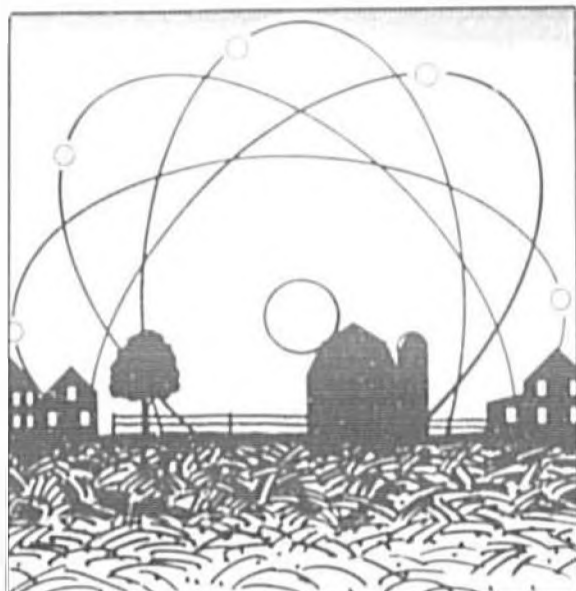


# Sanford Herald

81st Year, No. 127 — Sanford, Florida

## NEWS DIGEST

### BRIEFS



Three sites — Yucca Mountain, 90 miles 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 commercial nuclear reactors.

#### 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 residents 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 an underground repository was the best way to store high-level waste, but thought each region of the country should have one.

#### Iraq making 'germ weapons'

WASHINGTON — Iraq is manufacturing and stockpiling biological weapons capable of causing cholera, typhoid, botulism 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 warfare.

ABC cited U.S. Arab and Israeli official sources as confirming its report.

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

From United Press International reports

### INSIDE

#### Sports

#### Irish corral Mustangs, 67-45

Jamere Jackson and Keith Robinson each scored 10 points to lead a balanced attack that gave the Notre Dame Fighting Irish a 67-45 victory over Southern Methodist University Tuesday night. All Notre Dame players saw action and 11 of them scored against the Mustangs.



THE FIGHTING IRISH SEI

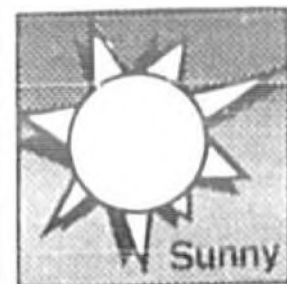
Eric Longino and Tony Patterson each scored 12 points to lead Southern Methodist. The Mustangs (4) on the road played their first game without Kato Armstrong, their leading scorer. Armstrong is academically ineligible for the rest of the season.

See Page 2B

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#### Sunny and mild today



Today will be sunny with a high in the low 70s. Winds will be variable, mostly from the west. Tonight will be clear with a low in the upper 40s. Tomorrow will be clear with a high again in the low 70s.

# Two found murdered



Herold Photo by Louis Palmieri

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

## Police tight-lipped on details of case

By SUSAN LODEN  
Herald staff writer

ALTAMONTE SPRINGS — At the Davidson today they are mourning the loss of one of their restaurant family. Pauline Olson, their head pastry chef, who along with her husband Jim was found slain in their home here yesterday.

Altamonte Springs police are tight-lipped about the circumstances of the apparent homicides, but they said the Olsons are definitely not victims of a homicide suicide.

Police are hunting for the Olsons' son, Joey, who lived with them at 644 Birch Blvd. Police Commander Steve Garvey said it's too early in the investigation for police to have any suspects.

They were back at the scene early today gathering clues. Garvey said they would like to locate the son.

"We want to talk to him and to check on his well-being," Joey Olson, Garvey said, is not being sought as a suspect in the case, and although he has a prison record, Garvey said, that is for a non-violent crime.

Police are also looking for Mrs. Olson's car, a 1988 Chevrolet Celebrity Eurosport which is light blue with a navy blue interior. The license tag number of the car is DKQ90E.

The Olsons' daughter, Debra, who lives in the same quiet neighborhood, checked on her parents at their home at about 4 p.m. Tuesday and found them slain, police said.

Autopsies are scheduled in San See Murders, Page 5A

## Clerk says no to Kelley copy effort

By J. MARK BARFIELD  
Herald staff writer

SANFORD — Ben Tucker, Seminole County chief deputy clerk, halted an attempt by county commissioner Jennifer Kelley to copy more than 500 cassette tapes of county commission meetings at the clerk's county records department Tuesday.

Kelley said her son, Chris, was blocked from making copies of the tapes Tuesday morning using her own machine and blank tapes amounting to a reasonable duty to have access to public information. At her request, Kelley's attorney, G. Andrew Spout, contacted the clerk's office, demanding an explanation for the denial by Thursday.

Kelley said she would not see what happens after Thursday to decide her next step.

Tucker responded to Kelley saying he had not blocked her from receiving the information, but only prevented her from making copies of her own machine because state laws governing court records prevent such duplication.

County Clerk Marjorie McFarland just work her legal counsel, because her, she said, "large" by the copying and could not allow state laws "suppose" to be violated by private citizens in the process.

"I think county law says that Kelley cannot make a copy of the tapes without access to the tapes."

"There is absolutely no public access restriction on the tapes," Tucker said.

"The copies, however, would have to be made in the clerk's office," Tucker said.

"I don't know if that's what you want," Tucker said.

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"I don't know if that's what you want," Tucker said.

See Kelley, Page 5A

## Sanford citizens unite in battle against AIDS

By CAROL J. RUMSEY  
Herald staff writer

SANFORD — A group of Sanford citizens stood firm their last night to hold at the AIDS virus, create a list of AIDS research and honor a man they loved — Thomas Whigham.

Among them were the city's mayor, business, education and civic leaders. They wish to show as their citizens, not to turn its back on AIDS patients, but as one that carries a model for other cities to copy. Prompting the meeting was Whigham's death from the disease, a common AIDS-related illness, which he died from in 1987.

The group is working to fund the formation of an endowment fund at Whigham's alma mater, the University of Miami, to fund research on AIDS. The purpose will be to support research on the neurological illnesses associated with AIDS, which Whigham first had in 1985. The group will also honor Joseph R. Berger, the director of the Miami center, as the man who has done the most to help AIDS patients.

See Citizens, Page 5A



Herold Photo by Tommy Vincent

Dr. Joseph Berger addresses crowd.

## THE AIDS EPIDEMIC

DEATHS from AIDS in the United States will reach 100,000 by 1990.

DEATHS from AIDS in the United States will reach 100,000 by 1990, and the 1988 leading cause of death, potential the last in 1987 and spread to 100,000 by 1990.

EXPERTS say as many as 100,000 more than 100,000 countries are expected to be hit by the epidemic, 100,000 by 1990. The AIDS in the United States will reach 100,000 by 1990.

CHILDREN are being born with AIDS, and the number of children who had received blood or blood products.

TWENTY percent of the children of AIDS patients are born with AIDS, and the number of children who had received blood or blood products.

## Woman recalls brother's fight after deadly blood transfusion

By CAROL J. RUMSEY  
Herald staff writer

She says she had a fight with the government after her brother died from a deadly blood transfusion. She says she had a fight with the government after her brother died from a deadly blood transfusion.

She says she had a fight with the government after her brother died from a deadly blood transfusion. She says she had a fight with the government after her brother died from a deadly blood transfusion.

See Brother, Page 5A

NEWS FROM THE REGION AND ACROSS THE STATE

FLORIDA BRIEFS



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.

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 ports.

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.

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.

From United Press International reports

Violence in Miami again

United Press International

MIAMI - Racial violence erupted for a second day in Miami's black Overtown section Tuesday and spread to a second black neighborhood during the city's Super Bowl week.

"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 said.

The Justice Department began a civil rights investigation into the incident, in which a white police officer fatally shot a black motorcyclist.

Mitchell in the right hip, police said. Mitchell was listed in good condition at Jackson Memorial Hospital. The driver fled in his car and was at large, police said.

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," said 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 erupted Monday night in the Overtown area.

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

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

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.

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.

There had been speculation Henderson's job was in jeopardy, but Martinez said he was mostly satisfied with his secretary's performance.

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.

LOTTERY

The daily number Tuesday in the Florida Lottery CASH 3 game was 414.

Sanford Herald

(USPS 461-280) Wednesday, January 18, 1989 Vol. 81, No. 127

THE WEATHER

LOCAL FORECAST

Today...Clear skies with a high in the low 70s. Winds will be variable, but mostly out of the north at 5-10 mph.

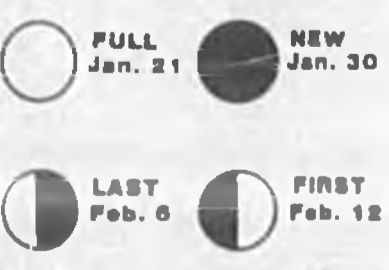
FLORIDA TEMPS

Table with 3 columns: City, High, Low. Includes Miami (UPI), Apalachicola, Crestview, Daytona Beach, etc.

EXTENDED OUTLOOK

Table with 5 columns: Day, Weather, High-Low. Includes Thursday Cloudy 66-43, Friday PkyCldy 70-50, Saturday Cloudy 91-72, Sunday PkyCldy 66-52, Monday PkyCldy 83-64.

MOON PHASES



TIDES

WEDNESDAY: SOLUNAR TABLE: Min. 1:50 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.

BEACH CONDITIONS

Daytona Beach: Waves are 2 feet and choppy. Current is to the south with a water temperature of 64 degrees.

BOATING

St. Augustine to Jupiter Inlet - Today...wind variable 5 to 10 kts. Seas 1 to 3 ft. Bay and inland waters light chop.

NATIONAL TEMPS

Table with 4 columns: City & Forecast, Hi, Lo, Precip. Includes Albuquerque, Anchorage, Asheville, Atlanta, etc.







### NATIONAL BRIEFS



#### 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 Claiborne Pell, D-R.I., 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

### WORLD BRIEFS



#### Dissident students attack U.S. facility

SEOUL, South Korea — Dissident students firebombed and threw rocks at a U.S. Information Service compound in a provincial city Wednesday, smashing some windows, but there were no reports of injuries, a U.S. Embassy spokesman said in Seoul. About 30 to 40 students who were part of a larger crowd took part in the attack in Kwangju, 170 miles south of Seoul, using "Molotov cocktails, rocks, steel pipes and sledge hammers," said U.S. Embassy spokesman Jack Sears in Seoul. Two students 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 climbed 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 it was planted. 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 Dec. 21.

#### 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. Robayah Zambahart, was in charge of the case. The doctors said Mahathir suffered a mild stroke. Mahathir was initially elected prime minister in 1980 and is now in his second term.

