# Sanford Herald 

## NEWS DIGEST

## INSIDE

$\square$ Sports
Heading for a showdown
LAKE MARY The L.ake Mary and hake
 Chup wilh victarles Wernnesday night.

## $\square$ People

Powell for president?
In answering a reader's letter. paycht Jerry hance at the presidency of the Uniled States. See Pate 38

## BRIEF8

Guility plea
SANFORD-Erik Eriksen. 19. or Wimter Springs. pleaded gullty Wedinesdiay in Senthol
Counly Court to une count of falsely thin personatng it law emforcement officer. 27. charg-
Depultes arrestrd Eriksen on April 27. ang him with three counts of falsely im. personating an oflicer. in conuretion wili $\underset{\text { Clitizens satd a man clatrang to be a polle }}{\text { areas }}$ officer stopped their vehticles and threatened hem with a ticket. At one hime. salta sherif it
spokesman Ed Melonough, he haudcuffed al year old girl.
During the arrest, deppates reporitedy conund a pail rof handeults from Eriksen.
McDonough said the gully plea yesterday was the result of a plea tanging
Eriksen is to be sentenced al 10 a.m. Monday. Oct. 9 at the John E. Polk Correctional Facility

## Net ban financial help

The state Deparment of Communty Alaiss is preparing oo stari a Net Band Emergency
Assistance program for Flortia's commertal inshermen and herr families who may have
becn finaticlatly iffeeted by the Net Harl Constitutional Amendment. trammer nets and crawls th near-shire and nifthis year Maximum
$\$ 250$. It tnsurance issessumen fee or fee retmpursement mortgage. rental or utillty payments, forsh clothang and other needs.
While there is no requilement for matching first-come basis.
The Net 日an Emergency Assistance Prugram will be adminich and anetes and ocal governuet
No sperific
Seminole County. Fitur hen established in contact the ventrest proprammen manker, asked in Seminole County is teluf managed by Volusi
County. The phote number is (S0.4) 736 -5955. [] See Bricfi, Pate 5A

Complited from staff reports

## INDEX


$G$ The melancholy days are come, the saddest of the year, of wailing winds, and naked woods, and meadows brown and sear. 5

William C. Bryant




For more wenther, sole Page 24

## Family ontertainment

 A creative worship experiance will be open to the public. Teen teams will perform
presented by the Youth Ministry Team of First
skils and dance to include clowning puppets. presenied by the Youn mistry Team of First skils and dance to includa clowning. puppets. Baplist Church, 510 Park Ave., Sanlord at 7 drama, mime and sign language.

Students organize moments of prayer

By vickidasonmien

## Herald Senior Stat Writer

SANFORD - Nearly threr slozen youmg people




 lowinliates inmed tior the in worted
The everte called Mee Mre A The Dote by the



## 

 The liag pole-
"This in sonuellume the klds wame the do." silld




## Pastor: Spaziano witness told me he lied

## Staft and Wira Reperte

Two years before Tony Dilisto publicy y recanted his atory which seat Joseph "Crazy Joe" Spazlana murder, he told his pastor has estimony wassalie. "He subd there was a man. he
didin't tell me exacl detalls, bual he sadel a man wass accused of killing a pirit and lakting her to a dump."
reulired pastor Elmer Leetdg suatd Wednesalay.
"Tony s.itd somebody saldt the
ulim tevok him to the dump be man tiok him to the dump, buet he
didint. The pultre trok tim there., Spazaina. it momber of the Out


 dump.
serrelly hypuontzed hime. was the only withess linkitug Spaziano to th
 recomburniation of ille
 todies the the gharbage durnp
1973 the second txaty wass neve
 conthued to he after lestifymg. laraggme and rlakoratimg on th
slery. Spuatiano has survtwed five death
warrimbe - the last slened by Gus Litwome Chites allier he nerdered. lorrecment invesulgation of Dulistion Mad his recamed story.
On the feftitit stay of courn issued 12 aud ordered an evidentiary
heartug Nor. 15 . Levdig. H2. Was merviews by remembery the story, he says See Pantor. Page 6A


The youngsters in the Trainably Mentally Disabled provide for students' needs. Cheff Ralph Russell presenied with bicycles by the Sanlord Police to righli, Aonald Shaw. Brenda Houston and Jeanette Depantment Wednesday. The bikes were eilher Holloway; and (back row, lelt to right) Laterrarice contiscated trom criminals or left unclaimed alter a McGritt, Sydell Brundid, Angela Williams. Stormy
burgary investigation was completed. For safety.
DeBautte, Billie Jo Lott. Timothy Burleld and Donald business pattngat Kmatt, preseniledt the kids wateth Simmons.

New mall: Kickoff party tonight, open for business Friday morning
By MCK PFLIFAUF
Herald Stafl Whiter


 'rithe मetle ralpublike:






## FLORIDA <br> BRILPS

Men charged with 2403 counts
 transporting explociven, police mid Wednectioy Peter Pimer 33. Wan areested Tuedtay anter underoover
 to inchee in hate van.
Thousande more explowes rese found moctpoted of a



 dearnuctive dervice - oxpe for exch explowne-two coumtit of expoulven outhout a licence.
Deenneclie mid number of counts wre expected to increvee when police eccecuint for the number of exploatives Plumer bed
Ringling prealdent to ratio.


 wrunderity.





Floride, Catcionia enter cultural peot
 redion of Spaln, entered an agreement Wedneathy to expand Cov. Lavion chilea end the Cankoois President Jordi Pujol

 Sea. The ciptulal is Berceloone
Thib ifreement tan in imporimnt economic developnent tool
 menelo

## Chiles declares 'Meat Loaf Weak'

TALLAHASSEL - Gov. Lamton Chice be mo ctrey about
 "To meo two out of three ant't bod.", he folied. quoung lyrica, trom meone by performer ment Loef. "Mcat Loer hee been :
 the Boston imarkee reshurait chain.
The proctamation tapper, reada:
 mith heteme mer ingrediknt being pround beef or icomblintion o meats: and
"Whereas, many, many favorte meat loaf rectpes exiet and



## How to reduce claseroom dieruptions

 removed from roordse dily rooms end turned over to tatie

 Tornillo to urging hivimitern to peen legalation next year


 to the Department of duvenie
when $I$ tudent could return to ochool. he mesid.
From Aasocialed Probs reports

## NEWS FROM THE REGION AND ACROSS THE STATE

 Insurance rates hiked'Sticker shock' may accompany increases

TALLAHASSEE - Homeownen who rely brace for "rite utchererhock" Committee chivirmen neid Wedmextay. The realdentul Jotnt Undernenting, Acoo
 Aurumin 1002. y planning at kene two mite incromes by Jen. 1 med may consider nother pext eumn
"One of the central wuce that were toting thock. How much can Frorotiane pay" committee Chatrman John coecrove. D. Andrew. He wim inaured by the JUA about

percent for homeowners and allow
to tocreme deductiblea to 10 percent. He zeld pant eflorte to dramatically Increase deductibles would have left policy. hotdere with hetiy financial exposures. For instance. 10 perrent deductible on a
100.000 house would coet a homeowner 10,000 in a major low. Under Cosprove' proposal, Anenctas inatitutions could nrunce the 10 percent wouldri's coot the homeowner anythtre unkese a mayor lowo oceurred but it could "Our ctizens can only pay so much." Costrove told the comanititee wedneaday. The whole daccumonn about fuak ratalng
 of inemrance. We are not fothy to deal with
the old wordd. We are poting to deal with the new world.
Lewmakere created the JUA to provide property inmurance to homeowners who

