previous years and probably will go higher, said Jim Steeg, NFL director of special

"It gets a little worse right before the game." Steeg said.

Ticket agencies in San Francisco, where it is legal to resell tickets at a profit, still had Super Bowl tickets for \$425 to \$2,000, depending on the seat. They bought them from 49ers fans who snatched up the 13,000 tickets allotted to the team, but didn't plan to go to the game.

"A lot of them couldn't afford the air fare to Miami." a San Francisco ticket agent explained.

The Bengals also got 13,000 tickets. Ohio lets each municipality decide whether ticket scalping is legal, and Cincinnati does permit resales, a spokesman for the Ohio attorney general's office said. The asking price there started at \$400.

A classified ad in the Cincinnati Post promised, "Will trade miniature horse, filly, value \$1,500 and rising, for six Super Bowl tickets." Another ad offered two Super Bowl tickets free with the purchase of a Bengals poster - but the poster was priced at \$1,250.

It is illegal in Florida to sell tickets for more than \$1 over the face value. Doing so is a second-degree misdemeanor punishable by up to 60 days in juil and a fine up to \$500.

Plainclothes Metro-Dade Police officers will be posted around Joe Robbie Stadium on game day, watching for scalpers. But the NFL admits it is next to impossible to stop people from selling Super Bowl tickets privately for whatever the market will bear.

"We ask them to sign something saying they won't resell them. People have no scruples. They sell them anyway," said Tim Robbie, son of Miami Dolphins owner Joe Robbie and vice president of publicity for the team. "Once the tickets are out of our hands, there's not much we can do about it.

See Super, Page 3B

Heat game cancelled

United Press International

MIAMI - Rioters throwing rocks in a second day of racial violence in n ghetto surrounding the Miami Arena forced the NBA to call off Tuesday night's scheduled game between the Miami Heat and Phoenix Suns.

Although players and about 500 fans had already made their way inside the arena. Heat managing partner Lewis Schaffel, after speaking with Police Chief Perry Anderson and City Manager Cesar Odio, asked the NBA to call the game, which was scheduled for 7:30

"The safety of the fans is everything," Schaffel said, "We listened to their (city officials) advice. When the police chief says the safety of the fans and players is in danger, we can't play the game."

No makeup date was announced. The Heat's next home game is scheduled for Thursday night against Chicago.

The game was to be played in the new, \$50 million Miami Arena, which is on the edge of Overtown. Racial violence erupted in the neighborhood Monday night when a Miami police officer shot and killed a black man on a motorcycle. A passenger on the motorcycle died Tuesday of injuries suffered when the motorcycle crashed.

About an hour before the game, police barricaded all access roads to the arena and refused to let anyone

Heat official Joe Crawford, arriving with other NBA officials for the game, rode through the main area where scattered violence continued during the day.

"On the way down to the arena, a rock went through our windshield and covered all the officials with glass," Crawford said, "However, this did not have a significant effect on our decision to cancel the game."

Terry Lyons, assistant director of public relations for the NBA, said the league kept in contact with Miami team officials and the city about developments. The official decision to cancel the game was not announced until after 7 p.m., after part owner Billy Cunningham asked the league to postpone the contest.

"We were asked by the Heat to cancel the game, which we did." Lyons said.

NBA vice president of operations Rod Thorn was the league's representative in the issue. The last game postponed by the NBA was Nov. 11. 1987, Philadelphia at Washington because of inclement weather.

It was not known if a game had ever previously been called for reasons other than those caused by weather or mechanical problems.



Ram attack

Lake Mary's Donna Rohr, (above No. 15) and Annemieke Stonerock push forward in Tuesday's game vs. Winter Park. Below, freshman Leeann Bazile gets things under control. The Lady Rams, behind three goals and two assists by Rohr, routed Winter Park, 5-1. Lake Mary improved to 18-2 for the season and has two big Seminole Athletic Conference games on tap this week. On Thursday, Lake Mary (8-0 in the SAC) hosts Lake Brantley and the Lady Rams host Lyman on Saturday. Lake Mary leads the conference by one game over Lake Brantley. The two rivals have played twice this season with each team winning once. For a wrapup of Tuesday's game, see Page 3B.

Herald Photos by Rob Arkovich



No timetable for Thompson's return

United Press International

WASHINGTON - The president of the NCAA. insisting there is no "sense of urgency," said Tuesday he will not order a review of the new scholarship rule that triggered a boycott by Georgetown basketball coach John Thompson

NCAA President Albert Witte said he sees no reason to call a special convention to reconsider. Proposition 42, a rule approved Jan. 11 during the NCAA's annual convention that bars colleges from giving scholarship money to athletes who fall below certain academic standards.

Thompson called the rule "discriminatory" against black and underprivileged athletes and walked off the court in protest before the start of his team's game Saturday night against Boston

Bill Shapland, Georgetown sports information director, said Tuesday Thompson will not travel with his team for Wednesday night's Big East game at Providence. He said Thompson has not set a timetable for his return to bench coaching.

Thompson, coach of the 1988 U.S. Olympic team who guided Georgetown to the 1984 NCAA championship, said Monday he will not coach any more games until he is "satisfied" the NCAA, which governs the nation's college sports. is moving toward reversing Proposition 42

The only way the NCAA could reverse the new rule before next January's convention would be in a special convention called by Witte.

In terms of the information that's available to me right now. I don't see any special need to call a convention before next January," Witte, a professor of law at the University of Arkansas. told United Press International by telephone "You would involve many people and much expense. If there is a desire to repeal (Proposition) 42, it can be handled as efficiently and without

any extra expense at the next regular convention.

Thompson has drawn national attention for his unprecedented protest, which has gained nearly unanimous support from fellow coaches and strong support from many college presidents and athletic directors.

But Witte said no one has asked him to call a special convention.

Tim not aware of any sense of urgency and I'm. not even sure that (calling a special convention) is the meaning of his protest," he said. "But you have to realize I'm quite a ways from the site of his protest, so I'm not really fully informed of all the pertinent circumstances.

NCAA Director of Communications Jim Marchiony said Witte is empowered to call a special convention with written recommendations from at least 24 members of the 44-member NCAA Presidents Commission.

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Q (1 3) 14.00 P (1-3) 30.00 T (1-3 2) 44.00	
3 Wright Harry 4.40 2.00	2 20
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& Gray Star	2 40
Q (1-3) 15.30 P (2-1) 24.20 T (2-1-4) 43.00	
7th 5/16, A: 30 97	
7 Under Buff 3.00 3.00	
FCM's Baby Mac 4.60 7 Bob's Halo	3.00
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/ She's An Unruty	4 20
C (5 4) 30.40 P (5-6) 61 30 T (5-6-7) 618.8	
PIN S/M , B : 31.44	
5 Marthan Choice 39.69 4.60	
t Vanden Plas. 3.49 4 Running Fer Fun	2.90
	150.70
Scratch: & Lanua Pack	
10% 1/16, D: 31.39	
8 Meurine Breeze 4.46 3.40	-
5 Wright Dencer 4.80 6 Perfect Pick	1.30
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91th 3/8, B : 30.91	23.1
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NBA STANDINGS

& Shiner Troubles

2 Gallant Kismet

8 Chartey Hannah

8 Millorious Lade

3 Nova Express

10-1-3-2) 747.00

Wright Dragnet

A-1400; H-314,710

\$10,000.00

(58-alth) 41.48

NATIONAL BASKETBALL ASSOC.

2 file 8 finados 2.40 Q [2-6] 41,60 P (2-6) 26.00 (8-2) 27.00 T

(7-6) 2(2.00 (8-2.1) (70.10 QU (50-6H2) 55.00

129h 5/16, Cr 31,75

Q (1:2) 54.36 P (3:1) 214.30 T (2:1-4) 722.00 Pic 5 (1:3-2-5-5-6-2-2) 601 8 pold 47.70; Jackpot

13th 2/8, Ai 37.91

Q (1-0) M.se P (0-1) 74.00 T (0-1-3) 231.00 S

29.40 14.60 3.80

11.00 5.40 3.30

Allentic Division				
	W	L	Pct.	GB
New York	25	11	440	-
Philadelphia	30	14	530	412
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New Jersey	15	11	.410	10
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Charlotte	10	24	279	15
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Cleveland	27	7	.790	-
Defroit into Village Lie	23	1111	E.470	4
Allwaukee	31	12	.430	512
Atlanta	23	14	430	319
Chicago	21	14	.400	419
Indiana	9.	26	-250	1812
Western Conferen	60			
Midwest District				
	W	L	Pct.	GB
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LITAIN 22 15 590 20 16 530 10 16 520 Denver Dallas San Antonio III 24 -270 12 4 31 .115 1715 Pacific Distains 25 12 A/O LA Labors Phoenia 21 14 400 Souttle

Portland 20 14 530 17 14 510 417 Golden State 292 1319 LA Clippera 10 27 270 15 Tuenday's Results.

Phoeniz at Mierri, ppd New Jersey 117, San Antonio 312 Allianta 111, Millianukse 98 Chicago Id3, Indiana 96 Seattle 120, LA Cappers 187 Ulah 111, Purtland 118 Secremente 123, Houston 189 Wednesday's Games Boston at Philadelphia, 7:30 p.m. New Jersey at Detroit, 7:30 p.m.

Charintte at Milheauties, 8:30 p.m. Deriver of Dalles, 8:30 p.m. LA Chippers at LA Lakers, 18:30 p.m. New York at Golden State, 10:30 p.m. Thursday's Games

Phoeniz at Charlette, night Chicage at Miami, night San Antonie at Washington, night win. lose & DREW



Cleveland at Indiana, night New York at Secrements, night

NBA BOXES

Tuesday's NBA Beascores

SAN ANTONIO (112)

73 Anderson 4 11 1 4 9, W. Anderson 10 21 57 25. Brickowski 5 6 2 2 12, Maxwell 5 6 3 4 Robertson 9.79 5 8 23, Cook 4-12 0 1 12, Greenwood 4 9 0 0 2, King \$ 6 0 0 10, Roth 0 1 0 0 Total 1 48 - 16-26 112

MEW JERSEY (187) Morris 6 15 2 4 15, B. Williams 48 5 9 13 Carroll 5 11 3 4 13, Husson 10-15 + 4 24, Corner 3 8 4 4 10, Hinson 2 5 6-6 16, McGee 10-15 1-4 24. Bagley 34 60 6, K. Williams 0 3 2-2 2, Lee 60 008 Totals 43 64 27 39 117.

20 34 26 27-117 New Jersey Three point goals - McGee 3, Merris Antonio 24, New Jersey 20, Rebounds - Sar Antonio 41 (G. Anderson, Brickowski Greenwod 9), New Jersey 47 (8). Williams, Carroll 13), Assists—Sen Antonio 28 (W. Anderson, Maxwell, Robertson 5), New Jersey 26 (Conner 10) Technical—New Jersey (Illegal delense) A-2.5M

MILWAUKEE (96) Cummings 9-19 45 22, Krystkowiak 68 9-10 21, Sitma 1-31 4-44. Humphries 3-9-3-2 8, Pressey 5-16 3-3-12. Pierce 16-17-2-3-22, Roberts 9-2-2-22, Mobishi 1-2-9-6-2, Breuer 6-1 2 2 2 Totals 25 45 28 30 W

Levingston 10-12-3-23, Wilkins 7-20 7-6-21, Koncak 2-2-0-0-4, Rivers 5-6-4-4-15, Theus 4-9-4-4-12, Malone 4-11-9-10-17, Battle 2-3-2-2-6, Bradley 66 5-6 6, Carr. 5-6 3-2 12, Telbert 60 00 6, Webb 00 1-2 1, Ferreli 0-8-6 6, Totals 29 73 22 33 111.

20 22 19 22-111 Three point goal -Rivers Fouled out -- Utab Sitme Total fouls -- Altworkee 26, Atlan-1a Partland Rebounds-Milwaukee 36 (Sikma 10), Attente 44 (Wilkins 12) Assisti-Milwaukee 23 (Pressey 13), Atlanta 29 (Thous 8). Technicals—Milwaukee (Illegal defense 23. A-15,367.

INDIANA IMI

Person 12-22 4-5-29, Williams 1-7-0-0-2, Smits 5-10-3-2-13, Miller 4-10-4-4-12, States 2-7 2.2 4. Gray 60 00 & Tisdate 9.14 34 21, leming 5 11 3 5 13, Drailing 0 0 0 0 0, Long 6 3 6-66. Telals 20-61 19-2194

0-06. Tutals 30-0117-3376.
CHICAGO [183]
Pippen 7-16-46-18, Grant 4-13-9-0-8,
Cartwright 8-12-5-5-21, Passon 12-20-60-24,
Jordan 10-18-2-4-27, Hodges 2-4-2-4-6, Perdue 1 2 0 0 2, Sell.cn * 5 00 2, Corzina 0 0 0 0. Totals 45 00 13 19 103 22 24 22 24-- 94

Three point goals Person, Fouled out-Fleming Total fouls—Indiana 19, Chicago 25 Rebounds—Indiana 42 (Person 10), Chicago 41 (Grant 15). Assists- Indiana 3s. (Miller, Fleming 4), Chicago 26 (Jordan 12) Technicals—Person 2, Pippen A—17,475.

LA CLIPPERS (107) Norman 922 2-5 20. Smith 4-13 7-11 19, Benjamin 5 6 3 4 13, Distey 19 18 9 9 20, Nixon 2 4 8 6 4, Wolf 3 7 8 8 7, Gendresich 3 6 6 6. Williams 6:10 2 2 14, Kille 2 3 6 2 4, Total 46 93 SEATTLE (130)

Cage 9 18 54 23 McKey 49 2 2 10. Lister 7 12 44 18. Ellis 11 22 2 2 28. McMillan 410 23 18, McDeniel 914 34 21, 28 00 4. Lucas 02 24 2, Johnson 13002. Totals \$2 100 13 20 130 24 22 24 25-102

LA Clippers Seattle Three punt goals—Ellis 4, Irelf, Toyled out—None Total fouts—Les Angeles 20, Seattle 22, Robounds—LA Clippers 59 (Norman 13), Seettle 40 (Cage 12) Assists—LA Clippers 21 (Nixon, Gon drezick 5), Seettle 35 (McMillan 1) Technicals-McDaniel Norman A- 11,402

HOUSTON (199)

Short 2-12-2-2-7, Thorps 4-7-5-6-13, Clajuwon 4-17-5-7-7 Floyd 6-15-38-11-23, Woodson 6 15 2 4 15. McCormick 24 3-4 7. Chieven 14 2-3 4, Johann 13 3-4 5. Leavell 0-3 4-4 4, B. Thompson 2-3-2-2 Brown 23 08 4. Nevill 2 2 0 0 4 Totals 34 92 SACRAMENTO (123)

McCray 7-13 1 6 15 Peterson 2 4 1-2 3, L. Thempson C to 2.2 12, K. Emith 3-12 1 1 11, Pressley 18-17-2-2-24, Del Negro 4 9-12 9. Kleine 5-6-2-2 12, Pinciney 6-10-0-9 20, Berry 1-4-6-3, Willman 1-1-0-9 2, D. Smith 1-2-1-2-3, Gillery 9 0 1 2 1 Totals 50 94 30 22 123

25 24 27 23-109 33 37 18 25-123 Three point goals-Freszley 2. Short, vd. Woodson, Berry Fouled out-Floyd, Waution, Berry Fouled out-None Total fouts-Houston 23, Sacramen to 31. Rebounds-Houston 30 (Ola) won 12), Secremente 33 (Petersen 9). Assista -Houston 18 (Floyd 8), Secremento 23 (McCray, K. Smithe) A-16,517

UTAH (IIII) Malone 11-18 4.9 26. leveroni 2.3 2-2 6. Eafor 4.5 1-2 9. Slochton 7-14 5.5 20. Griffith 6-16 6-6 17. Bailey 7-14 7-8 23. Farmer 34004, Las 01000, Brown 1-3002 PORTLAND (118)

Bryant 2-4 00 4, Kersey 8 18 7-10 23, Duckworth 8 15 3 3 W. Drexler 9-19 1-2 19, Porter 6 16 2 2 19, Andreson 1 4 00 2, Young 38 1 1 12, Vandeweghs 5-11 50 10, James 1 1 3 4 5 Totals 45 98 17 22 110 23 25 31 22-111 14 30 15 21-110

Three point goals-Griffith, Balley 2, Stockton, Forter 2, Young, Fouled out-Majore Team Jouly-Utah 20, Portland 22, Rebounds-Utah 43 (Ealen 13), Portland 40 (Kersey It). Assists—Ulah 25 (Stockton 18), Portland 26 (Porter II) Technical-Utah coach A-12.848

NBA All-Star Balleting By United Press International Eastern Contention

Moses Malone, Allente, Jeliése, Patrick Ewing, New York, 276,591, Brad Daugherty, Cleveland, 190,755, Robert Parish, Boston, 145,397, Jack Sikma, Milwaukee, 114,563, Bill Laimbeer, Defroif, 18.455 Mike Gminski, Philadelphia, 77,840; Bill Cartwright, Chicago, 47,292, Sleve Stipanovich, Ind

Forward Dominique Withim, Atlanta, 402,152; Charles Barbley, Philadelphia, 200,141; Lerry Nance, Cleveland 235,884; Lerry Bird, Boslen, 170,093; Kevin McHale, Boston, Idiall, Bernard King Washington, Idial); Charles Cakley, New York, 135.239; John Williams, Cleveland, D6.251, John Williams, Washington, 99,773, Wayman Tisdale, Indi

Michael Jerdan, Chicago, 300,338; Mark Price, Cleveland, 279,872; Islah Thomas, Detreit, 205,536, Ren Harper, Cleveland, 194.388; Mark Jackson, New York, 175.708. Dennis Johnson, Bester, 142.240. Jeff Malone. Washington, 140,402; Hersey Hawkins, Philadelphia, 91,700; Glenn Rivers, Atlanta, 83,570

COLLEGE BASKETSALL

College Baskethall Results By Willed Press International

Adelphi 63. Pace 61 Anna Maria (Mass.) 75, Gordon 90 Binghamton 74, New Patts 71 Bloomfield 79, Dominican 99 Boston University 78, Colgate 58 Brandels 82, Babson 67 Buffale 84, Pittsburgh Bradford 65 Dertmouth 81, Vermont 68 Grave City 75, Carnegle Mellon 39 Huberi 98. Robwis westeyen &s Kings 81, Green Mountain 78 ALL I 65, Downson 60 Maine Farmington 161, Maine Martt. 52 Marchettan 77, Yale 61 NY Tech 53, Slevens Tech 37 New York U. 99, City College (N. Y.) 91 Niagara 71, New Hampshire 61 Harthmentern /v. hartiord 71 Pittsburgh 73, Boston College 44 Rutgers Camden 55, Glassboro State 47 Salem 51, 87, Westfield 51, 82 St. Peter's 43, Fairfield 51

Wesleyen V3. Skidmore 62 Armstrong 79, Nove 47 Bryan 73. Virginia Interment 40 Clearwater Christian 72, Southeast 71 Hampden Sydney 88, Mary Washington 72 Liberty 73, Campbell 48 Marymount 65, St. Mary's (Md.) 60 N.C. Control 74: Show so N.C. Wesleyen 98, Chris Newport 77 Nortolk St. 164, St. Augustine 78 Virginia 64, Maryland 58 (ot)

\$1 Joseph's 64, Pennsylvania 56

Albion 90, Trinity Christian 73

delott 74, Rockford 74 Bethel 81, Grace 74 Columbia 80, Harris Stowe 57 Earthan 73, Rose Hulman 62 Elmhurst 100, Carrell 90 Huntington 71, Goshen 45 Illinois Central 88, Highland 86 Indiana Tech 84, Tri-State 67 Kent State 90, Xavier (Chio) /1. Malone 107, Urbane 99 Marian 86, Ind Wesleyan 89 North Park 82, Augustana 63 Notre Danie 67: Southern Mettie Sist 45 Dekland City 11, Ind-SE 68 (of) Pittsburg State 86, Mo. Southern 82

Rio Grande 82. Ohio Deminican 64 SE Missouri 70. Soutinest Baptist at SIU-Ethverthsville at. Quincy Cal 87(et) Sharanee State 77, Georgetown 61 Yillin 76, Lake Erle 64 Vincennes 49, Waharh Valley 43 Waish 78, Cedarville 74 (pt) Wayland Baptist 95, McMurry 47 Wis Eau Claire 94, Wis Stout 74 Wis. Oshkash W. Edgewood College 74 Incarnate Word 73, Schreiner 42

West

Cal Baptist 85. Azusa Pacific 75 Denver 48, CU Colo. Springs 29 Grand Canyon 99, San Fran. 31, 48 Metro \$1 74 Regis (Colo) 40 Utah 82, Wyoming 80 PITTSBURGH (73)

Shorter 44 2 4 10, Miller 3 7 44 15, Bailey 66 66 6, Cavaneugh 1 10 9 2, Porter 2 8 6 7 10, Brookin 1 5 1 2 2. Matthews 5-10 4 4 14. Masies 0 | 0 d 0. Martin 6 | 13 5 10 | 7 | Totals 22 49 74 54

BOSTON COLLEGE (M) Barros 6 20 1 2 15, Edwards 3-3 1 4 9, Slovali 06 00 4, Benton 47 55 13, Moran 1 2 1 2 3, Beasley 56 2-2 12, Abic 27 4 5 8, Pruitt 1 2 0 0 2. Hjerpe 6-2-2-2-2 Totals 22-51-14-22-44

Halfime—Pithsturgh 34, Boston Cellege 31. Three point goals—Pithsturgh 5-15 (Miller 37, Porter 01, Brookin 02, Matthews 2-5), Boston Cellege 4-12 (Berros 2-16, Edwards 2-21. Fouled out-Brookin, Benton, Able Total fouls-Pittsburgh 21, Boston College 28. Rebounds—Pittsburgh 34 (Martin 12), Bostor College 20 (Benton, Beasley 6), Assists— Pittsburgh 11 (Shorter, Miller 4), Boston College 14 (Barros 8), A-4,316

SOUTHERN METHODIST (41)

HOTRE DAME (47)

Green 62 00 8, Coborne 63 12 1, Puddy 4 13 6 3 8. Hampton 0 3 0 0 8. Longino 6 15 0 0 12. Lucas 0 0 0 0 0. Mayfield 0 0 0 0 Valentino 25 22 8, Robertson 11 06 2 Muhammed 02 00 0, Patterson 56 12 12 Holken 6-1 6-0 6, Perdue 1-4-0-0-2, Totals 19-55

Ellis 3 5 0 0 4. Jackson 4 4 0 0 10, Ror son 5 9 6 0 16. Fraderi & 4 3 0 0 0, Singleton 2 2 2 3 6. Town 2012. Achine 00 00 0, Be nett 37 17, 5weet 2 4 0 0 4. Crawford 2 2 0 0 5, Eller 3.4.9.3.4, Paddocs. 1-2.9.6.2. Totals 30.50.3.10.87. Halffire—Notre Dame 32. Southern Methodist 26. Three-point goals—Southern Method ist 34 (Longino 9), Valentino 2 4. Pattersor 1-1), Notre Dame 44 Uachson 2.2, Frederich 1-2. Bennett 0-1. Crawford 1-1) Fouled out-None Tatal loub-Southern Methodist 14, Notre Dame 13. Rebounds—Southern Methodist 38 (Puddy 9), Notre Dame 35 (Ellis 9). Assists-Southern Methodist 9 (Hamptor 5), Notre Dame 17 (Bennett, Singleton 3). A-6.440.

DEPAUL (44) Brundy 7 14 2 3 16. Booth 5 14 2 3 13, Hamby 1-1 6-8 2, Greene 3-11 7-10 15, Niemann 3-10 0 0 MARQUETTE (72)

34 0 2 6. Flory 6 12 23 17, Smith 4 10 1 2 10. Anglavar 44 2 2 14 Nethen 6 1 6 6 6. Candelino I-1 0-0 3. Totals 25-51 13-70 72. Hallime-DePaul 36, Marquette 32. Three point goals-DePaul 6-22 (Booth 1-3, Greene 27, Hiemann 2-10, Murphy 6-2), Marquette 9-14 (Flory 2-7, Smith 1-1, Anglas ir 4-5. Candelino I-II. Fouled out— Leurck. Brundy, Total louis—DePaul 20. Marquette Id. Rebounds—DePaul 39 (Brundy 141, Marquette 36 (Flory 10), Assists— DePaul 13 (Greene 6), Marquette 13 (Smith 71. A-12.543.

