

Evening Herald

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Pipe Down

A Seminole County road crew gets ready to put new drainage pipes down as a backhoe digs out the old broken pipe under Celery Avenue at Brisson Avenue, east of Sanford. Work on the drainage project started Tuesday morning and should be completed and the intersection open to traffic Thursday afternoon, according to O.G. Bryant, supervisor in charge of the project.

Herald Photo by Tommy Vincent



Camel Party To Benefit 4 Animal Care Agencies

Jim Dever, manager of a Casselberry new car dealership, is giving a giant third birthday party for his camel, Humphrey, to benefit four organizations that care for animals in Seminole County.

The celebration is scheduled for March 30 at the Central Florida Zoo and admission is a bag of cat or dog food. The 'proceeds' will be split among the zoo, the county Humane Society, county animal control shelter, and Kindness and Care, an organization that takes care of animals.

"We thought Humphrey could be a spokesman for all unwanted animals in the community," Dever said.

The birthday event is being held not only to collect food, but also to call attention to the needs of the animals, Dever said.

He said a huge tent will be raised in the parking lot of the zoo for the affair. The first 2,000 persons showing up at the party will be given a Humphrey T-shirt to commemorate the occasion. Also to be given away are Circus World tickets, coupons for hamburgers, and soft drinks.

For the past three years, Dever has been paying the adoption fees during the month of April in the Adopt-A-Pet program at the animal control facility, County Animal Control Director Bob McIntosh said.

—Donna Estes

Sanford Hopes League Will Give City Clout

By Rick Brunson
Herald Staff Writer

For Sanford to have more political muscle in Tallahassee it needs to join the Tri-County League of Cities — a lobbying organization representing 18 of 22 cities in Orange, Seminole and Osceola counties.

That's the view of most of Sanford's City Commissioners who are expected to approve joining the league at their Monday meeting.

The meeting will be held at 7:30 p.m. at Sanford City Hall.

Seminole cities already in the league include Lake Mary, Casselberry, Winter Springs, Longwood and Altamonte Springs.

The city would have to pay \$760 a year in dues, although if it joins by April the cost would be reduced to \$575 for 1985. The money underwrites the cost of letters, phonecalls, telegrams and other lobbying efforts, according to Julian Roberts, executive director of the league. In return, the league would represent the city through its lobbying efforts in the Florida legislature.

The league is also affiliated with the Central Florida League of Cities which boosts its influence. The Central Florida League represents 61 cities in Orange, Seminole, Osceola, Lake, Brevard and Volusia counties.

Roberts, who says he doesn't consid-

'Unfortunately, the only way you can get some things moved through the legislature is with an effective lobbying organization... I'm not sure it's good or bad but that's the way it is.'

—John Mercer

er himself a lobbyist, told the commission at its Monday workshop that the organization has been responsible for protecting programs that affect Sanford — like the Florida Department of Law Enforcement Crime Lab. When there was a suggestion in 1976 to move it to another location, Roberts said the league successfully fought to keep it at the Sanford Airport.

In addition to lobbying, the league serves as a forum for city officials to discuss solutions to common municipal problems, Roberts said.

The league also puts on an annual social affair for its members, usually a barbecue, Roberts said.

City Manager Warren "Pete" Knowles recommended the commission join the league, saying it would keep the city updated on issues of

concern, as well as combine the lobbying efforts of many cities.

Mayor Bettye Smith and Commissioners David Farr and Robert Thomas all said membership in the league would benefit the city.

"I'm convinced in my mind that it's a viable organization that we can help and be helped by," Farr said.

Commissioner John Mercer reluctantly backed joining today, saying the state is tied with Tennessee.

"Unfortunately, the only way you can get some things moved through the legislature is with an effective lobbying organization," Mercer said. "I'm not sure it's good or bad but that's the way it is."

Commissioner Milton Smith was absent from the meeting and could not be reached at his home Tuesday.

In addition to considering membership in the league, the commission agreed to draft a resolution that would discontinue city-funded dues paid by city agencies to representative organizations with policies inconsistent with the Tri-County League of Cities.

This would keep those agencies from using city funds to promote views that conflict with city goals, Commissioner David Farr said. The commission is studying a similar Daytona Beach ordinance and is expected to draft its own resolution within the next few weeks.

Potholes

2.2 Million Of 'Em In Florida

WASHINGTON (UPI) — Winter ice and cold has scarred city streets across the nation with nearly 56 million potholes that have been known to swallow entire trucks, a transportation research group said Tuesday.

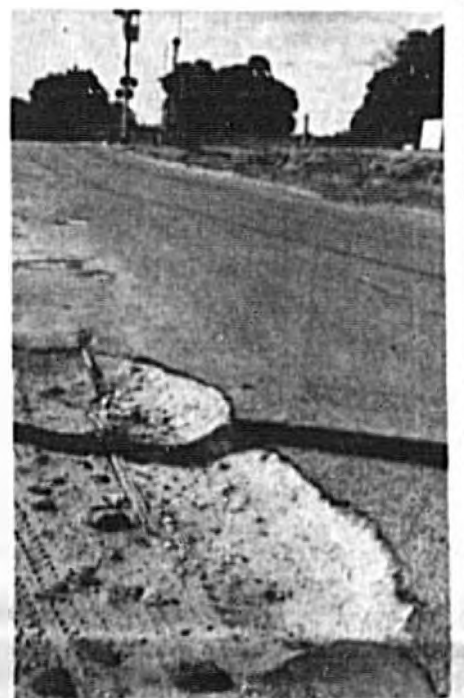
But despite milder winters, Florida, with 2.2 million potholes, trails only Ohio, Pennsylvania, South Carolina in total number. The state is tied with Tennessee.

High water tables are the main culprit causing Florida's pothole problem, according to a Department of Transportation maintenance engineer.

George Gilhooley said most of the roads in Florida are built upon a limestone base because it is an abundant native material. While limestone is a very strong material, he said, it is susceptible to erosion by water. The high water weakens the limestone from beneath, causing the pavement to sag and crack. Cars and trucks running over the depression then wear the surface away ending in a pothole.

"We have spent \$6 million in snow removal so far this year and we expect a bumper crop of potholes," laments Renae Pickens of the Tennessee Department of Transportation.

The Washington-based Road Information Program said a survey of state highway engineers determined that winter pockmarked the United States with 55,960,970 potholes — an average of 29 craters for each mile of American pavement.



One of Seminole County's potholes, on McCracken Road east of Airport Boulevard.

"Potholes signal the arrival of spring, offering graphic proof that our roads are in trouble," said Donald Knight, executive director of the program.

The organization says the average pothole is 16 inches wide and 5 inches deep, and that it costs an average \$5.50 in material, labor and equipment to fill each one.

See POTHOLE, page 5A

Woman Injured By Hospital Waits For Aid

A 41-year-old Sanford woman who was hit by a car on Seminole Boulevard in front of Central Florida Regional Hospital waited 17 minutes for an ambulance to arrive from Winter Springs to take her to the hospital across the street.

Sandra Clough, of 1822 Sanford Lane, was in satisfactory condition today with head injuries.

She was treated at the scene Tuesday by rescue workers from the Sanford Fire Department who arrived within minutes of the accident. But the paramedics didn't move her because

their rescue unit "was not designed to be a transporting unit," according to Mike Hoening, fire prevention officer.

He said patients are only moved in the units if they are in a "life-threatening" situation. He also said the threat of lawsuits resulting from potential additional injuries incurred during such a move also limits the practice.

The ambulance arrived to take Mrs. Clough to the hospital 17 minutes after the incident was reported, according to the rescue report. Everett Gilliland, president of Care Ambulance, said its one Sanford unit was on another call so

a unit from Winter Springs 12 miles away had to be dispatched to the scene. He said the company's normal response time is six or seven minutes.

CFRH spokesman Kay Bartholomew said hospital controller Joseph Waechter saw police cars and a crowd gathering across the street from his office so he walked out and investigated. He was told by Sanford police officers that there was nothing that could be done until the ambulance arrived. Mrs. Bartholomew said, so he returned to his office. She said the

See WOMAN, page 5A

'Turn My Mommy Loose Or I'll Kill You'

BETHEL, Okla. (UPI) — A 6-year-old boy, bludgeoning with an unloaded rifle, scared off a man holding a knife to his mother's throat, saving her life and probably averting a massacre of the family.

"He's something else, isn't he?" said Sheriff Paul Abel after Jimmy Roland confronted the man Tuesday in the

yard of the family's central Oklahoma home.

"The little boy ran a bluff," the sheriff said. "This is what just blew my mind. He knew the rifle wasn't loaded."

Abel said the suspects, Arlen Henry Alexander, 29, and Joshua Shane Baldwin, 19, both of Norman, were

See HERO, page 5A

Jury Rules Police Handled Arrest Properly

How rough was the handcuffing? Rough enough to sue the city of Lake Mary and two police officers. But the judge and jury didn't buy it and ruled in favor of the defendants Tuesday.

When A.O. Roberts, Sanford, was stopped on Rinehart Road in September of 1982 after his car crossed the center line, Officer Linda Payne called for a backup. Apparently Roberts was not pleased he was stopped. Worse, by a female officer, according to a report of the incident.

When Officer Richard Gregory arrived on the scene he arrested Roberts after Roberts refused to sign a traffic citation for not having a registration certificate for his vehicle.

Roberts' suit alleged he was injured during the handcuffing procedure. He said the handcuffing aggravated previous back injuries and rendered him unable to work. Roberts, a railroad engineer, had a history of back injuries.

The judge, Dominick Salfi, dismissed the case against officer Payne and the six-member jury found no fault with officer Gregory.

What's next? A possible suit by the woman officer against Roberts for comments he reportedly made about her during a newspaper interview, according to Lake Mary Police Chief Harry Benson.

—Deane Jordan

Fate Of MX Missiles Now Rests With House

WASHINGTON (UPI) — President Reagan's arm-twisting and the resumption of U.S.-Soviet arms talks persuaded enough senators to hand the administration a sizeable victory on the MX missile. Senate Republican leader Robert Dole says.

But MX opponents say Tuesday's 55-45 Senate vote to free money for the missile starts the United States down the road to further deployment of a destabilizing weapon that can only lead to trouble.

For the missile to clear the last hurdles for fiscal year 1985, it also must pass two similar votes next week in the House. Defeat on any one of the four votes will doom the project this year.

TODAY

Action Reports.....7A	Editorial.....4A
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Comics.....2B	People.....1B
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Dear Abby.....1B	Television.....8B
Deaths.....2A	Weather.....2A
Dr. Lamb.....2B	World.....5A

City Official Smells A Rat

HUBBARD, Ohio (UPI) — A dead rat went flying across Hubbard's city council chamber after it was presented as proof of a rodent problem in the city.

The rat was brought to the meeting Monday by Vickie Humphries, who carried the rodent into the meeting and presented it to city service director Thomas Bolchak.

Bolchak, angered by the critter's corpse, hurled the rat across the room and told Humphries the vermin problem was not his fault.

Residents of Saul Drive have complained rats are invading their neighborhood. The citizens have asked city council to extend the storm sewer line that seems to attract the rats so it would not end so close to their homes.

Humphries said the animal was found a week ago in a neighbor's sump pump. She said repeated tries to contact Bolchak about the problem were unsuccessful.

Suicide Touches Off Fears Of Epidemic

MORGAN HILL, Calif. (UPI) — A popular schoolgirl who killed herself six weeks ago has touched off fears of a teenage suicide epidemic in a once-tiny rural town that has mushroomed into a bustling bedroom community of the Silicon Valley.

Maggie Olson, 13, hanged herself in a ravine near her home a few hours after she was caught at the Britton Middle School with an unidentified pill in her purse.

She was expelled, and told the principal, "Life is a game. Today I am a loser."

Six of her fellow pupils attempted suicide the next week, and a dozen girls were put under observation

when it was discovered that they were planning a mass ritualistic drug suicide.

In the month before Maggie Olson's death, there had been six other suicide attempts by teenagers. Altogether counseling agencies called the situation a "community crisis."

A 15-year-old friend of Maggie's, who slit her wrists in an unsuccessful suicide attempt, said at first she and other friends blamed themselves for Maggie's death.

The 15-year-old said the trauma caused by Maggie's suicide unleashed some of their own emotional problems and the impact was overwhelming.

After counseling, the 15-year-old realized that although Maggie is gone, "I know she would want us to live," and now "us teenagers have to stick together."

Dennis Bohan, who runs The Bridge counseling center, said Tuesday his office talks almost daily to adolescents who are depressed and possibly suicidal. In two months he said depression in Morgan Hill turned almost contagious.

The southern Santa Clara County city is "an area that went from being literally rural and out-of-the-way to crowded," according to Albert Valencia of South County

Alternatives, a counseling center in nearby Gilroy.

In Gilroy 10 adolescents who attempted suicide were referred to Alternatives following Maggie's death.

During six weeks since Maggie's suicide, 30 depressed teenagers, 10 of them suicidal, went to The Bridge in Morgan Hill for counseling. Six of the 30 tried to kill themselves.

Counselors cautioned that the teenage suicide threats must be taken seriously. They said threats are followed by suicide attempts 70 percent of the time.

Old Snapshots To Be Life Of Party

The Lake Mary Historical Commission wants to create a visual history of the early days of the city and is asking area residents to lend a hand.

The historic commission will have an "Old-Fashioned Picture Party" this Sunday for residents to bring in their old photos of Lake Mary, according to commission member Barbara Gorman.

Ms. Gorman said that the historic commission wants the city's residents to bring in old photos of historic significance, or those that just record special memories, to the picture party at the Lake Mary City Hall.

The commission is looking for pictures of area history to compile for a display at the first Seminole County History Fair, which is scheduled for April.

Ms. Gorman said that

special equipment will be available at the city hall to make copies of the old photographs. Original photos will be returned the same day to their owners.

Having a way for the commission to reproduce the pictures rather than take them the original photos should help in the effort. Ms. Gorman commented. She said that in the past, residents have been reluctant to give up their valuable photos. But since the photographs can be reproduced in no time at all, residents can get back their valuable originals.

The picture party will take place from 2 to 4 p.m. at the city hall, and refreshments will be served.

More information about the event may be obtained by calling 323-7910.

—Jane Casselberry



First Flight

Jittery he may have been, but Central Florida Regional Hospital's Emmet Carr, the hospital's United Way chairman, right, and flight instructor Terry Smith pretend. Captain of one of the hospital's teams during the United Way Drive, Washington won the flight for motivating his team to bring in 90 percent participation among employees targeted. It was a first place finish for the team and a happy landing for Washington. Once back on the ground he said of the flight: "It was a great experience." As for the United Way Drive, he'd do it again. "You should be able to give something to people who are less fortunate than you."

Herald Photo by Gregory Dahm

Longwood To Interview Administrator Candidates

By Jane Casselberry
Herald Staff Writer

The Three Longwood city administrator candidates still in the running will be interviewed Thursday and Friday by city commissioners.

They include Wallace Payne, city manager of Crystal River, and William Thomas Powers, assistant city manager and finance director of Perry, who were favorites of all five commissioners during the last work session, and Ronald L. Waller, city manager of Schuylkill Haven, Pa., who received three votes.

The commissioners will interview the candidates on a one-to-one basis as well as a commission before making the final decision.

The name of a fourth finalist for the post, Robert D. Proctor, former city manager of Cape Coral, was withdrawn because he has accepted other employment, according to city clerk Don Terry.

Payne and Powers will be driving from their home cities and spending Thursday night in Longwood. Waller is scheduled to fly in on Wednesday night and will leave on Saturday. The city will pick up the tab for the travel expenses and hotel rooms for all three finalists.

Acting City Administrator

Greg Manning was absent from Monday night's commission meeting because he was out of town to get information on the Florida applicants from the cities where they worked. The commission decided Monday night to instruct Manning not to make a trip to Pennsylvania before the interviews, because of the cost. If necessary he could go next week.

Payne, 48, has a master's degree in business administration and a bachelor's degree in political science. He has been a city manager for three years and has 12 years municipal work experience.

Powers, 41, has a master's degree in public administration and a bachelor's degree in accounting. He has four years experience with the city.

Waller has a bachelor's in political science and is nearing completion of a master's degree in public administration. He has seven years experience as a city manager and a total of 12 years city experience, including city manager of Covington, Va., and Culpeper, Va.

Longwood, a city of 12,000 residents, has 96 city employees and an annual budget of \$4 million. The present city manager's salary of \$34,290 is negotiable. Police Chief Greg

Manning became acting administrator in January after the forced resignation of former city administrator David Charey.

REALTY TRANSFERS

Terence W. Sherwood, Jr. & Wf Jean to Henry J. Lamber & Wf Julienne B. L15, Blk J Hidden Lake Un. I.C. \$40,000
Joh Shinnell, Jr. & Wf Cecilia to William C. Lovely & Wf Diane S. L1116 River Run, Sec. 3, \$46,800
Longwood Hills Dev. to Milton Mercado & Wf Lidia M. L12 Elegant Heights \$30,000
Gallimore Homes, Inc. to John A. Ganette & Wf Cecilia F. L113 Sebel Glen at Sebel Point \$175,000
Winter Sogs. Dev. to Peltzer Constr. L142, Bear Creek Est. \$48,800
Heathrow to Commonwealth homes L1 33 Bristol Park, \$79,800
Heathrow to Cushman Entr. Inc. L1 25 Bristol Park \$77,900
Grosslowe Cond. Corp. to John K. Berthold & Kim T. Katschub Un. 7 Sierra Cond. Ph. 2, \$40,000

Samuel L. Belfiore & Wf Angelina to Samuel L. Belfiore & Wf Angelina. L1 12, Mecca Hammock \$100
Edward J. Cameron Jr., repress E. J. Sr. to Lee Sparksman & Wf Mary J. parcel of land in Sec. 10 20 12, \$18,500
Charles E. Brooks to Henrick M. Ura & Wf Dyde L1 12, less 5 1/2, Sanford Substantial Farms, \$40,000
Louis Valente to John W. Gegenheimer, IV, L13 Cluster K. Deer Run, Un. 22, \$42,000
General Homes to Thomas H. Maloney & Wf Wilmagene, L1 21, Deer Run, Un. 10, \$94,500
General Homes to Clifford H. Burchfield III & Wf Laura R., L1 50, Deer Run, Un. 10, \$88,500
Charlotte Lacorte to William W. Van Kleeck L14 Cluster D. Sterling Park Un. 24, \$15,000

BUILDING PERMITS

The following building permits have been issued at the Sanford building department to:

—Roger Truck Repair, 200 Persimmon Ave., for a 2-foot-by-4-foot ground sign, \$70.