From United Press International reports

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## 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, furious 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, Ore., near Portland.

Deputy Police Chief Lucien Neely said the names Patrick West and Eddie 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, police said.

Police said one pistol bore the word "Victory" in white letters. One clip bore the letters S-S-A. Investigators said he fired

50-60 rounds from the Soviet-made 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 down.

"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 smiling; he was not frowning. The man's expression was bland."

## 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 closed.

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 employee."

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. ... I think Mr. Meese is entitled to some peace."

Asked whether a stronger statement was not needed to erase any stain Meese's conduct might have left on the Justice Department, Thornburgh re-

plied. "I think the report that has been forthcoming from the Office of Professional Responsibility is strong enough."

The office's 81-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, longtime friend, E. Robert Wallach, serve his lobbying clients.

If Meese still were attorney general, the report said, "we would recommend ... that the president take disciplinary action."

Citing Meese for assisting

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 "completely vindicated" when a special prosecutor decided last July not to seek his indictment.

In his 830-page report last summer, 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 classmate.

## 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 Committee.

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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# Sports

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**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 Midwest Division, shot 37 percent and was out-rebounded 53-50. Eric Floyd paced Houston with 23 points.

Akeem Olajuwon added 17 points and a game-high 12 rebounds for Houston, which never led.

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.



**BASEBALL**

**Cubs sign shortstop Dunston**

CHICAGO — The Chicago Cubs and shortstop Shawn 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 materialized. Dunston had said he hoped to remain with the Cubs.

**FOOTBALL**

**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-Americans 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 Rucker and second-team All-Americans 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 impossible, I think," Islanders defenseman Reed Larson said.

Then again, some of the saves goaltender Kelly Hrudey made against Lemieux'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 7-4, St. Louis stopped Los Angeles 5-2, and Vancouver tripped Philadelphia 5-3.

From staff and wire reports

**BEST BETS ON TV**

**COLLEGE BASKETBALL**  
 8:30 p.m. — 51, 68, Vanderbilt at LSU, (L)  
 8 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 maniacs bartered everything from pickup trucks to miniature ponies 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 events.

"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 resale, 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 jail and a fine up to \$500.

Mainclothes 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 a 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 p.m. EST.

"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 in.

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

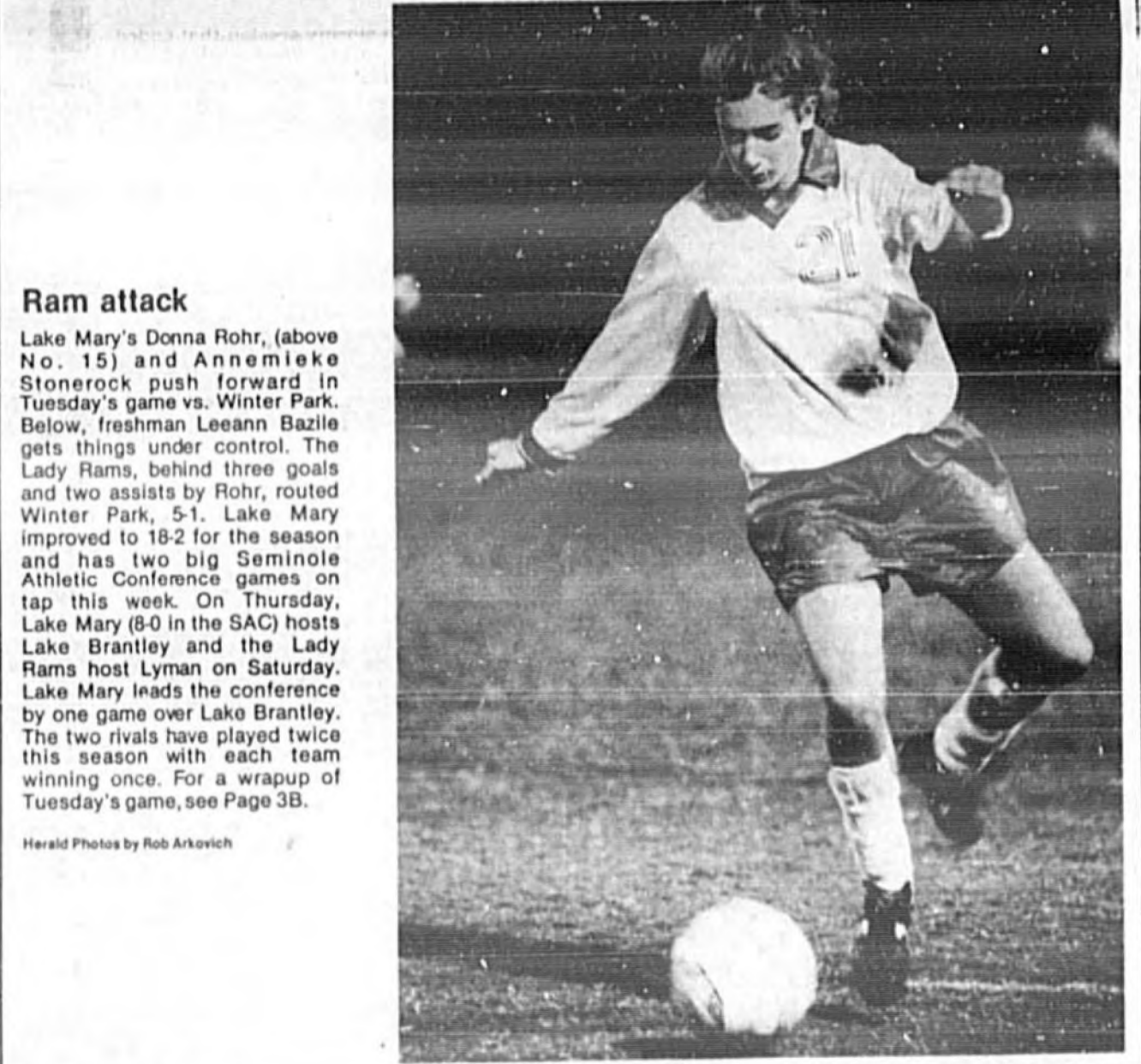
"On the way down to the arena, a rock went through our windshield and covered all the officials with glass," Crawford said. "However, this did not have a significant effect on our decision to cancel the game."

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 College.

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.

"I'm 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.









# His problem is a pain in the neck

**DEAR DR. GOTT:** I've developed a stiffening pain at the base of my neck. I'm 73. Should I see a neurologist or a bone doctor?



**MEDICINE**  
**PETER GOTT, M.D.**

**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 exercise; neck muscles behave the same way.

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

Cervical arthritis, the gradual wearing down of the joint surfaces in the neck, causes stiffness, limitation of motion and clicking sensations on head

A general doctor can diagnose and treat your condition at far less cost than can a specialist. However, your doctor may choose to refer you to a neurologist, an orthopedic surgeon or another specialist if your ailment is unusual, severe or involves brittle bone or a pinched nerve.

When patients require guidance for the initial diagnosis of common complaints, I usually recommend a family practitioner. 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 Health 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 title.

**DEAR DR. GOTT:** Recently a friend had two "dermoid" removed. They are supposedly errant, unfertilized eggs that failed to develop. How common

are they?  
**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 islets of germ cells; that is, misplaced collections of primitive cells which, for unknown reasons, grow in bizarre 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 44101-3369.)

# Fiber gives nutritional, not survival, benefits

## United Press International

In our need to better understand how our food relates to our health, we seem to become fixated for a period of about a year on one particular food or nutrient.

Fiber was in vogue with the popular press about three years ago. It was replaced by a concern for calcium fortified foods and a brief obsessive look at omega-3 fatty acids, certain cold water fish oils.

Fiber, or roughage as it used to be called, was once a much more

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.

All fiber comes from plant foods. Fiber is the undigestible part of a plant, often the outer covering of a plant, like bran in wheat. Thus refined (white) wheat has no fiber. And a sirloin steak, even with its chewy texture, has no fiber because only plants, not foods of animal

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 in your 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 eat a variety of fruits, vegetables, peas, beans, cereals and

whole grains to obtain the fiber necessary to continuing good health.

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.

## Cook

### Continued from Page 4B

Then broil for 10 minutes until the honey becomes crisp.

### EGGPLANT CASEROLE

1 eggplant, pared and cooked until soft

- 1 pound ground beef
- 1 egg
- 1 cup milk
- 1 teaspoon salt
- Pepper
- 1 onion chopped
- 10 saltines

Saute meat with onion; 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
- 1/4 cup diced onion
- 1 garlic clove
- 8 ounces boned cooked pork, cut into strips
- 2 cups shredded Chinese cabbage
- 1/2 cup each sliced bamboo shoots and canned chicken broth
- 2 teaspoons soy sauce
- 1/4 teaspoon pepper
- 1/2 teaspoon ground ginger
- 1/2 teaspoon corn starch dissolved in 1 tablespoon water

In skillet, heat oil; add onion

and garlic and saute until onion 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 boil. Continue cooking, stirring constantly for 2 minutes. Stir in dissolved cornstarch and cook, stirring constantly, until mixture is slightly thickened.

### QUICK FRUIT COBBLER

- 1 stick butter
- 1 cup milk
- 1 cup 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 fruit. Pour the fruit over the top of the mixture. Bake for 40 minutes at 375°F.

### SHRIMP FRIED RICE

- 2 teaspoons vegetable oil
- 1 1/2 cup cooked rice
- 1 tablespoon soy sauce
- 1/4 cup chopped scallions
- 1/2 pound shrimp, shelled and deveined
- 1 tablespoon fish sauce (bought at most oriental food stores)
- 1 egg, beaten

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

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

### CHOW MEIN CASEROLE

- 1 pound hamburger
- 3/4 cup chopped celery
- 3/4 cup chopped onion
- 1 1/2 cup boiling water
- 1/2 cup uncooked rice
- 1/2 teaspoon salt
- 1 can condensed chicken and rice soup
- 1 4-ounce can mushroom stems and pieces
- 1 tablespoon packed brown sugar
- 1 teaspoon butter
- 2 tablespoons soy sauce
- 1 1/2 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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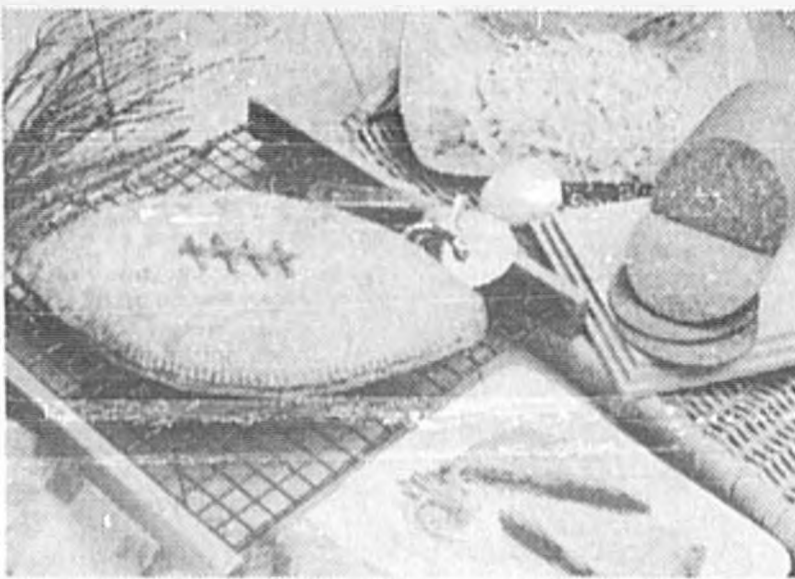
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Fourth Down Salami Snacks

## Make an edible football

On Super Bowl Sunday, no one wants to venture far from the action, yet armchair quarterbacking works up hearty appetites.