VIRGINIA (44) 51th 36 90 6, Blurdin 56 1 4 11, Dabbs 38 34 9, Morgen 7-19 34 21, Crofty 4-10 1-2 11, Turner 0 2 2 2 2, Bair 00 0 6 6, Williams 0 2 0 0 0, Oliver 6 5 6 0 0 0, Daniel 1 1 2 2 4, Totals 23 56 MARYLAND (58)
Austaf 7:14 0-0 14. Williams 2:10 0-0 4.

Messenburg 8 12 4 4 20; Johnson 3 10 1 3 9, Harad 3 9 0 8, Dickerson 1 5 0 0 3, Lewis 0 1 0.40 Martin 6.2448 Totals 2443 5.2 50 Halffime-Maryland 20, Virginia 29, Regu lation-Virginia 54. Alaryland 54. Three or goals--Virginia 6-18 (Morgan 6-12, Crotty 2-5, Dabbs 6-1), Maryland 5-18 (Johnson 2-4, Nared 2-7, Dickerson 1-4, Mustal 6-2, Williams 9-1). Total touls-Virginia 13. Maryland IS. Fould oul-None Rebounds-Virginia 40 (Dabbs 9), Maryland 39 (Massenburg 13). Assists-Virginia 16 (Croffy 8), Maryland 16 (Nared 6), A-10,768

NHL STANDINGS

NATIONAL HOCKEY LEAGUE **Patrick Division** 24 14 7 15 170 152 25 16 4 54 275 100 170 152 Pittsburgh NY Rangers 23 19 7 Philadelphia New Jersey 24 22 2 50 188 148 17 22 HY Islanders 13 29 2 20 136 183

Adams Division 31 11 6 46 184 132 Montreal 10 15 10 46 152 145 10 21 5 43 150 172 Boston Buffalo 17 23 3 37 154 157 14 27 6 34 161 212 Hartford. Quebec Campbell Conference North Division
W L T Pts. 21 17 8 90 16 21 7 20 Detroit \$1, Louis 14 27 8 36 141 163 16 77 3 35 143 193 Minnesola Toranto 7 31 167 202 Chicago

29 10 7 AS 27 16 3 57

273 18 5 51 197 170 18 27 6 42 148 151 16 17 9 41 166 177 Vancouver Winnipeg Tuesday's Results CAlgary 7, Defroil 1 Quebec 7, New Jersey 4 NY Islanders 5. Pittsburgh 2 \$1. Lault S. Los Argeles 2 Vancsuver 5. Philadelphia 3

Smythe Division

Los Angeles

Edmonton

Wednesday's Games Harlford at Montreal, 2:35 p.m. Minnesota et Buttalo, 7 13 p.m. NY Rangers at Chicago, 8 35 p.m. Edmonton at Winnipes, 8:35 p.m. Thursday's Games Calgary at Boston, night

Montreal at Hertford, night Quebec at New Jersey, night Los Angeles at NY Islanders, night NY Rangers at St. Louis, night Minnesota al Torento night

NHL an air Balleties By United Press International Wales Conferece

Mats Nastund, Montreal, 133,357; 2, Michel Goulet, Quebec, 114.482; 3, Randy Cunneyworth, Pittsburgh, 111.009, 4, Dave Andreychuk, 10s.017; Agran Broton, New Jersey, 85.551; Brien Propp, Philadelphia,

MISL STANDINGS

MAJOR INDOOR SOCCER LEAGUE W L Pct. Dallas 8 400 530 Los Angeles Tacoma 9 12 429

Kansas City Tuesday's Game Los Angeles 9, Kansas City 5 Wednesday's Game Wichita at Tacoma, 18: 35 p.m. Thursday's Games No games scheduled

TV/RADIO

COLLEGE BASKETBALL 5:15 p.m. — SC, Barrnat FIT, (L) a p.m. — SUN, Pal Kennedy Show - ESPN. Georgetown at Providence, (L) 7.30 p.m. - Jacksonville, (L) - SC. South Florida at

8 30 p.m. — \$1, 68, Vanderbilt at LSU, (L) 8 p.m. — SUN, FSU at Arkanses. (L) 9 p.m. -- ESPN. North Carolina at Duke. 3, atem et 3 30 a.m. 10 30 p.m. — SUN, Memphis State at South

12:30 a.m. — SUN, Wimp Sanderson Show HBA BASKETBALL 10:30 pm - OR, New York Knicks at Golden State Warriors (L) BOXING

1 p.m. - ESPN. Pedro Decima vs. Julian Solis, Banlamweights

BASKETBALL 7:30 p.m. - WHOO AM (990), Florida Af Tonnessee

PREP STANDINGS, RANKINGS

1 334 77

DeLand

BOYS BASKETBALL SEMINOLE ATHLETIC CONFERENCE Team 5 0 - 107 Sem Inole Vs 84 2 1 119 69 Del and 1 2 24 7 12 Lake Howell 1 3 24 59

ake Braniley Oviedo Friday's games Spruce Creek at Semirole Lake Mary at Lake Brantley Lake Howell at Ovieds

DeLand at Lyman

SEMINOLE ATHLETIC CONFERENCE Team

W L GB AH Seminole Lake Brantiev Lake Hervell

Thursday's names Lake Brantley at Lake Mary DeLand at Lymer Lake Mary at Pinelias Park BOYSSOCCER

SEMINOLE ATHLETIC CONFERENCE Lake Mary 6 0 1 - 142-2 Oviede 4 1 3 1 9 7-45 1 4 3 5 363 Lake Brantley DeLand

Lake Mary at Lake Brantley Del ind at Lyman

GIRLS SOCCER W L T GB AH Team. Lake Mary 0 0 — 1820 7 1 1 1 1723 Lake Brantley Lake Howell 5 2 1 2 13 5 1 4 3 2 319 8 4 4 2 8 0 419 5 10 0 Lyman Seminole Ovlade 1 7 0 2 5 12 0 DeLand Thursday's games

Lake Brantier of Lake Mary Lyman at DeLand Oviedo at Lake Howell Tuesday's retuit Lake Mary 5 Winter Park I Monday's result.

Notre Dame routs Southern Methodist

United Press International

Before the start of the Notre Dame-Southern Methodist game Tuesday night, the Mustang coaches presented Notre Dame Coach Digger Phelps with a gun:

Southern Methodist Coach John Shumate, a former Notre Dame player and assistant coach, and assistant coaches Dave Batton and koy Martin wanted to show their appreciation for their former mentor

Shumate, a 1974 All-America who nearly died of a blood clot in his lung during his sophomore year at Notre Dame, received a standing ovation from the crowd of 8,440 at the Joyce Athletic and Convocation Center. He also recrived a sound beating from players he had helped recruit for Notre Dame.

Jamere Jackson and Keith Robinson each scored 10 points to lead a balanced attack that gave the Irish a 67-45 victory. All Notre Dame players saw action and 11 of them scored against the Mustanta

Etle Longino and Tony Patterson each scored 12 points to lead Southern Methodist, 6-7. The Mustangs, 0-6 on the road, played their first game without Kato Armstrong, their leading scorer. Armstrong is academically ineligible for the rest of the season

Notre Dame, 8-2, notched the game's first 11 points. The Mustangs didn't score until Longino hit a shot with 14/16 left in the half.

"It was a feeling of frustration." Shumate said. "They were kicking our butts In other games. Pittsburgh defeated

Boston College 73-64, Virginia topped Maryland 64-58 in overtime, Marquette upended DePaul 72:64, West Virginia edged George Washington 73-71 and Utah shaded Wyoming 82-80

At Chestnut Hill, Mass., Bobby Martin scored 17 points, Jason Matthews had 18 and Sean Miller added 15 to lead a balanced Pittsburgh attack, Pittsburgh. coming off a 99-91 upset of Oklahoma on Sunday, raised its record to 9-6 and 2-2 in the Big East. The Eagles dropped to 8-6 and 1 3

A: College Park, Md., John Morgan capped a 21-point performance with a 3-pointer late in overtime. The Cavaliers improved to 9-6 and 2-2 in the ACC. while dropping the Terrapins to 6-10. 0.5 It was Maryland's seventh straight

At Milwaukee, Tyrone Baldwin scored 18 points and Mike Flory added 17 to lead Marquette, 8-6. The Warriors took control of the game with a 7-1 run to go ahead 66-61 on John Leurck's driving banket with 4.10 remaining. The Blue Demons fell to 10-8

At Washington, Steve Berger scored 16 points to bring West Virginia its 11th consecutive win. The Mountaineers improved to 12-2 and 6-0 in the Atlantic 10 Conference. George Washington, the only winless team in Division I. fell to 0-14 and 0-6

At Larainte, Wyo., Jimmy Madison scored 26 points and Van Gray hit four free throws in the final 20 seconds to preserve Utah's Western Athletic Conference victory over Wyoming. In games Wednesday night involving

ranked teams, it's: No. 1 Duke vs. No. 12 North Carolina: No. 4 Georgetown vs. No. 19 Providence, No 6, Oklahoma va. Kansas; No. 14 Florida State vs. Arkansas: No. 15 North Carolina State vs. Wake Forest; co-No. 20 Tennessee vs. Florida; and co-No. 20 Georgia Tech vs. Alcorn State. Georgetown Coach John Thompson

will not travel to Providence when the Hoyas play the Friars. It will mark the second game of Thompson's boycott against NCAA sanctioned events because of his opposition to Proposition

WCU COACH REPRIMANDED ASHEVILLE, N.C. - Southern Confer-

ence Commissioner Dave Hart publicly reprimanded and censured Western Carolina men's basketball coach Dave Pessinger Tuesday for criticizing the officiating at back-to-back games with East Tennessee State and Appalachian State in early January Hart said Possinger violated a league

policy prohibiting coaches from publicly criticizing game officials.

Coaches, players and officials are expected to conform to this policy," Hart said. "They are to restrain their conduct. and present college basketball with principles of fair play and good sportsmanship "

Hart said Possinger disregarded a conference policy requiring his evaluation of game officials to be routed through the conference basketball supervisor of officials. Possinger, in his first season at

Western Carolina, responded to the reprimand and censure late Tuesday. saying he would change his act-"I obviously cannot change any of the

things that have happened, but there are things that I can do to help the healing process." Possinger said. "I am going to do everything in my power to act with class and coach this team to the best of my ability. "My fervent hope is that everyone

associated with the conference will let me do this and that we can put what has happened in the past behind us. Possinger met following Monday

night's game against Marshall in Cullowhee with Hart and other conference officials, including supervisor of officials Jim Burch.

"It was a positive and productive meeting and I think everyone feels that way about it." Possinger said. "They feel that I've got to change some of my bench decorum."

Possinger said the conference had agreed to closely monitor game officials "so they are not going to come into our games with pre-conceived notions as to what is going to happen."



13 EXCITING RACES EACH PERFORMANCE Nightly 7:30 p.m. Thurs, Mort Lades

Macroes 1 00 pm Dosed Sunday

Night Free Admission Special Group Packages Avetabu

Sorry, must be 18

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Rams Wildcats

By CHRIS FISTER Herald sports editor

After a period where they went a game and a half with only one roal scored, Lake Mary's lady Rams regained their explosive touch in the second half of the Seminole game on Friday and continued it into the first half of Tuesday night's contest against Winter Park's Wildcats.

The Lady Rams erupted for five goals in the opening 40 minutes Tuesday and cruised to a 6-1 victory in nonconference action at Lake Mary High.

Lake Mary, 18-2 overall and ranked No. 5 in Class 4A, now prepares for three consecutive games that will decide the Seminole Athletic Conference champion. On Thursday, the Lady Rams host Lake Brantley while they host Lyman Saturday, then go to Lake Howell next

"With four good teams in the conference you never know what is going to happen." Lake Mary coach Bill Eissele said. "But destiny is in our own hands, which is n'ce to have."

In Tuesday's match, Lake Mary opened the acoring 10 minutes in when Marcy Lazar scored off an assist from Amy Alexander. Winter Park stayed within 1-0 until the midway point of the half when Lake Mary scored three times in a nine minute span.

Michelie Matthigiy scored the second goal of the night on an assist from Donna Rohr at the 20 minute mark and Mattingly then ussisted Rohr's goal five minutes later to up the lead to 3-0. Four minutes later, Crissie Snow scored on another Rohr assist.

Lake Mary made it 5-0 with four minutes left in the half on Rohr's goal off an assist from Amy Paschoal. Rohr completed her hat trick in the second half to give Lake Mary a 6-0 lead.

Winter Park, which managed only two shots in the game off Lake Mary's defense, got a goal from Kristy Marr with two minutes left to play.

Since we scored five times in the first half, we were able to get playing time for everyone. Elssele said. "Defensively Paschoal did a good job between stopper and sweeper, Alexander on Saturday. played well and Jamie Dombehlk and Sandy Powell also played well.

Dana Hoover also had another good match," added Elssele. "She doesn't get the number of goals other people do but works hard at midfield and does a good job moveing the ball

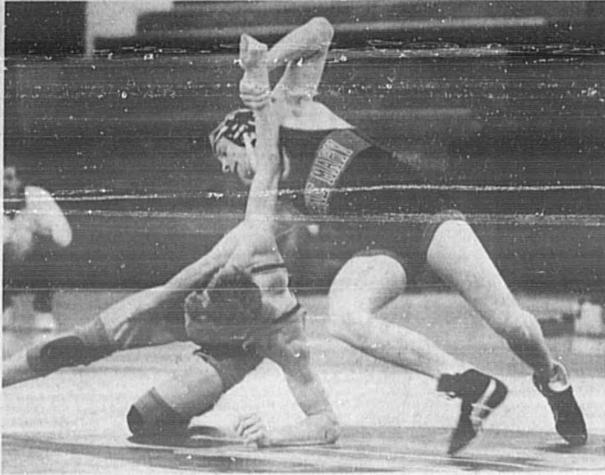
up field for us." BACRACE

The SAC race will most likely be decided this week as Lake Mary (8-0 in the conference) plays Lake Brantley (6-1-1) on Thursday and Lyman on Saturday. Brantley, meanwhile, goes up against Lake Mary Thursday and Lake Howell on Saturday.

Along with playing for the SAC title, the teams will also be playing for top seeds in the 4A-3 District Tournament which opena Monday, Jan. 30. MCCORFLE HONORED

Lake Mary High School and the Boosters Club are honoring boys soccer couch Larry Mc-Corkle with a barbecue on Seturday, Feb. 4 from 12 noon to 3 p.m. at Lake Golden Park in Sanford.

Tickets are \$10 per person (students \$5) and deadline for



Hereld Frield by Tim Helcomi

Lake Mary's David Petrone takes Seminole's Tom Brendle to the mat in action last week. The Rams wrestle again tonight at home against West Orange's Warriors.

Rams wrestle West Orange

Tough schedule continues for Lake Mary matmen

From staff reports

Lake Mary's Rams did not build a tradition of wreatling excellence on post-season success alone. It is a rugged regular season dual meet schedule that has prepared members of the Lake Mary teams of the past for the championship meets.

This season. Lake Mary may have its toughest schedule ever having already wrestled the likes of Bishop Moore and Flagler Palm Coast. Further proof of that tough schedule is also in the Rams' three opponents this

Tonight at 7:30, coach Doug Peters' Rams host the West Orange Warriors, a team that has held its own this year against the best Orange County squads. On Friday, Lake Mary hosts perennial state powerhouse Sarasota and the Rams then go to Miami Sunset

United Press International

MELBOURNE, Australia -

Australian Mark Woodforde up-

set eighth seed Yannick Noah in

a thrilling five-setter Tuesday to

reach the second round of the \$3

militon Australian Open tennis

In a match that lasted until

1:30 a.m. with a crowd of almost

10,000 still in the stands.

Woodforde downed Noah, 6-4,

6.7 (5.7), 6.2, 6.7 (7.9), 6-4.

Woodforde reached the fourth

round of the U.S. Open, knock-

'It was a great match and

Woodforde is a great competi-

tor," Noah said "I felt tired early

but I was strong at the finish. I

will have a rest now and then get

ready to play for France against

Israel in Tel Aviv (in the Davis

Ivan Lendl began his quest for

his first Australian Open by

crushing West German qualifier

Alexander Mronz in a rain-

Earlier in the day, second seed

Ing off John McEnroe en route.

tournament.

Cup) on Feb 3."

SPORTS TONIGHT

17 30 p.m. West Orange at Law Mary 17 30 p.m. Leesburg at Lake Brantley

The week of Jan. 30 will also be an interesting one for Lake Mary as they wrestle three outstanding opponents. On Monday the 30th, Lake Mary hosts Merritt Island. On Wednesday, Feb. 1, the Rams are home against Orlando Colonial and they then wrestle on Winter Park on Thursday, Feb. 2.

Lake Mary enters this week's slate with a 5-2 dual meet record, having won matches last week over Seminole High, Jacksonville Forrest and Jacksonville Wolfson.

The victory over Seminole was important in many ways last week as it was not only for Rams are still a team to contend. Leesburg Yellow Jackets.

Woodforde upsets No. 8 Noah

Lendl showed no sign of trou-

ble from his right shoulder as he

pummelled Mronz, 6-0, 6-1, 6-3,

In an hour and 44 minutes. West

German Boris Becker, the third

seed, carned a 6-2, 3-6, 6-2, 6-1

victory over New Zealander

defeated fellow Australian Brett

Edberg had to struggle to get

past Roger Smith of the

Bahamas, ranked 116 in the

world. Edberg, the 1985 and

1987 Australian champion and

seeded fourth, had trouble with

Smith's serve and his all-court

attack before pulling out a 6-4,

In other matches involving

seeded men, No. 7 John

McEnroe topped West German

Michael Westphal, 6-4, 7-5, 2-6,

6-2, and No. 15 John Fitzgerald

stopped fellow Australian Shane

from the crowd after his victory

McEnroe received an ovation

Custer, 6-3, 6-1, 6-1.

3-6, 6-4, 6-3 victory.

Barr, 6-3, 6-4, 6-4.

Steve Guy, and No. 13 Pat Cash

Wimbledon champion Stefan

sodden first round match.

with despite the loss of four defending region champions.

The first five weight divisions have been very solid for Lake Mary this season with Arnold Hernandez at 103, John Habel at 112. Aaron Jordan at 119, Adam Vandiver at 125 and David Petrone at 130.

Jose Carbia (140) is one of the Ram veterans who hopes to lead the team to its best finish ever at state and is considered a state contender at his class. Lake Mary also looks to Shane Stanley and Carl Bergman to solidify the center of the lineup while the heavyweights who are being counted on are Justin Naumovitz (171), Ort Kantor [189]. Allen Lewis (220) and Chris Krael at heavyweight.

Outside of the Lake Mary match, the only other prep athletic action on the slate tobragging rights in Seminole night will be Lake Brantley's County but proved that the wrestling team hosting the

in his first Australian Open

winner of four U.S. Open and

appearance in four years. A

three Wimbledon titles. McEnroe

is still accking his first

"I am hitting the ball very

well, I played a lot of good shots

out there today," the left-hander.

"I am hitting my groundstrokes

hard, but I can improve my

serve, but that only comes with

get to the semis where I could

"I would love to play well and

The only other seeded Ameri-

can in men's singles is Aaron

In first-round women's action,

second-seeded Martina

Navratilova advanced with a 6-0.

6-1 drubbing of Andrea Betzner

of West Germany; No. 3 Gabriela

Sabatina of Argentina knocked

off Cecilia Dahlman of Sweden.

6-0, 6-1; and No. 4 Pam Shriver

recorded a 6-4, 6-1 triumph over

Rachel McQuillan of Australia

Australian Open title.

tough games.

meet Lendl."

Krickstein at No. 10

Collinsworth: Loss can last a lifetime

United Press International

MIAMI - The problem with the Super Bowl, says Cincinnati wide receiver Cris Collinsworth. is that the memory can last a lifetime.

The joy of reaching the final game of the NFL season can be washed away with the sting of having been there and lost. That is what happened to Collinsworth in his rookie year of 1981 when he and his teammates lost to the San Francisco 49ers 26-21 in Super Bowl XVI.

The Bengals, who get another shot at the 49ers Sunday, took the day off Tuesday to meet the media and one topic Collinsworth found himself referring to was his lone Super Bowl appearance.

Collinsworth, Max Montoya, Anthony Munoz, Reggle Williams, Eddie Edwards, Turk Schonert and Jim Breech are the only players from the 1981 team still playing for the Bengals.

"I remember walking off the field in Pontiac, Michigan, and how bitterly disappointed we all were," Collinsworth said. "And also to look at the faces of Jim LeClair, Glenn Cameron and Ken Riley, some of the guys who had been there for a while, and realize that this may be their last chance. I said this is horrible, but I am sure I'll be back to another four or five.

"Now this may be my last shot. I don't want the Eric Thomas' and Lewis Billups' to look in my eyes and say, 'Poor Cris, this is his last chance.'

'So this one means a lot to

It means much to have been there and won, but also to settle an old score. The Bengals meet the 49ers again Sunday in Super Bowl XXIII.

"I remind the younger guys that the 49ers are wearing one of my rings and I definitely don't them," Collinsworth said.

"It's tough. You go to these golf tournaments and you see Ronnie Lott or somebody wearing those huge Super Bowl XVI rings and I just have my little AFC Championship ring. It makes me want to take it off and stick it in my pocket because it reminds you more of losing the Super Bowl than winning the AFC championship."

Collinsworth is mulling rethrement after the season. He turns 30 on Jan. 29 and will be married in the off-season.

His production has fallen off the last two years due to injury. An ankle problem relegated himto third-string wide receiver this season and he caught just 13

While Collinsworth has become less of a force on the Bengals, guard Max Montoya earned his second Pro Bowl spot in 1988. He started against the 49ers in Super Bowl XVI, but he sees a much different team this time around.

"Our offense is different, our defense is different." Montoya said. "And the same thing for them. The only thing that is the same to me is the color of their helmets."

But Montoya also has the advantage of taking the long view of playing in the Super

"You realize the great thing at stake is not the money or the fame." he said. "The true

motivation is that big ring. Of course, that long view is not always an advantage. Some-

times it just shows your age. "Most of the players are tired of hearing me start out with, 'I remember when Collinsworth says with a smile They just go crazy. Boomer (Estason) will say we don't want to hear about when you played In the last Super Bowl."

49ers' Rice will play if sore ankle heals

United Press International

MIAMI - Jerry Rice's greatest aggravation this year has come not from opposing defenses but from a sore ankle that refuses to

The latest episode in the San Francisco receiver's struggle with his right ankle occurred during a Monday practice at the University of Miami practice facility, when Rice twisted the ankle and suffered a "moderate" aprain.

Rice, a Pro Bowl starter who was second in the NFL with 1,306 receiving yards in the regular season, said during Tuesday's Picture Day at Joe Robbie Stadium that he was at about 85 percent and would play. Sunday if San Francisco coach Bill Walsh gave his OK.

Right now, it's really sore, but I still have about four days to rest my ankle," Rice said. "I hope by then it will be better. If there's any way possible. I'm going to be out there."

The ankle was first injured during the seventh game of the season, a 24-21 win over the Los-Angeles Rains in Anaheim, Calif-Since that time, Rice said he has not been 100 percent, although his play in San Francisco's two playoff games has been outstanding.

He has caught 10 passes for could."

194 yards and five touchdowns In the post season to help the NFC champion 49ers to their third Super Bowl appearance of the 1980s.

"I try not to really get down," Rice said of the sore ankle. "I could have very easily given up when I hurt my ankle against the Rams, but I just kept fighting. I've been playing with this so long, it goes and it comes. I think I can block it out if I get that opportunity — if I can just get out and suit up."

No one expects Rice, who said an ankle injury is the most difficult one for a receiver to overcome, to wear street clothes on Sunday. But if Rice still is burting, and he said Tuesday his ankle feels as sore as it did when he first injured it, it will limit bis ability on the field.

