

Evening Herald

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Christensen Will 'Seek Justice' From Governor

By Donna Estes
Herald Staff Writer

Seminole County Commissioner Barbara Christensen said she'll write to Gov. Bob Graham "seeking justice" after the Florida Real Estate Commission slapped her with a \$1,000 fine and public reprimand.

Her alternative: take the case to the 5th District Court of Appeal in Daytona Beach.

"I was railroaded," Mrs. Christensen said Tuesday, claiming an attorney for the state agency assured her that she would get only a reprimand if she

signed a statement admitting she had "technically" violated the law by failing to place a \$1,000 deposit in an escrow trust account as part of a real estate buy.

She said the attorney for the commission (that she couldn't identify, saying he is no longer with the state agency) told her it would be unlikely that she would receive a fine on a first offense if she signed a "statement of fact" about the case. She said she signed the statement and wound up with a \$1,000 fine.

Mrs. Christensen said the action of

'I was railroaded'

—Barbara Christensen
Seminole County commissioner

'She was treated fairly.'

—Frederick H. Wilson
Real Estate Commission attorney

the real estate commission toward her reflected the "double standard" used when an elected official is charged with an infraction versus how a regular

citizen is treated.

She said she thought her ex-husband, former Casselberry Mayor Gerald Christensen, had deposited the \$1,000 check in an escrow account only to find later Christensen's check attached to the sales contract. The \$1,000 was "earnest money" on a proposed purchase by Mrs. Christensen and her ex-husband of a six-unit apartment building in Clermont.

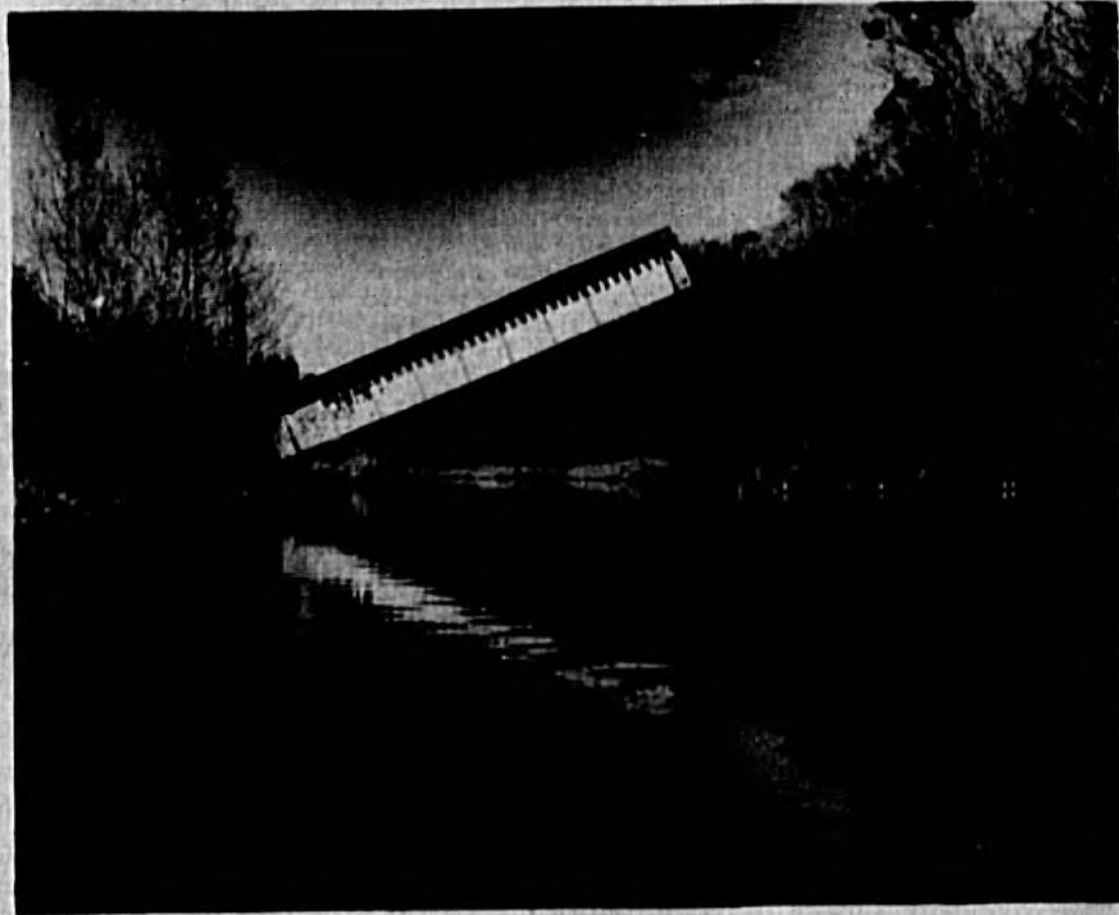
Meanwhile, Frederick H. Wilson, chief attorney for the real estate commission, denied that any bias or favoritism was shown toward Mrs.

Christensen at the hearing of the state board on Jan. 8 in Orlando.

"Actually there were four charges against her, all stemming from the original failure to deposit the \$1,000 in an escrow trust account," Wilson said. "And the commission could have fined her \$1,000 on each charge for a total of \$4,000 and could have suspended her real estate license for 10 years. She was treated fairly," he said.

While Mrs. Christensen said she was acting as a private individual in the purchase, she was wearing two

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Herald Photo by Donna Jordan

Tumbled Trestle

Propped on charred pilings above the Wekiva River, a 47-foot trestle felled by separate fires in December and January is scheduled to be removed by the end of this week, according to a Seaboard System Railroad spokesman Owen Pride. He said R.W. Summer Construction Company of Bartow has been hired

to remove the span. The trestle, west of Sanford and unused by the railroad for several years, shot crosswise flames 50 to 60 feet into the air when it burned in January. Passenger boat excursions from Wekiva Falls Resort, halted because of the trestle's precarious state, are to resume after its removal.

Chickens Spur Charges

Heathrow Condos Too High: County

By Donna Estes
Herald Staff Writer

Builders will not be constructing two planned 7-story condominium towers at Heathrow off Lake Mary Boulevard near Markham Woods Road, at least for the time being.

With 40 to 50 homeowners from Markham Woods Road and Banana Lake Road in the audience protesting what Bruce Anderson of Heathrow Land and Development Corp. called the proposed "midrise," the county commission voted unanimously to deny the request without prejudice.

The planned 95-foot high towers exceed the county's building height limit by 80 feet. Commissioner Bill Kirchhoff, who made the motion to deny without prejudice, said this will give Anderson and his associates time to reconsider their proposal and come back before the board with another request within the year.

General county policy is that once a rezoning or a change in a development is requested and turned down, it cannot be considered again for a year. The use

of the term "without prejudice" waives that policy.

Earlier in public hearings which lasted until midnight, the commissioners not only voted unanimously to turn down a change of zoning requested by a Longwood man, but also instructed county staff to file charges against him with the county code enforcement board for violating the county's zoning ordinance and other county laws.

John Wilson, whose .7 acre property fronts on county Road 427 and Lake Ruth Drive, asked the commission to grant Longwood the right, after it concludes annexation of his parcel, to change the zoning from agriculture to commercial.

Wilson's neighbors on Lake Ruth Drive told the commissioners that Wilson is operating a produce stand on the property and dumps fruit from the stand at the side of the road to rot, creating a health hazard.

They also said Wilson allowed trucks from his stand to exit onto Lake Ruth Drive in violation of a restriction set by the county's board of adjustment

and set up the produce stand in violation of the county's zoning ordinance.

Herb Harden of the county zoning staff agreed with the charges, saying while Wilson was granted a special exception by the county board of adjustment to operate a retail plant nursery at the site, that operation ceased some time ago. Then Wilson, without approval from anyone set up a produce stand, Harden said, in violation of the county zoning ordinance.

The neighbors said Wilson has also bought chickens and is keeping them on his property.

Richard Gray, whose home is east of Wilson's green house, said he doesn't object to Wilson keeping the chickens on his agriculturally zoned property, but he does object to those chickens running loose.

Harden said it is also against the county code to keep chickens without having proper housing for the fowl.

Commissioner Fred Streetman urged Harden to file charges against Wilson with the code enforcement board and Harden

See CONDOS, page 5A

Final DER Hearing Postponed 2 Months

The final of three hearings before a state officer to determine whether Sanford may continue to dump treated effluent into Lake Monroe was postponed to April 18 just as Sanford was tipping the evidence scale in its favor.

The decision was made to move the final hearing after testimony was given by expert witnesses on Sanford's behalf asserting that the city's effluent is not materially adding to the pollution of the lake. The decision also came after City Manager W.E. "Pete" Knowles produced letters from state officials recommending Sanford appeal the state's ban on the dumping.

In the second day of hearings, Sanford's expert witnesses — knowledgeable after DER testimony Monday of what the state agency said were shortcomings in Sanford's arguments — continued working on compiling additional material late Monday, according to City Attorney William Colbert. Their

presentations Tuesday took DER officials by surprise.

Additionally, when state Hearing Examiner Diane Kiewling found that DER attorney B.J. Owens had not seen exhibits, particularly those about which one expert, Tom Gallagher of HydroQual Inc., of Mahwah, N.J., was testifying, she urged the final hearing be held in Tallahassee.

In the meantime, Colbert said he would make available to DER all the additional materials Sanford had accumulated in back up its request for a waiver of the state rules.

The postponement was due in part because Sanford, in asking for a waiver of the state rule banning the dumping of effluent into a body of water, usually would have presented its testimony first, Colbert said. But, he explained, he and Miss Owens, agreed in advance of the hearings that the state would present its case first for refusing to grant Sanford a waiver and thus altered

the usual presentation of evidence and exhibits.

Monday, DER witnesses, with prehearing information supplied by the city of Sanford, cited deficiencies in its studies, Colbert said. The testimony apparently gave the Sanford experts clues on why the DER turned down Sanford's request for the waiver and what information the agency wanted — thus the unexpected presentations Tuesday.

DER employees Monday said much of the evaluation of applications for waivers like Sanford's was done subjectively by various DER personnel and applications were considered based on a set of internal memos of rules which have not been published or made available to petitioners like Sanford.

Among Sanford's witnesses Tuesday were Dr. Hugh Putnam, a biologist, with Water & Air Research Inc., consulting environmental engineers and scientists from Gainesville; Al

See DER, page 5A

January Retail Sales Up

WASHINGTON (UPI) — Retail sales climbed a healthy 0.7 percent in January, on stronger automobile sales made up for a big slump in department stores, the Commerce Department said today.

The sales increase was the strongest since November's record 1.5 percent gain. It looked especially strong because the government's preliminary index is based on a smaller number of stores and services than the official index.

Among the items that helped boost sales were a 1.5 percent increase in clothing and footwear, and a 1.2 percent increase in food and drink.

Retail sales for January brought in \$110.7 billion after seasonal adjustments, the department said. Auto dealers took in \$25.5 billion, a 1.5 percent increase from December.

The department also said that the January increase was the strongest since the October gain of 1.5 percent.

Clothing stores were the other big gainers in January. Retailers reported a 1.5 percent increase in sales, up from a 0.5 percent increase in December. The department said that the January increase was the strongest since the October gain of 1.5 percent.

Jernigan Goal: Inject 'New Life' Into Games

Golden Age Games General Chairman Jim Jernigan hopes to inject some new life in the 11-year-old event with some changes designed to combat what he said was last year's number one problem — "apathy."

The Games will be held Nov. 4-9 in Sanford for men and women 55 and older. Last year's event attracted about 3,200 entrants from across the nation.

For instance, he told the Games Executive Committee at

its first meeting of the year Wednesday, he hopes to substitute a Country-Western Barbecue for the Wednesday night buffet dinner-dance at Sanford Civic Center, which he felt was not as well attended last year. Jernigan said the Over 50 Club would continue to sponsor the social.

He said the catered buffet and dance, usually attended by about 400 local and visiting Games participants, had been a major improvement over the

first year when Chamber secretary Virginia Longwell brought in some fast food hamburgers for the group and next year prepared spaghetti. But after so many years a change was needed to revive interest.

Jernigan also announced a new competitive golfing event this year will be the long drive.

Jernigan said that General Foods Post Cereal has confirmed its continued sponsorship of the Games. Gene Keltner, executive director of the American Red

Cross Central Florida and a member of the U.S. Olympic Committee, said several national firms have expressed interest in sponsoring events in the Games, adding that they are not "beer or cigarette companies."

The organizations sponsoring individual events are to have their rule changes ready by the next meeting, March 13, at which time the schedule will be reviewed for the first time. The entry forms will be completed by April 5.

Police Solve Strong-Arm Thefts

The arrest of two Sanford men and three male juveniles by Sanford police will clear up most of the strong-arm robberies and purse snatchings that have occurred in Sanford during the past four months, police said today.

The arrests were made following investigations by Dets. Tino Fontana and Darrell Brewer.

According to Police Chief Ben Butler, the arrests will clear up at least 15 felonies and police

have confiscated a stolen 1980 Camaro and a second vehicle that may have been used in the robberies.

Arrested were Ronnie Horn, 18, of 47 Castle Brewer Court, and Willie Williams, 20, of 55 Clark Court.

The juveniles were turned over to juvenile authorities and arrest of a fourth juvenile was expected, Butler said.

—Donna Jordan

TODAY

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Inside

Korean opposition leader Kim Doo Jung's party strikes blow to Korea's military dictatorship. Story, 3A.

Child Killer Loses Bid For New Trial

An Altamonte Springs man convicted of torturing and killing a 5-year-old girl has lost an appeal of his conviction.

The 5th District Court of Appeal turned down without comment the appeal of Donald Glenn McDougall, 28.

McDougall was sentenced Nov. 4, 1983, to 34 years for the Sept., 1982, death of Ursula Sunshine Anasid. Her remains were found by police Dec. 1, 1982, in a weighted sack at the bottom of an Altamonte Springs pond.

The girl's mother, Susan Barrett Anasid, was sentenced to 15 years for



Donald Glenn McDougall

manslaughter in connection with the girl's death. A boy she had while in custody was surrendered to authorities for adoption.

McDougall reportedly based his appeal on three points: that evidence

of his involvement in previous child abuse was admitted as evidence against him; that Mrs. Anasid was not ordered to undergo psychological testing, and, the sack the girl's body was stuffed into reeked when it was admitted into evidence in the courtroom indicating that could have influenced the jury.

According to court records, McDougall beat and tortured the girl, sat her naked in a sink filled with ice, forced her to eat soap and made her walk nude about their home reciting the alphabet and counting. If she made a mistake, he hit her, records show.

The girl's body was recovered after Mrs. Anasid, who had moved to Riverside, Calif., with McDougall, argued with him then went to the local police and reported the incident.

Because the prosecution could not prove the girl's murder was premeditated, McDougall was charged and subsequently convicted of second-degree murder. The legal inability of prosecutors to charge and convict McDougall of first-degree murder, punishable by death, prompted the state legislature to include child abuse resulting in death as a crime punishable by the death penalty.

NATION IN BRIEF

Chemical Plant Fire Kills 1; Injures 8

MIDDLESEX, N.J. (UPI) — At least one person died and eight others were injured Tuesday in a series of explosions and fire at a paint manufacturing firm that was put out with the help of hundreds of firefighters from nearby towns.

Police said they found one body Tuesday evening in the burned rubble of one of several Chemray Coatings Corp. buildings damaged by the fire. The Middlesex medical examiner was trying to identify the badly burned body.

One worker and a salesman were not accounted for, but it was assumed they were not inside the Chemray plant when it exploded, Middlesex County Prosecutor Alan Rockoff said.

Rockoff said the injury toll would have been worse if the plant's other 15 workers had not been outside getting coffee and food from a canteen truck.

Inspectors said the fire may have begun in a mixing area, where chemicals are brought up from underground tanks. The cause has not been determined.

Farmers Rally For Support

PIERRE, S.D. (UPI) — More than 5,000 frightened farmers shivering outside the state capitol cheered wildly when they heard all 106 members of the state Legislature will troop to Washington seeking help for agriculture — South Dakota's No. 1 industry.

The farmers, some of whom trekked hundreds of miles in school buses and pickup trucks to join the Farm Alliance Day, packed the gymnasium at Riggs High School to listen to speakers urging action to ease the nation's farm debt crisis.

Farming is the No. 1 industry in South Dakota, but 25 percent of the state's 9,000 growers are considered to be in weak financial condition because of high interest rates, tight money and low crop prices. Many farmers say homesteads that have been in their families for generations are on the verge of collapse.

Farm leaders say current economic conditions for farmers are the worst since the Depression of the 1930s, and they are asking for higher prices and more agricultural support from the federal government.

Officer: Moses Made Offer

LOS ANGELES (UPI) — Olympic gold medalist Edwin Moses, who stands to lose millions of dollars in potential income if convicted of soliciting sex from an undercover policewoman, offered \$100 for two specific acts, the officer testified Tuesday.

Rookie officer Susan Gonzales testified under sometimes heated cross examination by Moses' attorney that she was not made up like a prostitute while working a so-called "trick task force" last month, but was dressed like "an ordinary citizen."

She also said she had a microphone attached to her purse, but that the conversation was not tape recorded.

Defense attorney Ed Medvene, in his opening statement earlier Tuesday, criticized police for not taping the conversation, saying that "taping would have eliminated any possibility of error."

Gonzales testified she was standing on a street corner on Sunset Boulevard before dawn last Jan. 13 when Moses pulled up in his Mercedes Benz and told her, "Nice night."

She said Moses then asked her, "How much for an hour?"

"Well, what do you want?" she said she replied.

Moses then named two specific sex acts and offered her \$100, Gonzales testified.