Adre. In has ballooned into the gate's Alird-largeat Insurer behind Seate Fand and
Alstate with more than 800.000 poictes. Rep. Joseph Armall, RJjactoronville Bench. anect the level of rish, ouch as comeal areas where the JUA insures many homeowners. "It's ume to put out more honenty in ermas of rate ntnuclure. Arnman. may not be news they want to hear.
On Oct. 1. an verree 11.5 percent
increase will tike effeet in the JUA. In Dade County, polkyholderis will pay an
averate of 81.161 a yeyt on a framed hower average of $\mathbf{w i t h} \$ 75.000$ repliserment vilue and i $\$ 230$ deductible. aceording to the Department of nourance. Private policicen for the mame overage range from 126 to $81,460$. In Broward County, the averase JUA private policy is $\mathbf{1 1 , 2 2 3 \text { . In Palm Beach }}$ County. the JUA policy will coat an averate of 8884 compared to

## Arts festival focuses on centoly



Voluntcore of the Ninth Annual Leve Mary. Willems Roger Hele, Mery Olto and Buck





## 7 of 102 abuse cases under care of HRS

sy dacki matipax
Bsociated Prose W
TALLAHASSEE - Seven of the 102 children who were the
victims of fatal chill abuse two years ago were supposed to be kept sale by the state Depart. ment of health and Re-
habilliative Services. In 31 perrent of the 102 fatal
abuse cases, familles had al abuse cases, famililisa had al some point in the past recelved
services from HRS. LInda Radigan. asalstant HRS secretary for children and family scrvicra. gave the Senate HRS
Commitiec an overview of the Committer an overview of the
Intest year's statitics Wednes. day. The most recent data cov-
ers July 1993 through June The aldest of the seven was a 4 year old. who died of bluni
trauma to the bowel."All the others were younger than 2. The youngret viclim was 2 days nld and died of cocaline addiction.
One child was in foster car One child was in foster care:
the others were under prolective supervilion.' That's
when a caseworker is anden when a caseworker is assigned
to the family to montor the to the family to monitor the
aafety of the childiren and try to get the parents servilies to help
ihem Ireat thelr children better. Them Ireat their chlldren better.
During le93-94. HRS had reDuring leg.ces. HRS had re-
sponsibilty
lor nearly
25.000 chilldren in foater care or pro-
tectlve cusiody. tective cusiody.
tIt the seven fatal casea, one
father pleded no contest to manslaughter, one mothest was sentenced to one year and a day
In prson, and one father pleaded guilly to manslaughter. One live-tn boytriend was ac quilited of Arst-degree murder other three cames.
"Il's extremerely easy to kill a
child and get away whith 11 ." Ms. chlld gand get away with $11 . "$ Ms.
Radigan sald. Sen. Bill Bankherad. a Ponte
Vedra Brach Republican who chairs the committee. asked kegpechildren sale.


## THE WEATHER

|  |  |
| :---: | :---: |
| Today: Montly sunny. High in the lower gos. Northemat wind 5 to 10 mph . Tonleht: Falr. Low in the lower to mid 70. Light eant a elight chance of afternoon showers and thunderatorms High to the lower 90. Wind eas 5 to 10 mph . Rain chance 20 percent. Saturday and Sunday: tered chowers and thun. deratorms malnly north part Lown in the lower and mid 70s Highs in the mid 80- north to near cloudy with scattered showers and thunderstorms. |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |



HATIOMAL TEMEP



## Editorials/Opinions

Samforil Itemial
300. . frewcurinim

Meonunuscarmon nutr Nat

## EDITORIAL

## Educating kids for work

When someone issues what may be consid-
ered unnecessary crticlam, especially announcing it to all the world, it hurts. It may be true or unitue, but neverthelese, it hurts. We believe such an example are comments
made during the Southern Governor's Assomade during the Southern Governore Assocently. Business leaders warned the gover.
nors of southern states to clean up public nors of southern states to clean up public
school systems, or watch an otherwise rosy school systems. or watc
economic forecast falter.
The top official of Georgla-Pacinc sald The head of a major comg quallited workers. southern public schoola "puch people into mediocrity.
We belleve
this category, and the school nystem cantinot be made to hold the entire blame. While we must suspect some of the problems are an overabundance of bureaucracy on the part of the state system. Individual countlea and in providing industrial and bualnese education.
We have many businese and Industry
courese in our hifth echook. And certainly who could question the bualness coursics offered by Seminole Community College. the Universty of Central Florida, and other higher education institutions?
It docsn't matler what profesion or type of employment a person is in or plans to They not only help people set up particular
businesecs. but teach others how to be the beat potaible employees, in their chosen
brofesolons. At the high school level it is nothing new that classes include on-the-job training in such areas as automoblle repalrs. brick laying. metal work, wood working, and others. Our schoois, eapecially in more rural decades.
Back in the 20s, 30 and 40 , there were Back in the 203. 30s and 40a, there were "trade schools" to attend beyond hagh school. or persons wanting
How dare these bualness leaders tell our governors that our schools are dolng nothing to turn out better employees and workers.
From where are they drawing their opinions? From where are they drawing theis opinlons? Are they visiting our schools, or are they
possibly basing their judgements on the possibiy basing their judgements on the the answer?
If that is the case, then if there truly is a problem. perhaps we know who ts really to blame. Are students today ignoring vocaour schools? Even if they become involved. are they really diving head-long into it. or
merely looking at the classes as an easy ollege credit?
Certainly. If there is fault with our school hiling should be done. But before we even look at that. let's re-examine the people they
teach. teach.
Leet's get to the facts. We have too many
peple just walting to graduate so they can peopk just walting to graduate so they can
seek any job they can get. Wouldn't it be better to undertake educational offerings for a
particular profession? We believe lt's worth partcular pr

## Letiter

## Last open house

thaye gone to my hast public zchool oppen
house. Each one was better than the dast. i have
tont to well over 30 . Kane to well over 30 . After an introduction. the
cuchers would present ther objectives for the




 everywhere for atl of your time and all that you do
for our clildiden. our fulure. You are truly
$\qquad$

