

BEETLE BAILEY by Mort Walker. HELLO? GENERAL HALFTRACK HERE!! WHERE? HERE... IN MY OFFICE. WHY DID HE CALL ME UP TO TELL ME THAT? CLIK

ALLEY OOP by Dave Graue. ARE THE UNIFORMS FINISHED YET? YES, AND I'VE MADE A VARIETY OF SIZES SO WE WON'T HAVE ANY PROBLEM FITTING PEOPLE! HOW DID YOU DO WITH THE FALSE CREDIT CARDS? 'THEY'RE READY! I GUESS ALL WE HAVE TO DO NOW IS WAIT FOR ALLEY TO RETURN! WHAT'S THE MATTER? SOMEONE IS APPROACHING THE COM- POUND!

THE BORN LOSER by Art Sansom. I WILL GRANT YOU ONE WISH! NO FOO-LE! WOW, I WISH GLADYS COULD SEE THIS! SOMEBODY CALL MEZ

CAMPUS CLATTER with BIMO BURNS by Larry Lewis. IT'S AGREED... WE'LL RAISE TUITION, INCREASE TEACHING LOADS, REDUCE FACULTY SALARIES... YOU'RE A NERE FACULTY MEMBER... WE ADMINISTRATORS AREN'T PAYING YOU TO THINK!

BUGS BUNNY by Heimdahl & Stoffel. GRR, MY SNOOTY NEIGHBOR BOUGHT A NEW CAR AND MAKES ME LOOK TUMBLY! DON'T LET IT BUG YA, FLOODY! BZZZ, BZZZ, AN' BZZZ! SAY THAT'S A GREAT IDEA

BLONDIE by Chic Young. I DON'T THINK I'LL HAVE ANY DESSERT... JULIUS SAYS I SHOULD LOSE SOME WEIGHT... AND I THINK HE'S RIGHT... LAST NIGHT I SAT IN HIS LAP AND SPRAINED BOTH HIS ANKLES

WINTHROP by Dick Cavelli. WHY DO BOYS PREFER DOGS TO GIRLS? GIRLS ARE PRETTY AND SWEET... DOGS ARE DIRTY AND CRUMBY AND CRAWLING WITH FLEAS! I'VE GOT THIS STRANGE KNACK OF GETTING INTO TROUBLE WHILE I'M ASLEEP

CAPTAIN EASY by Crooks & Lawrence. THEY'RE NAVY PLANES ALL RIGHT... PROBABLY FROM THAT TASK FORCE NEAR OMBUTTI! RADIO MESSAGE, CAPTAIN! THE NAVY COVER WILL BE MAINTAINED TILL A DESTROYER ESCORT CAN REACH US! MESSENGER... SPECIAL ARRANGEMENTS HAVE BEEN MADE FOR PRINCESS JARSLIN!

FRANK AND ERNEST by Bob Thaves. HAVING A SPLIT PERSONALITY DOESN'T BOTHER ME... ..OR ME, EITHER.

WIN AT BRIDGE by OSWALD AND JAMES JACOBY

North (D) 11, South 11. WEST: ♠ 10 6 5, ♥ 8 7 3, ♦ 10 4, ♣ 8 2. EAST: ♠ J 10 6 5, ♥ K Q J, ♦ K 8 2, ♣ J 10 3. SOUTH: ♠ A 10 7 6 5, ♥ A 9 4, ♦ K 7 2, ♣ A 10. The bidding has been: 1♣, 1♥, 2♥, 3♥, 4♥, 5♥, 6♥, 7♥, 8♥, 9♥, 10♥, 11♥, 12♥, 13♥, 14♥, 15♥, 16♥, 17♥, 18♥, 19♥, 20♥, 21♥, 22♥, 23♥, 24♥, 25♥, 26♥, 27♥, 28♥, 29♥, 30♥, 31♥, 32♥, 33♥, 34♥, 35♥, 36♥, 37♥, 38♥, 39♥, 40♥, 41♥, 42♥, 43♥, 44♥, 45♥, 46♥, 47♥, 48♥, 49♥, 50♥, 51♥, 52♥, 53♥, 54♥, 55♥, 56♥, 57♥, 58♥, 59♥, 60♥, 61♥, 62♥, 63♥, 64♥, 65♥, 66♥, 67♥, 68♥, 69♥, 70♥, 71♥, 72♥, 73♥, 74♥, 75♥, 76♥, 77♥, 78♥, 79♥, 80♥, 81♥, 82♥, 83♥, 84♥, 85♥, 86♥, 87♥, 88♥, 89♥, 90♥, 91♥, 92♥, 93♥, 94♥, 95♥, 96♥, 97♥, 98♥, 99♥, 100♥.

FUNNY BUSINESS by Roger Bollen. FILL THIS SACK WITH CASH? ON SECOND THOUGHT, PUT IT IN ONE OF THOSE NEAT ICE BUCKETS!

DOONESBURY by Garry Trudeau. LOOK MR. MCDONALD, COULD YOU JUST OBTAIN THESE LATEST REPORTS? IF HE DOESN'T FIND SOME MORE MEDICAL SUPPLIES SOON, WE COULD HAVE A REAL PUBLIC HEALTH PROBLEM HERE!

TUMBLEWEED by T. K. Ryan. I DOES HAVE A BABY BRUDDER, YOUSE KNOW! YOU'D THINK DIS WAS PA LAST BALLOON IN DA WOLD

PRISCILLA'S POP by Al Vermeer. COMING WITH US, NO? SORRY GIRLS, WE'VE GOT A HEAVY DATE! WHO'S SHE KIDDING? SHE HASN'T GOT A HEAVY DATE! YOU THINK NOT? JUST TRY LIFTING IT!

ARCHIE by Bob Montana. MISS BEAZLY, THIS SOUP TASTES LIKE YOU BOILED OLD SOCKS IN IT! EXCUSE ME A MINUTE, ARCHIE? IT MUST BE YOUR IMAGINATION? MY SOCKS ARE STILL HANGING OVER THE STOVE DRYING.

EEK & MEEK by Howie Schneider. HEY, DOL CAN I BUY YOU A DRINK? WELL, ACTUALLY I'M LEAVING NOW, BUT YOU CAN PAY FOR THE ONE I JUST HAD!

SHORT RIBS by Frank Hill. VERY IMPRESSIVE. HOW MANY BARRELS OF OIL DO YOU GET OUT OF IT A DAY?

Evening Herald 67th Year, No. 174—Wednesday, March 12, 1975 Sanford, Florida 32771—Price 10 Cents

Commission Holds Freeman's Fee

By BILL BELLEVILLE Herald Staff Writer. Seminole County Commissioners last night... Freeman told the Herald that he was sure that Marsee would not bill the county for the same conference... Kimbrough admitted that once Kwiatkowski returns, the majority of the board will no doubt vote to pay the entire amount requested by Freeman.

Central Zoo Termed 'In Good Shape'

By JEAN PATTESON Women's Editor. Animal lovers are protesting and children are employing their piggy banks... The Jacksonville Zoo say they plan to put their animals on half rations... The Jacksonville Zoo must have a tremendous inventory of animals and must be finding their way out.

Loudd Attorneys Ponder Suit On Civil Rights

By GLENN McCASLAND Herald Staff Writer. Declaring their client is beset by "an invisible hand in Orlando," attorneys for former Florida Blazer executive Rommie Loudd indicated today the possibility of a civil rights suit to "provide relief" to the ex-professional football player... Loudd surrendered yesterday in Boston on federal drug violation charges and has been released on bond by a U.S. magistrate.

Askew Budget Near SJC Needs

By ED PRICKETT Herald Staff Writer. Gov. Askew's budget allocates about \$147 million to Florida's junior colleges... The \$3.8 million figure, SJC President Earl Weldon says, is close to the figure state officials doled out to the college for the year's operating budget.



Narrow opening gives cellblock access

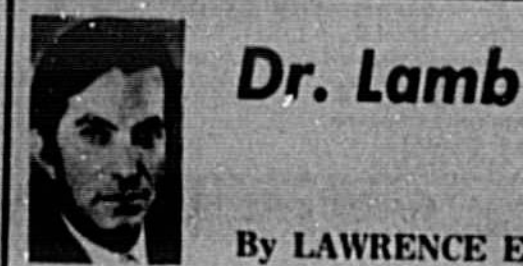
Smuggled Items Came 'Over Wall'

By BOB LLOYD Herald Staff Writer. Sheriff John Polk today reluctantly confirmed to The Herald that some of the contraband smuggled into the county jail at Sanford last weekend... Polk confirmed the "wall climbing" incident in connection with the attempted jailbreak after Herald reporters discovered that sheriff's investigators had dusted the exterior wall finding a trail of footprints leading upward.



PUPILS TOUR COURTHOUSE. Approximately 60 Forest City Elementary School third graders went on a field trip to the Seminole County Courthouse...

Lift Weights With Care



Dr. Lamb

By LAWRENCE E. LAMB

their full capacity later, when your bones are finished growing. My question is, should I still lift weights or should I stop until my bones have matured? Also, is it all right to do a lot of push-ups and other muscle developing exercises?

DEAR READER—Like so many other things, it is a question of getting it right and not going to excess. Of course you can lift weights. I think, though, that very young boys should concentrate on developing muscle endurance with relatively light weights rather than progressively increasing the weights to very large loads.

