

IN THE SERVICE

RICHARD J. SNOW
Marine Lance Cpl. Richard J. Snow, son of Donald J. and Patricia C. Snow of 107 Cheltenham Court, Longwood, returned from Jungle Warfare Training Center, Fort Sherman, Panama.

During the two-week deployment, Snow participated in rappelling maneuvers, orienteering, extensive land navigation and warfare tactics in a jungle environment.

Upon completing the course, Snow was classified a jungle expert. He is currently stationed with the 2nd Battalion, 8th Marines, Camp Lejeune, N.C.

He joined the Marine Corps in August 1984.

CHESTER C. FOREACRE JR.
Airman Chester C. Foreacre Jr., son of Chester C. and Gale M. Foreacre of 801 Monastery Road, Orange City, has gradu-

ated from Air Force basic training at Lackland Air Force Base, Texas.

During the six weeks of training the airman studied the Air Force mission, organization and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

MICHAEL T. LUSTER
Airman Michael T. Luster, son of Christine and Charlie Luster of 2021 Dixie Ave., Sanford, has graduated from Air Force basic training at Lackland Air Force Base, Texas.

During the six weeks of training the airman studied the Air Force mission, organization and customs and received special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate degree

through the Community College of the Air Force.

JOHN H. CABELLO
Marine Pfc. John H. Cabello, son of John H. Cabello Sr. of 199 Lago Vista Blvd., Casselberry, has completed the Basic Electrician's Course.

During the seven-week course at the Marine Corps Base Camp Lejeune, N.C., Cabello received instruction on safety, electrical theory, generator operation, preventive maintenance and field electrical systems installations.

He joined the Marine Corps in March 1986.

ANTHONY C. CARULLO
Navy Fireman Anthony C. Carullo, son of Linda Rutledge of 1408 Cardinal St., Longwood, has completed recruit training at Recruit Training Command, Orlando.

During Carullo's eight-week training cycle, he studied general military subjects designed to

prepare him for further academic and on-the-job training in one of the Navy's 85 basic fields.

Therault's studies included seamanship, close order drill, Naval history and first aid. Personnel who complete this course of instruction are eligible for three hours of college credit in physical education and hygiene.

A 1986 graduate of Lyman High School, he joined the Navy in July 1986.

DOUGLAS W. RICHARDSON
Pvt. 1st Class Douglas W. Richardson, son of Wilhelmina C. Mosely and stepson of Walter H. Mosely of 811 Sanford Ave., has completed basic training at Fort Dix, N.J.

During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy military justice, first aid, and Army history and tradi-

Lake Brantley One of 25

School Marching Band Invited To Perform In Inaugural Parade

The Lake Brantley High School Marching Band has been invited to perform and participate in the Jan. 6 Inaugural parade for Governor-elect Bob Martinez and Lt. Governor-elect Bobby Brantley.

Twenty-four bands from across the state have been selected to perform, according to Lake Brantley Band Boosters' spokesman Betty Mackey.

Band members are to go to Tallahassee by bus the night before the parade and have a tour of the capitol led by a state official in the morning before

parade lineup. The parade, which has a 1.5 mile route, begins at 1:30 p.m. It is estimated that 175 LBHS students will participate.

In other news, LBHS concert and symphonic band members performed a holiday concert on Dec. 19 at the school, Ms. Mackey said.

Also, eight members of the LBHS band were selected for a three-day workshop. The Festival of Winds, at the University of South Florida, in Tampa, which was held Dec. 11-13, she said.

MARRIAGE LICENSES

James A. Ferrall to Colette Ann Robe
Jeffrey W. Palzer to Kristal M. Kingston
Allen D. Jones to Robin La Don Montes De Oca
Thomas G. Summy to Janet E. Slink
Henry L. Christopher to Pauline East
Reuben C. Taylor to Jane C. Goddard
Mazen S. Dabara to Theresa S. Thompson
James F. Roberts to Marjha J. Swanson
Lewis E. Goodine to Roseanna L. Marsh
Harry W. Wilhelm Jr. to Kathryn J. Yarbrough
Richard S. Schmitt to Angela R. Case
Frederick C. Weber to Karen J. Farmer
Isiah Bridges to Mary A. Anderson
Bruce D. Clay to Gloria J. Clay
Scott R. Jones to Teresa J. Rainey
Brett D. Knights to Denise M. Tortorella
Albert Wm. Kongable to Teresa A. Little
William K. Barber to Dale F. Wilson
Robert C. Morse to Beth Ann Howell
David M. Romansky to Adrienne M. Shattuck
Joseph M. Dzielowski to Lisa Moseman
William E. Kneer to Leona J. Avny
Kazutaka Ohbayashi to Linda S. Robbins
Van Hoyle Lotz to Doloris A. Flynn
Robert A. Pillino to Jocelyn B. Van Weele
Ramon B. Castillon to Fanny R. Heila
Hamidreza Basair to Antoinette Bianchi
Jesus M. Garay to Carmen J. Suarez
James T. Burrows to Breda J. Dowell
Hamid Keshavarz to Miriam E. Romero
Gordon P. Hoelter to Holly K. Hons
Michael V. Harlan to Debra Sue Ringer
James L. McIntyre to Jane W. Shepherd
Henry G. Paterman to Betty L. Howard
Leon M. Wilkerson to Carrie L. Gottschall
Lee William Heppner to Tamara J. Currie
Phillips J. Richen to Barbara M. Caroni
Mark R. Epstein to Christine M. Houser
Sig A. Sandvik to Dianne M. Moore
Timothy J. Malerni to Barbara C. Labinski
Michael G. Jones to Deborah J. Ash
Leonard Antonacci to Clara M. Webb
Frederic M. Gordon to Adrienne J. Long
Raymond H. Townsend to Cathy Blount
William J. Scoggins to Nancy H. Rogers
Kenton D. Morris to Beverly Ann Tillman
Robert Wm. Cunningham to Cathy R. Jarrell
Samuel J. Thornton to Christine Bullard
Jonathan D. Phelps to Esther M. McCoy

Randy D. Chorpeng to Cynthia Szabo
Timothy K. Hollingsworth to Patricia L. Billingsley
Robert A. Saldutti to Cynthia L. Henning
Ben F. Eversen, Jr. to Lynda D. Downer
James T. Rogers to Valerie L. Crowder
Ashby A. McClanahan to Penny M. Vollet
Robert A. Rank to Julie E. Kane
Robert L. Tinscher to Grace A. Dodge
Todd D. Van Fosen to Delannie A. Mitchell
Ronald L. Brantley to Cindy L. Dean
Peter M. Spitz to Judith L. Felman

Michael D. Argentine to Sue Ann Miller
David R. Banner, Jr. to Crystal L. Morgan
Ricky E. Lockard to Karen Sue Chlam
Robert C. Bennett to Mina M. Fullmer
Jeffery W. Schultz to Lisa A. Wallaca
Steven K. Bradley to Kendra M. Leap
Donald D. Gooding to Martha K. Worminton
Houston Grosley, Jr. to Teresa D. Phillips
Timothy A. Tarpey to Patricia Ann High
Robert W. Barrett to Marie A. Sumner
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FLORIDA

IN BRIEF

Woman Mauled By Tiger During Feeding Try At Zoo

JACKSONVILLE — A 38-year-old woman jumped the fence at the Jacksonville Zoo Tuesday to feed a pair of Bengal tigers. One, a 350-pound cat, bit the hand that was feeding it, and the arm and leg.

Sandra Lee Wilson of Atlantic Beach was in stable condition this morning, according to an official at St. Luke's Hospital. Early indications are that the woman may lose an arm and a finger, but the hospital declined to confirm the extent of the injuries.

A spokesman for the zoo stated that Ms. Wilson jumped over a fence screening the cage which held two Bengal tigers. She walked to the cage and put her left hand through the bars to feed the tiger bread. One of the tigers bit Ms. Wilson on her upper left arm and shoulder, according to the zoo spokesman.

The woman used her leg in an attempt to free her arm, and the tiger bit her again, this time above the knee and on the left foot. The tiger also bit off her ring finger.

An official at the zoo stated that a sign is placed near the cage warning visitors not to feed the animals.

Artifacts Confirm De Soto Trail

GAINESVILLE (UPI) — Archaeologists tracing the path of Hernando de Soto discovered artifacts in a secret Indian burial mound that confirmed earlier estimations of the Spanish explorer's trek through Florida nearly 450 years ago.

The exact location of the mound is being kept a secret to protect it, but Jeff Mitchem, field director of the excavation, confirmed it was about 60 miles south of Gainesville, near Inverness, along U.S. Highway 41.