"I didn't have any lateral movement." Rice said of past games in which his ankle was sore. "I couldn't get away from the bump and run. I'm just going to go out with the same intensity and try to get into the end zone.

"My ankle has been hurting all year long. I really tried to adjust to it. I knew every game going out it was going to hurt. I just had to deal with it the best I

purchase of tickets is Jan. 30. Super-

Continued from 1B,

As hosts, the Dolphins got 6,500 tickets, most of which were sold to season ticket holders through a computerized ticket lottery. No one got more than two tickets and most got none. We figure in the random

selection, one out of six season Bowl tickets. That means five happy," Robbie said. The rest of the Miami tickets

went to politicians, entertainers and other VIPs For every one available, "We've got at least 10 people we've got to say no to," Robbie said. No one was bold enough to

offer Robbie a cash bribe, but some did ply his secretary with roses - unsuccessfully.

"Some people do sound desperate," said Robbie.

While unhappy fans who didn't get tickets are threatening to boycott the Dolphins next year, many of those who got them are busy trying to sell them.

The NFL believes ticket acalping is not widespread. A survey conducted at last year's Super Bowl in San Diego showed paid more than face value for tickets from the NFL for \$150.

their tickets, Steeg said. Still, the Florida newspapers

carry dozens of ads from people begging to buy tickets or offering to sell them.

Don Kwast won two Super Bowl tickets in a Visa credit card promotion and ran an ad offering to trade them for "a reliable ticket holdern received Super truck or car." He lost track after about 50 responses, and was still out of every six people aren't trying to decide Tuesday between a 1981 Toyota pickup and a 1974 Datsun 280-Z.

"I'm leaning toward the pickup but I haven't seen the Z yet," Kwast sald.

Other Mianii residents offered their t'ekets, their homes and their cars for a week in package deals for \$4,000 to \$5,000

Travel agents are exempt from Florida's no-resale law At Jax Travel, tickets went for \$500 for the end zone all the way up to \$2,250 for sky box scats "fully equipped" with a buffet of stone crabe, shrimp, chicken and roast beef, and a full bar, said the

agency a Karen Jacobson Football fans have hounded **Broward County Commissioner** Nicki Grossman ever since a newspaper reported that as host of the Fort Lauderdale Super only 5 percent of the spectators Bowl Task Force, she got four



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People

CALENDAR

Sanford Historical Society to meet

The Henry Shelton Sanford Memorial Library and Museum Historical Preservation Society will have its annual meeting to discuss business and elect officers on Thursday, Jan. 19, at 5 p.m. at 520 E. First 61.

Overeaters to weigh in

A meeting on spirituality in relationships in Overeaters Anonymous is conducted on Thursdays at 7:45 p.m. in the cafeteria at Westlake Hospital, Longwood. For more information, call Charlie at 323-8070.

Lake Mary Rotary to gather

The Loke Mary Rotary Club meets Thursdays at 8 a.m. at the Community Improvement Association building on Country Club Road, Lake Mary. Breakfast is served. For more information, call Brent Carli at 330-3343.

Dixieland Cloggers to meet

Dixieland Cloggers clogging group holds club meetings on Thursday, 7-9 p.m., at the Lake Mary Fire Department at First Street and Wilbur Avenue, Lake Mary, For moreinformation, call 321-5267.

Junior Women's Club to meet

The Junior Minimen's Club of Sanford, Inc. meets every third Thursday of the month at 7 p.m. at the Sanford Woman's Club building at 309 S. Oak Ave.

East-West Kiwanis to gather

East-West Sanford Kiwanis Club meets Thursday at 6 p.m. at Friendship Lodge, Seventh and Locust.

Sweet Adelines to rehearse

Sound of Sunshine Sweet Adelines women's barbershop singing group renearses every thursday at 7:30 p.m. at Community United Methodist Church. U.S. Highway 17:92 Casselberry.

Parent support group to meet

Families Together Parent Support Group meets every Thursday at 7:30 p.m., 900 Fox Valley Drive. Sweetwater Square, Suite 208, for open discussion. For more information. cull 774-3844.

Narcotics Anonymous to meet

Narcotics Anonymous meets Thursday at 8 p.m. in the First Presbyterian Church fellowship hall, corner of Fourth Street and Park Avenue, Sanford.

AA groups schedule meetings

Area Alcoholics Anonymous groups meeting Thursday

Casselberry:

 Acorn Group, 8 p.m. closed and open discussion, Rebos Club, 130 Normandy.

• Clean Air Group, noon, alcoholics only, non-smokers only, Rebos Club, 130 Normandy.

 Good Morning Group, 10 a.m., open discussion, Rebos Club, 130 Normandy.

Happy Hour Group, 5:30 p.m., open discussion, Rebos

Club. 130 Normandy. • Rebos Group, 6:30 a.m., open discussion; noon, alcoholics

only: Rebos Club, 130 Normandy.

Seminola Group, 8 p.m., open discussion; 8 p.m., third Thursday of month, open speaker meeting: St. Augustine Church, 375 Sunset Drive.

Oviedo: Oviedo Group, 8 p.m., open discussion, non-smokers only, First Methodist Church, King Street and Lake Jessup.

Sanford: • Sanford Group, noon, 5:30 p.m., open discussion; 8 p.m.,

open speaker meeting: 1201 W. First St.

• Sober Won Group, noon, 5:30 p.m., 8 p.m., open discussion; Sahara Club (old driver's license office), 2587 S.

Families Together Teen Support Group meets from 11 a.m.

Teen support group to meet

to 1 p.m. every Saturday at Suite 206 Sweetwater Square, 900 Fox Valley Drive (off Wekiva Road), Longwood. Call 774-3844 for further information. Nar-Anon to offer help

Nar Anon, a self-help group for relatives and friends of addicts, meets at 8 p.m. Wednesdays and Saturdays at West Lake Hospital. State Road 434, Longwood, and on Fridays, at 8 p.m., at Grove Counseling Center, Third Street and Oak Avenue, Sanford. For more information, call 869-6364.

Dancers to swing their partners

Square dancing for couples and singles is held each Sunday at 1/30 p.m. at the Casselberry Senior Center, 200 Triplet Lake Drive, Casselberry. Call 767-5411 or the center at 831-3551. ext, 239, for more information.

Calligraphy classes slated

Calligraphy classes will be offered on Fridays, beginning Jan. 20, from 6:30-8:30 p.m. at Arts on the Park, 115 N. Kentucky Ave., Lakeland Materials are not included in the \$30 cost of the four week series. To enroll, call 680-2787

Adolescent disorder workshop set

Laurel Oaks Hospital will sponsor a "conduct disorder" workshop, concerning adolescents who are disruptive and rebellious, from 8:30 a.m. to 3 p.m. at The Peabody Orlando, 9801 International Drive, Orlando, on Friday, Jan. 20. Cost of the seminar is \$35, which includes continental breakiast and lunch. For more information, call Jeanne Rodriguez at 345 5000

Parkinsonian Society to meet

The Parkinsonian Society of Greater Orlando will meet on Saturday, Jan. 21, from 10 a.m. to noon at the First United Church of Christ, 4605 Curry Ford Road, Orlando. The meeting is free and open to the public. Speaker will be Dr. Neil Gross of the Florida Eye Clinic, who will address "Parkinson and Eye Problems Call Louise Murdock at 295-3709 for further details

UDC to celebrate Lee's birthday

The Annie Coleman Chapter of the United Daughters of the Confederacy will observe the birthday of Robert E. Lee with a silver tea on Saturday, Jan. 21, at 500 Osceola Ave., Winter Park, For more information, call Elleen Sumner O'Brien at 846-8937 after 6 p.m.

If you know of upcoming activities you'd like announced in the Herald's Calendar, send the appropriate informationevent, time, date, place, cost, contact person and phone number-to Calendar. Sanford Herald, 300 N. French Ave. Sanford, FL 32771 or call 322 2611.

Three countries influence Thai

By JANE HALE

Herald correspondent

WINTER SPRINGS - Our cook of the week is a That woman with a British accent who likes American food.

Umasiri Suttisarn of Winter Springs has a name that means pretty little flower" in Thailand. But her friends call her "Penny."

She was born in Bangkok, Thailand and lived there there until she was seven.

'Then my family moved to London, England, where we lived for about a year," Suttisarn said. "The people there got a big thrill at the way I talked, because you don't see very many little Oriental girls with an English accent."

Suttisarn enjoyed not only the friendliness of people in England, but the beautiful countryside as well, she said.

Her mother is a certified public accountant with the firm of Parnell, Kerr, and Foster in Jacksonville. "She is truly a remarkable woman," Sattisarn said. "She raised three kids and worked full time for as long as I



"My mom and Lare very close and talk on the phone as often as we possibly can.

Suttlsarn's father is deceased but she has two brothers, both of whom are younger than she is. "I adore both of my brothers," she said. "They are both just the greatest and are very special to

Suttisarn grew up in Casselberry and attended the local schools there, graduating from Lyman High School.

"I started school in Thailand and only went there for a year and then I went to school in London for about a year," Suttisarn said. "In Thailand or England you have to wear uniforms to school and here in the

United States you can wear just about anything you want to wear.

Not only did she learn to cook by watching her mother cook, Suttisarn was motivated to learn to cook what she liked to eat.

"While living in London for a year after being born in Thailand I began to get a taste for Western foods," she said. "Hot dogs were the only thing I ate when I first moved to London from Thatland. Since then I have been living in Casselberry and I have developed a taste for Southern-fried chicken, green beans and corn bread.

Why does she like to cook? Because I am from Thailand and I like to eat That food. There are not many places around that fix That food the way that I like It so I learned to cook it the way that is good for me," she said.

Suttigarn said she likes to see how creative she can be and she does so with her cooking. The first dish she remembers fixing was fried rice. "It was nothing special and it was not as good as my mom's, but everyone ate it without complaining." Suttisarn

Suttisarn is single, but does have a flance, Ricky Doss. The two met while they both worked at Costco Wholesale Inc. "He is a really wonderful man and I love him very much," she said. "He and I enjoy playing tennis together."

She works as a sales clerk at Costco and said she enjoys her job. "You meet many interesting people there and I do like meeting people," she said.

Suttisarn also is a student at Seminole Community College, where she plans on developing her business skills in accounting and economics. "I would like to become a certified public accountant and open an office with my mom." she said.

Her hobbies include playing tennis, watching junny movies and playing with her new puppy, Ginger.

Listed below are some of Suttisarn's favorite recipes

HONEY GLAZED CHICKEN

4 chicken brew a 4 tablespoons honey

Put honey over chicken and bake at 400°F for 45 minutes. See Cook, Page 5B

State food scores for Super Bowl

Miami is the site for Super Bowl XXIII on Jan. 22, and almost half the households in America are expected to have their TV sets tuned to the big game. It's a great time for a

Super Party. Whether it's the 49ers or the Bengals you can't go wrong with a party themed to Miami and sunny Florida cookery. You can "jet" to Miami via your menu theme and decorations.

For the occasion, create a menu of enticing Florida food specialties and serve them in a tropical setting with a pallet of vibrant colors. The menu is sophisticated, yet easy to prepare and can be served at half-time or after the game.

The focal point of the meal Florida's Best Seafood Kabohs paired with fresh vegetables. Fresh grouper fillets or monkfish are a good choice for the kabobs. To give them a crusty and savory coating, typical of Florida seafood cookery, the fish cubes are first dipped in creamy Sauceworks tartar sauce, then covered with a zesty cornmeal and chili seasoned coating. The coated cubes are then threaded on skewers with chunks of red pepper, zucchini and red onlon. The baked kabobs are served with additional creamy tartar sauce.

You'll get extra points when you pair the kabobs with cheese-flavored grits, accented with Cheez Whiz pasteurized process cheese spread. These southern-style grits can be prepared quickly in the microwave or baked in the same oven with the kabobs.

A Sunny Citrus-Cheese Salad, pairing grapefruit and orange sections with fresh See Bowl, Page 6B



Florida Kabobs with Sauceworks tarter sauce, Grits add to the flavor of the occasion. Sunny Citrus-Cheese Salad and Extra Point

Pasta cooks fasta in the microwave

Perk up those sometimes humdrum after-the-holiday menus with interesting pasta dishes prepared in the microwave oven. The recipes that follow include a variety of pasta shapes and sizes, some topped with tasty sauces, some mixed with sauces.

Pasta usually requires pienty of boiling water for cooking. This cooking can be done in the microwave, but I suggest cooking it conventionally for most recipes. It will save time to have the pasta coolding conventionally while the sauce is being prepared in the microwave oven

Fettuccine noodles make a crust for this Italian pit. The rich tomato sauce and cheese make a delicious filling. Serve in

PETTUCCINI PIE

8 ounces fettuccini noodles 1 pound ground beef

1 medium onlon, chopped

14 cup chopped celery

1 tablespoon sugar

1/2 teaspoon oregano

Va teaspoon basil I can tomato wedges

1 can (6 ounces) tomato paste l can (4 ounces) mushrooms

1 package (3 ounces) cream cheese 14 teaspoon garlic

4 teaspoon salt Va cup grated Parmesan cheese Cook fettuccint as directed on package.



MICROWAVE MAGIC

MIDGE MYCOFF

Drain and rinse in cold water. Set aside. Crimble beef into 11/2-quart glass casserole dish. Add onion and celery. Microwave on 100 percent power, 5-6 minutes or until meat is no longer pink. Stir to break meat into smaller pieces; drain. Add sugar, oregano, bastl, tomato wedges, tomato paste and mushrooms. Stir to combine and break tomatoes into small pieces. Cover with lid-Microwave on 100 percent power 7-8 minutes or until bubbly. Stir. Set aside

Microwave cream cheese 30-45 seconds or until softened. Blend until smooth, stir in salts. Add cooked noodles, mix to coat evenly. Stir in ¼ cup parmesan cheese.

Turn noodles into a 10-inch glass pie glass. Press evenly into bottom and up sides of pit plate, forming a crust. Top with meat mixture; sprinkle with remaining Parmesan cheese. Microwave on 100 percent power, 7-8 minutes or until heated through. Let stand 5 minutes. Serve with a green salad, crusty bread and a fresh fruit dessert-

This recipe starts with uncooked pasta shells and meat filling. It's so easy even children can help.

CANNELLONI 4 ounces Italian sausage 4 ounces ground beef

1 small onion, chopped 14 cup grated Parmesan cheese

2 tablespoons dry bread crumbs

44 teaspoon garlic salt

Va teaspoon parsley flakes

4 teaspoon oregano

1 can (15 ounces) tomato sauce

4 ounces uncooked manicotti shells (6 or

I cup water 2 tablespoons margarine

2 tablespoons flour I cup half & half or milk

¼ teaspoon salt Dash of pepper 34 cup shredded Mozzarella cheese

Combine sausage (remove from casing if necessary), ground beef, onton, Parmesan cheese, egg, bread crumbs, garite salt, parsley and oregano; mix well. Pour half of the tomato sauce into a 12 by-8 inch glass baking dish. Stuff uncooked shells with uncooked meat mixture, pressing firmly into shells. Arrange in baking dish. Pour water over shells; mix with remaining

tomato sauce. Cover with wax paper. Gee Pasta, Page 7B

oped a stiffening pain at the case of my neck. I'm 73. Should I see a neurologist or a bone doctor?

DEAR READER: I think that you would be best served by seeing your family doctor. Neck pain in 73-year-olds is a common complaint, usually caused by muscle tension and/or arthritis of the cervical spine. Muscle spasm can be the result of tension or the normal muscle malfunction that comes with age. You've probably noticed that other muscles tend to tire easily and become tender after the same way.

wearing down of the joint surfaces in the neck, causes stiffelicking sensations on head brittle bones or a pinched nerve.



MEDICINE

PETER GOTT, M.D.

movement. It is also associated with muscle tension in the neck

and shoulders. A general doctor can diagnose and treat your condition at far exercise; neck muscles behave less cost than can a specialist. However, your doctor may Cervical arthritis, the gradual choose to refer you to a neuroloanother specialist if your ailment ness, limitation of motion and is unusual, severe or involves errant, unfertilized eggs that

When re ters required ance for the initial diagnosis of common complaints, I usually recommend a family practi-tioner. Being one myself, I think that we do our best work diagnosing complaints and referring patients to specialists when appropriate.

For more information, I am sending you a copy of my Halk. Report "Medical Specialists." Other readers who would like a copy should send \$1 with their name and address to P.O. Box 91369, Cleveland, OH 44101 3369. Be sure to mention the

DEAR DR. GOTT: Recently a gist, an orthopedic surgeon or friend had two "dermolds" removed. They are supposedly failed to develop. How common

DEAR READER: Dermoid cysts are ordinarily benign growths, consisting of fatty tissue, cartilage and other material, surrounded by a thick capsule of gristle. They are thought to arise from falets of germ cells; that is, misplaced collections of primitive calls which, for unnown rease is, grow in bizanic patterns to form cysts.

Dermoids can occur in the skin but they are more common in internal organs, such as the ovary. These growths can cause pain and swelling; once removed, they do not recur.

(Peter Gott, a syndicated columnist for Newspaper Enterprise Association, can be written to at P.O. Box 91369, Cleveland, OH

Fiber gives nutritional, not survival, benefits

United Press International

derstand how our food relates to our health, we seem to become fixated for a period of about a year on one particular food or

ago. It was replaced by a concern for calcium fortified foods and a brief obsessive look at omega-3 fatty acids, certain cold water

prominent part of our diet. But over the last 50 years, our increasing dependence on processed and refined foods has steadily reduced the sources of fiber in our diets, such as fruits, vegetables, legumes, whole grains and cereals.

foods. Fiber is the undigestable part of a plant, often the outer covering of a plant, like bran in wheat. Thus refined (white) wheat has no fiber. And a strloin steak, even with its chewy tex-Fiber, or roughage as it used to ture, has no fiber because only

origin, have fiber.

Fiber has no nutritional value. Fiber, though it has no calories. supplies bulk that helps to satisfy the appetite and keeps the digestive system running smoothly. Although you could live with no fiber at all vour All fiber comes from plant diet, the health benefits of a diet high in fiber are enormous.

There are two groups of fibers. water soluble fiber and water insoluble fibers. Foods vary in the amounts and kinds of fiber they contain, so it is important to cat a variety of fruits, vegetables, peas, beans, cereals and

whole grains to obtain the fiber necessary to continuing good

Water soluble fibers help to lower cholesterol and blood pressure, and to stabilize blood sugar. Water-insoluble fibers help prevent constipation, and are useful in the treatment of diverticulitis, an intestinal disorder. Increased fiber can also reduce the risk for certain forms of cancer.

How fiber is eaten is almost as important as how much fiber is eaten, although just getting enough fiber into our diets should be the first concern for most Americans. Fiber in its natural state, that is, fiber which has not been ground or exposed to prolonged heating, has a much more beneficial effect on the body than processed fiber.





In our need to better un-

nutrient. Fiber was in vogue with the popular press about three years

fish oils.

be called, was once a much more plants, not foods of animal

Cook-Continued from Page 4B Then broil for 10 minutes until the honey becomes crisp.

EGGPLANT CASSEROLE I egg plant, pared and cooked

- until soft
- 1 pound ground beef
- 1 egg I cup milk
- I teaspoon salt
- Pepper 1 onlon chopped

10 saltines Saute meat with onlon; mix with eggplant that has been cooked and drained. Crumble crackers and add to meat mixture along with eggplant. Pour into greased casserole and bake for about 1 hour at 350°F.

ORIENTAL PORK

AND CABBAGE SAUTE 2 teaspoon vegetable oil

- 14 cup diced onton 1 garile clove
- 8 ounces boned cooked pork. cut into strips
- 2 cups shredded Chinese cabbage
- 1/2 cup each sliced bamboo shoots and canned chicken
 - 2 teaspoons soy sauce
- Vi teaspoon pepper 16 teaspoon ground ginger
- 14 teaspoon corn starch dissolved in I tablespoon water

is translucent. Add pork strips, cabbage and bamboo shoots and saute for 2 minutes. Stir in chicken broth, soy sauce, pepper, and ginger and bring to boll. Continue cooking, stirring constantly for 2 minutes. Stir in dissolved cornstarch and cook. stirring constantly, until mixture is slightly thickened.

QUICK FRUIT COBBLER

- I stick butter I cup milk
- Loup self rising flour 1 cup sugar
- 4 cups of peach or any type of fruit you might like

Melt the butter in a baking dish. Add the milk, flour and sugar. Mix them together, pour over the butter. Pour the fruit over the top of the mixture. Bake for 40 minutes at 375°F.

SHRIMP FRIED RICE

- 2 teaspoons vegetable oil 144 cup cooked rice
- I tablespoon soy sauce 4 cup chopped scallions
- 15 pound shrimp, shelled and develned
- 1 tablespoon fish sauce thought at most oriental food stores
- Legg, beaten

In skillet, heat oil; add rice and soy sauce and cook, stirring continuously until rice is hot. In skillet, heat oil; add onion. Add scallions and continue

and garlic and saute until onlon cooking and stirring until scallions are soft; add shrimp and cook, stirring constantly, until entire mixture is hot. Slowiy stir in egg, a little at a time and cook just until egg is set. Serve immediately.

CHOW MEIN CASSEROLE

- 1 pound hamburger % cup chopped celery
- % cup chopped onton
- 114 cup boiling water
- 1/2 cup uncooked rice 1/2 teaspoon salt
- I can condensed chicken and rice soup 1 4-ounce can mushroom
- stems and pieces
- I tablespoon packed brown sugar
- I teaspoon butter
- 2 tablespoons soy sauce

144 cup chow mein noodles Stir and cook hamburger, celery, and onions in a skillet until hamburger is light brown; drain. Pour boiling water on rice and salt in 2-quart greased casserole dish. Stir in hamburger mixture, soup, mushrooms, brown sugar, soy sauce and butter. Cover and cook on 350°F for 30 minutes. Stir. Cook uncovered for 30 minutes longer. Stir in noodles:

serve immediately. (Jane Hale of Sanford is a correspondent who writes the weekly "Cook of the Week" feature. Phone: 322-4736.)

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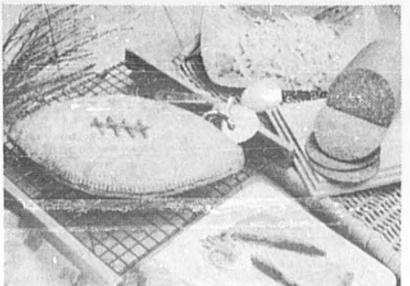
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Fourth Down Salami Snacks

Make an edible football

legg, separated

Unfold 1 pie crust. Sprinkle 1

crust. Place crust floured side

down on ungreased cookie sheet:

mustard to within 1 inch of edge

Arrange half of salamt over

mustard, overlapping slices to fit; top with half of cheese and

frigerate egg yolk. Lightly brush

edges of crust with egg white.

Unfold second ple crust and

place on top; press edges firmly

with tines of fork to seal, Repeat

using remaining ingredients and second cookle sheet. Cover and

refrigerate 1 hour or as long as

overnight. Lightly brush tops

and edges of pastry with beaten

egg yolk. Bake at 400°F until

golden brown, about 20 to 25

minutes. Cut into wedges. Makes

32 snacks. Note: To make football: After

placing top crust over filling.

trim edges to from an oval.

Lightly score surface with knife to form seams. Use thin strips of

On Super Bowl Sunday, no one wants to venture far from the action, yet armchair teaspoon flour over one side of quarterbacking works up hearty annetities

Fourth Down Salami Snacks spread with I tablespoon are extra easy and can be assembled as early as the night before, refrigerated and baked just before halftime. Always popular Swift Premium Dell half of onlons. Cover and re-Hard Salami, sharp Cheddar cheese and sliced green onlons are "sandwiched between two convenient refrigerated pie crusts. For fun, trim the edges of the ple crusts to resemble a football and add safami "laces."

