

Editorial Comment

Health Care Costs Poses Problems

Sen. Edward M. Kennedy of Massachusetts says he hopes the 93rd Congress will become known as the "health Congress." His further hope, obviously, is that it will earn that title by adopting what already is known as the Kennedy health plan—a \$77 billion program for covering every man, woman and child in America with government-administered health insurance.

Fortunately, Congress has other options if it chooses to make a major move into the field of health insurance. Plans have been offered which range across a spectrum in which government would assume varying degrees of responsibility for assuring that no one goes without adequate medical care.

The test of any of these plans should be whether they can correct the shortcomings in our public health care system without jeopardizing all that is good about it. There is nothing inferior about the state of medical science in the United States of America. What has made health care a national issue is simply the cost of getting the benefits of modern medicine to the people.

The \$77 billion price tag attached to the Kennedy plan is based on the total amount now being spent on medical care by individuals, health insurance carriers and the government.

The effect of the plan would be to pay that entire bill with taxes—a bill that has been going up each year, and which can only go up more

steeply if the opportunity to obtain insured medical services is expanded.

The flaw of the Kennedy plan and most of the others before Congress is that they deal primarily with financing of medical care—not with the costs of delivering it, including the conspicuous inefficiencies in that network of doctor's offices, clinics and hospitals known as the health care industry. Hospitals and nursing homes, for instance, have been so unsuccessful in preventing overbuilding and wasteful duplication of services that the California Legislature is considering a proposal to subject them to regulations like those governing public utilities.

If Congress votes for a significant expansion of health insurance coverage before these cost factors are brought under control, it could trigger an even greater spiral in medical bills

Offbeat Ruminations

Memory Holds The Key To Past

By HAL BOYLE
NEW YORK (AP)—Memory is a golden key.

It opens the portal to the past where, row on row, all our yesterdays are stored. Some are lovely, some are drab—but all of them are there.

There is a release and refreshment of the soul in revisiting, now and then, the days that were. The wise man keeps the golden key of memory bright and rusty.

I'd say your key is still pretty bright if you can look back and remember when—

A boy and girl in love could carve their initials in a tree without upsetting the woodland ecology.

Childhood was more innocent. You could have a fine time chasing cabbage butterflies in a meadow or squaring the hot dust of a rural road between your bare toes on a beautiful summer day.

The only ones absent from church on Sundays were those too sick to go.

If you said your mother, you were too ill to go to school, you inevitably had to stay in bed and take a big dose of castor oil. Before anyone in the family ever seen a doctor about any ailment, he had to give castor oil a chance to work its miracles. The only exception was a broken arm.

No girl who valued her reputation would let herself be seen sitting in the last row of seats in the movie with her beau's arm around her.

A man had a cushy job if he didn't work up a sweat on it six days a week.

Women who prided themselves on never having lasted a drop of liquor in their life sometimes got mildly tipsy in the afternoon drinking a female tonic that contained more

alcohol than they knew.

When the lord of the house raised his voice in anger, the cat ran and hid under the bed and the dog tried to paw his way out the back door. But despite this, everyone in the family knew that Mama was the real boss most days.

Anybody who didn't eat three full meals a day was thought to have a finicky appetite.

Anybody who got a passport to visit a foreign country was looked up in the neighborhood with some awe. Most folks had never traveled more than 100 miles from their birthplace.

Marriages were supposed to last a lifetime—and generally did.

Those were the days—remember?



MONKEY BUSINESS

POWs Welcome

Pendleton's Homecoming Plan

By BILL DOYLE
Copley News Service

CAMP PENDLETON, Calif.—U.S. prisoners of war will be able to "do their own thing" when they arrive here from Southeast Asia.

"If they want a hot dog and they're able to eat one, we'll get them a hot dog," Maj. Art Brill said.

Base officials said they have no idea how many servicemen will be returning from prisoner camps when they will arrive, but plans for their return have been put in operation.

A team has been set up for "Operation Homecoming" with Col. T.J. Woodham in over-all charge.