—Henry Rosenthal, 107 Water Oak Drive, for a fence, \$300.

—Centex Homes, 116 Grove Hollow Court, in the Groveview Village II subdivision, for a single

family house, \$43,000.
—Mille Gould, 1120 Sanford Ave., for a temporary sign for 60 days.

—Steve Tracy, 118 Crooked Pine Drive, for a in-ground pool, \$7,000.

—Okey Barker, 212 W. 18th St., for repairs on a porch, \$600.

—Evening Herald, 300 N. French Ave., for an addition, \$440,000.

Chiles' Aide To Assist Constituents

An aide of U.S. Sen. Lawton Chiles, D-Lakeland, will be in Seminole County March 27, 28 and 29 to assist constituents with any problems they may be encountering with federal agencies.

Chiles said his Central Florida district assistant, Dean Saunders, will work to assist the residents of Seminole County with problems concerning Social Security, Medicare, veterans benefits, disability compensation and with any federal agency where communications or assistance has broken down.

Saunders schedule is as follows:

• Wednesday, 4:30 to 5 p.m., Oviedo City Hall Council

Chambers.

• Thursday, 12:30 to 1:15, Casselberry City Hall Council Chambers, 1:45 to 2:30 p.m., Longwood City Hall Commission Chambers, 3 to 3:45 p.m., Winter Springs City Hall Commission Chambers, 4:15 to 5 p.m., Altamonte Springs City Hall Commission Chambers.

• Friday, 9 to 10 a.m., Sanford City Hall Commission Chambers, 1:30 to 2 p.m., Lake Mary City Hall Commission Chambers.

Chiles said those who are unable to meet with his representative at the appointed times, but need assistance may call 813-668-6681, or write his office at the Federal Building, Lakeland, 33801.

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Thomas Giordano, Managing Editor
Melvin Adkins, Advertising Director

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Epidemic Of Hunger

"Hunger is a problem of epidemic proportions across the nation. While no one knows the precise number of hungry Americans, available evidence indicates that up to 20 million citizens may be hungry at least some period of time each month."

The words above come from a new report by a group of 22 prominent physicians and public health authorities, among them the president of the American Public Health Association, a former president of the American Academy of Pediatrics, and a former surgeon general of the United States. The recently issued report follows a yearlong study that included not only reviews of medical and demographic data — the persistently high U.S. infant mortality rate, for example — but also visits to rural communities, to many individual homes, and to scores of other places across the country, as well as hundreds of individual interviews.

Given the evidence of the past few years — the lines at soup kitchens, the reductions in food and child nutrition programs for poor pregnant women and infants, the persistently high unemployment rate — none of the group's findings should be surprising. Yet, coming less than two years after a politically stacked White House task force found itself unable "to substantiate allegations of rampant hunger," and considering the scope of its evidence, both statistical and anecdotal, the report is a compelling reminder not only of a festering national scandal, but of the callous administration policies that encourage the nation to believe that there is no problem at all.

As the panel points out, the issue goes beyond the millions who are currently hungry — the family with four children in North Carolina, for example, with the remains of an omelette, some government commodity cheese and nothing else in the refrigerator. It includes also the subtle and long-term effects on the health, intelligence and general development of infants and children who, if they are malnourished now, may never fully recover. In poor areas, the panel said, clinics are reporting cases of kwashiorkor and other Third World diseases, vitamin deficiencies, lethargy, stunting and other health problems related to inadequate nutrition that have almost vanished from the industrialized world. In some cases, those problems can be handled with better nutrition. In some, they will have permanent effects.

In a nation as wealthy as this one, all that is a scandal. In the face of administration proposals that some \$800 million more be cut from federal nutrition programs, it is a scandal compounded. The issue here is not simply cruelty, but a shortsighted stupidity that will cost the country more in later health costs, educational failure and other social pathology that it can possibly save now in milk, cheese, eggs and bread. The physicians will testify before congressional committees this month on their findings. Someone on the Hill would do well to listen.

Please Write

Letters to the editor are welcome for publication. All letters must be signed and include a mailing address and, if possible, a telephone number. The Evening Herald reserves the right to edit letters to avoid libel and to accommodate space.

BERRY'S WORLD



DICK WEST

Who Wants To Modernize Mother Goose?

WASHINGTON (UPI) — Outraged parents, it says here, continue to insist that certain classics studied in school be rewritten to remove words that might pollute the minds of their children.

If this sort of censorship keeps up, the next thing we know some textbook publisher will be updating the bedtime stories we read to preschoolers. For example, "The Three Little Pigs" might become "The Three Little Yuppies (Young, Upwardly-Mobile Porkers)."

Here's a way a revised version might go: "Once upon a time, in Manhattan, there lived three little yuppies. One commuted to work on Wall Street in a taxicab. One was driven to his uptown law office in a rented limousine. The third, an off-Broadway producer, rode the subway to the theater.

"One rainy day, when cabs were hard to flag down, the first little yuppie finally stopped one, a garish yellow in color. Almost at once, there was a knock on the right rear door.

"Little yuppie, little yuppie, may I come in?" cried a voice. "I'm going in your direction and we can share this taxi."

"No, no, by the hair on my chinny, chin,

chin," the yuppie replied. "My momma done told me when I was in knee pants never to share a cab with strangers."

"Then I'll huff and I'll puff 'till I blow your door open."

"So the stranger huffed and puffed until the cab driver turned to his passenger and said, 'Maybe I'm getting chicken in my old age but I'm not pulling away from this curb until the wind dies down.'"

"Whereupon, the first little yuppie hopped out to try to flag down another cab. Whereupon, the wind suddenly stopped and the stranger hopped into the cab the first little yuppie had just vacated.

"There was snow in the streets the next morning when the second little yuppie headed for work in his limousine.

"As the vehicle stopped for a traffic light, there was a knock at the rear door and a voice cried, 'Little yuppie, little yuppie, may I come in? Unless I can hitch a ride, I'll never get uptown in this weather.'"

"No, no, by the hair on my chinny, chin,

chin," the yuppie replied. "My momma done told me when I was in knee pants never to share a limo into the nearest snowbank."

"So he huffed and he puffed until the limousine skidded right in the middle of the street, although it had snowtires. This necessitated a call to Triple-A to send a tow truck, whose driver was mugged before he arrived.

"Meanwhile, the third little yuppie was riding the subway with only an occasional hold-up to mar this idyllic form of transportation.

"As his train pulled into a midtown station, there was a knock at the door and a voice cried, 'Little yuppie, little yuppie, may I come in?'"

"Of course," the yuppie replied, "by the hair on my chinny, chin, chin. According to the mater's instructions, the door opens automatically. Although this car is pretty crowded, I'm sure you can find a strap to hang on."

"Very well," the stranger said. "In the case, have you got \$5?"

"Whereupon, the little yuppie pulled out a gun and shot him."

EDWARD J. WALSH

Industry On The Defensive

In early March, American industry won a colossal victory over the Japanese and other worldwide competitors, to an almost audible silence from the press. The Antitrust Division of the Justice Department announced that Microelectronics Computer Technology Corporation had cleared a federal review required by the National Cooperative Research Act, and may continue its research into new technological worlds, free from potential liability for damages as monopolistic or anti-competitive.

The MCTC was formed in January 1983 by retired Admiral Bobby Inman, a former deputy director of the Central Intelligence Agency, to sponsor research in computer technology, particularly on the frontiers of "artificial intelligence" and so-called supercomputers. Twenty-one American companies are participating, a rollcall of the pioneers of high technology: Motorola, Honeywell, Eastman Kodak, NCR, Rockwell International, Control Data, National Semiconductor. The corporation acts as a resource pool for intensive research by private industry of a kind that is funded by governments elsewhere.

The work of Adm. Inman's organization and the obstacles it has faced compose a durable lesson on the state of high technology in the United States today. In an industry evolving with blurring speed, yesterday's "high tech" is today's mass-produced no-tech. Microcomputer components such as semiconductors and their integral ingredients, microchips, that five years ago were the products of exotic and agonizingly slow assembly, are today stamped out by the million in huge plants in Japan, South Korea, Taiwan, and Singapore, along with printers, keyboards, and disc drives. The formula the Japanese used to mass-produce and mass-market radios and televisions twenty years ago works equally well with the consumer electronics of today.

The Inman group, and as many as fourteen others like it, are pursuing high technology into a realm the Japanese are unequipped to go. American research efforts, still largely uncoordinated, are aiming at the development of new, revolutionary computer processes and software that will enable machines to perform mechanical design, to solve complicated manufacturing problems, and even manage money. Already, robots using a primitive kind of artificial intelligence are common in durable goods manufacture.

JACK ANDERSON

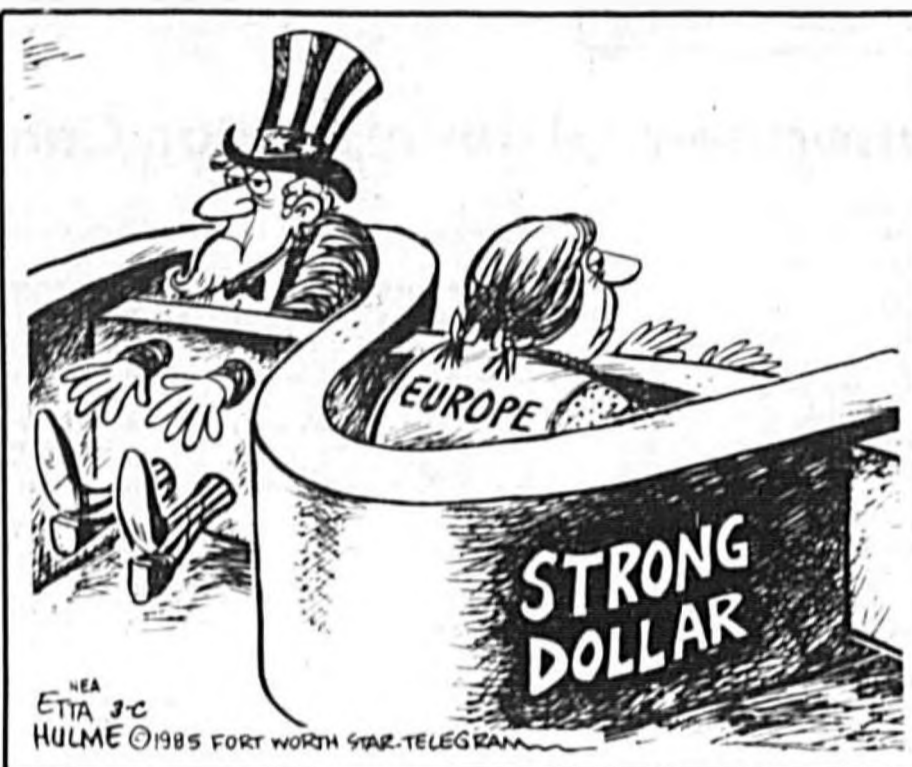
Customs Careless With Seized Goods

WASHINGTON — In the past I've reported on the U.S. Customs Service's sometimes careless handling of cars, planes and boats seized in drug busts. The often expensive equipment is allowed to deteriorate, thus bringing less than it should when the government auctions it off.

This is hardly surprising. The Customs Service has no incentive to spend its tightly budgeted funds maintaining the resale value of these items, when the money goes to the U.S. Treasury anyway.

Now customs has come up with a better idea. It plans to use the confiscated vehicles — which are usually faster and better equipped than government issue — in its pursuit of the smugglers. The result should be better maintenance of the cars, boats and planes, and more efficient enforcement efforts to boot.

— A Pentagon booklet now in



JEFFREY HART

No More Vietnams?

In a forthcoming book titled *No More Vietnams*, Richard Nixon provides a crisp analysis of that unhappy affair. "We won the war in Vietnam," he writes, "but we lost the peace. All that we had achieved in 12 years of fighting was thrown away in a spasm of congressional irresponsibility... First, it destroyed our ability to enforce the peace agreement through legislation prohibiting the use of American military power in Indochina. Then it undercut South Vietnam's ability to defend itself by drastically reducing our military aid."

Nixon draws the correct conclusion, and puts it very well. "In Vietnam we tried and failed in a just cause. No More Vietnams can mean we will not try again. It should mean we will not fail again."

Where support for the anti-Sandinista guerrillas is concerned, however, many congressmen are getting ready to pull the plug once again and abandon our allies in the field. It remains to be seen whether the Reagan administration has the influence to forestall another spasm of congressional irresponsibility.

Despite efforts by the press to create a contrary impression, President Reagan did not say that his goal was to overthrow the government in Managua. What he did say is that the United States cannot tolerate the present form and direction of the Sandinista regime, a different statement altogether. Daniel Ortega is moving toward a communist dictatorship on the Cuban model, and has several thousand Cuban advisers training his forces and setting up the regime. A militarized Marxist-Leninist state in Central America, a regime allied with Cuba and the USSR, would pose an intolerable threat to the stability of the entire region. Nicaragua is a mere 900 miles from

our border, one-tenth the distance of Vietnam. If we cannot protect our strategic interests there, it is fair to assume that we cannot protect them anywhere.

The United States has only four real policy options in Nicaragua. It can cloak all essentially passive policy in rhetoric. The Managua regime will proceed with the communication of the country, and also sponsor insurgencies in neighboring countries. Sooner rather than later Mexico would itself be destabilized. Faced with such a threat on its southern borders, the United States would have to shift its military assets away from other commitments in order to deal with this problem.

Second, we could repeat the Vietnam strategy of gradually building up our own forces in the region and incrementally introducing them into combat. Casualties would mount, and before a great deal of time had passed the public would tire of the war and there would be spreading protests against it.

Third, we could repeat Eisenhower's approach to his problem in Lebanon, pouring so many troops in that we overwhelm all opposition and win the war in a couple of months. Casualties, however, might be considerable and the repercussions in Congress and among the public serious.

The fourth option is the one which we now essentially are pursuing, using a combination of economic aid, military assistance and training, support for the contra guerrillas, and diplomacy. The mounting pressure on Nicaragua holds out the possibility of twisting the arm of the regime until it agrees to internal reform, severs its links with Cuba and the USSR, and leaves its neighbors alone.

SCIENCE WORLD

Risk In Breast Cancer

By Lidia Wasowicz

UPI Science Writer
SAN FRANCISCO (UPI) — In surprising study results, a health researcher has found an apparent new risk factor for breast cancer: a woman's unresolved sexual conflicts, from adolescence through menopause.

Peggy Boyd, associate researcher at the University of California, San Francisco, studied 180 pairs of sisters.

Those who had not resolved adolescent conflicts about their sexuality were more than twice as likely to have developed breast cancer than their siblings, she found. In addition, most of the cancer-stricken sisters were less aware of their body's changes during puberty and menopause than the healthy women.

Age, race and family history of breast cancer are already understood to be factors that increase the risk of developing the disease that afflicts some 120,000 American women each year, killing 40,000 of them.

Boyd's study centered on the role of psychological and social factors.

"A woman can have almost exactly the same genetic and socioeconomic risk factors as her own sister and still be at many times greater risk of developing breast cancer," said Boyd, who conducted the study as a doctoral student at the university.

"Unresolved adolescent conflicts about sexuality inflict a silent wound that in later life can increase a woman's susceptibility to disease, including breast cancer."

She cautioned that health professionals should not accuse women of increasing their cancer risk and women who develop breast cancer should not blame themselves.

"It is most important that women talk about their own bodies and sexuality to help reduce their risk," said Boyd, who describes her findings in a new book, *The Silent Wound: A Startling Report on Sexuality and Breast Cancer*.

To ensure the sisters' early family experiences were as similar as possible, she chose pairs who were no more than four years apart in age. Half the afflicted sisters were older and half younger than their healthy sibling.

In most pairs, the researcher found, the sister with cancer was less aware of her body's changes during puberty, including secondary sex characteristics such as growth of pubic hair, and during menopause, including weight gain and loss of breast elasticity.

fragments have turned up in an unnoticed federal appeals court filing by Harold Weisberg. The indefatigable, 71-year-old former newsmen has been trying for years to force a reluctant Justice Department to come clean on the JFK murder.

Long-secret FBI documents pried out by Weisberg and other investigators provide these tantalizing tidbits on the assassination, the alleged killer and the tragedy's aftermath:

— Lee Harvey Oswald, the "loner" generally accepted as Kennedy's single assassin, once told an FBI agent he had been "contacted" by the Soviet secret police — presumably during the period he lived in Russia. But the FBI, incredibly, never asked Oswald what the contact consisted of. Weisberg believes Oswald was lying: The truth may never be known.

— An FBI agent said Oswald at one time was either an "informant or source" for the bureau and knowingly provided information to the FBI in Dallas. What he told the G-men is not known.

— The FBI conducted secret investigations of the distinguished members of the Warren Commission. After the commission's report was submitted, the FBI also compiled dossiers on the commission staff.

— Whenever critics got vocal about the FBI's finding that Oswald acted alone — a conclusion accepted by the Warren Commission — the FBI began "preparation of sex dossiers on (the) critics." The newly released documents make clear that important aspects of the assassination were going uninvestigated while the G-men were snooping at their detractors' bedrooms.

WORLD IN BRIEF

Three Policemen Charged In U.S. Drug Agent's Death

MEXICO CITY (UPI) — Three Mexican policemen were charged with the abduction and murder of a U.S. narcotics agent, and four others were charged with drug and weapons violations, a federal judge ruled.

Female Musher Leads The Pack

ALONG THE IDITAROD TRAIL, Alaska (UPI) — Weary and fatigued from a three-week journey across 1,135 miles of frozen wilderness, Libby Riddles today closed in on the championship of the Iditarod and a chance to become the first woman musher to win the epic dog-sled race.