She said she replied, "Oh, sure, just make a right and I'll meet you."

The track star, who did not make the turn as instructed, was arrested two blocks away by other officers.

FLORIDA IN BRIEF

Anti-Castro Terrorist Convicted On Weapons, Conspiracy Charges

MIAMI (UPI) — Eduardo Arocena, 41, the reputed boss of the anti-Castro terrorist group Omega 7, has been convicted of 23 illegal weapons and conspiracy charges that could net him another 115 years behind bars.

A federal court jury of six men and six women, including three Hispanics, deliberated only 2 1/2 hours Tuesday after the 12-day trial before returning their verdict.

U.S. District Judge William Hoeyler ordered presentence investigations but set no date for sentencing.

Arocena was sentenced in New York in October to life plus 35 years in prison for the 1980 murder of Cuban diplomatic attache Felix Garcia and for masterminding 25 bombings in a 10-year terrorist campaign by Omega 7.

Educator: Teacher Tests Biased

TALLAHASSEE (UPI) — Black colleges' "benign neglect" of teacher training programs has contributed to poor scores on teacher certification tests by minority students, according to a prominent black educator.

"In most historically black institutions teacher education is a step-child," Florida A&M University education professor Walter Mercer said during a news conference Tuesday.

Mercer said that neglect has contributed to the 66 percent failure rate by minority students on the examination aspiring teachers must pass to win state certification.

Mercer repeated earlier complaints that the test is biased against blacks and other minorities. But he added: "As a strategy for survival, let us now concentrate on passing this test."

STOCKS

These quotations provided by members of the National Association of Securities Dealers are representative inter-dealer prices as of mid-morning today. Intra-day market changes throughout the day. Prices do not include retail markup/merchandise.

Atlantic Bank	3 1/2	Old Ash	unchanged
Bank of America	4 1/2	SEC Corp	39 3/8
First Federal S&L	7 1/2	Plenary	1 1/2
Florida Power & Light	32 1/4	Southern Bank	29 1/2
		Sun Bank	28 1/2
Fla. Progress	24 1/2	unchanged	
Freedom Savings	11 1/2	11 1/2	
HCA	4 1/2	4 1/2	
Hughes Supply	21 1/2	unchanged	
Merrill's	19 1/2	unchanged	
NEC Corp	39 3/8	39 3/8	
Plenary	1 1/2	unchanged	
Scott's	14 1/2	14 1/2	
Southern Bank	29 1/2	29 1/2	
Sun Bank	28 1/2	28 1/2	

'Cheers' Star Colasanto Dead Of Heart Attack

LOS ANGELES (UPI) — An episode was being taped Tuesday afternoon when word of the death was received. The taping was canceled.

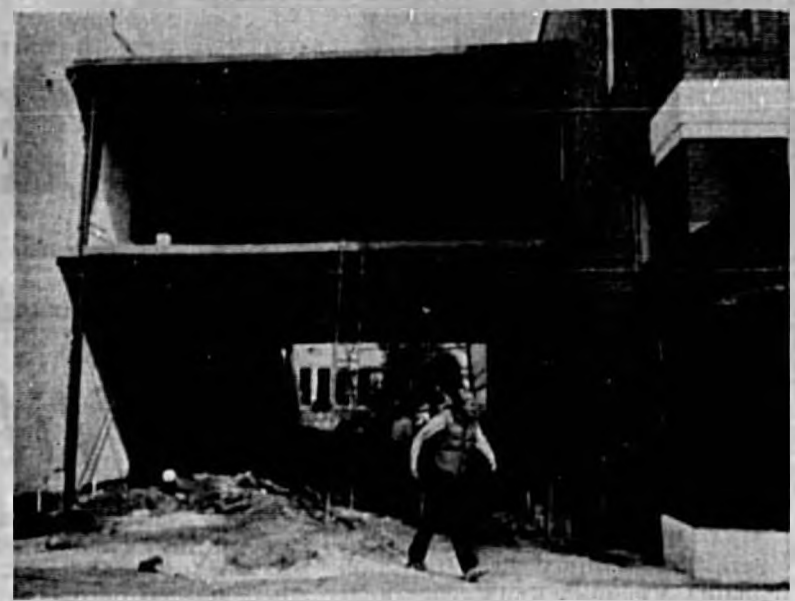
"As an actor I'm going to miss Nick very much," said Ted Danson, one of the show's stars.

"As Sam Malone (the role Danson plays), I feel as if I've lost my dad. As Ted Danson, I loved him very much and he will be missed a lot."

"We feel as if someone from our own family had been lost," producers Glen and Lea Charles said.

Colasanto, born in Providence, R.I., studied to be an accountant but gave up his job with an oil company to pursue an acting career 30 years ago.

Colasanto was never married and had no children. NBC said he would be buried in Providence, but funeral plans were incomplete.



Bridging The Past

Gerold Gross inspects a bridge between the old Courthouse Annex left, and the Garrett Department Store, right, on First Street in Sanford. The walkway is part of the \$500,000 conversion of the storefront section into the Rand Mall. When completed April 1, Gross, whose firm owns and is developing the mall, said it will be a 19,000-square-foot consortium of shops and offices.

...DER

Continued from page 1A

Robertson, a hydrologist from Seaburn & Robertson Inc. of Tampa, water resource consultants, Gallagher and Paul Porter and Robert Deverall, engineers with the city's consulting engineering firm of Conklin, Porter & Holmes.

Putnam, in his testimony, challenged the DER ruling which says the waters of Class 3 lakes in Florida, which includes Lake Monroe, must be pure enough to maintain life of the highly-sensitive rainbow trout and salmon.

Putnam pointed out that not only do rainbow trout and salmon not exist in Lake Monroe, but these particular species of fish do not exist in any waterway in Florida.

DER officials earlier in the hearings explained that the classification given a lake is not on the basis of its purity, but rather on what the state considers its highest use. The DER considers Lake Monroe and other Class 3 lakes as recreational bodies of water.

Contrary to DER testimony Monday that the accuracy of state testing of the degree of pollution of Lake Monroe in the summer of 1981 when the level of the lake was at its lowest level in 70 years was not affected, Robertson challenged that testimony. A water resource consultant, Robertson insisted the tests were skewed by the low water level.

Gallagher's testimony was apparently unexpected by the DER officers. Several times Monday, DER witnesses mentioned computer modeling as one method to prove that Sanford was not polluting the lake. In some fashion, an expert can program a computer so that it can mathematically eliminate pollutants from some sources while computing others.

Miss Owens and other DER representatives apparently confused by Gallagher's explanation of how he conducted his modeling were at a loss to ask him questions.

Knowles also surprised DER with copies of letters he received from Alex Alexander, district director of the DER in Orlando, and from DER Secretary Victoria

WEATHER

NATIONAL REPORT: Up to 20 inches of snow whipped into blinding clouds and 10-foot drifts by winds gusting to 50 mph paralyzed the nation today

AREA READINGS (9 a.m.): temperature: 40; overnight low: 37; Tuesday's high: 57; barometric pressure: 30.21; relative humidity: 46 percent.

THURSDAY TIDES: Daytona Beach: high, 3:41 a.m., 4:03 p.m.; low, 9:54 a.m., 9:53 p.m.; Fort Camerault: high, 3:33 a.m., 3:55 p.m.; low, 9:45 a.m., 9:44 p.m.

AREA FORECAST: Today mostly sunny, breezy and cold. High lower 50s. Northwest wind around 15 mph. Tonight fair and cold. Low in lower 30s. Thursday northwest 5 to 10 mph. Thursday sunny and cold with high in upper 50s. Wind northwest 10 mph.

BOATING FORECAST: St. Augustine to Jupiter Inlet out 50 miles — Small craft advisory in effect. Wind west to northwest 20 to 25 knots today becoming northwest 15 to 20 knots tonight and Thursday.

— Donna Estes

AREA DEATHS

EMILY S. MOYER
Mrs. Emily Skinner Moyer, 87, of Erie, Pa., died Saturday in that city. Born March 5, 1927 in Tampa, she came to Sanford as a child. She attended Seminole County Schools and was a member of All Souls Catholic Church. She moved to Erie in 1947.

Survivors include her husband, Milton; two sons, George Dovichak and John Moyer; daughter, Nancy Moyer, and granddaughter, Sherril Dovichak, all of Erie; brother, John Skinner, Jacksonville; three sisters, Mary Youmans, Prattville, Ala., Helen Scott, Hilton Head Island, S.C., and Viola Frank, Sanford.

Funeral services and burial were held Tuesday in Erie.

MICHAEL L. DOHERTY
Mr. Michael L. Doherty, 40, of 2036 White Oak Lane, Zellwood, died Monday at his residence. A native of Montpelier, Vt., he was born March 17, 1944 and he moved to Zellwood three months ago from Maynard, Mass. He was a supervisor for Digital Equipment Co., Maynard, and was a Protestant.

Survivors include his parents, Phillip and Esther, Zellwood; brother, James, Tallahassee; sister, Jane Holbrook, Montgomery, Ala.

Oaklawn Funeral Home, Lake Mary, is in charge of arrangements.

CATHERINE E. LINDNER
Mrs. Catherine Rita Lindner, 96, of 216 Citrus Drive, Sanford, died Tuesday at her home. Born Oct. 28, 1889 in Brooklyn, N.Y., she moved to Sanford from Norfolk, Va., in 1971. She was a homemaker and a member of All Souls Catholic Church.

Survivors include her three sons, Robert W., Lehigh Acres, William A., Virginia Beach, Va., and Ralph E., Sanford; daughter, Joan Zinn, Sanford; eight grandchildren; four great-grandchildren.

Grankow Funeral Home, Sanford, is in charge of arrangements.

DOROTHY A. PETERSON
Dorothy Anna Peterson, 88, 919 E. Second St., Sanford, died Monday at Lakeview Nursing Center. Born July 4, 1898 in Caschoolovkia. She was a registered nurse.

Grankow Funeral Home, Sanford, is in charge of arrangements.

GREEN D. BICE
Mr. Green D. Bice, 64, of 889 Orianta Ave., Altamonte Springs, died Monday at Life Care Center, Altamonte Springs.

Born April 11, 1900 in New York, he moved to Altamonte Springs from Connecticut in 1969. He was a retired salesman and was a Catholic.

He is survived by his brother, Vincent, Connecticut.

Baldwin-Fairchild Funeral Home, Altamonte Springs, is in charge of arrangements.

BEVERLY N. TEXCELL
Mrs. Beverly Nicholson Texcell, 63, of 378 E. Notre Dame Drive, Altamonte Springs, died Monday at her home. Born March 6, 1921 in Edgewood, she moved to Orlando from Miami in 1980. She was a homemaker and a Protestant. She was a member of the Audubon Society.

Survivors include her two sons, David Maerang, Orlando, James Maerang, Illinois; daughter, Terri Caleron, Altamonte Springs; mother, Beale K. Nicholson, Orlando; sister, Marjorie Abercrombie, Los Angeles; seven grandchildren.

Carey Hand Guardian Chapel, Orlando, is in charge of arrangements.

LT. COL. THOMAS CAWLEY
Lt. Col. Thomas Francis Cawley, 64, of 5819 Bear Lake Circle, Apopka, died Saturday at Florida Hospital-Altamonte. Born July 13, 1920 in Cleveland, he moved to Apopka from Seattle in 1964. He was retired from the Air Force and a member of St. Charles Catholic Church. He was a life member of VFW Post 2093, life member of the Ex-POWs and a life member of the Disabled American Veterans.

Survivors include his wife, Mary S.; three sons, Terrance S., Apopka, Timothy X., Springfield, Ill., and Thomas, Spokane, Wash.; daughter, Patricia L. Serdahl, Spokane; sister, Gertrude Moore, California; three grandchildren.

Baldwin-Fairchild Funeral Home, Forest City, is in charge of arrangements.

FLORENCE VANN GRAHAM
Mrs. Florence Vann Graham, 80, of 1000 W. Eighth St., Sanford, died Saturday at Central Florida Regional Hospital. Born Nov. 6, 1904 in Quitman, Ga., she was a resident of Sanford since 1926. She was a homemaker and a member of New Mt. Calvary Missionary Baptist Church. She was also a member of the Rebecca Chapter 83, Order of the Eastern Star.

Survivors include her son, Clarence Noble, Sanford; two sisters, Mrs. Alberta Burke Cleveland and Mrs. Ida Vann, Sanford; one brother, Eugene Vann, Sanford; four grandchildren; three great-grandchildren.

Wilson-Eichelberger Mortuary, Sanford, is in charge of arrangements.

ATLAS McCULLOUGH SR.
Mr. Atlas McCullough Sr., 75, of 2843 E. Main St., Mims, died Saturday at Jess Parrish Memorial Hospital, Titusville. Born July 6, 1909 in Deerland, he moved to Mims 42 years ago. He was a retired truck driver and a Baptist.

Survivors include his wife, Seretha; four sons, Earl, Tampa, Willie J., Mims, Charles and Atlas Jr., Titusville; three daughters, Dorothy Hatfield, Mims, Eloise Campbell, Titusville and Luvada Culver, Cocoa; three sisters, Rosa Harris, Zella Blue and Leona Johnson, all of Pensacola; brother, Willie D., Los Angeles; 29 grandchildren; 12 great-grandchildren.

Wilson-Eichelberger Mortuary is in charge of arrangements.

ERNEST WHITE
Mr. Ernest White, 58, of 1003 Cypress Ave., Sanford, died Sunday at Central Florida Regional Hospital. Born Feb. 19, 1926 in Sanford, he moved to Orlando and then returned to Sanford three years ago. He was a road construction worker and a Baptist.

Survivors include his son, Lenwood White, Orlando; sister, Ernestine Price, Sanford; two grandchildren.

Wilson-Eichelberger Mortuary is in charge of arrangements.

Funeral Notices

DOHERTY, MICHAEL L.
—Memorial services for Michael L. Doherty, 40, of 2036 White Oak Lane, Zellwood, will be held at the convenience of the family. In lieu of flowers, contributions may be made to the Winter Park Hospice, P.O. Box 468, Winter Park, 32790 or the American Cancer Society, Oaklawn Funeral Home, Memorial Park, Flower Shop—a full service funeral home of one location—in charge.

WHITE, ERNEST
—Funeral services for Mr. Ernest White, 58, of 1003 Cypress Ave., Sanford, who died Sunday, will be held at 4 p.m. Saturday at the Trinity United Methodist Church, 529 S. Sanford Ave. with Pastor Terry Boyd III in charge. Burial will follow in Restlawn Cemetery. Calling hours for friends will be from 3 p.m. Friday at the chapel, Wilson-Eichelberger Mortuary in charge.

McCULLOUGH, ATLAS SR.
—Funeral services for Mr. Atlas McCullough Sr., 75, of 2843 E. Main St., Mims, who died Feb. 9, will be at 1 p.m. Saturday at the St. Mary's Missionary Baptist Church, 10949 Avenue, Mims, with Pastor Roscoe Green in charge. Burial will follow in Restlawn Memorial Gardens, Cocoa. Calling hours for friends will be held from 3 p.m. Friday at the chapel, Wilson-Eichelberger Mortuary in charge.

GRAHAM, FLORENCE
—Funeral services for Mrs. Florence V. Graham, 80, of 1000 W. Eighth St., Sanford, who died Saturday, will be held at 2 p.m. Saturday at New Mt. Calvary Missionary Baptist Church, 1115 W. 12th St. with Pastor George W. Warren in charge. Burial will follow in Restlawn Cemetery. Calling hours for friends will be from 3 p.m. Friday at the chapel, Wilson-Eichelberger Mortuary in charge.

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Galloping Trade Gap

It came as no surprise when the Commerce Department announced recently that the U.S. trade deficit for 1984 added up to \$123.3 billion, nearly double the \$69 billion gap in 1983 and roughly triple the levels in several previous years. Those numbers had been falling into place for months, and nothing has occurred, either in terms of government policy or global trade patterns, to change the forbidding trend. What's most dismaying is that, barring action to reduce dramatically the federal budget deficit, no combination of other actions is likely to do much to arrest the deterioration.

The budget deficit creates excessive demand for borrowed funds, mainly from government; that keeps interest rates unacceptably high, and those rates attract foreign funds to this country, which has the effect of keeping the dollar overvalued. The overvalued dollar prices a huge segment of U.S.-produced goods out of world markets, resulting not only in the staggering trade deficit but in forcing U.S. corporations to lay off workers in the face of competition from cheaper foreign goods and, in many cases, to transfer production operations abroad. The combined result for working Americans is the loss of hundreds of thousands of jobs, with the prospect of worse to come.

Most of those involved in the formulation of U.S. trade policy are in general agreement on these cause-and-effect relationships, but the administration's intransigence over budget priorities is, in effect, holding the nation's economic health hostage to the age-old political debate over guns and butter. If this impasse isn't resolved soon, the damage caused by an ever-growing foreign trade imbalance — which already has transformed this country from a creditor to a debtor nation — could be far greater in the long run than, say, holding the growth in defense spending to a more modest level than the White House and the Pentagon are demanding.

More can be done beyond budget-cutting. The administration and Congress together can develop a more coherent trade policy to replace the existing charade whereby lip service is routinely paid to free trade even as one industry after another wins some form of protection from the administration. Sometimes interim protection is called for, but when it's been granted it rarely has been tied, as it should be, to specific requirements that the industry in question modernize.

A fundamental problem is that international trade truly is international, whereas economic policies of national governments are made too often with little allowance for that fact. No satisfactory solution can be reached without another pound of multilateral negotiations. Most pressing for this country, however, is the need to narrow the deficit gap. The Reagan administration could spare this country a great deal of damage — to its economy and to the social cohesion on which so much else depends — by working with Congress to begin doing that immediately. That would buy far more time and create far less international ill than any amount of patchwork protectionism.