"Men will be treated as individuals and with the exception of medical orders will be able to do whatever they want during their rehabilitation period," officials said.

No time limit has been set for their stay and their release will be determined by the medical staff.

"We realize some of these men have been prisoners for five and six years, as don't want to keep them away from home life and longer than necessary," Brill said. "Our prime concern is for the men and we're attempting to do everything necessary to make them as comfortable and relaxed as possible."

Plans have been put in operation to bring the men's families to Camp Pendleton at government expense. Base housing and transportation will be provided.

A staff from the Marine Corps finance center in Kansas

City will be sent here to handle such matters as back pay, promotions and other details.

The returnees first will be processed at Clark Air Base in the Philippines and if necessary sent to the nearest hospital of their branch of the service.

Those scheduled for Camp Pendleton probably will arrive at Miramar Naval Air Station or El Toro Marine Air Station. At the hospital here, patients will meet their families and provisions have been made to allow them all the time and privacy necessary.

Armed men will be sent to March Air Force Base Hospital near Riverside and Navy personnel to San Diego Naval Hospital.

Brill said it is assumed, although the naval hospital has the staff and facilities to handle any type case, that problem cases will be sent to specialty hospitals.

Base hospital officials have converted 13 rooms in a wing that formerly handled female dependents of officers into seven suites consisting of a sitting room, bath and bedroom.

Each man will have his own room in which to meet with his family and friends while readjusting to normal life.

Each returning serviceman will decide whom he wants to see.

Brill said the job of readjusting may be the most crucial problem.

"He's lost a lot of time and life has changed," he said. "This will be a trying time for families."

A former dayroom at the end of the wing has been converted into a children's playroom and a Red Cross volunteer will be on duty 24 hours a day to supervise the youngsters.

Political Notebook

New Trident Sub: No Place to Hide

By BRUCE BISSAT

WASHINGTON (NEA)—America's sea-based nuclear deterrent, the Polaris missile-bearing submarine fleet, is an incredible thing to contemplate. And there probably is no precedent for the speed at which a deterrent of this magnitude is being advanced to even higher levels.

Our original Polaris fleet, of course, consisted of 41 vessels each bearing 16 missiles. Their total payload thus was 656 nuclear warheads.

But for some years now we have been in process of converting 21 of the 41 submarines (the other 10 are too small to carry larger, longer-range missiles called Poseidon).

Aside from their greater range (up to 3,500 miles), the key feature of these newer weapons is that each of the 16 on a given vessel is fitted out with at least 10 warheads—the so-called MIRV system under which the 10 contained in a single missile vehicle can be dispatched independently to 10 separate targets.

Eight new official Pentagon sources say 17 Poseidon vessels are completed and deployed at sea, with another seven "on the ways" and money on hand for two more such conversions by June 30. The President's new budget for fiscal 1973 suggests that funds be made available then for the last five of the 31 conversions.

The more startling budget figure, however, is the \$1.72 billion sought for Poseidon's successor, the spectacular Trident submarine.

It would provide for a larger vessel bearing 24 basic missiles, each with from 10 to 14 independently-targeted warheads. The first generation of weapons, Trident I, would have a range of 4,000 miles, with the latter Trident II, reaching perhaps 6,000 miles.

Little notice was given the fact that for fiscal 1973 the President's budget jump-tripped Trident, asking a nine-fold fund increase. Congress gave him \$785 million, a bit less. But this time he seeks more than double that sum, indicating our intent to cut maybe three years off Trident's development time. Vessels could be deployed by 1978.

The first SALT talks produced an agreement limiting our missile-bearing submarines to roughly the number we have. Hence the Trident total for the moment is set at 10, billed as replacements for the older, smaller Polaris vessels not convertible to Poseidon weaponry.

Obviously, vessels carrying missiles with ranges from 4,000 to 6,000 miles will have so many millions of square miles of ocean to hide in that they will be almost undetectable on patrol. Moreover, Trident will be much quieter than Poseidon, and will have more sophisticated sonic equipment for detecting and avoiding the approach of other vessels. In the fullest sense, it will be the nearly invulnerable deterrent.