De Soto landed in Florida in May of 1539 with a band of 700 men. In early summer, they began cutting a swath northward in search of glory and gold.

Using maps, diaries, court transcripts and other historical accounts, the archaeologists and historians determined De Soto crossed the Withlacoochee River in July of 1539.

Cocaine Flushed, Cop Axed

PALM BEACH (UPI) — A cocaine user who escaped arrest when a policeman flushed a seized bit of drugs down a toilet in The Breakers hotel is grateful for "the break" that cost the officer his job.

Tumors Reappearing On St. Johns' Fish

JACKSONVILLE (UPI) — Researchers studying fish with large red lesions caught in the St. Johns River say the swollen tumors may be the result of water pollution in the estuaries where the fish live.

So far, the swollen sores have been mostly confined to menhaden, but have also been reported in catches of yellowmouth trout and bluefish.

Jimmy Gilmore, a commercial fisherman who collected fish with lesions last month for University of South Florida researcher Daniel Lim, who is studying the ailment, said all the adult menhaden and about half of the juvenile menhaden he caught displayed the sores.

"I would put good money on it that water pollution has some-

thing to do with it," Gilmore said Tuesday. "Most of the (diseased) fish I caught were taken from heavily industrialized areas."

Gilmore said the diseased fish were first reported in the St. Johns River in 1984, and that the recent outbreak of the ailment appears more intense than past flare-ups of the disease, when sores were reported mostly on the flanks and bellies of the fish.

The ailment, known as Ulcerated Disease Syndrome, began reappearing in the fish about six weeks ago, just two months after state officials launched a \$250,000 research project into the causes of the mysterious affliction.

"In some cases, as much as 60 or 70 percent of a catch has had the lesions," Lim said.

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Your Friendly Staff

Sunbelt Migration Continues

WASHINGTON (UPI) — Florida has passed Illinois as the fifth most populous state as Americans continued to migrate in increasing numbers to Sunbelt locations in the South and West, the Census Bureau said Tuesday.

Florida, which had the tenth largest population in 1960, now has passed Massachusetts, New Jersey, Michigan, Ohio and Illinois and trails only California, New York, Texas and Pennsylvania in the number of residents.

Texas is the only other state in the top 10 that moved up rapidly since 1960, rising from sixth to third, bureau estimates showed.

Since 1980, Florida's population has grown by 20 percent. Three other states had faster growth rates: Alaska with 33 percent, Arizona with 22 percent and Nevada with slightly higher than 20 percent.

Other states with fast-growing populations this decade are: Texas with 17 percent, California, Utah and New Mexico with 14 percent, Colorado with 13 percent and Georgia with 12 percent.

California had the largest growth in the number of migrants with 3.3 million while Texas was second with 2.5 million and Florida third with 1.9 million.

While industrial states in the Midwest gained population in 1985 and 1986, the farm economy caused a continued population loss in Iowa. And for the first the populations decreased in Nebraska, North Dakota, Montana and Idaho.

Population losses also continued in the energy-depressed states of West Virginia, Oklahoma and Wyoming while Louisiana and Texas grew slower than earlier in the decade.

Every state in the Northeast grew from 1980 to 1986, led by New Hampshire's 12 percent. The Northeastern population has grown by 900,000 this decade.

However, the South and West continued to see most of the nation's population growth, increasing by 13.2 million since 1980.

The rest of the nation grew by 1.3 million.

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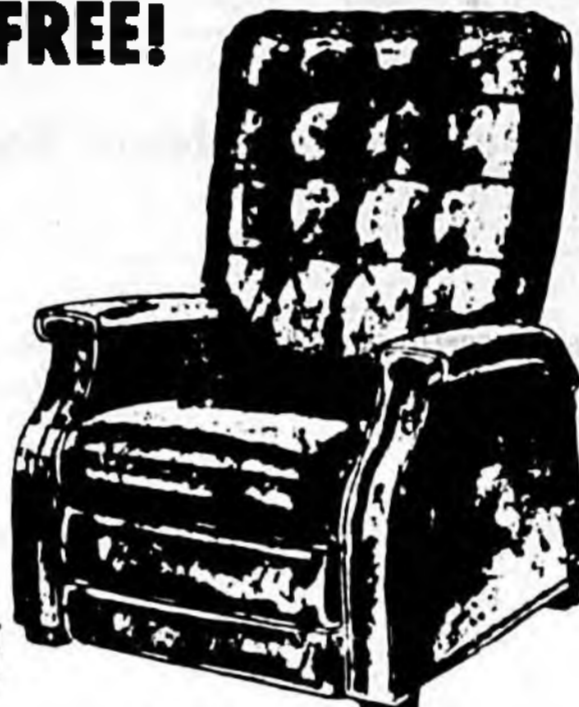


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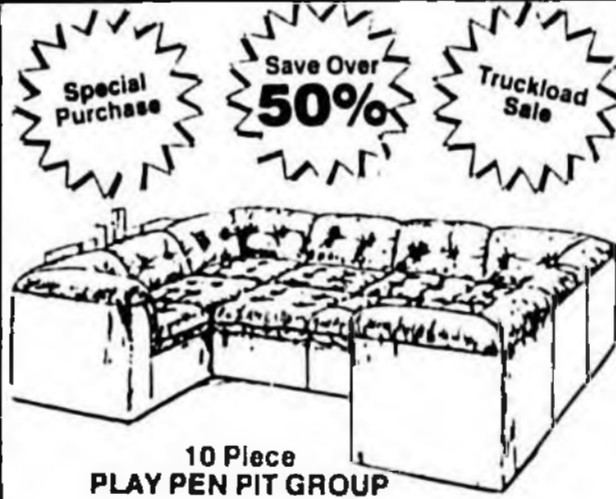


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WORLD IN BRIEF

Iranian, American Bankers End 3rd Round Of Fund Talks

THE HAGUE, Netherlands (UPI) — Iranian and U.S. banking officials ended their third round of talks today without agreement on the release of \$500 million in Iranian assets frozen in the United States since the 1979 hostage crisis, a U.S. Embassy spokesman said.

"This was the last meeting in the session," the spokesman said. "Our delegates will be preparing to return for the next round."

The U.S. negotiators — officials from the Treasury Department and the New York branch of the Federal Reserve Bank — held a one-hour meeting today with representatives of Iran's central bank, he said.

The brief exchange was inconclusive, the spokesman said, and the negotiators are expected to return next year to continue the talks on the exact amount of money to be returned to Tehran and the technical terms of the transfer.

A State Department spokeswoman said Washington had not expected a final agreement from the closed-door technical negotiations.

Kimche Denies Contra Link

JERUSALEM (UPI) — An Israeli closely linked to the U.S.-Iranian arms sales scandal denied claims that he first proposed funneling profits from the sales to American-backed rebels in Nicaragua.

The Israeli, David Kimche, former director-general of the Israeli Foreign Ministry, responded Tuesday to reports that Lt. Col. Oliver North, the fired National Security Council aide, said it was Kimche's idea to divert the funds.

"The whole thing is, if in fact he said it, a figment of his imagination," Kimche told United Press International.

"Or it could be a deliberate lie to divert attention from himself or to cover up for someone else," Kimche said during a telephone interview from his home in Tel Aviv.

"I find it very hard to believe he said it in view of the fact that there was never any discussion to that effect between us," said Kimche, who helped set up the U.S.-Iranian contacts that led to President Reagan's heavily criticized arms-for-hostages policy.

Authorities Warn Demonstrators

PEKING (UPI) — Peking authorities warned today of a conspiracy to "bring chaos" to the nation and threatened to severely punish anyone taking part in a banned New Year's Day demonstration for democracy in the capital.

Western diplomats said the statement by Peking municipal officials was the harshest since student protests began nearly four weeks ago and signals the government's intention to crack down if they continue.

The warning, broadcast on national radio and published in major newspapers, also accused an unidentified foreign radio station and Taiwan's Voice of Free China of stepping up propaganda broadcasts to take advantage of the unrest.

It said Voice of Free China broadcast orders to agents on the mainland to use their contacts to stir up trouble within the student movement.

A Voice of America reporter said the statement appeared aimed at the government-run radio network, which has given extensive coverage to the student protests.

Thailand Closes Last Camp

KHAO I DANG, Thailand (UPI) — Thailand quietly closed its last camp to new Cambodian refugees today, ending an era in which more than 200,000 people were resettled from their strife-torn homeland.

Somber-faced refugees silently pressed up against the fence around the camp at Khao I Dang, about 6 miles from the Cambodian border, as officials told reporters they would not be allowed to go inside.

That officials said the remaining 26,000 refugees at Khao I Dang will be sent to border camps where they are considered "displaced persons" waiting to return to their homeland. Only exceptional cases of family reunion can hope for resettlement abroad.