HOSPITAL NOTES

Central Florida Regional Hospital Tuesday ADMISIONS Mary G. Childers, Sanford; Kathleen Merenda, Apopka; Leroy C. Cano, Deltona; Robert C. Laughter, Deltona; James E. Smith, Deltona. DISCHARGES Sanford: Dan Brooks; Theresa M. Dixon; Juanita M. Fortier; Eva M. Maddox.

...Potholes

Continued from page 1A

Some pothole horror stories from the Road Information Program: A monster pothole 10 feet by 15 feet once devoured a garbage truck in Louisville, Ky. A Purolator Armored truck once hit a pothole in Philadelphia and dumped a cart containing \$1.2 million out the back.

...Woman

Continued from page 1A

hospital has "no control" over the time it takes ambulances to arrive because Care is not affiliated with the hospital. The Casselberry-based ambulance company has no contract with Sanford, CFRH or Seminole County, Gilliland said. It charges customers individually for carrying them to the hospital, he said. Care has seven ambulances operating in Seminole County. Witnesses at the scene said about 30 minutes elapsed from the time of the incident until Mrs. Clough was taken to the hospital across the street.

Iran, Iraq Threaten Tit For Tat

United Press International Iraq said it launched air strikes today against Iranian cities, a day after an Iraqi threat to shoot down commercial aircraft entering Iranian airspace drove hundreds of foreigners from Tehran.

and Kernanshah. He said the raids were meant to remind the Iranians that "aggression against Iraqi cities will not pass without punishment."

"Iraq should count on our successive powerful missile attacks on the Baghdad airport if it intends to carry out its threats against passenger planes traveling to and from Iran."

...Hero

Continued from page 1A

arrested near Bethel. A third man, Douglas Wayne Humphreys, 19, also of Norman, was arrested when he went to the jail in Shawnee to check on the other two suspects.

The sheriff said Alexander is distantly related to the Roland family and knew them. He said the telephone lines outside the home had been cut.

Roland was in the living room and five children, including three of Jimmy's cousins, were playing in the kitchen. Roland was at work.

who got the rifle," he said. The youngster, carrying the 22-caliber rifle, followed his mother into the yard where a man — identified by Abel as Alexander — wearing a bandana mask grabbed her and put a knife to her throat.

Walgreens The Shopper's Center EASTER SAVINGS. Includes various product coupons like Pepsis, PAAS Egg Coloring Kit, Jelly Beans, Bunny Bank, and various candies.

The Liquor Center BEER & WINE SPECIALS. Includes prices for Cutty Sark Scotch, Smirnoff, Bacardi Rum, Smugglers Scotch, and Evan Williams Bourbon.

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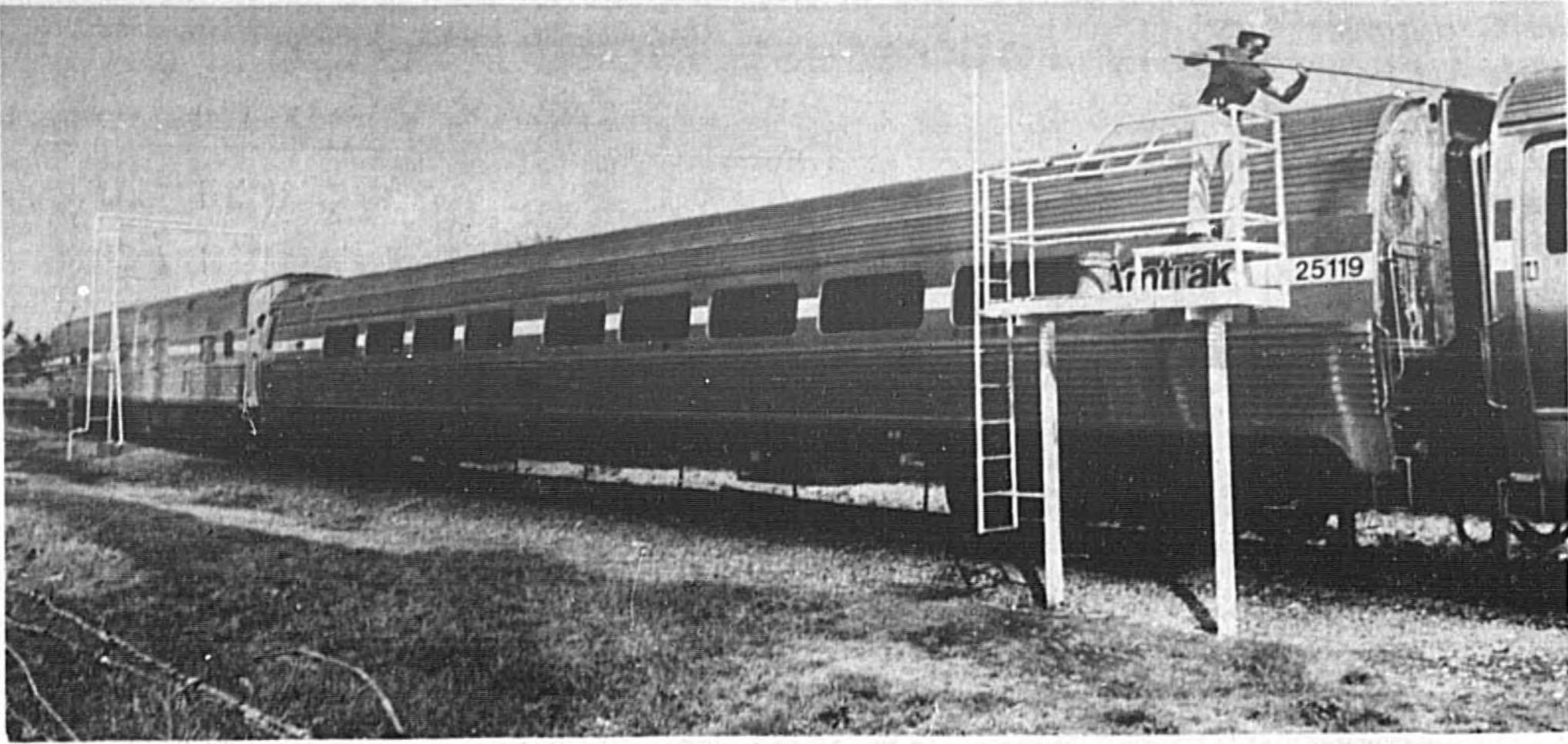
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Rolling Out The Wash

Most of us dread washing our cars. So you can imagine how Auto Train employee Tom Muylle feels having to scrub the train every day before it leaves on its trip to Lorton, Va. At least he doesn't have to check under the hood.

Herald Photo by Tommy Vincent

Hefty Pay Hikes Pushed For Lake Mary Workers

By Roger Blimmons
Herald Staff Writer

The Personnel Committee of the Lake Mary City Commission has issued a report asking for, in some cases, substantial pay hikes for city employees to bring their salaries up to the level of "the marketplace."

City Commissioners were presented the proposal, which would cost about \$77,000 the first year, last week by Commissioner Russ Megonegal, chairman of the salary study committee. Commissioners have been studying the committee's findings and could vote on them as early as Thursday's regular meeting.

Megonegal told his colleagues that his group's original goal was to find a way to implement a merit pay plan for municipal employees. However, after the committee assessed the state of salaries paid city workers, his group turned its attention to bringing Lake Mary salaries up to the level paid by other area communities.

"After seeing salaries paid in Seminole County, I asked the committee to withhold the merit pay increase" and deal with the issue of salary parity, Megonegal said.

What he called the below-average salaries Lake Mary employees are paid has cost the city workers who leave for higher paying jobs elsewhere, he said.

One example is the police department which "has a high turnover in the lower grades," he said. And because of the amount of training police officers must have, the problem has cost the city considerable money to train their replacements, he said.

In studying the city's salary gap, Megonegal's committee surveyed employee salaries in six other Seminole County cities — Oviedo, Winter Springs, Longwood, Casselberry, Sanford and Altamonte Springs. The group's findings "shows we're dropping out of the marketplace," Megonegal said.

How far out of the marketplace? Lake Mary City Manager Kathy Rice, for instance, makes an average of \$17,000 a year less than her counterparts in other Seminole County cities.

The average annual salary for a city manager in the county is \$38,419 a year. Ms. Rice currently makes \$21,449 a year, he said.

To narrow the salary gap, Megonegal's group recommended that Mrs. Rice's salary be increased roughly \$10,000 annually to \$31,812 a year.

Another example of Lake Mary's low salary levels was cited in the position of police chief. The average salary for a police chief in Seminole County is \$31,025 a year. Currently Lake Mary chief Harry Benson makes \$22,775 a year. The committee recommends a \$9,000-a-year increase for an annual salary of \$31,812.

In the lower ranks of the police department, where Lake Mary has been losing most of its employees, a first-year officer makes \$12,717

annually. The county average is \$14,980 a year, and the committee recommends Lake Mary adopt a \$14,952 annual salary for rookie policemen.

"We have real good people and we don't want to lose them," Megonegal said.

The city's current budget does not have funds allotted for the pay hikes. If the commission approves all of the committee's salary recommendations, money from the city's general fund and utility fund will be used for the raises, Megonegal said.

A total of \$70,653 would be used from the general fund and \$6,482 from the utility fund to pay for a full year of the proposed raises. Only \$35,327 would have to be taken from the general fund and \$6,482 from the utility fund to pay for a half year of salary hikes.

The city would then set aside funds in its next budget to continue the pay hikes, he said. "This is going to be a difficult issue no matter what we do."

Burford Wants Administration To Pay \$211,000 In Legal Fees

WASHINGTON (UPI) — Former EPA chief Anne Burford, citing a promise from Attorney General Edwin Meese, is threatening to sue the Reagan administration for \$211,000 in legal fees and perhaps several thousand dollars more for a variety of alleged indignities.

Burford could not be reached for comment.

"If I sue, it's going to be ugly. I can promise you that," the outspoken Burford was quoted as saying. "I don't want to do it, but I have crossed a mental Rubicon and I am not going to pay a bill the government owes. I have already given at the office."

Besides legal fees incurred while defending herself against charges of misconduct in office, Burford said, "If I have to sue them, it's not going to be just for attorneys' fees, but for loss of income, damage to my reputation and malpractice by the Justice Department lawyers."

Her comments were published in Tuesday's *New York Times* and *The Legal Times*.

Burford, who resigned from the Environmental Protection Agency in March 1983 amid charges of sweetheart deals with corporate polluters, said, "The

agreement (with Meese) was oral and part of my resignation.

"You'd think he'd honor his word, wouldn't you?" she said.

Spokesman Larry Speakes said the White House had "no specific role" except it had referred Burford's claim to lawyers with the EPA and Justice Department. "The president's feeling on that is that Mrs. Burford should be compensated if it is appropriate and it's decided to be appropriate."

In late December, Meese, then a White House counselor, asked a federal court in Washington to grant reimbursement for his attorneys' fees, about \$720,000.

Meese hired the legal help last year when a special prosecutor conducted a five-month investigation into his financial dealings. The prosecutor found "no basis" for bringing any criminal charges against Meese.

In 1982, Congress amended the Ethics in Government Act to allow the target of an investigation to seek reimbursement if he was not indicted as a result of the probe.

It is unclear which agency could be liable for Burford's legal fees and whether Meese could influence action on her request.

Last week, at his first news conference as attorney general, Meese said he favored the government paying attorneys' fees at the rate of \$75 an hour.

He said his attorneys would have been glad to accept those rates had such a law been in effect, rather than the \$720,000 he asked the government to pick up.

Burford incurred large legal fees during investigations of her role in the controversies. She said of Meese: "It's in his own best interest to do nothing. And I can't afford to have nothing done."

The report said she filed her request with White House counsel Fred Fielding in October 1983. Fielding, who also was not available for comment, has yet to rule on the matter.

A White House spokesman declined comment.

On Dec. 16, 1982, the House voted 259-105 to hold Burford, 42, in contempt of Congress for refusing to turn over secret EPA files on toxic waste enforcement to a House panel.

Citing executive privilege and orders from the president, she declined to hand over the documents to a House subcommittee



Anne Burford

investigating sweetheart deals between EPA and corporate polluters.

A settlement later was reached to provide congressional access to the files. She resigned in March 1983 while the agency was engulfed in a political firestorm over allegations of mismanagement of the Superfund toxic waste cleanup program, relaxed enforcement of pollution laws and conflicts of interest.

Red Cross Looking For Food Distribution Site

By Donna Estes
Herald Staff Writer

The Central Florida Chapter of the American Red Cross is looking for a building in Sanford where it can store and distribute surplus food commodities to as many as 2,500 disadvantaged area families.

The county agriculture center at Five Points can no longer be used as a distribution site because the cars of program recipients blocked exits and entryways to the county emergency operations center and the fire station at County Home Road and U.S. Highway 17-92 when the monthly giveaway was held on weekdays.

And when the distribution was changed to a Saturday, when the recipients would not disrupt the county operations, some 700 families failed to show up for their food.

Red Cross health services director Jenny Penny, who is in charge of distributing the surplus foods, said, "We need a public building with cold storage for cheese and butter and with dry storage for other commodities."

"We would like to have a permanent site in Sanford," Mrs. Penny said.

She said there is a big problem with having the food stored in Orlando. During the last distribution, three round trips had to be made to Orlando to bring more food back to Seminole County. Another problem with a Saturday distribution time is that the Atlantic Ice Co., where the food is stored, is closed on Saturday.

Countywide, some 3,500 families receive the food commodities monthly. Even with 700 families failing to show up for the distribution, Mrs. Penny said 18 tons of food, valued at \$58,000 was given away earlier this month.

Meanwhile, Gene Keltner, executive director of the Red Cross Central Florida chapter, says he will appeal to the Seminole County Commission to grant the free usage of the former county motor vehicle inspection station on 25th Street in Sanford as a food storage and distribution site.

However, Irene Paine, contracts analyst in the county's purchasing department, said the county has advertised for proposals from anyone who would like to lease that facility.

Golf Course OK'd; Flea World Expansion Nixed

The Seminole County Board of Adjustment has given its blessing to the construction of a golf course near the banks of the Wekiva River and Markham Woods Road, but unanimously turned down a request from Flea World to expand its parking lot and to build access roads to county Road 427.

The five-member board granted the request of land developer Sid Roche to build an 18-hole championship golf course adjacent to his planned Ironwood subdivision after Roche agreed to restrictions recommended by Tim Clabaugh of the county's environmental services department.

Clabaugh recommended test wells be drilled on the property for monitoring of phosphates, nitrates and nitrites, major ingredients of fertilizers, and herbicides and pesticides.

Clabaugh said, "We want to be sure that ground water going to the Wekiva River is not contaminated by the presence of the golf course." He noted that the development abuts the east bank of the Wekiva River.

Roche must still go to the state Department of Environmental Regulation for an approval of his plans and must also submit them to the county commission for review.

Clabaugh said the county commission's major concern is that Roche plans to fill in and recontour some of the property that is below "the 100-year storm elevation."

The 100-year storm elevation is that area which would be flooded in a storm so severe that it occurs once every 100 years, Clabaugh explained.

"A heavy storm would have the effect of flushing fertilizers and pesticides from the golf course into the river," he said, noting the county does not usually approve a project that would be flooded in a 100-year storm.

Roche also has to bring back to the county commission for approval the final plat of his Ironwood subdivision which calls for construction of 193 homesites on the 640-acre tract, adjacent to the golf course. The golf course is expected to use up about 100 acres of the property and 280 acres is to be left in its natural state of wetlands.

Mike Hattaway, a member of the board of adjustment, said Roche's plan to slope the golf course to run away from the river and to include an internal lake system where drainage water would be recirculated and sand-filtered impressed the board.

Meanwhile, the board turned down a request from Syd Levy of Flea World for expansion of Flea World's parking area and permission to build two entranceways and exits onto CR 427.

Hattaway said, "I voted against the project because I felt the development there already is too intense traffic-wise and sewage-wise."

Ginny Markley of the county's land management staff said Levy's application to the board of adjustment did not say how much land was to be involved in the parking expansion.

She said Levy has indicated he will appeal the decision of the board of adjustment to the county commission. Levy could not be reached for comment.

—Donna Estes

Gays Advised To Change Lifestyle, Avoid AIDS

ATLANTA (UPI) — Psychiatrist Alfred Messer says one way to slow the continuing rise in the number of AIDS cases is to treat homosexuals so that they can reorient themselves toward heterosexual behavior.

Homosexuals account for nearly three-fourths of the nation's 8,495 AIDS cases. Medical researchers have established that they probably transmit the AIDS virus through their sexual activities.

Messer believes psychiatrists can help solve this public health problem by aiding homosexuals to change their lifestyle.

"If you avoid contact with potential AIDS carriers you're going to minimize the chances of getting AIDS," said Messer.

AIDS, acquired immune deficiency syndrome, is an illness that destroys the body's defenses against disease. Of the 8,495 cases recorded in this country as of Feb. 18, there have been 4,077 deaths from a fatality rate of nearly 50 percent. Scientists believe the AIDS virus is transmitted through semen, blood and other body secretions. The population groups at highest risk are homosexuals. Others are intravenous drug abusers, hemophiliacs and Haitian immigrants.

"What I'm proposing is that we use the prevalence of AIDS as a way of trying to get homosexuals to look at themselves and consider reorienting themselves toward heterosexual behavior," said Messer. "We know that clinically it can and does happen."

Messer, head of the psychiatric department of Northside Hospital in Atlanta, specializes in psychoanalysis and family treatment of psychiatric disorders.

"Homosexuality," he said, "is not genetic. It is not inherited. What we know is that a set of life

circumstances tend to influence a person toward homosexual behavior. This behavior can be modified to the point that they adopt a heterosexual lifestyle.

"Those of us who approach homosexuality with a therapeutic eye and who find a patient motivated to reorient himself have a good clinical success rate. The trouble we face is that nowadays homosexuality is described as an acceptable alternate lifestyle."

But Messer said society must consider homosexual behavior as deviant. "All of us have a stake in upholding heterosexuality, marriage and the family," he said.

Messer recently presented a paper on homosexuality at the winter meeting of the American Academy of Psychoanalysis. He said a number of psychiatrists attending the session commented on his suggestion that one approach to minimize the risk of AIDS is by treating homosexual behavior.

"Homosexuality, like obesity, is something the individual can do something about," said Messer.