## LEITERS TO EDITOR

must be sto the tel, rivilitur are whe wilcome. All leteres



GUEST COLUMNIST

## Thinking about changing careers?





 my life. Totally confused with what to do to with
my future I cought advice and was recom mended LIfe and Career Planning by a cournoclor at Seminole Community College.
Through some of the studies 1 realiked that I
whe no alone. Many people matee changes
because of loee of tob, not betns in their choen carces due to rulaliga a farmlly, of realsing the job they currently have is not for them.
The instructor informs atudente of the tm-
portance of making thetr own dectalone due to portance of making their own decialona dute to
the amount of time required in a partcular job. So much of who you are ts related to your carreer.
Each career has its advantages and disadvan. tages. Each hob requires cerlain and drenthe and and
abilities. This courve helps you cee your abillties. This courue helps you see your
strengitha and intereats through a serkes of teats. strengith and interests through a werkes of teath
Through these teats you mee what areas you are
 One malgnment required for the counce to to be
a fob ihatow. foo shadow chooce the carcer
iney are intereated tn and contente pomene they are intereated in and contacts someone
worting in that held and follown them for a dyy
anking questions to zee fithe field to what they
 future. Due to advances in technoloty many careers
are being deleted. Also new teehnoity has opened up new careera. Thewe neew fobe will be
iven to thove who are qualined throuith given to thoe who are quallifid throuth
education. That is why $t$ is important to never
 daye are gone where a hich chool diploma can
enure a tood job. Even thooe with colkete degrees are not ensurred a job in today's market
due to the advancements made in technolo When I got out of nurnange in techechooloty.
Whills were not enouth to nind a job I would enjoy and would
ling.
1 hope I hope if you are beginning college that you
take a course in career planning to you can se

he future in your job choice or would matisfy you. If you are booking to change Conalder tulan this course. It will be worth you

 | mector of the Cart |
| :--- |
| $28-4$ SCC |



## MORTON KONDRACKE

## Condemning election coverage

As newe organizatlons gear up to cover the
te96 campalgn, an exhaustive new study condemna 1992 coverage - convincingly - as trivial, mensatlonal, nequative and blased. Talik shows. suggerts the repor. have
developed into a more dependable source of developed into a more dependable source
polltical information than newzpaper tortes. Shows such an CNN: "Lary KKing Live" provided "more subetantive information and a
more poaitive and balanced portrat of the more positive and balanced portratt of the
candldates than the 'establishment' medi did. : Bccording to the atudy by Robert Lichter and Richard Noy es of the reapected Center for Media and Publuc Alralra. Baced on perhaps the
moot extenalve review ever of newapape noorices. TV clipe and candidates' specthes. Lhe
atudy will be publianed soon study will be publiahed soon as a book titled
"Cood Intentions Make Bad News: Why Gmedicans Hate Campalgn Journallam' (Rowland and Littieneld)
The "good intentions" in the ulue refers to The determination by newapaper editors an
TV producere after 1988 not to allow prea denulal candidates to set the polltical agenda,
but to set it themselves on behalf of the puble but to set it themselves on behalf of the public.
The media consensus about 1988 was George Buah had won by concentrating on triviti. negative lasues like paltotism and
Wille Horion. The remedy. Including "ad watch" features.
ended up puting journalists" judgments more than ever at the center of so-called newn reporting in 1992 . angering the public and
giving fise to "new medla" outlets nuch as talk Showe. authors rightly suggeat that it's ume for The authors rightly sugget that tits time for
joumalists 10 "narae" the prestdental camnpalgn instead of trytng to "arbitrate" it .- that
to. drop editorializing and get back to report-
ing.
7.eparing its study. the center reviewed
7.500 print and TV news stories, 183 hours of 7.500 prini and TV news stories, 183 houra of
TV news coverage. plus comments by can TV news coverage. plus comments by can-
didates. houte and callers on nve talk shows. Among the center's key findings: To their credti, the malnstream news medta "sid devote nomewhat more space and ume to records in in 1992 than in 1988 . However. the heavy emphasts in most coverage was on the clection "horse race" and personalitles.
On televtion. CNN PTimeNews had "substance" percentage with 53 perces followed by MacNell.Lehrer with 48. CBS was 74 percent non-aubstantive; NBC. 71 percent; ABC's segment "Amercan Agenda- and
MacNell-Lehrer as models for isaue coverage. MacNell. Lethrer as modelis Sor isaut coverage.
Among newapapert.
norica in The Among newspapers. stores in The Wal while those in the New York Times were 39 percent and the Wamingiton Poasi. 38 percent.
"Fewer than one-fourth ( 24 percent) of the

## evaluations reported in the traditional newa media focured on the candidates

 medial focused on the candidates' seue pro-:poeale 13 percent) or records (11 percent)."
the study (ound. the study found.
was pald to thetr pore attention (41 percent) was pald to their poll standinga, propects for
election or general viability. Talke shows reverned this order. apending twice as much
ulme tlime on each can.
didate's leaves and
record
 percentl)." mediais coverage of
the 1994 mldterm
the the 1994 miditerm
clection campalgns
wa even more was even more
superfical than in one out of nive as.
ses sessments of the
candidater focused
on the
 candidates focused
on the subetance of
inelr TheIr records or
propoasal... In apite of the Republicans
much-publicized much-publicized
Contract With
Amerlca.".
The average TV
Talk ehowa heve
developed into more
depanda source of
political poilitical
niormallon than
newapane newspapar
storles. network "Eound bite." In which candidates are
heard in thelr own words. shrank from 42.3
seconds in 1988 to 9.8 neconds in 1908 and seconds in 1988 to 9.8 seconds in 1988 and
down to 7.3 seconds in 1992 . Short
. down to 7.3 seconds in 1982 . "Short
soundblies are the mechantum that allow the soundbltes are the mechanimen that allow the
reporter. not the candidates, to have the final
may." TV talk shows. by contrast. candidatee
"did most of the talking and set a far leat did most of the thalking" and set a far leses
negative tone than TV networks did in
aelecting onund selecting noundbites to play on the news. On
talk shows in 1892. Prealdent Bush mid talk shows in 1892. Prealdent Bush eald
comething poaltive about himeelf 62 percent of the time, while on TV news. he was ahown critclizng Ball clinton 72 percent of the tilme. Clinton was 86 percent poally
percent negative in the news.
The center checked campalgn apeeches and
found them much lene negalive than found them much tese negative than TV
reports, uigeeting that ally comporited themelves much better than ally comporied themeives much better than surgeetited." News reports also condemned the
qualty of the carmpalgn and the candidates quallty of the campaign and the candidates
the 110 dy
neald. and such relentlesi negativiam does. not amply reflect public The center did noo sey that the press should
abandon tis watchdog role over polltice. bu The center did not say that the prese should
abandon tto watchnog role over politice. but
rath it hould quit eeting in the way or rather that it thould quit getitng in the way or
the campalign and let candidates speak more for themaelves.