Please Write

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

BERRY'S WORLD



...Hey, was the guy who painted this sucker a weirdo or what?...

DICK WEST

Vacuuming 405 Might Be Career-Wise

WASHINGTON (UPI) — A couple of university economists have predicted that the occupational skills most in demand at about the time of commencement exercises this spring will be at the janitorial level.

Computer programming and other high-tech jobs aren't even a distant second, they say. Behind janitors come cashiers, secretaries, office clerks and sales personnel.

I can't predict how accurate this forecast, published in *Omni* magazine, might be but I assume our educational institutions already are adjusting their curricula accordingly.

Here are a few courses that might be added to the new college catalogs that will be coming out this year:

Sweeping 203 — A class in sophomore floor cleaning for which freshman sweeping or two years of high school sweeping are prerequisites.

Mopping 314 — Recommended to follow at

least one semester of sweeping. If mopping is completed before sweeping, there could be a lot of unnecessary dust balls.

Dusting 404 — Available only to seniors who have completed courses in sweeping and mopping and need the credits to graduate. Includes instruction in distinguishing between oily rags and feather dusters.

Vacuuming 405 — For advanced students only. Enrollees will study proper uses of electric vacuum cleaners and other power appliances.

Bathroom Scrubbing 117 — A complete course in the rudiments of bathroom cleaning, including on-the-job training in gymnasium rest rooms after basketball games. Beginners will be taught the best way to clean shower stalls, wash basins and toilet bowls.

Money-Changing 313 — Required of all accounting majors and recommended for anyone intending to make a career of cashiering.

Course includes practice on new digital cash registers, plus instruction in the operation of credit card machines.

Lost-and-Found 210 — Not required but highly recommended as an elective for students planning to apply for post-graduate jobs in department stores.

Filing 215 — Although each individual company has its own filing system, this course will familiarize students with various types of file cabinets and drawers and acquaint them with alphabetical folders.

Exchanges 309 — Recommended for students who have completed Lost-and-Found 210 and must master art of post-holiday gift exchanges.

Trash-Bagging 711 — For post-graduate students desiring a refresher course in disposing of trash in plastic bags, particularly alumni employed in cleanup crews at large outdoor municipal stadiums.

ANTHONY HARRIGAN

Britain Called Obsolete

LONDON — The most important message to be received by the British public in many years was voiced here recently by a 90-year-old member of the House of Lords, Harold Macmillan, the Earl of Stockton who served as prime minister of Britain in the early 1960s.

In an address on the first day during which their lordships were on television, the Earl summoned his countrymen to take a leadership role in the third industrial revolution — the revolution based on computers and robots. He said that Britain today is an "obsolete" country that is attractive to tourists. In an amazingly candid statement, he said "You can see more modern forms of industrial production in Taiwan and South Korea than you see in England." He called on Britons to make the right decisions, saying that there is a real danger that it will "sink slowly and majestically like a great ship."

It's true, of course, that as prime minister, Harold Macmillan made many mistakes. But that should not be allowed to obscure the wisdom of his remarks in 1985.

That the British are unwilling to face up to the danger of the country becoming obsolete is evidence of ingrained social attitudes that are holding them back. The truth is that they have a way of life which is cozy and comfortable, albeit somewhat threadbare, but they don't want to change. They don't want to move away from a largely static society. The reluctance to change is not limited to militant union miners who insist on permanent working of uneconomic coal pits. The intellectual supporters of Prime Minister Margaret Thatcher have equally rigid attitudes. They are inclined to see the problems of Britain as limited to faulty government policies in the socialist past. They neglect basic societal problems, which include a reluctance to work as hard as Americans and Japanese. The Thatcherites, moreover, place excessive reliance on monetarist theory and don't seem to appreciate the necessity of rebuilding national unity and forging new national goals.

Mrs. Thatcher has done some very good things. Her most important achievement has been to stand up to the arrogant union leaders. Her vision needs to be widened now, however. Unemployment in Britain remains a festering sore. It must be addressed by a Conservative government, not with more handouts, however.

If the British people and their leaders were only to listen to and act on the Earl of Stockton's advice, they would begin to get their country moving again and restored to the high place which it occupied in the world in the past. It's not too late for Britain. Very soon, it may be, however.

JACK ANDERSON

Colombia Tougher On Dope Traffic

WASHINGTON — The United States has had little success enlisting the governments of narcotics-producing countries in the fight against the international dope traffic. These countries are terrified their economies might collapse if the drug dealers are stopped.

Now there's a faint glimmer of hope that one of the worst offenders in this hemisphere — Colombia — is beginning to realize that the economic benefits of the dope trade may not be worth the political instability. This possible change of attitude is reported in confidential State Department cables seen by my associate Donald Goldberg.

Colombia is the source of a large share of the cocaine that is smuggled into this country. For years, the United States has been trying to get



WILLIAM RUSHER

Call It Networking

NEW YORK (NEA) — The current near-total moral and political collapse of liberalism has presented conservatives with more opportunities than they are quite prepared to handle. It's a little like entering the still-smoking ruins of the capital city of a tenacious adversary who has at last buckled and fled.

There is, for one thing, plenty of mopping-up to do. That handsome Greek-revival building over there, for example, with the words "Equal Justice Under Law" over the portico, is still largely held by snipers who will have to be rooted out one by one. And of course the whole southern wing of the Capitol is still under enemy control.

Moreover, all over the country the foe has pulled back his forces into previously prepared fortresses — notably the media, the universities and the foundations — and is ready to withstand a long siege. At 8:30 on the morning after President Reagan's State of the Union address to Congress, the lead item on the news program of WQXR ("the radio station of The New York Times") was what Tip O'Neill had to say about it. Clearly, the liberals are in no mood to surrender.

But the conservative movement in the United States is muscular, self-aware and positively bursting with energy and new ideas, and it is possible to feel rationally optimistic about its chances of assuming full national leadership. As I wrote in my book "The Rise of the Right" (published by Morrow last May):

"It has numerous candidates for office eager to expound its views; it has seasoned political managers ready to manage their campaigns; it has formidable research institutions developing its analyses of every conceivable issue; it has 'public interest' lawyers testing its contentions in the courts; it has columnists, radio and television commentators, and authors of all sorts

pleading its causes; and slowly but steadily young conservative journalists and academicians, in growing numbers that cannot be resisted forever, are entering and rising through those long-hostile ranks."

One logical next step for American conservatives is to look abroad: to find and cement alliances with their counterparts in Europe, Asia, Latin America and elsewhere. The liberals preceded us at this game by at least 35 years, and it shows. The New York bureau of *Asahi Shimbun*, Japan's largest liberal daily newspaper, is in the West 43rd Street office building of *The New York Times*; and, with fitting symmetry, the Tokyo bureau of the *Times* is located in *Asahi's* shiny new office building near the Ginza. That, my friends, is what is called "networking."

Happily, steps are underway to introduce the world's numerous conservatives to one another at last, and to give the movement's spokesmen in other countries the benefit of the very considerable experience of the American subspecies in everything from free-market theory to direct-mail techniques and television campaigning.

The Heritage Foundation has established close contacts with British conservatives; the newly-founded International Policy Forum, headed by Morton Blackwell, recently invited a number of European and Latin American conservative activists to its first Washington meeting; and there are other promising initiatives afoot as well.

From here on out, our liberal friends will discover that "networking" is a game at which two can play. The implications of that for such issues as Mr. Reagan's S.D.I. ("Star Wars") are highly encouraging.

ROBERT WALTERS

There He Goes — Again

WASHINGTON (NEA) — There he goes again.

On four separate occasions in recent weeks — his inaugural address, his economic message, his budget message and his State of the Union address — President Reagan has sought to cure the citizenry into believing that:

— A rhetorical appeal for a "balanced budget" amendment to the Constitution is an adequate substitute for actually crafting a balanced budget.

— He has, as he has repeatedly promised, reduced government spending.

— Economic growth somehow will allow the nation to spend its way out of chronic federal deficits.

Some facts: Before Reagan was elected president in 1980, the federal government's budget had never exceeded \$580 billion. Since he has been in office, that budget has never been less than \$660 billion.

During every year of Reagan's leadership, the budget has grown. When Reagan moved into the White House, the government was spending an average of \$1.8 billion every day of the year, including weekends and holidays. When he moves out, those average daily outlays will be \$3.1 billion.

When Reagan took office, the national debt — the accumulated total of more than 200 years of relatively manageable annual deficits — was just under \$1 trillion. When he leaves office, the national debt will total \$2.6 trillion.

Next year, the debt will pass the \$2 trillion mark, giving Reagan the dubious distinction of having accomplished in only five years what all previous presidents required two centuries to achieve — adding \$1 trillion to federal government's outstanding debt.

The president prefers to blame Congress, especially the Democratic-controlled House, for profligate spending, fiscal irresponsibility and escalating annual deficits.

But every year, he has an opportunity to fashion a budget and present it to Congress before any legislator has an opportunity to meddle in the process — and he has consistently failed to come even close to a balanced budget.

Finally, there's the bizarre idea that economic growth will resolve all of the problems associated with the government's structural debt. This quaint notion is embraced only by a dwindling band of "supply side" fanatics and not supported by any of the White House's economic projections.

Notwithstanding his misleading rhetoric, Reagan may indeed understand precisely what he is doing: By burdening the government with massive long-term debt, he is virtually assuring that spending on the domestic social programs he abhors will continue to shrivel long after he leaves office.

the drug dealers. Betancur's minister of justice was one of the victims.

But perhaps most important was Betancur's realization that Colombia really doesn't reap much economic benefit from the dope traffic. The big money is made after the dope leaves Colombia.

"President Betancur dismissed the theory of some people that drug money is beneficial to Colombia because of its external debt," one cable reports on a conversation with Betancur. "Most of the drug money, he said, does not come to Colombia, but remains in the U.S. Only operating funds are returned to Colombia by the traffickers."

The Colombian president also dismissed the rumor of accusation at a group of such supposed probity that

it has escaped attention in U.S. law enforcement circles: big banks.

"The government of Colombia, said Betancur, is seeking ways to detect this money and to seize it," the cable stated, "but he added that some international banks in the U.S. and Europe stood at the margin of the law in accepting the enormous profits of the drug trade."

The clincher for Betancur, apparently, was the discovery of close ties between drug dealers and left-wing guerrilla groups.

Betancur has asked the Reagan administration for more patrol helicopters and for photographic intelligence from U.S. satellites on airplane flights within Colombia to help nail the smugglers.

Deputies Derail Sale Of Stolen Track Ties

A 20-year-old Apopka man has been charged with grand theft in connection with the theft of railroad ties from an abandoned Seaboard Railroad bed in Seminole County.

Seminole County sheriff's deputies report arresting the suspect who allegedly took about 70 ties, some of which were reportedly sold to AAA Nursery, county Road 427, Longwood, a sheriff's report said.

The ties are valued at \$10 each and the suspect had 12 in his truck when he was arrested on county Road 427 at Marvin Avenue, Longwood at 12:20 p.m. Monday, the report said.

Larry Dee Suggs, 20, of 138 S. Thompson Road was charged in the case and released on \$5,000 bond. He is scheduled to appear in court Mar. 4.

TRAFFIC STOP POT

A Sanford couple stopped by Altamonte Springs police because the temporary tag for their vehicle was not visible has been charged with possession of under 20 grams of marijuana after police reportedly found small quantities of what appeared to be pot in their car.

The male driver agreed to a police search of the car after police had spotted a marijuana cigarette on the floor of the vehicle, a police report said.

In the search, an additional small quantity of the substance was reportedly found. The two occupants of the vehicle were charged at 5:12 a.m. Saturday, at the Hotline Bottle Club, state Road 436, Altamonte Springs.

Charged and released without posting bond were Ray S. Littles, 20, and Denise Marsell Howard, 18, both of 1819 Summerlin Ave. Both are scheduled to appear in court Feb. 21.

CONSTRUCTION PROWLER

A man nabbed by a sheriff's deputy at a construction site frequently hit by burglars has been charged with prowling, obstruction by false information and possession of marijuana and drug paraphernalia.

Sheriff's Sgt. Marty Linnenkugel reported spotting the man enter Springs Landing at about 8 p.m. Sunday and approach a house under construction.

The man told Linnenkugel he was just walking and when asked for identification produced none, but reportedly gave the officer what he later determined to be a false name, a sheriff's report said.

The man reportedly said he worked in the area as a bricklayer, but could not name his employer. Linnenkugel reported charging the man with prowling in the area which is a frequent target for thieves.

When the suspect was searched, a bag of what appeared to be pot, a pipe and 12 blue capsules were found in his possession. When the suspect was booked into jail it was determined he had initially given a false name, a sheriff's report said.

Donald Scott Jordan, 22, listed as a transient on his arrest report, was arrested at 8:24 p.m. Sunday. He was being held in lieu of \$500 bond.

POT IN POCKET

A 21-year-old Plymouth man charged with possession of marijuana and drug paraphernalia has been released on \$500 bond.

A sheriff's deputy reported arresting the man after noticing a bulge in his pants pocket while questioning him and two other men who were on state Road 46 at the Welkive Bridge in Paola, around 9 p.m. Saturday.

The deputy asked the man to empty his pockets and determined they held a brass pipe full of pot and a plastic bag of what appeared to be marijuana, a sheriff's report said.

Joe Garza, was charged in the case.

GIRL REPORTS ASSAULT

An 11-year-old South Seminole County girl reported to sheriff's investigators she was sexually assaulted by a boy called "Ronnie" at about 7:45 p.m. Sunday.

The Winter Park girl said she answered her front door and was told by a boy there that a friend across the street wanted to see her. When she stepped outside that boy and "Ronnie" began chasing her and pulled her to the ground, a sheriff's report said.

The boy who lured her out of her home stepped aside and "Ronnie" forced her to perform oral sex, the report said. He told her not to tell anyone then released her. She ran home, the report said.

GUNMAN CHASE

A 25-year-old Sanford man has been charged with aggravated assault, carrying a concealed firearm and use of a firearm in a felony after allegedly threatening to shoot a man he chased from a Sanford bar late Saturday.

Sanford police report being

Action Reports

* Fires

* Courts

* Police Beat

stopped in the parking lot of Carlo's Restaurant, 1008 French Ave., Sanford, by Michael D. Yates, 25, of Deltona. Yates, who was "shaky" and had cuts and bruises from falls he took as he reportedly ran from the suspect who was pursuing him from The Barn, 1200 S. French Ave., told police the man was going to shoot him with a shotgun, Assistant Sanford Police Chief Herb Shea said.

A police report did not say what started the dispute between the two men.

An officer who heard a police broadcast describing the suspect's car spotted the car on Airport Boulevard and followed the vehicle to 3402 Hibiscus Ave., where the suspect stopped. The officer reported finding a 12-gauge, pump shotgun with five shells in its magazine in the suspect's car, a police report said.

Jeffrey Lynn Lackey, of 107

Airport Boulevard, was arrested at 12:35 a.m. Sunday. He has been released on \$13,000 bond and is scheduled to appear in court Feb. 25.

NO RIDE LEADS TO JAIL

A St. Cloud woman who reportedly created a disturbance by refusing to let her wheelchair-bound husband into their car for a return trip from an Altamonte Springs bar has been charged with disorderly conduct and resisting arrest with violence.

Altamonte Springs police report responding to a domestic dispute call at the Hotline Bottle Club, state Road 436, Altamonte Springs, at about 5:30 a.m. Sunday.

They reported finding Scott Morrell of St. Cloud in a dispute with his wife who would not let the handicapped man into their car. Police were unable to calm the woman and Morrell refused to take a cab home.

After several attempts to get the suspect to stop cursing and let Morrell into the vehicle, police said the woman began flailing her arms and continued to curse.

She was charged with disorderly conduct and the resisting arrest with violence charge was

added after she allegedly tried to kick a window out of a police car and struggled with officers as they transported her to jail, a police report said.

Susan Clemons Morrell, 40, was arrested at 5:54 a.m. Sunday. She has been released on \$5,000 bond and is scheduled to appear in court Feb. 21.

DUI ARRESTS

The following persons have been arrested in Seminole County on a charge of driving under the influence:

—Eric James Bradley, 21, of 223B Sharon Drive, Altamonte Springs, was arrested at 10 a.m. Saturday by Altamonte Springs police on Interstate 4, Altamonte Springs.

—Richard Darrell Stokes, 29, of 1013 Marebella Drive, Winter Park, at 4:20 a.m. Saturday at Orianta Plaza, Altamonte Springs, after police found him asleep in his parked car, with engine running and headlights shining into a store.

—John Patrick Carroll, 19, of 1287 Laura St., Casselberry, at 2:37 a.m. Saturday on state Road 436, after an Altamonte Springs policeman signaled him to dim his car's headlights and he didn't.

—Jean F. Vogle, 25, of 1477 state Road 427, Longwood, at 2:03 a.m. Saturday, after he was spotted driving a vehicle with an expired license tag on U.S. Highway 17-92, Casselberry.

—James Kenyon Reamer, 45, of 1500 French Ave., Sanford, at 2:47 a.m. Monday after he was seen driving south in the northbound lane of U.S. Highway 17-92, Lake Mary.