The truth is that small weights will help you to develop good bone structure. Certainly any exercise that involves lifting your own body is not harmful. Here I would include developing your capacity to do push-ups, chin-ups, sit-ups and at least modified knee bends. In general a good all around calisthenic exercise program will help you develop good muscles and good bones.

You don't need to overdo weight lifting to develop good muscles. Don't try to lift weights that you can't lift easily three times in a row. Lifting that weight more than 12 times more often than three days a week will not speed up muscle development. More frequent lifts may even slow muscle growth.

DEAR DR. LAMB—I'm 16 years old, male, and am 5-foot-1. I'm also 20 pounds overweight. I try and try, but I just can't lose that extra weight. I walk four miles almost every day and only eat half a cucumber for lunch, but my mother makes me eat more for dinner. I just don't know what to do. I'm afraid I'll never lose that much weight. Maybe if I start to grow it will help. Please give me a couple of tips.

DEAR READER—Some young men go through this stage. And, you are right that you may still grow in height and get some help that way.

Meanwhile why don't you make arrangements at one of the gym facilities in your area to start some form of weight training program in addition to your daily walks. That might help more than you realize.

You should also see your family doctor and be sure you don't have some medical problem that is slowing you down, like low thyroid function.

Horoscope

For Thursday, March 13, 1975
BERNICE BEDE OSOL

ARIES (March 21-April 19) After you've had ample time to think over a hunch you'll take some action, knowing full well the effort and risks involved.

TAURUS (April 20-May 20) An aspiration you have can be realized, but it's going to take some hard work. Luck will give you an assist when needed.

GEMINI (May 21-June 20) You shouldn't be hesitant about using contacts who promised they would be willing to help you in care of need.

CANCER (June 21-July 21) A bright idea you have will work if you're bold enough to take action promptly. Waiting considerably lessens your chances.

LEO (July 22-Aug. 22) Benefits are not likely to come to you today through your efforts alone. Associate with industrious allies.

VIRGO (Aug. 23-Sept. 22) Service that you render to others will not go unrewarded, though what you will gain will come slowly.

LIBRA (Sept. 23-Oct. 23) Your managerial abilities will be very sharp today. If you see others fumbling, step in quickly to protect your interests.

SCORPIO (Oct. 24-Nov. 22) You're going to "luck out" in a situation where you think you help all the facts. You don't. Someone behind the scenes will help.

SAGITTARIUS (Nov. 23-Dec. 21) People will take notice when you speak. This is the time to express your views of a matter you feel strongly about.

CAPRICORN (Dec. 22-Jan. 19) An ambitious plan you have is starting to take root. Give as much time as possible to this project. Your efforts will be rewarded.

AQUARIUS (Jan. 20-Feb. 19) An old interest will be reawakened when you figure a way to put it to profitable use with a few new twists.

PISCES (Feb. 20-March 20) You'll be rather proud of yourself regarding something you'll pull off today through use of mental agility and daring.

YOUR BIRTHDAY
March 13, 1975

You will enter into a profitable arrangement with two associates this year. One you've dealt with previously; the other will be someone new.

IT'S THE Greatest! Walgreens IT'S OUR Super Sale!

SUPER VALUE DAYS!

WED. thru SAT. FEATURES AIRPORT BLVD — OPEN 9:30 A.M. TO 9 P.M. MON. - SAT. 10 A.M. TO 6 P.M. SUNDAY right reserved to limit quantities on all items.

ASPIRIN 100 Tablets Limit 1. Worthmore. REG. 33¢ 11¢	LISTERINE ANTISEPTIC Limit 1 bottle. 14-oz. 69¢	MISS BRECK HAIR SPRAY Limit 1 aerosol. 13-oz. 58¢	BRILLO SOAP PADS REG. 2/37¢ 9¢ Box of 5 (Limit 2)
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Rx Customers Can Check, Compare! 10,000 Rx Prices
Indexed, Easy to Locate; trademark & generic pharmaceuticals are listed in various strengths and quantities. Yes, we still quote Rx prices by phone.

SPINNING EGG OPENS Here only! Push plunger... spins open to reveal chick. 67¢	BUNNY ON SCOOTER A fine value... Colorful plastic toy for the kiddies. Great fun. 98¢	Walgreen Luscious Ice Cream 1/2 Gal. 84¢	Paper PLATES Pak 100 REG. 89¢ 59¢ Limit 1
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DRUG CENTER VALUES!

POLIDENT TABLETS Pack of 40. 73¢	"Home" brand VITAMIN C 250-mg. potency. Bottle 100. 67¢ REG. \$1.69 500-mg. Bottle 100. 1.99
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Save Big! Control Top Panty Hose
Reg. \$1.96... **2 for \$3**

Clairel Color-Lotion Loving Care
No peroxide. Washes away only the gray. **1.18**
Buy Now At...

TAME CREME RINSE
Conditioning formula, 2-oz. Trial Size... **17¢**

30 DIAPERS Daytime, DISPOSABLE
No plastic pants needed. With snap tapes. **1.59**
QUICK FIT.....

Playtex Gloves
LIVING With Soft Lining. Extra long cuffs. S-M-L SPECIAL! **99¢**

LYSOL Disinfectant Deodorizing Cleaner
Fresh scent. 28-oz. bottle. Reg. \$1.17 **93¢**

SAVE ON LAWN & GARDEN NEEDS

5 1/2" BORE 50' HOSE
Sale price... **4.29**
Refund or replaced—if defective in 15 yrs.

2 CHAIRS SET OF 3
16.88

Triple Chromed HAND TOOLS
Transplanter, trowel, cultivator or weeder. Ea. **59¢**

LIQUOR BUYS

TAYLOR'S LAKE COUNTRY WINE
White - Pink - Red **1.69**

ANCIENT AGE 6 YEAR OLD -86- BOURBON
4.97

RED - WHITE - BLUE BEER
6 PAK 12 OZ. **1.09**

HANGER FOR HOSE
Sale price... **77¢**
All steel. It attaches to wall. Slip it on, off.

ATTACHES TO GARDEN HOSE JET X WASHER
With fan spray and pint suds. **5.99**
REG. \$7.95

40 TAMPAX
Your choice of absorbencies. Tampons. Limit 1 box... **1.19**
With coupon Mar. 13-16, '75.

SIX-PACK CARRIER
Insulated Heavy Gauge Vinyl **1.99**

10-oz. Panned EGGS
Marshmallow, candy coated. At Savings! **79¢**

SPORTS

Evening Herald, Sanford, Fla. Wednesday, March 12, 1975-7A

Ex-Player Sues 'Bear'

TAMPA, Fla. (AP) — Former Alabama and Tampa football player Sammy Gellerstedt has filed a \$1.5 million damage suit against Coach Paul "Bear" Bryant for comments made in Bryant's new book.

Gellerstedt charges that while he is not mentioned by name, he is clearly recognizable in the book, "Bear, the Hard Life and Good Times of Alabama's Coach Bryant."

In that reference, Gellerstedt, a former all-Southeastern conference star at Alabama, charged that the book states that he was illegally using drugs that resulted in his dismissal from school.

Gellerstedt, who transferred to the University of Tampa and played as a middle guard in 1970-71, asked for punitive and other damages.

"Coach Bryant taught me most of everything I know, including how to sue for damages," Gellerstedt said.

Seminole Tops Mainland, 10-5

Seminole erupted for eight runs in the sixth inning to down Daytona Beach Mainland 10-5 in a high school baseball game Tuesday night at Mainland.

In other action Tuesday, Ocoee dropped Orlando 7-5 and Trinity Prep trounced Sanford Naval Academy 13-2.

Lyman faltered to Oak Ridge 5-3 Monday.

Seminole took advantage of six Mainland errors and three base on balls to score eight times in the sixth inning. Tim Raines of Seminole ignited the rally with an inside-the-park home run. George Simkanchik and Mark Russi poked singles during the rally.

In the fourth, Robert Smith and Ned Raines walked with the bases loaded for Seminole's two runs. Randy Brown singled for Seminole's lone hit in the fourth.

Jim Brodie and Ned Raines jammed doubles for the Seminoles.

Tim Knight paced Mainland with a bases-empty home run in the sixth and an RBI-triple in the third.

Brown struck out eight and

walked six before giving way to Mark Simcoe in the sixth. Simcoe retired four of the five Mainland batters he faced. One reached base on an error.

The win pushed Seminole's record to 6-5.

Sem. 000 208-0-10 6 4
Main 003 002 0-5 7 3

Ocoee 040 001 0-5 4 3
301 200 2-7 7 3

Ward and Stumpf; Haslett and Casey.

TP 232 22-13 17 0
Navy 000 29-3 4 4

Stevens, Lapp (4), Stevens (5) and Johnson; Fleming, Taylor (5) and Amadio.

Lyman 002 010 0-3 6 4
OR 000 203 2-5 7 2

Simmons, Cattedge (4), Fendorf (6) and Bear; Finella, Johnson (6) and Crandall.

SHS Swim Teams Fall

Oak Ridge took both ends of a high school swim meet from Seminole Tuesday at the Sanora pool.

The Oak Ridge boys topped the Seminole boys 116-51 and the Oak Ridge girls prevailed 123-50.

Seminole's Kevin Smith won the 500-meter freestyle in 2:08.5 and Ann Smith of Seminole triumphed in the 100-meter freestyle in 1:02.3.

The Seminole swimmers take on Lake Brantley and DeLand Tuesday at Sanora.