Fourth Down Salami Snacks are extra easy and can be assembled as early as the night before, refrigerated and baked just before halftime. Always popular Swift Premium Deli Hard Salami, sharp Cheddar cheese and sliced green onions are "sandwiched" between two convenient refrigerated pie crusts. For fun, trim the edges of the pie crusts to resemble a football and add salami "laces."

**FOURTH DOWN SALAMI SNACKS**  
 1/4 pound thinly sliced Swift Premium Deli Hard Salami  
 4 9-inch refrigerated pie crusts  
 2 teaspoons flour  
 2 tablespoons grainy Dijon mustard  
 2 cups shredded sharp Cheddar cheese  
 3/4 cup thinly sliced green onions

1 egg, separated  
 Unfold 1 pie crust. Sprinkle 1 teaspoon flour over one side of crust. Place crust floured side down on ungreased cookie sheet; spread with 1 tablespoon mustard to within 1 inch of edge. Arrange half of salami over mustard, overlapping slices to fit; top with half of cheese and half of onions. Cover and refrigerate egg yolk. Lightly brush edges of crust with egg white. Unfold second pie crust and place on top; press edges firmly with tines of fork to seal. Repeat using remaining ingredients and second cookie 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 form an oval. Lightly score surface with knife to form seams. Use thin strips of salami for laces.

## Bowl

Continued from Page 4B

Spinach, cheese slices and strawberries can be arranged on a large platter or served in individual shell-shaped dishes. Offer guests a choice of Seven Seas Italian or red wine vinegar and oil dressings to accompany the salad.

Save the piece de resistance of the party: a key lime pie. It's an extra creamy key lime pie, a Florida specialty. This version has a delicious coconut cookie crust and a velvety, not-too-sweet filling. The secret is the addition of Philadelphia Brand cream cheese.

No matter who wins the game, you'll certainly be named Most Valuable Player.

### FLORIDA'S BEST SEAFOOD KABOBS

1/2 cup cornmeal  
 1/2 cup flour  
 1/2 teaspoon chili powder  
 1/2 teaspoon salt  
 1 1/2 pounds fresh grouper fillets, cut into 1 1/2-inch cubes  
 1/2 cup Sauerworks tartar sauce  
 2 large red peppers, cut into 1-inch chunks  
 2 medium zucchini, cut into 1/2-inch chunks  
 1 medium red onion, cut into chunks

Combine cornmeal, flour, chili powder, salt and pepper; mix well. Brush each fish cube with tartar sauce. Dip in cornmeal mixture. Arrange fish and vegetables on skewers. Place kabobs on broiler pan. Bake at 350°F, 18 to 20 minutes or until fish flakes easily with fork. Serve with additional tartar sauce. Makes 8 servings.

### EXTRA POINT GRITS

1 cup quick cooking grits  
 1 8-ounce jar Cheez Whiz pasteurized process cheese spread  
 1/2 cup Parkay margarine  
 2 eggs, beaten  
 Prepare grits as directed on package, except omitting salt. Add process cheese spread and margarine, stirring until melted. Stir small amount of hot mixture into eggs, return to hot mixture. Mix well. Pour into lightly greased 2 quart casserole. Microwave on high 9 to 10

minutes, or until thoroughly heated, turning dish after 5 minutes. Let stand 10 minutes before serving. Makes 8 servings.

### SUNNY CITRUS CHEESE SALAD

Fresh spinach  
 2 grapefruit, cut in sections  
 2 oranges, cut in sections  
 1 cup strawberry slices  
 1 8-ounce package 100 percent 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 fruit and cheese slices over spinach. Repeat with remaining ingredients. Serve with dressing. Makes 8 servings.

### KEY LINEBACKER LIME PIE

1/4 cups coconut bar cookie crumbs  
 1/4 cup Parkay margarine  
 3 tablespoons sugar  
 2 8-ounce packages Philadelphia Brand cream cheese, softened  
 1 14-ounce can sweetened condensed milk  
 1/2 cup lime juice  
 1/2 teaspoon grated lime peel  
 Few drops green food coloring (optional)  
 Combine crumbs, margarine and sugar; press onto bottom and sides of 9-inch pie plate. Bake at 325°F for 10 minutes. Cool.

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

### Beauty Tips

Guidelines for top perms, low lifts at the highest point of the upper lip, matched to sides in front part of the crown-up.

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# Soup, chili go well with the pigskin

A casual Soup & Chili party is perfectly suited to the football theme. The hearty soups can be dished up from the kitchen, providing all the trimmings along the kitchen counter.

To complete the half-time spread, prepare a tossed salad and set out a dish of deli coleslaw. After the game, bring on some hot coffee and a platter of brownies.

### CHAMPIONSHIP CHILI

2 pounds lean beef, coarsely chopped  
 1/4 cup oil  
 1 cup chopped onion  
 1 green pepper, chopped  
 1 large garlic clove, minced  
 1 28-ounce can tomatoes, cut-up  
 1 15-ounce can tomato sauce  
 1 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 garlic; cook until tender. Add tomatoes, tomato sauce and Large Spice Packet; salt to taste. Bring to boil; reduce heat. Cover; simmer 1 1/2 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 desired. Makes 6 cups.

### SUPER BEER CHEESE SOUP

1/2 cup chopped onion  
 1 tablespoon Parkay margarine  
 2 cups cubed potatoes  
 1 12-ounce can beer  
 1 1/2 cups water  
 1 1/2 pounds Velveeta pasteurized process cheese spread, cubed  
 1/2 teaspoon hot pepper sauce  
 Saute onions 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; continue heating until process cheese spread is melted. Makes six cups.

### HALF TIME CORN BREAD

1 cup cornmeal  
 1 cup flour  
 2 tablespoons sugar  
 1 tablespoon baking powder  
 1/2 teaspoon salt  
 2 cups (8 ounces) shredded 100 percent natural Kraft sharp cheddar cheese  
 1/2 cup chopped red pepper  
 1 cup milk  
 1 egg, beaten  
 1/4 cup squeeze Parkay margarine

Combine dry ingredients; stir in cheese and red pepper. Add combined milk, egg and margarine, mixing just until moistened. 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 servings.



Championship Chili, Super Beer Cheese Soup and Half Time Corn Bread

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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...

Microwave butter in 4-cup glass measure 30-45 seconds. Blend in flour, half & half, salt and pepper; blend well.

1 1/2-2 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.

- MICRO SPAGHETTI SAUCE
1 pound ground beef
1 clove garlic, minced
1 can (8 ounces) tomato sauce with onions
1 can (6 ounces) tomato paste
1 can (12 ounces) cocktail vegetable juice or tomato juice
1/2 cup red wine
1-2 teaspoons sugar
1 teaspoon Italian seasoning
1/2 teaspoon leaf basil

Crumble ground beef into 1-2 quart glass casserole. Add garlic. Microwave on 100 percent power 5-6 minutes or until no longer pink...

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

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...

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...

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

A LOVING DAUGHTER WHO'S WORRIED SICK

DEAR DAUGHTER: Please consider the possibility that something has happened to your mother's mind—her conscience, her sense of right and wrong.

Be patient with her, and explain—as though she were your child—that all stores have security officers and devices to catch shoplifters...



ADVICE

ABIGAIL VAN BUREN

(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 forced to work two jobs.

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

YOUR DAUGHTER

DEAR DAUGHTER: I'm publishing your letter. I hope that your dad—and the thousands like him—will see it and heed your important message.

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 discount...

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, Calif. 90069. All correspondence is confidential.)

WEDNESDAY'S PRIME TIME

Table with columns for time slots (6:00-11:30) and corresponding TV programs like News, Entertainment Tonight, Wheel of Fortune, etc.

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...

CAPRICORN (Dec. 22-Jan. 19) Try to do all within your power today to assure that harmony prevails in situations directly affecting you...

AQUARIUS (Jan. 20-Feb. 19) You may be tempted today to shift certain responsibilities to ineffective subordinates because they'll interfere with other plans you're considering...

in some material manner. This may give you an opening to remind this person of past obligations.

CANCER (June 21-July 22) Self-doubts could make it difficult for you today to make speedy decisions...

LEO (July 23-Aug. 22) Nothing will be gained at this time by further postponing an unappealing responsibility that needs attending to now...

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)

There's a chance you might become too easily discouraged today if your first attempts at what you hope to achieve fall short.

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.

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.

WE BEAT ALL LOCAL ADVERTISED LIQUOR & WINE PRICES

JUST BRING IN ANY COMPETITOR'S CURRENT AD... SAVE TIME & SAVE \$\$ AT ABC

ABC America's Largest Wine and Spirits Merchant. Lowest Prices. 6 Day Liquor Sale. Specials below good thru Tuesday, Jan. 24 at all 164 ABC's.

Table of wine prices including Imported Wine Sale, California Wine Sale, and Sparkling Wine Sale.

Table of liquor prices including Smirnoff, Chivas, Tarka, Seagram's, and Absolut.

Table of beer and specialty items prices including Bud, Miller, and various liquors.

Table of miscellaneous sale items including Swimsuit Calendar, Daquiri, and various wines.

Table of cooler sale items including Seagram's Coolers, Florida Coolers, and Calif. Coolers.

ABC WILL NOT BE UNDERSOLD! SHOP & COMPARE

PSYCHIC FAIR. Sponsored by Universal Centre of Cassadaga. Readings available. All readers are certified by U.C.S.S.

Wednesday Special. Try Our Famous 3 Piece Dinner! \$2.89. Includes fried chicken, mashed potatoes, and gravy.