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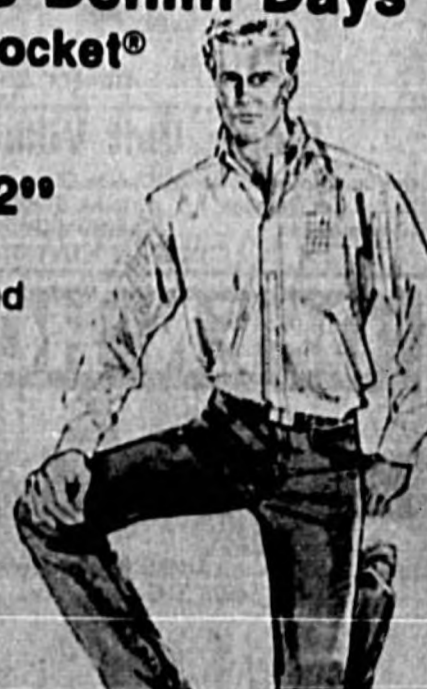
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Green Cuisine

Iguanas Studied As Significant Food Source

By Madeleine Jacobs
Smithsonian News Service
 In the highlands of Peru, Bolivia, Colombia and Ecuador, thousands of campesinos sit down every night to a tasty dinner of deep-fried, home-grown guinea pig.

In parts of Venezuela, the natives often enjoy a traditional dish of black beans, rice, plantains and meat from the capybara — a huge (up to 100 pounds), water-dwelling rodent raised on ranches and harvested like cattle.

And, in Panama, peasants and farmers sometimes make a meal of iguana stew — that is, when they can find this large leaf-eating lizard.

Iguanas, for centuries sought after for their meat and eggs, have dwindled drastically in number or disappeared in many parts of Central and South America. Hunger is at the root of their demise. To supply food to an ever-growing population, the natives have not only overhunted the animals but have destroyed much of the iguana's habitat — irreplaceable tropical forest — to make way for farms and rangeland.

Now, however, thanks to an innovative research and management project underway in Panama, iguanas may soon be rejoining the smorgasbord of unconventional animals providing nutritious food for millions of protein-starved people in Latin America.

The project is aimed at increasing wild iguana populations and establishing methods to raise iguanas on "ranches" or farms, either on a small or large scale. In both cases, a percentage of the animals would be "harvested" each year for food.

Commercial production and use of iguanas are still a decade away, says Dr. Dagmar Werner, a biologist and project leader at the Smithsonian Tropical Research Institute in Panama. But for the first time ever, researchers there have developed a method of artificially incubating and hatching iguana eggs with virtually 100 percent success. In the process, hundreds of iguana eggs have been hatched — "a definite breakthrough in iguana management," Werner says.

In the past year, Werner and her assistants also have raised hundreds of wild-born iguana hatchlings in captivity. With little more than half a square yard of living space per animal, the iguanas have grown as fast or faster than their wild counterparts. Unlike their wild kin, which suffer a 90 percent mortality rate in their first year of life from birds, carnivorous lizards and other creatures, the captive-raised iguanas — protected from predators — have had nearly a 100 percent survival rate. This lends further support to the feasibility of ranching and repopulation plans.

Iguanas, specifically the green iguana scientifically known as *Iguana iguana*, may very well be ideal animals for such food-producing schemes. An important food source in Latin America since prehistoric time, iguanas are still prized as game animals by the campesinos who typically cook the meat — it tastes somewhat like chicken — in a heavily spiced stew. Also considered delicacies are iguana eggs; boiled in salt water for preservation, the eggs are reputedly an aphrodisiac and cure for various ailments.

One of the iguana's undisputed virtues is found in its choice of diet. The reptiles are herbivorous, preferring leaves in the treetops that other animals cannot readily reach and digest. A special digestive system enables iguanas to convert this vegetation into high-quality protein with an efficiency comparable to that of cattle.

Iguanas also breed prolifically during their average 10-year lifespan. After reaching sexual maturity at about three years of age, females lay one large clutch of eggs each year — 30 to 40 eggs on the average. Moreover, the lizards, which do not carry human diseases, are especially suited to captive management: Although iguanas are often aggressive in the wild, they have been kept in captivity in high densities without problems.

"Less than 20 years ago, very little was known about the green iguana," says Dr. A. Stanley Rand, a biologist at the Smithsonian Tropical Research



The green iguana, known scientifically as *Iguana iguana*, has been sought for centuries in Latin America for its meat and eggs.

Institute. About 16 years ago, Rand and a series of visiting scientists and students began studying the social system, reproductive and mating habits and ecology of iguanas.

They have focused their attention on a nesting site, Slotia Island, a tiny islet adjacent to Barro Colorado Island, the Smithsonian's 3,600-acre nature preserve in the Panama Canal. Each February, about a hundred female iguanas swim across the narrow channel linking Slotia and Barro Colorado Islands, staying only long enough to dig complex burrows and lay their eggs.

Rand was initially drawn to iguanas because of their complicated and interesting lifestyles. "But we were also aware that their numbers were decreasing at an alarming rate," he recalls. "If we were ever to work out an intelligent management plan, a conservation plan, we needed to know how fast these animals grow, how long they live and so forth, before we could think about ranching them or 'cropping' them."

Out of the wealth of data on iguanas grew the current management effort. It is also a conservation project: One of its major goals is restoring iguanas to areas where they have been depleted. The project is part of a larger Smithsonian activity aimed at increasing food supplies in Latin America without destroying the tropical forests to provide farmland or rangeland. The program is supported by the W. Alton Jones Foundation in collaboration with Panamanian institutions.

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Loophole In Law Is Gamblers' Ace In The Hole

HARRISBURG, Pa. (UPI) — Poker and blackjack tables have been popping up in bars, restaurants and hotels across Pennsylvania — to the embarrassment of legislators who, in rubber-stamping a bill last year, unknowingly paved the way for casino-type gambling.

Now, they have tried to undo their handiwork.

The Senate on Jan. 30 approved legislation repealing the law and forwarded the bill to the House. Some form of the legislation could be on Gov. Dick Thornburgh's desk before the end

of the week.

But some people feel lawmakers should rethink the whole business. Including Ron Lynch, owner of the VIP, a favorite watering-hole for state government workers across the street from the Capitol.

His is one of many bars across the state that now features green-felt card tables for poker and blackjack.

"I don't want to hurt anybody's feelings over there," says Lynch. "I just want them to come over and take a look at what they have done before shutting it down. The whole thing

could work."

Jesse Reitenbach, a real-estate broker who plays in blackjack-card tournaments at the nightclub adds: "I think it's great. What do you want to play? Trivia?"

At the VIP, players pay entry fees ranging from \$10 to \$100 for a blackjack tournament and receive a specific number of chips. The person with the most chips after ten hands wins.

The law allowing liquor licensees to sponsor and host the tournaments was passed by the Legislature and signed

by Thornburgh last spring.

But the impact of the law wasn't publicly known until Jan. 2 when Philadelphia District Attorney Edward Rendell, a Democratic gubernatorial hopeful, called a news conference to announce his discovery of the law.

The law reads that a liquor licensee can hold "a dart, billiard, bowling, shuffleboard, rings or card tournament or contest without having to obtain any permits therefor."

The law is a small section of a bill that originally was designed only to extend the hours for Sunday liquor

sales so resorts in the Pocono Mountains could have champagne brunches.

The tournament section was added at the request of lobbyists seeking to sponsor darts, beer and billiards contests on the premises of liquor licensees.

Sen. Frank O'Connell, R-Luzerne, the sponsor of the bill, said he also included cards in the law because he wanted to legalize games such as bridge and pitch.

Without any mention of the tournament section, the legislation sailed through the Senate.

Attorney Says Cordless Phones Damage Hearing

LOS ANGELES (UPI) — The maker of certain types of cordless telephones has been slapped with a \$50 million class action suit claiming phones which ring through the earpiece caused permanent hearing loss to thousands of people.

"We don't even know the entire scope of the problem ... how many people have been injured. A judge is going to have to determine that," attorney Steven G. Schumaler of St. Louis said during a news conference Monday.

Schumaler said the suit was filed in U.S. District Court in St. Louis, but he announced it in Los Angeles because the city has the largest concentration of cordless phones in the country.

The suit was filed against Uniden Corp. of America, the Huntington Beach, Calif., parent of Uniden of Japan and Uniden of Taiwan, which make the phones. It charges the sharp sound produced in the earpiece of cordless phones can "cut into the ear like a machete."

He said the units produced a

140-decibel sound "equal to a jet engine two feet away from you or a firecracker going off in your ear."

The suit asks for unspecified medical damages for anyone ever injured by the phones, and \$50 million in punitive damages.

Schumaler said the suit only names Uniden because it is one of the largest manufacturers and marketers of the devices, which have the ringing mechanism in the earpiece rather than in the base. The suit, however, could be expanded later to include other firms.

Schumaler won a similar case last October in federal court against Uniden.

Most cordless phones, including Uniden's, have been modified to tone down the sound of the ringing, Schumaler admitted. "But much damage has already been done."

He also said even the modified tone can also cause injury.

No Uniden spokesman was available Monday to respond to the suit.

Orbital Outhouse Costs \$1 Million

HOUSTON (UPI) — Going to the bathroom in space is no simple matter, but scientists have found a way to fix some of the technical problems encountered on earlier shuttle missions.

Orbiting bathroom facilities were often out of order on earlier flights.

"We tried to get too fancy," shuttle official Dan Germany said of the original toilet, a \$12 million design that includes a commode and a small lavatory built into the side of the galley. Each toilet unit cost \$1 million.

In the original system, a motor and prongs broke up the waste and sprayed it around the sides of the bowl. Unfortunately, the

lines also sprayed, dried waste into the cabin.

"On a number of missions after a couple of days the spreaders and spinners slowed down or little things went wrong," spokesman Dave Alter said Monday.

Astronauts still use the same commode, which forces waste to the bottom with air, but they now place a bag inside for each use.

"When it's over with, (the astronaut) seals the bag ... puts it in another bag and stores it," Alter said.

"The complexity is no longer necessary for answering one of nature's calls," he said.

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COVER 12 oz. GAIN 8/2.99	PENNZOIL 99¢	5.99 Polaroid Video Cassettes	69.99 PR/AM CASSETTE RECORDER	99¢ Walgreens 21% Gold Seal Vitamins	3.99 TYLORAL EXTRA STRENGTH
SHAMPOO, MILKY WAY 2/3	ZIPLOC 1.29	5.99 Polaroid Video Cassettes	69.99 PR/AM CASSETTE RECORDER	99¢ Walgreens 21% Gold Seal Vitamins	99¢ COGNATE NEW PUMP DISPENSER
WHITE POPPERS 1.99	ZIPLOC 1.29	5.50 Hourigan Humidifier Mist	1.59 Head & Shoulder Shampoo	1.99 Ban	99¢ Walgreens 4-Way Prescription Advantage
TERRITORY OR BENTLEY COOK 79¢	ZIPLOC 1.29	5.50 Hourigan Humidifier Mist	1.59 Head & Shoulder Shampoo	1.99 Ban	99¢ Walgreens 4-Way Prescription Advantage
COUGH SYRUP 3/1	ZIPLOC 1.29	5.50 Hourigan Humidifier Mist	1.59 Head & Shoulder Shampoo	1.99 Ban	99¢ Walgreens 4-Way Prescription Advantage
Color Film Developed and Printed 1.99	ZIPLOC 1.29	5.50 Hourigan Humidifier Mist	1.59 Head & Shoulder Shampoo	1.99 Ban	99¢ Walgreens 4-Way Prescription Advantage
STAINLESS STEEL COOKING UTENSILS 2.99	ZIPLOC 1.29	5.50 Hourigan Humidifier Mist	1.59 Head & Shoulder Shampoo	1.99 Ban	99¢ Walgreens 4-Way Prescription Advantage
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SPORTS

8A—Evening Herald, Sanford, Fl. Wednesday, Feb. 13, 1985



Herald Photo by Tommy Vincent

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"They harass him." The harassment started early as Brooks could hit just 1 of 7 first-half shots. Usually a good foul shooter, Brooks also missed his only two free throw attempts and went into halftime with just one bucket.

Despite Brooks' slow start, the Tribe was worse, missing five

Basketball

shots in a row during the first quarter as Lake Howell jumped to a 6-2 lead behind buckets from 6-3 Fred Hicks, point guard Scott Anderton and Brooks.

But the four 'Noles in double figures — Gordon (13), Rod Henderson (13), Matt Maxwell (11) and freshman Andre Whitney (10) — started to get warmed up midway through the quarter.

Each tossed in a bucket and when Gordon stole the ball and slammed it home with 36 seconds left, Seminole moved on top, 11-8. Rouse added a free throw with 10 seconds left for a 12-8 first-quarter edge.

Three Lake Howell turnovers opened the gate in the second quarter as Gordon, Whitney and Maxwell tossed in hoops as Seminole took an 18-8 lead. Terry Gammons interrupted the string with a tip-in for Howell but Henderson hit a bucket and freshman Craig Walker dropped in a nice turnaround on the baseline for a 22-12 lead.

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Lady Greyhounds March Into Section

Defense Stops Vero Beach Cold, 6-0

By Chris Flister
Herald Sports Writer

For Vero Beach Tuesday night, going up against Lyman's tough midfielders and defenders was like running into a brick wall.

Whenever the Lady Pirates managed to get the ball away from Lyman's offense, they had a heck of a time getting past midfielders Stacey Roy, Diana Boyesen, Alyson Barnes and Allison Wright.

Once they got by the midfielders, the Lady Pirates then had to contend with the likes of defenders Karen Abernethy and Kelle Straw.

And once past the defenders? There was goalkeeper Lisa Chatman. But Vero Beach never got a chance to test her.

Lyman's tenacious midfield and defensive play was too much for Vero Beach to handle as the Lady Greyhounds rolled to a 6-0 whitewashing of the Lady Pirates in the Region 2 playoff at Lyman High.

The Lady Greyhounds, who have won 21 straight, advance to the Section 1 championship Friday night. Lyman will play the Orange Park-Oaineville Buchholz winner at either Orange Park or Oaineville.

"The whole midfield and defense did an excellent job," Lyman coach Tom Barnes said. "They didn't allow Vero Beach any real threats."

Although the game was played in chilly temperatures in the mid 40s, made worse by a vicious wind, it didn't take long for the Lady Greyhounds to warm up.

Barnes, a junior, put the Lady Greyhounds ahead to stay when she fired in a short shot past Vero keeper Suzanne Barkett just two minutes and 39 seconds into the match for a 1-0 Lyman lead.

"The girls seemed to have winning on their minds right from the time we walked on the field," Barnes said.

Sheila Mandy, who sat out the district championship game with an injury, returned to the lineup Tuesday and got right back into the thick of things by scoring two first-half goals to give Lyman a 3-0 lead. The first came on a breakaway where Mandy, a junior, drew the keeper out and put it past her and the second was on a short shot. "It's good to have Sheila (Mandy) back."

Soccer

Barnes said. "She's a threat any time she gets the ball."

Kim Mitchell added a pair of goals within a nine-minute span in the second half that pushed the Lady Greyhounds' lead to 5-0. The sophomore forward's first goal came when she gathered in a deflection after a free kick and put it past Barkett with 20:58 left in the match. Mitchell scored her second goal, on an assist from Allison Wright, with 20:06 left to play.

The sixth goal came with 5:35 left and was scored on a rebound by junior Dawn Boyesen, who had a goal taken away in the first half because of an offside call.

Lyman's domination at midfield and on defense was reflected in the shots on goal. The Lady Greyhounds bombarded Barkett with 40 shots while Vero Beach managed just two.

Lyman didn't have any trouble getting up for Tuesday's game, even though they had already beaten Vero twice.

"I try to get psyched up before every game," Abernethy, a good-looking sophomore said. "I try to get my head right and just think about the game."

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Most of the action Chatman got in goal came when Abernethy played the ball back to her. The junior keeper had to make just two saves.

"We just don't get overconfident," Chatman said about playing Vero for the third time. "We take it one game at a time."

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Herald Photos by Tommy Vincent

At the left, Lyman's Kim Mitchell dribbles toward one of her two goals. Above, teammate Sheila Mandy, left, tussles with Vero Beach's Kristen Grefo.

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Soccer

advanced with a 7-0 blanking of Lake Highland Tuesday night.

Oviedo took a 1-0 lead 27 minutes into the match Tuesday. The ball was batted around close to the goal and it came out to Cox who left-footed it in.

The Lions' 1-0 lead stood up at halftime. Oviedo made it 2-0 with just 38 seconds gone in the

second half. This time, Greg Brick blasted a shot that hit off the crossbar and bounced back right to Cox who booted it in.

"Most of Trinity Prep's shots were from pretty far off," Oviedo coach Chris Hall said.

Hall said the defensive leaders included Pat Sweeney and Mike Amrhein. "They (Sweeney and Amrhein) were all over field," Hall said. "They made some unbelievable plays."

Bucs 'Politely' Dunk Rams

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The Lake Mary Rams, coming off an upset over No. 1 ranked (AAA) Seabreeze, couldn't duplicate Friday's stellar effort and lost to the Mainland Bucs, 78-65, in Five Star basketball action Tuesday night at Lake Mary High.

Lake Mary saw its three-game winning streak snapped as it lost to the Bucs in a fast-paced offensive battle. Mainland improves to 9-5 in the conference and 9-4 in the district. Meanwhile, the Rams fall to 6-7 in the Five Star and 7-6 in the district and 12-10 overall.

"We came out flat," said Willie Richardson, the Rams' coach. "They beat us on the boards."

Mainland coach Dick Toth agreed with Richardson and said "We're playing a lot better now than (George) McCloud is off the injury list."

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Basketball

Hartafield, Merthle led the Rams with 18 points while Hartafield had one less.

Mainland was able to effectively stop Lake Mary's Donald Grayson, who has been averaging 18 points per game over the past two weeks. Grayson managed just eight points against the Mike Polite-McCloud duo.

But the Bucs soon took control. With five minutes remaining Mainland streaked to six straight baskets, concluded by the first of Polite's four dunks ending the quarter, 15-12 Mainland.