## JACK ANDERSON <br> Fugitive learned his trade at CIA

WASHINGTON - Former CIA operative
Frank Terpil has long been comforiable in the Frank Terpll has long been conforiable in the
arme or dictalorg. But now It appears
dictatora are no longer comfortable with hum. dictators are no longer comfortabie we
The rene gade Teppll, who fled the United
States in 1900 while under States in 1980 while under inventigation for
Illegal arms deallnga. was convicted in
 New York coure to 53 years in prison. In
recent years. Terpll eluded juatike by hiding
 remalns doubtful. that Terpill will be extradtied to the United
States. If this is indeed the end of the road for Terpll. "t will mark the end of one of the Intelligence. For it was the skills that Terpul Intelligence. For it was the skills that Terpll
leamed at the handa of his CIA mentora that helped him launch a career an a terrorsat tor hire, a mercenary who crosed paths with
some of the world's mose notorous dictators.
 former CIA man. Terpil helped supply Lltyyan
dictator Moammar Gadhan with ayme and dictator Moammar Gathan with arms and
other terrortst devices, and also helped traln
Gadhan's men in the dark arts of terror. He Gadhan's men in the dark arsa of terror. He
allegedly suppled weaponry and explosives.
 Including boobyiraps disguised as aathis and
lamps. alarm clocke. nower vases, radios and
books to world terrorists. books to world terrorlats.
Terpll apparently knew how to use his U.S.
intelligence contacts to his full advantage. Alehough Terpll wan't criminally charged
untII 1980 , It ${ }^{2}$ poandble that the CIA knew about. and perthaps even condoned. his
terrorist activities In Libya. According to
 ap the time by our assoclate Dale Van Alta.
there are several leads that Indicate CII there are several leads that indicate CIA
connivance but which could never be collowed up. The agency cooperated with
investigators on nome questons. but slonewalled inquirles the quat threatened io hit
too cloee to home. Among the leade found in too chose
the lies:

- Two men, who "had been Involved in the
development and denign of Spectal Forcertype devitese." were recrulted by Wilion and
Terpil to work for Gadhafl. According to the illes. "They were highly skilled technictans weapons systema were made). Both men were "working on tlasestred C1A concealed imparan thelr expertisc to the Libyans.
it
- In September 1976. Terpil and WIIson
made an astunishing propoallon to three CIA contacts. The agents were asked to kill a
 CIA credentals. the three men fiew to London and Geneva to disce men the deal. They to teclined the offer after learning they wolld be
working for Gadhan and wouldn't have the working for Gadhan and
A notorlous braggart. Terpll loved to tel atories about his exploits., and he often
adverised connections and relationahipe tha adverised connections and relationahipe tha
he didn't have.


O - Benlord Herado, senford, Fiorida - Thuraday, Septamber 21, 1988

In Lake Mary... Budget to be finalized

## My work pelipawe Herald Staff Writer

LAKE MARY - Tonight ts the The
night I's the second and final all
rading of take Marys nical reading of Lake Mary's niscal year 1895/96 city budget as well
as the setling of the millage rate. The meetling is scheduled to
beginat 7 p.m. begina $7 \mathrm{p} . \mathrm{m}$.
Although in
Although the proposed ad
valorem millage rate 15 3.7648.
the same as the clty has alorem millage rate is 3.7648 .
the same as the cty has maintalned for many year. 11 main 2.43
percent above the rolibbick rate percent above the roll-back rate
determined by the Seminole County propery apprasers. The County propery appraiser. The
roll.back rate of 3.6754 is de-
termined to be the rate by yhth ermined to be the rate by which
he same amount of taxes can be obtalned by the clty as this pas
year.ith increases in property
appralsals and the addution of appralsals and the addition of
more taxable property within the clity limits, the city belleves that
malntalning the previous millage rate wilt enable it to thich to wort projectis.
Nonetheless, by not accepting the roll.back rate, the millag expected to be approved. Is not how verer. increase the amount of taxes which have been pald by property owners.
barring increases in property During the public hearing. a
report is to be given regarding


Boating and drainage

## Herald Stalf Writer

LAKE MARY - Lake Mary has asked Seminole Community College to voluntarlly cease
boating actuvities on Lilue Lake Mary. The lake is located be.
(ween Lake Mary Boulevard and the coliege campus.
The city has re The city has reportedly re
celved complaints about boating and water ukiling activituen being conducted on the lake by the
college. In a letter submitted on Sept.
15 th 10 SCC offlal Andraw Vavrick. Lake Mary Senlor
Planner Suasan Deines explane that water levels of the lake are unusually high with some homea that have water lapping
at thelr back doors. "Apparently the wake and rlppling ellects of the waves
caused by the boats has tm. mediate potenual of causing
structural damage to a few of the siructural damage



Also save 20\% On Selected Haircare Products
REGS MSXIS famaric KMS Mastercuts Sembole Towne Center 330-7779

Open 7 Days

[^0]
## Contimed from Pege 10 Richardson were placed ahead of oheren on hout- ing walling liets in volation of  <br> Probe <br>  <br> Contiaved free Fige 13 has 132.000 square feet of apace. er. "Cuatomers have a choice to shop at any depariment etore we make sure commented "they visit Parisian. they something special. <br> J.C. Penney has a 124.000 square foot store, a relocation of square foot store, a relocation of The Sanford Plaza. In addition to regular salces. Penney'o will also regular sales. Penney a will aso feature a large catilos service Dillards 210.000 nquare foot center boantic marble noors. molded cellinga. and ropical folliage. pillard's han a number of exclusive label producter much as Starting Out. Clame Club and Copper Key. <br> In addition to the five malor tenanis, over too speclaty tenants, over 100 apecialty shops and additional buannesuea will be open and standing by to greet vistiors. Included in tonight's gala will be muste and entertinment at included in tonight a gala wint variousc pard entertanment at of the mall. in various parts of the mall. In kecplng with the decor and styles of London. New York city. styles of London. New Y Paris. and Los Angeles. <br> In center court will be country musie recording artist Collin Raye. His periormance is sched- uled to begin at 9 p.m. Sign up areas will be at various locations for a number of prize drawings. Tonight: event will run from 7 p.m. unill 10 p.m. Tomorrow morning. the mall will offlalally be open to the In adtuluon to regular opera. itons. a spectal Celebration of hons, a spectal Celebration of Sports Breakfast has been scheduled to begin at $7: 46 \mathrm{am}$. Saturday mornin Saturday morning. The Seminole Towne Center is located located weat of Sanford. at southeast of the $\operatorname{SR}-46$ and nermate-4 inleneetton. <br>  <br> year 1995-1996. A public hearing to make a FINAL DECISION on the Budget AND TAXES will be held on Monday, September 25, 1995, at 7:30 P.M. at Winter Springs City Hall, City Commissioner's Meeting Room, 1126 East State Road 434, Winter Springs, Florida. <br>  <br> BUDGET SUMMARY CITY OF WINTER SPRINGS FISCAL YEAR 1995 - 1996 THE PROPOSED OPERATING BUDGET EXPENDITURES OF THE CITY OF WINTER SPRINGS ARE 5.67\% MORE THAN LAST YEAR'S TOTAL OPERATING EXPENDITURES