The first people to be moved out of Khao I Dang will be 600 refugees who entered the camp in violation of regulations, a Thai military official said.

Officials have been checking identities and have stepped up security around the camp to ensure none of the refugees try to escape, he said.

Crackdown On Dissidents Seen

JOHANNESBURG, South Africa (UPI) — South Africa's largest legal anti-apartheid group called for more opposition to the nation's white-minority government in 1987 but predicted a harsh crackdown on dissidents in the coming year.

The group, the United Democratic Front, also called on businesses to be a force for reform in South Africa, warning that the companies can either help end apartheid or "risk going down with it."

The statement from the United Democratic Front Tuesday came as the Exxon Corp., the world's largest oil company, announced that it would sell two small subsidiaries and withdraw from South Africa.

NASA Faces Major Challenges In 1987

By William Harwood
UPI Science Writer

CAPE CANAVERAL (UPI) — NASA's rise from the "ashes of defeat" and its goal of resuming shuttle flights in 1988 face severe hurdles next year as the design changes prompted by the Challenger disaster are finally tested.

The first post-Challenger shuttle mission is scheduled for blastoff Feb. 18, 1988, and while the crew for that flight will be announced early in 1987, many observers doubt the National Aeronautics and Space Administration can meet the planned schedule.

But for the battered space agency, that date is little more than a goal to rally around. Safety is the watchword and NASA Administrator James Fletcher promises the shuttle will not fly again until all outstanding problems have been resolved.

"I think the chances are good that we'll make the February '88 date, but by no means certain," Fletcher said in an interview. "We've got a lot of things to do between now and then."

Astronaut Robert "Hoot" Gibson, commander of the last successful shuttle flight, generally agreed with his boss, saying, "I don't think we're far enough down the tracks" to see the light at the end of the tunnel.

"We've made some very positive steps and I think we're on our way to ... recovery and getting everything working again," he said. "But I'd have to say if 100 percent is ready to launch, then we're something like 30 percent now."

The most significant, and most obvious, challenge faced by the space agency in 1987 is testing to make sure this in the shuttle's faulty solid-propellant rockets work properly to prevent a rupture.

Challenger was destroyed Jan. 28 by the failure of two now-famous rubber O-ring seals between the lower two of four fuel segments that made up the shuttle's right-hand booster. As a result, 5,000-degree flame from burning propellant leaked through the joint and triggered the shuttle's destruction.

NASA has developed a new design for the segment joints that should minimize the chance for such ruptures. The first full-scale test of a booster incorporating some of the design changes is scheduled for Feb. 4 at the Morton Thiokol Inc. plant in Brigham City, Utah.

"We've got a lot of work to do, we've got a lot of testing to do, but it's going very well," said J.R. Thompson, director of the Marshall Space Flight Center in Huntsville, Ala., where the booster project is managed.

"The planning is in place, the test program is in place. It's very aggressive. It's also ambitious, but I think we've got a good shot of making (February 1988). But if we're not ready, we won't launch."

Three other full-scale booster tests also are planned in 1987 and all four must be completely successful for NASA to have any chance of meeting the agency's schedule for resuming shuttle flights.

"Until that happens and it's successful and we've proven that in fact we can seal those joints satisfactorily, that's going to be really the first positive milestone in this program," said veteran astronaut Donald Williams. "The rest of it so far has just been a paperwork exercise."

But NASA is attempting to do much more in 1987 than just fix the 14-story booster rockets. The agency also is struggling to improve the performance of the shuttle's high-tech liquid-fueled main engines and to eliminate

nagging concerns about other elements of the potentially explosive propulsion system.

Work also is underway to implement a rudimentary crew escape system to allow astronauts to get out of a shuttle in the event of multiple main engine failures that would force a perilous ocean ditching.

In addition, a host of other design modifications are under consideration to improve safety and reliability as NASA assesses hundreds of systems on the "critical items list" that must work properly to prevent disaster.

"When we took a look at the accident we didn't just look at the O-rings, we are taking a look at the whole program," said astronaut Bryan O'Connor, who has been involved in studies of a crew escape system. "The accident caused us to have greater uncertainties about the whole program."

"If something could slip through in the area of the design of the solid rocket motor joint, were there other things lurking back there, too, that we thought were OK and weren't? That's one of the biggest things we've been doing since the accident."

All such design changes involve tradeoffs between flight safety and acceptable risk. NASA engineers are faced with walking a tightrope to balance conservatism with the resumption of a productive shuttle program.

In addition, the work must be done with funding levels many engineers worry is not adequate for the job. In any case, the redesigned booster joint is clearly the No. 1 pacing item on NASA's 1987 schedule.

"We feel very good about the test program," said Aaron Cohen, director of the Johnson Space Center in Houston. "But until you finish that test program you're not there yet. I have to say that is the biggest threat but on the other hand, it looks like a very good design."

Others are not so sure. One Marshall engineer said the new joint design is only marginally better than the one that failed.

Speaking on condition of anonymity, he said the design was chosen too quickly in order to resume flights as soon as possible using hardware that was already available and did not require extensive — and time consuming — modifications.

The engineer said the integrity of a third O-ring cannot be determined after the joint is assembled and that the remaining O-rings still cannot be considered fully redundant; that is, if the primary seal fails the secondary seal cannot be counted on to prevent disaster.

Against the backdrop of work to fix the shuttle's faulty boosters, all "criticality 1" systems are being reviewed. Criticality 1 is assigned to components in which a single failure can lead to loss of vehicle and crew.

Challenger took off with about 748 criticality 1 items and another 1,621 criticality 1R components, those in which a backup system was available to take over in the event of a

primary failure. The numbers are large in part because they represent some systems, like the wings, that simply have to work.

The shuttle's faulty booster joints originally were classified critically 1R and later changed to criticality 1 in recognition that the secondary O-ring could not be counted on to prevent a fatal leak if the primary seal failed.

All such critical items currently are being re-evaluated to determine if safety can be improved and except in obvious cases, it is too soon to say whether any possible changes pose a threat to the launch schedule.

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NOTICE

The St. Johns River Water Management District has received an application for Consumptive Water Use from:

ROLLING HILLS GOLF CLUB, 1749 JACKSON STREET, LONGWOOD, FL 32750, Application #2-117-0203ANV, on 9/25/86. The applicant proposes to withdraw .4 MGD of GROUNDWATER FROM THE FLORIDAN AQUIFER VIA 4 EXISTING WELLS AND SURFACE WATER FROM A POND VIA 1 EXISTING PUMP FOR A GOLF COURSE to serve 161 acres in Seminole County, Located in Sections 1 & 2, Township 21 South, Range 29 East.

The governing Board of the District will take action to grant or deny the application on January 13, 1987. Should you be interested in this application, you should contact the St. Johns River Water Management District at P.O. Box 1429, Palatka, Florida 32078-1429, or in person at its office on State Highway 100 West, Palatka, Florida, or by phoning 904/328-8321. Written objections to the application may be made, but should be received no later than January 9, 1987. Written objections should identify the objector by name and address, and fully describe the objection to the application. All timely filed written objections will be presented to the Board for its consideration in its deliberation on the application prior to the Board taking action on the application.

Dannise T. Kemp, Director
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Japanese Abandon Symbolic Ceiling On Defense Spending

TOKYO (UPI) — The Japanese government abandoned a decade-old symbolic ceiling on defense spending Tuesday, but pledged Japan will never again become a major military power. The decision, designed to fulfill defense pledges to the United States, came at a special Cabinet session at which an increase in defense spending was approved as part of the government's otherwise austere national budget for fiscal 1987. The final \$22-billion defense outlay boosts spending 5.2 percent over 1986, breaching the limit imposed in 1976 to hold

military budgets to under 1 percent of the country's gross national product, or GNP. The hike fell short of initial requests and was still the slowest growth rate since 1981, but because of Japan's current economic slowdown, is expected to represent 1.004 percent of 1987 GNP, the nation's output of goods and services. Chief Cabinet Secretary Masaharu Gotoda, announcing the decision, said the government will issue a new guideline next month keeping to the "spirit" of the ceiling and vowing Japan will not become a major

military power. "What is more important than the limit is what should be accomplished for the nation's defense," said Prime Minister Yasuhiro Nakasone, a conservative who lost a bid last year to have the ceiling formally scrapped. Opposition political groups denounced the decision as a betrayal of Japan's postwar peace constitution and threatened a fight when the budget is deliberated in the Diet, or parliament, next month. "It is a reckless act," said

Takako Doi, chairwoman of the Japan Socialist Party, the leading opposition group. Nakasone's ruling Liberal Democratic Party, however, holds an overwhelming parliamentary majority. The limit was designed to show neighboring countries that Japan's defense plans do not include the ability to wage war — still a sensitive issue in the only nation to have suffered atomic attack. But it has come under increasing pressure as Washington, facing its own

budget restraints and a massive military buildup by the Soviet Union in Asia, nudged Japan to share more in the defense of vital Pacific Ocean sea lanes. Although largely symbolic, since by Western accounting methods Japan has already exceeded the limit, the decision was "an important political act by the Japanese government to keep up with the times," said a Tokyo-based diplomat. Defense, foreign aid and welfare are the only areas increased in the government's national 1987 budget, an austere

plan reflecting concern over a mounting national debt and an economic slump brought on by the strong yen. General spending gained a marginal increase of only .02 percent to \$338 billion, the smallest overall hike in 32 years. The budget for public works spending, needed for Japan's effort to bolster domestic growth as a means of easing its trade surplus, actually declined. Foreign aid will be increased 5.8 percent to \$4.1 billion, short of the 7.8 percent requested by the Foreign Ministry.