From there the Bucs built a commanding advantage, widening the gap to 13 (31-18) midway through the second period. Mainland maintained the lead going into the locker rooms by a 35-23 count.

Throughout the rest of the game, the Bucs continued to

dominate as the next period had a frenzy of scoring for both sides. The biggest lead of the game came with 4:21 left when 6-8 senior McCloud banked in two points for a 49-32 bulge.

MAINLAND (76) — Henry S. Mackoroy & Manning S. Hall 9, Morris S. McCloud 23, John S. Siler 6, Anderson & Payne 12. Totals: 23 17-34 78.

LAKE MARY (65) — Merthle 18, Hartafield 15, Newby 6, Reynolds 11, Grayson & Willis 2, Jackson 7. Totals: 22 17-33 65.

Halftime — Mainland 26, Lake Mary 23. Fouls — Mainland 20, Lake Mary 14. Fouled out — none. Technical — none.

PATTERSON LEADS GIRLS

In the girls game Tuesday, Lake Mary's Lady Rams used an outstanding game by Aileen Patterson to post a 61-45 victory over the visiting Lady Bucs.

"Aileen got on the boards," said Lake Mary coach Bill Moore. Patterson grabbed nine rebounds and four steals and led all scoring with 22 points.

The Lady Rams controlled the lead in every quarter by strong defensive play by guard Kim Averill and Patterson as well as precision shooting by Karen DeShetter.



Jeff Reynolds scored 11 points but it wasn't enough to stop Mainland from ending Lake Mary's three-game winning streak.

LAKE MARY GIRLS (61) — Averill 2, DeShetter 15, Fenning 4, C. Hall & L. Hall 4, Lettice 2, A. Patterson 22, C. Patterson 6, Reynolds 8, Stewart 6, Stone 4, Wicks 6. Totals: 26 9-14 61.

MAINLAND GIRLS (45) — Hinkley 14, Wright 4, Robertson 14, Hensling & Krammer 4, Irving & Perry 5. Totals: 17 16-34 45. Halftime — Lake Mary 26, Mainland 19. Fouls — Lake Mary 22, Mainland 14. Fouled out — none. Technical — none.

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SPORTS

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Basketball

Hartfield. Merthle led the Rams with 18 points while Hartfield had one less.

Mainland was able to effectively stop Lake Mary's Donald Grayson, who has been averaging 18 points per game over the past two weeks. Grayson managed just eight points against the Mike Polite-McCloud duo.

But the Bucs soon took control. With five minutes remaining Mainland streaked to six straight baskets, concluded by the first of Polite's four dunks ending the quarter, 15-12 Mainland.

From there the Bucs built a commanding advantage, widening the gap to 13 (31-18) midway through the second period. Mainland maintained the lead going into the locker rooms by a 35-22 count.

Throughout the rest of the game, the Bucs continued to

dominate as the next period had a frenzy of scoring for both sides. The biggest lead of the game came with 4:21 left when 8-8 senior McCloud banked in two points for a 49-32 bulge.

MAINLAND (78) — Henry S. Mackleroy & Manning E. Hall 8, Morris S. McCloud 23, John S. Eter & Anderson S. Polite 23. Totals: 33 11-24 18.

LAKE MARY (65) — Merthle 18, Hartfield 15, Newby 8, Reynolds 11, Grayson 8, Willis 2, Jackson 1. Totals: 33 17-35 44.

Halftime — Mainland 25, Lake Mary 22. Fouls — Mainland 20, Lake Mary 14. Fouled out — none. Technical — none.

PATTERSON LEADS GIRLS

In the girls game Tuesday, Lake Mary's Lady Rams used an outstanding game by Aileen Patterson to post a 61-48 victory over the visiting Lady Bucs.

"Aileen got on the boards," said Lake Mary coach Bill Moore. Patterson grabbed nine rebounds and four steals and led all scoring with 22 points.

The Lady Rams controlled the lead in every quarter by strong defensive play by guard Kim Averill and Patterson as well as precision shooting by Karen DeBelter.



Jeff Reynolds scored 11 points but it wasn't enough to stop Mainland from ending Lake Mary's three-game winning streak.

LAKE MARY GIRLS (61) — Averill 2, DeBelter 15, Fanning 4, C. Hall 4, L. Hall 4, Leckie 1, A. Patterson 22, C. Patterson 4, Reynolds 8, Stewart 6, Stone 4, Wood 6. Totals: 26 9-14 41.

MAINLAND GIRLS (48) — Minkley 14, Wright 4, Robertson 14, Macklin 4, Kummer 4, Irving 4, Perry 5, Totals: 17 10-24 44.

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PEOPLE

Evening Herald, Sanford, Fl. Wednesday, Feb. 13, 1983-18

Cook Of The Week

'If You Come From The Mountains, You've Got To Be A Good Cook'

By Dorothy Greene
Herald Correspondent

She makes you look good on the outside and feel good on the inside. A lady who is genuinely in love with life, our cook this week is Betty Norwood, owner and operator of Hair 'n' Place Beauty Salon on French Avenue.

Betty, a native West Virginian, says, "If you come from the mountains, you've got to be a good cook. As far back as I can remember, Mother had us girls in the kitchen. With mountain people, girls did housework and boys did outside work, and I can't remember not being able to cook. It started with making biscuits and gravy for breakfast, and learning to fry salt pork. I don't measure a lot, because that's the way my Mom cooked, so I have a hard time breaking down recipes. Sometimes I start off with one recipe and by the time I'm finished it's not much like the original."

After a busy day, sometimes 12 hours long, in her beauty shop, Betty comes home to her husband Bob, son Bill, and three dogs, two cats, and an "overweight" guinea pig. The newest addition to the Norwood family is Chi Chi, an adorable chihuahua who gets super royal treatment, complete with her own miniature bed.

Betty and Bob, who will celebrate their 19th wedding anniversary on Valentine's Day, have lived in Sanford for 16 years. While Bob plays golf and Bill is busy with church activities, Betty enjoys oil painting. She is especially fond of painting animals and a very regal-looking tiger is her favorite among many others which grace the walls of her home and shop.

A very active person, Betty says she "can't sit still one minute. I can't imagine anyone ever getting bored. There's too many things in life out there. I've always said that when I take my vacation I'm going to go to be bored, so I can find out what it's like. I love to read, I love to write, I love kids and always have a houseful."

Betty recalls that when she left home to get married, "It was like going back home, because I already knew how to clean house, cook, wash dishes, and iron clothes." Her only problem was learning to cook the way Bob was used to eating, mainly southern Louisiana Cajun type food. "That's when my mother-in-law took me aside several times and showed me how to prepare something. She's just about my best friend in the world, besides being my mother-in-law. She always remembers me with cards and flowers any time of the year, not just on special occasions."

Because her work days are long, Betty relies a great deal on her microwave oven. She says, "If my house ever caught fire, I'd grab my kid, my purse and my microwave. I use it religiously, and have dozens of microwave cookbooks. Most recipes are bland to me, so if I find one that I like, I'll mess it up real good until I get it the way I like

it. I like to taste the food I'm eating."

Before she even bought the oven, Betty took a complete course in microwave cooking at Seminole Community College. "Simply because I was afraid it would go the way of the blender, food processor, and other kitchen gadgets that I never use. So I completed the course, then made up my mind to buy one, knowing it would be something that I would use to its full advantage."

Betty remembers always wanting to be a hairdresser, but her career was detoured because of marriage and a child. She explains, "I wanted to bring my son up to an age where I felt comfortable about leaving him, so I waited until he was about 11 years old, then he had baby sitters until he was so old, he was embarrassed because the baby sitters were the same age he was."

Her greatest pleasure at work is when a customer comes in and says, "Do something with my hair!" Betty likes to start from scratch and the first thing she does is talk to them to find out their likes and dislikes. "What I like, they may hate. I show them books of hair styles and find out if they are good at managing their own hair. A lot of things have to be taken into consideration, whether it's a total change in styling or just a subtle highlighting of the color. I'm very cautious and take it very slowly so that the customer is pleased and satisfied. A drastic change sometimes can be horrible."

Back in the kitchen, she sometimes prepares favorite meals in large quantities so portions can be frozen for future use, especially after a long, busy day. One advantage Betty enjoys with her microwave oven is being able to defrost meats quickly when she gets home from work late, as any working wife and mother can appreciate.

A variety of taste-tempting dishes are given below for those with a hearty appetite and a sweet tooth:

HAM AND POTATO CASSEROLE FOR MICROWAVE

- 4 cups cubed potatoes, uncooked
 - 1 cup fresh carrots, sliced thin
 - 1 cup chopped celery
 - 1/2 cup water
 - 3 cups cooked ham, cubed
 - 2 tablespoons green pepper, chopped
 - 2 tablespoons chopped onions
 - 3 tablespoons butter or margarine
- Set aside:
- 4 cup margarine
 - 3 tablespoons flour
 - 1 1/2 cups milk
 - 1 cup shredded cheddar cheese
 - salt and pepper to taste

Combine potatoes, carrots, and celery in 1 1/2 quart glass bowl. Add 1/2 cup water. Cover with plastic wrap and microwave on high for 7-8



Herald Photo by Tommy Vincent

Betty Norwood slices up one of her favorite recipes

minutes until tender, stirring once. Drain and set aside.

In another bowl combine ham, green pepper, onion and 3 tbsp. margarine. Microwave on high 3-4 minutes until green peppers are tender.

Combine both mixtures in a 2 quart casserole dish.

In a 4 cup glass measure, melt 1/4 cup margarine on high, about 55 seconds. Add three tablespoons flour, stirring until smooth. Gradually add 1 1/2 cups milk. Cook on high power 3-5 minutes until thick and bubbly, stirring once every minute. Add cheddar cheese and stir until melted. Pour over ham and vegetables in casserole. Cook on 70 percent power (medium high) 7-8 minutes, turning dish once during cooking time. Serves 8-8.

CLAM AND CHEESE CHOWDER

- 1 package au gratin potatoes
- 2 cups water
- 1 1/2 cups clam juice or chicken broth
- 1 cup milk
- 1 8 oz. can minced clams
- 1 tsp. flaked parsley
- 2 tablespoons margarine

Combine potatoes and seasoning mix from package with clam juice and water in a large saucepan. Cover and simmer 15-20 minutes. Stir in milk, undrained clams and margarine. Heat gently five minutes. Sprinkle with parsley flakes. Serves 5-6.

HOT CORN BREAD (Mountain Food)

2 cups self rising corn meal

See BETTY, page 28

Girlfriend's Figure Prevents Marriage

DEAR ABBY: Several months ago I met a fantastic woman I'll call Clara. She's 38 and divorced. I'm 42 and divorced. She's intelligent, has a wonderful sense of humor, is fun to be with, and she's great in bed. I really care for her and she says she loves me, and she shows it. I guess I'm lucky to have found her.

You're probably wondering, So what's the problem? Clara has a nice face but a terrible figure. She has practically no bust, and she's quite overweight. She says she's been heavy all her life but can't lose weight. I suppose this sounds immature, but my ex-wife had a terrific figure and so have all the other women I've been with, and I am not proud to be seen with Clara.

This is all that's stopping me from asking her to marry me. She's a super woman in every other way, but I just can't see myself married to a woman with a figure like hers. I can't help it. Am I a jerk to feel this way? What should I do?



Dear Abby

FUSSY IN FLORIDA

DEAR FUSSY: Are you a jerk? Yes. But since you can't see yourself married to her, before you get further involved — or heaven forbid, get carried away in bed and propose marriage — say goodbye to this fantastic woman.

I'm sure you know that your chances for finding someone with all Clara's attributes plus a terrific figure are very slight. But keep looking. A perfect man should have a perfect woman.

DEAR ABBY: Did you ever hear of a sick dog coming between friends? I used to have

a friend who I played bridge with, went shopping with, etc.

A few years ago her dog's health started to deteriorate and she began devoting all her time to the care of this animal. She dropped out of all social circles and other activities. The last time she had the card club at her house, there were newspapers on the floor in every room, and we girls were upset over how sick the dog appeared to be. It was whining pathetically and obviously in pain. We all politely suggested that she put her dog to sleep, and she hasn't spoken to any of us since.

I know she has neglected to visit her aging widowed mother because there is no one available to sit with her dog.

What is your impression of this situation? And what would the Society for the Prevention of Cruelty to Animals have to say about this?

LOST A FRIEND TO A DOG

DEAR LOST: Some people love their pets as they would love a child. Would you have told her to put her sick child to sleep? In her mind, that is the way she perceived your suggestion.

The Society for the Prevention of Cruelty to Animals would say that a rational pet owner who is truly devoted to a pet is selfish to allow it to suffer when it could be easily put out of its misery. Your friend is irrational. Don't judge her.

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'Party Fare' Foods Made Easy With Microwave

Thursday, Valentine's Day, is a good time to make a special dinner for your family. By using your microwave oven you can prepare "party fare" foods in little time. For the entree prepare Chicken and Broccoli Supreme, serve it with Rice Pilaf, your favorite congealed salad (red of course), French Bread and Raspberry Party Dessert.

CHICKEN BROCCOLI SUPREME
3 whole chicken breasts, split
1/2 cup dry bread crumbs
1/2 cup Parmesan cheese
1/2 teaspoon paprika
1 egg, beaten
1/2 cup dry sherry *1
2 packages (10 ounces each) frozen broccoli spears
2 tablespoons butter or margarine
2 tablespoons flour
1/4 teaspoon salt
1/2 cup milk
1/2 cup shredded Cheddar

Cheese
Remove skin and bone from chicken. Combine bread crumbs, Parmesan cheese and paprika on wax paper. Moisten chicken breasts with the beaten egg, then roll in crumbs, coating well. Roll the chicken breasts. Place in a 10x8" microwave safe dish. Pour sherry around chicken. Sprinkle with any remaining crumb mixture. Cover with wax paper. Microwave at 100% power 18-18 minutes, or until chicken is tender. Set aside. Microwave broccoli in packages 10-12 minutes, or until just about tender. Set aside. Microwave butter in a 2 cup glass measure 4-5 seconds. Blend in flour and salt. Gradually stir in milk and cooking juices from chicken. Microwave at 100% power 1 1/2-2 1/2 minutes, or until mixture boils and thickens, stirring several times. Stir in cheese until melted. Set



Midge Mycoff
Home Economist
Seminole
Community College

aside. Arrange chicken and broccoli in a large serving platter. *2 Pour cheese sauce over all. Microwave at 100% power 2-3 minutes, or until heated through.
*1 Apple juice or white grape juice can be substituted for the sherry.
*2 Be sure serving platter is microwave safe.
This rice pilaf is just about as easy to prepare as using a package mix.
RICE PILAF
1 1/2 cups uncooked long-grained white rice

1 tablespoon butter or margarine
1 tablespoon instant chicken bouillon
1 tablespoon parsley flakes
1 tablespoon instant minced onions
1/4 teaspoon salt
1/4 teaspoon celery salt
1/4 teaspoon garlic powder
3 cups water
1/4 cup almonds
Combine all ingredients except almonds in a 2-quart microwave safe casserole. Cover with casserole lid. Microwave at 100% power 8-10 minutes, or until boiling. Reduce power to 50%, microwave for 15-17 minutes, or until rice is tender and has absorbed the liquid. Let stand five minutes. Stir in almonds just before serving.
The party dessert can be prepared early in the day or some of the preparation done the day before.

RASPBERRY PARTY DESSERT
1 package (9 ounces) yellow cake mix (Jiffy)
1 package (10 ounces) frozen sweetened raspberries
2 tablespoons sugar
2 tablespoons cornstarch
1/2 cup butter or margarine
1 1/2 cups unsifted powdered sugar
1/4 teaspoon almond extract
1 cup whipping cream
2 tablespoons sugar
1/2 teaspoon vanilla
1/4 cup sliced almonds
Prepare cake mix as directed on package. Grease bottom only of an 8" square microwave safe baking dish. Pour batter into pan, spreading evenly. Microwave at 50% power, 7 minutes, then microwave at 100% power 1 1/2-2 minutes, or until no longer doughy. Be sure to rotate the cake if your microwave is not equipped with a carousel. Cool completely.

Microwave at 100% power the raspberries for 2-3 minutes, or until thawed. Mix sugar and cornstarch together in a two-cup glass measure. Drain raspberry juice into measure and blend well. Microwave at 100% power 3-3 1/2 minutes, or until mixture boils and thickens, stirring once or twice. Cool. Stir in raspberries. Microwave at 100% power butter in a small glass bowl 20-30 seconds, or until softened. Beat until creamy. Add powdered sugar and beat until smooth. Beat in almond extract. Spoon onto the cooled cake; spread evenly. Spoon raspberries onto the filling, spreading evenly. Beat cream until slightly thickened, beat in sugar and vanilla until thickened. Spoon onto berry layer; sprinkle with almonds. Cover and refrigerate at least four hours. Cut into squares for serving.
Happy Valentine's Day!