SJC Golfers Lose Match

The Seminole Junior College golf team faltered to Valencia Community College 313-334 Tuesday at Sheeah.

PKK Long and Jerry Hulbert fired 83 for SJC and Chip Harkins and Tony Harvey registered 84s.

The Raider golfers meet Flagler College Thursday at 1:30 p.m., at Sheeah and take on Lake City Community College Tuesday at 1:30 p.m., at the Mayfair Country Club.

The Raiders edged Polk Community College 239-227 last week. Long fired a 74, Harkins carded a 77, Hulbert recorded an 84 and Bob Hendrickson stroked an 85.

SJC is now 4-2.

Tribe Netters Split Matches

The Seminole girls' tennis team defeated Daytona Beach Mainland 5-2, but the Seminole boys faltered to Mainland 4-3 in high school tennis matches Tuesday at Mainland.

In other matches, Tuesday the Ocoee girls downed Appoka 4-3 and Appoka topped the Orlando boys 4-3.

The Lyman boys and girls lost to Winter Park by 6-1 scores and the Lake Brantley boys dumped Colonial 6-1 in matches Monday.

In the Seminole girls' victory, Becky Roffe of Seminole fell to Sandy Hutchinson 8-2, Seminole's Betsy Barley topped Cindy Black 8-4, Meg Newman of Seminole defeated Beth Welcher 8-5, Mainland's Bliss Newell downed Sarah Mercer 8-5 and Seminole's Cindy Sutherland topped Erin Moore 8-3.

Roffe and Barley teamed for an 8-3 doubles' win over Hutchinson and Welcher, and Newman and Mercer defeated Newell and Black 8-2.

David McCook, Andy Tharpe and the team of Dean Barley and Eddie White recorded wins for the Seminole boys in their setback to Mainland.

McCook downed Keith Brown 8-4, Tharpe dumped Kevin Weir 8-5 and Barley and White knocked off Greg Hill and James Wynn 8-2.

Seminole's Barley fell to Kevin Brown 8-4, Mainland's Mike Smith dumped Rick Moreland 8-6, John Hendrickson of Mainland defeated White 10-9, and Seminole's McCook and Moreland faltered to Keith and Kevin Brown 8-3.

The Seminole girls are 6-4 and the boys are 3-7.

In the Orlando girls' victory, Linda Van Eppeel topped her opponent 8-4. Teresa Yoder faltered 8-4, Joyce Genge lost 8-3, Althea Tyson triumphed 8-0

DOG RACING

POST TIME 8 P.M.
MATINEES: 1:45 P.M. (WED & SAT)
CLOSED CIRCUIT COLOR TV
PLAY THE ALL NEW TRIFECTA

SANFORD-ORLANDO KENNEL CLUB
IN LONGWOOD OFF 11:32 SORRY NO ONE UNDER 18

Point Shaving Probed At Jax



Dede Mendoza of Seminole High School gasps for a breath. (Herald Photo by Gordon Williamson)

JACKSONVILLE, Fla. (AP) — Bob Gottlieb, former basketball coach at Jacksonville University, says two players on his 1974-75 team are involved in an FBI investigation of alleged point-shaving at the school.

Gottlieb, who refused Tuesday to identify the pair, resigned last week. He said the one-year renewal contract offered him wasn't enough.

W.M. Alexander, chief of the FBI's Jacksonville office, confirmed that a federal investigation at JU has been in progress since last May.

But Alexander would neither confirm nor deny that only former players were involved in the probe. But he did say that the point-shaving probe did not involve the 1974-75 team.

Point-shaving describes actions to win or lose a game by less or more points than a gambler's point-spread on a particular game.

Robert Spiro, university president, said the school was contacted on several months ago about the allegations but has heard nothing since.

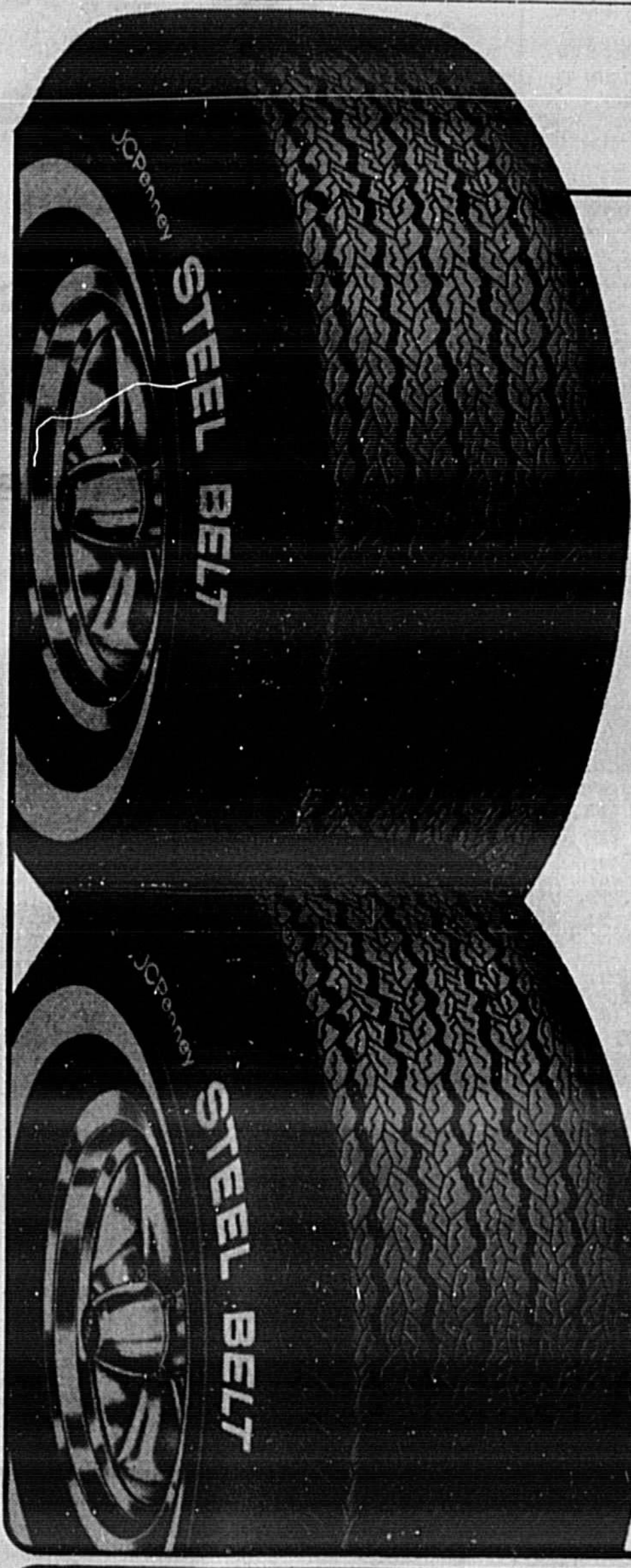
"As far as I know, these are totally unsubstantiated allegations," Spiro said. "As far as I know, we are clean as a hound's tooth."

"I just hope and pray that we are, anyway."

A member of the 1973-74 team, Henry Williams, said the probe was foolish.

"We didn't have that good a team where we could start shaving points," said Williams, now playing with the Utah Stars of the American Basketball Association. The team had a 20-10 record that year.

Williams and Shawn Leftwich would have been seniors at JU this year. But they were ruled ineligible by the NCAA after university officials reported that the two accepted checks from an agency that represents professional athletes.



JCPenney auto center

Closeout. 33 1/3% off JCPenney steel belts.

JCPenney steel belted tire in the wide 78 series profile. Four plies of polyester cord and two belts of steel. Wrap around tread. Whitewalls. No trade-in required.

Tire size	Save	Orig.	Now	+ fed. tax
E78-14	17.34	52.00	34.66	2.67
F78-14	18.00	54.00	36.00	2.83
G78-14	19.00	57.00	38.00	3.01
H78-14	19.67	59.00	39.33	3.20
G78-15	19.67	59.00	39.33	3.07
H78-15	20.34	61.00	40.66	3.28
L78-15	22.34	67.00	44.66	3.50

Heavy duty shocks. Save 3.50 ea.

Reg. 8.49. Sale 4.99. JCPenney heavy duty shock absorber. Features 1-3/16" piston with "O" ring design. Guaranteed for as long as you own your car. Available for most American and foreign cars.

Expert installation available at extra cost.

Guarantee: If a JCPenney Heavy Duty Shock Absorber fails due to defects in material and workmanship, or wear out, while the original purchaser owns the car, we will replace the shock absorber at no extra charge. Just notify us and present your proof of purchase. There will be an additional installation charge unless the shock absorber was originally installed by JCPenney.

Sale price effective through Monday, March 17.

99¢ service specials.* Your choice:

- Chassis lubrication
- Bubble balance (one wheel)
- Shock installation (each)
- Brake adjustment

*Most U.S. and foreign cars.

"CHARGE IT" at Sanford Plaza Penneys-Open Mon.-Sat. 8 a.m. - 9 p.m.

Open Sunday 12:30-5:30

Trevino Faces Miller

MIAMI (AP) — Johnny Miller, fresh and rested after some time off, returns to four competition this week and takes on Jack Nicklaus and Lee Trevino in the \$150,000 Doral Open Golf Tournament.

"I always seem to play my best after taking a break," said Miller, a three-time winner and the sensation of the winter tour. "You look at my record."