Yet what is remarkable is that all this amazing advance is going on even as we make ready for new "deterrence" talks with Russia, in an atmosphere of detente wherein the words "Soviet threat" are little heard.

With the huge advantage of Poseidon, unmatched in Russia, we hardly need another bargaining "chip" at the table. If, in pulling out of Vietnam, we need to "re-assure" our allies of our reliability as defenders of free world independence, we are doing it up big. We are giving them and ourselves a much-needed umbrella sturdy enough for 855 straight days of rain.

One Man's Opinion 'We Told You So' Time in Capital

By DON OAKLEY

A number of ancient peoples are said to have executed messengers who brought bad news.

"We're too civilized to do that today. We merely fire them, banish them and make sure they never have a position of responsibility again."

This is what was done during the witch hunt days of the McCarthy era to a group of foreign service officers who came to be called the "old China hands" and who had made the mistake of warning back in the 1940s that Mao Tse-tung and Co. were the wave of the future in China.

For this they were reviled and accused of disloyalty.

Nearly three decades later, the United States having officially decided that the Communists are in China to stay awhile, long overdue honor was meted out to these prophets in the form of a testimonial dinner hosted by the American Foreign Service Association.

Yet granting that the dismissal and virtual exile of these men was one of the most unjust and stupid actions ever taken by the American people and government, it seems a bit excessive to say, as this writer did in commenting on the dinner, that "this country and world would have been spared incalculable harm had their advice been taken."

After all, it takes two to tangle, and the hostility and distrust between Washington and Peking were hardly helped by the invasion of South Korea by China-backed North Korea in 1950. It should be remembered that we had withdrawn our military presence from South Korea, had had more or less washed our hands of Chiang Kai-shek on Taiwan until this monumental blunder by the Communists.

What really gives one pause when reading about the "old China hands" is the thought: Are we still killing messengers in Washington?

Casselberry Council Actions

By DONNA ESTES

For the 15th consecutive time, Kenneth W. McIntosh has been appointed city attorney of Casselberry and received the City Council's unanimous confirmation.

Appointments are made annually in the city. McIntosh, member of the Stenstrom, Davis and McIntosh law firm of Sanford, has served through the administration of numerous mayors and was appointed this time by Mayor Bill B. Grier.

Other appointments made by the mayor and unanimously confirmed were: B. C. Oaklin, also associated with the city for a long period consulting engineer; James B. Byrne Jr., (beginning his third year) as municipal judge; Donald C. Jones, prosecuting attorney; Barbara Dampier, cartographer; Edgar Mathiot, custodian and James Birkenmeyer, groundskeeper.

Named to the various advisory boards and approved by Council were: Civil Service Board—Merriell Paris and William McKay to join holdovers, also reappointed, Lyle Noland, John D. Dennis and Thomas L. Fitman; Park Board—Mrs. Mollie Stradle and Miss Ann Norman to join holdovers, also reappointed, Mrs. Marilyn Gordon, Edward Yokeley and Frank Rieder; Planning Board—Mrs. Sandra Solomon and Mrs. Roy Knoebel to join holdovers, also reappointed, Arlin Armour, Seyford Betz and Roger Newcomb; Recreation Board—Mrs. Davis Stevens, Joseph Samara, Joe Carney and Thomas Holt with holdover, also reappointed, Lee J. Phillips; Zoning Board—David Snother, Allen Robertson, Robert Wyner with holdovers, also reappointed, Gerald Warren and Margaret R. Diggers.

The Board of Adjustment appointed by the Council are Seyford Betz, Councilman Thomas Embree, Paul Lowe, Elizabeth Pender and Robert Lorisz.

'Dog Control'

City Council indicated it may cooperate on the formation of a county-wide dog control program, but only to protect its citizens from being doubly taxed to provide the service. And Councilman Edith Duerr was appointed to represent the city in any meetings with other municipal representatives and the county government in discussions of creating the county-wide program.