Valentine's Roses: The High Price Of Love

By Mark Schwab
United Press International
This year more than ever it will take a lot of green cash to send red roses to a favorite Valentine, with a dozen long-stemmed beauties averaging \$45 to \$60 nationwide — unless one shops at the posh Waldorf-Astoria in New York where roses are a \$100 sign of affection. There are some bargains, however. In Loveland, Colo., which residents fondly call the "Valentine Capital of the World," roses can be had for \$13.99 a dozen, cash and carry, at the Flower Shack, although most other shops in

town sell them for upwards of \$40. Generally speaking, lovers looking for any kind of flower to send for Thursday will find themselves spending more than in 1984 — primarily because of last month's freeze across the South that killed daisies, carnations, pompons, sweetheart roses, babies' breath and ferns. Many roses, however, come from California and South America and were unaffected. At least by the weather. Flower retailers do have their own Valentine's Day tradition — jacking up the prices — a tradition they say they are just

passing on from wholesalers. "We are at their mercy," said Sandra Turner, co-owner of A Green Scene in Miami where 12 red roses sell for \$45. "They always raise their prices tremendously for Valentine's Day and Mother's Day. Wholesale prices triple." Glenn Harper, owner of Harper's Flowers in Atlanta, said the price of his roses are \$60 a

dozen now, but will increase to \$67.50 by Valentine's Day. "In 10 years it has only gone up about \$20," he said. Harper said there are several reasons why prices go up on Valentine's Day. First, he said, there is high demand during Christmas that depletes supply and roses just don't grow back fast enough by Feb. 14. There also is high demand before

Valentine's Day, which helps drive up the price. He also said shipping costs add some to the overall cost. Dial A Rose manager Peter Pappas in Miami said he is able to keep prices down because he handles only roses. Nevertheless, last year the \$21.95 normal price jumped to \$29.95 for Valentine's Day and he expects the same this year.

For those for whom money is no object, the Waldorf-Astoria Hotel flower shop in Manhattan is selling a dozen roses for \$70 to \$100, depending on the length of the stem. Uptown from the Waldorf, at South Flower Market, buyer Jill Knopf said long-stemmed red roses sell for \$44.99 per dozen during Valentine's season compared to the normal \$24.99.

Preservation Society To Hear Restoration Expert

The Henry S. Sanford Museum-Library Historical Preservation Society will hold the



Jerry W. Mills

quarterly meeting for members and guests at 7 p.m., Thursday, Feb. 14, at the museum, 520 E. First St. Following a brief business meeting Jerry W. Mills, architect and assistant corporate vice-president of Burke and Bales Associates Inc., Orlando, will be the guest speaker. A third generation native of Sanford, Mills is chairman of the Orlando Historical Preservation Commission. He is currently involved with restorations in Orange and Seminole Counties as well as being responsible for design decisions on restoration and preservation of various existing historic structures in downtown Orlando. According to Barbara Moore, president of the Henry S. Sanford Museum/Library Historical Preservation Society, a social hour with light refreshments will follow Mills' talk for members to meet him and view the current museum exhibit on Sweden.

...Betty Norwood

Continued from page 18
1/2 cup self rising flour
1/2 cup finely chopped onions
1 egg, slightly beaten
1 can creamed corn
1/4 tsp. cayenne pepper (hot)
1/4 cup chopped bell pepper
1/2 cup finely chopped hot green peppers
1/4 cup cooking oil
1/2 cup milk
Combine all ingredients and pour into well greased cast iron skillet, loaf pan, or muffin tin. Bake at 350° for 35-45 minutes. Serves 8.
FAVORITE HOT CHILI
2 lbs. ground beef
1 lb. stew beef
1 cup chopped onions
1 cup chopped bell pepper
4 cans (15 oz.) hot chili beans
4 cans stewed tomatoes
2 an (15 oz.) tomato sauce
1 tablespoon garlic flakes
5-8 tablespoons chili powder, according to taste
In a huge pot, brown meats together. Drain. Add onions, bell pepper and simmer two minutes. Add remaining ingredients and enough water to bring liquid to about three inches above cooking level. Simmer 3-4 hours, or until stew beef is tender, adding water if necessary. Serves a whole bunch.
CAJUN FRIES
4 medium potatoes, peeled and sliced lengthwise
salt and pepper
flour
Salt and pepper the potatoes well. Place in a brown paper bag with enough flour to coat them and shake well.
Cook in hot fat in deep fryer until golden brown. Serves 4.
CHOCOLATE CUSTARD PIE
1 1/2 cups sugar
1 cup evaporated milk
2 tablespoons cornstarch
4 tablespoons cocoa (no sub-

stitutes)
1 tablespoon butter
2 egg yolks (reserve whites)
1 tsp. vanilla
In large bowl, mix sugar, cocoa and cornstarch. Add milk, egg yolks and vanilla, mixing well. Pour into 9 inch unbaked pie shell. Dot with butter and bake at 400° for 30 minutes. While pie is baking, make your favorite meringue with reserved egg whites. When pie is done, top with meringue and return to oven for a few minutes until meringue is golden. A rich pie. Serves 8.
CHOCOLATE SYRUP CAKE (150,000 years old)
1 stick butter (1/2 cup)
1/2 cup sugar
4 eggs
2 cups chocolate syrup
2 cups cake flour
1 tsp. baking powder
In large bowl, cream butter and sugar. Beat eggs in well, then add chocolate syrup. Sift flour and baking powder together and add to chocolate mixture, blending just until moistened. Don't over-mix. Turn into greased and floured 13x9 inch baking pan. Bake at 350° 35-40 minutes, or until wooden pick comes out clean.
ICING
2 oz. unsweetened chocolate
3 tablespoons butter
1 tsp. vanilla
About 1/4 cup milk
About 2 cups confectioners sugar
In saucepan, melt butter and add chocolate, blending till smooth. Transfer to mixing bowl. Add vanilla and 1/4 of milk. Beat in confectioner's sugar, adding milk gradually until of spreading consistency. Spread on completely cooled cake. Let icing set 10 minutes before cutting. Serve right from pan.

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Fresh Beef Liver .89 LB.		Golden Ripe Bananas 4 \$1 LB.	

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Fish In Season—Every Season

Evening Herald, Sanford, Fl. Wednesday, Feb. 13, 1985—3B

Enthusiasm for fish cookery is one of the noteworthy trends in American cuisine in the past five years. Restaurants report that many more patrons are ordering fish dishes, large food markets now offer a greater variety of fish and the fishmonger has never been so busy. Doctors laud the importance of fish in the diet because of its low cholesterol and calorie counts, while nutritionists hail its healthful and nourishing qualities. But for home cooks, the best part of this sudden surge of interest in fish and seafood is how easily one can make delicious company meals with all the fish that's readily available.

Fish Steaks Veronique uses the enlivening taste of grapefruit juice to enhance and vivify the natural aroma and flavor of the fish. Lightly sauteed red grapes and sections of grapefruit from Florida surround the steaks, adding succulence to the dish. Elegant yet simply to prepare, this is a perfect entree for entertaining that important guest.

Florida Fish Bake takes fish steaks and gives them a more robust flavor with sauteed mushrooms and onions combined with spinach. The vegetables are placed in a baking dish, topped with the steaks and baked. Tomato slices and grapefruit sections are added just at the end. The dish is a marvelous combination of tastes, textures and colors that makes it as eye-appealing as it is appetizing.

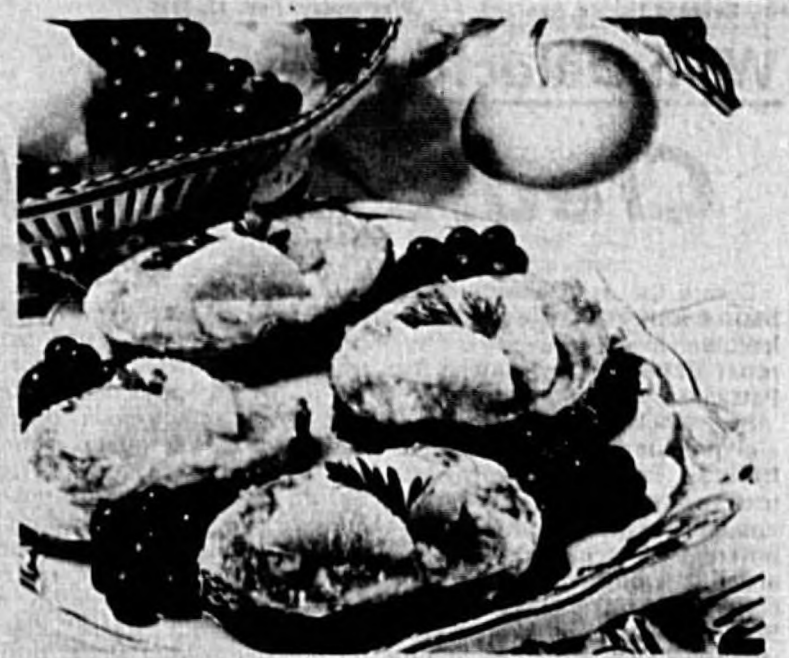
Experiment with fish — it adds a new dimension to your cooking. And remember that grapefruit complements the natural flavor of fish without overwhelming it.

FISH STEAKS VERONIQUE
4 fish steaks (6 ounces each) or

2 fish steaks (12 ounces each) (halibut, tilefish, salmon)
3 tablespoons flour
¼ teaspoon salt
¼ teaspoon pepper
4 tablespoons butter or margarine, divided
½ pound red seedless grapes
¾ cup grapefruit juice from Florida
2 medium grapefruit from Florida, sectioned
2 tablespoons chopped parsley
Combine flour, salt and pepper; coat fish steaks with flour mixture. Reserve unused flour mixture. In large skillet melt two tablespoons butter; saute steaks until brown on one side, three to four minutes. Turn and brown other side. Fish tests done when it flakes easily with a fork. Remove to serving platter, keep warm. Add more butter, if

necessary. Fry remaining fish steaks. Remove to serving platter. In same skillet, melt remaining two tablespoons butter. Stir in grapes; cook one minute. Stir in reserved flour mixture. Gradually add grapefruit juice. Cook, stirring constantly, until mixture boils and thickens. Add grapefruit sections and parsley; heat through. Pour over fish steaks. **YIELD:** Four servings.
FLORIDA FISH BAKE
3 tablespoons butter or margarine
1 medium onion, chopped (¼ cup)
1 cup sliced mushrooms
2 packages (10 ounces each) frozen, chopped spinach, thawed, drained
¼ teaspoon ground nutmeg
¼ teaspoon salt
1½ pounds fish steaks (2

steaks, about 12 ounces each)*
Salt and pepper
½ cup grapefruit juice from Florida
1 large fresh tomato, sliced
2 medium grapefruit from Florida, sectioned
In medium skillet melt butter; saute onion and mushrooms until tender. Stir in spinach, nutmeg and salt. Spoon spinach mixture into a 2-quart, shallow baking dish. Sprinkle fish steaks with salt and pepper to taste. Arrange fish on spinach. Pour grapefruit juice over all. Bake in a 350° oven 20 minutes. Place tomato slices on fish and arrange grapefruit sections around fish. Bake five minutes longer or until tomato and grapefruit are heated through. **YIELD:** Four servings.
*Note: Use tilefish, halibut, swordfish or salmon.



Fish steaks Veronique are delicious yet easy to prepare. Make them a once-a-week treat for the family. Good eating!

Avoid The Diet Headache

By Theodore Berland
If you've gone into your diet with a bang, you may suffer from a headache. Headache is a common reason people go off a diet, but understanding diet headaches can keep you on the road to Slenderville.

Our source is "The Headache King," Dr. Seymour Diamond, who runs a headache clinic in Chicago and was president of the American Association for the Study of Headache, and of the National Migraine Foundation.

Dr. Diamond explains that dieters can suffer from three kinds of headache: tension headache, caused by the nervousness of having to live without constantly nibbling; low blood sugar, which comes from limiting your intake of food, especially carbohydrates; caffeine withdrawal, caused by dropping chocolate, coffee, and such from your menu.

Tension headaches are the only psychological headaches. They are caused purely by nerves, by emotional reaction to the fear that you won't be able to satisfy your cravings for food.

To get over a tension headache brought on by dieting, realize that even on a diet you will be able to conquer bad nibbling habits and still not starve.

In tension headaches, the muscles of your neck tighten. Fight this by learning to take out the kinks and knots. Once in a while, drop your head so your chin is on your chest, then raise it all the way up. Next, rotate your head from shoulder to shoulder in exaggerated swings. Take a hot shower; a rubdown will help too.

Exercise is a good way to relieve tension headaches. Regular exercise, performed long enough to make you sweat (20 to 30 minutes or more), can do wonders to loosen your muscles, even neck and shoulder muscles that contract in the viselike grip that usually precipitates tension headaches.

People who fast often suffer the worst kind of low-blood-sugar headache: diabetics know how this feels — essentially, a vague pain in the head. It can lead to a migraine and one of these all-encompassing attacks of intense pain, light sensitivity, nausea — the works. You should never fast, except for religious reasons and then only occasionally. Don't skip meals. Instead, follow an even schedule of meals and snacks.

Caffeine-withdrawal headache is also vague, somewhat like a tension headache. If your diet calls for abstinence from chocolate, coffee and tea — rich sources of caffeine — don't go "cold turkey." Ease off gradually, recognizing that you are addicted and that unless you are careful, you'll suffer the same strong withdrawal reactions as other addicts.



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With Delectable Foods

Create Some Irish Charm For St. Patrick's Day

Create the fresh charm of an Irish country cottage with delectable foods geared to that most Irish of holidays, St. Patrick's Day.

St. Patrick's Buffet Salad takes a gentle cue from the traditional holiday fare. New potatoes, marinated in a sprightly vinaigrette dressing, are combined with tender slivers of artichokes and served up with crisp wedges of iceberg lettuce. Rolls of thinly sliced corned beef complete this attractive main-dish salad.

A fragrant bread is the ideal accompaniment to the salad and California Pistachio Bread Twist is an especially appealing choice. A yeast dough rich with egg, this bread has a filling of California pistachios which add pleasant crunch, distinctive nutty flavor and holiday-festive color.

Kiwifruit Gelato puts the final polish on the classically simple holiday menu. Best of all, it is totally prepared in advance.

Each of the foods in this foursome — artichokes, iceberg lettuce, pistachios and kiwifruit — are "naturals" for menu usage throughout the spring months. Care in selection and preparation will help ensure success with any recipe.

All sizes of artichokes in the marketplace are mature and ready to use whole, stuffed, halved, or sliced, as in the St. Patrick's Buffet Salad. Look for artichokes that are heavy for their size. Occasionally the artichokes have been "winter-killed" by frost which enhances their mellow flavor.

Iceberg lettuce adds crisp flavor to salads and sandwiches all year long. Select heads that have a springy "give" for mild, sweet flavor. To core iceberg lettuce, whack the core against the edge of the counter, then simply twist the core out. Or, cut out core with a stainless steel knife. Wash and thoroughly drain the head of lettuce and place in a plastic bag or crisper in the refrigerator for storage.

Pistachios are available year-round and are marketed in natural or red-dyed shells, salted or unsalted. The shells of quality pistachios are large and slightly split at one end, making them easy to open and remove the nut meat.

ST. PATRICK'S BUFFET SALAD

1-1/2 pounds small boiling potatoes
Salt
Water
Mustard Vinaigrette Dressing
2 artichokes, sliced and cooked*

1/2 cup frozen peas, thawed and drained
2 tablespoons minced parsley
12 (1 oz. each) thin sliced cooked corned beef

6 iceberg lettuce wedges

Cook potatoes in boiling salted water and cover; simmer about 25 minutes or until tender. Drain; cool slightly. Cut into 1/4-inch slices. Pour half of Mustard Vinaigrette Dressing over warm potatoes; refrigerate until cold. Gently combine artichoke slices, peas, parsley and potatoes. Roll up corned beef slices. Arrange on platter with potato mixture and lettuce wedges. Pass remaining Mustard Vinaigrette Dressing. Makes 6 servings.

Mustard Vinaigrette Dressing: Combine 1/2 cup oil, 1/4 cup white wine vinegar, 2 teaspoons Dijon mustard, 1/4 teaspoon salt and 1/4 teaspoon each pepper and sugar; mix well. Makes about 1/4 cup.

***To Prepare Artichokes:** Bend back outer petals of artichokes until they snap off easily near base. Edible portion of petal should remain on artichoke heart. Continue to snap off and discard thick petals until central core of pale green petals is reached. Cut off 2 inches of artichoke; discard. Cut off stem; reserve. Trim off outer dark green layer from artichoke bottom and stem; rub all surfaces with lemon juice to prevent discoloration. Quarter artichokes lengthwise. Remove small prickly-tipped petals and fuzzy centers; rub again with lemon. Cut artichoke and stem into thin lengthwise slices. Add 3 tablespoons water and dash salt; cook, covered, over medium heat about 5 minutes or until water has evaporated and artichokes are tender.

CALIFORNIA PISTACHIO BREAD TWIST

1/4 cup finely chopped, shelled natural pistachios
1/4 cup butter, softened
1 tablespoon each finely chopped shallots, chopped parsley and lemon juice
1/4 teaspoon basil, crushed
1/4 teaspoon medium-grind pepper
1 package (16 oz.) golden wheat yeast bread
1 egg, beaten

1 tablespoon water
Combine all ingredients except bread mix, egg and water; mix well. Prepare bread mix according to package directions. After first rising, punch down dough and divide into 3 equal portions. Spread pistachio mixture down center and length of dough leaving about 1/4-inch border around edges. Pinch edges together along the length of dough to form 3 "ropes." Place on greased baking sheet; braid "ropes." Tuck ends under. Let rise, covered, as package directs. Combine egg and water; and

brush on braid. Bake at 350°F. 30 to 40 minutes or until bread sounds hollow when tapped. Makes 1 loaf.

KIWIFRUIT GELATO

1/2 cup sugar
1 cup water
4 to 6 kiwifruit, pared and halved

1/4 cup brandy
Combine sugar and water. Bring to boil over high heat; boil 5 minutes. Cool. Process kiwifruit in food processor or blender to equal 1-1/4 cups. Add sugar syrup and brandy to pulp. Pour into 8-inch square baking pan; freeze about 3 hours or

until mixture begins to harden. Turn partially frozen mixture into chilled mixer bowl; beat until smooth, light and airy. Freeze about 2 hours longer or until firm enough to scoop. Serve immediately. Makes 6 servings.