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Serve turkey gumbo or croquettes.

Potpourri

Turn Leftover Turkey Into Pleasant Fare

By Aileen Claire
NEA Food Editor

Starting at packages of leftover turkey in the freezer? Take some out and whip up a turkey gumbo or turkey croquettes for a change from turkey or club sandwiches. These recipes are especially geared for those on a salt-restricted diet, but will be tasty to those who aren't. Why not double or triple the gumbo recipe and freeze it in portions for a quick meal at a later date?

TURKEY GUMBO

1 tablespoon vegetable oil
1 cup each coarsely chopped onion, celery and green pepper
2 teaspoons extra spicy seasoning blend
2 tablespoons all-purpose flour

1 tablespoon no-salt-added tomato paste
3½ cups homemade turkey stock or low-sodium canned chicken broth

1 tablespoon lemon juice
2 cups diced leftover turkey (about 8 ounces)
¼ cup raw rice

In medium saucepan, heat oil. Add vegetables and seasoning blend and saute, stirring, for 10 minutes. Stir in flour and tomato paste. Whisk in stock and lemon juice until smooth. Heat to a boil, whisking occasionally. Add turkey and rice. Cover and simmer for 30 minutes. This kitchen-tested recipe makes 4 servings.

TURKEY CROQUETTES WITH GREEN SAUCE

1 tablespoon vegetable oil
6 tablespoons all-purpose flour, divided
1 cup homemade turkey stock or 1 cup low-sodium chicken broth

1½ cups skinned minced leftover turkey (about 7 ounces)
¼ cup minced onion
¼ cup finely chopped mushrooms
2¼ teaspoons salt-free low-pepper no-garlic herb and spice blend, divided
2 large eggs
1 cup fresh bread crumbs
¼ cup ground walnuts
2 teaspoons unsalted margarine, melted

Green Sauce (recipe follows)
In medium saucepan, heat oil over low heat; stir in 2 tablespoons of the flour until smooth. Cook about 3 to 5 minutes until golden. Whisk in stock; cook 15 minutes, stirring occasionally, until thick and smooth. Remove from heat.

Stir in turkey, onion, mushrooms, 1¼ teaspoons herb and spice blend and 1 egg, lightly beaten, until smooth. Return to heat. Cook 3 to 5 minutes, stirring constantly until thick and bubbling. Scrape onto a plate. Spread ½ inch thick; cover loosely and chill in freezer 1 hour.
Meanwhile, in large shallow bowl, toss crumbs, walnuts and ½ teaspoon herb and spice blend; in second bowl, beat remaining egg with ¼ teaspoon herb and spice blend. In third bowl, toss remaining herb and spice blend with remaining flour.
Remove chilled mixture from freezer. Shape into 4 patties (3 to 4 inches each) or croquettes (mixture will be slightly wet). One at a time, dust all sides of each croquette first in flour

mixture, then dip in egg, and last in crumb-walnut mixture until well-coated. Chill on plate for 30 minutes loosely covered in freezer.
Heat oven to 450 degrees. Spray a baking sheet with non-stick cooking spray. Using a spatula, transfer chilled croquettes onto prepared baking sheet. Drizzle margarine over tops. Bake 15 minutes, turning once, until both sides are crisp and dark golden and croquettes are hot. Serve with Green Sauce. This kitchen-tested recipe makes 2 large servings or 4 smaller servings.

Green Sauce:
½ cup plain yogurt
2 tablespoons chopped scallions
1 teaspoon Dijon mustard
½ teaspoon extra-spicy seasoning blend
In small bowl, stir all ingredients until smooth. Chill until ready to serve.

WINTER WALNUT CHUTNEY
1 cup each pitted prunes and dried apricot halves
½ cup golden raisins
Water
¾ cup granulated sugar
¼ cup packed brown sugar
1 cup apple cider vinegar
½ cup brandy or apple juice
¼ cup lime or lemon juice
1½ tablespoons finely grated fresh ginger
1 small onion, diced
2 large cloves garlic, minced
1 tablespoon allspice
½ teaspoon red pepper flakes
2 pinches cayenne
1 cup toasted walnut halves and pieces
1 cup diced (¼ inch) green apple
2 tablespoons grated orange peel
Salt, to taste
Cover dried fruits with 2 cups boiling water. Soak 45 minutes.
Meanwhile, combine ½ cup water, sugars, vinegar, brandy, lime juice, ginger, onion, garlic and dried spices. Bring to boil; simmer to light syrup consistency. Drain fruits. Pour sugar syrup mixture over fruits. Let stand 15 minutes. Add walnuts, apple and orange peel. Stir in salt. Cool, cover. May be refrigerated up to 1 month. This kitchen-tested recipe makes about 3 cups.

CITRUS-SPICED STRAWBERRY SAUCE
1 cup water
½ cup sugar
1 orange
1 lemon
2 packages (10 ounces each) frozen sliced strawberries in syrup
4 whole cloves
1 small cinnamon stick
2 bay leaves
In saucepan, combine water and sugar. Bring to boil, stirring to dissolve sugar. With sharp knife, peel the outer peel only from the orange and lemon. Halve and juice fruits. Add peels (avoid using the white inner skin), juices, strawberries, spices and bay leaves to sugar syrup. Return to boil; reduce heat and simmer, stirring occasionally, 25 minutes to reduce. Strain, discarding solids. Chill sauce. Spoon over sliced chilled oranges or other fresh fruits. This kitchen-tested recipe makes about 2½ cups.

Freshly Baked

Try Savory Broccoli Cheddar Rolls Made With Frozen Dough To Accompany Winter Meals

Serve freshly baked Broccoli Cheddar Rolls with a crock of hot soup for a hearty winter meal. Chopped broccoli and onions and grated cheddar cheese are rolled up in ready-dough. These savory rolls can be made ahead of time and frozen. Just reheat for a quick meal with the goodness of homemade bread.

For variety, add diced chicken, turkey or ham to Broccoli Cheddar Rolls to make a complete meal.

Use frozen ready-dough for time-saving convenience in all your recipes for variety yeast breads and rolls.

BROCCOLI CHEDDAR ROLLS

1 (one pound) loaf frozen ready-dough, white or honey wheat

10 ounces frozen chopped broccoli, thawed and drained well

1 cup grated cheddar cheese
2 tablespoons dried chopped onion

1 egg
1 teaspoon onion salt
2 tablespoons melted butter or margarine

Let ready-dough thaw until pliable. (To thaw dough in the microwave, wrap in plastic wrap and microwave on low power for 6 minutes, rotating occasionally.) On a lightly-floured board, roll dough out to a 12-inch square. Combine all remaining ingredients (except butter) in a small bowl. Spread filling mixture over dough. Roll up tightly in jelly-roll fashion. Pinch dough along edge to seal filling in. Slice roll into 8 pieces. Cut each slice in half again, not cutting all the way through. Fan out sides to form butterfly-shaped rolls. Place on a lightly-greased cookie sheet and brush with melted butter or margarine. Let rise for 45 minutes. Bake at 375° for 25 minutes or until golden brown.

Variation: Add 1 cup diced cooked chicken, turkey, or ham to filling.

FRESNO FRUIT BUTTER

½ pound pitted prunes
½ pound raisins
½ pound tart green apples, peeled, cored and quartered
½ pound ripe pears, peeled, cored and quartered
1½ cups unsweetened apple juice



Broccoli Cheddar Rolls have the goodness of homemade bread.

2 ounces crystallized ginger
1 teaspoon lemon juice
In broad kettle, combine fruits, apple juice and ginger. Bring to boil; reduce heat, cover and simmer gently for 10 minutes.