FOURTH DOWN SALAMISNACKS

34 pound thinly sliced Swift Premium Deli Hard Salami 9-inch refrigerated pie

crusts 2 teaspoons flour

2 tablespoons grainy Dijon mustard

2 cups shredded sharp Cheddar cheese

34 cup thinly sliced green onions

theme. The hearty soups can be dished up from the kitchen. providing all the trimmings rine along the kitchen counter. To complete the half-time

spread, prepare a tossed salad and set out a dish of deli colesiaw. After the game, bring on some hot collee and a platter of brownies.

CHAMPIONSHIP CHILI

2 pounds lean beef, coarsely chopped:

4 cup off 1 cup chopped onton

I green pepper, chopped I large garlic clove, minced

1 28-ounce can tomatoes,

1.15-ounce can tomato sauce package Carroll Shelby's Original Texas Brand chili mix

1 cup water Kidney beans Pinto beans

Shredded 100 percent natural Kraft cheddar cheese

Sour cream

Brown meat in oil in 5-quart saucepan; drain. Add onions, peppers and garlie; cook until lender. Add tomatoes, tomato sauce and Large Spice Packet; salt to taste. Uring to boil; reduce heat. Cover; simmer 11/2 hours over low heat, stirring occasionally. Gradually add water to Masa Flour, stirring until well blended. Add to meat mixture; continue simmering 30 minutes. Add cayenne to taste. Serve with remaining ingredients as destred. Makes 6 cups

A casual Soup & Chili party is SUPER BEER perfectly suited to the football CHEESE SOU CHEESE SOUP

cubed

six cups.

35 cup chopped onton 1 tablespoon Parkay marga-

Soup, chili go well with the pigskin

2 cups cubed potatoes 1 12-ounce can beer

144 cups water 114 pounds Velveeta pasteurized process cheese spread,

Va teaspoon hot pepper sauce Saute onlons in margarine until tender. Combine potatoes, beer and water. Cover; simmer 30 minutes or until potatoes are tender. Add process cheese spread and hot pepper sauce;

HALF TIME CORN BREAD

I cup commeal I cup flour

2 tablespoons sugar

1 tablespoon baking powder ⅓ teaspoon salt 2 cups (8 ounces) shredded

100 percent natural Kraft sharp cheddar cheese 1/2 cup chopped red pepper

I cup milk Legg, beaten

😘 cup squeeze Parkay marga-

Combine dry ingredients; stirin cheese and red pepper. Add combined milk, egg and marg. rine, mixing just until riotstened. Pour into greased and floured 9-inch square pan. bake at 425°F for 20-25 minutes or until wooden pick inserted in center comes out clean. Cut into squares: serve warm. Makes 9



Championship Chili, Super Beer Cheese Soup and Half Time Cori

Bowl

Continued from Page 4B

spinach, cheese slices and strawberries, can be arranged on minutes. Let stand 10 minutes a large platter or served in before serving. Makes 8 servings. individual shell-shaped dishes. Offer guests a choice of Seven Seas Italian or red wine vinegar CHEESE SALAD and oil dressings to accompany the salad.

Save the piece de resistance of the party anenu for dessert. It's an extra creamy key lime ple, a Florida specialty. This version has a delicious coconut cookie crumb crust and a velvetty, not too sweet filling. The secret the addition of Philadelphia Brand cream cheese.

you'll certainly be named Most Valuable Player

FLORIDA'S BEST SEAFOOD KADOBS

Vs cup commed 35 cup flour

1/2 teaspoon chili powder 34 teaspoon salt

152 pounds fresh grouper fillets, cut into 155-inch cubes

2 large red peppers, cut into 1 inch chunks

2 medium zuechtnt, cut into 5a-inch chunks

1 medium red onton, cut into chanks

Combine commeal, flour, chiltmixture. Arrange fish and vegetables on skewers. Place kabobs. on brotlet pan. Bake at 350°F. 18 to 20 minutes or until fish flakes easily with tork. Servewith additional tartar sauce Makes bearings

EXTRA POINT GRITS A cup quick cooking grits.

8-ounce Jar Cheez Whiz pasteurized process cheese spread

's cup Parkay margarine 2 eggs beaten

Prepare guits as directed on package, except omitting salt-Add process choose spread and margarine stirring until melted Stir small amount of hot mixture into eggs, return to hot mixture Mrs well Pour into lightly greased 2 quart casserole Microwave on high 9 to 10

minutes, or until thoroughly heated, turning dish after 5

SUNNY CITRUS

salamt for laces

Fresh spinach

2 grapefruit, cut in sections 2 oranges, cut in section

I cup strawberry slices 1 8-ounce package 100 per-

cent natural Kraft low-moisture, part-skim, mozzarella cheese slices, cut in half

Seven Seas Italian or red wine vinegar and oil dressing

Line individual serving plate with spinach leaves. Arrange No matter who wins the game, fruit and cheese slices over spinach. Repeat with remaining ingredients. Serve with dressing. Makes 8 servings.

KEY LINEBACKER LIME PIE

154 cups coconut bar cookie crambs

14 cup Parkay margarine 3 tablespoons sugar

2 8-ounce packages 15 cup Sauceworks tartar Philadelphia Brand cream cheese, soltened

> 1 14-ounce can sweetened condensed milk

35 cup lime juice.

15 teaspoon grated lime peel Few drops green food coloring (optional)

Combine crumbs, margarine powder, salt and pepper; mix and sugar; press onto bottom well. Brush each fish cube with and sides of 9 inch pie plate. tartar sauce. Dip in cornmeal Bake at 325°F for 10 minutes.

Combine cream cheese and sweetened condensed milk; mixing until well blended. Add lime paice, peel and food coloring, mix well Pour into crust Chill 8 hours or overnight. Makes 8.





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Love

Pasta

Continued from Page 4B

Microwave on 100 percent power 10 minutes, then reduce power to 50 percent and microwave 14-16 minutes or until tender, turning shells over about halfway through cooking time. Let stand covered.

Microwave butter in 4-cup glass measure 30-15 seconds. Blend in flour, half & half, salt and pepper; blend well. Microwave 100 percent power 3-31/5 infinites or until mixture boils and thickens, stirring once or twice. Pour over tomato mixture. Sprinkle with mozzarella cheese. Microwave at 100 percent power uncovered

11/2-2 minutes or until heated through. Makes 6-8 servings.

For a quick and zesty spaghetti sauce that is delicious with a variety of pastas make this sauce in a double batch. Use half and freeze half.

MICRO SPAGHETTI SAUCE

- I pound ground beef clove garlie, minecel
- 1 can (8 ounces) tomato sauce with ontons
- I can (6 ounces) tomato paste 1 can (12 ounces) cocktaff vegetable juice or tomato juice 35 cup red wine
- 1-2 teaspoons sugar
- I teaspoon Italian seasoning 34 teaspoon leaf bastl

Crumble ground beef into 1-2 quart glass casserole. Add garlie. Microwave on 100 percent power 5-6 minutes or until no tonger pink Stirring once Stir to break meat into smaller pieces; drain. Stir in remaining ingredients. Cover with casserole lid. Microwave on 100 percent power 12-14 minutes or until flavors are blended and sauce is bubbly, stirring once. Serve over 8-10 ounces favorite pasta.

(Midge Mycoff is a certified home economist and coordinator of the Single Parent Displaced Homemakers Program at Seminole Community College. Phone: 323-1450, ext. 360.)

cooked

Pilfering mom presents problem for daughter

DEAR ABBY: What do you do when you go shopping with your 80-year-old mother, and you see her shoplift?

Abby, this is the mother who held down two Jobs all the time her children were growing up in order to make ends meet. She taught us to be honest, respectful, upstanding citizens. We respected her so much-and now this! I can't believe it.

I let her know that I saw what she had done, but what do I do now? I dread the thought of taking her into another store for fear she will do it again. Can you imagine how embarrassing it would be if she were caught?

Abby, she never misses your column. Please print this. Maybeshe will get the message. Sign-

A LOVING DAUGHTER WHO'S WORRIED SICK

something has happend to your mother's mind-her conscience. har searce of right and wrong-

explain-as though she were your child-that all stores have security officers and devices to eatch shoplifters, and if she is evenings because she works. caught, she will be severly dealt with by the police.



ADVICE

physician DEAR ABBY: Could you please print the following letter o my lather and thousands of

you see her take something.

insist that she return it. Also,

share this disturbing change of

behavior with your mother's

Dear Dad: Mom got custody of us in the divorce so she could DEAR DAUGHTER: Please raise me and little Tommy, but consider the possibility that she is not doing a very good job-Tommy had to quit Little League because Mom didn't have time to take him to the games, and list Be patient with her, and week when I broke a with my boyfnend, she wasn't even there to talk to

others who are like him

Mom is never home in the and Tommy and I both have trouble with our homework

(Tommy may flunk third grade) Mom says she wants to be there for us, but because you don't pay the support money, she's ferred to work two lobs.

Dad, could you please help support us so Mom will have time to raise us?

YOUR DAUGHTER

DEAR DAUGHTER: I'm publishing your letter. I hope that your dad-and the thousands like htm"-will see it and heed your important

DEAR ABBY: Just a note to Not There Yet, who is unhappy with clerks who ask if she is entitled to a senior citizen's discout. If that depresses you, just wait until they give you a discount without even asking That will be a real dayspotler. By then you will be delighted to have them ask you

JEAN WARD. SUNCITY, ARIZ.

(Problems? Write to Dear Abby) For a personal, unpublished reply, send a self-addressed. stamped envelope to Dear Abby, P.O. Box 69440. Los Angeles, Calil, 90069. All correspondence is confidential.)

WEDNESDAY'S PRIME TIME

	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	1030	LITTO	JUE		
0	News	NBC News	USA Today	Entertain. Tonight	Unsolved I	Mysteries	Night Court	My Two Dads	Tattinger's		tions	Tonight Show		
0	News	CBS News	PM Magazine	Win, Lose or Draw	Health Spe Depression		The Equal	Ler	Wiseguy		tiens	M.Y.Z.H		
0	Nows	ABC News	Jeopardyl	Wheel of Fortune	Growing Pains	Winter Pk. Hasp.	Wonder Years	Hooper- man	A Fine Ros (Premiere)	mance	News	Inside Edition		
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3	Single Facts	Study in the Word	Heritage To	day	Movie		The 700 C	lyb	Praise the	Lord				
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For 24-hour listings, see TV Week issue of Friday, Jan. 13.

HOROSCOPE

By Bernice Bede Oslo YOUR BIRTHDAY January 19, 1989

You could be extremely fortunate in the year ahead by putting new twists on flagging enterprises. This could turn ventures you were thinking of writing off into something prof-

CAPRICORN (Dec. 22-Jan. 19) Try to do all within your power today to assure that harmony prevails in situations directly affecting you and your mate. Be cooperative, not demanding. Trying to patch up a broken romance? The Astro-Graph Matchmaker can help you to understand what to do to make the relationship work. Mail-\$2 to Matchmaker, P.O. Box 91428, Cleveland, OH 44101-

AQUARIUS (Jan. 20-Feb. 19) You may be tempted today to shift certain responsibilities to meffective subordinates because they'll interfere with other plans you're considering. This could make a bigger mess

PISCES (Feb. 20-March 20) It you're planning something social today, he sure that the people on your guest list are compatible with one another. A disgruntled participant could spoil everyone's fun-

ARIES (March 21-April 19) Even people who are extremely fond of you won't be too tolerant today if they feel you're asking more of them than you should Keep your requests reasonable

TAURUS (April 20 May 20) Avoid the company of an acquaintance today who has a talent for putting a damper on your hot ideas. Seek out friends. who are boosters and who can help build on your thoughts.

GEMINI (May 21 June 20) An individual who knows it's difficult for you to refuse might try

may give you an opening to remind this person of past ob-Iteations CANCER (June 21-July 22) Self-doubts could make it difficult for you today to make speedy decisions. Sometimes it's

just as self-deteating to be overly cautious as it is to be too rash LEO (July 23-Aug 22) Nothing will be gained at this time by further postponing an unappealing responsibility that needs attending to now. Do what

is expected of you VIRGO (Aug 23 Sept 22) A person who shares a mutual resentment with you might be at an activity you'll attend today Do your best to be civil at least

until it is over-LIBRA (Sept. 23 Oct. 23) TERPRISE ASSN.

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in some material manner. This. There's a chance you might become too easily discouraged today if your first attempts at what you hope to achieve fall short Instead of quitting, regroup and try again

> SCORPIO (Oct. 24-Nov. 22) Do. not take it as a personal affront today if everyone is not in accord with your ideas or suggestions. You may be the one who is marching to the beat of a different drummer.

SAGITTARIUS (Nov. 23 Dec. 21) There are indications that you might be a bit more extravagant than usual today. especially when shopping in stores that have expensive merchandise Becareful.

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COPPEE LIQUELIN 179 750 ML	RELSKA.	Seagram's 173 12.99 LAZ 178 -3.00 MINUTE 9.99 MITER 180	CALVERT EXTRA	20%	Ballantines, scotch 779 750 ML	PEARL MELLAN GENESEE AND ON LIGHT GUINNESS STOUT BECK'S LIGHT IN	1.90 1.90 2.20 4.90 4.90
VODKA 999	Gilbey's Gin.	BOMBAY DRY GIN 949 750 ML	OLD CROW	HERITAGE	JEB SCOTCH 1049	TEXAS OF SAME PROPERTY	
LAUDER'S SCOTCH 178 12.99 IAU 178 -3.00 III	TARKOV VODKA	SOMETHING SPECIAL SCOTCH FROM GLEMINET 99 750 ML	ABC % KY BOURBON	MYERS'S DARK RUM B99 750 ML	Cutty Sark Scotch	Mexicana Tequila wer Certified Brandy Irish Mist Salignoc Cognoc	7.99 2 16.99 2 9.99
ABC 80 · VODKA · GIN · RUM 979	WALICKA JAPANESE VODECA 299 2750 ML	SOUTHERN COMPORT 679 750 ML	Baileys	CANADIAN PREMIUM 86.8° THE PREMIUM 66.8° THE PREMIUM 61 THE PREMIUM THE PREMIUM 61 THE PREMIUM 61 THE PREMIUM 61 THE PREMIUM THE PREMIUM 61 THE PREMIUM 6	SUTTER HOME WHITE ZIMPANDEL 379 750 ML	Royal Islander And Glenlivet Man! Kamora Constant Christian Maner Gallo Vermouth 1988	₹ 17.99 ₹ 7.49 ₹ 15.99 ₹ 1.99
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PRICES

SHOP &

COMPARE



Are You Presently With A Dead End Company? TACO BELL is on the

move and we are in need of Managers with Fast Track Potential Bring you managerial skills and we will teach you the TACO BELL SYSTEM Send resume to Doug Fregle clo



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Bloody Mary will

Seagram's cooling

Florida Coolers

COOLER SALE

12 1.99

12 2.99

803 S. Orlando Ave. Suite B Winter Park, FL 32789 (407) 644-5100

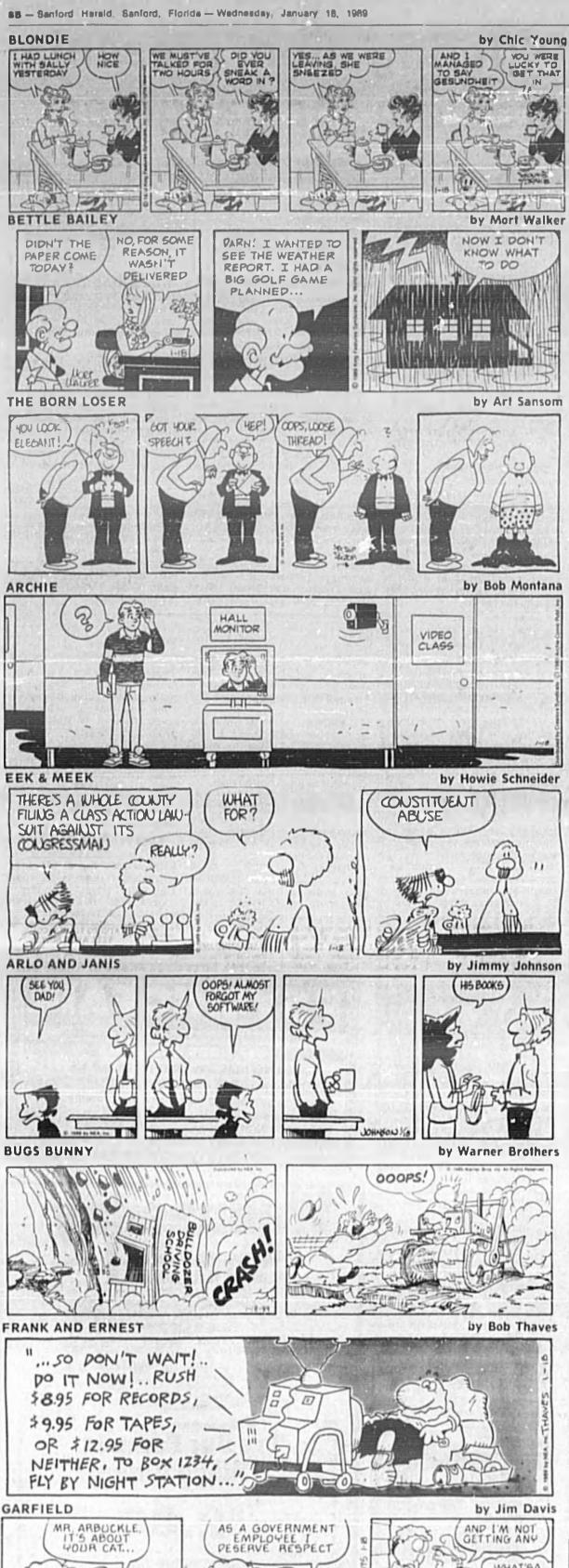
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Wednesday Special Try Our Famous 3 Piece Dinner! \$2.89 SANFORD 1905 FRENCH AVE amous Kecipe CASSELBERRY 4099 S HWY 17 92 You Make Us Famous \$2 50 OFF FIFTLEN

FEED 4 FOR \$6.99 PIECE FAMILY BUCKET 8 pieces of golden brown chicken mixed 1 pint mash Reg Price \$16.49 ed patatons . pint grave and 4 flort emade butterm is NO SUBSTITUTIONS and tiscars PLEASE Famous Recips

Other explains to their value a triang office life on the control Famous Recipe COUNTRY CHICKEN

COUNTRY (HICHEN



... THESE CIRCULARS "DADDY"

SAND SEEM

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I WORRY

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GOSH, 50 DO 1,

JOSH ... BUT YOU

DON'T WANT ME

YOU, TOO, DO YOU?

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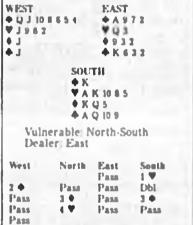
perhaps he knew his partner's penchant for interfering with a long suit and little else. South reopened with a double, and then, after North had bid three diamonds, he bid three spades. In this instance the cue-bid says: "I don't know what to play in, partner. Please help me decide." Since North had not supported hearts earlier, he felt safe in now suggesting game in hearts as a

final contract. After the friendly jack of clubs lead, declarer won the queen and played A-K of hearts. When the queen appeared from East, South continued with a third round, hoping that the suit would split. But West won the nine and now played queen of spades. East won the ace, dropping declarer's king, and kept on

West's weak jump overcall, but West he overtook with dummy's ace and played a club to the 10. West was careful not to trump. Next came a low diamond, but West was up to this play. He ruffed in and continued spades. Eventually declarer had to lose a club for down one.

Declarer might have gotten away with a swindle earlier. If, after A-K of trumps, he plays the queen of diamonds from his hand, rising with the ace when West plays the Jack, West might be fooled. Now a club to the 10 would tempt West to ruff. If not, a low diamond toward dummy's 10 might confuse the issue. If defender West lets declarer play clubs from dummy one more time, four hearts will come rolling in.

(C)1989 NEWSPAPER EN-TERPRISE ASSN.



Opening lead 4 J

4 A 10 8 7 6 4

TTO

A C R E









PEANUTS

BY Leonard Starr

NO ... THAT'S NOT

WHAT I MEAN!

50? Y' WANT ME T' BOARD WITH

AFFORD IT!

HOW DO YOU INVITE YOUR OWN BROTHER TO AN "UGLY DOG" CONTEST? I DON'T EVEN KNOW HOW TO BEGIN THE LETTER.

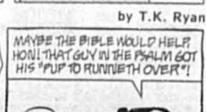












CLASSIFIED ADS

Seminole 322-2611

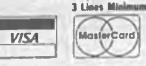
Orlando - Winter Park 831-9993

CLASSIFIED DEPT. PRIVATE PARTY RATES 8:00 A.M. - 7:00 P.M. MONDAY thru FRIDAY

10 consecutive times ... 530 a line 7 consecutive times , . . 690 a line 3 consecutive times . . . 760 a line 1 time 950 a line Rates are per issue.

SATURDAY 9 - Noon





Prices above reflect a \$1,00 cash discount for prompt payment. Start yeu ad for 10 days at a lower cost per day. I line minimum charge. Cancel when you get results. Pay only for days your ad tuns at rate earned. Use full description for fostest results. It pays to tell the whole story when extentines cost so little more

> DEADURES Hoon The Day Before Publication Sunday - 11 A.M. Saturday Monday 11 30 A M Seturday

NOTE. In the event of the publishing of errors in advertisements, the Sanford Herald shall publish the advertisement, after it has been corrected at na cost to the advertiser but such insertions shall number no more than

Police use water cannons to break riots in Prague

Ruzyne prison

Authorities announced

91 were detained Sun-

day but gave no figure

whole floor occupied by

which makes figure of 91 ridiculous," said

independent journalist Jan Urban. "We cannot

even estimate any-

Urban said the wives

of two of the detained

activists. Alexandr

Vondra and David

Nemec, were told by the

prosecuting attorney

that he would ask the

court to keep thein

longer - an Indication

The hostile campaign

dominated

Czechoslovak press

took a harsher turn

when the evening

newspaper Vecerny

Praha, in an article

titled "They are losing

their minds," published

the names, addresses

and birth dates of the

14 detained Monday.

The 14 include promi-

nent members of

Charter 77, a dissident

organization that

monitors human rights

to anonymous attacks.

law, the name of a

the media until he is

convicted - and the 14

activists have not yet

been accused of crimes

Legal Notice

IN THE CIRCUIT COURT OF

THE EIGHTRENTH JUDICIAL

CIRCUIT SEMINOLE

COUNTY, FLORIDA

CIVIL DIVISION

CASE NO. IN 1714-CA 49 L

SUBURBAN COASTAL CORP.

JANISE WOHL: FREEDOM

AMENDED

HOTICE OF SALE

Notice is given that pursuent

ed Summary Final

to the Amended Summary Final Judgment of Fereclesure and

Sale dated Jahvery 3, 1989, and

ANCHOR MORTGAGE

SAYINGS AND LOAN

ROEBUCK & CO., INC.

Each letter in the clother stands for

ASSOCIATION a Florida curporation; and SEARS.

in Czechoslovakia.

with criminal acts.

brought.

"A man released to-

for Monday.

UPI report

PRAGUE, Czechoslovakia -Hundreds of riot police backed by water cannons cleared crowds day claims there is a from Prague's Wenceslas Square for a third freshly detained people. day, but witnesses said It was unclear what prompted the action.

One witness reported business of people were detained Tuesday in the latest police raid on the downtown square, where protesters tried Sunday and Monday to mark the 20th anniversary of the sulcide of a dissident student. Both of the earlier demonstrations were broken up by police.

The witnesses said it was not clear what precipitated the massive deployment of police Tuesday. Earlier in the day, heavy patrols of police had approached people in the square and asked them to in the communist-

"There was lots of water cannon and police used the same brutal force as yesterday (Monday), although there were not so many on the square," said one witness, who added no tear gas was used Tuesday. "It was quite surprising."

"My girlfriend was just there and asked some people what happened and they said nobody started it — just police," said an activist who was not at the

square. On Sunday, several thousand people led by nous development by a small group of human rights activists tried to mark the suicide 20 years ago of student Jan Palach, who set himself on fire in the citizen accused of a square to shock the crime cannot be used in nation out of its apathy following the 1968 Warsaw Pact invasion to emish the "Prague Spring" reform mov-ement of Czech leader Alexander Dubcek.