The homosexual is not necessarily sick and can lead a satisfying life, but there are certain limitations, Messer said. Homosexuality deprives the individual of the sense of posterity that family and children provide. While young and physically vigorous, there is no trouble finding relationships, he said. With advancing age, it is not easy.

He said psychiatrists see many older homosexuals nowadays who are lonely and depressed.

"What has bothered me is that one of the things they don't stress in talking about the AIDS problem is that one of the alternatives is to try to reorient the homosexual to a heterosexual behavior," he said.

SPORTS

Evening Herald, Sanford, Fl. Wednesday, March 20, 1985—9A



Lady Buc Ann Dennison scores as Seminole Shelly Sanders tries to find the ball. Lisa Hartman backs up.

Herald Photo by Tommy Vincent

Seminole Rubs Cake On Mainland's Face

By Chris Flister
Herald Sports Writer

Mainland's Lady Bucs have recently played the role of spoilers in the Five Star Conference softball race. Last week they knocked off both Apopka and DeLand who were previously unbeaten in the conference.

Since it beat two of the top teams back to back and took an 18-2 decision over Seminole earlier in the season, Mainland may have come to Sanford Tuesday afternoon expecting a cakewalk.

After 15 runs and 14 hits by Sanford's Lady Seminoles, however, the cake was on the embarrassed faces of the Lady Bucs. Seminole ambushed Mainland, 15-9, in Five Star Conference softball at Fort Mellon Field.

It was the first conference win for the Lady Tribe which now stands at 1-2 in the Five Star and 3-5 overall after breaking a two-game losing streak. Seminole returns to conference action Thursday at Apopka.

"The last time we played Mainland they beat us by the 15-run rule," Seminole coach Beth Corso said. "It was a different story today. It was an overall team effort."

Seminole, which had only 10 players Tuesday, broke a scoreless tie with three runs in the bottom of the second. With two outs, Lisa Hartman singled, Kristy Carter walked and Alycia "Fat" Dixon singled to drive in Hartman. Sheri Peterson then reached on an error which allowed both Hartman and Carter to score.

Softball

'The last time we played Mainland, they beat us by the 15-run rule. It was a different story today.'

— Beth Corso

Mainland picked up two runs in the top of the third and Seminole answered with a run in the bottom of the inning for a 4-2 lead. The run came on an RBI single off the bat of Jackie Stiggs.

Seminole shut Mainland down in the top of the fourth and came back with four runs in the bottom of the inning for a 8-2 lead. Dixon, Peterson and Jackie Farr stroked consecutive singles to load the bases and Janet Hauck drew a walk to force in Dixon with the first run. Peterson then scored when Barbara Silva reached on an error and Showanda Walker brought two more runs in when she unloaded a triple to left center.

"Mainland had trouble on the mound," Corso said. "No matter who they put out there we were hitting the ball."

Mainland scored twice in the top of the fifth to pull within 8-4 but Seminole rallied for six runs in the bottom of the frame to pull away, 14-4. Seminole took advantage of four Mainland errors in the inning and a mis-

See CAKE, Page 10A

Lady Hawks 'Ley' Brantley To Rest, 4-1

By Chris Flister
Herald Sports Writer

ALTAMONTE SPRINGS — Lake Howell's Lady Silver Hawks got much of their offense from Lake Brantley's defense but the Lady Patriots couldn't get any offense from Lake Howell's defense.

If all this sounds confusing, Lake Howell's 4-1 victory over the Lady Patriots Tuesday afternoon can be summed up in four words: 1. Lake Howell. 2. Tough 3. Defense.

Anchored by senior middle infielders Grace Ley (shortstop) and Sandy Gillies (second base) the Lady Hawks put on a fielding clinic Tuesday at Lake Brantley High.

Gillies, who also made some

noise with her bat, was involved in a pair of double plays and Ley one, giving the Lady Hawks 15 twin killings for the season. Also turning in flashes of brilliance in the field were third baseman Erin Hankins and left fielder Eileen Thiebauth.

"Defense was the difference," Lake Howell coach Jo Luciano said.

Lake Howell kept its hold on first place in the Five Star with the win as it improved to 4-0 in conference and 8-2 overall with its eighth straight victory. Lake Brantley now stands at 2-3 in the conference and 3-5 overall.

Lake Howell picked up a run with two out in the top of the first when Gillies lined a shot just inside the left field line and

Softball

touched all four bases for her first homer of the season.

Brantley got the run back in the bottom of the first, taking advantage of Lake Howell's only error of the game. Kim Wain led off with a single and took second when the ball bounced off an outfielder. Wain went to third on Laura Davis' groundout and scored on Heather Meyer's single up the middle.

The Hawks came back with another run in the top of the second, with a Brantley error paving the way. Ley singled to center to leadoff and Ava Gardner followed with a hard

grounder to Brown at short. Brown flipped to Wain at second but she dropped it trying to make the pivot and both Ley and Gardner were safe.

Deanna Jeffers came up with a nice running catch on a ball hit by Christy Tibbitts for the first out. Saunders then grounded to Wain at second, but she tried to go to third for the force and Ley beat the throw with a nice head-first dive. Althea Dinkelacker followed with a single to center to drive in Ley for a 2-1 lead.

After Lake Brantley went down in order in the bottom of the second, the Hawks made it 3-1 with a run in the third. Jaudon "Pee Wee" Jonas singled to left center to lead off

and went all the way around to third when the ball got by the outfielder. Hankins then grounded out to first but Jonas scored when she beat the throw home by Sherry "Ice" Asplen.

In the bottom of the fifth, Jeffers tapped an infield single down the third base line to lead off but was quickly erased when Gillies handled a grounder by Denise Hurke, tagged Jeffers, and threw to Gardner at first for the third out.

Lake Howell added another run in the sixth for a 4-1 lead. Gillies singled to leadoff and went to second on an error. Thiebauth then grounded out and Gillies scored on the play on another Brantley error. The Lady Patriots had six errors in

the game.

Another defensive gem kept Brantley off the board in the bottom of the sixth. With one out, Davis ripped a grounder toward left field but Hankins made a nice lunging grab of it and fired to first for the second out. It turned out to be a big play as Meyer followed with a double to right. Brown popped out to second for the third out.

Brantley got out of a jam in the top of the seventh. Saunders and Dinkelacker led off with singles but Wain then scooped up a grounder, flipped to Brown for the force at second and Brown gunned to first for the double play.

See SOFTBALL, Page 10A



Herald Photo by Tommy Vincent

Lake Mary's Oneyke Berry jumps to a fourth-place finish.

Seminole Dominates Frosh-Soph Meet

By Chris Flister
Herald Sports Writer

ALTAMONTE SPRINGS — Seminole High flexed its youthful muscles Tuesday night as the Tribe thoroughly dominated both the boys and girls portions of the Five Star Conference Freshman-Sophomore Meet at Lake Brantley High.

The boys came away with 117 points compared to 56 for Apopka while the girls amassed 131 points compared to 50 for second place Lake Mary.

Arthur Hersey, Eric Martin and Jerry Parker led the way for the boys while Showanda Martin, Dorchelle Webster and Sheila Crawford turned in fine performances for the girls.

Hersey, a freshman, took first in the 120 high hurdles (16.2), third in the pole vault (9-4) fourth in the 220 (24.2) and sixth in the high jump (5-4). Martin, a sophomore, won the 440 (51.3) took second in the 220 (23.5) and fifth in the long jump (20-0). Parker, also a sophomore, took first in the long jump (21-2½), third in the 100 yard dash (10.3) and third in the high jump (5-8).

Other first places for the Seminoles included

Track/Field

Rod Pearson in the 330 hurdles (42.2), the mile relay team (3:38.5) and the mile medley relay team (3:55.8).

Sandy Potts led the way for Lake Howell's Silver Hawks with a pair of first places including the mile (4:42.6) and the 880 (2:06.7). The first six finishers in the mile were within nine seconds of each other as Potts was followed by Cosby, Lake Mary's Eric Peterson (4:47.5), Lake Howell's Phillip Buster (4:49.3), Brantley's Jose Calvino (4:50.4) and Lake Mary's Tom Watt (4:51.5).

Also taking first place for the Silver Hawks was Craig Derringer in the 220 with a time of 23.0.

Calvino took first in the two mile, another race dominated by Seminole County, with a time of 10:29.9. He was followed by Peterson (10:34.8), Lyman's Robin Rogers (10:37.7), Buster (10:42.4) and Watt (10:42.6).

Lyman got a first place finish from Ricky Sheets, who cleared 10-0 to win the pole vault.

In the girls meet, Martin, Webster and Crawford combined for 52 points as the Lady Seminoles' trio outscored every other team in the meet.

Martin, a freshman, took first in the 440 (58.3) and 880 (2:20.1), second in the long jump (15-0) and second in the high jump (4-8). Webster, also a freshman, won the long jump (17-1¼), was third in the mile (5:36.9) and fourth in the high jump (4-6). Crawford, a sophomore, blazed to first place in both the 100 (11.8) and 220 (27.2).

Lisa Samocki led the way for Lake Howell with a pair of first places and one second. The consistent sophomore won the mile (5:20) and the two mile (11:46) and was second in the 880 (2:24.9).

Lake Mary's top performances included Tonya Lawson who was third in the long jump (15-7) and fourth in the 100 (12.5). Tabitha Gano took second in the 330 hurdles (freshman record 50.8) and fourth in the 110 hurdles (20.0).

Leading the way for Lyman was Maybelle Bryant who won the 110 hurdles (17-4) and took third in the 330 hurdles (51.8).

Results in SCOREBOARD, Page 11A

Burger King Serves More Than Whoppers

Burger King hands out its basketball Oscars tonight at the Eastmonte Recreation Center in Altamonte Springs.

The Davgar Restaurant people, who have no competition when it comes to community involvement with the county's youth, will have the Whoppers coming off the charcoal at 6:30 p.m. The awards will commence at 7:30 p.m.

Several years ago, Bob Santulli, Burger King's director of community relations, organized a committee of sports-minded individuals to select the Burger King players of the week in football and basketball. This year, the selection has grown to softball and baseball. Like its hamburgers, the Burger King community service seems to get bigger and better every year.

The committee has been pretty set for the past two years. It includes: Frank Tibbitts, gas station mogul and Lake Howell High School softball bus driver; Bill James, Altamonte Springs recreation director and professional Little League fan; Gerald Rutberg, Altamonte Springs attorney and de-



Sam Cook
Sports Editor

fender of truth, justice and the American Way; Herky Cush, Seminole Sentinel sports editor and foremost authority on referees, umpires and holes-in-one with a 10-wood; and yours truly, the best-looking, most intelligent and modest individual of the group.

Santulli, who caters to our appetite every Tuesday, is allowed to vote when there is a tie. Which shouldn't happen when there are five people voting but there are some members who are habitually late to meetings. Isn't that right Gerald and Herky?

It's understandable with Mr. Rutberg since he has to do battle with the shysters of the world but Mr. Cush, well, that's an alarm clock of a subtle ring.

Enough about these members, however. Tonight, the kids and the coaches will be in the spotlight. The committee members and coaches have voted on four awards. The men's and women's basketball coaches of the year and the boys' and girls' players of the year will be presented. Also, the players of the week will receive their plaques. And, the all-conference first, second and honorable mention teams will be announced.

It should be a grand night. All varsity players and coaches are invited. That's tonight at 6:30. Don't be a subtle alarm clock.

Lake Mary's Rod "C.J." Metz stepped into the Florida baseball record book with his 11 straight hits. The old record was eight.

More incredibly, Metz' streak wasn't interrupted by walks or sacrifice flies. His 11 straight came in 11 at-bats. Not 11 official (excluding walks and sacrifices) at-bats.

If some of you might think there was some

See BASEBALL, Page 11A

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Mental Toughness: Elusive And Slippery Concept

What makes a McEnroe or a Borg or an Evert-Lloyd a champion?

There are hundreds of players out there that seem to have just as much talent and seem to hit the ball just as well. Why, then do these superstars of tennis reach the very top when others don't?

Some say the difference between the champions and others is that the champions seldom, if ever, miss in the pinch, while that is the moment the other players break down. In other words, the champions' defense stiffens under strain while that of the others crack.

According to many so called experts, the champion is nerveless, delivering the spectacular angled passing shot at the very most crucial moment in the match. A player, who is oblivious to his surroundings and the pressures

involved in a championship match. Legend has it that this player is equally adept at closing out a tight match with an impossible winner as he is at coming from way behind in the third set to win going away.

His counterpart is the choke artist. This player may be up 5-0 in the third set and suddenly say to himself, "I'll probably find some way to lose this match. Knowing me, I'll blow it."

When an important point looms he does not try to "win" the point, rather he hopes that his opponent will "lose" it.

Mental toughness is one of those very elusive and slippery concepts that sometimes brings forth the reaction that it's all much ado about nothing.

Indeed, many of the top ranked players in the world feel that the whole subject is overrated. Everybody gets



Larry Castle
Herald Tennis
Writer

nervous and everybody chokes. Some people just cover it up better than others.

In a tie-breaker, one person is going to win and one is going to lose. There may really be no psychological explanation at all, but there will always be somebody to say that the winner played well in the clutch and the other player might carry around the label for the rest of his tennis life as a "choker" or a "winner".

We can't deny that a fighting spirit is very valuable in tennis or any other sport. Indeed, to those involved in the high levels of tennis it is generally accepted that success derives 25 percent from technique and 75 percent from mental and physical attributes.

While you may question the percentages, there is little doubt that mental fortitude does play a significant part in becoming a champion.

But what really is mental toughness? Well, it's when you keep trying even when you are down 6-0, 5-0, 40-0 — and you keep playing hard and not giving up. It's discipline, confidence, and concentration. It's hating to lose or simply that old positive mental attitude. It's the ability to free the mind of all distractions and to keep in mental touch with the match, the point, the ball.

No one really knows where mental toughness comes from. Some say you're born with it, others believe it's due to your environment. Still others believe you can develop it through exercises (mental imagery), just as you can improve your serve.

At any rate, we are all very capable of being mentally tough in certain situations or a bit "choke" in others. Don't be hard on a friend, or husband or wife or son or daughter for losing a point or match you feel they should have won. Maybe they choked, maybe they just lost.

I have played matches where I was sure I was very "mentally tough" because I won, but I have also played many matches where I choked big time. If any of your friends tell you they don't choke, stick around awhile and watch their nose grow.

...Softball

Continued from 9A

LYMAN PUMMELS CREEK
PORT ORANGE — Denise Stevens was 5 for 6 with a pair of home runs and Lori Helms had a perfect day at the plate with a 6 for 6 performance as Lyman's Lady Greyhounds outslugged Spruce Creek's Lady Hawks, 23-13, in Five Star Conference action Tuesday at Spruce Creek High. Lyman will also compete in the Lady Hawk Tournament Saturday.

Lyman snapped a three-game losing streak with the win and improved to 2-3 in the Five Star and 2-4 overall. The Lady Greyhounds host Lake Howell Thursday.

Stevens scored four runs and drove in four while Kristie Kubser was 4 for 6 with a double and five RBIs. Helms, who was the winning pitcher, also had a double and scored three times. Rhane Richardson contributed a pair of doubles.

KOWGIRLS BLANK OVIEDO
KISSIMMEE — Oviedo's Lady Lions couldn't come up with the big hits with runners on Tuesday afternoon as they dropped a 3-0 decision to Kissimmee Osceola's Kowgirls in Orange Belt Conference action.

The loss, the third time the Lions have been shutout this season, was the first conference setback for Oviedo which is 3-1 in the Orange Belt and 5-5 overall. The Lady Lions host Bishop Moore Thursday at 4 p.m. at Red Bug Park.

Caroline Chavis was 2 for 3 to lead Oviedo at the plate while Fran Foster, Jessica Bradley, Terri Coe, Williams and Mikki Eby had one hit each. Miller said Josh Switzer turned in a good pitching performance in a losing cause.



Herald Photo by Tommy Vincent

Alycia 'Fat' Dixon pivots and throws to first base after forcing Mainland's Brenda Robinson at second base. The Seminole shortstop got her out at second base but her

throw to first was late. Dixon had two hits as Seminole surprised Mainland, 15-9, at Fort Mellon Park Tuesday. Seminole travels to Apopka Thursday for a 4:15 p.m. game.

...Cake

Continued from 9A

Judged fly ball that went for a RBI double for Farr. Shelly Sanders drove in two of the runs with a single.

Mainland scored once in the top of the sixth but was taken out of the inning when Hauck made an outstanding running catch in center field.

"Janet (Hauck) made a fantastic catch on the last play of the sixth inning," Corso said. "The ball was hit over her head, she turned and took off and looked over her right shoulder and caught the ball in stride."

Seminole made it 15-5 in the bottom of the sixth when Peterson tripled to right and scored via a Mainland error.

Seminole had some fielding problems of its own in the top of the seventh as it made three errors and allowed four runs to score to make it 15-9. But Seminole settled down after the bad spell to pull out the win.

"We still made too many errors," added Corso. "The first six innings we didn't allow them to capitalize on our errors but they scored four in the seventh on our three errors."

Suggs and Farr led the 14-hit Seminole attack with three hits each while Peterson, Dixon and Walker had two each. Hauck was 1 for 2 with three walks while Sanders was 1 for 2 with two walks. Suggs, a freshman left-hander, was the winning pitcher for the Lady Noles.

BILENT BATS DOOM RAMS
DELAND — Lake Mary's Lady Rams continued to struggle at the plate Tuesday and the result was a 3-2 loss to DeLand's Lady Bulldogs in Five Star Conference action at the DeLand Airport.

"It was the same old story — we didn't hit again," said Lake Mary coach Cindy Henry after watching the Lady Rams fall to 3-2 in the conference and 5-3 overall. DeLand now stands at 3-1 in the Five Star and 8-1 overall.

Lake Mary has a pair of non-conference games as it travels to Lake Fairview Park in Orlando to take on Colonial today and hosts Mainland Thursday before competing in the Lady Hawks Tournament Saturday.

Lake Mary took a 1-0 lead in the top of the first as Lisa Simkins singled in Karen DeShetler. DeLand tied it in the bottom of the inning.