LETTUCE-WRAPPED CHICKEN

1/4 cup julienne-sliced leek
1/2 cup sliced mushrooms
1 small clove garlic, minced
1 tablespoon oil
1 cup shredded cooked chicken
1/2 cup diced tomato
2 tablespoons dry sherry

1/4 teaspoon salt
1/4 teaspoon thyme, crushed
Dash pepper
1 tablespoon cornstarch
1 tablespoon water
1 tablespoon chopped parsley
15 to 18 large iceberg lettuce leaves

Saute leek, mushrooms and garlic in oil until barely tender. Add chicken, tomato, sherry and seasonings; heat thoroughly. Dissolve cornstarch in water; add to chicken mixture with parsley. Cook and stir until thickened. Serve chicken mixture with large lettuce leaves. Each appetizer is prepared at the

table by wrapping about 2 tablespoons chicken mixture in each lettuce leaf. Makes about 16 appetizers.

SKEWERED KIWI FRUIT AND SHRIMP

1 pound (about 32) raw medium shrimp
2 cups water
1 cup dry white wine
1 teaspoon bottled hot pepper sauce
4 large cloves garlic, crushed
3 lemon slices
2 sprigs parsley
10 peppercorns
2 teaspoons salt

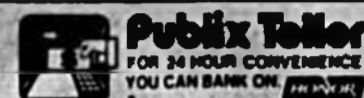
See CREATE, page 53

Friendly



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- Banquet Turkey or Salisbury Steak Buffet Supper 12-oz. pkg. \$1.99
- Serve with Ice Cream, Publix Cherry Pie 10-oz. pkg. \$1.99
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...Create

Continued from page 4B

1 large bay leaf
4 kiwifruit, pared
Shell shrimp; reserve shells.
Bring reserved shells and all ingredients except shrimp and kiwifruit to boil; simmer 15 minutes. Add shrimp; boil 1-1/2 to 2 minutes or until shrimp are barely cooked. Remove shrimp from liquid. Strain and reserve liquid; cool to room temperature. Return shrimp to cooled stock; refrigerate about 2 hours or until served. Cut each kiwifruit into 16 chunks. Skewer 1 chunk kiwifruit, 1 shrimp and another chunk kiwifruit on each skewer. Makes about 32 appetizers. Recipe can be halved.

ARTICHOKES WITH GREEN GARDEN DIP

1/4 cup each mayonnaise and dairy sour cream

1/2 cup minced fresh spinach leaves
1/4 cup minced parsley
1 tablespoon minced green onion

2 teaspoons lemon juice
1 teaspoon Dijon mustard
1/4 teaspoon oregano, crushed
Dash cayenne pepper or bottled hot pepper sauce
2 artichokes*

Combine all ingredients except artichokes; mix well. Remove and reserve outer petals of artichokes. Discard small inner petals and fuzzy centers. Cut bottoms into bite-size pieces and arrange in center of serving plate; ring with reserved outer petals. Serve with mayonnaise-sour cream mixture. Makes about 1-1/2 cups dip.

*To Cook Artichokes: Pull off lower, outer petals of artichokes; snip off tips of remaining petals. Cut off top third of artichokes; discard. Cut stems to 1 inch or less. Stand prepared artichokes in pot with 3 inches of boiling salted water. If desired, oil, lemon juice and seasonings can be added to cooking water. Cover and boil gently, about 30 minutes or until petals near center pull out easily. Drain.

CALIFORNIA PISTACHIO SPREAD

1 package (8 oz.) Neufchatel or cream cheese, softened
4 ounces Monterey Jack cheese, softened
3 tablespoons chopped green onion

1 tablespoon lemon juice
Dash garlic powder
1/4 teaspoon bottled hot pepper sauce

1/4 cup coarsely chopped shelled natural pistachios

Blend cheeses, green onion, lemon juice and garlic powder in blender or food processor until smooth. Fold in pistachios. Pack mixture into crock or serving bowl; cover and chill. Remove from refrigerator at least 30 minutes before serving. Makes about 1-1/2 cups.

Serving Tip: Serve with sliced French bread, crackers or fresh vegetables.

Quiche Tops In Cooking Contest

Quiche has gone south of the border thanks to Joyce Downs who won first prize in the Adult Division of the National Egg Cooking Contest with her lively Taco Quiche recipe. The American Egg Board will present Joyce with \$5,000 in prize money when she and her husband attend the International Poultry Trade Show in Atlanta this month. In award-winning Taco Quiche, the egg custard filling is spiced up with zesty flavored meat and cheese, then poured into a corn tortilla "crust" for a unique twist to Mexican fare.

Recipe creator, housewife and grandmother, Joyce Downs enters cooking contests.

Taco Quiche is chock-full of nutritious ingredients with the high-quality protein of eggs, leading the way. Sour cream, shredded lettuce, sliced tomatoes and cut olives vividly garnish the main-dish custard pie. This dish is virtually a meal in itself, so consider serving it as the entree at your next dinner party to add an international flair to your menu. Ole!

TACO QUICHES

8 servings
8 soft corn tortillas
1 pound lean ground beef
1 cup chopped onion
1 clove garlic, minced
1 teaspoon chili powder
1/4 teaspoon salt
1/4 teaspoon oregano leaves, crushed
1/4 teaspoon thyme leaves, crushed

1/4 teaspoon ground cumin
2 cups (8 oz.) shredded Monterey Jack cheese
8 eggs
2 1/2 cups milk
1 cup dairy sour cream
2 medium tomatoes, sliced
1 small head lettuce, shredded
Pitted ripe olives, sliced

Line lightly greased 13x23" baking dish with tortillas, tearing to fit if necessary. In 10-inch omelet pan or skillet over medium heat, cook ground beef and onion, stirring occasionally to break beef apart, until browned, about five minutes. Pour off and discard drippings. Stir in garlic and seasonings. Spoon beef mixture into tortilla-lined dish. Sprinkle with cheese. Beat together eggs and milk until well blended. Pour over beef and cheese.

Bake in preheated 350° F. oven until knife inserted near center comes out clean, about 45 minutes. Let stand five minutes before serving. Spread with sour cream. Top with tomatoes, lettuce and olives.

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Granny Smiths...

Old Fashion Apple Goodness

Tart, green apples have long been the choice of many experienced cooks for baking. They know that tart apples accent sweet flavors of cakes, pies and breads, creating memorable taste sensations.

The apples increasingly selected as the tart baking apple of choice are Granny Smiths from Washington State. Their rich green skin, often with a blush of pink along the shoulder, is one easy way to identify Grannies, as they are familiarly known. The creamy white, crisp and juicy flesh and tart, distinctive flavor are other characteristics.

In little over five years, Granny Smith apples have grown to be the number three apple in production (behind Red and Golden Delicious) in Washington, the state most noted for quality and quantity of apples. The 1984 Washington harvest yielded about 1.2 million boxes or about 48 million pounds of Grannies.

Reach for a Granny when you are looking for a refreshing snack that's relatively low in calories — about 80 for a medium-sized apple — and also in fat. As with all apples, their high water content gives a satisfying sense of fullness.

And when it's time to pull out the canisters of flour and sugar and the sweet spice of cinnamon for a baking session that conjures up images of home and family, consider the Granny Smith Coffeecake shown here. It has old-fashioned goodness with a touch of contemporary flair.

Cream cheese in the recipe makes this cake particularly rich and moist. Tart, juicy slices of Granny Smith apples contrast appealingly with the tender cake crumb. A sugar and cinnamon coating on the apples provides the spicy crowning touch. Best of all, the recipe makes a large cake: it freezes and reheats well.

Granny Smith Coffeecake is a great choice for a special brunch, but it is equally suitable for dessert served warm or cold with whipped cream or a scoop of your favorite vanilla ice cream.

Other traditional apple dessert favorites are at their best when Grannies are used. Included are recipes (not photographed) for the simple pleasures of apple crisp and homemade applesauce. All are delightful ways to complement the tart flavor of Granny Smiths and increase your cooking experience with this popular apple.

The combination of grower attention and expertise, soil, climate and number of daylight hours are what make Granny Smith apples from Washington State consistently superior in size, appearance and eating quality.

GRANNY SMITH CRISP
8 cups Granny Smith apples, pared, cored and sliced
1/2 cup sugar
1 teaspoon ground cinnamon
Streusel topping
Toss apples with sugar and cinnamon; spread in bottom of 8x11x2-inch baking dish. Sprinkle with Streusel Topping. Bake at 350° F. 35-40 minutes.

Streusel Topping: Combine 1/2 cup flour, 1/2 cup quick rolled oats and 1/4 cup each packed brown sugar and white sugar; cut in 1/4 cup butter or margarine until crumbly mixture is formed.

GRANNY SMITH APPLESAUCE

8 cups Granny Smith apples, pared, cored and chopped
1/2 cup sugar
1 teaspoon lemon juice
1/4 teaspoon ground cinnamon
1/4 cup apple juice

Combine all ingredients in saucepan; bring to boil. Cover; reduce heat and simmer 20-25 minutes; stir occasionally. Makes four cups.

Variations:
Orange Applesauce: Substitute 1/2 cup orange juice and one teaspoon grated lime peel in place of lemon juice, cinnamon and apple juice.

Cran-Apple Sauce: Add one cup fresh cranberries to recipe and increase sugar by 1/4 cup.

Branched Applesauce: Add 1/4 cup each golden raisins and chopped toasted hazelnuts; substitute 1/4 cup brandy for apple juice.

Tip: For an elegant appearance, add 1/4 cup almond liqueur to warm applesauce; mix well.

GRANNY SMITH COFFEECAKE

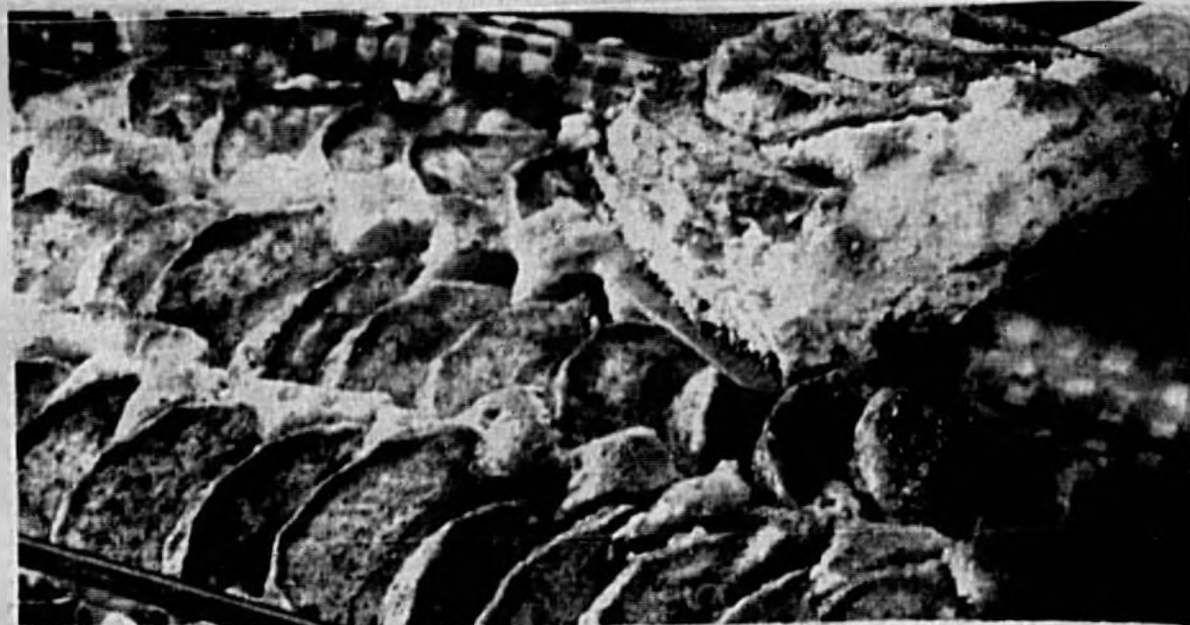
1 package (8 oz.) cream cheese, softened
1 1/2 cups sugar, divided
1/2 cup butter or margarine
2 eggs
1 teaspoon almond extract
Flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1/4 cup milk

4 cups apples, pared, cored and sliced

2 tablespoons lemon juice
1 teaspoon ground cinnamon

Combine cream cheese, one cup sugar, butter, eggs and almond extract; mix well. Combine 1 1/4 cups flour, baking powder, baking soda and salt; blend into cheese mixture alternately with milk. Pour into

greased and floured 8x13x2-inch baking pan. Dip apples into lemon juice; toss with two tablespoons flour, 1/4 cup sugar and cinnamon. Arrange apple slices on coffee cake. Bake at 350° F. 50-60 minutes or until wooden pick inserted near center comes out clean. Cool slightly; serve warm. Makes 12-14 servings.



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TROPICANA
GOLD N' PURE 100%
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QUAKER GRITS (6 OZ INSTANT ASSORTED) **.79**

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POCKLES (CLAMOROUS BREAD & BUTTER) **1.99**

GREAT DOGS (QUALITY TURKEY CHICKEN OR CORN) **.99**

Eating Out Is No Excuse For Pigging Out

Editor's Note: The following excerpt is from 365 DIET TIPS (Ballantine Books, \$3.50). Its author, Julie Davis, is a former fettle who has written a number of bestselling books in the health and beauty field.

filling your plate at a buffet. Some of the ideas are unconventional, but that's what it takes to master eating out.

•Pick a restaurant with a low-cal cuisine.

- THE TOP FIVE CHOICES**
1. Seafood: Have fish and shellfish broiled, steamed, or poached, not fried or sauced.
 2. Japanese: Sushi, sashimi, and soy-basted teriyaki are good choices, not batter-fried tempura.
 3. Chinese: Ask that the chef use a minimum of peanut oil on stir-fried dishes; try steamed

dishes, too.

4. Vegetarian: Unusual salads and vegetable dishes are delicious.

- 5. Scandinavian:** Order with an emphasis on fish and lean meats.
- THE FIVE WORST CHOICES**
1. French: Calorie-laden butter sauces spell disaster.
 2. Italian: Butter, cheese, and olive oil add up to overweight.
 3. Mexican: Sour cream and guacamole toppings with beans, undo the value of tacos and tamales.
 4. American Southern cook-

ing: Flour- and oil-based sauces add calories.

5. Hungarian, Eastern European cuisines: Too many butter and cream-based dishes mean heavy meals...and a heavy you!

•Beware of salad bars — they are potentially high-calorie.

These have sprung up at restaurants, fast-food chains, even the supermarket, making them very accessible to dieters. But unless you are very careful, the salad you make could pack a wallop! Lettuce, green veggies, and tomatoes are low-cal, but

look at this chart of the more popular ingredients:

- chickpeas, 230 calories a cup!
- bacon bits, 200 calories a 1/4 cup!
- croutons, 125 calories an ounce!
- corn kernels, 170 calories a cup!
- dressings, 125 calories a spoonful!

Also to consider: Half the nutrients of the vegetables are lost within an hour of their being sliced. Belly up to this bar with caution!

•"Ruin" your appetite be-

fore going to a restaurant.

About 30-60 minutes before your dinner reservation, purposely cut into your appetite with a 150-calorie snack or mini-meal to put a dent in your hunger. You will find that you will order less at the restaurant, have the control to wait for the entree to arrive, and eat less of it once it does.

•Include a side dish of lemon wedges with order.

A squeeze of lemon juice perks up all the dishes that usually come with a high-cal dressing or sauce.

Use the lemon throughout your meal; here are just a few of the foods it enhances:

Club soda: A squeeze gives it lemon-soda taste.

Salad: Combined with fresh pepper, it replaces dressing.

Fish: Use instead of cocktail sauce or hollandaise.

Vegetables: A sprinkling replaces a pat of butter — different but delicious just the same.

•Play with your food!

Especially when you're on a date with a new interest or out with a business acquaintance and don't want to bring up the subject of your diet, it's the best way to pretend you're eating up a storm when you don't want to. Cut your food into pieces, move it all over your plate — just don't raise your fork to your mouth once you've eaten the quantity you're allowed. And if your partner catches on, simply explain you're too interested in him or her and the conversation to eat.

•Learn how to navigate a buffet table.

When faced with this kind of choice, the average dieter crumbles. But savvy dieters have devised a strategy that spells satisfaction without straying from your weight-loss plan. Follow these steps as outlined:

1. Satisfy your eyes by taking a slow, comprehensive tour of the table. Take a few minutes to absorb what you saw and to draw up a plan of action.
2. Fill two-thirds of your plate with vegetables, raw or cooked.
3. When you come upon a dish you absolutely must try, use the single-bite approach. Limit yourself to three choices.
4. Gravitate toward lean meats sliced to order.
5. Stay away from anything creamed or not readily identifiable; too many unknown calories.

•When traveling to a foreign country, be prepared to diet with a list of key phrases to explain your dietary needs.

Your culinary vocabulary should include:

- "Please bring the sauce on the side."
- "Please bring me mineral water."
- "Please cook my food without oil or butter."
- "Do you have any fresh fish? Fresh fruit?"

Chocolate Sauerkraut Cake Dessert

Sauerkraut in desserts? Yes, indeed... it's been done for decades. And when you consider it, sauerkraut is no more tart or unusual than green tomatoes or cranberries or mincemeat, all of which are used frequently in desserts.

Sauerkraut adds moisture and flavor to cakes, and combines particularly well with apples, apricots, raisins and dates. All sauerkraut used in dessert recipes should be well-rinsed and drained.

CHOCOLATE SAUERKRAUT CAKE

- 2 1/4 cups flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 1/2 cups sugar
- 3/4 cups shortening*
- 3 eggs
- 1 1/4 teaspoon vanilla
- 1/4 teaspoon salt
- 1/2 cup unsweetened cocoa
- 1 cup water
- 1 cup sauerkraut, rinsed, drained and chopped

* for richer cake, butter may be used.