Police broke up the Sunday protest before it began. When 14 activists returned Monday to try to lay flowers at the spot, police charged into the square again at rush hour and threw tear gas down the subway entrances, surprising thousands of workers going home.

Fourteen activists who attempted to lay flowers Monday remained in detention Tuesday at Prague's

leenth Judicial Circuit, in and for Seminale County Figrica. Civil Action No. 88-2784-CA-09 L. the undersigned Clerk will sell

PHASE II, UNIT I, according to the plat thereof as recorded in Plat Book 24, Pages 15-17, Public Records of Seminole

best bidder for cash at 11 00 A.M., on the 9th day of Febru 1989, at the West Front Door of the Seminole County Courthouse, Senford, Florida DATED this ath day of COURT SEAL I

MARYANNE MORSE Clerk of the Circuit Court Seminale County, Florida By: Jane E. Jasewic.

> IN THE CIRCUIT COURT. CIRCUIT, IN AND FOR SEMINOLE COUNTY. FLORIDA

CASE NO. 86-1765 CA-49-L FLEET FINANCE & MORTGAGE, INC.

LAWRENCE MCINTYRE. SR. NOTICE OF SALE

Notice is given that pursuant to an Amended Summary Final Judgment in Foreclosure dated January 4, 1999 in Case No. 86 1705 CA OF L. In the Circuit Court of the Eighteenth Judicial Circuit in and for Seminole County, Florida, in which FLEET FINANCE & MORTGAGE, INC. is the plain till, and LAWRENCE MCIN TYRE, SR, is the defendant, I will sell to the highest and best bidder for cash at the West front door of the Seminale County Courthouse, Sentord, Florida, at 11 00 A.M. on February 7, 1907. the following described property as set forth in the Amended Summary Final Judgment in

The South 45 feet at the North 123 feet of the West fill feet of Block 25. Robinson's Survey of an addition to Sanford, according to the plat thereof as re-corded in Plat Book 1, Pages 92 and 13 of the Public Records of Seminole County, Florida Dated January 6, 1989

(COURT SEAL) MARYANNE MORSE Clerk of the Circuit Court Seminole County, Florida

By: Jane E. Jasewic Deputy Clerk Publish: Jan. 11, 18, 1909

ADVERTISEMENT FOR BIDS The Seminale County Port Authority, Sanford Seminale County, Florida, furnishes the following information and in structions to prospective bidders desiring to submit proposals for

building manufacturing com plex totaling 16,200 square Senford, Seminals County, Florida The work shall include site work and paving as de eated in Drawing Number buildings as delineated in Oranings Number SCOPA (198, A) thru A6 Construction shall be in compliance with all exist Seminole, State of Florida and the Southern Building Code. INSTRUCTIONS ON

Specifications and a complete description of the proposed work may be obtained in person from the office of the Administrator. might make them open Seminote County Port Authority Under Czechoslovak

Seminole County Port Authority Sanford, F.L. 33771

(407) 322-4798 Contact and Bid Specifications may be obtained for a nonrefundable fee at \$23.00. checks to be made payable to the Seminole County Port Authority, All drawings. uments may be examined in person at the office of the istrator.

Bids must be accompanied by a certified check, cashier's check, bank draff, or bid bond in the amount of not less than five percent (\$%) of the amount of bid made payable to the note County Fort Authority

Authority reserves the right to reject any or all bids or any part thereof, to waive any informal ity or technicality in the bidding. to accept the bids or any part to the interest of the Authority ined and evaluated, or to reject all bids and re-advertise or TIME AND PLACE OF

the effice of the Administrator 1x80 Nours (3.90 pm e s.f. 1. February 2, 1999 at which opened and read aloud. Any bid losing time will not be considered He bids shall be (30) days subsequent to the buthe Administrator, Seminate

County Port Authority
Dated this 13th day of January, 1997 of Sanford. Seminole County, Florida Bu prider of

PORTAUTHORITY s Larry Strictler, Chairman Affesti James V. Rose Secretary

Legal Notices

IM THE CIPCUIT COURT FOR SEMINOLE COUNTY. FLORIDA PROBATE DIVISION File Number 00-1969-CP IN RELESTATE OF WILLIAMH MALLOY,

NOTICE OF ADMINISTRATION The administration of estate of WILLIAM H MALLOY, deceased, File Number 86 1009 CP, is pending In the Circuit Court for Seminole County, Florida, Probate Division, the address of which is Post Office Drawer "C", Sanford, Florida 32772 0ess The names and addresses of the personal representative and the personal representative's atforney are set forth below.

All interested persons are required to file with this court. WITHIN THREE MONTHS OF THE FIRST PUBLICATION OF THIS NOTICE (1) all claims against the estate and (2) any objection by an interested person on whom this notice was served that challenges the valid-ity of the will, the qualifications of the personal representative. venue, or jurisdiction of the

ALL CLAIMS AND OBJECTIONS NOT SO FILED WILL REFOREVER BARRED Publication of this Notice has begun on January 11, 1989. Personal Representative WILLIAM R. MALLOY 1617 Butch Cassidy Trail

Attorney for Personal Representative: TERRENCE F. PYLE. est U.S. Highway 41 South Post Office Box 3126 Apollo Beach: FL 33370-3136 Telephone 812/645-7735 Profilsh / Isnuary 11, 12, 1999

Wimauma, Florida 31998

IN THE CIRCUIT COURT OF CIRCUIT OF FLORIDA IN AND FOR SEMINOLE COUNTY

GENERAL JURISDICTION DIVISION CASE NO. 86-05173 CA-01-P SHADOW LAWN SAVINGS BANK, SLA f/k/a SHADOW

AWN SAVINGS AND LOAN ASSOCIATION.

RALPHP ALBANESE, et un. et al., NOTICE OF ACTION

TO KENNETH GRISWOLD. ind, and DONNA GRISWOLD. ind , his wife 349 West Field Street, 45 West Springfield, Mass 81089

YOU ARE NOTIFIED that an action for Foreclosure of Mortgage on the following de-scribed property: Lot 158, SAN SEBASTIAN

HEIGHTS, Unit 4, occording to the plat thereof as recorded in Plat Book 19, Page 21, of the Public Records of Seminote County, Florida. has been filled against you and

you are required to serve a conof your written defenses it any to it, on Alfred J. Tirella Afterney for Plaintiff, whose Madruga Avenue, Coral Gables Florida, 33144 on or before Feb 10, 1989 and file the original with the Clerk of this Court nither before service on Plaintiff's afforney or immediately there be entered against you for the

WITNESS my hand and the seal of this Court this ath day of Jan., 1999.

MARYANNE MORSE As Clerk of the Court By Jean Brillent As Deputy Clerk Publish Jan 11, 18, 25 Feb 1, DEA 79

IN THE CIRCUIT COURT OF THE FIGHTEENTH JUDICIAL CIRCUIT OF FLORIDA, IN AND FOR SEMINOLE

COUNTY GENERAL JURISDICTION DIVISION CASE NO IN 1922 CA OF L CHEMICAL MORTGAGE

COMPANY, All unknown heirs creditors

claiming interest by, through under or against STEVEN DAVID BENZ, Deceased, et al. FORECLOSURE SALE

pursuant to a Final Judgment of ereciosre dated jan 109, and enfored in Case No. M 1927 CA 00 L. of the Circuit Court of the EIGHTEENTH Judicial Circuit in and for STMINOLE County, Florida wherein CHEMICAL MORIGAGE COMPANY Plainfiff and All unknown heirs. creditors, devisees or other persons claiming interest by through, under or against STEVEN DAVID BENZ De coased, et al. are Defendants, I oill sell to the highest and best idder for cash in the West Front Door of the SEMINOLE County Courthouse in Sentord Florida, at 11 00 o clock A M or he following described property as set forth in said Finel

Condominium Unit 212, Build IC of HIDDEN VILLAGE CONDOMINIUM according to the Declaration of Condominium recorded March 22 1985 in Official Records Book 1624 Pages 1981 thru 1787, inclusive and all amendments thereto of County Florida logether with all appurtenances thereto and an undivided interest in the common elements of said Con-dominium as set forth to said Declaration

Judgment, to wit.

DATED mis a day at January MARYANNE MORSE

As Clock of said Court By Jane E. Jasewic As Deputy Clark Publish Jan 11, 18, 1989

Legal Notices

Case No.: 86 4439 CA-69 P General Jurisdiction FEDERAL NATIONAL MORTGAGE ASSOCIATION.

STATE OF FLORIDA TO JOHN G HOUFF.

named Defendants Whose residence is 100 E Orange Drive #13, Allamonte Springs, Florida 22701 YOU ARE NOTIFIED that an

on the following property Seminole County, Florida That certain condominium percel known as Unit NO 213 and an undivided 0037 interest in the land, common elements and common expenses appurtenant to said unit, all in accordance with and subject to the Covenants, Conditions, Restrictions, terms and other provisions of the Declaration of Condominium of Capistrano, a condominium as recorded in Official Records Book 1274 Page 1108, of the Public Records of Seminole County, Florida. has been filed against you and JOHN DOE and JANE DOE and all other persons in possession of subject real property, whose real names are uncertain and you are required

to serve a copy of your written defenses, if any, to it on JOSEPH M. PANIELLO. ESQUIRE, Plaintiff's afformey

201 N. Franklin Street, Suite 2730. Tampa, Florida 33402 on or before the 27th day of January. 1989, and file the original with the Clerk of this Court either before service on Plaintiff's afforhey or immediately there relief demanded in the Complaint or Petition.

December, 1966 DAVID N. BERRIEN. CIRCUIT COURT

Publish Dec. 28, 1986, Jan. 4, 11, I. 1949 DEL 232
IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, IN AND FOR

SEMINOLE COUNTY, FLORIDA CASE NO. 81-1M7-CA IN REI THE FORMER MARRIAGE OF GREGORY RAYMOND

HOPKINS, SR.,

JENNIFER OLIVER, I/k/a

JENNIFER HOPKINS. NOTICE OF ACTION TO: Jennifer Oilyer, f/k/a

Deputy Clerk Petitioner's attorney or imme

ulive weeks in the Sanford

THE EIGHTEENTH JUDICIAL CIRCUIT FOR THE STATE OF SEMINOLE COUNTY.

Case No : 80 3771 CA 89 L Corporation

WILLIAM DALE SCHILLING ef united ali-

NOTICE OF FORECLOSURE SALE CIRCUIT COURT

Notice is hereby given that the understance MARYANNE MORSE. Clerk of the Circuit Court of Seminole County. Florida, will, on the 9th day of the West front door of the offer for sale and sell at public bidder for cash, the following described property situated in Seminate County, Florida, to

according to the plat thereof at recorded in Plat Book 25, Page te, of the Public Records of fereclesure entered in a case pending in said Court, the style of which is SOVRAN MORTGAGE CORPORATION Marigage Corporation, vs. WILLIAM DALE SCHILLING

WITNESS my hand and all ficial seat of said Court this am of Execution

Seminale County, Florida on February 10th, 1991.

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, IN AND FOR

CASE NO. M 1240 CA OF L PRINCIPAL MUTUAL LIFE INSURANCE COMPANY, I'S IN BANKERS LIFE COMPANY,

person, FLORIDA POWER CORPORATION, a Florida Corporation, CHET PARKER AND LANDMARK UNION RUST BANK OF ST PETERSBURG, N.A., N.A. CITIZENS AND SOUTHERN BANK, and II CYNTHIA W. NELSON is dead, her unknown heirs, devisees, grantees, assignees, lienors, creditors, and all claimants, persons or parties, natural or corporate.

parties claiming to have any right, title or interest in and to the lands hereinafter described Defendants NOTICEOF FORECLOSURE SALE NOTICE IS HEREBY GIVEN

above described defendants or

itered in the above styled a tion on January 4, 1999, (v. sell the property situated in Seminole County, Florida, and described as Lot 21, DEER RUN UNIT IAA. according to the plat thereof as recorded in Plat Book 29, Pages 94 and 97. Public Becords of Seminole County, Florida at public sale, to the highest

MARYANNE MORSE CLERK OF THE CIRCUIT COURT SEMINOLE COUNTY.

By: Jane E. Jasewic Deputy Clerk Publish: Jan. 11, 18, 1989 DEA 74

FLORIDA

BY CLERK OF CINCUIT COURT of Seminole County, Florida will, on the 7th day of February bidder for cash, the following described property situated in Seminole County, Florida, to

Let 15. CYPRESS CLUB. ac. cording to the Plat thereof as recorded in Plat Book 33, Pages 23 and 35, of the Public Records of Seminole County, Florida e/k/a 305 Club Drive, Winter Springs, Florida 32708 foreclosure entered in a case

EARL WITHROW & N. & CARL E, WITHROW, et al. and the docket number of which Is number Case No. 80 2444 CA 09 L. WITNESS my hand and th

MARYANNE MORSE Clerk of the Circuit Court

FICTITIOUS NAME Florida in accordance with the Name Statutes. To Will. Section 865 DF Florida Statutos 1957. /s/Raymond Crouch

Publish Jan 11, 18, 23, Feb. 1

NOTICE OF SHERIFF'S SALE NOTICE IS HEREBY GIVEN that by virtue of that certain Writ of Execution issued out of and under the seal of the County Court of Lake County, Floride, upon a final judgement rendered in the aforesaid court on the 8th day of January, A.D. 1998, in that certain case entitled. Katherine H. Miller, Plaintiff. vs- Theodore J Miller III Defendant, which aloresald Writ of Execution was delivered to County, Florida, and I have scribed properly owned by Theodore J. Miller III said property being located in Seminara County, Flarida, more particularly, described, as

he defendant in the following described real property Let 1, The Highlands, Section 6. eccording to the plat thereof

Pages 18 and 19, Public Records of Seminole County, Florida A dupres located at 611 (AacDuff Lane - Units A and B Winter and the understand as Sheriff of Seminate County, Florida, will at 11 Ga A.M. or, he have day of February A.D. 1905

That said sale is being made satisfy the terms of said Writ

Robert S. Della Valle, a married man. The Springs Community Association, Inc., Dorothy Della Valle, spouse of Robert 5, Della

HOTICE OF FORECLOSURE SALE NOTICE IS HEREBY GIVEN that pursuant to a Final Judgment of foreclosure deted January 5, 1939, and entered in Case No. 86 3962 CA 69 L of the Circuit Court of the Eighteenth Judicial Circuit in and for Seminole County, Florida wherein, Home Savings of America, F.A., Plaintiff, and Robert S. Della Valle, a married man, The Springs Community Association, Inc., Dentity Della Valle, spouse of Robert S, Della Valle, are the Defendants, I will sell to the highest and best bidder for cash at the West front door of the Seminole County Courthouse. In Sentord Seminole County, Florida at 11 00 p clock A.M. on the 9th day of February, 1989, the following

described property as set forth in said Final Judgment, to will Lat 38, SPRING RUN PATIO HOMES according to the Plat thereof as recorded in Plat Book 21, Pages 44 and 82, Public Records of Seminole County. Florida.

Together with all interest which Borrower now has or may hersafter acquire in or to said property and in and to (a) all easements and rights of way appurtenant thereof, and (b) all not limited to, all apparatus and Honing, heaf, gas, water, light tion, laundry, drying, dish washing, garbage, disposal be part of the real property; and (c) all water and water rights (whether or not appurtenant) and shares of stock perfaining to

DATED this 4th day of MARYANNE MORSE Clerk of the Circuit Louri By Jane E. Jasewic

Deputy Clerk Publish Jan 11, 18, 1989 DEA 72 IN THE CIRCUIT COURT OF

CIVIL ACTION NO. 82 4872 CA 65 E GREAT WESTERN BANK. tederal savings bank (15 /a GREAT WESTERN SAVINGS a federal savings and loan

THOMAS GRITTER, et al.

NOTICE IS HEREBY GIVEN pursuant is a Final Judgment of Foreclosure dated January 4 1900, and entered in Case No. 87 as/2 CA 09 E of the Circuit Court of the 18th Judicial Circuit Florida, wherein Thomas Grif sell to the highest and best bidder for cash at the west front door of the Seminole County Courthouse, Sanford, FL. al. II 00 A.M. on the 20th day of February, 1999, the following described properly as set forth in said Final Judgment, to wit

LOT 45 GREENSPOINTE ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 29, PAGES 24, 25, M AND 37, PUBLIC RECORDS SEMINOLE COUNTY FLORIDA

DATED THIS old day of MARYANNE MORSE Circuit Court Clerk By Jane E Jasewic Deputy Clerk Publish Jan 11, 16, 1999

THE EIGHTEENTH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY. CASE NO SE 4012 CA 49 L

IN THE CIRCUIT COURT OF

CHARLES WYATT KNUTSON.

NOTICE OF FORECLUSUAE SALE NOTICE is hereby given that the undersigned Clerk of the Circuit Court of Seminole County Florida, will on the 9th day of February, 1909 at 11 to A.M. at the West Front Door of THE SEMINOLE County Court house seminal Fordia offer for cash. It fellowing the fand property situated in \$5 M(NO); \$ (ounty I for da-

MANON SECOND SECTION as prilling to the plat the soll as recorded in Plat Bone 11. Pages as through at Public Records of Includes a 1949 Marri Mabrie Home I D / 3481

pursuant to the Final Jidgment enferred in a case pending in sold. Court the style of which is netic after above. WITHESS my hand and all fictal total of said Court this am

day of January 1994 MARYANNE MORSE Clera of the Circuit Court

By Jane E Jasewic D C

Mr. Jan. 11, 16, 1989

17—Cemetery

OAKLAWN MEM. PARK

1 Let/Garden el Memories 01 Call eves 327 Mile 25—Special Notices

BECOME A NOTARY For Details 1 805 432 4254 Florida Notary Association

27 - Nursery & Child Care

BABYSITTING in Sanford ome Hot meals forced yard. Lats of love & attention! Call Sherry 322 5596 BABYSITTING Full time weekdays!

In my Home Experienced Lets of TLC1 322 1729 FOUND White, long haired call

References Call 322 PS69

Call 323 5420 HIDDEN LAKES AREA Providing care for your child in my home. Fenced yard and

meals provided! Call 339 6677 31-Private

Instructions WANTED Part or Full Time Plane Teacher Call Dr Moore at 849 1300 belongen 6:30 PM & F W PM, MON FRI

55—Business **Opportunities**

Jean Pierre Sand Perfumery Peris company is launching It's French perfumes & cus metics line in the USA. Di trib avail Call Aida 360 1829. REAL ESTATE CLASS 647 5011 Includes books, professional instruction Day or evening Classes ERA School of Real Estate CALLERA STENSTROM REALTY, INC.

333 2430 or 321 7730 61-Money to Lend

CASH AVAILABLE mortgages, houses, income property & guns 312 4594

1 HOMEOWNERS 1 Consolidate bills, Home Improvements, Pool loans, any worthwhile purpose Liberal Credit Palicy We buy mortgages Apply by phone Old South Financial Lic. Mtg. Broker 007-311-4500

63-Mortgages Bought & Sold

IF YOU'VE SOLD YOUR HOME And taken back a mortgage, I will buy that mig. for cash! Tom 695 8492 or Jim 323 4655

71—Help Wanted ADD TO YOUR INCOME SELL AVON NOWIL! 123-4888 or 123-4347

AIDES - LPNS - RNS **PLATFORM CECES AND CECES**

STAFFING CNA'S Nursing Homes & Hespitals

(CU, CCU, PCU, ER, LAO, PP. All Shifts HOME CARE

Pediatric, IV, Private Duty Application & referral Bonuses CALL TODAY!! ATS HEALTH SERVICES

APPLICATORS - TRAINEES AND OTHER POSITIONS Earn \$18 - \$13.50 M. No exp necessary. Full/perf fime & weekends in local area. Call 8am fill fg/m: ____E1] 806-7151

APPOINTMENTSETTERS fact time days or evenings for truck routes of trazen foods Non-Smokers Only App att W 13th St. Sanford APPRENTICE AIR CONDI TIONER TECH. | Learn a



FICTITIOUS NAME

365 89 Florida Statutes 1957

Individuence E. Pichese DEALAS

EVR VWEVGR VAXNM

CELEBRITY CIPHER

MPKPJH UNNK.

JOETVJ. PREVIOUS SOLUTION: 11's about time law enforcement not as organized as organized crime" -- Rudolph W.

Legal Notices

entered in the cause pending in the Circuit Court of the Eigh

the property situated in said County, described as £01.27, HIDDEN LAKE

County, Florida at public sale, to the h ;hest and

Deputy Clerk Publish: Jan. 11, 18, 1999

A CIVIL ACTION

Fareclosure:

they may be charged Czechoslovak law provides that citizens can be detained for up to two 48-hour periods without charges being

> the work herein described. BIM ASCOPA 108. Manufacturing Complex -Seminole County GENERAL DESCRIPTION

The principal work shall consist of the construction of a three at 1511 Kastner Place, Port of SCOPA . SI & SI and

The publication of names and addresses SPECIFICATIONS was viewed as an omiactivists who believe it

> Dennis K. Daigner Administrator 1510 Kastner Piace

BID SOND

REJECTION OF BIDS The Seminale County Part

Sealed bids will be received at me they will be publicly ithdrawn for a period of thirty

ublish January 18, 25, 1999

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, STATE OF FLORIDA

JOHN G. HOUFF, et un, et al.,

NOTICE OF ACTION living, and If married, MRS. JOHN G. HOUFF, his wife, if living, including any unknown spouse of said Defendants, if either has remarried and if either or both of said Defendants are deceased, their respective unknown heirs, devisees, gran tees, assignees, creditors. flenors and frustees, and all other persons claiming by. through, under or against the

action to foreclose a mortgage

whose address is

affer, otherwise a default will be entered against you for the DATED on this 22nd day of

BY Wendy W. Collins Deputy Clark

Jennifer Hopkins 514 Camino St. Attemonte Springs, FL 32701 YOU ARE NOTIFIED THAT A Motion to Modify Child Custody and Support has been filed egainst you. You are rewritten detenses, if any, in the Patitioner's attorney MARY F. TROTTER, Attorney at Law 101 Suncytown Rd Suite 206 Casselberry FL 37707, on or before Feb. 18, 1989, and file the original with the Clerk of this Court either before service on

diately thersafter, otherwise, a default will be entered against you for the relief demanded in the Petition once each week for four conten

WITNESS my hand and seal his ath day of Jan., 1989 (SEAL) MARYANNE MORSE Jean Brillent Publish Jan 11, 18, 25 Feb 1 IN THE CIRCUIT COURT OF

General Jurisdiction SOVRAN MORTGAGE CORPORATION, successor in

et us . et al.

day of January, 1999, ISEALL By Jane E Jasewic Deputy Clerk Publish Jan 11, 18, 1991 Legal Notices SEMINOLE COUNTY FLORIDA

an lowa corporation CYNTHIA W. NELSON, a single

whose exact legal status is unknown, claiming by, through under or against any of the

that, pursuant to that Summary Final Judgment of Foreclosure

bidder for cash, at the west front door of the Seminole County Courthouse in Senford Florida at 11.00 a.m. on February 7.