"Except for the U.S. Open, and the times I've won two or three in a row, all of my wins have come immediately after I've had some time off. I'm more enthusiastic after I've had a break."

Miller has had a two-week rest at his home in Napa, Calif., coming into the Thursday start of this 72-hole chase for a \$30,000 first prize over the 7,000-yard, Doral County Club course.

At one time Miller, the runaway, record-setting winner of the two Arizona tournaments that opened the tour this season, had planned to skip this event, but he decided to enter at the last minute. He's the probable favorite, but Nicklaus and Trevino are close behind.

"It always gives you a lot of confidence when you win your first tournament of the year," Trevino said after his front-running triumph last weekend in the Citrus Open at Orlando.

"I seem to be a streak player. When I get it going, I sometimes keep it going for a while. And I'm playing a golf course that I like."

"Nicklaus also has a history of success in this event, winning the tournament in 1972. He's coming off a one-week break and will be trying to wipe out the memory of a final-round collapse that cost him the title in his last start, the Jackie Gleason Classic.

Some other standouts include Sam Snead and his nephew, J.C. millinaire Tom Weiskopf and Bruce Crampton of Australia, defending champion Bobby Alin and Glasgow winner Bob Murphy.

Arnold Palmer and U.S. Open champ Hale Irwin are not competing.

SPORTS

IN BRIEF

Webster, Short Head College Stars

NEW YORK (AP) — Marvin Webster, Morgan State's forced "Human Eraser," and Eugene Short, the high-powered forward from Jackson State, were among those named today to the Associated Press' 1975 Little All-America basketball team.

Joining the talented giants on the AP's glamour team are forward Gerald Cunningham of Kentucky State; guard Lloyd Free of Guilford and guard Joe Williams of Armstrong State.

Webster, a 6-foot-11 senior called "a near-per franchise" by one scout, and Short, a 6-7 junior termed the best forward ever to play at Jackson State, are repeaters from last year's first team. In addition, Webster was a second team All-American two years ago.

Reissen Withdraws
By THE ASSOCIATED PRESS
The top-seeded player advanced easily in most of the pro tennis tournament around the world, but at Landover, Md., second-seeded Marty Reissen was an exception.

Reissen, who won the opening event of the World Championship Tennis' Red Group tour in Philadelphia in January, pulled out of the tournament at Landover because of an arm injury he suffered last week in Hartford, Conn.

But top-seeded John Alexander advanced, although he had to struggle to slip past Graham Stillwell 6-7, 6-4, 6-4.

Phillies Win Twice
By THE ASSOCIATED PRESS
The Philadelphia Phillies are looking twice as good as any other baseball team in spring training so far. Even when they split their team in half, they can't be beaten.

The Phillies divided into two squads Tuesday and doubled their pleasure with victories over the Pittsburgh Pirates and Cincinnati Dragons.

The 7-5 victory over the Pirates and 12-1 drubbing of the Dragons gave the Phillies a perfect 6-0 record and an inside track on the Citrus League championship.

Marichal Signs With LA
VERO BEACH (AP) — Pitcher Juan Marichal, second leading winner among active pitchers, signed with the National League's Los Angeles Dodgers after becoming a free agent.

Deltona Lady Golfers Play
DELTONA — The Deltona women's nine-hole golfing group held its weekly event last week at the Deltona Golf and Country Club.

The winners follow:
First flight, front nine — low gross Pat DuBois 46, low net Sarah Barton 36, win first-flight, front nine — low Betty Koss Merrill 64, low net Betty Kossmark 65.

Brantley Dominates Track Meet

Lake Brantley ruled a four-team high school track meet Tuesday at the Lake Brantley track.

Brantley registered 113 points, Leasburg placed up 78, Seminole recorded 55 and Ocala of Kissimmee earned 29.

Lyman was a distant second behind Winter Park in a three-team meet at Orlando Boone. Marty Williams of Lake Brantley won the shot put with a toss of 47-feet, nine-inches. Brantley's Matt Shultz won the mile run in 4:40.3.

David Arnett of Lake Brantley dominated the 400-yard dash in 52.0 and Brantley's Craig Hannah won the pole vault with an effort of 10 feet.

Brantley's Ron Harris won the 300-yard intermediate hurdles in 40.5. Henry Stanley of Lake Brantley ruled the 800-yard run in 2:01.1 and Seminole's James Gray won the high jump with a leap of six-feet, one-inch.

In Lyman's meet, Winter Park accumulated 112 1/2 points, Lyman accumulated 50 and Boone had 28.

Lyman's Al Latimer won the long jump at 21-feet, 10-inches. Otto of Lyman ruled the 800-yard run in 2:05.5 and Lyman's mile relay team won in 3:31.1.

Lake Brantley 113, Leasburg 78, Seminole 55, Ocala 29.
Shot put: Williams (LB) 47.9, Pratt (L) 44.5, Oviello (O) 42.10, Calhoun (LB) 43.3, Chapman (LB) 43.5.
200 dash: Hart (L) 23.2, Daniels (O) 23.2, Lloyd (LB) 23.6, Gordon (L) 23.8, Washington (L) 23.8.
Two-mile run: Harris (LB) 10:41.4, Laughlin (LB) 10:42.5, Winger (O) 11:23.0, White (O) 11:28.2, Lyon (LB) 11:27.1.
100 yard: Hart (L) 9.8, Harris (LB) 9.8, Cummins (L) 10.8, 3:55.9.

High hurdles: Pratt (O) 15.0, Stanley (LB) 14.2, Edwards (L) 15.7, Harper (LB) 14.2, Gordon (L) 15.7, Ocala (L) 15.7, Johnson (L) 15.7, 1:30.4, Chapman (LB) 105.3, 11:27.1.
100 yard: Hart (L) 9.8, Harris (LB) 9.8, Cummins (L) 10.8, 3:55.9.

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SCOREBOARD

Dog Entries

Table with columns for Dog Name, Weight, and Odds. Includes entries like 'FIRST, 516, B-1, Berkeley Luck' and 'SECOND, 516, D-1, 1.31.1, 5 1.34.0, 1.38.4'.

NBA Standings

Table showing Eastern and Western Conference standings for various NBA teams like Boston, Buffalo, and New York.

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PUBLIC NOTICE: Notice is hereby given that I am engaged in business at 1100 A St., Sanford, Florida...

LEISURE

TONIGHT'S TV

Table listing TV programs and times for Wednesday, March 12, 1975. Includes shows like 'And Dawn', 'That's My Mama', and 'Vienna'.

SEEK & FIND

Word search puzzle grid with instructions: 'Instructions: The hidden names listed below appear forward, backward, up, down, or diagonally in the puzzle. Find each hidden name and box it in as shown.'

Spooky

Spooky-themed crossword puzzle grid with clues like '1 Spookier' and '7 Vial as a ghost'.

Exhibition Baseball

Table showing exhibition baseball results for various teams like Chicago, Detroit, and New York.

NHL Standings

Table showing NHL standings for Eastern and Western Divisions, including teams like Philadelphia and New York Rangers.

WHA Standings

Table showing WHA standings for Eastern and Western Divisions, including teams like New England and Cleveland.

College Cage Sports

Table showing college cage sports results for various teams like Wisconsin and Iowa.

Evening Dinners

Advertisement for 'Buck's' featuring evening dinners and specials. Includes menu items like 'BAKED MEATLOAF' and 'BAKED CHICKEN'.

Large advertisement for Zayre department store. Text: 'Zayre The Discount Department Store no shortages here... beat the summer rush!'.

Advertisement for Prestone II anti-freeze. Text: 'famous Prestone II summer-winter anti-freeze limit 2 per customer at least 864 gals. per store none sold to dealers'.

Advertisement for Zayre professional anti-freeze installation. Text: 'zayre professional anti-freeze installation with the use of the Prestone II flush and fill machine'.

Advertisement for Zayre personal cooling system. Text: 'personal cooling system included with the use of the Prestone II flush and fill machine'.

Large advertisement for Gregory Lumber. Text: '40 Different Patterns In Stock Ready To Deliver Every Panel Reduced For This Sale. Many As Much As 20% OFF'.

Advertisement for Wednesday's Family Special. Text: 'Wednesday's Family Special'.

Advertisement for Wife Wanted. Text: 'WIFE WANTED to take her husband to dinner & dancing'.

Advertisement for Gatsby's. Text: 'GATSBY'S 445 N. Orlando Ave. Winter Park 647-4720'.

Advertisement for Burt Reynolds. Text: 'BURT REYNOLDS IN "W.W. And The Dixie Dance Kings"'.

Advertisement for Bruce Lee. Text: 'BRUCE LEE Is He Alive or Dead? What Really Happened? THE REVOLUTION OF THE DRAGON'.

Advertisement for Bucket Brigade. Text: 'CALL OUT THE BUCKET BRIGADE THE BUCKET BRIGADE - 15 pieces of our honey dipped fried chicken'.

Potato Value Packed For Family

By GAYNOR MADDOX
The Herald Staff

Mounting unemployment and erosion of purchasing power are threats to normal buying of groceries. People are beginning to shop more selectively with nutrition becoming more important now that inflation is cutting down variety.

Nutrition is important. But how good a food "tastes" is still the major consideration.

Potatoes fill the bill on both counts. Right now they are also more abundant and cheaper than in the past several years.