Famous Recipe Fried Chicken. You Make Us Famous! 1905 French Ave, Sanford, FL.

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

**BLONDIE**

by Chic Young



**BETTIE BAILEY**

by Mort Walker



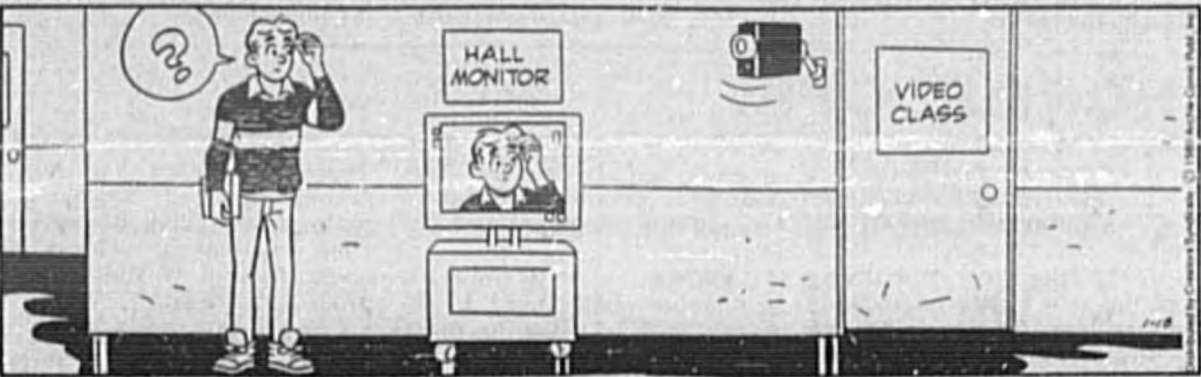
**THE BORN LOSER**

by Art Sansom



**ARCHIE**

by Bob Montana



**ECK & MECK**

by Howie Schneider



**ARLO AND JANIS**

by Jimmy Johnson



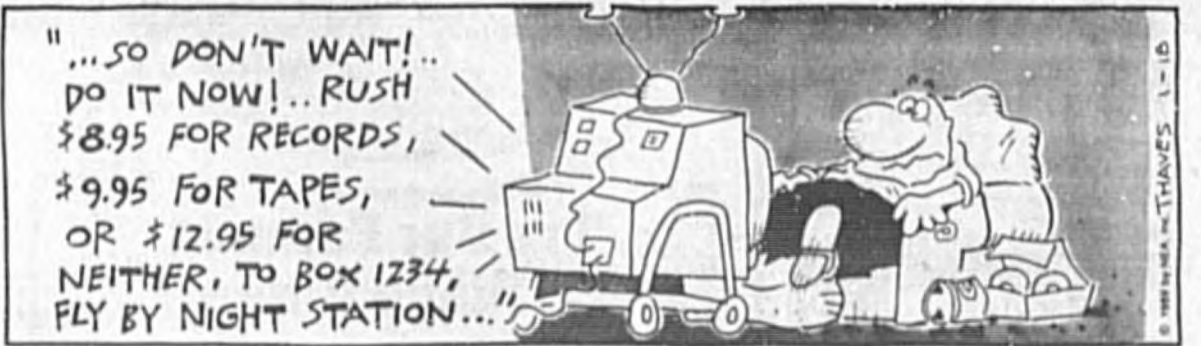
**BUGS BUNNY**

by Warner Brothers



**FRANK AND ERNEST**

by Bob Thaves



**GARFIELD**

by Jim Davis



**ANNIE**

BY Leonard Starr



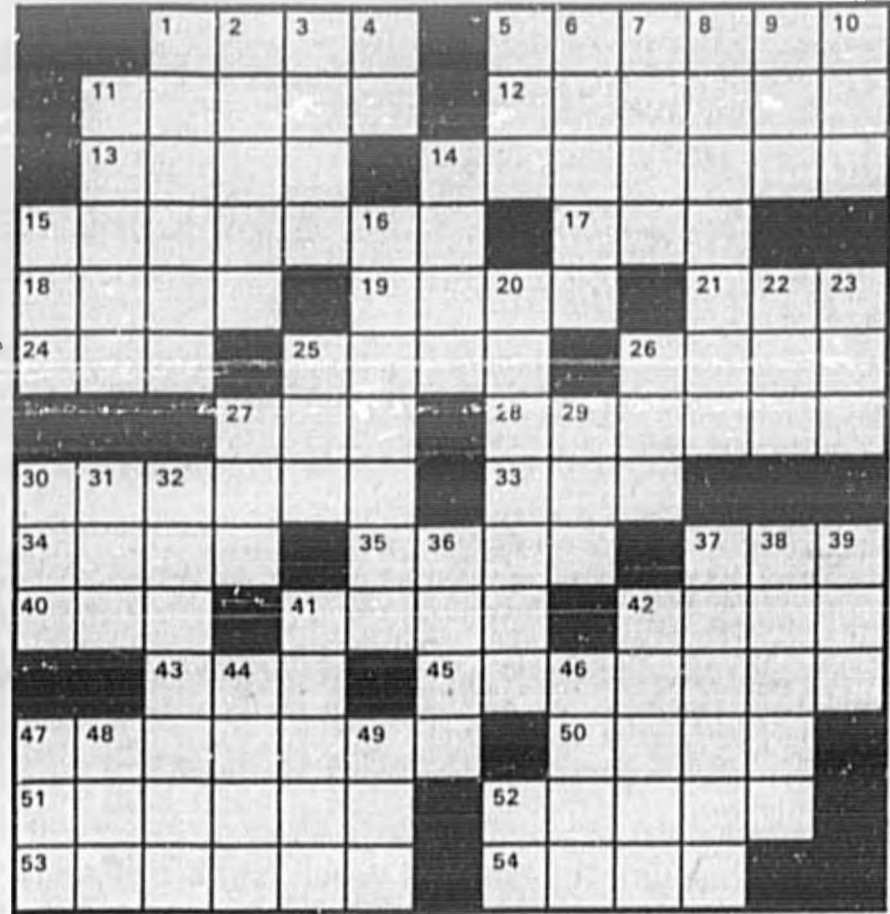
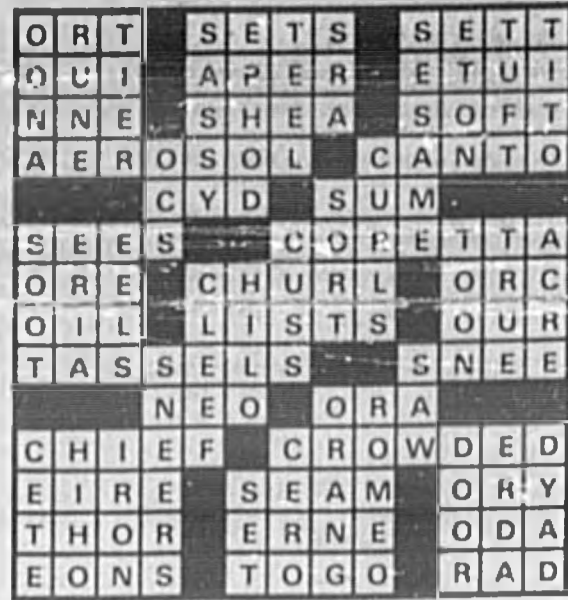
**ACROSS**

- 1 Natural ability
- 5 Ran
- 11 Valley on moon
- 12 Last syllable of word
- 13 Central American oil tree
- 14 Granulated
- 15 Biblical place
- 17 Colo. time
- 18 Fencing sword
- 19 Actress Lanchester
- 21 \_\_\_ de cologne
- 24 Superlative suffix
- 25 Carnival performer
- 26 Constellation
- 27 Join the race
- 28 The last frontier
- 30 Flowing
- 33 Bob and Carol and \_\_\_ and Alice
- 34 Electric fish
- 35 Singer \_\_\_ Adams
- 37 Black bread
- 40 Time division
- 41 Happy expression
- 42 Gone to court
- 43 Compass point
- 45 Monsterlike
- 47 TV program
- 50 River in Ireland
- 51 Army command (2 wds.)
- 52 Mythical woodfolk
- 53 Stopped eating
- 54 Ogled

**DOWN**

- 6 South American animal
- 7 Cornelia \_\_\_ Skinner
- 8 Actress Shelley
- 9 Uncle
- 10 Mom's mate
- 11 Harvesting
- 14 Fermenting agent
- 15 Fair grade
- 16 Come back in
- 20 Winter sport
- 22 Diving bird
- 23 Between Can. and Mex.
- 25 Musket
- 26 Mild oath, in Britain
- 27 Legal matter
- 29 Actor \_\_\_ Majors
- 30 G-man (sl.)
- 31 Grassy area
- 32 \_\_\_ S. Grant
- 36 \_\_\_ and the Belmonts
- 37 Tore down
- 38 Positive words
- 39 Anglo-Saxon letter
- 41 Honking birds
- 42 Cater
- 44 Photocopy
- 46 Depend
- 47 Air Force for women (abbr.)
- 48 Airline info letter
- 49 Crimson
- 52 Engineering deg.

**Answer to Previous Puzzle**



**WIN AT BRIDGE**

By James Jacoby

Strange that East did not make a nuisance bid by boosting West's weak jump overall, but 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

with the suit. Declarer ruffed and played the king of diamonds. When the jack appeared from 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 ENTERPRISE ASSN.

<b>NORTH</b> 1-10-11			
♦ 3			
♥ 7 4			
♠ A 10 8 7 6 4			
♣ 8 7 5 4			
<b>WEST</b>			
♦ Q J 10 8 6 5 4			
♥ J 9 8 2			
♠ J			
♣ J			
<b>EAST</b>			
♦ A 9 7 2			
♥ Q 3			
♠ 9 3 2			
♣ K 6 3 2			
<b>SOUTH</b>			
♦ K			
♥ A K 10 8 5			
♠ K Q 5			
♣ A Q 10 9			
Vulnerable: North-South Dealer: East			
West	North	East	South
2♦	Pass	Pass	1♥
Pass	3♣	Pass	3♠
Pass	4♥	Pass	Pass
Pass			
Opening lead: ♦ J			

**BLOOM COUNTY**

by Berke Breathed



**PEANUTS**

by Charles M. Schulz



**TUMBLEWEEDS**

by T.K. Ryan











PRICES IN THIS AD ARE THE FOLLOWING FLORIDA CLAS...  
 ORANGE COUNTY...  
 BREVARD COUNTY...  
 SEBASTIAN COUNTY...  
 ST. JOHN COUNTY...  
 ST. LUCAS COUNTY...  
 PLEASE SEE YOUR LOCAL NEWSPAPER

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# SUPER LOW PRICE SPECIALS!