NOTICE OF FORECLOSURE SALE

Notice is hereby given that the undersigned MARYANNE MORSE, Clerk of Circuit Court 1989, at 11:00 o'clock A.M., at 301 N. Park Avenue - west front door, Seminale County, in the City of Sentord, Floride. offer for sale and sell at public sufery to the highest and best

TRAVELERS MORTGAGE

official seal of said Court, this 7th day of January, 1999 of Seminate County, Florida

Publish Jan. 11, 18, 1989 Notice is hereby given that I am engaged in business of 2022 Sepier Dr., Fern Park, Fla 32730. Seminole County, Florida under the Fictitious Name of SUNRAY LAWN SERVICE: and that I intend to register said name with the Ciera of the Circuit Court, Seminole County

DEA 44

follows: All right, little and interest of

ofter for sale and sail to the highest bidder, for cash subject any and all existing leins, a the Front (West) Door at the steps of the Seminore County Courthouse in Senterd Florida the above described real pla

Published January 18th, 25th February 1st, 8th, with the sale

Legal Notices

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT IN AND FOR SEMINGLE COUNTY. FLORIDA CASE NO. NO 2942 CA-09-L

Home Savings of America, F.A., Plainfiff,

DAYS NIGHTS WEEKENDS

buildings, structures, improve ments, flatures, and ap purtenances now or hereafter placed thereon, including, but equipment, whether or not physically attited to the land or any building, used to provide or supply air condipower, refrigeration, ventila other services; and all waste went systems, entennes, pool equipment, window coverings, drapes and drapery rods, carpeting and floor covering awnings, ranges, evens, water heaters and attached cabinets it being infended and agreed that such items be conclusively deemed to be affixed to and to

such water or water rights, ownership of which affects said property; and (d) the rents. ncome, issues and profits of all

> IN AND FOR SEMINGLE COUNTY, FLORIDA RNS AND LPNS

NOTICE OF SALE 740-5650

> money making frade! Never took for work again! Co inffers tenefits! AAA Employment 700 W 23th 51

ASSOCIATED STAFFING 407-740-5533

Legal Notices FICTITIOUS NAME hotice is hereby given that I am engaged in business at 71s. Seminote County, Florida under the Parkings Hame of TOAKS PLUMBING SERVICE, and that I intend to register said name with the Cieck of the Circuit Court Seminate County Fiorida in accordance with the Previsions of the Figtilious Name Statutes. To Will Section s Thomas E Bredson

Notice is hereby given that South Hwy if 92 Cassimery Fia 12787 Seminate County Florida under the Excitious Name of WARBEN E PICKRON A BIA CENTRAL that I intend to register said name with the Clock of the Circuit Court Seminele County Florida in accordance with the Provisions of the Fictions Name Statutes. To Will. Section

71—Help Wanted

AUTO PARTS DRIVER For delivery of parts. Must be ever 18 and have a clean Ft. driver's license! Benefits! Apply to person

Baird Ray Hissan, Langurood BOOKKEEPER - \$350 wk! Take for expending business! This company offers secure future and turnelits! AAA Employ-ment, 700 W. 25th St., 222 S17s BRAKE OPERATOR - U MI Top company offers quick

Bus Driver/Care Giver For child care center 273 8435

BUST DOCTOR'S OFFICE Needs pleasant Medical Assistant, Nurse, or Lab Reply to Box #304, C/O San tor-J Herald, P.O. Box 1417, Technician. Part er full til Sanford, F1_32771

CAR STERED INSTALLER Experienced and professiona Call for interview 323-8367

CARPENTERS NEEDED tellen 5 years experience

CHILD CARE WORKER Before and after school child thru Fri. Call SEMINOLE 331-0944 CHOIR DIRECTOR NEEDED

Mornings call 321 1831, after noon & evening call 831-5922 CLERICAL WORKERS

new recruiting for ad-nicipative personnel in the Senterd or ... Positions will be

• Reception of • OClork/Typiste Data Entry Clerk



WINTER PARK 629-9299 2019 Lee Road, \$10, 220

Bring Pruof Of Right To Work In United States
EDE M/F/H

CNA'S Part time. Apply Hillhaven Healthcars Center 222 6144 EDE/H DAYS INN/LODGE

New hiring Room Cleaners Housman, Front Desk Walfreses and Walfers, AM & person 430 Douplas Ave. Altamonte Springs, FI.

DELIVERY PERSON - Mainte nance experience helpful Must have chaufteur's license end be non-smoker, Apply: 481 W. 13th St., Sanford

DESK CLERK - Friendly, res personable. Opportunity to work with state of the art equip Apply In person: Me thru Fri., 10am NI 2pm, Best Western Deltona Inn, Deltona Blvd. Exit I 4 at Deltona EARN MONEY Reading books

610,000 Income potential. De-tells 1 805 467 4000 Ext. Y 6172 Esp. Appointment Setter Earn 15 plus per hr plus liberal weekly & monthly benuses and commissions sel ting appointments for our tales repail Call Charles Berdet 222 3443 e.d. 324

EXP'D SERVERS WANTED APPLY IN PERSON.

BAHAMA JOE'S 2500 S. FRENCH AVE. SANFORD, FL. No Phone Calls, Please

EXPERIENCED WAITRESS Wanted for full & part time Apply between 2PM & 3PM Carles' Italian Restaurant 2001 S. French, Sanford

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Minimum 2 years experience or industrial sewing machines ... Salary commensurate with experience. Benefits.

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FOOD SERVERS, COOKS AM & PM Shifts. Apply in person Days Inn. 235 5 Wymore Road. Attamente Spgs., F1 EOE

FREE TUITION TO REAL ESTATE LICENSE SCHOOL A New Beginning Call France Stu 323-3200



KEYES II IN THE SOUTH

71—Help Wanted

ELECTRONIC ASSEMBLERS Exp'd P.C. Beards, Wire Wrap, Cables Long term Excellent benefits 330 1777

GENERAL HELP Earn up to \$12 hr. No exp. necessary. Hiring hyley for Call Sam III Spm 813 866 7151 GENERAL OFFICE - \$220 wt You need basic shills only! Lets of people contact! Co. offers job security and paid benefits! AAA Employment. 700 W 2510 St . 723-4174 MMEDIATE JOBSI - Son

ford/Altamonte Springs area. Volt Temperary Jervices 629-9299

IMMEDIATE **OPENING** NEWSPAPER CARRIER AGENT

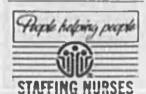
The Sanford Herald has an Immediate opening for an Independent represent carri-er agent in Seminole County

HIGH EARNINGS POTENTIAL

Build your own business! Hours are afternoons, Monday thru Friday and AM delivery on Sunday. Carrier must have dependable late model vehicle and be bondable. App should apply in person. Applicants

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 $\star\star\star\star\star\star\star$



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APPLY TODAYI ORIENT TODAY! WORK TODAY! EXCELLENT PAY.

MEDICAL PERSONNEL POOL 479 N. Orlando Ave. Hwy, 12-93 Mailtand Fe 740 5194

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 Paid Holidays ●

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To Deliver The New Southern Bell Telephone Directories In Your Neighborhood. All Routes Pay A Guaranteed Contract Fee And A Car Allowance. All Areas Available. Applicants Must Be 18 Or Older With An Insured Vehicle And Be Available 5 Or More Daylight Hours Per Day. To Apply Call

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8 A.M. To 4:30 P.M

EOE

71—Help Wanted

GREAT OPPORTUNITY! thusiastic individuals to work

> Call \$30 6636 pr 834 1774 GOVERNMENT JOBS - \$14.000 191, 230 yr. New hiring Call: 1 805 487 4000, Est. R 8172

for current federal list LATCH KEY DIRECTOR care, ages & Inch sh 12.

700 W. 14Th ST., SANFORD **MAINTENANCE PERSON** Full/Part time positions avail. Good pay, excellent benfits. Call 333 1490 for appointment

MAINTENANCE PERSON MATERIAL HANDLER - \$230 inded person! Drive straight truck! Deal with building

MECHANIC NEEDED 23 yr. old co. is seeking an individual with mechanical ability for entry level position, in assemble, maintain & repair pressure cleening equip.

me Senford/Lake Mary Cell John 321-4010 Area ... MECHARIC Gen, repairs & mainlenance.

Five days p/week. Apply: Altamoste Towing, 339-8768 MEED A JOB? Call Otston Teday OLSTEN SERVICES

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HURSE AIDES HEEDEDH 7-3 and 3-11 shifts, FT & PT. pply: DEBARY MANOR. 40 N. Hwy. 17 & 92. Debary, Fl. Mon. Inru Fri.

HURSES AIDE: All shifts. exp'd or certified only. Apply Lakeview Nursing Center 919 E. 2nd St...... Sanford PACKER Of from food for Rich Food Plan. Good benefits, 40 hrs., Mon. Fri. Non-smaker only, Apply; 461 W. 13th St., Senford

PURTER NEEDED Part/Full lime for outside cleaning & grounds, Apply: Sallpointe Apartments 401 W. Saminolo Bivd., Sanford

RECEPTIONIST - 1220 whi Handle phones! Hunt and peck typing! Paid berefits! Easy ment, 700 W. 25th St ... 323 5176 RN - Full time. Day shift avallable. Hillhaven Health Care Center 322-0544

RN & LPN - Part time, Apply Hillhaven Health Care Cont 322 8544 RM 7-3 shift, part time.

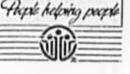
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For growing manufacturer of boys & ladies active wear & uniforms. Looking forward to the busiest season ever, with steady work and Lets of evertimet Modern air condiligned plant. Excellent work ing conditions. Incentive pay, paid holidays & paid vacation Excellent health care pkg. Convenient working hrs. JAM til 3PM. Flexible hrs. may be considered. Will also train qualified applicants. Senior citizens welcomed Convenient location, 10 minutes from 1-4 COME JOIN A FAST GROWING COMPANY & be

A MEMBER OF OUR TEAM! San Del Manufacturing 2240 Old Lake Mary Road Sanford, Florida 22/71 321-3010

topic helowing people



HOME HEALTH AIDES All shifts avail, Excellent pay Aide certification paid.

LIVE-IN HOME HEALTH AIDES Needed Immediately!

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Hwy. 17-93 Martiand. 740-5294 STAFF DEVELOPEMENT CO-ORGINATION - RN re-quired Must have in service care Contor, 323 6544 EOE/H

Icc. No. 1934

71—Kelp Wanted

TEACHERS/AIDES ostions available for early

child care centers. Full Part time. 323 8425 9em til 11am TRAINERS - 311 shift available. Our clients show their appear let me for what you do. ermai training & benus all 331 7231

TRC TEMP/PERM PERSONNEL 260-5100

TRUSS ASSEMBLERS AND SAWYERS NEEDED Good pay & benefits for experienced people 327 0364

TRUSS ASSEMBLERS SAW OPERATORS 2nd shift, Hours Item fil ipm. Experienced preferred but will train. Excellent benefits. Apply Inperson:

Lowes Truss Plant 2981 Aileron Cr., Sanford (Sanford Industrial Park) TRUSS ASSEMBLERS Permanent positions, Good benefits and working conditions! Apply: Scotty's Truss. Airport, TAM to 12 NOON.

TWG HAIR STYLISTS Full or part firm. Clientele preferred Langwood, 100 days USE YOUR PHONE AND WORK FROM HOME \$200 wkly, for 15 to 20 hrs.

WAREHOUSEMAN For screen print compan

calling locally. 1 600-679 6464

WELDER In shoot Work five days per week. Call Attaments Towing 339-6700

WRECKER DRIVER Must be at least 25 yrs. with good driving recerd, experienced & familiar with Sanford Area. Apply in person: BUTCH'S CHEVRON AND WRECKER SERVICE 1122 Colory Avenue, Sanford

91—Apartments/ **House to Share**

SANFORD AREA \$250 mo plus \$130 Sec. & 1/2

SANFORD CONDO- NICE apacious 2/2, priv. rm & bath. Unit has everything! \$70/wi Includes utilities. Prefer working female....

93—Rooms for Rent

DOWNTOWN SANFORD . At tractive large room. Private unirance, off street parking Call 323-4397 between 4 4pm FURNISHED Lg. dbl. room for working couple, 10 min, from downlown, Sunny, affractive. hein beds. References, \$110 wkly, 323-2030 after 4pm LARGE ROOM! \$45 while

Call 223-7651 eves. LONGWOOD - Lakefront home. Cell 332 4604 LONGWOOD/LAKE MARY

Lavely before home privi-leges \$70 wk. Cable __831 4413 SUNLAND ESTATES Private bath. All kitchen and 340 wklv Call 322-5798

I. Lg. Bdrm. w/prvf. bath, 645 dep. 4 \$45 willy. Prefer Responsible working male or male retires welcome. Hon smoker/non-drinker, 323-8415 436 NEAR 1-4

Private entrance, refrigerator & laundry, \$65/wk plus \$50 dep _____Call 869 \$401

97—Apartments Furnished / Rent

BEAUTIFUL LAKEVIEW APTS!

Brand New Wall to Wall Carpet & Tile. Convenient walk to Elementary, Middle & High Schools and 17-92. Pool Private Balcony, Central H/A Dishwasher, Eat-in Breakfast Nook, Furnished and/or weekly available, \$350 Plus 1120 Florida Ave., Sanford [New Management]223-4459 SANFORD - 2 bdrm., close to

EFFICIENCY - Altractive & clean Util Incl. Lighted off street parking 323 4507 4 4pm FOR QUIET, SINGLE STORY, **ENERGY EFFICIENT FURMISHED STUDIOS**

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1 bedroom, private entrance, \$80/wk.plus \$100 security. Call 323-1434

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If your ambition is asking, but your income has slowed to a crawle its time to make your move to Masflewer Transit. As an ewere operates, you'll make your own decisions and earn one of the highest compensation percentages in the industry handing our loads. We even provide free training to get your carretrell to a good start. So qualify you must

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Ask lin Dept. 150

· Meet DCT and Mathematicals from a correct three is greptaces. Call. 3-809-546-7825.



97—Apartments Furnished / Rent

LARGE 2 BORM. HOUSE In Santord Excellent neighborhood Fonced yord \$170 mb + \$250 sec. 323 2369 PARTLY FURNISHED 2 4 3 room apts. sam 1275 mm. O SAMFORD - 2 bdrm, appli-ances. AC, carpet, utilities

Included \$135 wk plus sec. 321-3050 days, 323-8106 eves SANFORD - 1 bdrm. Close to SANFORD - Eiflidency for 1 adult. Private entrance. Uiti. Pd \$65 wk. J23-9343 or 645-4030 SANFORD - 2 or 3 bdrm., fpl. eat in klichen. Block from own. Util. peid. \$125 wk 323 9743 or 645 4930

99—Apartments Unfurnished / Rent

UNFURNISHED ONE LEFT!! **2 BEDROOM APARTMENT** CALL TODAY 323-3301 EX7. 112

ADULT & FAMILY LIVING 2 full baths, fully equipped hitchen, separate dining area. washer and dryer hook ups

Grove View Apts. 2000 W. Lake Mary Bivd.

321-0584 K COME SEE THE

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CONVENIENT LOCATION Sanford, Large clean 2 bdrm. 2 beth, in good area. Schd. porch, Central H/A. Off street perking. Dishwether, washer & dryer, \$425 me, plus dep, or weekly.......869 6832 after 6pm

DORCHESTER APTS.

Lake Mary LAKE MARY/SANFORD 2 bdrms, 2 ba, all appliances

221-3250 or 221-1647, eves

MARINER'S VILLAGE 2 bdrm \$365 mo & up .323 8670 OSTEEN Large 1 Edrm. Utilities Incl.

\$90/wk & security 330-6166

Randelph Court Apartments Hidden Lake Dr., 336-1300 SANDLEWOOD VILLAS Condel 2 bdrms, 2 ba. Al menities. Peol! Call 323-5397

SANFORD/LAKE MARY 2 bdrm., 2 bath, washer dryer, a/c, screened porch \$420 mo. plus sec. 644 2691 SPACIOUS CONDO 2 bdrms, 2 be, washer/dryer, \$450 plus security, Page One

Mgmt /Really 657-4443 UNFURNISHED STUDIO APARTMENTS AVAILABLE NOW!!! \$279 MO. **CALL TODAY** 323-3301 EXT. 112

1418DRM APARTMENTS \$80 week & Up 223-4547 between 4 4pm **4TH AND PALMETTO!** Convenient to shopping & bus

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novated apts, for senior citi Call 830 4412 ***** SHENANDOAH VILLAGE APTS 1 & 2 bdrm duplexes from \$120 Playground & Huge pool Conveniently located on 17-92

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101—Houses Furnished / Rent

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101—Houses Furnished/Rent

SANFORD - Large 2 berm. Excellent neighborhood Fenced yard \$120 wk. plu

103-Houses Unfurnished / Rent

FOREST CITY AREA 4 bdrms, 2 be, large fenced yerd, \$420 per month or 687 578 2719, a Plot 4 PAL

HAVE A HOME FOR RENT? J.M. did and through advertising with the Sanford Herald, he received more calls than he knew what to do with! Renial property means income but a vacant means expense. Let us help bring in the income. Remember the more you say the more response you'll receive. The cost of 1 additional line is less than a \$1 and can mean the difference between an occupied home and a vacant hame. Call a counselor today! The Saniord Herald

222-3611 HIDDEN LAKE, 3 bdrm, 2 bath. Central AC, \$535/mg plus \$300 security deposit: Call 345 1725 LAKE HOUSE

Classified Department

No pets. Lease required. Gorgeous rustic view. 321 4104

2 bdrms. Can furnish! Fenced

yd, Gerdeni \$350/mp, 322-8279

LAXE MARY

LONGWOOD

This 3 bdrm., 2 beth comes with new carpet, vinyt & paint! \$575 ma. No Fee! D. Really Jue.

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SANFORD/LAKE MARY 3/3, double garage, no pets. Avail. Now \$575 ms. + sec.

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floors. Nice location. No pets. 8475 mo 845-4461 or 663-0632 Sanford, Excellent Condition 3 bdrm., 1/s baths, \$450/mo. 1st & deposit. No pets, 322 4494

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103—Houses Unfurnished / Rent

SANFORD

h/a. tenced yerd. \$375 mo 574 904 plus security 3 bdrm. rentral heat/air. security room, fenced yard. 2021 Grave Dr., Saniord

105-Duplex-Triplex / Rent

DILUXE GUFLER COMMUNITY CLEAN, QUIET, SPACIOUS

pets. 322 8222. 9 till 7 30pm 107-Mobile

SANFORD

Homes / Reni **COUNTRY SETTING!**

12 X 60. 2 bdrm. 15 beth, water & garbage furnished? \$330 plus deposit... Call 323 1917 FURNISHED 1 & 2 BEDROOM Park Avenue Mebile Park Adults, No Pets 222 2841 OSTEEN

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2 bdrms., 2 baths, horse bern

115—Industrial

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127—Office Rentals

BRAND NEW! Fulton Center.

127-Office Rentals

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4 TOWN INTERSECTION! Orange City, Whispering Pines, 1000 sq. ft. Beautiful

141—Homes for Sale **BATEMAN REALTY**

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IN TOWN!! Dellona, Isl area Owner moving! Alust sell immediate ly! Priced below appraisal! 3 borm. 2 bath. Spill plant Formal living a dining ricathedral ceilings!Family room w/huge coguina fireplace! Lots of wallpaper & file! 2,100 sq. ft., 2 car garage Lots of oaks & shrubs! Close to 1.4, shapping & schools Owner will pay for new carpet & paint! You pick the colors! ASKING ONLY \$61,500! Call for appointment after 4PM

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141-Homes for Sale

BRYN HAVEN

Excellent Buyl 3 berm. 2 bath, rewly remodeled Con. H/A, large fenced yard 642,900 Call 321 4900 BUYING IT SELLING!

Call Becky Courses, CCIM! Re/Max 220 N. Realty 429 4220 COMPLETELY RENOVATED! Spanish Style! Fireplace, Mini Blinds, Fans, Double Lot ATT WM firm Alit W. ibin, fantera

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FORECLOSURE

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FORECLDSURE! 1918 Saxon Blvd., Dellona, 3/2 w/fireplace, handyman special I Accepting bids

Household Finance 333 8910 **FOREST CITY AREA** 6 bdrms. 2 ba, large fenced yard. Assume: No qualifying! \$41,000 Low, low down! G forms, 407-578-2919 after 4 PM

FOREST CITY AREA 4 bdrm., 2 bath, large fenced yard, Assume mtg., No quali-

fy. \$44,900 Owner will hold 2nd Call 407-579-2919 LAKEFRONT BEAUTYL IM maculate 2 bdrm., 2 bath on beautifully landscaped los with shade frees & citrus. Lo

ty, family room & parage Small but deep take, \$64,000 BEAUTIFUL LARGE

"PARK LIKE" YARDI Newly painted Footm. 2 Bath

walking distance to downtown DeBary, Living room, dining room, family room, equipped hitchen, large utility room and carport. COUNTRY QUIETI Short dis

tance to \$1, Johns river, also grocery shopping Separate workshop, double garage 4 bdrm , 3 bath cedar home Large country artenen with lots of calbnel space, formal dining room, living room with fireplace, screened porch. wood decks & chain link fenced back yard 8145,900

DELTONA BEAUTY! Across the street from Lake McGarity Beautiful & Immediate 3 bdrm , 3 bath on la corner lot with abundance room, equipped eat in Allchen family room, utility & carport
Owner financing with good
down payment \$16,000

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Bath Home, C H&A, W/W carpet, garage, eat in kitchen. scrnd, porch, landscaped, ulufch barn w/elect \$51,500 HICEL 3 bdrm , 11s bath home in established neighborhood! C H&AI Garaget Fenced yard WE NEED LISTINGS & much more!.... 323-5774

HIDDEN LAKE/NO QUALIFY

3/2 split, eat in kitchen, 7 car garage, loff, screened porch privacy fence, above ground pool, 19,000 down & assum \$47,000 mortgage 230 1473



WEST SANFORDED berm. 15 bath, Cen. H/A, family room. Ideliwide Elementary school for kids! Buyer's warranty \$53,900 available! ...

SANFORDI 1 bdrm | bath life! All appliances, nice complex, includes pool and clubhouse! \$28,000

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SANFORD! With eat in kitchen. Cen. H/A, fireplace and in side utility, this 3 bdrm - tis bath, block home is ready for you to move in! Only I ... Let 000

DELTONAL Like new 2 bd.m. home with nearly 1,400 sq. ft. of Itying area PLUS screened entiesed pool with spal Features include fireplace securitry system, family room, eat in hitchen, and I ve buyers warranty! \$62,500

322-8678

141-Homes for Sale

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HIDDEN LAKE AREA! Very nice 2 bdrm villa in quie area. Has great room excellent price tag Seller askingenty! ... \$49,900

HAVE TEA FOR TWO! In this 2 floors, fireplace, formal din nets and much more! \$52,900

ATTRACTIVE! 2 bdrm , 1 bath on 112 acres with fireplace living, dining and family

GRACEFUL & HISTOPICE ? story 3 bdrm., 2 bath with hardwood floors, fireplace, formal dining room, nice front porch Loads of space and other amenities! \$75,900

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667-222 5662, a nyfime POOL HOME

3 bdrm., 2 bath, features privacy fence, fireplace & screen porch Only \$48,900 Alan B. Johnson, Ra Max Unlim 323-4103

SANFORD - 3/1, Lg C Block: Good area, \$22,500, Assumable \$5.000 down offer 321 9316 SANFORD AREA

Older home, renovated on large corner lot, pleasant neighborhood, Cen. H/A owner motivated! \$54.900 Call 407 777 4535

SAMFORD HISTORIC DISTRICT Furnished large Victorian 7 bdrm., 31s bath home 4 Lireplaces, wiseparate guest kitchenette in rear Zoned comm, with rooming house license if needed. Asking 723 92 G or 645 4630

141—Homes for Sale

LAKE MARY- Huge corner shaded left 3/2. Many extrast. WALLACE CRESSREALTY 321-4577

SPACIOUS MAYFAIR HOME! This 3 bdrm. 2 is bath on 3 lets has so much to offer! Fireplace, ig eat in hitchen, plus many more great features! Must See! \$179,000 Call Selma Williams 222-1587

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33 7470 SUNLAND ESTATES Hewly renovated 1 bdrm. New Cen. H/A, lots of room, Low down to qualified buyer! SOURCE REALTY JAG-7579

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149—Commercial Property / Sale

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Excellent for a refired couple or a family who wants a 2nd Income | \$25,000 BOB M. BALL, JR. P.A., C.S. M. LAKE MARY REALTY 323-4110

> 153-Acreage-Lnts/Sale

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> 157-Mobile Homes / Sale

ADULT SECTION Repo. 14±60, 2/1, '81 Flintstone

14x54, 2/1, '81 Claremont, \$10,000 14X90 3/4, 82-Eastwood 1/0

dn., lof & mtg. under \$335 mo 24x56, 3 7, '86 Skyline, carport raised screend porch, dish washer & refrig. washer

FAMILY SECTION 14x70, 3/3, split, '83 Com

14±40, 2/1, '82 Scott, \$12,500

14x60, 211, 79 Summerhill, \$8,000 All located in Sanford/Brokes 323 8140 or 831 3793

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Huge 3 bdrm., 2 bath, fiving room, family room, dining room, carport, storage shed Located in park. Fully land scaped and beautifultit Must selff Financing Available Reduced(1§14,000 321,0626

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In good condition 3 reversible cushions! Zip offcovers Good candition!