The supplies are coming to market now from Washington, Oregon, Idaho, the Red River Valley (Oklahoma - Texas), from California and Wisconsin.

These potatoes, harvested around last October and stored, are ready for delivery during winter.

New potatoes, harvested from February through spring, are first gathered in southern Florida, then Alabama, Virginia, New York and Maine.

How nutritious are potatoes? Nutrition scientists rate them high in many respects. Their vitamin C content is about one-half the daily recommended allowance of vitamin C. Iron is of particularly good quality and is absorbed easily by the body.

Thiamine is good, too, and carbohydrate content is very high.

"So you can understand why they rate high as a food," explains Robert Mercer, in charge of the National Potato Board in Denver.

"It is more or less a myth that potatoes are so high in calories that people who want to keep thin should avoid them. They average only about 90 to 100 calories each — that is baked or boiled."

Pork remains a favorite meat for millions of Americans because it mixes well in so many dishes. An Austrian inspired dish fits well into these days of trying to stretch meat buys. Slowly cooked pork cubes are served with raisin sauce or noodles for a meal that is nutritious, tasty and filling.

SCHWEINSKOTELETTEN mit ROSINENSAUCE (Austrian Pork Cubes with Raisin Sauce)

Try Pork Surprise

By AILEEN CLAIRE
The Herald Staff

- 2 pounds lean boneless pork, cut into 1-inch cubes
 - 1/4 cup flour
 - 1 tablespoon oil
 - 1 cup orange juice
 - 2 tablespoons lemon juice
 - 1/2 cup water
 - 3 tablespoons dark brown sugar
 - 1 tablespoon cornstarch
 - 1/4 teaspoon salt
 - 3/4 teaspoon ground ginger
 - 1/2 teaspoon ground nutmeg
 - 1-1/2 cups ground black pepper
- Dredge meat in flour; shake off excess. In a large skillet heat oil. Add meat and brown well on all sides. Remove meat from skillet. Pour off fat. Stir in orange and lemon juices, water, brown sugar, cornstarch, salt, ginger, nutmeg and black pepper. Mix well. Bring to boiling point. Return meat to skillet. Add orange sections and raisins. Cover and simmer 30 to 40 minutes or until tender. Serve with hot noodles if desired. Makes 4 to 6 portions.

Men In Kitchen Part Of Changing Lifestyles

By GAYNOR MADDOX
The Herald Staff

Today more and more men are helping with the household chores. Maybe women's lib is partly responsible but basically, what is definitely responsible, I feel, is the change in the economic scene and inflation.

For some time, many young marrieds, both of whom hold outside jobs, have shared running the household. But right now, with thousands of men being fired from long held jobs

and the prospect of their future in the immediate future looking pretty dim, the men are urged to shape up their lives and help run the families, particularly where the woman of the family still holds her job.

Recently, a responsible union leader exhorted his men who were laid off work to turn to and help with the family chores. For example, kitchen work is not degrading. That is an old-fashioned picture. Food being the basis of life, its preparation takes on great importance. So with the men in mind, here are some decidedly masculine soups that actually will make a meal, provided they are served with luscious pieces of bread.

For "Pot au Feu," an ancient French conception, you need a large pot. If you feel athletic, you might stand across the kitchen and toss the ingredients into the pot like basketball. Otherwise, listen to Arno Schmidt, executive chef of New York's Waldorf-Astoria Hotel.

"We are a far cry from the medieval days when a roaring fire kept sooty cauldrons boiling all day and night. The flavor

charged with the luck of the hunter. When there was no meat around, the cook used salted pork and cabbage and added root vegetables and cereal to thicken it," he explains.

That is the way Pot au Feu used to be made. We are far more refined now. According to Schmidt, this is the modern method — a method that should appeal to the adventurous male.

"A freshly made Pot au Feu is a splendid meal," Schmidt insists. "Large chunks of boiled

beef and fowl, perhaps a veal shank and succulent pieces of boiled carrots, turnip, leeks, cabbage, celery and pieces of marrow bone. Coarse salt is added, also mustard, tiny pickles and chunks of bread. Bread means crusty French bread or rolls."

"Petite Marmite" is a little more refined. But the ingredients are the same as for Pot au Feu. Only they are cut into attractive bite-size pieces and the stock is simmered very slowly so that it will be clear and amber-colored, he adds.

Did you ever eat garlic soup? It's a big number in Spain and costs very little thus making it a popular dinner. Here is an English version of garlic soup, original to taste genuine. It is from the new "Nature Harvest — The Vegetable Cookbook" by Arabella Boxer (Regency, paperback, \$3.95).

Her recipe: use five cloves of garlic, finely minced and cooked gently in four tablespoons of butter. But don't burn. Then work in 1-and-one-half tablespoons of flour and cook for about three minutes. Heat four cups of chicken stock and add the garlic mixture. Bring to boil, then simmer. Add salt, black peppercorns, half a bay leaf, a pinch of mace, three cloves and continue simmering 35 minutes. Push all this through a strainer. Now beat an egg yolk in a hot dish and stir in one tablespoon of olive oil, drop by drop. Add to hot soup. Stir until smooth and serve in large warm soup dishes. Sprinkle with chopped parsley. You'll be surprised and pleased at the taste.

Top Dish

For Many From Oak

By AILEEN CLAIRE
The Herald Staff

NEW YORK — (NEA) — In Japanese the word for sturdy, durable oak translates into "Kashiwa." Performing true to his family name, Hank Kashiwa, 23, is a sturdy oak on the ski slopes. Currently, this New York City-born Japanese-American ski racer ranks second on the World Pro Skiing Tour.

But skiing is only one of Hank's active pursuits. A cooking enthusiast, he's concocted a personal interpretation of traditional Japanese cuisine to suit the American palate and to make use of ingredients available to cooks all over the United States.

Although hundreds of hours of his growing years were spent on the slopes, Hank also found athletic outlets in ballet, golf and waterskiing, avocations he still indulges in. However, skiing and cooking have become serious enterprises for him in his 20s. Come this fall he says he plans to open a restaurant — named Kashiwa, naturally — in Steamboat Springs, Colo., where he now makes his home.

It was in the rugged Colorado beef country, where he feels the cowboy spirit still flourishes, that Hank was inspired to promote traditional Japanese recipes. However, he is doing this with a twist because he cooks them in a manner his western friends would like. The result, Hank says, is Japanese cooking "slightly modified to the American taste buds."

He explains his special touch as meaning the use of less soy sauce, cooking vegetables, meat and fish a little longer than is the Oriental custom and using just enough spices to enhance rather than bury the taste of the meat since tasty beef is a Western fact of life. Only time will tell whether he is as successful as a "sturdy oak" in the culinary area as he is proving to be in skiing competition.

Hank's recipes are quick and require a minimum of preparation.

Fried rice, for instance, is simple to make with leftover rice and bits of meat. Easily adaptable for large quantities, it's ideal for a lunch or side dish.

Baby Beef Best

To avoid drying out the meat, it is best not to cook baby beef too well done. More satisfactory results are obtained when roast is cooked to medium-done.

Because the cut may be leaner than usual, it should be brushed with melted fat during broiling or before pan-frying. This will develop the flavor when browning. Because baby beef is similar to veal in some respects, marinating or broiling will enhance the flavor. Like veal, both roasts and steaks may be served with tomato or other sauces to enhance the flavor. Commercially prepared, particularly those with seasoning added are excellent for baby beef cookery.

Slow braising is recommended, that is, brown the meat in a small amount of fat, season it well, cover and cook with 1/2 to one-third cup of liquid — water if you wish — until done. Cooking time varies with the cuts.

Braised steaks: 45 minutes to 1 hour.

Pot-Roasts: 2 to 2 1/2 hours. Stews: 1 1/2 to 2 1/2 hours.

Stir fry very thinly sliced chuck or round steak. Season with soy sauce and serve over rice or in combination with other stir fried vegetables.

3 onions
4-5 pound baby beef roast (chuck or sirloin tip)
2 teaspoons salt
1/2 teaspoon pepper
56 cloves
1 1/2 cup water
1 1/2 cup bottle barbecue sauce

Slice two onions and put in bottom of Crock-Pot, then add meat, seasonings, and water. Cover and cook 8-10 hours on low. Remove meat from crock pot. Cut apart and return to crock pot. Add barbecue sauce and 1 finely chopped onion. Cook an additional hour or two on high. Serve on large buns or over fluffy rice.

BABY BEEF BARBEQUE (Crock Pot Recipe)

3 onions
4-5 pound baby beef roast (chuck or sirloin tip)
2 teaspoons salt
1/2 teaspoon pepper
56 cloves
1 1/2 cup water
1 1/2 cup bottle barbecue sauce

Slice two onions and put in bottom of Crock-Pot, then add meat, seasonings, and water. Cover and cook 8-10 hours on low. Remove meat from crock pot. Cut apart and return to crock pot. Add barbecue sauce and 1 finely chopped onion. Cook an additional hour or two on high. Serve on large buns or over fluffy rice.