Sift together flour, baking soda and baking powder; set aside. Cream sugar and floured pan, 8-inch square pans, 325° for 25-30 minutes. Buntt pan or angel food cake pan, 375° for 45-50 minutes. Makes two 8x8" squares, one angel food cake pan or a Buntt pan.

Toppings: For a spectacular effect, spread one can of cherry pie filling over the top of Buntt cake. Or drizzle with confectioner's sugar glaze.

Dividends

Cash Dividends

CHOOSE FROM THE CASH DIVIDEND SPECIALS BELOW!

LOOK FOR THIS CIRCULAR IN YOUR MAIL! IT TELLS HOW TO USE CASH DIVIDENDS TO SAVE AND THERE'S A VALUABLE STARTER COUPON ON THE FRONT PAGE. USE IT WITH A FEW CENTS & GET YOUR FIRST CASH DIVIDEND SPECIAL.



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6.5oz CAN

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Cash Dividend Special
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DOZEN

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	CANADIAN NUTABAQAS 1 lb 19		

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KITCHEN FRESH SHRIMP SALAD 2.49	FRESH BAKED CHERRY PIE 2.59	
	CHERRY CHOCOLATE BOSTON CREAM CAKE 2.99	

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Sift together flour, baking soda and baking powder; set aside. Cream sugar and floured pan, 8-inch square pans, 325° for 25-30 minutes. Buntt pan or angel food cake pan, 375° for 45-50 minutes. Makes two 8x8" squares, one angel food cake pan or a Buntt pan.

Toppings: For a spectacular effect, spread one can of cherry pie filling over the top of Buntt cake. Or drizzle with confectioner's sugar glaze.

by Chic Young



BEETLE BAILEY

by Mort Walker



THE BORN LOSER

by Art Sanson



ARCHIE

by Bob Montana



EEK & MEK

by Howie Schneider



MR. MEN AND LITTLE MISS

by Hargreaves & Sellers



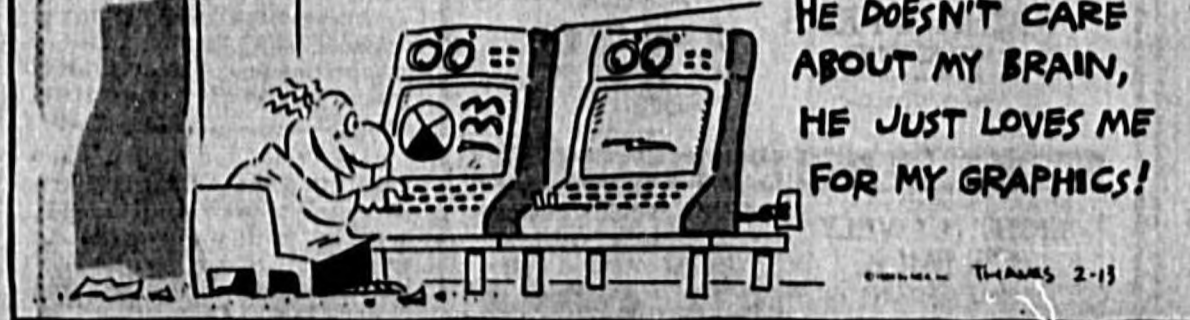
BUGS BUNNY

by Warner Brothers



FRANK AND ERNEST

by Bob Thaves



GARFIELD

by Jim Davis

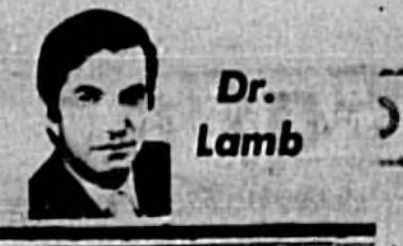


TUMBLEWEEDS

by T. K. Ryan



To Lower Blood Pressure Learn To Control Stress



DEAR DR. LAMB — I have fluctuating blood pressure. Sometimes it is on the low side of normal and at other times it is on the high side of normal. Two physicians have told me that it can't be kept at a normal level by medication or any other means.

DEAR READER — There are a lot of people like you, or who have variations of what you have. The first question is whether you need any treatment or not. Many of the medicines used to control high blood pressure will aggravate your low-normal blood pressure.

The sudden pressure changes are usually on a reflex or chemical basis. The arteries can constrict as rapidly as the pupil of the eye can react to light. They do this as a reflex.

In addition, the heart can speed up and pump an increased amount of blood, which will also cause the pressure to rise. Both reflexes and the sudden release of adrenaline, as from stress or anxiety, may induce these effects.

Often, people with this pattern do better if stress can be relieved. You might do well with a very small dose of a beta blocker, such as Inderal, which neutralizes the adrenaline reaction. It also helps to minimize the reactions to stress and anxiety. However, even a small amount might also make your pressure too low. It might help if you can learn how to control the stress reaction associated with your sudden high blood pressure.

DEAR DR. LAMB — I'm 65 and have had a problem with yeast infections for the past 20 years. I have had a test for sugar, and that was OK. The infection usually starts in the summer, and I wonder if it's passed back and forth from my husband. If so, what can be done to treat him? I have had vaginal suppositories, but nothing has been prescribed for my husband.

DEAR READER — You are absolutely right. About 15 percent of the male partners of women with yeast infections also develop a localized involvement called balanitis. When a woman

has recurrent yeast infections, one of the important facets of treatment is to treat her male partner.

The treatment must be local. Vaginal suppositories are used for you because the anti-fungal preparations that eradicate yeast are not absorbed from the digestive tract.

Diabetes can be an underlying factor in causing recurrent yeast infections, as can pregnancy and antibiotics that suppress the

normal vaginal bacteria that prevent fungus growth. Hormone changes after the menopause that change the cells may also contribute to susceptibility to yeast infections.

Send your questions to Dr. Lamb, P.O. Box 1551, Radio City Station, New York, N.Y., 10019.

ACROSS

- Irritate
- Tax agency (abbr.)
- Retirement plan (abbr.)
- Author Fleming
- Evil deed
- Egg (Fr.)
- Concave of
- European mountain district
- Footlike part
- Period of historical time
- Chemical suffix
- French river
- Wrath
- Eight (comb. form)
- Actress Claire
- Help
- Public hall
- Attu's neighbor
- Os harnesses
- Chinese fruit
- Praised
- Noun suffix
- Appendix
- Pop's wife
- Sole
- Marriage vow (2 wds.)
- Labor group (abbr.)
- Public vehicle
- Household gods
- Disagreeable sight
- Cry of pain
- Celtic sea deity
- Steal
- Company (Fr. abbr.)
- Netherlands commune
- Compass point
- Netherlands commune

DOWN

- Roman
- Cram
- Bag
- Osiris' wife
- Japanese currency
- Shows scorn
- Greek letter
- King (Sp.)
- Containing gold
- Type collection
- Exclamation of surprise
- Constellation
- Portuguese coin
- Unctuous
- California county
- Doctrine
- Of the ear
- Ancient name of Vich
- Slide
- Skinny fish
- Tibia
- Barge-load of coal
- Ethereal
- Astronaut's ferry
- Mine workers' union (abbr.)
- Pags
- Causes distress to
- Normandy invasion day (comp. wd.)
- Form of architecture
- Western hemisphere organization (abbr.)
- Phrase of understanding (2 wds.)
- Wax (Lat.)
- Spiral ornament
- Aye
- Free
- Uncle (Scot.)

Answer to Previous Puzzle

G	I	L	O	M	A	O	W	L			
O	L	E	A	O	E	R	B	I	S		
E	N	E	R	O	L	A	M	B	E	N	T
E	C	U	S	O	O	S	O	D			
N	E	M	O	W	N	W	O	I	N	K	
E	X	P	E	L	E	R	I	N	G	E	R
E	R	E	A	L	L	Y	D	E	N	N	A
O	N	S	O	U	N	D	S	O	N	D	S
S	O	S	O	M	M	I	A	N	S	E	
O	L	A	L	X	V	O	I	O			
N	O	V	E	L	L	A	E	X	I	T	S
O	N	E	A	U	S	I	S	S			
M	A	R	E	S	T	I	E				

WIN AT BRIDGE

By James Jacoby

We've been looking at examples of avoidance play this week. Here is an unusual variation on this theme, employed by fellow bridge writer Albert Dormer some years ago. Dormer, declarer in a four-heart contract, received the opening lead of the ace of diamonds, followed by an apparent doubleton lead and, should East have the heart ace, it was obvious that West would obtain a diamond ruff. Dormer was farighted enough to negate the effectiveness of this defense.

Instead of immediately attacking trumps, he played the A-K of clubs and trumped a club

with the eight of hearts. Only now did he play a heart to the king. Just as he feared, East won the heart ace and led back a diamond, with West trumped. Now what? With nothing left but spades to play, West had to lead away from the spade king to present declarer with his contract.

Albert Dormer is presently editor of the World Bridge Federation News. As such, he has the opportunity to comment on bids and plays the world over. He's lucky indeed if he can occasionally describe plays as expert as his own in today's deal.

NORTH 2-13-45
 ♠ QJ
 ♥ K1063
 ♦ KJ7
 ♣ AK53

WEST K108753
 ♥ 72
 ♠ A9
 ♦ J94

EAST ♠ 42
 ♥ A4
 ♦ 108643
 ♣ Q1078

SOUTH ♠ A94
 ♥ QJ85
 ♦ Q52
 ♣ 82

Vulnerable: East-West
 Dealer: North
 West North East South
 Pass 1♣ Pass 1♥
 Pass 3♥ Pass 4♥
 Opening lead: ♠A

HOROSCOPE

What The Day Will Bring...

YOUR BIRTHDAY
FEBRUARY 14, 1985

This coming year you will experience new opportunities to build stability both in material and social affairs. Luck will attend you in both areas.

AQUARIUS (Jan. 20-Feb. 19)
 Make today a special day for you and the one you love. Plan something pleasant and different that will provide each with enjoyable memories. Major changes are in store for Aquarians in the coming year. Send for your Astro-Graph predictions today. Mail \$1 to Astro-Graph, Box 489, Radio City Station, New York, NY 10019. Be sure to state your zodiac sign.

PISCES (Feb. 20-March 20)
 Do not be fearful of challenging situations today. You have the necessary reserve to draw upon to overcome opposition and obstacles.

ARIES (March 21-April 19)
 Even though you may not be aware of it, you will be closely observed and admired today. You'll make this favorable impression by just being yourself.

TAURUS (April 20-May 20)
 You're destined to be a winner today in situations where you are strongly motivated to achieve. Be single-minded and keep your eyes focused on the trophy.

GEMINI (May 21-June 20)
 The secret to success today is to treat others as you would like to be treated yourself. Don't cut any corners, even if you have the chance to do so.

CANCER (June 21-July 22)
 Do not settle for things as they are today; you have the wherewithal to improve outmoded products or systems. Use your ingenuity to bring about change.

LEO (July 23-Aug. 22)
 Be an astute observer today and watch how someone you admire handles a delicate problem. Later you may find a need to use

his techniques.

VIRGO (Aug. 23-Sept. 22)
 You won't be content today unless you use your time in some productive, worthy manner. Being of service to others offers definite fulfillment.

LIBRA (Sept. 23-Oct. 23)
 Even if you have to appoint yourself to the post of social chairman today, do so. You're better at organizing something fun than your friends are.

SCORPIO (Oct. 24-Nov. 22)
 Others will be inspired to do things today that are materially beneficial for you. This will be their way of repaying favors you did for them in the past.

SAGITTARIUS (Nov. 23-Dec. 21)
 You could be extremely fortunate today in situations that you personally direct. Instead of delegating duties to others, maintain total control.

CAPRICORN (Dec. 22-Jan. 19)
 In business dealings today let the other guy make the opening move. Use your time until he has played all of his ace, and then trump him.

ANNIE

by Leonard Starr



Legal Notice

NOTICE OF NAMES APPEARING TO BE OWNERS OF ABANDONED PROPERTY Pursuant to Section 13, Chapter 717, Florida Statutes, entitled "Florida Disposition of Unclaimed Property Act," notice is hereby given that the persons listed below appear to be owners of unclaimed personal or intangible property presumed abandoned. THIS DOES NOT INVOLVE REAL ESTATE.

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BY: J. BERT 147 000000 1979-1979-0001 FL 32764

Legal Notice

JO WILLIAMS, JR. OR SCOFFEEY P. O. BOX 3373 0019-1999-0150 FL 32761

Legal Notice

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA CIVIL ACTION NO. 84-2725-CA-09 DIVISION E AMERIFIRST FEDERAL SAVINGS AND LOAN ASSOCIATION, Plaintiff,

Legal Notice

NOTICE OF PUBLIC HEARING NOTICE IS HEREBY GIVEN BY THE CITY OF LONGWOOD, FLORIDA, THAT THE CITY COMMISSION WILL HOLD A PUBLIC HEARING TO CONSIDER ENACTMENT OF ORDINANCE NO. 874, ENTITLED: AN ORDINANCE OF THE CITY OF LONGWOOD, FLORIDA AMENDING ORDINANCE NO. 874 AND ALL ITS AMENDMENTS OF THE SAID CITY, SAID ORDINANCE BEING THE COMPREHENSIVE ZONING ORDINANCE OF THE CITY OF LONGWOOD, FLORIDA, SAID AMENDMENT CHANGING THE ZONING OF CERTAIN TERRITORY FROM (R-2) RESIDENTIAL SINGLE FAMILY (DUPLICATE C-3) GENERAL COMMERCIAL, PROVIDING AN EFFECTIVE DATE; REPEALING ORDINANCES IN CONFLICT HERewith:

Legal Notice

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61—Money to Lend

Business Capital \$30,000 to \$1,000,000 and over. P.O. Box 2413, Winter Park, FL 32790

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Cashiers and Associate Manager needed. Chance of advancement for the right people! Must be 18 yrs. of age and hold a high school diploma or GED. Applications being accepted now. Interviews start on Wednesday, Feb. 13th, at 1 PM. Apply at: Tannock Oil, 1800 French Ave., Sanford, FL 32771

LEGAL NOTICE

LEGAL NOTICE STOCKHOLDERS' MEETING The regular annual meeting of the stockholders of The Citizens Bank of Oviedo, Oviedo, Florida will be held at the bank located at 156 Geneva Drive, Oviedo, Florida at 4:00 on Wednesday, February 20, 1985 for the purpose of considering and voting on the following matters:

71—Help Wanted

AIRLINES NOW HIRING. Reservationists, stewardesses and ground crew positions available. Call 1-(419) 549-0330 for details. 24 hours. AVON TERRITORIES NOW!!! OPEN TERRITORIES NOW!!! 221-2858 or 223-8489

71—Help Wanted

CRUISE SHIP JOBS! Great income potential. All occupations. For information call: (313) 742-6420, ext. 198 DELIVERY \$200 F. C. L. All local driving no overnight. Know the area, will train good driver. ROAD DRIVERS: Owner-operators experienced in refrigerated commodities, w/tp without trailers for plant deliveries in Midwestern & Northeast. Send resume, 400 o/e package. Please call 305-222-2531, 831-8999, 830-423-5334. Ask for Bob.

71—Help Wanted

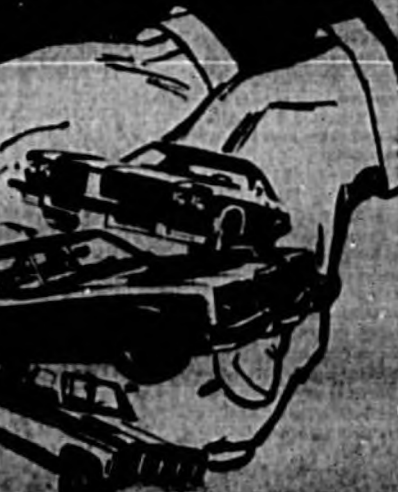
Wanted! We are looking for licensed real estate sales associates who are ambitious and go for the gold. And get it! You'll be backed by our staff, plus the on going training the Century 21 system provides.

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BY GARRY TRUDEAU

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\$3.99
 1/2 lb. Cheese
 SAVE 30%

SUPERBRAND SPREAD
2 \$1.00
 Sour Cream
 SAVE 20%

SUPERBRAND BISCUITS
99¢
 Chicken
 COMBINE & SAVE

SWISS STYLE YOGURT
4 \$1.00
 Vegetables
 SAVE 49%

PRESTIGE ICE CREAM
\$2.49
 Cherry Pie
 SAVE 30%

ORANGE JUICE
\$1.49
 Apples
 SAVE 40%

CHEK DRINKS
10 \$1.99
 Apple Juice
 COMBINE & SAVE

THRIFTY MAID CORN
3 \$1.00
 Vegetables
 SAVE 19%

ECONOMY PORK CHOPS
\$1.19
 Roast
 SAVE 50%

WHOLE PORK LOIN
\$1.48
 Sausage
 SAVE 31%

WHITE POTATOES
\$1.39
 Mushrooms
 SAVE 30%

CRISCO OIL
\$1.59
 Cake Mix
 SAVE 20%

NATURAL LIGHT & BUSCH BEER
6 \$1.79
 Wines
 SAVE 35%

HAM PORTION
99¢
 Ham
 SAVE 40%

BONELESS CHUCK ROAST
\$1.77
 Roast
 SAVE 32%

WHOLE OR HALF BONELESS CHUCK
\$1.69
 USDA CHOICE UNTRIMMED
 10 lb. 21 lb. net wt.

FREE
 SAVE 30%

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\$2.99
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PEPSI-COLA
8 99¢
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 Maxwell House Masterblend
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\$1.49
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