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LARRY'S MARY, 215 Sanford Ave. New/Used furn & appl. Buy/Sell/Trade 322 4132 PATIO FURNITURE . Redwood Chair & invesual without cushions \$201 323 3546 aller 5 PM OUEEN MATTRESS & O

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With chair, \$43 322-6746 · SUARS FREEZER · 20 CF, chest type in excellent condition! \$100 323-0730

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Food

Chicken helps melt holiday pounds

Those extra pounds you suspected you were courting during the holidays have appeared, and you've resolved to eat more sparingly until they melt away like the Christmas snow No need to deprive youself of the pleasures of eating, though These times call for renewed attention to making smart tood

The unconscious attitude so easy to develop around all those holiday cheese pulls and cookies must be awakened. Everything counts! That means considering what you choose to eat, and how much you consume. The good news is that even when dieting. satisfying meals are possible when you stick to healthful. lower-calorie options in controlled portions, and apply a little ingenuity.

Most people already know that fresh vegetables, plain potatoes, and chicken without the skin are staples of the dieter's repertoire. But these good, low-calorie choices need a little boost to spark inid-winter appetities. which are just as hearty even though the scales are upping Bolly Farms Country French Supper is an imaginative way to build these basic ingredients into a tasty satisfying singleserving meal with the eye appeal so important to the dining expe-

Holly Farms' lo-cal Chicken Dijon is another recipe that turns ordinary ingredients into an extraordinary dish And chicken offers and excellent balance of health benefits. It is an important source of protein. but is lower in calories, fat and cholesterol than most cuts of redmeat. A three-ounce portion of chicken makes a significant contribution to your daily protem requirement, and helps to provide the feeling of fullness. necessary to keep diet resolue tions strong

COUNTRY FRENCH SUPPER 3 medium potatoes, cut futo-

I package Holly Parms Prime

Chicken Ibighs pounds) skin removed*

Salt and pepper to taste 3 carrors out into chunks.

I pointed green beans, cut up-6 medium vellow onions

quartered to tablespoons dry white wine

OF WAITER As teaspoon dried thyme leaves 2 bay leaves, crumbled

Preheat oven to 350°F. Cut 6 (16-inch) pieces of foll. In center of each piece of feil, arrange some of the potatoes and I chicken thigh. Season with salt and pepper Evenly divide carrots, green beans and ontons: add to potatoes and eliteken. Sprinkle with wine, thyme and bay leaves. Bring opposite sides of foll together and fold over twice Tightly fold up ends to seat Place packets on large baking sheet

Bake 50 minutes or until chicken and vegetables are tender Makes 6 veryings tapproximately 221 calories per serving).

*Or use I pa kage Holly Farms Time Trimmaccs bareless. skinless chicken thighs labout 135 pounds)

CHICKEN DIJON

1 package Holly Farms Time Trimmers boncless, skinless Chicken Breasts (about 1 pound) 2 tablespoons vegetable off,

I carrot, cut into julicame

I red in given pepper, cut into fullenne strips

I hunch green onlons, cut uito fullenne strips

Leup chicken broth Geip dry white wine

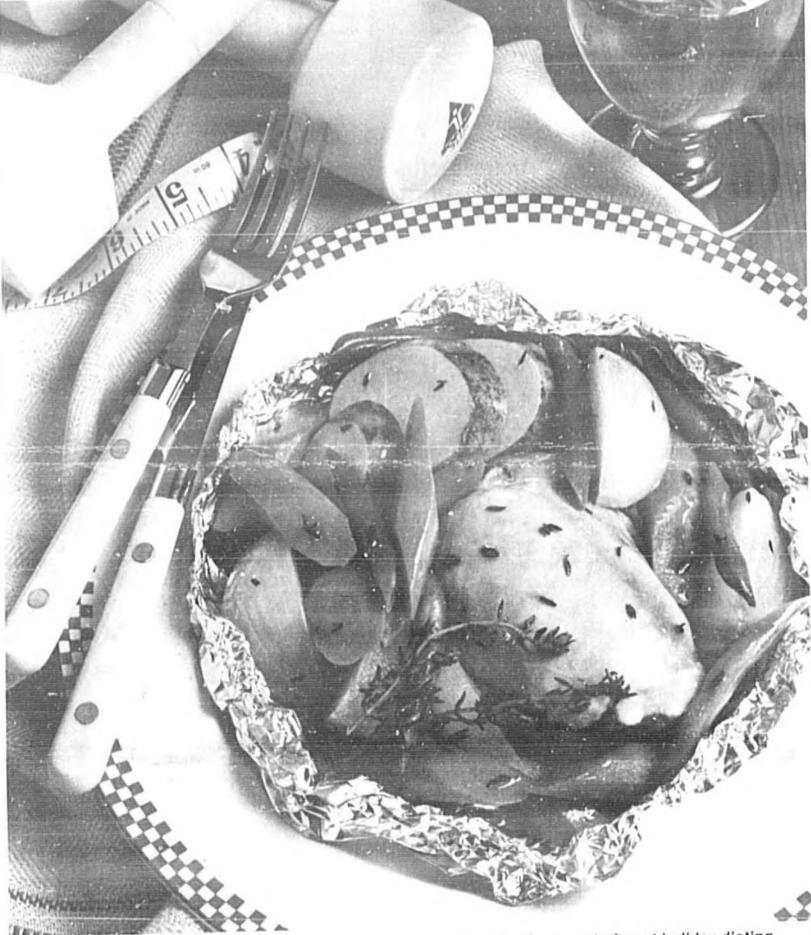
2.3 tablespoons Dijon-style

2 tablespoons corn starch

ta cup milk Split chicken breasts in half: set aside. In large skiller heat 1 tablespoon of the off over medium heat. Add carrot and pepper: cover and cook 7 infinites. Add green ontons, cover and contimic cooking 3 minutes or until vegetables are tender Remove. from skiller

In same skiller heat remaining 1 tablespoon oil Add chicken; cook 10 minutes or until browned on both sides Add chicken broth, wine and mustard bring to boil Cover: reduce heat and simmer 15 minutes or until chicken is render Remove ehicken to serving platter keep warm bismall bowl stir together cornsearch and milk wattl smooth Add to skiller Stirring constantly bring to boil over medium heat and boil 1 minute.

Add vegetables cook until heated through Spoon over chicken Makes 4 servings tapproximately 254 calories per servingl



The low-calorie dish Country French Supper takes some of the blandness out of post-holiday dieting.

Cheese is blended into pasity for this special winter apple pie

Arctic Apple Pie has cheesy crust

Newspaper Enterprise Assn.

Serving apple pie with cheese is a much level custom adopted. from German and Scandinavian settlers, who enjoyed cheese at any meal flero a cheese is worked into the crust to complement the rich filling. He prepared to serve extra slices of sweet Gjetost cheese for those who want to rop off their stress of - plate

ARCTIC APPLE PIE

Lieuspoon saft

Learn shredded tar fost chet se The Stable species or water.

For Filling

Yes up granulated sugarverup packed brown sugat-2 table spoons flour.

Livaspoon ground cumation. me the transfer of the state of

Payenti baisans.

secuplight cream. traffespons furter Lieuspoon granulated sugar-

To make pastry. In a large bowl combine flour and salt. car in shortening using pastry blender or two knives until movime resembles coarse meal-Stir in cheese Add water I tablespoon at a time until mixture leaves sides at howl and forms a ball. Divide in half and roll out one half to fit a true hepre-

For filling, In a bowl, consumsugars flour and cinnamon set aside Laver apples raisins and COMMUNICATION STREET, INC., THE inspand pic shell four exemiiver all Dot with finiter Roll outremaining pastry. Place over all compand soft edges, but say erat holes in top error Brush with milk and sprinkle with 1

traspredictingar. cover edges of pie with aluminum foll in prevent excessive best in a microwave are things browning Bake at 425°F for 30, that cook in maissing. Cromin number Researched Continue baking about 10 minutes longer or until crast is golden and apples are tender. This kitch. entested to specimakes one 9%

Campbell's Kitchens going on 40 United Press International

CAMBEN N.I = The kitchen that has belied generations of nervous newlyweds turn out gunt proof funa casserole. superhargers and green bean trake with the aplointh of a Julia. Child is marking its 40th anniversary this year.

And the Campbell Soup Co. kitchen is changing with the

Campbell's green bean bake coppe is still a favorite at church. suppers and on Thanksgiving Day sub-boards but now it some manucrowave version

Wamphell's Kitchens now culled Campbell's Creative Food Control was been in 1948 at shough the samplen based load Company to gan distributing chicking with some technic ascallly as 1910.

We've been a help all along how the budy who was starting to made said Betty Cromindifferent of cooking some and a the direct for exadence to depress the of the kinchen's Recents.

class year the kilchen staf-I working as a maze of noneleaming k o heres co management and a pantia that

and attend and susteway ockani. Campbed's formed the an ipholis Michiganiye Institution itt. tuse and this crar published remplayed s. Morroways a problem de-

That we have gone for or its cooking wings today is the a fitting of the moreoways. because the things that coek-

. Whereas the kindien's original goal was to steel top to spes that book no more than an hour to propagation and as with a map to write the

We are looking for a one potclearup kind of thing, so you don't have a mess in the kitch. en. Cronin said. We can de

Many American women have come out of the kitchen and intothe workplace in recent years. But in many households they will pur a meal on the table. every might that initially futoved fast food sales, Cromm-

dinner on the table for her in 30. are condensed some line, provide trady mark, sauces neutrally

Campbell's soups particularly new cooles with lump free seasoned so as to be ready but

She just couldn't back it.

Croppe said. In recent years,

she's gotten so she can handle

both (the job and the home), but

she needs things like we can

These soup recipes made for microwave

United Press International

Here are some classic completts, Soup recipes updated for the microwave. All the recipes can be found in CHRIBURRITOS Campbell & Microwaya Conskhootk

GREEN BEAN CASSEROLE 2. packages 39 majors cachi

programming green feature.

a constantly

a compression of posterior parameters

Francisco e company 10000 from

Will III a comment the state of the state of Transfer Statesting there was the (moking Drain)

2. In 152 quart microwave sale area pales with words until with with Add midk, see soons, and printed star multi-well brended. Stir of to my funt of the diversion bank of the outputs tower with oil state provides on the back of state of the second

oner during cooking last stand covered a minutes. Sprinkle with tem uning offices and onjoins. Makes test is migs-

I pound ground be of

coups hopped given pepter. Lancet Commers (official) Lighth spaces of his person for L. Galife Spread Witter Steadille

is their fortillas (8 do b). Centar armole schopped formalies and shoulded deem by policely

to table of the seems of the constitution of cteen pepper (1921) with 10% The Aller of the Company of the Comp dividing other than the commenter to for alcorporate Square of fat-

William Constitute Constitute

Write state of fighture to preturns paper mach. Mariwase. those branches Carnoblewith zonehim opinitie with a south

See Recipes, Page 4C

inso in any dish from Italian to a CHILL

Despite the trend towards uppity neuvelle cuisine, the popul lants of down home Campbell's provide. We'll put a chicken somps has not wavered over the years Cromn said Last year the company received nearly 40 000 entries for a recipe conitest.

Some 325 million cans of Campbell's cream of mushroom. soup the key ingredient in the classic green bean bake, are sold each year with 50 percent of than osciatrobated to eccipes.

Other popular croking soups enclude golden mushroom creating of celebral beet and chicken broth cream of polatoand traditional tenado soup. In Cambipottis Microwasi Cookbook - main of putato soup serves as a base for a creative dish chowder golden mushioon. soup is a similar or a recipe called. Catorinal Chickens, and formatic some provides the family the Hurvis Rancherus

The more wave isn't the only change in the Campbell's kilefe A P. C. MARKETT SPACE

Today's respectable feature more modern a psomings, such as fresh bethe that were not pergraphs in the way take and even the stock ample the use if or towards copies to its company said Succette company advertised maternally the ina contribute to the bound by their

Now dome soch as fortilling real. Milyean, a productive hard are ere or received recompliable

The fact of amphalt school apidal. of theh one highest or until west on the recent fee Mexerica warms. Speace beinging quality by introducing a machinishress up riese institut also their male a ker apprend in flider millio field at sades and roll up of the newer recipe of the hidding at

See 40th Page 40

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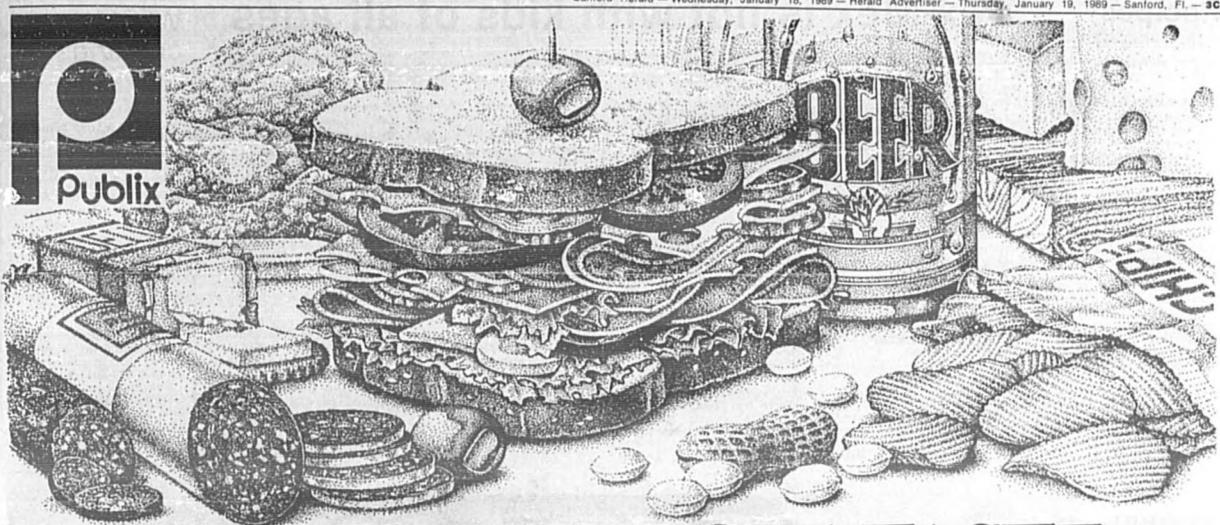
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Recipes-

Continued from Page 1C

cheers. Makes 8 burritos or 4 servings

TUNA PASTA CASSEROLE

l cup frozen peas 1 can (10% ounces) cream of celery soup

46 cup milk 1/2 cup shredded swiss cheese (2 ounces)

1 ce. (TVs nunces) turm, drained and flaked

2 cups cooked corkscrew or other macaroni (1 cup uncooked) 2 hard-cooked eggs, chopped 1/2 cup crushed potato chips

1. Place peas in small microwave-safe bowl. Cover with vented plastic wrap; microwave on high 4 minutes or until tender. Drain; set aside.

2. In 11/2 quart microwave-safe casserole, attr soup until smooth; stir in milk and cheese. Fold tuna, macaroni, eggs and peas Into soup mixture. Cover with lid: microwave on high 7 minutes or until hot and bubbling, stirring once during cooking. Let stand, covered, 5 minutes

3. Sprinkle potato chips over casserole. Makes 4 servings.

SOUTHWESTERN **ZUCCHINI QUICHE**

I tablespoon butter or marga-

I cup chopped zuechini 1 cup chopped fresh

mushrooms Va cup chopped onlon

¼ chopped sweet red pepper

I clove garlie, minced 14 teaspoon dried basil leaves.

crushed 4 teaspoon dried oregano leaves, crushed

1 can (11 ounces) condensed

nacho cheese soup 3 eggs, beaten

2 cups shredded Monterey Jack cheese (8 ounces) 1 tablespoon all-purpose flour

1. Place butter in 10-inch microwave safe ple plate. Cover; microwave on high 20 seconds or until butter melts. Brush butter over bottom and side of

pie plate; set aside. 2. In 2-quart microwave-safe casserole, combine zucchint, mushrooms, onion, red pepper. garlic, basil and oregano. Cover with lid; microwave on high 4 minutes or until vegetables are tender, stirring once during

cooking. 3. Stir in soup; stir in eggs. cheese and flour until well blended. Pour into prepared pie

4. Microwave, uncovered, on high 13 minutes or until center is nearly set, rotating dish 3 times during cooking. Let stand directly on countertop 10 minutes. Makes 12 appetizer servings or 4 main-dish servings.

40th-

Continued from Page 1C

casserole with a "mexicali" touch.

Campbell's also has a new zesty tomato soup, which is used in a number of recipes from chiliburritos to ginger beef to zesty meat loaf.

Campbell's makes a point of keeping the number of ingredients, especially in recipes in its advertisements, to a minimum of six or seven.

Cronin said Campbell's soups are also low in fat and in cholesterol. While some healthcritics have called attention to their high sodium content. Cronin said sodium-wary cooks using the soups as a sauce. which is diluted out to four to six servings, have little to fear.

The home economists in Campbell's Creative Food Center, up to 12 from the original four, have gotten a good chuckle from the recent homecooking food trend in which meat loaf, long a classic Campbell's Soup recipe, is showing up on the menus of the ioniest restaurants.

"It's not a new sell for us with all this back-to-basies stuff with meat loaves and pot pies coming back," said Croning "We just fit into that like a hand in the glove and we didn't have to do anything different. We just brought up what we had before and made it work in a microwave.

"What goes around comes around," Cronin said, "It's a very comforting feeling for us because without much work on our part we sort of lit right in with something we had nothing



Tex-Mex is hot with kids of all ages

Newspaper Enterprise Assn.

Like piz . Southwestern and Tex-Mex foods are extremely popular with youngsters. Some may not be able to cope with the flery hot chilles yet, but they do enjoy mild to semi-hot chilles ounces) and salsas with Latin-inspired dishes.

The whole family will enjoy a cheese and been combination with tortilla crust and topping. You also can make your own "chilies relienos," or stuffed chilies, to serve as appetizers or as a side dish with a variety of Southwestern dishes. These heat for 10 minutes. hearty chilles are stuffed with cheese, but chilles lend themselves to a variety of stuf-

SOUTHWEST CHEESE AND BEAN BOWL

6 slices bacon, cut into 1-inch

I cup coarsely chopped onion

l clove garlie, chopped 1 15 to 16-ounce can whole peeled tomatoes

¼ teaspoon salt

3 15%-ounce cans kidney

and drained beans 6 stale corn to tillas, cut into

beans, drained, or 4 cups cooked

wedges 2 cups shredded Monterey

Jack cheese [8 ounces] Va cup crumbled feta cheese (2

Cilantro, coarsely chopped, or paraley (optional)

Salsa (recipe follows) in a skillet, cook bacon just until cusp; drain, reserving 1 tablespoon fat. Add onlen and garlie to bacon in skillet, saute until transparent. Add tomatoes. salt and beans. Simmer over low

Meanwhile, distribute onethird of the tortilla pieces over the bottom of 2-quart casserole dish. Cover with one-third each of the bean mixture and Monterey Jack cheese. Repeat layers. ending with tortilla wedges and cheese. Cover and bake in 375°F oven for 20 minutes.

Serve hot accompanied with feta cheese, cilantro and salsa. This kitchen-tested recipe makes 6 servings

To make Salsa: In a bowl,

combine I cup chopped yolks slightly; fold into whites tomatoes. 1/2 cup chopped onlon. 2 'ablespeons chopped cliantro or paraley (optional), and I fresh oil to very hot. Holding each chill or canned Jalapeno, chopped. Add salt and pepper to laste. Makes about 11/2 cups.

STUFFED CHILIES 8 long, mild green chilles, roasted and peeled (see note below), or 8 canned mild green

chilles, drained 8 ounces Monterey Jack cheese

Flour 4 eggs, separated Salt and pepper, to taste

Vegetable oil, for frying 1 cup prepared Mexican sauce, heated, or fresh saisa

Vi cup shredded Monterey Jack cheese (2 ounces)

Cilantro sprigs or parsley Pat chilles with paper towels to remove excess moisture. Cut cheese into long strips; insert about I ounce into each chill, leaving enough room to close slits. Dust chilies with flour; set aside.

In a large howl, beat egg whites to form stiff peaks. Beat to the flesh.)

with salt and pepper.

In a large skillet, heat 14 inch by the stem, dip into egg mixture to cover completely; fry a few at a time, turning once, until golden.

Drain and serve immediately with sauce. Garnish with shredded cheese and cliantro. This kitchen-tested recipe makes 4 servings.

Note: To roast and peel chilles: Slit each chill lengthwise on one side: carefully remove core. membranes and seeds, leaving stem end intact. Place chilles over gas burners to blister all aides evenly, turning often. Or, if using electric stove, place chilles on baking sheet about 2 inches below broller heat element. Broll until blistered on all sides. turning as necessary

As soon as chilies are blistered, place in plastic bags: close and allow to steam for 10-15 minutes. Remove from bag and pull off skins. (Don't worry about a few bits adhering

Who's cooking?

The Sanford Herald welcomes suggestions for cooks of the week.

Do you know someone whose food is always the highlight of company picnics. church potlucks, receptions

or covered-dish luncheons? Novice cooks and ethnic cooks, as well as experienced cooks and master chefs, add a different dimension to din-

Who is your choice? Maybe it's your mother, father, brother, sister, son, daughter, spouse, co-worker, boss, neighbor or friend.

Submit your nomination for Cook of the Week by calling the Herald People editor at 322-2611, ext. 34.

The Cook of the Week feature, which includes a brief profile on the cook and some of his/her favorite recipes, is published each Wed-

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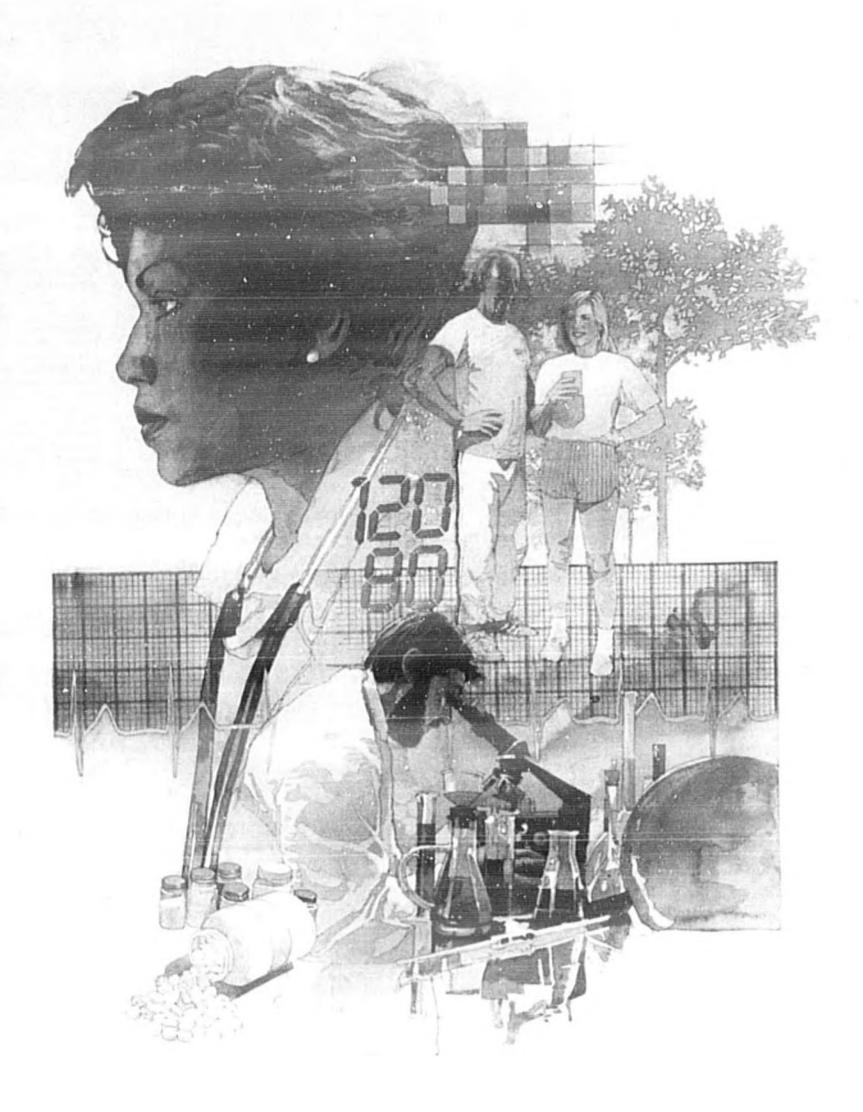
Sanford Herald

Wednesday, January 18, 1989

HEALTH & FITTESS

Herald Advertiser

Thursday, January 19, 1989



erobic exercise: better than diets

How many times have we faced a new year making the same resolutions as the year before? And the year before that? Losing weight, getting into shape and having more energy are common New Year's resolutions.