Dr. Duerr first criticized some news accounts indicating Casselberry is interested in participating in the program. She pointed out her city has a stricter animal control ordinance and insisted the proposed county dog ordinance is not stringent enough.

Councilman John Zaeco questioned if the other five cities agree to cooperate with the city in the matter, would it not be likely that Casselberry citizens in county taxes would be paying for the program in part and thus be doubly taxed by paying for the city's program also.

When he received an affirmative reply, he urged that the city "get together" with the county to promote a stricter ordinance. "Let's not voluntarily pay twice," he declared.

Council Chairman John Lighty asked for a volunteer to serve on the county-wide committee and Councilman Richard Wirz said, "I've got the solid waste (referring to his appointment to the garbage committee) so I believe Dr. Duerr can handle the humane problem."

'Consolidation Meeting'

Councilman Tom Embree will represent Casselberry at the meeting on consolidation to be held in Jacksonville next week. Embree volunteered to go to the seminar when Mayor Bill Grier, informing he could not get away, emphasized the importance of the city being represented.

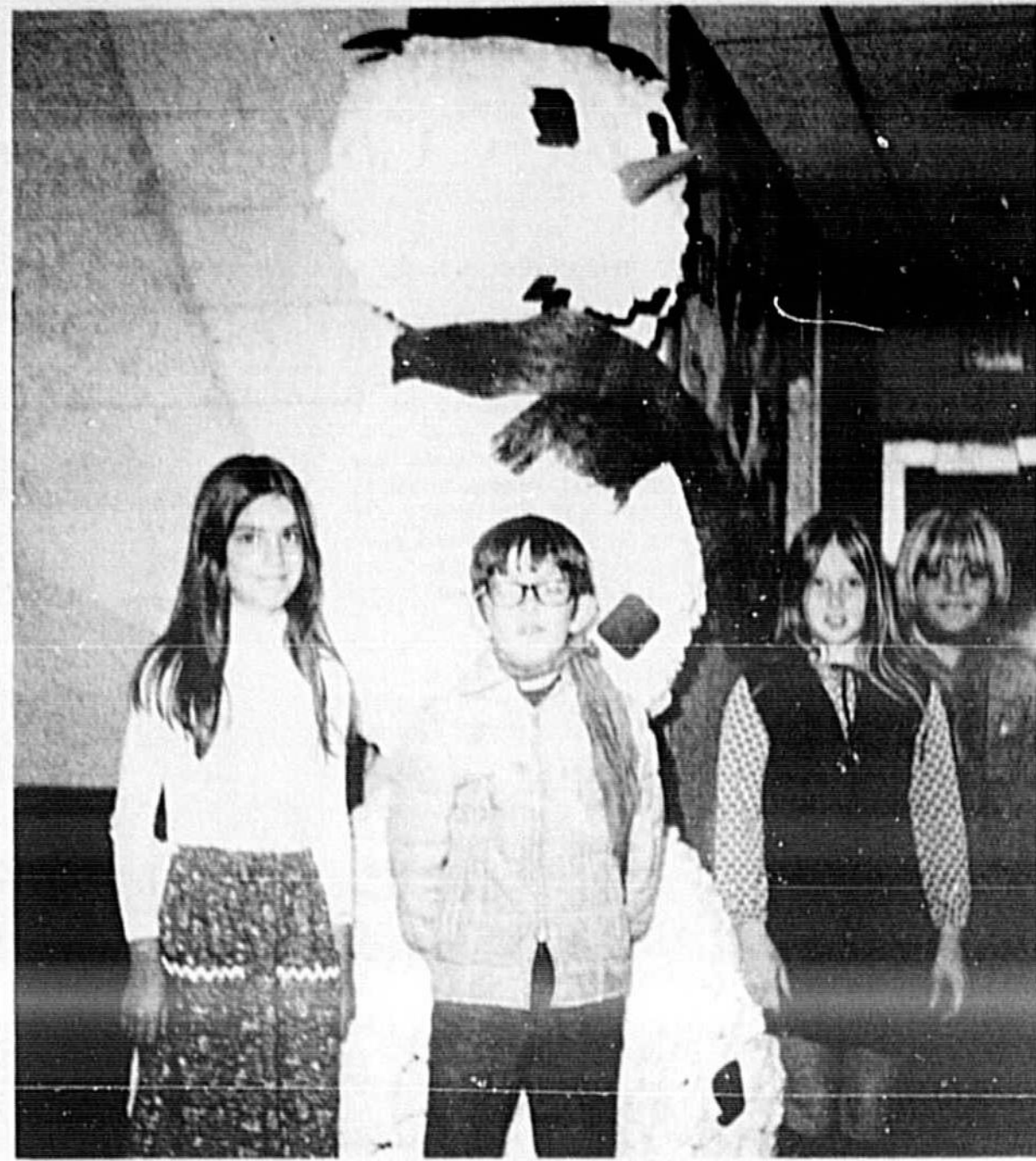
In other business, Council will discuss the request of Jim Daily Plumbing to allow expansion of the company office on Concord Drive. It was approved by the planning board subject to certain conditions including installation of a six-foot wide sidewalk. Dr. Duerr said while she is in favor of encouraging sidewalks, in this particular case it doesn't make sense to apparently have to remove a portion of paving in favor of the sidewalk. Wirz questioned the reasonableness of requiring a section of sidewalk in the middle of a block without sidewalks.