PRICES IN THIS AD GOOD THURSDAY THROUGH WEDNESDAY JANUARY 19-25, 1989



Get ready for the best savings in town during Winn-Dixie's Super Low Price Superbowl Special sale! You'll find everything you need to make this the superbowl spectacular weekend you've been looking forward to! Make your plans now to shop Winn-Dixie... America's Supermarket!

## WINN-DIXIE

America's Supermarket®

REGULAR, LITE or GENUINE DRAFT  
**MILLER BEER**

**\$4.99**  
 12 PK. 12-oz. CANS

THIS WEEK'S  
**IBEC**  
 Quality Saving Special  
 \* BRYAN FOODS  
 \* MAXWELL HOUSE



**SUPERBRAND MARGARINE QUARTERS**

**4 \$1.11**  
 1-LB. PKGS. FOR  
 LIMIT 4 PLEASE

DANO'S ASSORTED VARIETIES  
**GOURMET PIZZAS . . 3** 18-oz. to 23-oz. \$5.00



**W-D BRAND U.S. CHOICE BEEF BONELESS SIRLOIN TIP ROAST**

**\$2.17**  
 LB.

W-D BRAND U.S. CHOICE BONE-IN DELMONICO or NEW YORK  
**STRIP STEAK . . LB. \$4.99**

**HARVEST FRESH FLORIDA GREEN BELL PEPPERS**

**6 \$1**  
 FOR

GOLDEN FLAKE RANCH, CHILI, TOSTADA or NACHO CHEESE  
**TORTILLA CHIPS EACH 99¢**



**U.S. CHOICE BEEF SIRLOIN TIP**

**\$1.97**  
 LB.



**MUSTARD, SOUR CREAM & EGG or OLD FASHIONED POTATO SALAD**

**69¢**  
 LB.



**HICKORY SMOKED MILD CURE WHOLE SMOKED HAM**

**89¢**  
 LB.



**ORIGINAL, RED, BERRY, TROPICAL or PEACH BARTLES & JAYMES COOLERS**

**\$3.49**  
 4-PK. PKG.

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Here's how it works!

- 1 Pick up bank Super Bonus Certificates at your checkout counter!
- 2 Use your Super Bonus Certificate to pay for your purchase!
- 3 When you check out, present one bank Super Bonus Certificate for each Super Bonus Special you want!

<b>SUPER BONUS SPECIAL</b> PRESTIGE DELUXE WHITE BREAD 20-oz. LOAF <b>9¢</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> DIET PEPSI, PEPSI, PEPSI MAX, PEPSI NEXT, PEPSI NEXT LIGHT, PEPSI NEXT LIGHT SWEET, PEPSI NEXT LIGHT SWEET ZERO, PEPSI NEXT LIGHT SWEET ZERO SODA WATER, PEPSI NEXT LIGHT SWEET ZERO SODA WATER SODA WATER 12-PK. 12-oz. CANS <b>\$2.99</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> KRAFT REGULAR or LIGHT MACARONI & CHEESE 8 1/2-oz. SIZE <b>9¢</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> KRAFT REGULAR or LIGHT MAYONNAISE 32-oz. SIZE <b>\$1.29</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> BUMBLE BEE OIL or WATER CHUNK LIGHT TUNA 6 1/2-oz. SIZE <b>19¢</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> MAXWELL HOUSE AUTOMATIC DRIP COFFEE, ELECTRIC PERK or REGULAR COFFEE 13-oz. BAG <b>\$1.79</b> WITH ONE FILLED SUPER BONUS CERTIFICATE
<b>SUPER BONUS SPECIAL</b> TETLEY TEA BAGS 100-CT. PKG. <b>\$1.99</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> LIQUID LAUNDRY DETERGENT SURF 64-oz. BTL. <b>\$2.69</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> ALL FLAVORS CHEK DRINKS 2-LTR. BTL. <b>29¢</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> SUPERBRAND GRADE X WHITE LARGE EGGS DOZ. <b>29¢</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> GEORGIA LOW SODIUM or REGULAR CRACKERS 12-oz. BOX <b>29¢</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> KAHN'S SLICED BACON 16-oz. SIZE <b>\$1.39</b> WITH ONE FILLED SUPER BONUS CERTIFICATE
<b>SUPER BONUS SPECIAL</b> THRIFTY MAID SLICED or HALVES PEACHES 29-oz. CAN <b>55¢</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> 100% PURE SUPERBRAND CHILLED ORANGE JUICE HALF GAL. <b>99¢</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> SUPERBRAND SOUR CREAM 16-oz. SIZE <b>59¢</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> COUNTRY FRESH PRESTIGE ALL NATURAL ICE CREAM HALF GAL. <b>\$1.99</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> SUPERBRAND SUPER WHIP TOPPING 12-oz. SIZE <b>38¢</b> WITH ONE FILLED SUPER BONUS CERTIFICATE	<b>SUPER BONUS SPECIAL</b> BANQUET EXCEPT SLICED BEEF & LASAGNA FAMILY ENTREES 28-oz. to 30-oz. <b>\$1.29</b> WITH ONE FILLED SUPER BONUS CERTIFICATE

Food

C

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...

The unconscious attitude so easy to develop around all those holiday cheese puffs and cookies must be awakened. Everything counts! That means considering what you choose to eat, and how much you consume...

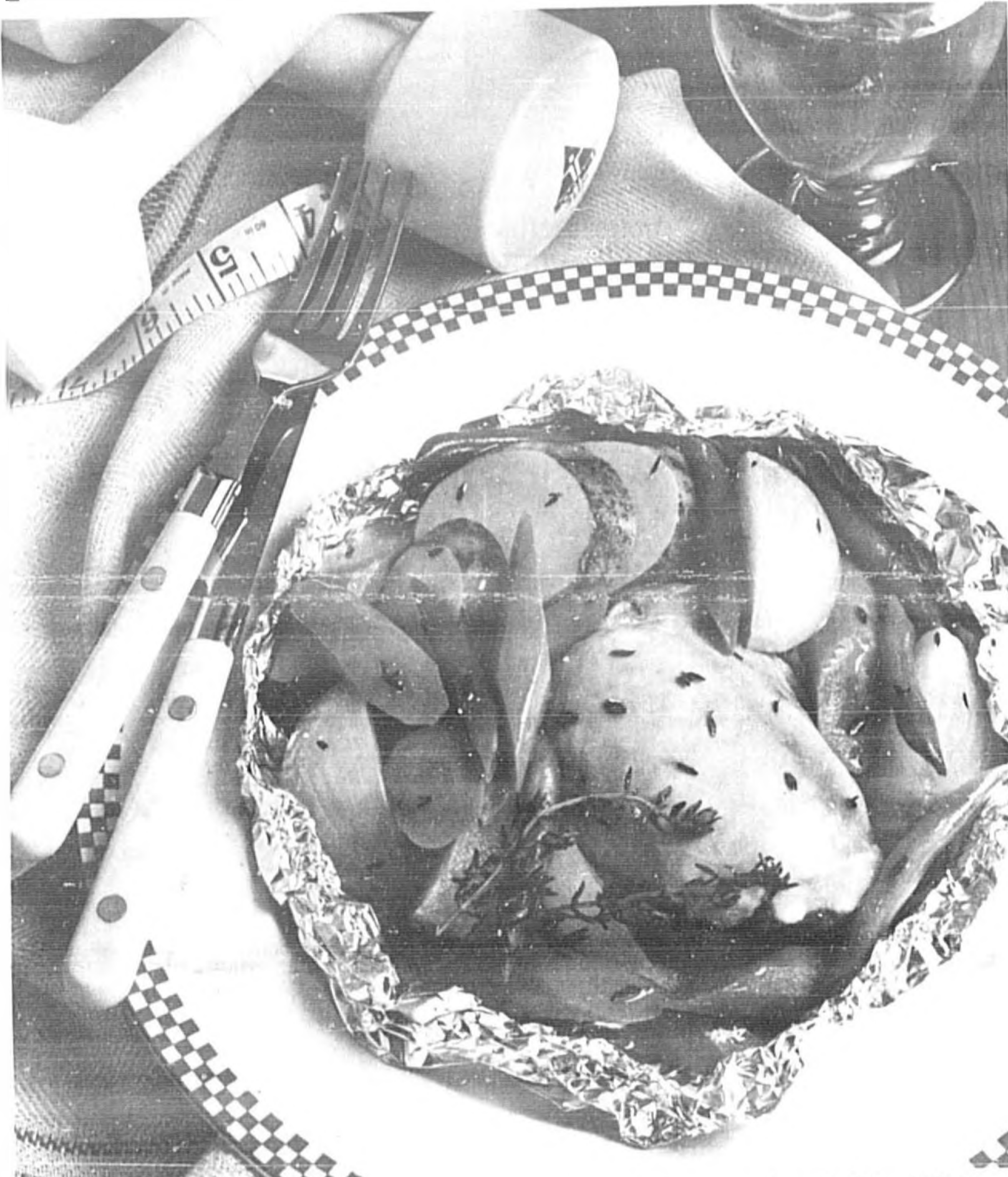
Most people already know that fresh vegetables, plain potatoes, and chicken without the skin are staples of the dieter's repertoire. But these good, low-calorie choices need a little boost to spark mid-winter appetites...

Holly Farms' local Chicken Dijon is another recipe that turns ordinary ingredients into an extraordinary dish. And chicken offers and excellent balance of health benefits...

COUNTRY FRENCH SUPPER
3 medium potatoes, cut into 1/2-inch slices
1 package Holly Farms Prime Chicken Thighs (about 2 pounds) skin removed
Salt and pepper to taste
3 carrots, cut into chunks
1 pound green beans, cut up
6 medium yellow onions, quartered
6 tablespoons dry white wine or water
1/2 teaspoon dried thyme leaves

2 bay leaves, crumbled
Preheat oven to 350°F. Cut 6 (16-inch) pieces of foil in center of each piece of foil, arrange some of the potatoes and 1 chicken thigh. Season with salt and pepper. Evenly divide carrots, green beans and onions, add to potatoes and chicken. Sprinkle with wine, thyme and bay leaves. Bring opposite sides of foil together and fold over twice. Tightly fold up ends to seal. Place packets on large baking sheet. Bake 50 minutes or until chicken and vegetables are tender. Makes 6 servings (approximately 221 calories per serving). \*Or use 1 package Holly Farms Time Trimmers boneless, skinless chicken thighs (about 1 1/2 pounds).