|  | $\begin{gathered} \text { CEMERAL } \\ \text { FUND } \end{gathered}$ | SPECML AEVENUE FUNDS | Deap sEAMCE | ENTEAPRBE | total |
| :---: | :---: | :---: | :---: | :---: | :---: |
| ESTIMATED CASH BROUGHT FORWARD | 31,522.041 | 22.011,535 | \$0,150.943 | 30 | 87,510.897 |
| estimateo revenues: |  |  |  |  |  |
| TAXES: <br> MLLAGE 3.7023 |  |  |  |  |  |
| AD VALOREM TAXES FFANCHISE FEES | $\$ 2.778 .041$ |  |  |  |  |
| SPECIAL ASSESSMENTS |  |  |  | 0.500 | $\begin{aligned} & 167,705 \\ & 10000 \end{aligned}$ |
| LCENSES SPERMITS | -1330.763 | 34.750 24.288 |  |  | \%87.433 |
| CHARGES FOA SEAVCES | \%.000 |  |  | 5.640.60 | S,720,009 |
| FINES 4 FORFEITURES | 150.000 | 3.000 |  | 5.00.00 |  |
| MISCEL LNEOUS REVENUES OTHER FINWVCING SOURCES | 145.200 | 73.000 | 150.750 coizue | 171.23 | 340, 163 |
| total hevenues and othea * <br> FINANCING SOURCES |  |  |  |  |  |
|  | 87,414,108 | \$644,008 | 31,000,138 | \$11,225.952 | 820,302.204 |
| TOTAL ESTIMATED REVENUES AND BALANCES |  |  |  |  |  |
|  | 30.956.149 | 83.455.959 | 34.205,001 | 811,225,952 | 827,000,141 |
| EXPENDITURESIEXPENSES: |  |  |  |  |  |
|  | \$2,436.560 |  |  |  |  |
|  | 4,446,507 | 55.975 |  |  | 4,500.592 |
|  |  |  |  | 60.510 |  |
|  | 1,023,902 | 1.600.500 |  |  | ${ }_{\text {2, }}^{2,0851,400}$ |
| CAPITAL PROLECTS |  | 265.304 | 1.882.500 |  | 2,177.804 |
| OEBER FINACCING SOURCES (USES) |  | 30,500 | 80,000 | 1.360 .121 $2,604,313$ | 2,328.759 2.811,813 |
| TOTAL EXPENDITURESREXPENSES RESERVES | S0,950.140 | $\begin{aligned} & \mathbf{8 1 , 9 0 7 , . 0 0 0} \\ & 81,450,155 \end{aligned}$ | $\begin{array}{r}2.908 .136 \\ 1,356,943 \\ \hline\end{array}$ | $\begin{aligned} & 811,225.952 \\ & { }_{0}^{2} \end{aligned}$ | 825,000,043 |
| TOTAL APPROPRIATED EXPENDITURES $\triangle$ EXPENSES | 38.956,149 | 23.455.959 | 34.265,081 | 811,225.952 | 827,900,141 |
| THE TENTATIVE. ADOPTED ANDIOR FIM AUTHORITY AS A PUBLL RECORD | die ow |  | Clerk | e above men | OTAXINO |

Parties war over Medicare, GOP unvells plan for savings


## NOTICE OF TAX INCREASE

THE SEMINOLE COUNTY BOARD OF COUNTY COMMISSIONERS has tentatively adopted a measure to increase its property tax levy by 1.13 percent.

All concerned citizens are invited to attend a public hearing on the tax increase to be held on Tuesday, September 26, 1995, 7:00 P.M., at the County Services Building, 1101 East First Street, Sanford, Florida, Commission Hearing Room \#1028 West.

A FINAL DECISION on the proposed tax increase and the budget will be made at this hearing.