Adopted on final reading the ordinance annexing the Goodman-Hosman tract located behind Seminole Plaza. Zoning given the parcel was commercial on the part facing SR 436 and apartments to the rear and abutting Carriage Hill. The developers are required to build a six-foot masonry wall to separate the development from Carriage Hill.

Tabled calling of the bond on Reliable Garbage Company when another favorable report on the company's service and number of complaints registered by citizens of the city was given by City Manager Ron Bergman. Tabling action was for two weeks.

Authorized preparation and posting of an ordinance to annex on petition the South Seminole Bank.

Heard a report that Fire Chief Roger Rasooli has ordered his department to refrain from blowing the fire siren from 11 p.m. to 7 a.m. unless a dire emergency strikes. Rasooli's order was placed so as not to disturb residents near the city hall during the nighttime hours.



THE SNOWMAN, made by David Meir, was part of the Winter Wonderland Musical Presentation for the PTA at Eastbrook Elementary School. Shown with Mr. Snowman are Heta Kobzas, Jeff Silverburg, Dana Burgio, and Chris Mucke all fourth grade students.

Florida Wetlands Growth Threatened

By KEN GEPFERT

TALLAHASSEE, Fla. (AP)—Florida's wetlands are in danger of being "left dangling like an orphan child" by the land use committee responsible for drafting guidelines to protect the environment from unchecked development, says a conservationist committee member.

Alice Wainwright, president emerita of Miami's Tropical Audubon Society, issued that warning Tuesday after the Environmental Land Management Study (ELMS) committee deferred action on any wetlands protection proposals for another month.

"We've had to make so many shotgun wedding decisions already and I find we've left the wetland dangling like an orphan child," Mrs. Wainwright told the committee. "The quality of our environment is deteriorating so fast, time is running out on us."

The committee delayed further discussions on wetlands after Mrs. Wainwright and other members of the committee, who are members of the Florida Wetlands Council, met Tuesday night to discuss the committee's report. Members debated wetlands bills proposed by Gov. Reubin Askew and House Environmental Protection Committee chairman Guy Spicola. The measures, although different in approach, both sought to give state or local governments authority to temporarily control development in wetlands.

Taravella, president of Coral Ridge Properties Inc., and other developers argued that the committee should be concerned only with implementing the 1972 environmental land and water management act.