Uncover and continue to cook, stirring occasionally, until fruits are tender and liquid almost absorbed, 10 to 15 minutes. Remove from heat; stir in lemon juice. Blend smooth using food processor or electric blender.

Spoon into hot, sterilized jars; seal. Press in boiling water bath for 10 minutes. Cool, label and store. Use as a spread for breads, toast or muffins. This kitchen-tested recipe makes about 3½ cups.

In Good Taste

Traditional Hungarian Salami Finds Its Way To Hungry U.S.

By John DeMers
UPI Food Editor

NEW YORK (UPI) — The Pick salami family has long since dispersed to the West — one is even a lawyer in the United States — but the tradition they started is finally enjoying popularity far beyond the borders of its native Hungary.

Through as tangled a series of contacts and contracts as one is likely to find, each blending Eastern bureaucracy with Western profit motive, the salami of the ancient Magyars can be savored at last in the United States.

"In Hungary, you grow up knowing this salami," offered Dr. Laszlo Ranky, identified on his business card as "Director General Adjoint, TERIMPEX, Exportation et Importation de Betall et de Produits Agricoles, Budapest."

"Pick salami is made in biggest salami factory in the world. In Szeged, beautiful farmlands of River Tisza, one hundred miles south of Budapest."

According to the "directeur general," ordinary salamis made around the world — even those sold as Hungarian — are made with pork trimmings, with lactic-acid starters and unnatural casings.

Nobody else in the world uses the exact blend of spices (heavy on the garlic and paprika) that Pick retains for its meat, Ranky said during a recent visit to New York.

The formula, in fact, is protected in a manner beloved of America's fast food industry — in a vault, with only the man known as "der melster" knowing how the ingredients fit together.

The mold too is a major part of Pick salami's flavor. It's white mold, and nobody else uses quite the same one. Indeed, few if any other salamis are sold with the mold still covering the outer casing.

For some, the thought and sight of this

is a major turnoff. But for true Hungarian salami lovers, it's part of what sets this special meat product apart.

"Nothing like it," said Charles Lawner, part of the team from Liberty/Ramsey Imports of Carlstadt, N.J., that made a dozen Hungarian pilgrimages over two years to work out the distribution agreement.

"I could take the blindfold test in salami and pick Pick."

History gets the nod for making Hungarian salami unique. When the Magyars crossed Hungary's borders in 896 A.D., they brought with them their skill at preserving meat. They found the native Hungarians already adept at hog-raising and fermentation.

Garlic arrived in the trousseau of Princess Beatrice of Naples, with paprika entering with the Turks when they invaded Hungary in the 16th century. By the 19th century, salami-making had evolved from a cottage industry to a true commercial enterprise.

Pick salami started turning up in the United States about a year ago, after a 45-year absence. Since then, the contracts hammered out over two years have opened the gates to other Hungarian products — pickles, preserves, paprika paste, even chocolates.

Here, by way of the The Red Tulip Hungarian restaurant in New York City, is a recipe using the salami in a noodle dish known as Hungarian Embroidery.

Its creators point out that the dish can also be served cold. Simply toss the noodles and pasta with vegetable oil instead of butter and refresh blanched vegetables with cold water. Substitute French dressing flavored with basil and chives for the cream sauce.

HUNGARIAN EMBROIDERY

1 pound medium egg noodles
¼ pound tricolor pasta (spinach, carrot

and wheat)
Butter
1 head broccoli
1 head cauliflower
Salt

¼ pound snow pea pods
1/3 pound Hungarian salami
1/3 pound Emmentaler cheese, grated
Cook the egg noodles and pasta separately. Drain and toss with a small amount of butter, then cover and set aside in a warm place.

Separate the cauliflower and broccoli into florets and blanch in salted water for about 3 minutes. Remove the vegetables before they begin to wilt. Trim the snow pea pods and blanch for 30 seconds in boiling water.

Julienne the salami into long, thin strips. Toss egg noodles with the sauce (see recipe below). Place the noodles in the center of a large platter. Surround with alternating broccoli and cauliflower florets. Border with the cooked pasta and garnish with the pea pods.

Make a lattice of salami strips over the egg noodles. Sprinkle with the grated cheese and pour remaining sauce over the vegetables and the tricolor pasta. Serves 6.

Cream Sauce:

2 Tbsp clarified butter
2 cups heavy cream
1 egg yolk, lightly beaten
1 bunch fresh basil, sliced
Pinch of nutmeg
Salt to taste

Over low heat, combine the butter and heavy cream and reduce by half. Add a few spoons of the mixture to the egg yolk and stir. Remove cream from heat and gently stir in the yolk mixture.

Add sliced basil leaves and nutmeg. Return to low heat and stir until basil is wilted and sauce is warmed through.

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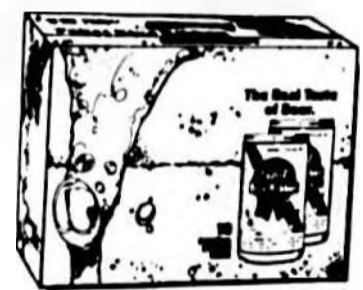
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- Dairy**
- (Twin-Pack), Mazola Diet **Margarine** 1-lb. ctn. **99¢**
 - Pillsbury Buttermilk, Butter, or Country Style **Biscuits** 4 10-ct. cans **\$1.05**
 - Dairi-Fresh Reg. or Soft **Cream Cheese** 8-oz. size **83¢**
 - Claussen 24-oz. Sweet n Sour Bread n Butter Slices or Kosher Dill Spears or 32-oz. Whole or Half Kosher Dill **Pickles** each jar **\$1.39**
 - Breakfast Club Reg. or Whipped **Soft Margarine** 1-lb. bowl **49¢**
 - Pillsbury 6-ct. Butterflake or 8-ct. Crescent **Dinner Rolls** each can **\$1.09**
 - Pillsbury Crusty **French Loaf** 11-oz. can **\$1.09**
 - New! 10.25 to 11-oz. Sizes, Assorted Flavors, Fresh Chef **Soup** each jar **99¢**

Cabernet Sauvignon, Merlot, Chablis Blanc, Riesling
Avia Wine
750-ml bottle **\$1.89**

Orange, Lake, Seminole, Osceola, Polk, Highlands Co. Mt. Dew or Reg. or Diet: Dr. Pepper or Assorted Flavors of Slice or:

Pepsi Cola
6-pk. 12-oz. cans **\$1.49**



Reg. or Light Blue Ribbon
Pabst Beer
12-pk. 12-oz. cans **\$3.33**
(Limit 2 Please)

- Ice Cream**
- Assorted Varieties, Dairi-Fresh "Tasty-Lite" **Ice Milk** half gal. **\$1.19**

- Health & Beauty**
- Mink Difference Extra Control, Unscented, or Non-Aerosol Extra Control Pump **Hair Spray** 7-oz. size **\$1.99**
 - Pump Cont., 4.3-oz. Tartar Control Reg. or Gel or 4.5-oz. Reg. or Gel **Colgate Toothpaste** each pump **\$1.39**
 - Reg. Vaseline Intensive Care **Hand Lotion** 15-oz. bot. **\$2.29**
 - Cotton Swabs **Q-Tips** 240-ct. pkg. **\$1.59**
- Woolite **Upholstery Cleaner** 14-oz. can **\$3.89**
- Johnny Blok **Bowl Deodorant** .. 3 for **\$1**

Publix

Quarters, 100% Corn Oil Reg., Light, or Unsalted
Fleischmann Margarine
1-lb. ctn.
89¢

Publix

Assorted Flavors, Publix Premium
Ice Cream
half gal.
\$2.19

Publix

Assorted Flavors
Hi-C Drinks
46-oz. can
79¢

THIS AD GOOD AT THESE LOCATIONS ONLY

Publix

Family Size,
Tide Detergent
147-oz. pkg.
\$5.99

(Limit 1 Please, With Other Purchases of \$7.50 or More, Excluding all Tobacco Items)

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1. Limit one coupon per item.
2. A limit of three coupons for like items will be doubled per customer. All other amounts of that like item will be redeemed for face value only.
3. If the value of the coupon, or the double value of the coupon, exceeds the retail price of the item, the customer is credited only to the retail value of the item (to cash back).
4. Customers must adhere to all manufacturer's purchase requirements stipulated on the face of the coupon. Expired coupons will not be honored.
5. This offer excludes free coupons, Winn-Dixie coupons, other retailer coupons, refund certificates and items excluded by law.

EXAMPLE OF REDEMPTION VALUES
 25c Coupon - 50c Value
 50c Coupon - \$1.00 Value
 75c Coupon - \$1.00 Value

HAPPY NEW YEAR

PRICES GOOD JAN. 1 - 3, 1987

WINN DIXIE

America's Supermarket.