The Lady Rams took a 2-1 lead in the fourth when Simkins lined a shot down the right field line that went for a home run, her first of the season. But DeLand got the run right back in the bottom of the frame to tie it at 2-2.

The Lady Bulldogs then took a 3-2 lead in the bottom of the sixth. With one out, Kathy Corr singled to left center and went to second on an error on the play. The Rams intentionally walked the next hitter but Sue Reeves singled to load the bases. Corr then scored on a sacrifice fly to break the tie.

Lake Mary, which had just four hits in the game, went down one to three in seventh.

"We only had one error but it ended up being costly because we didn't hit the ball enough," Henry said. "We need to start thinking about districts now instead of conference. Our main objective is to get our act together with our bats."

Simkins had two of the four hits for the Lady Rams while DeShetler and Reedy Metz had one each.

SCOREBOARD

SOCCER results for various teams including Al Sanford Orlando, Kissimmee, Oviedo, and others. Includes scores, goals, and player statistics.

Advertisement for Big 'T' Tire & Muffler. Features various tire models like Road King, Smooth Riding, and Super wide traction tires. Includes prices and contact information for Sanford and Orange City locations.

PEOPLE

Evening Herald, Sanford, Fl. Wednesday, March 20, 1985-18

Cook Of The Week

'Homebody' Serves More Than 400 Hungry Youngsters Daily

By Dorothy Greene
Herald Correspondent

"I'm a very dull person. Some people like to travel, but I don't. I'm a homebody," says Audrey Fisher, our Cook of the Week.

A lifetime of homemaking, raising a family and working outside the home is anything but dull. Just ask the students at Lakeview Middle School where she serves more than 400 hungry youngsters each day in the cafeteria.

Raised on a West Virginia farm along with five brothers and sisters, Audrey calls on her Appalachian background for good meat and potatoes cooking, but a collection of cook books has expanded her expertise in the kitchen a great deal. Included in her collection is a 1930 publication of the old Swans-Down Flour and Calumet Baking Co.'s Master Baker Cook Book "which may be a collector's item by now," Audrey says.

Another interesting item in her collection is a cook book from Saudi Arabia which was furnished for the American Armed Forces living and working there, although some of the ingredients called for are sometimes hard to find in this country. And, of course, Audrey's "old worn out standby" Betty Crocker cook book has earned its place in her collection, too.

Married in Ripley, W. Va. to the late Mr. T.W. Fisher, Audrey has four grown children and five beautiful grandchildren. A son, Larry, is retired from the Air Force and lives and works in Saudi Arabia with his family. A daughter, Karen, lives in West Virginia, a son, John, lives in

South Carolina, and another daughter, Ramona Kay, is in Maryland, so Audrey's family is "scattered all over," she says.

Hard work has never discouraged Audrey. Early in her marriage she helped build a trailer court and managed it exclusively for many years. "It was right next door to where we lived so I could be home for the children when they were young. As long as my husband was alive, I didn't have to work outside the home much. I was very fortunate," says Audrey. When she first moved to Florida 11 years ago, Audrey helped to develop a tract of homesites in Sanford and built one house "almost singlehandedly. It was about the time my husband was ill, and for about a year and a half I worked with the developer and sold about 29 lots. I didn't make any money on it, but I sure got a good education!"

In her cheerful home in Sanford's Sunland Estates, Audrey makes the most of every spare moment by working at one of her favorite pastimes, and there are many. Her needlework has won over a dozen Blue Ribbons in arts and crafts competitions. Closest to her heart is quilting — with every single stitch done by hand. An especially beautiful State Bird quilt, which Audrey is very proud of, won her a cash prize. It features all the birds from the United States, each in its own square and is a colorful work of art. Add crocheting, macrame and embroidery to the list and that is only a tiny portion of what our Cook of the Week has accomplished.

When her husband died nine years ago, Audrey moved back



Herald Photo by Gregory Gahn

Audrey Fisher tops Creamy Coconut Cake with cherries.

to West Virginia and worked at a 4-H camp as chief cook. "An old Army cook came in and gave me a week's training on how to scramble ten dozen eggs in one pot without having them turn out dry, how to run two ovens at the same time, and how to cook bacon in huge pans in a 500 degree oven," she says, laughing. "We always had from 100 to 150 members, and I

had only one helper. I did that for three summers, and it was great fun," she says. "Other people used the campsite, too," Audrey says. "We had church groups, and a famous bird-watching group which was so interesting."

After that, Audrey went to work for the Title 4 Program, which is akin to Meals On Wheels for senior citizens. For

two years Audrey and an assistant cook fed between 100 and 150 people a day in a Methodist church basement. "We had Christmas parties for them, birthday cakes and we also had a delivery service for shut-ins. It was a most rewarding experience for me," she says. "Strangely enough, there was a funeral home right next door and the owner always reserved a bouquet of flowers for us, sometimes three or four, so there were always fresh flowers on the tables. It was just a miracle, the way it worked out. It was just beautiful," says Audrey.

Moving back to Florida "on faith alone," Audrey resumed her job at Lakeview Middle School where her relationship with the students is "fantastic," she says. "As they come through the line, they've all got a story to tell me. As busy as it is, they're all very nice and polite. Even in the shopping centers, they'll come over to say 'hello.' Just the other night I had six kids helping me shop. People are so hard on the youth, and it's unfair criticism. Youngsters today just need motivation."

Audrey's faith sustains her and she says that "God has carried me through so many, many crises. I am blessed with really good health, and have never had a serious illness. I don't have a car and I don't drive, yet in four years I haven't missed a day's work. Now, that in itself is a miracle."

Years of homemaking have given Audrey a bounty of helpful household hints, such as:

For really white rice, add a few drops of lemon juice to cooking water.

Submerge a lemon in hot water for 15 minutes before squeezing and it will yield almost twice the juice.

Use cocoa instead of flour to dust the pans for cookies and cakes to eliminate that flowery look.

Place aluminum foil under napkin in your roll basket. This will help to keep your rolls hot longer.

And Audrey lightheartedly offers this little bit of "Advice to the Housewife":

Well mix and bake the dainty cake.

And beat the frosting light. The sweetest plan to please a man.

Is through his appetite.

Listed below are some of Audrey's favorite recipes including a traditional Bean Soup which is served daily in the U.S. Senate Cafe:

CHICKEN BISCUIT: 8

Cook and debone 1 large chicken, then return to the pot. Make a thick gravy using the broth from the chicken, and about 1/4 to 1/2 cup of flour mixed with milk. Pour this over chicken, adding salt and pepper to taste. Let cook until thick. Put into a 13x9 inch casserole dish and top with your favorite biscuit recipe, or use canned biscuits. Bake at 350 degrees until biscuits are done. A great meal — all in one dish. Serves about 6.

MEXICAN MEATBALLS

6 slices dry bread crumbs
2 lbs ground beef
3 eggs
1/2 cup grated Romano cheese
2 green peppers, finely

See COOK, 3B

Museum Sets 1-Day Antique Appraising

To establish the romance and history involving a piece of jewelry purchased at auctions, flea-markets or other sources requires considerable knowledge and experience whether it's an antique engraver's bracelet, a string of beads or a jeweled ring.

In establishing the value of the item, one must be able to identify the quality of the materials used from precious metals to alloys and determine if it is a copy or original.

Collecting antiques is filled with surprises and disappointments. Maybe you have a piece of furniture, a dish, a vase or other item gracing your home that you would like to know the value of.

Mrs. Harriett Cordell, a member of the American Association of Antique Appraisers, will conduct a one-day appraisal session on Saturday, March 23, from 1 to 4 p.m., at the Sanford Museum, 520 E. First St., under the auspices of the Henry S. Sanford Library-Museum together with the Historical Preservation Society of Sanford.

Mrs. Cordell appeared at the museum in October, 1983, and is returning by popular request. The museum board of directors suggests obtaining tickets in advance.



Harriett Cordell

The \$5 admission fee entitles a certified appraisal of two items. General admission for observers is \$2.

For information and tickets, call the museum, 321-0710, during the regular hours, 2 to 5 p.m., Sunday, Wednesday, Thursday or Friday.

Publicity Procedure

The Herald welcomes organization and personal news. The following suggestions are recommended to expedite publication:

1. Releases should be typed (lower and upper case), double spaced, and written narrative style (third person).
2. Do not abbreviate.
3. A contact person's name and phone number is necessary.
4. Keep releases simple.
5. Organization releases (the program should lead the meeting account) must be submitted no later than two days after the event.
6. Advance notices should be submitted one week prior to publication date.
7. Photographic coverage requests should be made one week in advance.

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GARFIELD

by Jim Davis



TUMBLEWEEDS

by T. K. Ryan



Standardized Exercise Plan Can Help Diabetics



Dr. Lamb

DEAR DR. LAMB — Please tell your readers of the importance of exercise to a diabetic. I am 41 and have had diabetes since I was 18. I began a running program approximately six years ago. I cannot begin to tell you how beneficial this has been to my diabetic condition.

I am 6 feet tall and weigh 160. I take only half the insulin I did several years ago. I now run approximately six miles a day and have more problems with low blood sugar than with high blood sugar. I do not wear glasses or have circulatory problems, which are known to plague diabetics.

DEAR DR. LAMB — I am a male, 81. Recently I have noticed that if I walk one block briskly, my left leg hurts from the knee to the bottom of my foot.

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DEAR DR. LAMB — I am a male, 81. Recently I have noticed that if I walk one block briskly, my left leg hurts from the knee to the bottom of my foot.

ACROSS

- 1 Time zone (abbr.)
- 4 Shade of tan
- 9 Foot
- 12 Amazon tributary
- 13 Reddish dye
- 14 (Ger.)
- 15 Breed of dog
- 16 Paradise
- 17 For
- 18 Auto failure
- 20 Follow
- 22 Sixth sense (abbr.)
- 24 School organization (abbr.)
- 25 Greek letter
- 28 Baseball events
- 30 Young lady (Fr. abbr.)
- 34 Commerce agency (abbr.)
- 35 College group
- 36 Waters (Fr.)
- 37 Debatable
- 39 Oven
- 41 Hera (Fr.)
- 42 Atomic number (abbr.)
- 43 Patron saint of sailors
- 44 Tennis equipment
- 45 Boat gear
- 47 Mrs. in Madrid (abbr.)
- 49 Swedish coin
- 52 Cut at an angle
- 58 Jesus monogram
- 59 Cowboy gear
- 61 Martini ingredient
- 62 Spanish article
- 63 Bay window
- 64 College degree (abbr.)
- 65 Haram apartment
- 66 Nostrils
- 67 Mayday signal

DOWN

- 3 Labels
- 4 Ship part
- 5 Mortar tray
- 6 Chemical suffix
- 7 Relatives
- 8 Map within a map
- 9 Small fruit seeds
- 10 Light tan
- 11 Footwear
- 19 Electrical engineer (abbr.)
- 21 Mention
- 23 Prepare for bus
- 24 Old Testament book
- 25 Cotton fabric
- 26 Highlander
- 27 Image
- 29 Dog's waggle
- 31 Reclined
- 32 Clare Boothe
- 33 Departure
- 38 Australian mahogany



ANSWER TO PREVIOUS PUZZLE

LEGS LETT INN
OMIT LEER CEE
LILY ALLY EMS
ATT AMY PESOS
ERIA ISE
WADED DRILLED
HOGS LEAN INA
INE LAWN LEVI
TEDIOUS LADYS
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CAM NEON OGEE
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WIN AT BRIDGE

By James Jacoby
Here's a little problem for you, but you will need to be all thumbs so you can cover the East and West cards and decide how you will play four hearts after the spade jack is led.

little more likely to have the other. Of course there was and still is a better approach. Declarer should win the spade king, play one high heart, play the spade ace, and trump a spade, playing another heart to his hand draws the defenders' last trump. Now a diamond is the winning play. True, declarer will still have to guess whenever the diamond queen and ace are split between East and West.

If this were being played 30-odd years ago, a reasonably competent declarer would draw trumps, ending in his hand, and then play a club to the king, losing to the ace. Later, when he played a diamond, he would lose two tricks in that suit, giving the defenders four tricks to set the contract.

Should declarer guess wrong in that event, East can win the trick and put West on lead with the other diamond to lead through dummy's club king. But on the actual hand, and whenever East has all the key cards, East is end played. He must either cash his minor suit winners or give declarer a sluff and a ruff by leading spades.

Our fictional declarer's concept was not bad. First, try to see if the club ace is well placed. If it isn't, fall back on a diamond guess and lean toward West's holding the diamond ace. After all, if East has one ace, West is a

WEST EAST
♦ J10 9 4 ♦ Q 8 5 2
♥ 7 2 ♥ 3
♦ 10 8 6 4 ♦ A Q 9 7
♣ Q 9 3 ♣ A J 10 4

SOUTH
♠ A 4 3
♥ A K 10 6 5 4
♦ 3 2
♣ 6 5

Vulnerable: Neither
Dealer: South

West North East South
Pass 3♥ Pass 4♥
Pass Pass Pass

Opening lead: ♠ J

HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY MARCH 21, 1985

Friends who have been lucky for you in the past will be even more fortunate for you in the year ahead. Maintain good relationships and stick close to "winners."

ARIES (March 21-April 19) Even though you may suffer some minor disappointments today, all should work out well for you in the long run. Don't let your hope and faith waver. Major changes are in store for Aries in the coming year. Send for your Astro-Graph predictions today. Mail \$1 to Astro-Graph, Box 489, Radio City Station, New York, NY 10019. Be sure to state your zodiac sign.

GEMINI (May 21-June 20) Try to keep your social life separate from your business affairs today. This is not a good time to try to swing a big deal over a friendly lunch.

CANCER (June 21-July 22) Your possibilities for success look good today, even though you might be saddled with a reluctant ally. Rely only on yourself and not others.

LEO (July 23-Aug 22) Your judgment is good today and your ideas should be implemented promptly. Do not subtract from your possibilities with delays.

VIRGO (Aug. 23-Sept. 22) Joint ventures could prove to be a source of profit for you today, provided they're not outlandish or too risky. Let your prudent judgment prevail.

LIBRA (Sept. 23-Oct. 23) When making important decisions today, consider the big picture. Once you have a comprehensive view, you'll see how the minor details fit.

SCORPIO (Oct. 24-Nov. 22) Putting out additional effort or doing special favors today for people who can help you with your career could pay off in a large bonus at a later date.

SAGITTARIUS (Nov. 23-Dec. 21) Be careful whose counsel you heed today. There's a chance a well-meaning friend might cost you money because of his poor advice.

CAPRICORN (Dec. 22-Jan. 19) A situation you've been dubious about is about to take a profitable turn. Gains are now likely where you expected losses.

AQUARIUS (Jan. 20-Feb. 19) Do not let petty thoughts invade your thinking today. Much good can come into your life now if your attitude is generous and forgiving.

PISCES (Feb. 20-March 20) Your chances for personal gain are exceptionally keen today. Be alert for opportunities that could add to your resources in a rather large way.

ANNIE

by Leonard Starr



Wife Wants Gifts On Special Occasions



The Time Of Your Life This Weekend

Erika Millt flies through the air as a bird in Sunday in the Park, a segment of The Time of Your Life, the spring concert this weekend presented by Ballet Guild of Sanford-Seminole, now in its 18th performance season. Erika is joined by 23 Ballet

Guild company dancers and 16 guests dancers in the spectacular show Saturday, March 23, at 8 p.m., and Sunday, March 24, at 3 p.m., in the Lake Mary High School auditorium. Tickets are: \$5, adults; \$3.50, senior citizens; and \$2.50, children.

Herald Photo by Tommy Vincent



Dear Abby

DEAR ABBY: I'm terribly upset because my husband forgot Valentine's Day. I used to drop subtle hints before my birthday, anniversary, etc., but it never did any good, so I started to come right out and ask him to please remember me. Even that didn't help.

The week before Valentine's Day I reminded him that I would just love a card, a rosebud or some cute earrings. I reminded him again the day before, but the next day when I gave him his Valentine's Day gift, he just stared at me stupidly and said, "Gee, I guess I should have gotten you something, huh?"

The same thing happens every birthday and anniversary. Last Mother's Day was my first (our baby is 6 months old), so the day before, I told my husband I'd like a card, breakfast in bed, or just being able to sleep in while he looked after the baby. I would have been thrilled with any one of these gifts, but I got nothing. Instead he went bowling.

son-in-law, seated in a garden.

The new son-in-law was strategically placed on the end. After the divorce (which was apparently anticipated), the son-in-law was easily brushed and oiled into a bush, and the expensive portrait now proudly hangs, showing the family as it is today.

FACING REALITY

DEAR FACING: That's what I call giving a new son-in-law the brush — literally.

DEAR ABBY: The woman who wrote that her husband

wouldn't pay for a breast reconstruction is lucky. When I told my husband I had to have a mastectomy, he said, "I won't be here when you get back." My breasts, apparently, were more important to him than I was.

I met a wonderful new guy who loves me for myself. He paid \$900 out of his pocket for a custom-made prosthesis that exactly matches my "good" breast and adheres to my body with a spray-on adhesive. I can't tell you how good he makes me feel when he teases me about being his "one-winged angel" or his "rubber doll." It makes up for all the hurt and rejection and loss of that first boob. ("Boob" refers my first husband, not my breast.)

I never miss your column, but don't use my name, OK?

COUNTRY GAL FROM OREGON

...Cook

Continued From 1B

chopped
1 clove garlic, minced
1 tsp. salt
Pepper to taste
2 tsp. Worcestershire sauce
1 large onion, chopped
1/2 cup tomato catsup
Mix all ingredients together well and form into small balls. Brown in 2 tablespoons hot cooking oil in skillet. Place meatballs in large heavy pan or crock pot.
Mix together:
1 can tomato juice
2 cans cream of mushroom soup

1 can water
3 tablespoons brown sugar
Pour over meatballs. Cook slowly until meatballs are done. Serve over spaghetti or egg noodles. Serves 6-8.
U.S. SENATE BEAN SOUP
1 pound dry Navy beans, rinsed
10 cups water, divided
1 small ham hock, neck bones, ribs, or most any kind of pork with bones.
1 bay leaf
1 tsp. pepper
1 large onion, chopped
2 large ribs celery, finely chopped
1/2 cup parsley
2 cloves garlic, minced
1 tsp. each, salt, oregano and basil
1/2 tsp. nutmeg
In large saucepan or Dutch Oven, soak beans overnight in 6 cups water, or bring to a boil and let stand one hour covered. Add remaining 4 cups water, ham hock, bay leaf and pepper. Simmer until beans are tender, about 1 1/2 hrs. Add remaining ingredients and cook about 1/2 hour. Remove bay leaf and cut meat into bite size pieces, discarding bone. Makes 6 large servings.