## BUDGET SUMMARY SEMINOLE COUNTY - FISCAL YEAR 1995-96

|  |  | $\begin{aligned} & \text { CEMERML } \\ & \text { FUMD } \end{aligned}$ | thansportamom FUNOS | $\begin{aligned} & \text { FARE } \\ & \text { FLWD } \end{aligned}$ | $\begin{aligned} & \text { DEDT } \\ & \text { SENYCE } \\ & \text { FUNDS } \end{aligned}$ | $\begin{aligned} & \text { CNHMA } \\ & \text { PMOECT } \\ & \text { FUWOS } \end{aligned}$ | EMTERPASES | $\begin{aligned} & \text { WTERMML } \\ & \text { EENMGEE } \\ & \text { FUND } \end{aligned}$ | $\begin{aligned} & \text { oriven } \\ & \text { coviditiont } \\ & \text { Funds } \end{aligned}$ | T07LA <br> MOPOSED <br> HUOGET |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| CASH BALANCES BROUGHT FO | AWARD | 9,157,396 | 9,583,711 | 3,040,018 | 249,500 | 3,155,502 | 26,979,881 | 4,880,011 | 0,782,004 | 67,634,051 |
| EStimated revenues: |  |  |  |  |  |  |  |  |  |  |
| TAXES: Millage Per $\mathbf{\$ 1 , 0 0 0}$ |  |  |  |  |  |  |  |  |  |  |
| Ad Valorem Texes | 4.7388 | 52,814,302 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 52,814,302 |
| Ad Valoram Taves | 0.4250 | 0 | 4,735,905 | 0 | 0 | 0 | 0 | 0 | 0 | 4,735,905 |
| Ad Valorem Taxee (voled Debl) | 0.0799 | 0 |  | 0 | 889,598 | 0 | 0 | 0 | 0 | 809,506 |
| Ad Valorem Taxes (Voted Debt) | 0.1335 | 0 | 1 0 | 0 | 1,483,358 | 0 | 0 | 0 | 0 | 1,493,358 |
| Ad Valorem Taves | 0.6591 | 0 | 3,763,527 | 0 | 0 | 0 | 0 | 0 | 0 | 3,763,527 |
| Ad Valorem Taves | 2.0971 | 0 | 0 | 11,869,717 | 0 | 0 | 0 | 0 | 0 | 11,869,717 |
| Sales and Use Taves |  | 0 | 39,038,270 | 0 | 0 | 0 | 0 | 0 | 1,067,567 | 40,105,837 |
| Franchise Taxes |  | 50 | 700,000 | 0 | 0 | 0 | 0 |  | 0 | 700,050 |
| Utility Taxes |  | 0 | 4.407,121 | 0 | 0 | 0 | 0 | 0 | 0 | 4,407,121 |
| Licenses and Permits |  | 750 | 0 | 0 | 0 | 0 | 0 | 0 | 2,130,000 | 2,130,750 |
| Intergovernmental Revenue |  | 22,319,858 | 3,612,677 | 14,000 | 0 | 0 | 709,985 | 0 | 5,957,545 | 32,614,065 |
| Charges for Services |  | 1,874,425 | 50,000 | 0 | 0 | 0 | 23,986,881 | 0 | 1,788,402 | 27,699,708 |
| Fines and Fortaitures ${ }^{\text {' }}$ |  | 2,144,085 | 0 | 100 | 0 | 0 | - | 0 | 504,870 | 2,649,055 |
| Miscellanoous Rovenues |  | 3,193,845 | 8,652,370 | 446.180 | 290,477 | 1,032,450 | 2.790,530 | 200,000 | 10,681,224 | 27,287,086 |
| Other Financing Sources |  | 3,164,443 | 12,003,164 | 1,915,044 | 9,376,858 | 29,180,358 | 190,141 | 7,853,102 | 1,488,350 | 65,172,460 |
| Total Revenues and |  |  |  |  |  |  |  |  |  |  |
| Other Financing Sources Less Statutory Deduction |  | $\begin{aligned} & 94,669,154 \\ & (4,050,584) \end{aligned}$ | $\begin{aligned} & 86,546,775 \\ & (3,247,086) \end{aligned}$ | $\begin{array}{r} 18,091,967 \\ (816,501) \end{array}$ | $\begin{array}{r} 12,289,789 \\ (133,150) \end{array}$ | $\begin{array}{r} 33,368,310 \\ (51,623) \end{array}$ | $\begin{array}{r} 54,660,418 \\ 0 \end{array}$ | $\begin{array}{r} 12,933,113 \\ (10,000) \end{array}$ | $\begin{array}{r} 33,397,992 \\ (786,641) \end{array}$ | $\begin{array}{r} 345,957,518 \\ (8,896,503) \end{array}$ |
| Total Estimated Revenues |  |  |  |  |  |  |  |  |  |  |
| EXPENDITURES/EXPENSES: |  |  |  |  |  |  |  |  |  |  |
| General Governmental Services |  | 25,277.518 | 112.691 | 1437.810 | 0 | 17,668,582 | 51,570 | 13.225 | 2,050.800 | 45,212.196 |
| Public Safety/Law Enforcement |  | 5,252,170 | 0 | 14,713.196 | 0 | 3,500,000 | 21,410 | 0 | 5,203,506 | 28,690,281 |
| Physical Environment |  | 411.682 | 0 |  | 0 | 8,364,811 | 30,836,328 | 0 | 10,096,521 | 49,800,342 |
| Transportation |  | 243,467 | 58,468,520 | 0 | 0 | 0 | 0 | 0 | 1.004,625 | 59,716,612 |
| Economic Environment |  | 835,086 | 0 | 0 | 0 | 0 | 0 | 0 | 6,785,895 | 7.620,981 |
| Human Services |  | 5,275,571 | 0 | 0 | 0 | 1,600,000 | 0 | 0 | 392,636 | 7,268.207 |
| Culture \& Recreation |  | 6,728,003 | 0 | 0 | 0 | 0 | 0 | 0 | 222,906 | 6,950,909 |
| Nonexpenditure Disbursements |  | 43,676,478 | 6,967,561 | 220,263 | 11,812,531 | 2.183,294 | 7,755,249 | 0 | 1,342,040 | 73,957,416 |
| Other Financing Sources (Uses) |  | 0 | 0 | 0 | 0 | 0 | 0 | 12.909,888 | 0 | 12,909,888 |
| Total Expenditurea/Expenses |  | 87,699,975 | 65,548,772 | 14,971,268 | 11,812,531 | 33,318,887 | 38,764,557 | 12,923,113 | 27,097,929 | 292,134,832 |
| Reserves |  | 2,918,595 | 17,750,007 | 2,504,198 | 344,100 | - 0 | 15,895,881 | 0 | 5,513,422 | 44,928,183 |
| Tulal Appropriatod Expencitures and Reserves |  | 90,618,570 | 83,290,779 | 17,475,468 | 12,156,631 | 33,316,887 | 54,660,418 | 12,923.113 | 32,811,351 | 337,081,015 |
|  |  | $\ldots$ | $\cdots$ | $\cdots$ | $\cdots$ | $\ldots$ |  | $\cdots+$ |  |  |

SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOP A NEW MALL MALL SHOPA NEW MALL MALL SHOP A NEW MALL, MA CP NEW MALL MALL SHOP A NEW MALL S SHOP $A$ A SHOP A SHOP A SHOP A T T E SALI SHOP A NLEL MAÍ(D) MA SALL MALL



## We took all the money we saved on this song and put it into our Grand Opening.

lt's catchy. But simple. Which let us budget for a Grand Opening worth singing about! So tomorrow, register to win a VitaSpa hot tub, a 5 -day/4-night cruise or an 8 -day/7-night cruise on Royal Caribbean Cruise Lines.

Saturday, enjoy the Celebration of

Cinnabon and Barnell Bank. where you can buy your tickels.

Atter, you can register to win a Watermania Party Pack of 10 tickets, a Yamaha VXR 650 Watercraft P' P/ TF $^{\prime}$ from Yamaha of Leesturg or 1995 Ford Escort, courtesy an 8 -day/7-night vacation 10 of Seminole Ford.
at South Seas Plantation, Captiva Island.
Be sure to get into the NBA Jam Session too. It's an exciting intersative fon
experience celebrating NBA basketball. It's free. It's open during mall hours. And its sports action continues through Sunday. Which is when you should also

> register to win a brand new

And there you have it. While our song is basic. our Grand Opening is about as elaborate as they come.

So come. You may arrive thinking that shopping is just shopping, but you'll leave humming a whole different tune.

## Sports



Brown's Central dominates first meet Brown

Top Wednesday Spring squads open with wins

## ELSEWHERE

Burkelt stymies Phillies

Red Sox clinch AL East

BEST BETS ON TV


## STATS \& STANDINGS



Prop Junior Varsity Football


## Mon's Recreation Softall


 M.A. Evector, $7: 30$ prin; Ken nummel Chevroled ve.

Prep 8wimming

aLud may al Unowaly. $\mathrm{JV}, \mathrm{\theta} \mathrm{pm}$; varity, 7 pm
Cirlo' Prep Volloyball





Birthday present for Hot Shoe

## poraumamech

speciétio tho Horrid
SAMBULA - Gary "Hot Shoe" Bellough
celebrated hum burthoty seturrday nicht at Now celobrated hee brithdedy saturday nidht at Now Modeltriple Crwe With beck to beci wictorte. Belouth edeed
Anderono won the frre lee of the triple crown. while geough Rniluhung in the runner vip poatton. trondy night at orinnco speedworlde
Belouth cook top hoons in the ecend race of the Anple crown. with Anderion ninathing eecone. Sourdy. nutht n nithed wecond overall in the potno chase for the big rophy.
Belough, who eet the eveningo peond facteat from the ceventh polluon. Thrste inpe tater, he was tis weccend place.. on tap elght. Balouqh iook the hile fherove cround Jinmy sult for the cend. and the hunt was on. For the remaliner of the and Andercon wan never mere maner three car lenghe bening Belouvh, Ao the race wound
down. Balough uied iapped carc to Anderon at bay en he raced to victory lene.