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SMOKED TOMATOES ... 39¢

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DUNCAN HINES ANGEL Food Cake ... 14 1/2-oz. PKG. \$1.09	RICE-A-RONI Rice-A-Roni ... 2 8-oz. PKGS. 88¢	MINI PADS Mini Pads ... 30 CT. \$1.19	HAL CAN BIT OF BEEF, KITTY STEW OR Bits Liver ... 4 6-oz. CANS \$1.00
DUNCAN HINES LAYER Cake Mixes ... 18 1/2-oz. PKG. 59¢	BLACK PEPPER Black Pepper ... 4-oz. CAN 83¢	HANMANN GRAPE OR Red Punch ... 6 24-oz. CANS \$1.59	REEBLER TOWN HOUSE Crackers ... 12-oz. PKG. 77¢
CHEF BOY-AR-DEE W/BEEF SPAGHETTI Sauce ... 16-oz. CAN 63¢	BLACKBURN Syrup ... 4-oz. JAR \$1.39	SWEET SUE DUMPLINGS & Chicken ... 24-oz. CAN 73¢	CREAT MACARONI Dinner ... 7 1/2-oz. PKG. 28¢

GATORADE 3 32-oz. BTL. \$1.38	CORN 3 16-oz. CANS \$1.38	SAVE 10¢ FLOUR 5 LB. BAG 77¢
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DRESSING 16-oz. BOTTLE 88¢	BREAD 20-oz. LOAVES \$1.38	DEODORANT 6-oz. SIZE 99¢
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COFFEE ... 10-oz. JAR \$1.89	DIAL SOAP ... 8-oz. BAR 19¢	CHICKEN ... 30-oz. PKG. 99¢	FOX DE LUX HAMBURGER, CHEESE OR ... 14-oz. SIZE 69¢
BETTY CROCKER ... 4-oz. PKG. 93¢	JUMBO BOUNTY ... 1-LB. CAN \$1.00	CRACKING GOOD ... 1-LB. CAN \$1.00	Sausage Pizza ... 14-oz. SIZE 69¢
FROSTINGS ... 4-oz. PKG. 93¢	FRISKIES ... 15-oz. CAN 53¢	CRACKING GOOD TOASTER ... 10-oz. PKG. \$1.00	Tater Tots ... 32-oz. PKG. 69¢
AMOUR VIENNA ... 3 5-oz. CANS \$1.00	FRISKIES ... 15-oz. CAN \$1.00	CRACKING GOOD TOASTER ... 10-oz. PKG. \$1.00	MORNINGSTAR FARMS BREAKFAST LINKS, STRIPS OR ... 8-oz. PKG. 89¢
SAUSAGE ... 3 5-oz. CANS \$1.00	FRISKIES ... 15-oz. CAN \$1.00	CRACKING GOOD TOASTER ... 10-oz. PKG. \$1.00	HOWARD JOHNSON BLUEBERRY TOASTIES OR ... 7-oz. PKG. \$1.00
COFFEE MATE ... 16-oz. JAR 99¢	FRISKIES ... 15-oz. CAN \$1.00	CRACKING GOOD TOASTER ... 10-oz. PKG. \$1.00	Corn Toastees ... 2 7-oz. PKGS. \$1.00
CREAMER ... 16-oz. JAR 99¢	FRISKIES ... 15-oz. CAN \$1.00	CRACKING GOOD TOASTER ... 10-oz. PKG. \$1.00	COFFEE CREAMER ... 3 2-oz. CANS 49¢
FRUIT PUNCH ... 48-oz. CAN 59¢	FRISKIES ... 15-oz. CAN \$1.00	CRACKING GOOD TOASTER ... 10-oz. PKG. \$1.00	

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GROUND BEEF 1-LB. PKG. 66¢	RIB ROAST 1-LB. \$1.49	BAKING HENS 1-LB. 48¢
SLICED BACON 1-LB. PKG. \$1.09	CHUCK ROAST 1-LB. 68¢	CHUCK STEAK 1-LB. 78¢

FRANKS ... 12-oz. PKG. 69¢	W.D. BRAND COOKED ... 12-oz. PKG. \$1.99	W.D. TASTY ... 3 1-LB. PKGS. \$1.99	TALMADGE QUARTER SLICED ... 1-LB. \$1.39	OSCAR MAYER ... 12-oz. PKG. \$1.49
Sliced Ham ... 12-oz. PKG. \$1.99	Smoked Ham ... 1-LB. \$1.09	Smoked Ham ... 1-LB. \$2.49	Fried Chicken ... 2-LB. PKG. \$2.19	FRESH FROZEN PEPPER ... 8-oz. PKG. 69¢
Stew Meat ... 1-LB. 98¢	Smoked Ham ... 1-LB. \$2.49	Swiss Premium Fully Cooked ... 21-oz. CAN \$1.69	Round Steak ... 1-LB. \$1.38	TASTE O' SEA PEACH ... 1-LB. 79¢
Short Ribs ... 1-LB. 68¢	Ham Patties ... 21-oz. CAN \$1.69	Swiss Premium Fully Cooked ... 21-oz. CAN \$1.69	Braunschweiger ... 1-LB. 79¢	FRENCH FRIED MEATS SERVE ... 1-LB. \$1.09
Shoulder Roast ... 1-LB. \$1.19	Veal Patties ... 1-LB. 99¢	Swiss Premium Fully Cooked ... 21-oz. CAN \$1.69	Sausage ... 12-oz. PKG. 99¢	FISH STICKS ... 2 1-LB. PKGS. \$1.09

POTATOES 10 49¢	STRAWBERRIES 3 1.19	CREAM PIE 3 59¢
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ORANGE JUICE 3 1.09	PERCH DINNER 2 1	ENTREES 2 99¢
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Strip Steaks ... 10 8-oz. \$9.98	Pimento Cheese ... 1-LB. 99¢	Onions ... 3 1-LB. 39¢	Oranges ... 8 1-LB. 79¢
Cubed Steaks ... 5 1-LB. \$9.98	Spread ... 2 1-LB. \$1.99	Mushrooms ... 1-LB. 99¢	D'Anjou Pears ... 8 1-LB. 89¢
Spareribs ... 5 1-LB. \$5.89	Cheese ... 1-LB. \$1.29	Rutabagas ... 1-LB. 10¢	Cabbage ... 1-LB. 10¢
Dinner Rolls ... 12 1-LB. 59¢	Biscuits ... 4 10-CT. CANS 77¢	French Fries ... 5 1-LB. 89¢	Baking Potatoes ... 10 1-LB. 99¢
Cheese ... 2 1-LB. \$1.19	Cheese ... 12-oz. PKG. 99¢	Sliced Chicken ... 4 3-oz. PKGS. \$1.00	Carrots ... 2 1-LB. 39¢

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JUMBO SIZE **38¢**

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HAWAIIAN PUNCH
46oz. CANS **48¢**

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Borden Orange Juice HALF GALLON **55¢**
PILLSBURY CRESCENT SLICED CHEESE PIMENTO OR AMERICAN 8oz. PKG. **58¢** 6oz. PKG. **48¢**

SHURFRESH Cut Pound Cake 16oz. SIZE **68¢**

BONUS BUY!
MC 2 BLEACH
GAL. SIZE **48¢**

SHURFINE FROZEN COFFEE CREAMER
4 16oz. CANS **\$1**

- SHURFINE Chopped Broccoli 4 10oz. PKG. **\$1**
- SHURFINE Broccoli Spears 3 PKG. **98¢**
- SHURFINE Leaf Spinach 3 10oz. PKG. **58¢**
- SHURFINE Mixed Vegetables 3 10oz. PKG. **88¢**
- SHURFINE Brussel Sprouts 10oz. PKG. **48¢**
- SHURFINE Cauliflower 10oz. PKG. **48¢**
- SHURFINE FRENCH STYLE OR CUT Green Beans 3 9oz. PKG. **88¢**
- SHURFINE FROZEN Whipped Topping 9oz. PKG. **38¢**
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BONUS BUY!
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SIRLOIN STEAK
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LB. **67¢**

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\$1.47

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LYKES SLICED BUDGET
BACON LB. PKG. **57¢**

LYKES SUGAR CREEK (REG. OR ALL BEEF)
WIENERS
12 OZ. PKG. **57¢**

HEAVY WESTERN- LAZY AGED
ALL-MEAT STEW **97¢** LB.
3-LBS. OR MORE PKG.

- DOWN ON THE FARM FLAVOR NECK BONES (or) PIG FEET (or) PIG TAILS LB. **37¢**

FRESH IOWA PORK
SPARE RIBS
LB. **77¢**
ARMOUR STAR TURKEY'S **49¢**
10 TO 18 LBS. LB.

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HEAVY WESTERN LAZY AGED
GROUND BEEF
5 LBS. OR MORE **57¢** LB.

- FRESH FROZEN BEEF LIVER lb. **57¢**
- OLD FASHIONED FRESH COUNTRY SAUSAGE LB. **97¢**
- FRESH ITALIAN SAUSAGE LB. **\$1.27**

"BABY BEEF"
CLUB OR SIRLOIN STEAK
LB. **\$1.27**

- BABY BEEF T-BONE STEAK TENDER CHUCK STEAK ROUND-BONE SHOULDER STEAK LB. **\$1.37**
- FRESHLY SLICED BOLOGNA (or) SPICED HAM lb. **77¢**
IN OUR DELI

SOLID FARM FRESH PRODUCE
GREEN CABBAGE
LB. **8¢**

- LARGE AVOCADOS EACH **38¢**
- BROCCOLI BUNCH **48¢**
- FANCY McINTOSH APPLES 3 LB. BAG **48¢**
- SWEET RIPE LARGE HAWAIIAN PINEAPPLE EACH **68¢**
- DELICATE TASTY MARZETIS AVOCADO DRESSING 17oz. JAR **88¢**

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For That Gourmet

By ALLEN CLAIRE
The Herald Services.