"We're wasting time sitting here writing all the rules of the road without ever going to sea,"

Finelli, a professor at Florida State University, said failure of the committee to make specific recommendations to lawmakers would brand the panel as "a joke." After the motion was defeated, he said he was "very encouraged" the committee had not abandoned the wetlands.

Black History Week Set School Close

By THE ASSOCIATED PRESS

Disputes over the observance of Black History Week have caused the temporary closing of another Florida school as racial turmoil continues to spread throughout the state.

Fort Myers High was closed on Tuesday after a mob of about 150 walked out at Plant City High in a dispute over a picture of black militant Angela Davis. It was being displayed in connection with the history week.

The dispute arose when school officials decided to take the picture, an art student's drawing of Miss Davis, off display. Officials said the students were arrested when they refused to end the protest of racial outbreaks at other schools Tuesday.

Other fresh racial troubles were reported at Cypress Lake High, seven miles south of Fort Myers, but classes continued, police said.

Officials at Boca Raton High, where up to 60 officers have been standing guard for several days, blamed racial turmoil for Tuesday night's cancellation of a basketball game with Glades Central at Belle Glade.

New Image Tagged To Pollution Board

By TOM RAUM

Associated Press Writer
TALLAHASSEE, Fla. (AP)—The Pollution Control Department, torn by recent internal conflicts, is going to have a "new image," says board chairman David Levin.

Part of that image, he told a news conference Tuesday, is in processing permits faster and in moving the headquarters for the division of operations to Orlando.

Levin said recent news articles have leveled what he said was unfair criticism against the department: "If people lose confidence it will make our job 10 times harder."

He specifically referred to an article written earlier this week by Miami Herald environmental writer Mike Toner. The article reported "signs that Florida's \$5-million-a-year pollution control effort is beginning to sag."

The story noted that a number of top administrators—including former director Vince Patton—had been forced to resign from the department because of disagreements with board members.

Peter Baljet, who took Patton's place temporarily, serving as acting director, told newsmen the reorganization of the department included:

—The naming of Alex Senkevich as director of the new Orlando-based division of operations and field services. Baljet said Orlando was selected because it is centrally located.

—The processing of all permits except dredge and fill and power plant siting in regional offices, instead of Tallahassee. Baljet said permits which now take six months to process in the state capital may now only average 30 days.

—The hiring of consulting engineers to travel the state to coordinate and oversee pollution control activities.

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Levin announced that a permanent successor would be named "within 15 days," and that the new post of deputy director would be filled at the same time.

Meanwhile, the board issued more than \$13 million in sewer loans Tuesday—the first loans awarded under the \$100 million revolving fund created by the Legislature last November.

The first loans went to Port St. Joe, \$4 million for a new regional sewer system; and to the Lochabatee River environmental control district.

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Dollar Daze

Latins Still Trust U.S. Currency

By WILLIAM GIANDONI
Copley News Service

Latin America generally considers the U.S. dollar almost as good as gold. Not quite, perhaps, but almost.

The dollar's trials and tribulations in Europe are the subject of lively discussion and some concern in Mexico City, San Paulo and other Latin financial centers.

The fact that speculators in Bonn or Geneva, London or Paris manage to beat the dollar down a few hundredths of a cent does not shake their confidence in the U.S. monetary unit too much.

Mexico, which boasts the stabiety of the currencies of the major Latin American nations, recognizes that the United States has serious economic problems, what with inflation, an imbalance in trade and payments and the threat of a new round of wage increases that will further compound already existing problems.

But Mexico, too, has suffered similarly over many years than the United States and yet has managed to maintain the dollar value of its peso unchanged since 1954.

The secret, Mexicans know, is confidence, confidence in one's country, and in its economy, and some self-disciplining.

And Mexico sees nothing seriously wrong with the U.S. economy.

As Treasury Minister Hugo Marjain suggested at a recent press conference, while inflationary pressures in the United States are as "grave" as in Europe, "the North American economy recovered abnormally between 1971 and 1972."