CHICKEN DIJON
1 package Holly Farms Time Trimmers boneless, skinless Chicken Breasts (about 1 pound)
2 tablespoons vegetable oil, divided
1 carrot, cut into julienne strips
1 red or green pepper, cut into julienne strips
1 bunch green onions, cut into julienne strips
1 cup chicken broth
1/4 cup dry white wine
2-3 tablespoons Dijon-style mustard
2 tablespoons corn starch
1/2 cup milk
Split chicken breasts in half, set aside. In large skillet heat 1 tablespoon of the oil over medium heat. Add carrot and pepper; cover and cook 7 minutes. Add green onions, cover and continue cooking 3 minutes or until vegetables are tender. Remove from skillet. In same skillet 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 tender. Remove chicken to serving platter; keep warm. In small bowl stir together corn starch and milk until smooth. Add to skillet. Stirring constantly bring to boil over medium heat and boil 1 minute. Add vegetables; cook until heated through. Spoon over chicken. Makes 4 servings (approximately 254 calories per serving).



The low-calorie dish Country French Supper takes some of the blandness out of post-holiday dieting.

Campbell's Kitchens going on 40

United Press International

CAMDEN, N.J. — The kitchen that has helped generations of nervous newlyweds turn out good proof tuna casseroles, superburgers and green bean bake with the aplomb of a Julia Child is marking its 40th anniversary this year.

Campbell's green bean bake recipe is still a favorite at church suppers and on Thanksgiving Day sideboards, but now it's out in a microwave version.

Campbell's Kitchens, now called Campbell's Creative Food Center, was born in 1948. Although the Camden-based food company began distributing cooking with soup recipes as early as 1946.

"We've been a help all along for the lady who was starting to cook," said Betty Cronin, director of cooking soups and a Campbell's employee for nearly all of the kitchen's 40 years.

Last year, the kitchen staff working in a maze of microwave cooking kitchens, 100 microwaves and a pizza oven, created 100 recipes for both conventional and microwave cooking. Campbell's formed the Campbell Microwave Institute in 1980, and this year published Campbell's Microwave Cookbook.

"The most important thing that we have going for us is that cooking soups today is the easiest on all the microwave, because the things that cook best in a microwave are things that cook in moisture," Cronin said.

When as the kitchen's original goal was to develop recipes that took no more than an hour to prepare, today's microwave recipes take only 15 to 30 minutes.

"We are looking for a one-pot cleanup kind of thing, so you don't have a mess in the kitchen," Cronin said. "We can deliver that."

Many American women have come out of the kitchen and into the workplace in recent years. But in many households, they still put a meal on the table every night. That initially buoyed last food sales, Cronin said.

She just couldn't back it, Cronin said. In recent years, she's gotten so she can handle both the job and the home, but she needs things like we can provide. We'll put a chicken dinner on the table for her in 30 minutes.

Campbell's soups, particularly its condensed soup line, provide new cooks with lump-free ready-made sauces, neutrally seasoned so as to be ready to use in any dish from Italian to a curry.

Despite the trend towards up-pity nouvelle cuisine, the popularity of down-home Campbell's soups has not wavered over the years, Cronin said. Last year the company received nearly 40,000 entries for a recipe contest.

Some 12 1/2 million cans of Campbell's cream of mushroom soup, the key ingredient in the classic green bean bake, are sold each year, with 80 percent of that use attributed to recipes.

Other popular cooking soups include golden mushroom cream of celery, beef and chicken broth cream of potato and traditional tomato soup. In Campbell's Microwave Cookbook, cream of potato soup serves as a base for a creamy fish chowder, golden mushroom soup is a sauce in a recipe called Glorified Chicken, and tomato soup provides the tang in Thru's Ranch Dressing.

The microwave isn't the only change in the Campbell's kitchen in recent years. Today's recipes also feature more modern seasonings, such as fresh herbs that were not popular in the 1950s, 60s and even the 70s. Campbell's used only a few organic spices in its 100 microwave recipes, says Cronin.

Cronin said. Since the company advertised nationally, the ingredients had to be widely available. Now items such as tortellini and Microwave Alfredo sauce have moved into the mainstream grocery stores, and Campbell's has incorporated them into recipes.

In fact, Campbell's has capitalized on the recent Los Angeles by introducing a nacho cheese sauce recipe that includes 2 1/2 cups of nacho sauce, including a southwestern blend with a chile and a chile.

See Recipe Page 4C

These soup recipes made for microwave

United Press International

Here are some classic Campbell's Soup recipes updated for the microwave. All the recipes can be found in Campbell's Microwave Cookbook.

GREEN BEAN CASSEROLE
2 packages (9 ounces each) frozen cut green beans
1 can (10 1/2 ounces) cream of mushroom soup
1/2 cup milk
1 teaspoon salt
1/2 cup soy sauce
1/2 cup sugar
1/2 cup oil
1/2 cup butter
1/2 cup margarine
1/2 cup shortening
1/2 cup vegetable oil
1/2 cup shortening
1/2 cup vegetable oil

CHILI BURRITOS
1 pound ground beef
1 cup chopped green pepper
1 can (10 1/2 ounces) tomato soup
1 tablespoon chili powder
1 tablespoon Worcestershire sauce
1/2 cup flour tortillas (8-inch)
1 can (4 ounces) chopped tomatoes
1 shredded cheese for garnish

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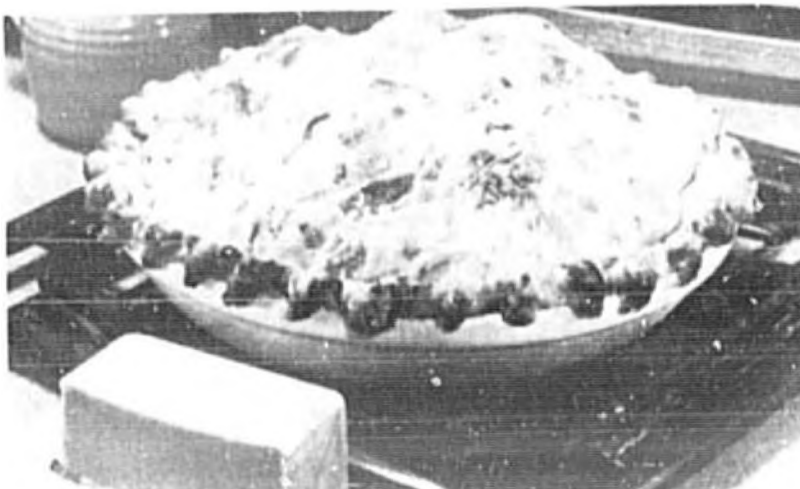
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See Recipe Page 4C



Cheese is blended into pastry for this special winter apple pie.

Arctic Apple Pie has cheesy crust

Newspaper Enterprise Assn.

Serving apple pie with cheese is a much loved custom adopted from German and Scandinavian settlers who enjoyed cheese at any meal. Here, a cheese is worked into the crust to complement the rich filling. He prepared to serve extra slices of sweet crust cheese for those who want to top off their slices of pie.

ARCTIC APPLE PIE

For Pastry
2 cups unsifted flour
1 teaspoon salt
1/2 cup shortening
1/2 cup unsifted tarted cheese
1 to 2 tablespoons water
For Filling
3/4 cup granulated sugar
1/2 cup packed brown sugar
2 tablespoons flour
1 teaspoon ground cinnamon
8 cups sliced peeled tarted apples
1 cup raisins
1/2 cup light cream
1 tablespoon butter
1/2 cup brown sugar

1 teaspoon granulated sugar
To make pastry: In a large bowl combine flour and salt cut in shortening using pastry blender or two knives until mixture resembles coarse meal. Stir in cheese. Add water 1 tablespoon at a time until mixture leaves sides of bowl and forms a ball. Divide in half and roll out one half to fit a 9-inch pie plate. For filling: In a bowl combine sugars, flour and cinnamon; set aside. Layer apples, raisins and cinnamon-sugar mixture in prepared pie shell. Pour cream over all. Dot with butter. Roll out remaining pastry. Place over all; crimp and seal edges. Cut several holes in top crust. Brush with milk and sprinkle with 1 teaspoon sugar. Cover edges of pie with aluminum foil to prevent excessive browning. Bake at 425°F for 30 minutes. Remove foil; continue baking about 10 minutes longer or until crust is golden and apples are tender. This kitchen-tested recipe makes one 9-inch pie.

See 40th Page 4C

# Specialties Of The House

For "A Cut Above",  
Certified Angus Beef  
Available In  
Our Meat Shoppe.

Certified Angus Beef,  
Beef Loin

**Sirloin  
Steak**  
per lb. **\$3.49**

Tailless

**T-Bone  
Steaks**  
per lb. **\$4.49**

Tailless

**Porterhouse  
Steaks**  
per lb. **\$4.49**

THIS AD  
EFFECTIVE:  
THURS.,  
JAN. 19  
THRU  
WED.,  
JAN. 25,  
1989...

- USDA Choice Beef Chuck, Boneless  
California Roast ..... per lb. **\$1.89**
- USDA Choice, Sirloin Half or Whole  
Leg Of Lamb ..... per lb. **\$2.19**
- Shank Half ..... per lb. **\$2.39**
- From the Deli, Swift Premium  
Honey Cured Ham ..... per lb. **\$2.99**
- All Natural, USDA Inspected, Grade A  
(10 to 14-lb. Average) Whole  
Fresh Carolina Turkeys ..... per lb. **59¢**

Seafood Salad From Our Deli

**Neptune  
Salad**  
per lb. **\$4.49**



Publix Reserves the  
Right to Limit Quantities.