Simple foods such as less expensive round steak and noodles or hash browned potatoes take on a gourmet look with a different approach to their preparation. Make individual beef rolls from slices of the steak, brown and then simmer in a well-seasoned broth. Make pan gravy using the broth and serve with noodles or potatoes and a fresh fruit salad.

BEEF ROLLS

- 2 lb. round steak, cut 1/4-inch thick
- 1 large dill pickle cut into strips lengthwise
- 2 onions, thinly sliced
- 8 slices bacon
- Salt and pepper
- 1/2 cup butter or margarine
- 1 cup water
- 1 tbs. prepared mustard
- 2 tsp. Angostura aromatic bitters
- 1 tsp. paprika
- 2 slices lemon
- 1/2 cup dry white wine (optional)
- 1/2 cup tomato juice
- 1/4 tbs. flour



Simple beef rolls with gravy top noodles for inexpensive meal.

and pound each piece flat until paper thin. Place 1 strip pickle, one slice onion and a slice of bacon on each side. Sprinkle with salt and pepper. Roll up and fasten with a toothpick. In a large skillet, brown rolls in hot butter on all sides. Add water, mustard, Angostura, paprika, lemon slices, wine and tomato juice. Cover and simmer one hour or until meat is tender. Remove lemon slices. Mix flour to a smooth paste with one-fourth cup of the pan drippings in skillet. Stir into remaining gravy and stir until slightly thickened. Serve with noodles or hash browned potatoes. Makes 4 servings.

the BEST BUNNY BUYS in town	COUNTY FAIR JELLY BEANS 10-OZ. BAG 39¢	REESE'S PEANUT BUTTER EGGS REG. 15¢ EA. FOR 225¢
BRIGHT 'N COLORFUL EASTER BASKET Check-full of candy of all sorts! Gaily wrapped with bright bow. 277¢	"BABY BINKS" OR "FLOPSY" RABBIT HOLLOW MILK CHOCOLATE Your Choice 2-OZ. 49¢	ASSORTED EASTER PLUSH TOYS Ducks, bunnies, lambs and chicks! Cute little Easter pets in lush plush! Your Choice 199¢
FILLED EASTER BASKET WITH GAME A delightful basket of delicious candy, plus a game, all color-wrapped and topped with a bright bow! 199¢	BRACH'S HEN EGGS 10-OZ. 49¢	ASSORTED DESIGNS PAPER KITES EA. 19¢
SHREDDED EASTER GRASS 2 1/2-OZ. BAG 29¢	BRACH'S CHOCOLATE CREME EGGS PACK OF 12 149¢	POLAROID ZIP CAMERA Polaroid's new "zip"-priced instant picture camera ever! 999¢
CELLO-WRAPPED FILLED EASTER BASKET 99¢	"HORACE H. HEFFELFLOPPER" HOLLOW MILK CHOCOLATE RABBIT 4-OZ. 89¢	POLAROID COLORPACK 108 FILM 8-EXPOSURES 399¢ LIMIT 1
	EASTER PADDLE BALL 49¢	

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FAIRWAY MARKETS

FAIRWAY MARKETS

TIPS... FROM PETE AND GEORGE DANIEL

George has a point! Where do the people of Orlando buy FRESH FISH during Lent... or for that matter anytime during the year? You can buy frozen fish anywhere... but only at Fairway Markets do you find the delicious advantage of fresh fish any day.

PETE

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EXTRA SPECIAL FAIRWAY VALUE FAIRWAY FARMS EGGS FRESH GRADE A FLORIDA EXTRA LARGE OR LARGE 57¢ DOZEN	EXTRA SPECIAL FAIRWAY VALUE BUSCH BAVARIAN BEER SIX PACK 12 OZ. BOTTLES PLUS DEPOSIT 99¢	EXTRA SPECIAL FAIRWAY VALUE GARDEN FRESH CABBAGE 5¢ LB.	EXTRA SPECIAL FAIRWAY VALUE CORNED BEEF BRISKET WHOLE OR THICK END 88¢ LB.
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FRYERS FRESH U.S.D.A. GRADE A WHOLE CUT UP BREAST OR LEG 48¢ LB. 53¢ LB. QUARTERS 53¢ LB. THIGHS, DRUMSTICKS OR BREASTS 88¢ LB.	FAIRWAY BEEF IS HEAVY WESTERN CORN FED BEEF MORE MEAT TO EAT FOR YOUR MONEY CENTER CUT SIRLOIN STEAKS EXTRA LEAN CUBE STEAKS CALIFORNIA CHUCK POT ROASTS EVERYONE'S FAVORITE T-BONE STEAKS FRESH LEAN GROUND CHUCK TOP ROUND STEAKS FLAVORFUL CHUCK STEAKS MEATY SHORT RIBS	MEAT VALUES OSCAR MAYER PURE BEEF OR ALL MEAT WIENERS FULL LB. Gwaltney Cooked HAM SLICED 6 OZ. PKG. LYKE'S CHUNK BRAUNSCHEWIGER LB. RATH SAUSAGE ROLL LB.
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BREADED VEAL PATTIES 4 OZ. SIZE 19¢ EACH	FRESH FROZEN SLICED BEEF LIVER 48¢ LB.	FRESH 100% PURE GROUND BEEF THREE POUNDS OR MORE 68¢ LB.	FAIRWAY FARMS BACON SLICED 98¢ LB.
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DRIVE DETERGENT GIANT SIZE BOX **89¢**

ICE CREAM HALF GALLON **\$1.19**

CAT FOOD 15 OZ. CAN **19¢**

DOG FOOD KEN L. RATION SIX PACK 1.14 **19¢**

GA. RED TOMATOES #303 CAN **28¢**

JOAN OF ARC RED KIDNEY BEANS #300 CAN **28¢**

LYKES CHILI WITH BEANS 15 OZ. CAN **39¢**

LYKES VIENNA SAUSAGE 5 OZ. CAN **28¢**

SANTA CLARA QUART PRUNE JUICE **48¢**

ALL FLAVORS HAWAIIAN PUNCH 46 OZ. CAN **53¢**

FOLGER'S COFFEE LB. CAN **\$1.09**

FAME SALTINES LB. BOX **47¢**

INSTANT COFFEE CREAMER 16 OZ. JAR **99¢**

HART CUT GREEN BEANS #302 CAN **23¢**

FAME APPLE JUICE QUART **48¢**

COOPER SLICED CHEESE AMERICAN 12 OZ. PKG. **89¢**

INSTANT COFFEE 10 OZ. JAR **\$1.69**

FAME KOSHER DILL STRIPS 26 OZ. JAR **68¢**

FAME FRESH OR POLISH KOSHER DILLS QT. **68¢**

8 PACK 16 OZ. BOTTLES COKES **\$1.19** PLUS DEPOSIT

TABLE KING FROZEN FRENCH FRIES 2 LB. BAG **43¢**

MORTON FROZEN CREAM PIES 16 OZ. SIZE **59¢**

MORTON FROZEN MEAT LOAF TURKEY TETRAZINI, CHICKEN DINNERS 11 OZ. **39¢**

DELTA 4 ROLL PACK BATHROOM TISSUE **58¢**

FAIRWAY FARMS OR FAME ORANGE JUICE 6 OZ. FROZEN **19¢**

FAME ALL VEGETABLE MARGARINE LB. DTRS. **48¢**

Regular Margarine 79¢	Mazola Oil \$1.39	Evaporated Milk 4 \$1	Chunk Style Tuna 2 89¢	Jell-O Instant Pudding 4 \$1	Bartlett Pears 39¢	Borden's Ice Cream \$1.09	Taster's Choice \$2.56	Folger's Coffee \$1.59
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Evening Herald

67th Year, No. 175—Thursday, March 13, 1975
Sanford, Florida 32771—Price 10 Cents

Publix

Red White & Blue Beer 6 12oz cans \$1.05 Limit 4
Pepsi Cola 8 16oz bot 99¢ plus deposit Limit 4
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Key Club Steak	\$1.29
Chuck Blade Steak	\$1.09
Chuck Blade Roast	99¢
Imperial Oven Roast	\$1.29
Chuck Shoulder Roast	\$1.19
Short Ribs	79¢
Ground Beef with H.V.P.	69¢

Whole Fryers 55¢

Corned Beef \$1.39

Green Cabbage 8¢

Buttermilk Biscuits 19¢

Bennett's Mayonnaise 89¢

Orange Juice 49¢

Wines Apples 349¢

Cheer Detergent \$3.39

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From Our Meat Dept.

Swift's Premium Tender Meaty Cut-Up Fryers	59¢
Corned Beef	\$1.59
Pork Roast	89¢
Sliced Bacon	\$1.25
Canned Ham	\$5.99
Brown 'n Serve	95¢
Cold Cuts	79¢
Sliced Bologna	\$1.05
Hot Dogs	99¢
Beef, Ham, Turkey	49¢
Sliced Bologna	99¢
Turbot Fillet	99¢
Smoked Mullet	\$1.29

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Swift's Premium Tender Meaty Cut-Up Fryers	59¢
Corned Beef	\$1.59
Pork Roast	89¢
Sliced Bacon	\$1.25
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Brown 'n Serve	95¢
Cold Cuts	79¢
Sliced Bologna	\$1.05
Hot Dogs	99¢
Beef, Ham, Turkey	49¢
Sliced Bologna	99¢
Turbot Fillet	99¢
Smoked Mullet	\$1.29

From Our Dairy Dept.