HICKORY SWEET SLICED BACON
 1-LB. PKG.
\$1.59




WD BRAND USDA CHOICE BONELESS CHUCK ROAST
 L.B.
\$1.77



12 CAN PACK LIGHT
REGULAR or LIGHT Old Milwaukee BEER
 12-PK. 12-oz. CANS
\$3.49
 Limit 2 with \$5.00 or more purchase excl. cigs.



BUDGET GOURMET LASAGNA, CHICKEN & VEGETABLES, CHICKEN AU-GRATIN, MANDARIN CHICKEN, ORIENTAL BEEF, PESTO CHICKEN & MEAT SAUCE, SHELLON WITH HERB SAUCE or LINGUINI WITH SCALLOPS & CLAMS
SLIM LINE ENTREES . EACH
\$1.79



USDA GRADE A FRESH COUNTRY PRIDE WHOLE FRYERS
 L.B.
57c



10 LBS NET WT. 50 POUNDS U.S. No. 1 WHITE POTATOES
 10-LB. BAG
\$1.79



16-oz. WHOLE KERNEL CORN, CREAM STYLE CORN, MEDIUM PEAS, LARGE SWEET PEAS, CUT GREEN BEANS, SLICED CARROTS, SAUERKRAUT, 15-oz. TOMATO SAUCE, 6-oz. TOMATO PASTE or 15-oz. DRY PAK BLACK EYE PEAS
THRIFTY MAID VEGETABLES
 3 CANS
\$1.00

PRICES IN THIS AD ARE GOOD IN THE FOLLOWING FLORIDA COUNTIES ONLY: ORANGE, SEMINOLE, CITRUS, OSCEOLA, ST. LUCIE, SUMNER, VOLUSIA, INDIAN RIVER & LAKE. FOR ALL OTHER COUNTIES PLEASE SEE YOUR LOCAL NEWSPAPER.



WHOLE SMOKED CHICKENS
 2 FOR
\$6.00



SUPERBRAND SOUR CREAM
 1-LB. SIZE
99c



DEEP SOUTH MAYONNAISE
 QT. JAR
99c



THRIFTY MAID CATSUP
 32-oz. BTL.
88c



REGULAR, GEL, TARTAR CONTROL, OR TARTAR CONTROL GEL CREST TOOTH PASTE . . . 4.6-oz. PUMP
\$1.39

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HERE'S HOW IT WORKS

1. Pick up blank Super Bonus Certificates at our checkout counters.
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3. When you check out present one filled Super Bonus Certificate for each Super Bonus Special you select.



SUPER BONUS SPECIAL SUPERBRAND LARGE EGGS
 ONE DOZ.
29c
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 1-3, 1987



SUPER BONUS SPECIAL DIET PEPSI, PEPSI FREE, SUGAR FREE PEPSI FREE, MT. DEW, DR. PEPPER, SLICE or PEPSI COLA
 8-PK. 16-oz. BTLs. or 6-PK. 12-oz. CANS
\$1.19 PLUS DEPOSIT
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 1-3, 1987



SUPER BONUS SPECIAL ALL GRINDS ASTOR COFFEE
 1-LB. BAG
\$1.99
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 1-3, 1987



SUPER BONUS SPECIAL "PRICE BREAKER" PEACHES
 29-oz. SIZE
29c
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 1-3, 1987



SUPER BONUS SPECIAL ASTOR REGULAR or LITE FRUIT COCKTAIL
 16-oz. SIZE
9c
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 1-3, 1987



SUPER BONUS SPECIAL REGULAR CLOROX BLEACH
 ONE GAL.
39c
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 1-3, 1987



SUPER BONUS SPECIAL V8 VEGETABLE COCKTAIL
 46-oz. SIZE
49c
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 1-3, 1987



SUPER BONUS SPECIAL KREMO ALL FLAVORS ICE CREAM
 HALF GAL.
\$1.99
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 1-3, 1987



SUPER BONUS SPECIAL ORE-IDA CRINKLE CUT FRENCH FRIES
 2-LB. SIZE
99c
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 1-3, 1987



SUPER BONUS SPECIAL LIGHT & ELEGANT ASSORTED VARIETIES BANQUET ENTREE
 EACH
99c
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 1-3, 1987



SUPER BONUS SPECIAL HOMOGENIZED or LO-FAT SUPERBRAND MILK
 ONE GAL.
\$1.99
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 1-3, 1987



SUPER BONUS SPECIAL WD BRAND 100% PURE "HANDI PAK" GROUND BEEF
 1-LB. SIZE
79c
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 1-3, 1987



SUPER BONUS SPECIAL WD BRAND MILD, MEDIUM or HOT WHOLE HOG SAUSAGE
 1-LB. SIZE
\$1.39
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 1-3, 1987



SUPER BONUS SPECIAL BLUE BAY IN OIL or WATER CHUNK LIGHT TUNA
 6 1/2-oz. SIZE
1c
 WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD JANUARY 1-3, 1987

PEOPLE

Sanford Herald, Sanford, Fl. Wednesday, Dec. 31, 1966-18

Cook Of The Week

Denise Swain: She Has The Best Of All Worlds

By Dorothy Greene
Herald Correspondent

At this very busy time of the year, our Cook of the Week, Denise Swain, a Sanford native, takes time to reflect on a town she loves, a warm, loving family, and a fulfilling career.

"My father, A.B. Stevens, had a grocery store in downtown Sanford during the '30s, about where Touchton's Colonial Room restaurant is now," she recalls. "Then, in 1940, he opened the first grocery store that was outside of town where the Sanford Auction is now. He built that building and it was way out of town — it was quite a new experience. Being a merchant in Sanford, he was really upset if we went to Orlando to shop. So I'm very pleased with the new growth going on in Sanford, because Sanford used to be a lively little town, especially on a Saturday afternoon."

And nothing could be nicer than having a part in fashioning the lives and futures of young adults as our Cook of the Week does. For Denise Swain, her family of students at Seminole High School is a great source of pride as she marks her 16th year as an educator. "I have taught 11th graders for 16 years," says Mrs. Swain, "and I love it. I love that age — they're great. I don't know of anything that makes me angrier than to hear somebody put down these kids, because they're really great kids." In her English class, Mrs. Swain tries to project a positive image to her students, instilling self-confidence and independence, which are key ingredients during their formative years. "I'm very pro-American, pro-education, pro-Sanford and pro-Seminole High School," she says, "and I think the greatest things we can give our children are independence and a positive attitude."

Mrs. Swain attended all the Sanford schools, as did her husband, Lloyd, who is a real estate appraiser and a "cook" according to our cook. "We were brought up in the same church," she says, "so I guess I've really known him all



Herald Photo by Tommy Vincent

Denise Swain makes a batch of cookies.

my life." Married in 1952, the Swains have four lovely daughters, decidedly outnumbering the head of the household at one time. Susan is married to a local man, Dr. John Durham, a podiatrist practicing in Lilburn, Georgia. They have two sons, Matthew, 9½, and Michael, 7 months. "Matthew likes to be called Matt," laughs Mrs. Swain, "but I always forget." Daughter Judy is married to Randy, a sales trainer for McCormick spices, and she teaches fourth graders in Gwinnett County, Ga. They have one daughter, Cathrine, 2½. The Swains' daughter Allison is a real estate agent in the Deltona area, and Lori is a senior at Seminole High and plans to attend FSU next fall.

Commenting on how she started her career as an English teacher, Mrs. Swain explains that after attending college for only one year, she began working at the old Florida State Bank in downtown Sanford. "I was the

13th employee," she remembers. "We were just a small bank, but I loved it. Then Lloyd and I got married about a year and a half later and then we had our family — so when I was 33 years old, I went back to college and got my degree." Mrs. Swain earned her B.S. degree in English and later acquired her master's, "and I highly recommend it to anyone," she says, referring to continuing an education at any age. By attending Rollins College at night and during the summers she achieved her goal and credits her husband, daughters and many other family members for their support and encouragement.

While growing up in Sanford with her two sisters, Mrs. Swain recalls that her mother was a wonderful cook and, because her father was a grocer, he wanted his girls to learn to cook well. "Mother didn't work outside the home, and that makes a big difference," she explains, "so she had time and it takes time

for a cook to cook well. I love to cook, but I don't take the time she used to take, unless it's a weekend or the summertime. Of course, that was a different age when every night we'd have two or three meats and she'd always have hot biscuits and cornbread, and we always had dessert. If company came in — that was fine, because she always had plenty for them. Every summer we'd go to North Carolina and I think she was kind of famous for her blackberry cobbler and apple cobbler. I still make many things that my mother made."