"There's one thing you can do that will help you achieve all of these goals - regular aerobic exercise," says Diane Demarco, executive director of The National Exercise For Life Insillute

The purpose of the Institute is to collect and disseminate information on the value of regular aerobic exercise, so that more Americans will start and maintain a program of regular acrobic exercise

"Every year there are new 'wonder' diets that promise fast weight loss. Some of them do result in rapid loss, but much of it is water weight and even some muscle tissue. And the loss is often temporary, so that the next year you have to iose the same weight all over again," says De-Marco.

According to the "set point" theory advocated by Dr. William Bennett and Joel Gurin, authors 'The Dieter's Dilemma" each individual has a tendency for a particular body-fat percentage. This set point monituring process that tries to maintain the body-fat content it considera "normal."

It's easy to raise your set point by calling sweets and fats, out the only way to reduce that set point is by aerobic exercise.

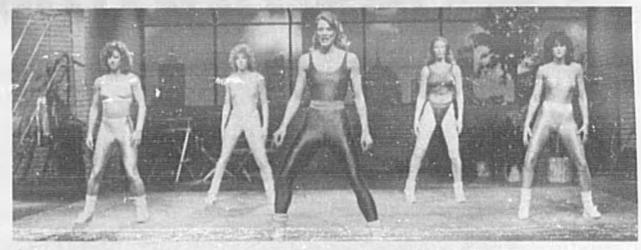
If you attempt to reduce body fat only by lowering your calorie intake, you'll first lose water, then muscle and fat - in that order. You'll also feet aluggish and weak because you're burning muscle for fuel.

further fights to maintain its set point by lowering your metabolic rate and increasing your appetite, by lean muscle tissue. That makes it even tougher for you to lose cle tissue uses more calothat fat.

However, aerobic exercise not only burns muscle tissue you have more calories during the and the less body fat, the time you're exercising, more calories you can but it increases your consume without gaining metabolic rate for up to 24 hours after you Aerobic exercises can ducing the amount of exercise.

also make you look calories you consume. slimmer than anaerobic Furthermore, muscle tisexercises, such as weight lifting. That's because than the same weight of lifting weights merely body fat, so that even if strengthens the muscles underneath the fat. This enlarges the muscle, have good muscle tone raising the fat to the andless fat," says Brody. surface

As Jane Brody notes in her Good Food Book, exercise will also give



Regular aerobic exercise can contribute to In fact, your body losing weight, having more energy, and getting

ries to sustain itself than

fat tissue does. The more

weight - or the faster

you can lose weight

sue takes up less room

you don't lose an ouce.

you'll look thinner if you

"Regular aerobic

into better physical condition, all at once.

regular exercise causes you more energy, which body fat to be replaced will help you accomplish many other new year's Pound for pound, mus-

goals," says DeMarco. To maximize the benefits of aerobic exercise, it generally needs to be done about half an hour, three days a week. To build cardiovascular fitness,the exercise must elevate your heart rate to at least 60 percent of your maximum heart rate (although the most desirable heart rate for exercising is between 70 and 85 percent of max-Imum).

The most effective forms of aerobic exercise are continuous motion activities, such as fast walking, cycling, swimming, running, crosscountry skiing, rowing or Jumping rope.

Choose an activity that you enjoy, and that you know can be done on a regular basis, advises DeMarco. Because cross-country skiing is widely recognized as the most effective form of exercise in terms of toning the entire body and achieving cardiovascular fitness, many people are using NordicTrack, the original cross-country ski exercise machine.

"The standing, total body skiing motion of NordicTrack is so efficient that you can tone your entire body - legs. arms, shoulders, midriff and buttocks - and achieve cardiovascular fitness, in Just 20 minutes, three times a week," said Ed Pauls, inventor and founder of NordleTrack.

At-home exercise equipment such as NordicTrack is gaining popularity because it's fast and convenient, and can be done no matter what the weather, "Many NordleTrack users supplement their running or other outdoor exercise programs with Indoor training on the NordicTrack," noted Pauls.

"NordteTrack's fluid smooth motion climinates the pounding that can result in joint and back injuries caused by running and the back strain associated with rowers." added Pauls.

School program promotes health awareness

Mary Brown, a working mother, was very pround of the way she managed her new job and family life. Every morning she would get up early to make her husband and eight-year-old son, David, a hot breakfast. Even when she was exhausted and wanted to sleep in an extra thirty minutes, her own mother's words echoed in her mind. "Breakfast is the most important meal of the day, especially for a growing child."

On a morning no different from any other morning, Mary showered, put the collee on, grabbed half a pound of bacon from the fridge and tossed it in the frying pan. She cracked open some eggs, popped whole wheat bread in the toaster, and voila! a breakfast fit for a king -or a family of five

It never ceased to amaze Mary that her eight-year-old son could eat as much as his father. health can be promoted with a hearty meal.

The following week. Mary got up and started her morning ritual. David was setting the table as usual, but just as she was about to scramble eggs, he said, "Mom. I don't want any bacon or eggs this morning. Do we have any fruit?"

This was the beginning of a new health awareness for the Brown fami-

David attends school in District II in Manhattan, where the "Know Your Body Program" is an integral part of the curriculum.

The American Health Foundation, with the support of the National Institutes of Health, has developed the KYB prograin for children. Based on the premise that

Even though David was and disease prezented overweight, within the framework of Mary felt comforted to a hands-on school health know that she was sen-education program, KYB ding both her men off includes family participation.

One of the focuses of the KYB program is on the harmful effects of high cholesterol levels in the blood. Following KYB screenings, the most common risk factor found in children for the development of serious disease later in life has been a very high level of cholesterol, indicating a diet heavy in "junk food," red meat and dairy products.

It is important that parents like Mary Brown find out not only their own cholesterol levels, but the cholesterol levels of their children, and educate themselves as to what constitutes an "acceptable" level.

According to a study by the National Institutes of Health, cholesterol levels long considered average should be lowered. In addition, the study determined that:

· Elevated blood cholesterol is a direct cause of heart disease, not just an associated risk factor.

· Heart disease starts early in life, though it rarely produces symptoms until middle age

· The acceptable cholesterol level for adults is 180, not 200

An alarming 40 percent of American children between the ages of 10 and 14 have developed at least one risk factor, such as high blood cholesterol, for a major and often fatal disease such as cancer, heart disease or stroke.

Ten percent of all eight-year-olds are experimenting with eigarettes. Adolescent use of alcohol and illicit drugs has reached epidemic proportions, according to tion for children and to

a recent study by the American Health Foundatton. Where do we go from here?

The KYB program is currently being offered in 25 test schools. The newly appointed Chairman of the American Health Foundation, Russell E. Hogg, President and chief executive officer of Master-Card international, plans to significantly expand the program. Hogg will enlist the support of private industry by encouraging corporations to adopt a school of their choosing for involvement in the KYB program. A successful precedent for private sector school adoption has been set by Pfizer Pharmaceuticals in New York City's School District II.

Meanwhile, an ongoing battle must be fought by both parents and teachers to encourage preventive health care educaincrease awareness to warning signs of poor health, such as obesity, extreme pallor and lack of energy, wounds that do not heal, growths and prolonged alterations in behavior.

If a child is overweight, the chances are good that he is not eating property or getting enough exercise. Only 1.6 percent of all obese people are overweight because of any underlying cause. such as glandular dis-order. You should conault your doctor and once again check cholesterol levels.

Extreme pallor and lack of energy is a condition associated with anemia (a decrease in the number of red blood cells) and can be compensated for by diet and medication. However, weakness and fatigue can indicate other health problems, such as depression or drug-related conditions.

NASA working cancer society

stations that can launch us to the edge of our solar With the avatem advanced technology of the space program, we

Shuttle missions, Mar- are beginning to answer tian exploration, space many questions that previously seemed impossible.

Now, through a new partnership between the American Cancer Soci-

ety, Florida Division, Inc. and the National Aeronautics and Space Administration (NASA). that advanced technology will help answer questions about

earth-bound medical problems. Specifically, the partnership will apply space technology to finding new ways to treat and prevent cancer. As part of the

Cancer Society Professional Education and Scientific committee members collected 26 cancer-related problems. The volunteers then met with NASA scientists to

partnership, American

determine which areas would be most realistic and mutually beneficial to solve. "The exciting thing about this partnership is to see what the American Cancer Society believes to be the major teclino-

logical barriers to improving cancer control," sald Bob Butterfield, an American Cancer Society volunteer and the manager of the Technology Utilization Department at the Kennedy Space Center.

"The partnership will allow us to see what we can do in our technology data base and with our NASA tool kit to help them solve those problems," Butterfield explained.

Although previous applications of NASA technology have been developed coincidentally, the American Cancer Soclety/NASA partnership is the first systematic approach to match a list

of needs with space technology.

Already, several problems have been addressed with existing technology, including the development of a thermally-controlled garment to control fevers suffered by children undergoing chemotherapy. Other solutions include a mechanism for movement of a prosthetic eye linked to normal eye movement for cancer patlents who have undergone extensive facial surgery, and space computers and color enhancements to help physicians better interpret CAT Scans. Remaining problem state-ments will be solved by pending technology and long-term research.

"NASA wants to help Industry, medicine, and citizens in general by fully utilizing the technology developed for space," said Woody York, M.D., chairman of the Florida Division's Scientific Committee. "Their goal is to help mankind. beyond the obvious benefits to the space

program. "Where better to start than with cancer?"

Second genetic code challenged

UPI report

BOSTON - Scientists are challenging claims that the "second genetic code" has been cracked. reporting evidence physical structure - not chemical composition not may hold the key to how basic building blocks of life are assembled.

University of Wisconsin-Madison researchers say their experiments indicate the system used to assemble proteins is much more complicated than another group of scientists concluded last spr-

ing.
"It's not going to be the simple thing it was halled as last spring." said William McClain, a bacterial geneticist who led the group. "It's far

more subtle than was initially suspected."

The conclusions, however, were questioned by Paul Schimmel of the Massachusetts Institute of Technology, whose research was hailed last spring as an important step in deciphering the "second genetic code

While calling McClain's recent study in the journal Science "an interesting result." Schimmel questioned the reliability of the techniques McClain's group used and maintained confidence in his initial findings.

"I have no problem with the results but I think they are not particularly surprising given the way the experiments were done," Schimmel said in a telephone interview.

Every cell contains all of an organism's genetic information on strands of chemical codes known as DNA. DNA determines how an organism works by serving as the pattern for the production of proteins.

The first step for DNA to communicate Its messages is the production of a portion of the DNA in the form of a chemical sequence known as messenger RNA. The messenger RNA is read by another chain known as "transfer RNA." This is the "first genetic code."

Scientists had been stymied for decades in understanding what determines which amino acid a transfer RNA will pick up to assemble a

Last spring, Schimmel and a graduate student in his lab reported a single pair of chemical components was the primary determinant for one transfer RNA - for the amino acid alanine.

Schimmel speculated understanding how this transfer RNA worked might open the door to undertanding how the remaining 19 worked. Solving all 20 transfer RNAs could pave the way to profound new understanding of basic biological activities, such as the underlying basis of discases

But McClain's team conducted a series of experiments that suggest the chemical pair identifled by Schimmel plays only part of the role in determining the alanine transfer RNA's identity.

PETER D. WEISBRUCH D.D.S., P.A. JAMES D. WILLIAMSON, D.M.D.

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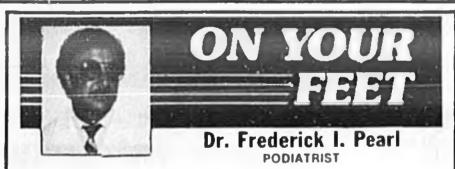


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be prescribed to correct it. But maybe the problem is more complex and will get worse until it's properly taken care of.

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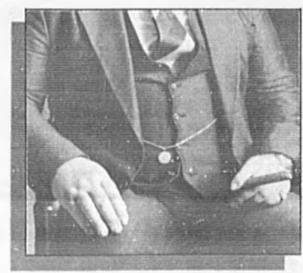
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UF sponsors symposium on human growth factors

insulin-like peptides, re-cently found to have a major impact on brain development and on virtually all aspects of human body growth, will be the focus of attention at an international scientific symposium Jan. 23 and 24 at the University of Florida Health Science Center.

Scientists around the world have become intrigued by the two insulin-like growth factors, referred to as IGF I and IGF II, which circulate in the blood and affect the growth of bones and body organs. Deficiencies of these factors have been associated with abnormal growth, as well as with diabetes mellitus. certain forms of mental retardation, Down's syndrome and severe sentle dementias similar to Alzheimer's disease.

UF physiology pro-Raizada, who is coordinating the conference, says visiting scien-tists will discuss recent discoveries and the implications of the new information on future re-

treatment of certain diseases. Raizada and coresearchers of UF's Dewill share datea from some of their recent studies in which they've determined that insulin and insulin-like growth factors have profound physiological effects on brain cells.

Guest speakers will include four scientists who pioneered the development of synthetic insulin through the application of recombinant DNA technology: Dr. Arg Efstratiadis and Dr. Lydia Villa-Komaroff. who worked together at Harvard Medical School. and Dr. Axel Ullrich and Dr. William Rutter at the University of California at San Francisco.

The program will feature a special session on the molecular biology fessor Dr. Mohan of the growth-enhancing factors, to be led by Dr. Derek LeRoith of the National Institutes of Health (NIH), and a session on the effects of the growth factors on the central nervous system, to be led

by NIH scientist Dr. Jesse Roth and by Raizuda. Visiting scientists who

have led investigations of partment of Physiology the insulin-like growth factors will include Dr. William Daughaday, the Irene and Michael Karl Professor of Medicine. **Emeritus of Washington** University in St. Louis, who discovered that the effects of growth hormones are mediated by the two growthpromoting factors.

> Dr. Peter Rotwein of Washington University. and Dr. Charles Roberts of NIH, will share recent findings regarding the specific genes that regulate the synthesis and action of the two growth-enhancing factors. Dr. Lawrence Phillips of Emory University, along with Dr. David Clemmons of the University of North Carolina and Dr. Raymond Hintz of Stanford University, will discuss the growth factor binding proteins which help transport the growth factors in the blood and help govern the concentration of these factors in the blood.

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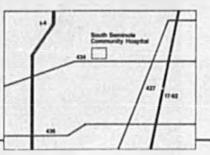
If you care for an elderly or infirmed family member or friend at home, Respite Care at South Seminole Community Hospital in Longwood offers both of you a welcome break.

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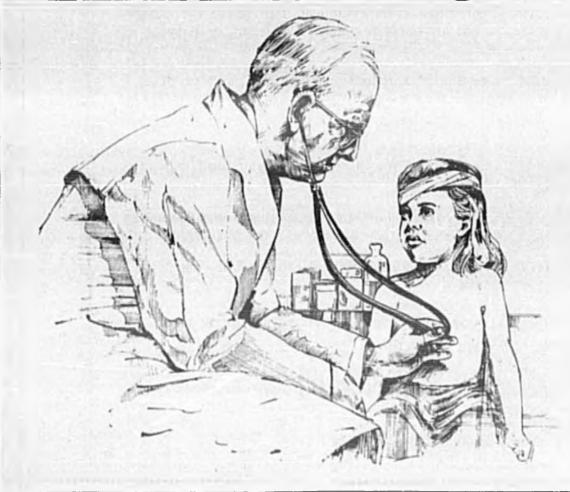
To make arrangements or to learn more, call Donna Kellmann, Director of Nursing, at South Seminole Community Hospital in Longwood. Please phone 767-1200, extension 100.

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Sanford Herald

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Cold remedies sought for centuries

Almost every country tional physicians to paand group of people has its own history of folk remedica for the common cold. In Russia, for example a scratchy throat was sometimes wrapped in a cloth containing a salty herring. In-France, heated glass cups were placed on the victim's back and chest to clear up congestion.

Colonial Americans are reported to have combatted colds by applying plasters to the chest, or by inhaling vape a of steaming fresh dung. Another remedy was to wrap a dirty stocking filled with salted pork neck in order to keep a cold. cold from entering the chest.

Relatively recent re-Russia, and of using the possibility that Interest in folk remedies not

tients seeking relief from cold symptoms. Licorice, ginger, cinnamon, mint, and apricot seeds are herbs that have been included in Chinese cold formulas. Some other medicinal herbs are lacking in English translations, and many of these herbs particularly need to be used sparingly because the have not been tested for safety.

Cold remedies in use in kerosene or mustard the U.S. today may be more sophisticated than some of the ones handed down from generation to generation, but ongoing research in this country. too, has yet to produce a and onlons about the cure for the common In the meantime more

specific cold remedies have become available. ports of using mustard Currently, there are plasters in modern day medications developed with an infant's special garlic for a number of needs in mind, for health problems point to children, and just recently, the first cough medications especially only continues, but on occasion may prove out troduced by Bristol scientifically.

Laboratories. Both of In China, to this day, these products, Naldecon herbal teas are recom- Sentor EX tm and mended by even tradj. Naldecon Sentor DX tip

were designed for the special needs and preferences of adults over the age of 50 who may wish to avoid substances commonly found in eaugh products available to date, or may need to.

Packaging features, too, are more specific so that the medications are more convenient and useful. The Naldecon Sentor products are packaged in bottles that

are easier to grip, the capis not child-resistant so that someone with hands that are arthritic can take the cough medications custly.

According to the author of "Cold Cures" (Fawcett-Columbine 1987), a book published. in 1988, Just a century ago many Americans were treating their colds with whiskey, herbs,

patent medicines. poultices and elixirs. Just 20 years ago, a survey produced conwater recommendations treating the common cold that included drinking hot beer, buttermilk and soda, or eating raw peanuts.

More recently, hot chicken soup lost its status as a folk remedy in

endorsement by several physicians. Reports of its virtues appeared in medteal journals. The anthor for preventing and of "Cold Cures," Michael Castleman, writes that as far back as the 12th century, Malmonides, the famous rabbt, scholar and court physician in Catro, Egypt recom-mended "soup from a hen" to alleviate rold symptoms.

stroke Recognizing symptoms of

There is a lot of talk these days about body language. Not only do you have to be careful about what you say, but you also have to be aware of messages or signals you may send through a variety of bodily movements and gestures.

But how much time do you spend recognizing the signals your body is sending you? If you were experiencing, for example, a stroke, would you know how to interpret the signals and warning signs?

According to the American Heart Association.

more than 500,000 oxygen. Americans will expertence a stroke this year. Inmany cases, quick action can prevent more serious. problems from occuring as the result of a stroke.

A stroke happens when oxygen-rich blood is cut off on its way to the brain. This can be caused by a clot in an artery that supplies blood to the brain, or by an aneurysm, the bursting of a blood vessel in the brain. How a person is affected by a stroke depends largely on what part of the brain is robbed of the needed

There are several ways your body may warn you of a major stroke:

• a sudden. temprorary weakness or numbness of the face, arm or leg:

· temporary difficulty or loss of speech, or trouble understanding speech:

• sudden, temporary dimmess or loss of vision.

usually in one eye;
• temporary dizziness
or unsteadiness, especially when associated with the con-

ditions listed above.

Scientific advance. ments in the area of stroke treatment have included drugs, surgical procedures and Improved diagnostic techniques unheard of a few short years ago.

But the most important weapon against stroke is early detection. If you notice one or more of these signals, see your doctor as soon as posstble. Your body might be trying to tell you some-



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Seafood is important

published medical reports, physicians have presented findings that show fish and fish oil play an important dietary role in combating heart disease and arthritis.

Dr. William E. Connor. head of the clinical nutrition and Upid atherosclerosis laboratory at the University of Oregon Health Sciences Center, Portland, said two new scientific dis-covertes — fish oil and anti-calcium drugs may soon help prevent and treat heart disease.

Connor's research, and that of a dozen others in several countries. indicates that fish oll and a seafood diet can greatly reduce the level of cholesterol in the blood. as well as reduce the formation of blood clots which can trigger heart attacks.

The research states eating scafood and Saver Eating Style scafood oil isn't just a booklet, 'fish is scafood oll isn't just a good replacement for high cholesterol foods. but actually lowers cholesterol levels.

in some forms of arthritis. Eicosapentaenole aeld influences the formation of proataglandin, powerful local hormones that perform a variety of body functions.

Washington University. St. Louis, has found that elcosapentaenoic acid also enters certain blood cells and tips the balance of prostaglandin powder so that clots do not readily form

In addition, Danish scientista have evidence that a diet rich in fish Eskimos have the world's lowest rate of heart dis-ease despite a high consumption of dietary fat.

The American Heart Association (AHA) has recommended fish as an important component of healthful, low cholesterol diet.

According AHA's Heart especially good for lowering cholesterol levels because its fat is largely polyunsaturated."

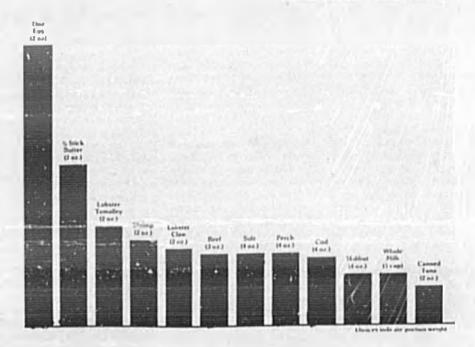
Fish are rich in • All species of finfish eicosupentaenoic acid, a examined are low in fatty acid that prevents cholesterol. Typical pordangerous blood clots tions of fish contain beand painful inflammation tween one sixth and one

cholesterol in one egg. In addition to being low in cholesterol, finfish are excellent sources of protein and unsaturated

• Fatty substances are Dr. Phillip Needleman, usually soluble in each other. Cholesterol occurs only to animals. So. when tunn is packed in vegetable oil, which is cholesterol-free, the cholesterol in the tuna meat dissolves in the getable oil. When you drain the oil from the canned tuna, you also drain off as much as explains why Greenland one-third of the cholesterol originally in the tuna ment. Tuna packed in water retains its cholesterol, because fats do not dissolve in water.

• The cholesterol content of lobster meat from lobster caught off the Massachusetts coast is relatively low, lower than suggested by most previous research findings. On the other hand, the cholesterol content of lobster tomalley, the organs in the animal's trunk cavity, is very high, several times that of the cholesterol content in the animal's tall and

Chalesterol in Typical Servings of Faul Compared to the Cholesterol in One Egy



Escalloped fish fillets

1 cup crushed saltine crackers (about 22) or cheese crackers

We cup melted butter or margarine

I tablespoon minced

1 teaspoon parsley

flakes

1 pound flounder or other white-fleshed fish fillets, fresh or frozen

1/2 cup light cream or half and half

Thaw fillets if frozen. Rinse frish fillets and patdry. In a bowl, combine crackers, butter, onton and parsley.

Place fish fillets in a single layer in a greased 2 quart baking dish. Pour light cream over fish

Sprinkle crumb mix-

ture on top of cream and fish and bake at a pre-heated 350° oven 30 minutes or until fish flakes easily when tested with a fork.

May be garnished with watercress and tomato wedges. Makes 4 servings. Per serving: 296 enlories, 19 g protein. 15 g carbohydrate. 18 g fat.

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