ALABAMA BISCUITS
3 cups all-purpose flour
1 tsp. salt
2 tsp. baking powder
3 tsp. sugar
1 cup milk
1 pkg. yeast
1/2 cup warm water (to dissolve yeast)
3 tsp. shortening, melted
Mix dry ingredients in large bowl. Stir in milk and dissolved yeast. Add melted shortening and mix well. Turn out onto well floured board and let rise one minute. Knead more than you would knead rolls. Roll out 1/2 inch thick and cut with biscuit cutter. Fold each biscuit over into half-moon shape and place in baking pan closely together. Brush with melted butter. Let rise one hour, then bake at 450 degrees for 12 minutes.

PUMPKIN ROLL
3 eggs
1 cup sugar
1 tablespoon lemon juice
2 tsp. cinnamon
1/2 tsp. nutmeg
1 cup chopped nuts
3/4 cup all-purpose flour
1/2 tsp. ginger
3/4 cup canned pumpkin
Beat eggs for 5 minutes. Add

sugar and lemon juice, beating well after this addition. Sift flour and spices and add to egg mixture, beating until smooth. Add pumpkin and nuts, reserving a few nuts for garnish later. Bake in well greased and floured jelly roll pan at 350 degrees for 15 minutes. Turn out on dish towel dusted with powdered sugar. Let cool, then spread with 1 large package cream cheese and 1 1/2 cups powdered sugar creamed together. Roll up carefully and dust with powdered sugar and nuts. Store in refrigerator.

CREAMY COCONUT CAKE
1 pkg. yellow cake mix or pudding-included cake mix
1 1/2 cups milk

1/2 cup sugar
2 cups flaked coconut
1 container (8 oz.) whipped topping, thawed

Prepare cake mix as directed on package, using a 13x9 pan. Cool 15 minutes, then poke holes down through cake with a utility fork. Meanwhile, combine milk, sugar and 1/2 cup of the coconut in saucepan. Bring to a boil, reduce heat and simmer 1 minute. Carefully spoon over warm cake, allowing liquid to soak down through holes. Cool completely. Fold 1/2 cup of the coconut into whipped topping and spread over cake. Sprinkle with remaining coconut. Chill overnight. Store leftover cake in refrigerator.

I am so disappointed when he forgets. I end up crying myself to sleep. Do you have any suggestions?

HURT IN ALBANY, ORE.

DEAR HURT: Face it, you are married to a thoughtless, insensitive man. He doesn't forget — he cares nothing for sentiment, and refuses to put himself out to please you.

You can't change anyone but yourself, so accept these glaring deficiencies in the man you loved enough to marry. Expect nothing, and you'll not be disappointed. And concentrate on his good qualities — if you can find them.

DEAR ABBY: In response to "Seeing Reality," who suggested that only family members (no in-laws) be included in family portraits owing to the fact that divorce is epidemic nowadays.

We have a family friend who faced an expensive family portrait with an eye to the future. The portrait was to include the father and mother, their four daughters and a new

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Make-Ahead Entertaining Using Fruits, Vegetables

Today's health-conscious Americans are preparing more and more natural, nutritious dishes for all occasions, including entertaining. Expertly seasoned specialties using fresh fruits and vegetables offer color drama as well as nutrients and are increasingly preferred by guests for party fare. A light version of a well-known entree and a sure-to-please dessert, both of which can be made a day ahead, are featured here.

Spinach and a careful blend of herbs star in Fresh Vegetable Lasagna. For maximum flavor and nutrition, the United Fresh Fruit and Vegetable Association says to look for spinach with clean, fresh leaves that have a good, green color. Spinach is low in calories — one cup raw, chopped spinach has only 32 calories and provides vitamins A and C as well as iron to the diet. Year-round availability of fresh spinach makes Fresh Vegetable Lasagna perfect for any season.

Carrot-Pear Bundt Cake is an especially moist variation of beloved carrot cake. Studded with crunchy walnut bits and plump raisins, the delicious dessert will easily find a place in kids' lunch boxes if there are any leftovers.

Carrots are an excellent source of Vitamin A, essential for normal growth in children and good vision and healthy skin and hair in adults. Tasty and easy on the waistline at about 45 calories per cup when grated, carrots should be a deep orange to insure they have lots of flavorful goodness. In the cake, they are coupled an unusual way with pears which should be fully ripe for this use. Kept at room temperature, pears are ripe when the fruit yields to gentle pressure near the stem and along the sides.

Add a beverage and perhaps some bread to complete the repast. The pleasing shapes and hues of glistening fruit and vegetables in baskets or interspersed with greenery would be the ideal festive centerpiece for this contemporary special occasion meal.

FRESH VEGETABLE LASAGNA

- 2 pounds loose fresh spinach or 2 packages (10 ounces each) fresh spinach
- 1/4 cup butter or margarine
- 1 large onion, chopped (1 cup)
- 1/2 pound fresh mushrooms, sliced (2 cups)
- 3 cloves garlic, minced
- 1/2 cup flour
- 2 1/2 cups milk
- 1 1/2 teaspoons dried leaf oregano, crumbled
- 3/4 teaspoon salt
- 1 tablespoon chopped fresh basil or 1/2 teaspoon dried leaf basil, crumbled
- 1/4 teaspoon pepper

- 2 large eggs, lightly beaten
- 1/2 cup grated Parmesan cheese
- 1/2 pound lasagna noodles, cooked, drained
- 2 large ripe tomatoes, thinly sliced, divided
- 1 pound ricotta cheese
- 1/2 pound mozzarella cheese, thinly sliced

Wash and trim heavy stems from spinach. In large pot, steam spinach 3-4 minutes. Drain. Squeeze out excess water; chop. In medium saucepan melt butter; saute onion, mushrooms and garlic until onions are translucent. Stir in flour. Cook 1 minute. Remove from heat. Gradually stir in milk, oregano, salt, basil and pepper. Return to heat, stir constantly, until mixture boils and thickens. Stir a little of the hot sauce into the eggs; return egg mixture to the sauce. Cook 1 minute longer, stirring constantly. Stir in Parmesan cheese. Spread a thin layer of sauce in a 13x9-inch shallow baking dish. Layer half the noodles in the dish. Spread chopped spinach over noodles. Spoon half the sauce over spinach. Cover with half the tomato slices, all the ricotta cheese and half the sliced mozzarella. Layer remaining noodles, tomato slices and sauce. Top with mozzarella slices. Bake, covered, in a 375° F. oven 15 minutes. Uncover; bake 20 minutes longer or until hot and bubbly. Let stand 15 minutes before serving. Cut into squares.

MAKES: 8 servings.
CARROT-PEAR BUNDT CAKE
 4 medium carrots, finely shredded (1 1/2 cups)
 2 medium-size ripe pears, pared and cored
 2 cups unsifted all-purpose flour

- 2 teaspoons baking soda
 - 2 teaspoons baking powder
 - 2 teaspoons ground cinnamon
 - 1/4 teaspoon ground nutmeg
 - 4 large eggs
 - 1 1/2 cups sugar
 - 3/4 cup vegetable oil
 - 1 teaspoon vanilla
 - 3/4 cup raisins
 - 3/4 cup chopped walnuts
- Shred carrots, set aside. Cut pears in quarters, puree in blender or food processor until smooth. Set aside. Sift together flour, baking soda, baking powder, cinnamon and nutmeg. In large mixer bowl beat eggs; add sugar, oil and vanilla. Beat until smooth. At low speed, add dry ingredients alternately with carrots and pears. Fold in raisins and nuts. Spoon batter into a greased and floured 9-inch bundt pan. Bake in a 350° F. oven 40-45 minutes, until cake springs back when touched lightly with fingertips.
MAKES: 16-18 servings.

Serve Brunch With Style On Weekend

Weekends offer numerous possibilities to gather family and friends together. One of the best entertaining ideas is to serve a brunch on a weekend morning. New and different brunch ideas include ocolof and delicious Prince Charlie Pancakes, which owe their name and distinctive flavor to the Drambuie liqueur used as a main ingredient. Another impressive-looking and tasty brunch specialty is Belgian Tia Maria Waffles and a fruit topping.

This brunch served in style includes filet of sole with Courvoisier Cognac and crabmeat stuffing on the menu, with a little extra pick-up added by the refreshing Drambuie Highlander.

FILET OF FISH WITH CRABMEAT STUFFING

- 3 tablespoons butter or margarine
- 1/2 cup chopped leeks
- 1 teaspoon cayenne pepper
- 1/2 cup chopped dill
- 3 tablespoons heavy cream or half & half
- 2 tablespoons lemon juice
- 1/4 cup Courvoisier
- 1 cup crabmeat
- 1 cup Italian seasoned

breadcrumbs
 8 fish filets (about 2 pounds)
Sauce:
 1 cup cream or half & half
 3 tablespoons Courvoisier
 2 tablespoons butter or margarine
 In medium saucepan, melt 3 tablespoons butter. Add leeks and cook about 5 minutes or until leeks are tender. Stir in cayenne pepper, dill, heavy cream, lemon juice, Courvoisier, crabmeat and breadcrumbs. Mix well.
 Place 1/4 cup stuffing in center of each fish filet. Roll up and secure with toothpick. Bake at 350° F. for 15 minutes or until fish flakes easily when tested with fork.

To make sauce, combine half & half with remaining butter and cook until well blended. Stir in Courvoisier. Spoon over filets and broil until cream mixture bubbles.
Makes 8 servings.

DRAMBUIE HIGHLANDER
 Combine together:
 1 ounce Drambuie
 1/4 ounce Triple Sec
 3 ounces fresh orange juice
 1/2 ounce fresh lime juice
See BRUNCH, 2C



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<p>U.S.D.A. Choice Beef Boneless Chuck Fillet \$2.09</p> <p>U.S.D.A. Choice Beef Bottom Round Roast \$1.89</p> <p>U.S.D.A. Choice Beef Rump Roast \$1.99</p>	<p>U.S.D.A. Choice Whole Bottom Round FREEZER FILLER Cut & Wrapped Free Average Weight 25-30 Lbs. \$1.79</p>	<p>5 Lb. Bag \$1.19</p> <p>4 1 Lb. Pkgs. \$1</p> <p>Solid Heads 39¢ Each</p>	<p>3 Stalks \$1</p> <p>3 Lb. Bag 69¢</p> <p>5 Lb. Bag \$1.99</p>

!!SAVE ON THIS WEEK'S DOUBLE DISCOUNT SPECIALS!!

<p>Grade A-Large Hyde Park Eggs 25¢</p> <p>Price Ending Mar. 27, 1985</p>	<p>Pet 1% Plastic Or Vitamin D Paper Clin. Milk 25¢</p> <p>Price Ending Mar. 27, 1985</p>	<p>Golden Best Bathroom Tissue 69¢</p> <p>Price Ending Mar. 27, 1985</p>	<p>U.S. #1 White Potatoes 39¢</p> <p>Price Ending Mar. 27, 1985</p>
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<p>GROCERY SPECIALS</p> <p>All Varieties Reg. Size Hershey's Candy Bars 3/89¢</p> <p>All Flavors-8 Oz. Bag Frito-Lay Potato Chips 99¢</p> <p>150 Count Box Coronet Facial Tissues 69¢</p> <p>16 Oz. Box Hungry Jack Instant Potatoes 99¢</p> <p>16 Oz. Bottles - All Flavors Faygo Pop No Return Bottles 4/1</p> <p>16 Oz. Box Creamettes Elbow Macaroni or Lasagna .. 69¢</p> <p>Salmon, Crab, Shrimp or Tuna-8 Oz. Cans Kitty Cat Food Dinners 4/1</p>	<p>FROZEN-DAIRY</p> <p>Hyde Park-12 Oz. Tube BUY 1 FOR 50¢ Texas Biscuits GET 1 FREE</p> <p>8 Oz. Plastic Tumbler-Whipped Shedd's Spread Margarine 2/1</p> <p>14 Oz. Ctn. Reconst. Tropicana Orange Juice \$1.49</p> <p>Pet Ritz - 26 Oz. Cherry Pie ... \$1.19</p> <p>10 Oz. Pkg. Jenos Pizza ... \$1.09</p> <p>8 Oz. Box-Beef or Chicken Banquet Pot Pies .. 3/1</p>	<p>DELI-BAKERY</p> <p>8-inch Coconut Pie \$1.79</p> <p>16 Oz. Loaf Vienna Bread 79¢</p> <p>7-inch Chocolate Boston Cream Pie \$2.39</p> <p>Lean Deli Baked Ham \$1.99</p> <p>Macaroni Salad ... 69¢</p> <p>King's Pride Pastrami \$2.89</p>
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...Brunch

Continued From 1C
 splash of club soda
 Serve over ice and garnish with orange twist.

BELGIAN WAFFLES WITH COFFEE SYRUP
Waffle:
 2 cups flour
 1 tablespoon baking powder
 ¼ teaspoon salt
 2 eggs
 1½ cups milk
 ½ cup Tia Maria
 ½ cup oil
Syrup:
 ½ cup sugar
 ¼ cup water
 ½ teaspoon ground cinnamon
 ½ cup Tia Maria
Topping:
 1 cup whipping cream
 2 tablespoons Tia Maria
 Sliced fresh fruit

In small bowl combine flour, baking powder and salt; set aside.
 In mixer bowl combine eggs, milk, oil and Tia Maria; beat until well blended. Slowly beat in flour mixture.
 Lightly grease waffle iron; preheat. Pour batter onto grids. Close lid quickly. Do not open during baking. Remove waffle with fork. Makes 3 (9-inch) waffles.
 To make syrup, combine sugar and water, bring to a rolling boil for 5 minutes, or until thickened slightly. Add cinnamon and Tia Maria.
 Whip cream in mixing bowl with Tia Maria. Beat until fluffy. Spoon fresh fruit over waffle. Spoon syrup over fruit and top with a dollop of whipped cream.

PRINCE CHARLIE'S PANCAKES
 (The Scottish Version of Crepes Suzette)
Batter:
 1 cup flour
 2 eggs, beaten
 1 cup milk
 Pinch of salt
 8 teaspoons butter, for frying
Sauce:
 2 large oranges
 1 large lemon
 ¼ cup butter
 1 cup sugar
 ¼ cup Drambuie
 2 bananas, sliced
 1 pint vanilla ice cream (optional)
 Strawberries

Measure flour into a bowl. Make a well in the center of the flour. Add eggs and mix, gradually adding milk and salt. Beat until smooth. Set aside for at least 2 hours.
 Melt 1 tablespoon of butter in an 8-inch frying pan. When hot, pour in ¼ cup of batter, swirling to spread evenly. Cook until top of pancake is dry. Turn and

Researchers Recommend Olive Oil

DALLAS (UPI) — Olive oil may be the least dangerous source of cholesterol and healthier than the more popular cooking oils, according to research.
 A study published in the Journal of Lipid Research indicated that people who restrict their diets to monounsaturates, such as olive oil, and polyunsaturates will have markedly lower cholesterol levels than those who eat saturated fats, such as those found in meat, eggs and dairy products.
 By eating monounsaturates, people lose less high density lipoprotein (HDL), a form of cholesterol that helps dispose of fats in the body, research indicates.
 "We knew that the rate of cardiovascular disease was very low in the Mediterranean region where people cook primarily with olive oil," said Dr. Scott M. Grundy, professor of internal medicine and biochemistry at the University of Texas Health Science Center at Dallas.
 Until now, Grundy said, no one had compared monounsaturates and polyunsaturates, to see whether one was more effective in reducing the blood fats that can clog arteries and lead to heart disease.
 Grundy's report concerns studies of 20 patients at the Veteran's Administration's hospitals in Dallas and San Diego, Calif. The research was conducted in conjunction with Dr. Fred H. Mattson of the University of California-San Diego in La Jolla, Calif.
 Patients were fed liquid diets including either monounsaturates or polyunsaturates.
 Researchers found that both were equally effective in reducing total blood cholesterol levels, Grundy said.
 Currently, Grundy said, olive oil is the best source of monounsaturated fats available to U.S. consumers.

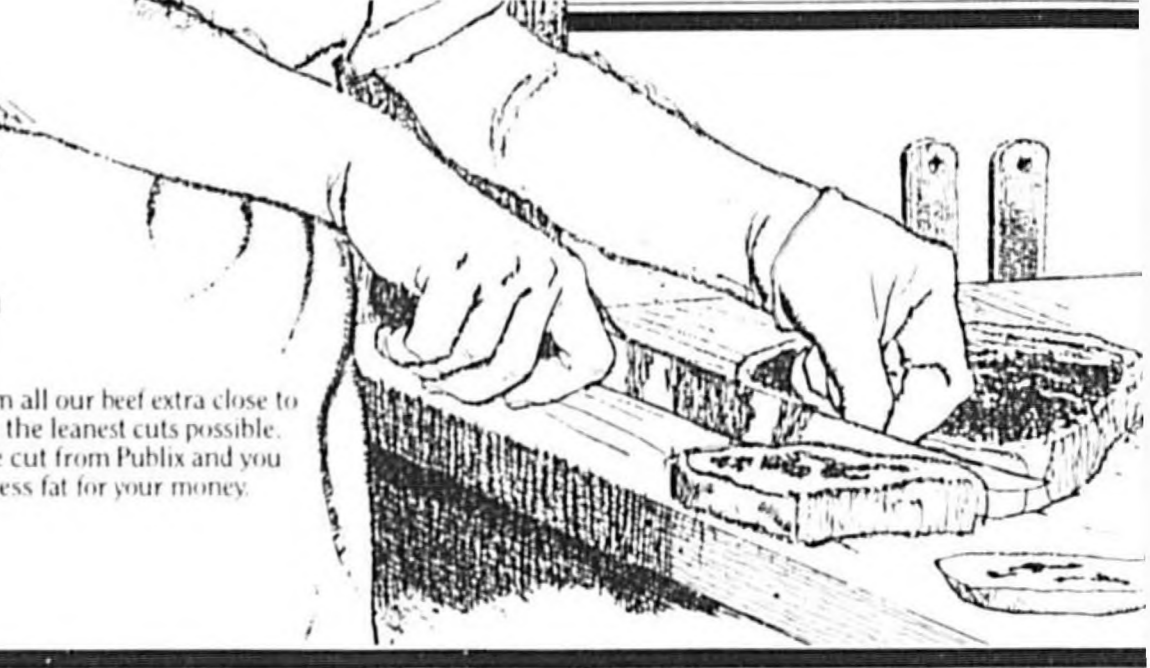
brown other side. Turn out on dish towel, and fold in quarters. This can be done ahead of time.
 To make sauce, grate the rinds of the oranges and lemon. Squeeze out the juice and reserve. Melt the butter in a large frying pan, add sugar and citrus juice. Bring to a boil, stir in rind and simmer for 3-4 minutes. Remove from heat and add Drambuie.
 Wrap the pancakes in foil and warm in a 300° F. oven for 10 minute. Warm sauce, add folded pancakes and sliced bananas. Spoon sauce over all, turning pancakes once. Serve with a scoop of vanilla ice cream, if desired. Pour sauce over all. Add strawberries for garnish.
 Makes 8 servings.