Regular Margarine	59¢
English Muffins	49¢
Sour Cream	55¢
Sharp Cheddar	89¢
Sharp Cheddar	89¢
Colt Cheese	89¢
Colt Cheese	59¢
Longhorn Cheese	99¢

Regular or King size Frito Corn Chips pkg. 69¢, Cheatos Cheese Flavored Puffs reg. size 69¢ or nacho flavored Doritos Tortilla Chips reg. size 59¢

Green Beans 3 99¢

Golden Corn 3 99¢

Wishbone Dressing 39¢

Tomato Ketchup 39¢

Cake Mixes 59¢

Dream Whip 59¢

Hefty Liners 79¢

Trash Bags 99¢

Apple Juice 39¢

Prune Juice 69¢

Elberta Peaches 39¢

Fruit Cocktail 39¢

Era Laundry Detergent 89¢

Pine Sol 99¢

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Sheriff's detective Doug Huth escorts Wilbur Hall (right) from scene after murder arrest.

Man Found Buried; Neighbor Charged

By BOB LLOYD
Herald Staff Writer

An Altamonte Springs man was held without bond today in county jail on a murder charge after sheriff's detectives unearthed the body of his next-door neighbor in a shallow grave in the victim's own backyard.

Sheriff's detective Doug Huth arrested Wilbur Hall, 41, of 515 Peachtree Lane, shortly after the decomposing body of 47-year-old Lemo Lovette was discovered by Lovette's teenage nephew.

Officials said Hall returned from a fishing trip while investigators were exhuming Lovette's body from the sandy grave beneath a trash barrel in the citrus tree dotted yard at 517 Peachtree Lane in the Granada South subdivision.

Sheriff's agents, representatives of the state attorney's office and county medical examiner Dr. G. V. Garay carefully exhumed the body as approximately 125 persons from over the subdivision watched from behind ropes ringing the grave scene.

The body was removed from the 2 1/2 foot deep grave near chicken coops and a citrus tree bedecked with sun-bleached turtle shells and taken to Seminole Memorial Hospital where an autopsy was expected to determine the cause of death.

The body was tentatively identified as Lovette, at the scene, by his brother-in-law,



Crime scene technician Mary LaBruciano unearths body as Garay (cigar) and Kris (right) watch. (Herald Photos by Bob Lloyd.)

School Board Rejects Crooms High Repair Funds

By ED PRICKEIT
Herald Staff Writer

George Willis played gambler last night and his high card — "the most deplorable thing this county has" — said last night that his reaction to the school board's refusal to grant \$22,000 for repairs at Crooms, known to some as a "holding cell for potential dropouts," was there some "illogic in the game."

"People were willing to bet me you would do nothing for Crooms," Willis said in his last gambit before the board ended the game. "Let's fool the public; let's do something for Crooms."

But the board held all the cards — all \$22,000 of them — and told Willis, a PTA president, that maintenance crews had been dispatched to Crooms last week after Willis told the board it was a "holding cell for potential dropouts" and has an old building "where cockroaches live."

"About half of the items Willis referred to last week are completed or near completed," School Supt. Bud Layer told the board. And, referring to the building, "where cockroaches live,"

Layer said it's "attractive inside" and that the teacher-pupil relationship is good and "that's what counts in education."

Board member Allan Keeth, who last week called Crooms the "most deplorable thing this county has" said last night that "things have been done and will continue to be done."

Keeth said he had been on a recent tour of Crooms since six janitors and maintenance crews began their work and said students there seemed to indicate a better attitude since cleanup work got underway.

"School Board Chairman F. G. 'Bud' Feather told the board that the school is in good shape and that the school has started. Feather said priority was given schools where double sessions existed and that it's "not a good procedure to take any school out of order."

Willis, who had made his plea and played his hand, held no cards except the card of the loser. Realizing he would not get the \$22,000, he began to berate the board.

"All we're saying is let's not do anything. All we're gonna do is sweep this under the rug. What we're saying is we don't want to do anything about it," Willis said.

An estimated 787 students are enrolled at Crooms, 40 per cent of whom are black. Willis said faculty members there "just tolerate" the school which he says is "very inadequate."

Keeth said school maintenance crews will continue working at the facility. He also said he "hoped to accomplish" most of the items Willis presented to the board.

Willis has recommended replacing the old building where cockroaches live with air conditioned portables. He's asked that fixtures in bathrooms be replaced, that lights in the library be replaced, that new furniture in the cafeteria be purchased and new lockers be installed in the boy's gym.

Layer agreed the old building on the outside is an "atrocious looking building and should be torn down, but funds are not available for air conditioned portables."

"Why should we say we'll sweep the floor?" Willis demanded. "Let's paint it, let's whitewash it and close our eyes to a shame and a disgrace. I think Crooms is a priority."

Asst. School Supt. Roger Harris, in an interview, pointed out perhaps the most hopeful solution to the Crooms problem.

Harris said he has been informed by telephone by members of a 28-member state survey team that Crooms is slated for repairs — including tearing down the old classroom building that Willis claims is inhabited by cockroaches.

The results of the five-year survey are expected soon. The actual survey was completed in December.

School Board member Davis Sims also suggested phasing out Crooms and placing its students at Seminole High School.

School officials need to "go away" with Crooms and make Seminole High a 12 facility.

Layer told Willis the "large items," the drainage ditch and other matters will be included in next year's budget "like the rest of the schools in the county."

But, Willis, the PTA president turned gambler, was not awed. And shaking his head, he returned to his chair with a final statement summing up his feelings.

"There's some illogic here."

Board To Sponsor Senior Volunteers

Seniors rejoice.

The Seminole County School Board yesterday agreed to act as the sponsoring agent for the Retired Senior Volunteers Program (RSVP) which stood a chance of losing \$40,000 in federal money if a sponsor wasn't found.

School Supt. Bud Layer recommended that the board adopt the RSVP "as long as the program does not cost the school any money."

The county, Layer said, will provide housing for the agency which has the potential to help Seminole's 10,000 seniors.

The only serious reservation came from board member Allan Keeth, who said he hates to be a "wet blanket all the time" but nonetheless

Council Endorses Overpass

ALTIMONTE SPRINGS — The CAINO Council of Local Governments last night adopted a resolution endorsing the effort to have the federal government build an overpass of the railroad crossing on SR 46 west.

The resolution, identical to one already adopted by the county commission, the road and bridge committee of the Greater Sanford Chamber of Commerce and the Sanford City Commission requesting the Florida Department of Transportation (DOT) to qualify this crossing for inclusion as a special demonstration project in a future U.S. Highway Act.

Complaints have been heard almost daily for years from motorists who travel SR 46 about the lengthy holdups as slow-moving trains traverse the railroad tracks across the highway to go into the Sanford terminal.

Most importantly, Ms. Edelman says, the fact that the RSVP provides Seminole's seniors with a treasured item — a job.

Savings Branch Robbed

ALTIMONTE SPRINGS — A young black male, believed in his early 20's, walked into the Orlando Federal Savings and Loan branch office this morning and robbed a teller of "less than \$5,000," the FBI said.

The neatly-dressed gunman entered the bank about 10 a.m., looked around and then walked up to one of three tellers on duty, pulled a blue-steel automatic from his pocket and demanded money, authorities said.

The teller complied with the gunman's demand, handing him what Jim Halsey, security chief for the loan concern, said was "less than \$5,000."

The gunman fled as a teller pressed an alarm button which sounded at the city police station. He ran through an orange grove to the Village Green apartment complex where tracking dogs lost his trail a short time later.

FBI agents, who took over the investigation, indicated the man may have used a car.

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SUNSET CAPTURES FTU RACING TEAM

The Florida Tech crew (rowing) team is silhouetted by one of Florida's famous sunsets as the squad practices for tomorrow's appearance in the third annual Sanford Naval Academy regatta on Lake Monroe as part of SNA's Parents' Day activities. FTU will be joined by the University of Tampa, Winter Park and Edgewater High Schools in the race, which opens the crew season in Central Florida. For details see story on Page 1B. (Photo by Rick Huck)

Chamber Okays Farm City Week

By MICKEY LOCHRIDGE
Herald Staff Writer

Agricultural and business committee members of the Greater Sanford Chamber of Commerce this morning pulled the reins on a big 'spring frolic' festival and set the ground work for hosting another farm-city event in May.

Most importantly, Ms. Edelman says, the fact that the RSVP provides Seminole's seniors with a treasured item — a job.

WEATHER

Yesterday's high 87 low this morning 62. Considerable cloudiness through Friday with thundershowers likely. Turning cooler Friday. Lows tonight in the 60s with highs Friday in the 70s. Complete weather details on page 5A.

The 'spring frolic' was put on the back burner until next Fall when more advance planning can be completed by chamber members.

Businessmen at the meeting pointed out that a big promotion program would take more than the two existing months before the middle of May.

Chamber officials and members of the Agri-Business Committee delivered the hammer of doubt on the hope of 'saving a big 'spring frolic' with their report on a similar Ocala festival.

Springfield said he will invite representatives of the Downtown Business Association, the Sanford Plaza Merchants Association, the chamber's commercial committee and area growers to attend the meeting to offer ideas on the two-day program.

Promotion plans call for produce booths to be set up in front of business