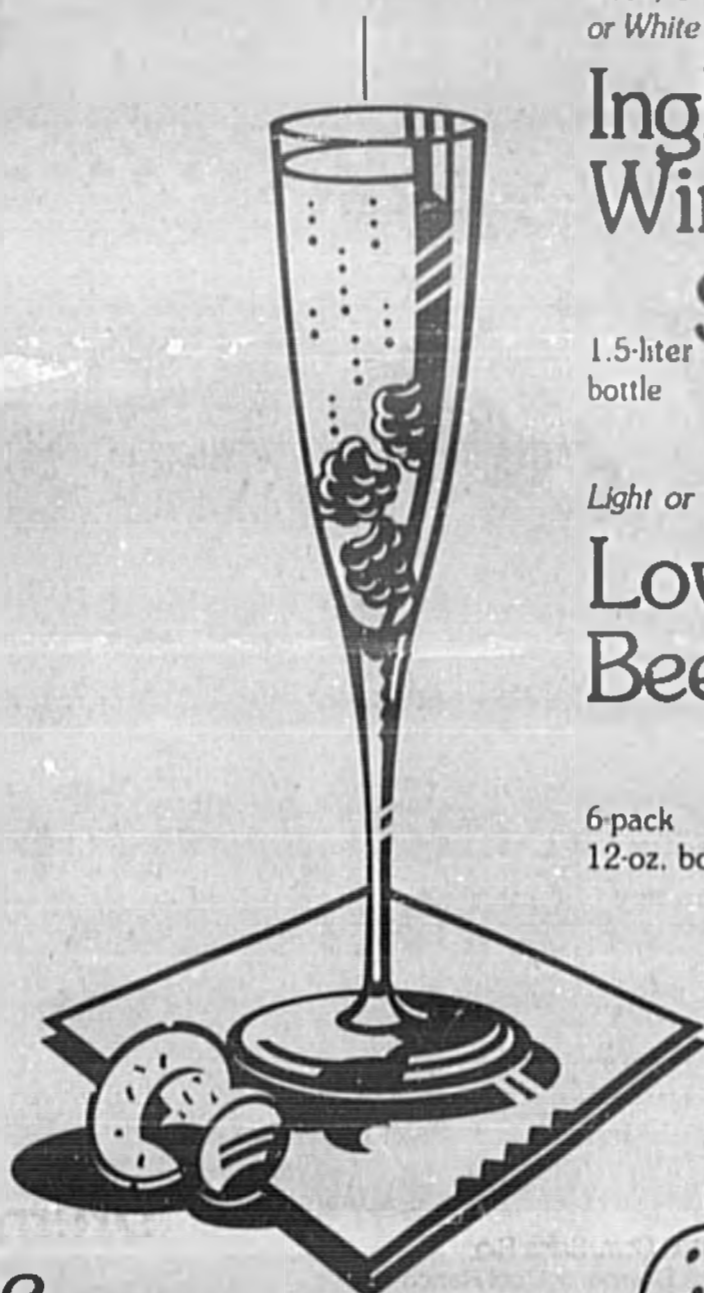
- Seafood Treat! White (45 to 55-count)  
Medium Shrimp ..... per lb. **\$4.59**
- Fresh  
Grouper Fillets ..... per lb. **\$5.99**

Blush, Chablis, Chenin Blanc  
or White Barbera

**Inglenook  
Wine**  
1.5-liter  
bottle **\$3.89**

Light or Dark

**Lowenbrau  
Beer**  
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Florida Sweet Juicy  
Seedless, Large Size

**Red or White  
Grapefruit**  
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A Variety of Flowers Cut In Beautiful  
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12-oz. Italian or Original Rondelets, 10.5-oz.  
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Regular or Sugar Free Root Beer, Regular or  
Caffeine Free Diet Coke, Coke Classic, Reg. or  
Diet Sprite, Tab, Reg. or Diet Cherry Coke,  
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Dairy-Fresh

**Sour Cream**  
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cup **.79**

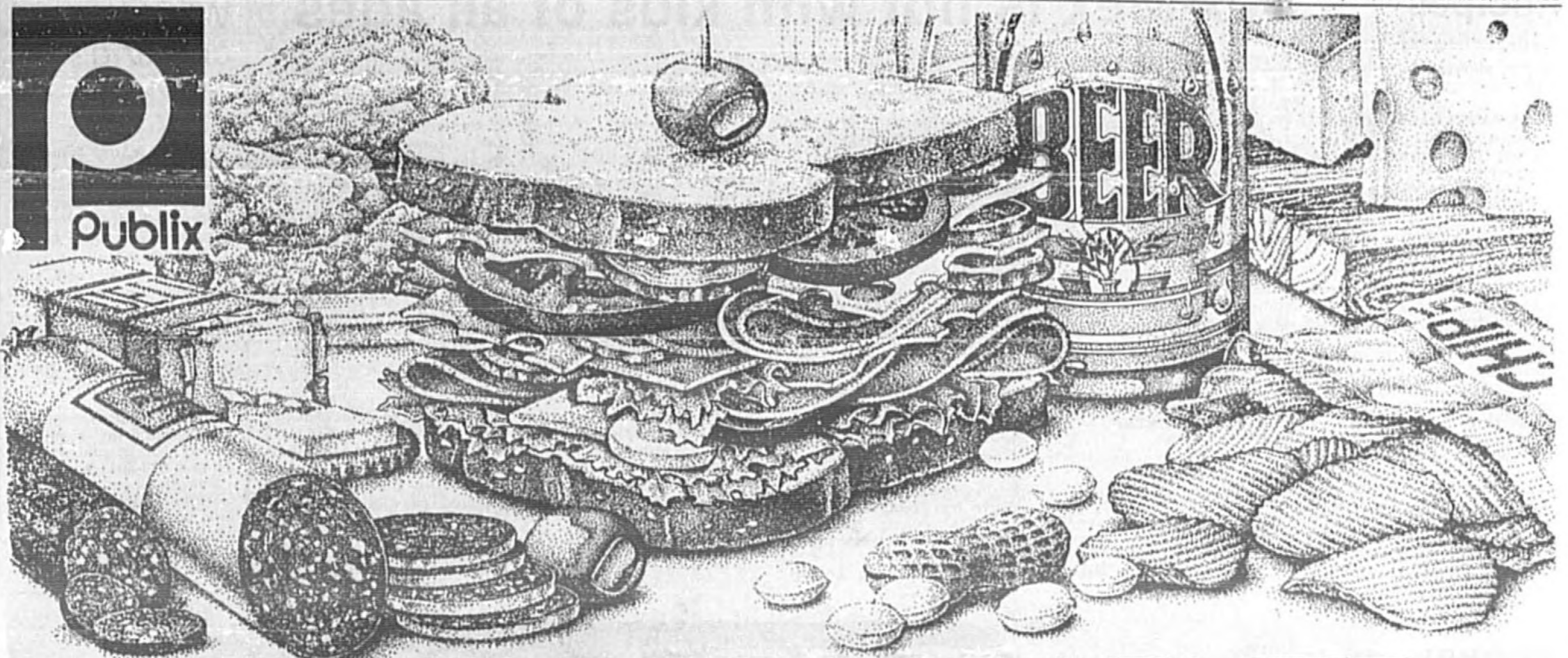
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**Sour Cream**

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Spiral Sliced

**Honey Kut Ham**

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*The Deli* at Publix

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(Free Ham Holder With Purchase of Whole Ham)

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**Pork Chops**

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Toasted Corn, Salsa Rio, Nacho Cheese, or Cool Ranch

**Doritos Tortilla Chips**

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**Drummette Platter**

Small.....(Serves 8 to 12).....\$16.00  
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Vacuum Pack Electric Perk, ADC, or Regular

**Maxwell House Coffee**

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(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items and Lottery Tickets)

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Heinz Tomato Ketchup

**Keg O' Ketchup**

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**Vegetable Platter**

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Medium.....(Serves 16 to 20).....\$20.00  
Large.....(Serves 26 to 30).....\$28.00

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**Salad Dressing**

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Sanford Herald

Wednesday, January 18, 1989

# HEALTH & FITNESS

Herald Advertiser

Thursday, January 19, 1989



# Aerobic 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 Institute.

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 aerobic 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 lose the same weight all over again," says DeMarco.

According to the "set point" theory advocated by Dr. William Bennett and Joel Gurin, authors of "The Dieter's Dilemma" each individual has a tendency for a particular body-fat percentage. This set point

functions as a fat-mobilizing process that tries to maintain the body-fat content it considers "normal."

It's easy to raise your set point by eating sweets and fats, but 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 feel sluggish and weak because you're burning muscle for fuel.

In fact, your body further fights to maintain its set point by lowering your metabolic rate and increasing your appetite. That makes it even tougher for you to lose that fat.

However, aerobic exercise not only burns more calories during the time you're exercising, but it increases your metabolic rate for up to 24 hours after you exercise.

Aerobic exercises can also make you look slimmer than anaerobic exercises, such as weight lifting. That's because lifting weights merely strengthens the muscles underneath the fat. This enlarges the muscle, raising the fat to the surface.

As Jane Brody notes in her Good Food Book,



Regular aerobic exercise can contribute to losing weight, having more energy, and getting

into better physical condition, all at once.

regular exercise causes body fat to be replaced by lean muscle tissue. "Pound for pound, muscle tissue uses more calories to sustain itself than fat tissue does. The more muscle tissue you have and the less body fat, the more calories you can consume without gaining weight — or the faster you can lose weight without drastically reducing the amount of calories you consume. Furthermore, muscle tissue takes up less room than the same weight of body fat, so that even if you don't lose an ounce, you'll look thinner if you have good muscle tone and less fat," says Brody.

"Regular aerobic exercise will also give

you more energy, which will help you accomplish many other new year's 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 maximum).

The most effective forms of aerobic exercise are continuous motion activities, such as fast walking, cycling, swimming, running, cross-

country 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 NordicTrack.

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 NordicTrack users supplement their running or other outdoor exercise programs with indoor training on the NordicTrack," noted Pauls.

"NordicTrack's fluid smooth motion eliminates 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 proud 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 coffee 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. Even though David was "slightly" overweight, Mary felt comforted to know that she was sending both her men off 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 family.

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 program for children. Based on the premise that

health can be promoted and disease prevented within the framework of a hands-on school health education program, KYB 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 cigarettes. Adolescent use of alcohol and illicit drugs has reached epidemic proportions, according to

a recent study by the American Health Foundation. 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 education for children and to

increase 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 properly or getting enough exercise. Only 1.6 percent of all obese people are overweight because of any underlying cause, such as glandular disorder. You should consult 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 with cancer society

Shuttle missions, Martian exploration, space stations that can launch us to the edge of our solar system — With the advanced technology of the space program, we

are beginning to answer 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

partnership, American Cancer Society Professional Education and Scientific committee members collected 26 cancer-related problems. The volunteers then met with NASA scientists to 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 technological barriers to improving cancer control," said 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 Society/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 patients who have undergone extensive facial surgery, and space computers and color enhancements to help physicians better interpret CAT Scans. Remaining problem statements 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 — 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 spring.

"It's not going to be the simple thing it was hailed 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 tele-

phone 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

protein.

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 understanding 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 diseases.

But McClain's team conducted a series of experiments that suggest the chemical pair identified by Schimmel plays only part of the role in determining the alanine transfer RNA's identity.

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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.