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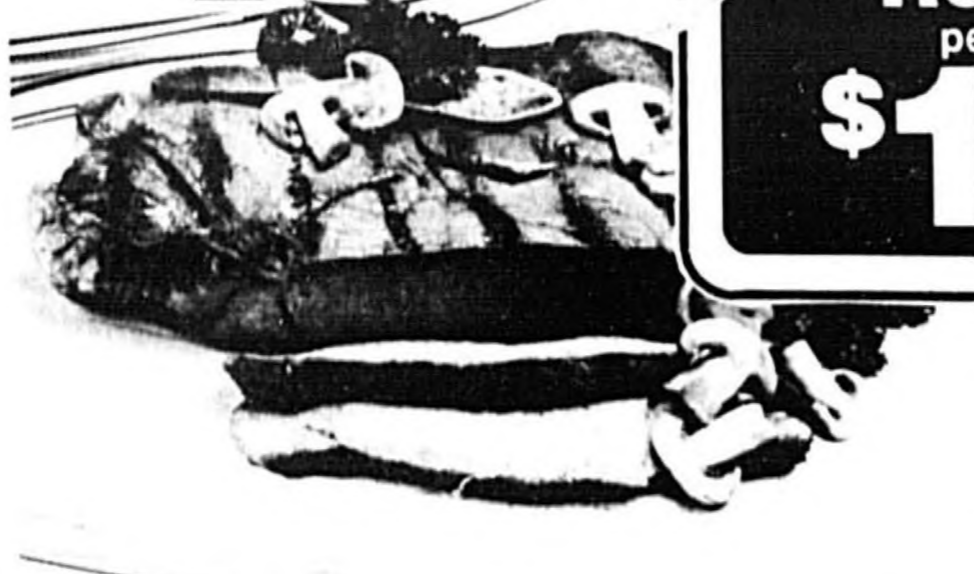
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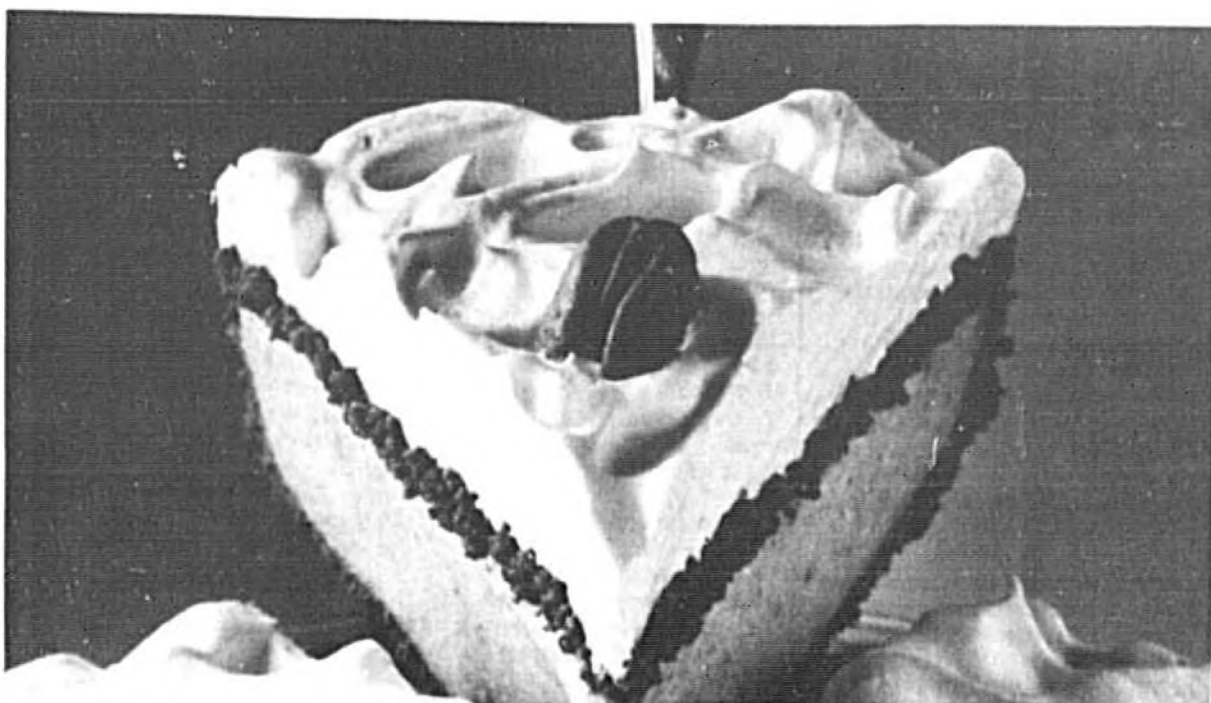
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Rum-flavored Pumpkin Mallow Pie wins \$5,000 for contestant.

Make-Ahead Frozen Dessert Grand Prize Winner In Contest

Pumpkin Mallow Pie, a light and luscious make-ahead frozen dessert, has won the unanimous acclaim of the contest judges as the \$5,000 Grand Prize winner in the 1984 Kraft Marshmallow Creme "Easy Secret Ingredient" Recipe Contest. The impressive best-of-contest recipe was entered in the "Frozen Favorites" category by Mrs. Helen Julian, of

Brooklyn, NY. Combining the spicy crunch of a gingersnap/crumb crust with a light, rum-accented pumpkin filling, the innovative, easy-to-prepare dessert elevates pumpkin pie from its seasonal standby status to a new-found year-round favorite. The "secret ingredient" — Kraft marshmallow creme —

streamlines the pie's preparation and insures a velvety smooth and creamy frozen texture.

Contest entries reflected America's love of creative dessert making. A growing sophistication was evidenced by the use of a great variety of liquors from almond to raspberry, as well as liquors from bourbon to vodka, with rum and rum flavoring appearing most frequently. Many of the original desserts began with convenient canned pie fillings and took them to new heights with inventive ingredient additions, demonstrating the great versatility of marshmallow creme. Pies were by far the most frequently entered type of recipe, across all contest categories, and prepared crumb crusts were frequently used.

Pumpkin Mallow Pie was created at Mrs. Julian's summer cottage in the Blue Ridge mountains.

PUMPKIN MALLOW PIE

- 2 cups gingersnap cookie crumbs
- 1/2 cup margarine, melted
- 1 1/2 cups canned pumpkin pie mix
- 1 7 oz. jar marshmallow creme
- 1 teaspoon rum flavoring (optional)
- 2 8oz. containers (3 cups each) whipped topping with real cream, thawed
- Prun halves
- Combine crumbs and margarine. Reserve 1/4 cup crumb mixture; press remaining or wire whisk until well blended. Fold in one 8oz. container whipped topping; pour over crust. Sprinkle with reserved crumbs. Cover. Freeze. Remove from freezer; top with remaining whipped topping and prun halves. Refrigerate 1/2 hour before serving.
- 8 servings.

Chocolate Recipes Win \$1,000 Each

In Kraft's "Easy Secret Ingredient" Recipe Contest, Fudge Swirl Toffee Pie submitted by Priscilla Yee of Concord, Calif., and Frosty Cappuccino Supreme Pie, by Gloria Kirchman Mankato, Minn. The two equally delectable, yet very different, desserts are enhanced with chocolate.

FUDGE SWIRL TOFFEE PIE

- 1/2 cup semi-sweet chocolate pieces
- 2 tablespoons milk
- 1 8oz. pkg. cream cheese, softened
- 1 7 oz. jar marshmallow creme
- 1/2 cup firmly packed brown sugar
- 1 cup chopped almonds, toasted
- 1 8oz. container (3 cups) whipped topping with real cream, thawed
- 1 9-inch chocolate water crumb crust

Melt chocolate pieces with milk over low heat, stirring until smooth. Cool. Combine cream cheese, marshmallow creme and brown sugar, mixing at medium speed on electric mixer until well blended. Fold in almonds and 2 1/2 cups whipped topping. Combine chocolate mixture and remaining whipped topping. Pour half of marshmallow creme mixture over crust; top with half of chocolate mixture. Repeat. Cut through mixture with knife several times for marble effect. Freeze.

FROSTY CAPPUCINO SUPREME PIE

- 1 1/4 cups shortbread cookie crumbs
- 1/2 cup ground walnuts
- 1/4 cup margarine, melted
- 1 cup vanilla flavored yogurt
- 1 cup ricotta cheese
- 1 7 oz. jar marshmallow creme
- 1/2 cup semi-sweet chocolate pieces, melted
- 1 teaspoon instant coffee granules
- 2 cups thawed whipped topping with real cream
- 1 teaspoon grated orange rind
- Combine crumbs, walnuts and margarine; press mixture onto bottom and sides of 9-inch pie plate.
- Combine yogurt, ricotta cheese, marshmallow creme, melted chocolate and coffee granules, mixing with electric mixer or wire whisk until blended. Fold in whipped topping and rind. Pour over crust; freeze.
- 6 to 8 servings.



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Spring Into Easter With A Bountiful Banquet

Easter heralds the beginning of spring for most of us, no matter the calendar date. It marks a renewal, even nature presents a symbol of the Resurrection.

Through the centuries families and friends have gathered to "break the fast" as the Lenten season ends. The rejoicing is marked with bright bouquets, color is everywhere — especially in treats for the children.

Easter offers, as it were, a very special religious platter for all to sample from, each in his own way.

ORANGE PINEAPPLE PUNCH

1 (46-ounce) can pineapple juice, chilled
1 1/2 cups light rum, optional
1 (14-ounce) can sweetened condensed milk (not evaporated milk)
1 (6-ounce) can frozen orange juice concentrate, thawed
2 (32-ounce) bottles ginger ale, chilled

Orange sherbet, orange slices and mint leaves.

In large punch bowl, combine all ingredients except ginger ale and sherbet. Just before serving, gradually add ginger ale. Stir. Top with scoops of sherbet, orange slices and mint. This kitchen-tested recipe makes about 4 quarts.

LAMB WITH CURRANT SAUCE

1 frozen leg of spring lamb, 5 to 6 pounds, defrosted
2 cloves garlic
2 tablespoons prepared Dijon-style mustard
1 tablespoon orange juice or water
1/2 teaspoon salt
1/4 teaspoon pepper

With a sharp knife, remove fat from lamb and trim off any excess fat. With tip of knife, cut small slits in meat. Insert slivers of garlic in meat. In small bowl combine mustard, orange juice, salt and pepper. Spread over lamb.

Place lamb, fat side up, on rack in shallow roasting pan. Roast in a 325-degree oven about 2 hours or until meat thermometer registers 140 degrees for rare, 160 degrees for medium, 170 degrees for well done. Slice when cold and serve with currant mustard sauce (recipe follows). This kitchen-tested recipe makes 6 to 8 servings.

CURRANT MUSTARD SAUCE

1/2 cup dried currants
1 1/2 cups water
1 cup mayonnaise
1/2 cup finely chopped fresh parsley
2 tablespoons lemon juice
1 tablespoon Dijon-style mustard

In small saucepan combine currants and water, simmer 10 minutes. Drain, reserve cooking liquid. Chop currants coarsely. In small bowl combine currants, mayonnaise, 1/2 cup reserved cooking liquid, parsley, lemon juice and mustard. Mix well. Serve with cold lamb.

PORK ROAST

2 pounds ground pork
1 cup chopped celery
1 cup chopped onion
3 cups cooked rice
2 cups cut up fresh orange sections
1 can (8-ounce) crushed pineapple, drained
1/2 cup chopped dried apricots
1/2 cup raisins
1/2 cup chopped toasted almonds
1/2 cup Bacardi light rum (optional)
1/2 teaspoon thyme, crushed
1/4 teaspoon marjoram, crushed
1/4 teaspoon sage, crushed
1 (7 to 8-pound) crown roast of pork, well trimmed
Bacardi Sauce (recipe below)

In large skillet, brown pork, stirring to break into bits. Add celery and onion. Cook until just tender; stir often. Blend in next 10 ingredients. Transfer to bowl and chill until ready to use.

Place roast on rack in roasting pan. If desired, rub with cut half of lemon and season with salt and pepper. Cover bone ends with foil to prevent burning. Place crumpled foil in center of crown to preserve shape. Roast at 325 degrees for 2 1/2 hours.

Remove foil from center of roast. Pack with dressing. Cover dressing with foil. Bake 1 hour longer or until meat thermometer registers 170 degrees. To serve, remove foil from roast and dressing. Top exposed bones with kumquats or paper frills. Serve with sauce. This kitchen-tested recipe makes 10 to 12 servings.

RUM SAUCE: In small saucepan, combine 1 jar (10 ounces) red currant jelly, 1/2 cup Bacardi light rum, 1/2 cup orange juice, 2 tablespoons prepared mustard, 1 teaspoon ground ginger and 1 tablespoon grated orange peel. Heat, stirring until jelly is melted and sauce is smooth. Blend 2 tablespoons cornstarch and 2 tablespoons lemon juice. Stir

into sauce and cook, stirring until thickened.

WINE-SAUCE CHICKEN AND GRAPES

3 tablespoons butter or margarine
2 whole chicken breasts, halved, skinned and boned
1 1/2 cups green grapes, seeded if necessary
1/4 cup dry white wine
1/2 cup sherry
2 tablespoons cornstarch
1/4 cup chicken broth
3 tablespoons chopped parsley
1/2 teaspoon salt
1/4 teaspoon each pepper and tarragon, crushed

Melt butter in large skillet. Cut chicken into 1/2 by 1/2 by 2-inch strips. Sauté in butter until

chicken turns opaque. Add grapes and wine; simmer, uncovered, 5 minutes or until grapes are heated through. Stir occasionally.

Transfer chicken and grapes to chafing dish. Dissolve cornstarch in chicken broth, add to pan juices with parsley and seasonings. Cook and stir until thickened and clear. Pour over chicken and grapes. This kitchen-tested recipe makes 4 to 6 servings.

SPANISH AVOCADO MOUSSE

1 tablespoon unflavored gelatin
1/4 cup cold water
1/4 cup boiling water
2 California avocados, seeded, peeled and pureed
1/2 cup sour cream
1 teaspoon salt
2 teaspoons pimiento, chopped
1 tablespoon minced onion
1 teaspoon Worcestershire sauce

1 tablespoon mild salsa
Lettuce leaves
Soften gelatin in cold water in small bowl. Add boiling water to gelatin, stir to dissolve. Allow gelatin to cool in refrigerator until the consistency of thickened egg whites.

Meanwhile, combine pureed avocado with remaining ingredients in blender; puree until smooth. Add thickened gelatin to avocado mixture; turn into lightly oiled 3-cup mold. Chill until firm.

Just before serving, line a platter with lettuce leaves.

Unmold avocado salad and arrange over lettuce. This kitchen-tested recipe makes 6 servings.

CHARLEY'S POTATO SALAD

5 large Idaho potatoes (5 pounds)
1 cup small curd cottage cheese
2 tablespoons Dijon-style mustard
1 1/2 teaspoon Worcestershire sauce
1/4 teaspoon hot pepper sauce
1 small clove garlic, mashed
1/4 cup sliced, green olives with pimiento
1/4 cup sliced, pitted, black olives
2 tablespoons chopped celery
2 tablespoons minced onion

1 hard-cooked egg, chopped
Steam potatoes in jackets until tender; cool, peel and cut in large chunks. In container of electric blender or food processor combine cottage cheese, mustard, Worcestershire and hot pepper sauce; blend until smooth. Combine cottage cheese mixture and potatoes. Stir in garlic, olives, celery, onion and egg. Correct seasoning. Chill. This kitchen-tested recipe makes approximately 1 1/2 quarts.

RUBY RATATOUILLE

3 tablespoons vegetable oil
4 cups sliced zucchini squash, unpared (2 large)
4 cups sliced yellow squash, unpared (2 large)

See EASTER, 5C

Caring

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Elegant Carrot Kugel Tasty Dessert Treat For Passover

The celebration of Passover calls for a beautiful, ceremonial feast called the Seder, where the story of the emancipation of Jews from slavery in Egypt is recounted and family and guests rejoice in the memory of that ancient miracle. The atmosphere is festive, the china is sparkling and the silver gleams.

While there are no required dishes for Passover, fruit is enjoyed in both fresh and cooked forms.

Plump, colorful oranges straight from the citrus groves in Florida, both fragrant and succulent, are often displayed in a bowl. When accompanied by selection of nuts, they make for delicious munching. Cooking

with fruit seems particularly appropriate for this spring holiday. A welcome treat are puddings, especially delicious when enlivened with the zesty flavor of oranges.

Passover Carrot Kugel is a sumptuous version of the classic dish, with a light soufflé-like texture from matzoh meal and with the scent of orange.