Even though her days are spent in the classroom, Mrs. Swain's grades as a homemaker are at the top of the list. She enjoys cooking and baking in her sparkling, family style kitchen which she designed to accommodate an active schedule. Huge cupboards behind lowered doors make everything easily accessible, and a cozy dining table opens to seat a large number of family or guests. Our cook can sometimes be found at her desk tucked away in another corner of the kitchen sipping a cup of coffee while grading her students' papers.

Mrs. Swain has a sentimental collection of family keepsakes that is very dear to her, most of which belonged to her mother, Corinne Stevens. Adorning the walls are precious paintings of still life, mostly floral arrangements, done by Mrs. Swain's mother who took up the artful hobby when she was in her 60s. "We enjoy visiting our families in Georgia," says Mrs. Swain, "and we have fun when we get together." Recently, she took advantage of a Thanksgiving week trip to Iceland with a group of teachers and other professionals and is ecstatic about the experience. "It was wonderful," she exclaims. "I had never been out of the United States of America. It took 6½ hours to get there. It's a different place, but very beautiful. It was hard for us to understand, but there were no trees! Our tour guide told us that when the Vikings first arrived there, they cut down the trees to burn them to keep warm and also to build

houses. It's difficult to grow trees there because they have so little light. Most of the trees are found in the city where somebody can look after them, but out in the country they have none."

Many other points of interest were covered in Mrs. Swain's trip including a visit to a local school and she notes the differences in the educational system with ours.

Back home again, Mrs. Swain continues her routine of teaching and domestic engineering and enjoys every minute of it. Happily, she admits, "I have a good family, so what more could I want? I can certainly say that I have been very blessed because I've had good parents, good in-laws, good children, and, of course, a good husband."

Along with a treasury of cookie recipes that Mrs. Swain has collected over the past 34 years of married life, she has used many, many times, she offers this cute little rhyme:

Some grandmas ride in limousines,
Wear fine clothes and pretty rings,
But my grandma's best by far,
Because she has a cookie jar!

Listed below are Denise Swain's tempting favorites:

BEST-EVER BROWNIES (Allison's favorite)

- 2 sticks margarine
- 4 1-ounce squares unsweetened chocolate
- 2 cups sugar
- 4 eggs
- 2 teaspoons vanilla
- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 cups chopped walnuts (optional)

Melt margarine and chocolate in large, heavy saucepan or double boiler. Remove from burner; add sugar, beat and cool. Add eggs one at a time, beating after each addition. Add dry ingredients which have been sifted together, vanilla and nuts. Mix well. Pour batter into large, greased rectangular (13x9-inch) pan and bake at 350° for 30-35 minutes. Remove from oven and immediately sift some 4X sugar over brownies OR ice with a can of commercial chocolate icing with additional vanilla added. When cool, cut into squares. Makes about 36 brownies.

PEANUT BUTTER COOKIES (Lori's favorite)

- 2 sticks margarine
- 1 cup white sugar
- 1 cup light brown sugar
- 2 eggs
- 1 cup peanut butter, plain or crunchy
- 1 teaspoon vanilla
- 3 cups all-purpose flour

See COOK, 3B

Take New Year One Day At A Time

DEAR ABBY: Last New Year's Eve you published some New Year's resolutions. I cut that column out and taped it on my bathroom mirror where I could read it every morning.

NEVER TOO OLD
DEAR READERS: These New Year's resolutions are based on the original credo of Alcoholics Anonymous. I have taken the liberty of using that theme with some variations of my own:

Just for today I will live through this day only, and not set far-reaching goals to try to overcome all my problems at once. I know I can do something for 12 hours that would appall me if I felt that I had to keep it up for a lifetime.

Just for today I will be happy. Abraham Lincoln said, "Most folks are about as happy as they make up their minds to be." He was right. I will not dwell on thoughts that depress me. I will chase them out of my mind and replace them with happy thoughts.

Just for today I will adjust myself to what is. I will face reality. I will correct those things that I can correct and accept those things I cannot correct.

Just for today I will improve my mind. I will not be a mental loafer. I will force myself to read something that requires effort, thought and concentration.

Just for today I will do something positive to improve my health. If I'm a smoker, I'll make an honest effort to cut down. If I'm overweight, I'll eat nothing I know is fattening. And I will force myself to exercise — even if it's only walking around the block or using the stairs instead of the elevator.

Just for today I will be totally honest. If someone asks me something I don't know, I will not bluff; I'll simply say, "I don't know."

Just for today I'll do something I've been putting off for a long time. I'll finally write that letter, make that phone call, clean that closet or straighten out those dresser drawers.

Just for today, before I speak I will ask myself, "Is it true? Is it kind?" And if the answer to either of those questions is negative, I won't say it.

Just for today I will make a conscious effort to be agreeable.



Dear Abby

program. I may not follow it exactly, but I will have it, thereby saving myself from two pests: hurry and indecision.

Just for today I will have a quiet half-hour to relax alone. During this time I will reflect on my behavior and will get a better perspective on my life.

Just for today I will be unafraid. I will gather the courage to do what is right and take the responsibility for my own actions. I will expect nothing from the world, but I will realize that

as I give to the world, the world will give to me.

Have a happy, healthy New Year. And pray for peace!

LOVE, ABBY

P.S. If you are driving tonight, don't drink. And if your drinking, please don't drive.

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OPEN NEW YEARS DAY 9 A.M.

EVERY ITEM ON SALE

SPECTACULAR FABRICS NOTHING WITHHELD

All Items in The Store Are REDUCED!

SEMI-ANNUAL up to 1/2 OFF SALE

MUST MAKE ROOM FOR SPRING FABRICS

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- Designer Fashions
- Trimming & Laces
- Upholstery Fabrics
- Drapery Fabrics
- Notions
- Linings
- Towels
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FRANK AND ERNEST by Bob Thaves



GARFIELD by Jim Davis



TUMBLEWEEDS by T. K. Ryan



'Self-Allergy' Can Cause Vasculitis



DEAR DR. GOTT - I am a very worried mother. My son has vasculitis, and the doctors told him there is no cure for it. So far, he has lost a finger on his right hand and has had a biopsy on his lower lip and another (a big one) on his lower leg. He's been on chemotherapy for 14 months, which is causing him to have all kinds of stomach problems. What can you tell me about this terrible disease?

DEAR DR. GOTT - Our healthy, athletic, 10-year-old son has lost his eyelashes and eyebrows and is losing his hair. He has had many examinations and tests, including one for hemochromatosis, which is inherited in our family. Do you know what can be done for him?

DEAR READER - Vasculitis means inflammation of blood vessels. This serious condition can be produced by severe allergies (especially to medicines), malignancies and unusual infections. However, the most common cause of vasculitis is an autoimmune phenomenon, in which the patient becomes allergic to his or her own tissues. In essence, the body's defense mechanisms misperceive normal tissue as being dangerous. This sets off a series of reactions during which the body literally tries to destroy itself.

When the body's defenses attack blood vessels, the reaction results in inflammation and swelling; vasculitis occurs and circulation is interrupted. If the autoimmune reaction is not stopped, patients can develop "target-organ" damage, such as heart attacks, lung damage, muscle disease, strokes or gangrene. Common types of vasculitis include polyarteritis nodosa, serum sickness, granulomatosis and temporal arteritis.

The purpose of treatment is to turn off the body's excessive defense reaction. Diseases that underlie the vasculitis must be diagnosed and controlled. However, the most important therapy is aimed at reducing swelling and inflammation. Cortisone and related drugs are very useful for this purpose. Because chemotherapy depresses cell growth and activity, some doctors use anti-cancer drugs to slow the progression of vasculitis. However, in my opinion, cortisone remains the most effective treatment for vasculitis. If chemotherapy is the source of

DEAR READER - Hair loss

your son's stomach pain, his doctors might consider switching to cortisone.

DEAR DR. GOTT - Hair loss has many causes, including exposure to toxic chemicals and radiation, skin diseases, thyroid diseases, severe anemia, fever, genetic factors, and a disease called alopecia areata, which specifically causes loss of hair on the head and body. Some patients lose hair for no identifiable reason.

DEAR DR. GOTT - Hair loss has many causes, including exposure to toxic chemicals and radiation, skin diseases, thyroid diseases, severe anemia, fever, genetic factors, and a disease called alopecia areata, which specifically causes loss of hair on the head and body. Some patients lose hair for no identifiable reason.