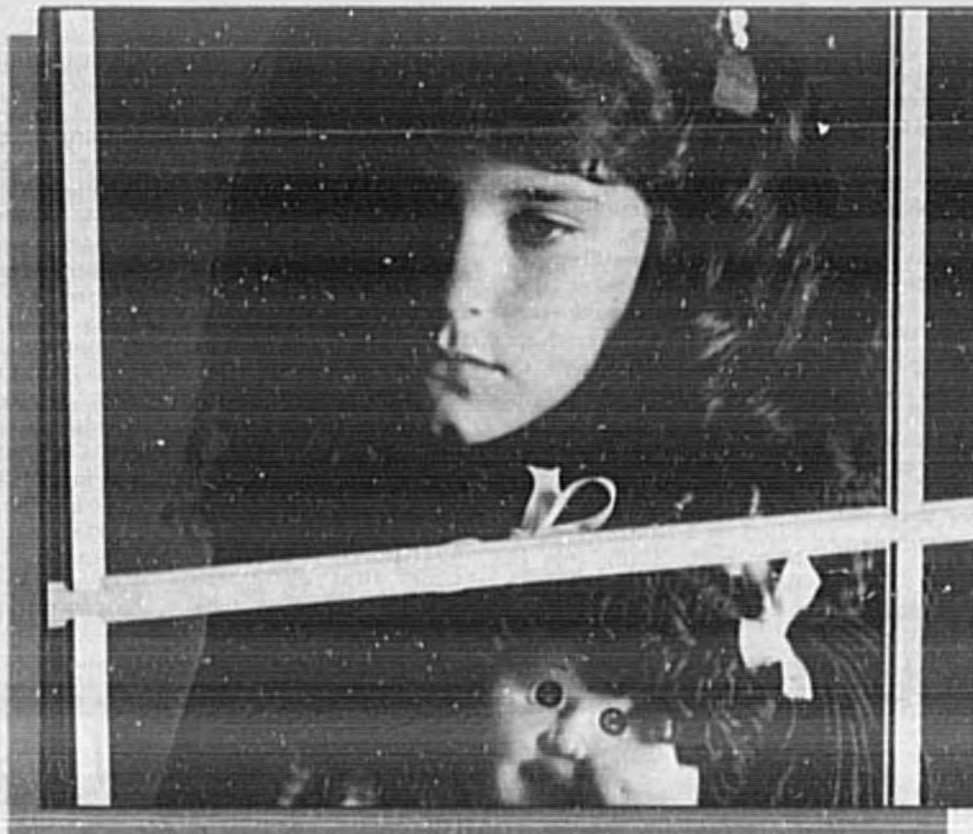
Your whole body depends on your feet for locomotion. You want to be able to work and enjoy your leisure time without aching, painful feet. When that happens, you should seek a podiatrist's help.

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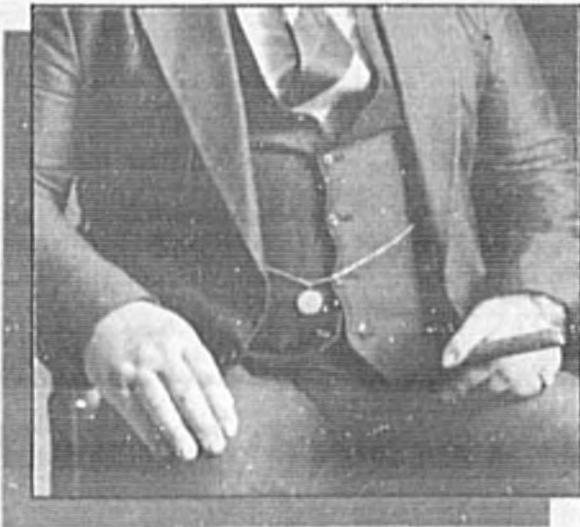
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According to the Harvard Business Review, Health care expenses may eliminate all profits for the average Fortune 500 company within eight years. The reason: The cost of health care has doubled every five years since 1965 and continues to climb.

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## UF sponsors symposium on human growth factors

GAINESVILLE — Two insulin-like peptides, recently 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 senile dementias similar to Alzheimer's disease.

UF physiology professor Dr. Mohan Ratzada, who is coordinating the conference, says visiting scientists will discuss recent discoveries and the implications of the new information on future re-

search and on the treatment of certain diseases. Ratzada and co-researchers of UF's Department of Physiology will share data 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 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 Ratzada.

Visiting scientists who have led investigations of 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 growth-promoting 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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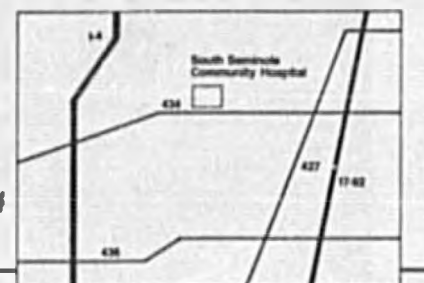
If you care for an elderly or infirmed family member or friend at home, Respite Care at South Seminole Community Hospital in Longwood offers both of you a welcome break.

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# HEALTH & FITNESS



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# Cold remedies sought for centuries

Almost every country and group of people has its own history of folk remedies 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 combated colds by applying kerosene or mustard plasters to the chest, or by inhaling vapors of steaming fresh dung. Another remedy was to wrap a dirty stocking filled with salted pork and onions about the neck in order to keep a cold from entering the chest.

Relatively recent reports of using mustard plasters in modern day Russia, and of using garlic for a number of health problems point to the possibility that interest in folk remedies not only continues, but on occasion may prove out scientifically.

In China, to this day, herbal teas are recommended by even tradi-

tional physicians to patients 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 they have not been tested for safety.

Cold remedies in use in 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 cure for the common cold.

In the meantime, more specific cold remedies have become available. Currently, there are medications developed with an infant's special needs in mind, for children, and just recently, the first cough medications especially for older adults were introduced by Bristol Laboratories. Both of these products, Naldecon Senior EX 1m and Naldecon Senior DX 1m

were designed for the special needs and preferences of adults over the age of 50 who may wish to avoid substances commonly found in cough 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 Senior products are packaged in bottles that

are easier to grip; the cap is not child-resistant so that someone with hands that are arthritic can take the cough medications easily.

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 consumer recommendations for preventing and 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

the U.S. when it received endorsement by several physicians. Reports of its virtues appeared in medical journals. The author of "Cold Cures," Michael Castleman, writes that as far back as the 12th century, Maimonides, the famous rabbi, scholar and court physician in Cairo, Egypt recommended "soup from a hen" to alleviate cold symptoms.

## Recognizing symptoms of stroke

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 Americans will experience a stroke this year. In many cases, quick action can prevent more serious problems from occurring 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

oxygen.

There are several ways your body may warn you of a major stroke:

- a sudden, temporary weakness or numbness of the face, arm or leg;
- temporary difficulty or loss of speech, or trouble understanding speech;
- sudden, temporary dimness or loss of vision, usually in one eye;
- temporary dizziness or unsteadiness, especially when associated with the con-

ditions listed above.

Scientific advancements 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 possible. Your body might be trying to tell you something.



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# Seafood is important

In a number of recently 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 lipid atherosclerosis laboratory at the University of Oregon Health Sciences Center, Portland, said two new scientific discoveries — 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 oil 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 seafood and seafood oil isn't just a good replacement for high cholesterol foods, but actually lowers cholesterol levels.

Fish are rich in eicosapentaenoic acid, a fatty acid that prevents dangerous blood clots and painful inflammation

in some forms of arthritis. Eicosapentaenoic acid influences the formation of prostaglandin, powerful local hormones that perform a variety of body functions.

Dr. Phillip Needleman, Washington University, St. Louis, has found that eicosapentaenoic acid also enters certain blood cells and tips the balance of prostaglandin powder so that clots do not readily form.

In addition, Danish scientists have evidence that a diet rich in fish explains why Greenland Eskimos have the world's lowest rate of heart disease despite a high consumption of dietary fat.

The American Heart Association (AHA) has recommended fish as an important component of a healthful, low cholesterol diet.

According AHA's Heart Saver Eating Style booklet, "fish is especially good for lowering cholesterol levels because its fat is largely polyunsaturated."

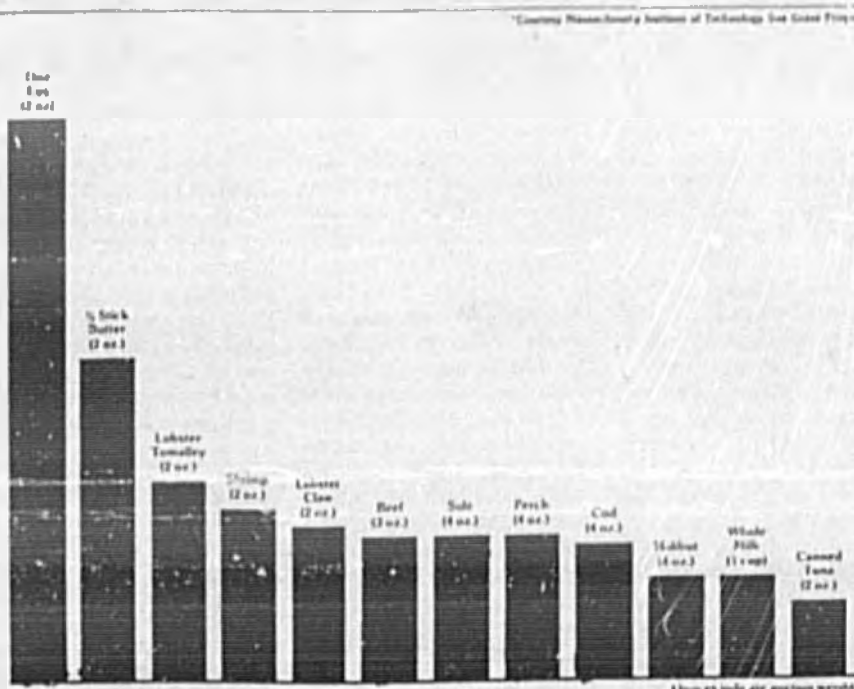
All species of finfish examined are low in cholesterol. Typical portions of fish contain between one sixth and one

eighth the amount of cholesterol in one egg. In addition to being low in cholesterol, finfish are excellent sources of protein and unsaturated fats.

Fatty substances are usually soluble in each other. Cholesterol occurs only in animals. So, when tuna is packed in vegetable oil, which is cholesterol-free, the cholesterol in the tuna meat dissolves in the vegetable oil. When you drain the oil from the canned tuna, you also drain off as much as one-third of the cholesterol originally in the tuna meat. 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 tail and claws.

Cholesterol in Typical Servings of Food Compared to the Cholesterol in One Egg\*



## Escalloped fish fillets

1 cup crushed saltine crackers (about 22) or cheese crackers

1/4 cup melted butter or margarine

1 tablespoon minced onion

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 fish fillets and pat dry. In a bowl, combine crackers, butter, onion 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 preheated 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 calories, 19 g protein, 15 g carbohydrate, 18 g fat.

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