PASSOVER CARROT KUGEL
3-4 medium carrots, grated (1 cup)
1 medium onion
3 large eggs, separated
1/2 cup orange juice from Florida
1 1/2 teaspoons sugar
1 teaspoon grated orange peel
1/2 teaspoon salt

Pince mace
1/2 cup matzoh meal
Grate enough carrots to yield 1 cup. Grate enough onion to yield 1/2 cup; mix together. In small mixer bowl beat egg yolks until thick. Gradually add orange juice, sugar, orange peel and salt and mace; mix well. Stir in matzoh meal. Add to carrot and onion mixture. In mixer bowl, beat egg whites until stiff but not dry. Fold into carrot mixture. Pour into buttered 1-quart casserole. Bake in a 325°F oven 50-55 minutes. Serve immediately.

YIELD 6 servings
* Carrots and onion can be processed in blender or food processor until very fine.



Oranges add zest to carrot kugel.

...Easter

Continued From 4C
2 cups sliced green pepper (1 1/2 medium-sized peppers)
2 cups sliced celery (cut in 1-inch pieces)
1/2 cup sliced onion (1 small)
1 clove garlic, minced
1 recipe red sauce base (recipe below)
2 teaspoons sugar
1 1/2 teaspoons dried leaf basil
1 1/4 teaspoons dried leaf oregano, crumbled
1 1/4 teaspoon salt
In large skillet, heat oil. Add squash, green pepper, celery, onion and garlic; mix well. Cover. Cook over low heat 15 minutes, stirring occasionally. Add red sauce base, sugar, basil, oregano and salt; mix well. Cover. Cook 10 minutes longer. Serve hot or cold if desired, serve with additional pepper sauce. This kitchen tested recipe makes 6 to 8 servings.

RED SAUCE BASE
2 tablespoons salad oil
1 medium onion, chopped (1/2 cup)
1 can (6 ounces) tomato paste
1 cup water
1 tablespoon sugar
1 teaspoon Tabasco pepper sauce
1/2 teaspoon salt
Heat oil in medium saucepan; sauté onion until clear, about 5 minutes. Stir in tomato paste, water, sugar, pepper sauce and salt. Simmer 15 minutes. This kitchen tested recipe makes about 2 cups.

CELERY WEDGES PARMESAN
1 stalk (bunch) Florida celery
2 cups chicken broth or bouillon
2 teaspoons chopped parsley
1/4 teaspoon oregano leaves
1/2 teaspoon minced garlic
1/2 cup grated Parmesan cheese
1/2 cup heavy cream
3 tablespoons butter or margarine, melted
1/4 teaspoon salt
Parsley garnish
Preheat oven to 325 degrees. Trim off leaves and base from celery (use leaves in stews, soups, etc.). Cut stalk lengthwise into 6 wedges.
In a large skillet bring broth to a boil with parsley, oregano and garlic. Add celery wedges. Cover and simmer until almost tender, about 15 minutes. Drain and place in a buttered 9-inch-by-5-inch-by-2-inch baking pan. Sprinkle with cheese. Combine cream, butter and salt; pour over celery. Bake uncovered until celery is tender, about 20 minutes.
This kitchen tested recipe makes 6 portions.

RASPBERRY TORTE
1/2 cup unsifted flour
1/2 teaspoon ground cinnamon
1/4 cup corn oil margarine
1/2 cup blanched almonds
1/2 cup sugar
1 egg yolk, lightly beaten
1/2 cup sugar
1/2 cup cornstarch
1/2 cup orange juice
2 packages (10 ounces each) frozen raspberries, thawed, undrained
1/2 cup heavy cream, whipped
Grease 9-inch-by-3-inch springform pan. In medium bowl stir together flour and cinnamon. With pastry blender or two knives cut in margarine until coarse crumbs form.
In blender or food processor finely grate almonds with sugar, about 7 at a time. Stir into flour mixture. With fork stir in egg yolk until well mixed.
Press dough firmly into ball with hands. (If mixture seems crumbly work with hands until it holds together.) With fingers press dough evenly and firmly over bottom of prepared pan and about 1 1/4 inches up the sides. Bake in 375-degree oven 20 to 25 minutes or until lightly browned. Cool on wire rack.
In 2-quart saucepan stir together sugar and cornstarch. Gradually stir in orange juice until smooth. Stir in raspberries. Stirring constantly, bring to boil over medium heat and boil 1 minute.
Cover surface with waxed paper or plastic wrap, refrigerate about 1 hour or until cooled. Pour into baked shell. Refrigerate at least 2 hours. Carefully remove side of pan and just before serving, garnish with whipped cream.

LEMEN BOURBON SAUCE
1/2 cup sugar
1 tablespoon cornstarch
1/2 cup water
2 tablespoons butter or margarine
1/4 cup bourbon
1/4 teaspoon grated lemon peel
4 teaspoons freshly squeezed lemon juice
In small saucepan combine sugar and cornstarch; stir in water. Cook, stirring constantly, until mix boils and thickens. Remove from heat; stir in butter until melted. Add bourbon, lemon peel and juice; mix well. Serve warm or cold. This kitchen tested recipe makes about 1 1/4 cups.

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64-oz. bot.
69¢
With One S&H Stamp Price Saver Certificate

F & P
Fruit Cocktail
17-oz. can
19¢
With One S&H Stamp Price Saver Certificate

6-oz. Rippled, 7.5-oz. Cheez-Ums, Sour Cream Onion, 6.5-oz. Light or 8-oz. Reg. Potato Chips
Pringles each can **\$1.19**
Smuckers
Strawberry Jam 2-lb. jar **\$1.99**
Lager or Light, In 12-oz. Cans
Old Tap Beer 6-pk. ct. **\$1.99**
Life Red, Fruit Juicy Red, Tropical Fruit Punch, or Wild Fruit Punch Fruit Drink
Hawaiian Punch 44-oz. bot. **85¢**
Field Trial Ration
Dog Food 25-lb. bag **\$3.59**
(30¢ Off Label) Concentrated Liquid Laundry Detergent
Era Plus 32-oz. bot. **\$1.59**

Breakfast Club White
Bread 2 20-oz. loaves **89¢**
Breakfast Club
Hamburger or Hot Dog Buns 2 8-ct. pkgs. **89¢**
(25¢ Off Label) Dish Detergent
Dawn Liquid 22-oz. bot. **\$1.19**
(60¢ Off Label) Fabric Softener
Downy 96-oz. bot. **\$2.99**
Red Rose
Tea Bags 100-ct. box **\$2.49**
Muellers Wide, Fine or Medium
Noodles 2 8-oz. pkgs. **\$1**

Hershey's
Chocolate Syrup
24-oz. bot.
89¢
With One S&H Stamp Price Saver Certificate

Brawny Assorted
Paper Towels
large roll
9¢
With One S&H Stamp Price Saver Certificate

Polk, Highlands, Orange, Lake, Seminole & Osceola Co.
(Plus Tax & Deposit)
Sprite, Tab, Mello Yello, Mr. PiBB, Diet Coke or
Cocoa Cola
16-oz. bots., 8-pk.
\$1.39

Reg. or Light Beer
Old Milwaukee
12-oz. cans, 6-pk.
\$1.69
(Limit 4 Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items)

30¢ OFF
With This Coupon ONLY
Pillsbury All Purpose, Unbleached, Self-Rising or Bread
Flour
5-lb. bag **69¢**
(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Expires March 31, 1985)

30¢ OFF
With This Coupon ONLY
Publix Auto. Drip or Reg. Perk 100%
Colombian Coffee
1-lb. bag **\$1.79**
(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Expires March 31, 1985)

Lipton Chicken Noodle or Cream of Chicken
Cup-A-Soup 4-ct. ct. **79¢**
Reynolds 12-Inch Wide
Aluminum Foil 25-sq. ft. roll **63¢**
Folgers Decaffeinated
Instant Coffee 8-oz. jar **\$4.99**
Underwood Plain, Mustard or Tomato
Sardines 3.75-oz. can **79¢**
Flavor Enhancer
Accent 2-oz. size **89¢**
Flavor Enhancer
Accent 10-oz. size **\$3.49**
Manischewitz
Passover Matzos 5-lb. bot. **\$6.45**
Manischewitz
Passover Matzos 1-lb. bot. **\$1.29**
Manischewitz with Beets
Borscht 32-oz. bot. **\$1.19**

Candy
1.11-oz. York Peppermint Patties, 1.65-oz. Peter Paul Mounds or 1.55-oz.
Almond Joy 4 for **\$1**
Kraft Reg. or Party
Buttermints 8-oz. box **79¢**
Kraft
Marshmallows 2 10-oz. bags **\$1.09**

Health & Beauty
Lilt
Shampoo 11-oz. bot. **\$2.39**
Lilt
Conditioner 11-oz. bot. **\$2.39**
(15¢ Off Label) Reg. or Mint
Aim Toothpaste 4.6-oz. tube **99¢**
Scope
Mouthwash 40-oz. bot. **\$2.99**

FREE FILM
With every roll of color print film or Kodachrome HP Disc Film. Publix Processes, you get two sets of quality prints and a FREE roll of disc of Kodak's color print film!
• Fast, convenient film service
• Free film
• Two sets of quality prints

88¢ OFF
With This Coupon ONLY
Buloni Frozen
Cheese Ravioli
13-oz. pkg. **99¢**
(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Expires March 31, 1985)

25¢ OFF
With This Coupon ONLY
Any Flavor of
Marie's Brand Salad Dressing
12-oz. jar **\$1.64**
(Limit 1 Per Family Please, With Other Purchases of \$7.50 or More, Excluding All Tobacco Items) (Expires March 31, 1985)

SANFORD PLAZA, SANFORD
LONGWOOD VILLAGE CTR., LONGWOOD
This Ad Effective At These Locations Only



where shopping is a pleasure 7 days a week



early bird coupon

YOUR BONUS FOR SHOPPING EARLY!

early bird coupon
W-D BRAND WHOLE HOG MILD, MEDIUM or HOT SAUSAGE
1-LB BAG **89¢**
COUPON VALUE \$1.00
COUPON GOOD MARCH 21-22, 1985
Limit 1 coupon per customer with \$5.00 or more purchase excl. cig.

early bird coupon
CORONET ALL COLORS BATH TISSUE
4 RL PKG **69¢**
COUPON VALUE \$0.50
COUPON GOOD MARCH 21-22, 1985
Limit 1 coupon per customer with \$5.00 or more purchase excl. cig.

Super Bonus Specials

SUPER BONUS SPECIAL
A & W (REGULAR or DIET) ROOT BEER
2 LTR. BTL. **49¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 21-23, 1985

SUPER BONUS SPECIAL
DEEP SOUTH MAYONNAISE
QT. JAR **69¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 21-23, 1985

SUPER BONUS SPECIAL
BUMBLE BEE CHUNK LIGHT IN OIL OR WATER TUNA
6 1/2-oz. CAN **19¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 21-23, 1985

SUPER BONUS SPECIAL
BUMBLE BEE PINK SALMON
15 1/2-oz. CAN **\$1.39**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 21-23, 1985

SUPER BONUS SPECIAL
SUPERBRAND GRADE 'A' LARGE EGGS
DOZ **19¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 21-23, 1985

SUPER BONUS SPECIAL
MAXWELL HOUSE ALL GRINDS MASTERBLEND COFFEE
13-oz. BAG **\$1.69**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 21-23, 1985

SUPER BONUS SPECIAL
WHITE or YELLOW SUNBELT TOWELS
ROLL **1¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 21-23, 1985

SUPER BONUS SPECIAL
DIXIE CRYSTAL SUGAR
5 LB. BAG **99¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 21-23, 1985

SUPER BONUS SPECIAL
DOLE PINEAPPLE JUICE
46-oz. SIZE **69¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 21-23, 1985

SUPER BONUS SPECIAL
PILLSBURY ALL VARIETIES CAKE MIXES
18 1/2-oz. PKG. **39¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 21-23, 1985

SUPER BONUS SPECIAL
FABERGE ORGANIC CONDITIONER or ALL VARIETIES SHAMPOO
15-oz. SIZE **79¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 21-23, 1985

SUPER BONUS SPECIAL
PRESTIGE ICE CREAM
HALF GAL. **\$1.99**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 21-23, 1985

SUPER BONUS SPECIAL
W-D BRAND HANDI-PAK GROUND BEEF
1 LB. SIZE **89¢**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 21-23, 1985

SUPER BONUS SPECIAL
DELI 1/2 2 EACH WINGS, THIGHS, DRUMSTICKS, BREASTS FRIED CHICKEN
8 PIECES **\$3.99**
WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 21-23, 1985

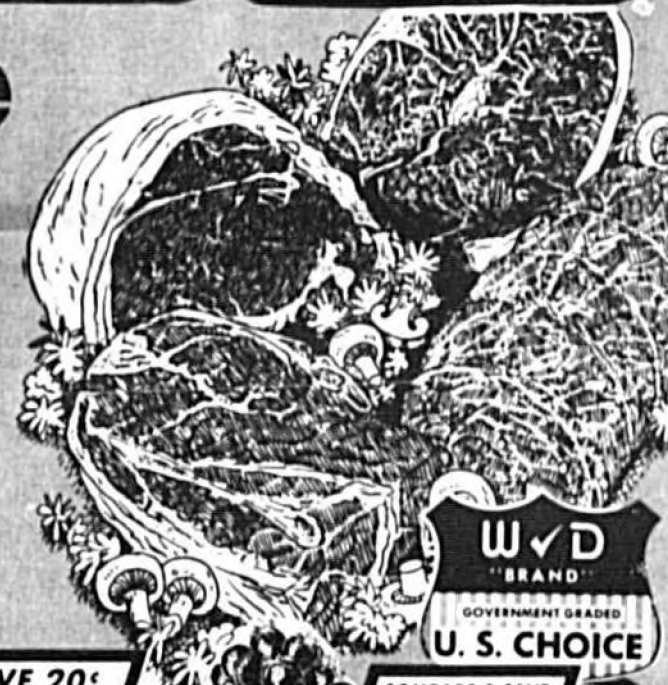
PRICES GOOD MARCH 21-23, 1985

The Only Choice is U.S. CHOICE!



Don't compare prices until you compare grades! Many of our competitors no longer sell beef that's government graded U.S. CHOICE. Their beef just doesn't come close to what you'll find at WINN-DIXIE.

The flavor and tenderness of Winn-Dixie's U.S. CHOICE beef is unsurpassed. One bite and you'll be convinced... the Beef People sell the best beef.



SAVE 40¢
W-D BRAND USDA CHOICE BEEF CHUCK BONELESS CHUCK ROAST
1 LB. **\$1.69**
SALE 40¢ LB. W-D BRAND USDA CHOICE BEEF CHUCK BONELESS CALIFORNIA Roast \$1.89

SAVE 50¢
W-D BRAND 100% PURE GROUND BEEF
10 LB. HANDI-PAK **\$1.09**
W-D BRAND 100% PURE (1, 2, 3, 4, 5 LB. HANDI-PAK) Ground Beef . . . \$1.39

SAVE 50¢
PINKY PIG FRESH ECONOMY PORK CHOPS
5 SLAB 5 SIRLOIN **\$1.19**
USDA GRADE A FRESH FRYER SPLIT Breast \$1.29

SAVE 20¢
SUPERBRAND ALL FLAVORS ICE MILK, SHERBET or ICE CREAM
HALF GAL. **\$1.29**
SUPERBRAND TWIN POPS 12 PAK. 99¢
Fudge Bars . . . 99¢

COMPARE & SAVE
HARVEST FRESH (PINT 8pk) PLANT CITY STRAWBERRIES
3 **\$1.99**
PINTS
SWEET SHOP Topping . . . 99¢

SAVE 70¢
USDA CHOICE BEEF UNTRIMMED WHOLE BONELESS (14-18 LB. AVG.) CUT & WRAPPED FRESH! NEW YORK STRIP
1 LB. **\$2.99**
W-D BRAND USDA CHOICE BEEF ROUND BONELESS TIP STEAK . . . \$2.59

SAVE 30¢
REGULAR & LIGHT OLD MILWAUKEE BEER
6 PACK 12-oz. CANS **\$1.69**
MICHIGAN VINO (BURGUNDY, CHABLIS, PINOT CHABLIS, VIN ROUGE, PINOT) Wines \$4.99
Limit two 6-paks with \$5.00 or more purchase excl. cig.

SAVE 79¢
ALL VARIETIES CHEK DRINKS
24 **\$3.98**
ALL VARIETIES CHEK Drinks . . . 12 CANS \$1.99

SAVE 70¢
ORANGE YOU SMART TROPICANA GOLD 'N' PURE ORANGE JUICE
HALF GAL. **\$1.69**
WASHINGTON STATE RED DELICIOUS Apples . . . 15 FOR \$2.99

COMPARE & SAVE
HARVEST FRESH IDAHO POTATOES
10 LB. BAG **\$1.99**
HARVEST FRESH YELLOW Onions . . . 3 LB. BAG 79¢

SAVE 20¢
LILAC DETERGENT
42-oz. SIZE **99¢**
SUNLIGHT LIQUID DISH Detergent . . . \$1.69

COMPARE & SAVE
LAY'S 7-oz. REGULAR, 6 1/2-oz. BARBECUE, SOUR CREAM or UNSALTED POTATO CHIPS
PKG. **99¢**
DEEP SOUTH FRESH PAK REGULAR & POLISH Kosher Dills . . . 99¢

COMPARE & SAVE
PRICE BREAKER WHOLE PEELLED TOMATOES, CHUNKY MIXED VEGETABLES, THURTY MAID WHOLE KERNEL & CREAM STYLE CORN, SMALL WHOLE & SLICED WHITE POTATOES VEGETABLES
CAN **39¢**
PURINA (3 LB. FREE) Dog Chow . . . 36 LB. BAG \$7.99

COMPARE & SAVE
DIXIE DARLING WIENER or HAMBURGER BUNS
11-oz. PKGS. **2.99¢**
PILLSBURY READY-TO-SPREAD CHOCOLATE DOUBLE DUTCH MILK CHOCOLATE WHIPSA, or CHOCOLATE MOCCA Frosting . . . 18-oz. SIZE \$1.19

DELI
DELI QUALITY BIL-MAH TURKEY BREAST
1/2 LB. **\$1.69**
BUY ONE DOZEN AND GET ONE DOZEN DONUTS MOLES FREE Donuts . . . \$1.99