ACROSS

- Even (post.)
- Wriggley fish
- Ever (post.)
- City in Oklahoma
- Firearm owners' gp.
- Inner (comb. form)
- Lab burner
- Test
- Blank
- Sleekening bar on a loom
- Littlest
- Prossed (2 wds.)
- Competing
- Estimate, e.g.
- Architect
- Seafarer
- Extinct bird
- American Indian
- Seller's patron saint
- Own (East.)
- Refer to
- Heavenly bodies
- Ancient British chariot
- Ancient
- Mid-east region
- Darth
- Urns
- Facilitate
- Airline information (abbr.)
- Do - others
- Small bottle
- Bernstein, for short
- Smooth
- Swiss mountain
- Affirmative reply
- Entertainer - Sumac

DOWN

- Wide shoe size
- Grafted, in heraldry
- Actress Foch
- nous
- Do wrong
- Non-clerical female
- Adam's grandson
- Prayer copy
- Pole
- "Kapital"
- Nighttime
- Insect stage
- Compass point
- Eastern philosophy
- Vice president (sl.)
- Shout
- La
- Douze
- Lunchtime
- Zooms (engine)
- Part of eye
- Nest of pheasants
- Accomplishment
- In grown-up manner
- Language suffix
- Period of historical time
- Actress Dale
- Colorado ski resort
- Pronto (abbr.)
- Diamond State (abbr.)
- Take to court
- Jealousy
- Part of a plant
- Zee Zee's sister
- Golfing aid
- Clear Day

Answer to Previous Puzzle

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| G | Y | D | C | O | E | G | E |
| E | V | I | L | E | N | L | E |
| D | E | N | E | L | I | E | D |
| O | B | E | T | A | T | E | T |
| P | A | S | S | K | E | Y | |
| R | A | T | I | E | | E | N |
| C | A | V | A | D | | E | E |
| C | M | I | A | G | | E | E |
| C | A | N | A | K | A | R | E |
| W | R | E | A | T | H | O | |
| W | I | L | E | D | H | O | T |
| C | A | R | V | I | D | E | |
| M | L | I | S | T | I | R | |
| L | E | S | H | A | S | T | |

WIN AT BRIDGE

By James Jacoby Not getting beyond four spades was a coup for South, since many players, admittedly overbidders, might easily get to the five-level with that hand. Making game with the North-South cards was even more significant, since it involved a high-level play that all players should have in their bag of bridge tricks.

two more losers in the diamond suit and no obvious relief in sight. Then South had an idea. What if West held the king of clubs?

So declarer drew trumps, cashed the ace of clubs and the ace of hearts, and overtook his heart jack with dummy's queen. Now declarer led dummy's jack of clubs and discarded - not a losing diamond but the heart king. West won the club king and had nothing left but clubs and hearts, the lead of either suit giving our shrewd declarer two more tricks and his contract.

A new book by James Jacoby and his father, the late Oswald Jacoby, is now available at bookstores. It is "Jacoby on Card Games," published by Pharos Books.

| | | | |
|-------------------|------------|------|-------|
| NORTH | | | |
| ♠ | 8 6 2 | | |
| ♥ | Q 10 7 | | |
| ♦ | 8 5 3 2 | | |
| ♣ | Q J 4 | | |
| WEST | | | |
| ♠ | 10 7 4 3 | | |
| ♥ | 9 8 6 3 | | |
| ♦ | Q | | |
| ♣ | K 9 7 6 | | |
| EAST | | | |
| ♠ | 9 | | |
| ♥ | 5 4 2 | | |
| ♦ | A J 10 9 | | |
| ♣ | 10 8 5 3 2 | | |
| SOUTH | | | |
| ♠ | A K Q J 5 | | |
| ♥ | A K J | | |
| ♦ | K 7 5 4 | | |
| ♣ | A | | |
| Vulnerable: Both | | | |
| Dealer: South | | | |
| West | North | East | South |
| Pass | 2 ♠ | Pass | 2 ♠ |
| Pass | 2 NT | Pass | 2 ♠ |
| Pass | 3 ♠ | Pass | 3 ♠ |
| Pass | Pass | Pass | Pass |
| Opening lead: ♠ Q | | | |

HOROSCOPE

What The Day Will Bring... YOUR BIRTHDAY JANUARY 1, 1986 Events and conditions will instill powerful new ambitions in you in the year ahead. Your chances for success look good, but you must remember to repay favors to those who assist you.

own way. If you get too pushy, someone might push you back. LEO (July 23-Aug. 22) If you see your mate walking around the house with a long face today, you might be part of the problem. Try to be tolerant instead of temperamental.



DRINKING AND DRIVING DON'T MIX!



when you drink... DON'T DRIVE!

The life you save may be your own!

As little as two drinks can affect your driving ability. Four or more can make you legally drunk. Contrary to popular beliefs, coffee and fresh air will not sober you up — only time will. It takes approximately one hour for your body

to neutralize the effect of one alcoholic drink. In other words, it takes four hours to completely sober up from four drinks. In between that time you are a danger to yourself and to other drivers on the road.

THE SIMPLE SOLUTION IS DON'T DRINK AND DRIVE! Ask a friend to drive you — they'll be happy to because they care — or call a taxi. The fare is small compared to the cost of your life or someone else's. Remember, a drunk driver is a *dangerous* driver.

Drinking and driving kills! The only solution is DON'T!

1 1/2 oz. of 80 proof liquor **EQUALS** 12 oz. of beer **EQUALS** 4 oz. of wine

DO YOU KNOW that 1 1/2 ounces of 80 proof liquor, 12 ounces of beer and 4 ounces of wine ARE EQUAL IN ALCOHOL CONTENT

| KNOW YOUR LIMITS | | | | | | | | | |
|--------------------------------------|-----------------------|-----|-----|-----|-----|-----|-----|-----|---------------------|
| APPROXIMATE BLOOD ALCOHOL PERCENTAGE | | | | | | | | | |
| Drinks | Body Weight in Pounds | | | | | | | | Effect |
| | 100 | 120 | 140 | 160 | 180 | 200 | 220 | 240 | |
| 1 | .04 | .03 | .03 | .02 | .02 | .02 | .02 | .02 | Reflex Impaired |
| 2 | .08 | .06 | .06 | .05 | .04 | .04 | .03 | .03 | |
| 3 | .11 | .09 | .08 | .07 | .06 | .06 | .05 | .05 | |
| 4 | .15 | .12 | .11 | .09 | .08 | .08 | .07 | .06 | Under The Influence |
| 5 | .19 | .16 | .13 | .12 | .11 | .09 | .09 | .08 | |
| 6 | .23 | .19 | .16 | .14 | .13 | .11 | .10 | .09 | |
| 7 | .26 | .22 | .19 | .18 | .15 | .13 | .12 | .11 | |
| 8 | .30 | .25 | .21 | .19 | .17 | .15 | .14 | .13 | Legally Intoxicated |
| 9 | .34 | .28 | .24 | .21 | .19 | .17 | .15 | .14 | |
| 10 | .38 | .31 | .27 | .23 | .21 | .19 | .17 | .16 | |

One drink is 1 1/2 oz. of 80 proof liquor, 12 oz. of beer or 4 oz. of table wine

TO DETERMINE YOUR ESTIMATED BLOOD ALCOHOL CONTENT:

- Count your drinks
- Line up the number of drinks with the row closest to your weight
- Notice the effect

This message is brought to you as a public service of this newspaper and these concerned businesses.

| | | | |
|--|--|---|--|
| SANFORD CHAMBER OF COMMERCE 400 E. 1st Street 322-2212 | ROYAL AMC JEEP, INC. 555 E. Hwy. 436, Fern Park 831-2828 | CAVALIER MOTOR INN 3200 S. Orlando Dr., Sanford 321-0690 | A AUTO INSURANCE WORLD 2546 S. Hwy. 17-92, Sanford 323-7283 |
| WILLETT TOYOTA 1371 Hwy. 17-92, Longwood 322-8601 | SEMINOLE FORD 3786 Orlando Dr. (17-92), Sanford 322-1481 | ISLANDER TAVERN 3207 Orlando Ave., Sanford 323-9872 | GRAMKOW FUNERAL HOME 130 W. Airport Blvd. 322-3213 |
| BAIRD-RAY NISSAN 4444 Hwy. 17-92, Longwood 831-1318 | KIDDY'S KAR SALES 1127 S. Sanford Ave., Sanford 323-5559 | FITZGERALD'S 530 N. Palmetto Ave., Sanford 323-1910 | OAKLAWN FUNERAL HOME/CEMETERY Hwy. 46-A At Rhinehard Rd., Lake Mary (Just Off I-4) 322-4263 |
| PRESTIGE HONDA BMW 2913 Hwy. 17-92, Sanford 323-6100 | FAIR AUTO SALES, INC. 3096 Orlando Dr., Sanford 322-3424 | ABC LIQUOR STORES | WILSON-EICHELBERGER MORTUARY 1110 Pine Ave., Sanford 322-5212 |
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