Wresoure on. This old car juce keeps on tucking. We freaben it up, and tte A wayo ready to rece." fyind umon. wook the the eveningo fanteat quals. Thhy don't call him hot ahoe for nothing."
Andersonn wald. "My ded reced him for 10 years, and now se a gecond generation driver. Im racing compettor. I can't theke anything away from my competur. They give me a great car all three michts Winnerh.ed necond to pointa, but we're still Chedry, Anderion to the Rag peand were David
Ropers, sulfe and Jeff Rule, a newcomer to the late Ropers, sillo and Jeff Rule, a newcomer to the late model competution. The race toon 88 minutes to
complete. there were four yellow nal pernode and
one culution that put the rice under a red Aas for one caution that put the rece under a red Nag for 16 minutec.
The tncident that brought out the red Mag came made contact golng into turn four. Ruceell rebounded oll sille car snd smacked the outer retaining wall. Avo collected in the ender bender was the oaly drver to return to competilion. Other fetture whneere were Barbara Plerce in
sportamen, Bobby Bears in limited late modele. aportamen, Bobby sears in limited late modeli,
Dwayne Waddell tin bombers. Whyne Hectle in


Cymnastics


For years of easy rockin', make U.S. Savines Bonds part of your retirement savings program.
U.S. Savines Bonds are sule credif ol the United Sates. They're also garanteed to cam interest. And ther'te both easy to buy - ge and easy to allord You can buy them for as litte as 525 . Ack your banker or your employer in your retirement sexinges progran For a mocorded meveeso of 1.600-4US EOND 1-600-487-2603
$\sin$ STSAYINGS

## maimes qaver


 clewilend indileno Wedneedey night.






EVERY DAY IS PAYIDAY!

## People

## GALTNDAR

Help for ehill suppert enforesment



Junior Wormen's Club meats mentitly
The Juntor Woman's Club of Senford fice. meets the therd.

Plgeon Fenciers to gather
 thrd Thurdey of eech month, it 7,50 p.m... Et the Seminote more Information contuet Dick Relly met 201-454.
Sunteo Kiwnala meote Fituy
The Eeminole Eunnter Rivanit Club meeta every Protay, at 7 Vm. nt shoneyn. US 17.on. wouth of Atport Boulvererd

Fres ellinle ewry Pilday
OENEVA - A tree clilise to tacchuce blood premure check,


 Intomation call Ma02es.

## Blood Bank cecks doners

Central Fortida Blood Bank io mitny doosers of all types of blood - eqpectally 0 -ype donorn - to donate at its 8 anfor
branch. 1502 E . Second 8 . For information. call $322-0822$.

## Nava anduas

The following brthe have been
recorded at HCA Central Florida Regional Hoepital, Senford: Toblas Mott, Deltona. and Toblas Mott, Deltona, giri: Aug. 27-Denise and Jove
Lopez. Deltona. boy: Liman and Keneih Sterner. Saniord, boy Aug. 28 - Patricia and Davey
Brown. Deltopa, boy: Kimberly and Kevin Whighum, Delione.
boy
and
Aug. 29 - Chriatine and Dovid Feinbaum. Deltona, gri Ricarian Sanabria ond Eric Mekechnee, Sanford, gilli Karen
S. Miller and Chates P. Miller. S. Muller and Chates P. muler. Deltona, girl
Aug. 31 Earnesune Knox.
Sanford. girl: Vivin and Peter Brewer. Delionai dirl:
Thepakione and Abeln. Thepaksone and $A b$
thavongsa. Deltona. boy
The following brtha have been
recorded at Florida Hopplal. Altamonte Springs: Aug. 21 - Rener and All lzadi.
Winter Springe. boy Winter Springs. boy and Melvin Van Cleave. Caneelberry, boy;
Elizabeth and Michael Donovan. Longwood. gurl Lambert. Casaclberry, girl;
Susan and John Harrison, Ata. monte Springa, girl and Tye Smith ill. Caselberry.
arl Aug. 25 - Virgina oonzalez.
Aug. 25 - Virginla Gonzalez.
Sanford, giri; Michele and
Shawn Mabon. Altamonte

## THURODAY'S PRINE TINE





Hobyn Liea Drate and Eancy Leo detricen il

## DMOAGINEINT

## Drake-Johnson

| OSTEEN - Butch and Lisa | cen |
| :---: | :---: |
| , | Cr |
| ent of th | Her stance, born in Col- |
|  | terna |
| mey Lee Johneon II, con | grandson of Prank and Lullian |
| Johason of | Gatlin of Sanford and the |
| Brookeville. Mra., and Mr | paternal erand |
| miny Smath of Auburn, Ky. | Johnson of Brookaville. |
| to Sanford, the brich | and the late Mr. Grover Johneon. |
|  | Johnson ta 1901 traduste |
| oteen and the late |  |
| Rucell Drake. she in the | Sanford where he |
| cerral trandmut | football and was a member of |
| d Then Coterill of Can to. | the wetghtifing team. |
| , Drake ta a 180 | er |
|  |  |
| Deltona where she partcicipated tn volleybell and metibll. | e wed |
| ela presently employed | at Prat |
| member ecrvice repre. | of Sanford. |

## Jerry: Powell has chance at presidency




## Modern drug therapy gives hope to woman



| It'e hell when the kulds you have to tote. | generoally is juat as contagiou an resentment. and an the Goo Book states, we generaly reap what we cow. |
| :---: | :---: |
| It'o hell when the doctor sends ds bulto | Please do not prinit my name. |
| For a hell of a lot of tripe | Der |
| puli. When you get | for the ren |
| now | Rul |
| Juat what to meant |  |
| word "hell." |  |
| Hell yes," "Hell | CHILDREN'S CLOTHING |
|  | ? PNJFSI |
| The hell you don't." and "the | Thursiey, eeph. 21 |
| lll you do!' | Prdme, Eaph in 10 |
| the |  |
| "The hell with yours." and |  |
| "The hell with yours." and | SPECIAL - Intant |
| "the <br> hell with hial" | Drassos ................. $\$ 6$ |
|  | - Jumpsuit Dresses .. \$10 |
| Now. "Who in hell," and "Oh, | - Jumpsuits ............. $\mathbf{\$ 1 0}$ |
| ell, where?" <br> And. "What in hell do you | - Regular Fall and |
| And. What in hell do you | Holiday Dresses .... $\$ 12$ |
| are? ${ }^{\text {a }}$ | - 2-Piece Dresses .... \$14 |
| But the hell of it is. It's sure as | - Hairbows ........... 52.50 |
| We don't know what in the | 6 |
| hell is hell. | 786-0996 |

Remi Nalr. 1 am 14 yy name is old and Remi in Anm Arbor, Mich. 1 found this great poem on a poonciard in
an nutique store marsed "Hell's an antique atore marked "Hell's
Half Acre. Wyoming." I don't know. Who the author is is is

$$
\begin{aligned}
& \text { Juad } \\
& \text { word } \\
& \text { "hell"? } \\
& \text { The }
\end{aligned}
$$

They, cometimes asy. "Il's cold
Sometlmes they say. "It's hot as hell.".
When It ralus hard, "It's hell." they cry.
Its also hell when it's too dry. They hate like hell to see II It'is hell of a wind when It
siate to blow.
tarts to blow.
How in the hell can anyone tell
What in the hell they mean by What I
"hell"?

$$
\begin{aligned}
& \text { they } \\
& \text { ney. } \\
& \text { Whe }
\end{aligned}
$$

When he comea home late When he comes home late,
There hell topay.
When he staris to yell. It: a hell
of a note.