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Pollution Board Meetings Packed

By TOM RAUM
Associated Press Writer
TALLAHASSEE, Fla. (AP)—Some of the best shows in town these days are the public hearings held by the Florida Pollution Control Board.

They are almost as rowdy at times as Saturday night wrestling, and have been as well packed since the board realized a year ago that it was one of the most powerful units in state government.

The board derives its power from its ability to make rules. Anything that does, would or could affect Florida's air or water falls under its jurisdiction—and that takes in quite a bit of territory.

The board has been holding several public hearings a month. The latest one was only last week, and it lasted two days through more than 100 people who wanted to be heard.

A few years ago, when it didn't pass many rules and consequently wasn't so controversial, the board was able to comfortably hold its hearings in a medium-sized conference room in a rented office suite in a Tallahassee bank.

But last week even that large auditorium was almost at standing room only capacity, jammed with two natural antagonists: environmentalists and developers. Subject was a proposed rule on wetlands draining.

Now public hearings are held in the Jackson Building auditorium, two blocks south of the Capitol.

But last week even that large auditorium was almost at standing room only capacity, jammed with two natural antagonists: environmentalists and developers. Subject was a proposed rule on wetlands draining.

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SPECIAL BADGE was given to young Danny Johnson, 11, of Scout Troop 565 of Deltona, for swimming a mile, last Sunday. Court of Honor was held in the United Methodist Church hall Tuesday.

(Charles Edwards Photo)

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Sanford Sets Annexation Hearing

By BOB LLOYD
Sanford city commissioners have set a Feb. 26 public hearing to consider annexing approximately 300 acres of land north and south of S-46A at the city's western edge. Large single ownership tract to be considered is the city-owned Mayfair Golf and Country Club. The hearing was set on a motion by Commissioner A. McClanahan. The motion passed without a dissenting vote.

Included in the proposed annexation area is the city-owned Mayfair Elementary School on Villen Road, Upsala Presbyterian Church at Country Club and Upsala Roads and the Cleveland-Tooke orange groves that straddle Country Club Road at the south end of Mayfair Golf and Country Club.

Officials said a signed annexation petition has yet to be received from the District School Board on the Mayfair School tract but that the school board has approved the city about providing fire protection.

Key to the annexation is that the area would be contiguous to the present city limits at Sections Three and Four of A. K. Shoemaker Jr.'s Idylwild subdivision. These sections were annexed by the city in 1968.

Thomas and Merrill propose 125 deluxe townhouses for the tract and the Sanford Zoning and Planning Commission has indicated it would recommend townhouse zoning with gross density of seven to nine units an acre if the tract is annexed.

Howay McNulty and John Pierce, who lease the Mayfair Golf and Country Club, already have told city commissioners they're not opposed to the city annexing its own property "at the proper time." But McNulty and Pierce say they think now is "bad timing."