## Diet doc gets mixed reception from other heart researchers

## AP Pcionce Editor

NEW YORK - The extremely low-fat diet that he menus of most other hear-disense experts. Noduced by personally ceachits that Ormish has patients. The latest study. published Wedneaday in The Journal of the American Medical Asoccia-
ton, showed again what Ormish has reported before: that the gruelling diet. comblned with yoga clogged arteries and sometimes stightly reveries
The problem is that few people can malntaln Ornish looking over their ahoulders. some doctors say. Furthermore. the came benents can be
obtalned more easlly with cholesterol-lowering
"The proportion of patiento who really would be able to follow this diet io a couple percent." sald Dr. Thomas Pearson, a heart-disense reCooperntown. "The diet to hard."
on a more modest diet and exercise regthe be Dr. Nell Stone. a cardologist at the North weatern University School of Medicine In "The chief ingredient of find diete is baloney." he sald. "The crucial tseue with diet.. to prevent Many of the benefits of the Ommileti diet can be obtained with a for lese restrictive diet that saturated fat from ments, butter and saturnted American Heart Amociation's nutrition commitOmlah recommende that heart disease patients
follow a vegetarian diet that is hilh in carbowydrates and contuins no more than in 10
and percent of calories from fat. He aleo prescribes an
hour of yoga or other atress reduction technlquet Legal Notices

## rsecmant ion int

 case mu

## moderate exerctise.

His boot exerene. seller, and it helped make Omlthas a celebrity diet guru. able to command hith fees for his pervices.
He to the drrector of the Prevenive Medicine Research inatitute in sausellto. Callf. The American Heart Aesochation requires a
more modest diet for heart diselve patiento. with
fewer than 30 percent of calories from fat, Stone more $\begin{aligned} & \text { mewer } \\ & \text { sald. } \\ & \text { Dr }\end{aligned}$.

$$
\begin{aligned}
& \text { sald. Ronald Krause of the Univeratty of } \\
& \text { Dalifornia. Berkeley, the current charman of he }
\end{aligned}
$$

$$
\begin{gathered}
\text { sald } \\
\text { D } \\
\text { Call } \\
\text { hea }
\end{gathered}
$$ Calfornia. Berkeley, the current chalrman of the heart aceocintion's nutrition committee. suld

there is newly emerging evidence that surgeeta that diets like Omiahis chat are very high in
carbohydraten can paredoxically boont the heart carbohydraten can parsooxically boont the heant
disenee rithe of a certaln segment of the U.S.

## Legal Notices

## Mifictive

2

## Legal Notices.

 1|  |
| :---: |

$$
6
$$


geymumpas


## iit

TH



CELEBRITY CIPHER

FCMLCSOORZM: UKXZ
WCURWM. - YWKMV SJOVO.
YASE FOOJX JO DZC
YWCC. LJWCXD OHCCX
OZC OROS. - VRSDKM

## 


-Sure, we can go back 10
your doghouse, fust as soon
as you take a linte mange test.



## |5 <br> Lega



##  <br> 



COTOM

aARFIELD

by Bob tha
 by JIm Meddick aNNIE

## Mysterious aches, pains diagnosed



| sutographed upon requent. for 214.9B from P.O. Box 169. Roalyn His. NY 11577-0180. OCnpyintionty MIA ine. |  |
| :---: | :---: |
| NSTETH | F.2].68 |
|  | $0_{-12983}$ |
|  | -Jifis |
|  | - 10 |
|  | cost |
|  |  |
|  | 81873 |
|  | -x98is |
|  | south |
|  | - AqJiost |
|  | -K0s |
|  | -9 |
| Vulnerable: North-South Dealer: East |  |
| south | Weat Numl East |
|  | Napasa |
|  | ening lead: $\boldsymbol{\sim}$ J |

## HOROSCOP:

By Heralece Pede Oeal

## youn inithinat

More the and effort than
uasual might be apent on self. unual might be apent on sell.
Improvement in the year ahead. The renulta ehould be what you
desire and glve you pride in the new you. (Aus. 23-sept. 22) Try
vinco ViNOO (Aug. 23-Sept. 22) Try
not to act pompous or preten.
clowi luat to cloun just to imprese others
today. If you're not accepted for who and what you acre. tiod therr
lows. not yours. Get a jump on loss, not yours. Get a jump on
life by underamnding the innu-
ence that encer that govern you in the
year ahead. Send for your year ahead. Send for your
Asro-Craph predictlons today Astro-Gilaph predictlons today
by malling 82 and SASE to Atro-Graph, clo thim newapeper. P.O. Bo 4465 . New York. NY
10i63. Make sure 10 slate your zodiac sign. 23 Ot 231 Y L132A (Sept. 23.Oct. 23) You
could be very muccemful in your could be very ulecenful in your
endeavora today, but not necel. sarily on the first try. If you
nuffer a metback. regroup and go
giconrmo (Oct. 24-Nov. 22) Dn
not buind your castien upon
mndy foundpuons in this cycle.
in ou hope to do If you hope to do something btg turdy.
211 In carreer dee inov. 23 -Dec. day, try not to be too serious. too ienne nor too frivoloule. The
extremes are what extremes are what could imped CApIICOIM 18) For the make of your self. eateem, don't try to pans off onto
otheri the thing you hhould be taking care of yourself today AgUR nive be counted.
(20-Feb. 19) It Would be bet not to advise
friends on financlat or bualneen Iriender on faranclaj or busnese
matiters today. Your intentiona may be good. but your nutgee. FTECES IFeb. 20.March 201 An oplalon 1 you. 20 March 201
feel atrongly about milah you be well.recengly by othera today. Do not try to
impoece your views on the un. recoptive.
Alize (Ma
Alive (March 21.Aprl 191 in

you've been feeling a trine alug leh lately, th could be due to your medentary lifentyle. Try ooth your mind and your
muclen. TAURUS (April 20-May 20) It will be importint today to guard guinat overtindulgence. Too much of a good thing could
prove very hurmhul. OEmDII (May 21-June 20) Do not make any major dectalons oday without consulilng your matter on which your views are CAUC ${ }^{2}$. CANCER (June 21July 221
You are uaudy a rellable person upon whom others can depend. ut today your promises migh comm mubstance
LEO (July 23Aus 22) Add onal nelf-diactpline milght be extravagant lo cope with your wateful now, you'll regret it later.
xcopyiminum ay MIA inc.
by Leonard Stary



[^0]:    Subscribe LOCOM NEWS.LOCAL SPOOAS Today! ALS PEEPLE POUCE BAIEFE. HEALTHFITNEES
    LETEAS TO EDTOR - WEATHER
    Sanford Herald Call 322-2611