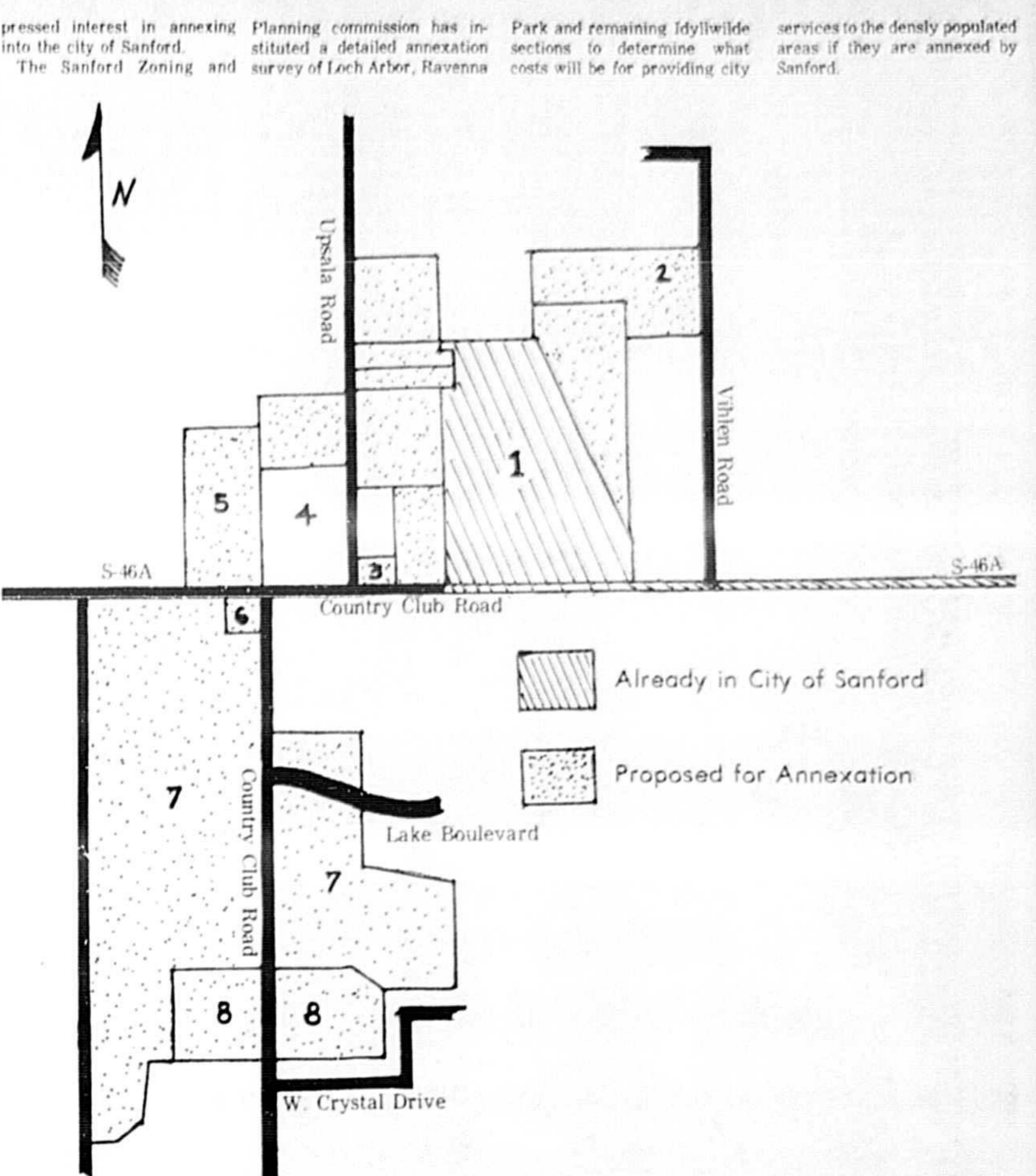
McNulty said the pending annexation would be "arbitrary taxation" and unfair since the leaseholders find it not economically feasible for them to come into the city at this time.

Deputy Fred Johnson arrested Hilbert Posley, 17, of Box 3023, Brisson Avenue and 21st Street, on charges of breaking and entering, with intent to commit a felony. Johnson reportedly caught the man inside a house on Sipes Avenue. Det. Sgt. John Wright Jr. is also investigating.

Shade Boling Jr., 2265 King Johns Court, of Republican Van Lines, 115 Atlantic Boulevard, Maitland, reported the theft of moving equipment valued at over \$618. Deputy P. J. Higgins said the items were taken from a moving van.

Among other use suggestions are these from a parents group at Crooms, who proposed the present school administration office be switched to the Crooms High School in downtown Sanford school office and by delaying the start of one of the seven new schools proposed for Seminole High School in Crooms High School.

These proposals and others may be forthcoming tonight depending on what back-of-the-scenes moves have been made by certain principals involved.



SANFORD CITY Commission has or is seeking annexation petitions from owners of approximately 300 acres of land north and south of S-46A near Mayfair Golf and Country Club at the city's western edge. Designated on the above map by numbers are: (1) Sections of Idylwild Elementary already in city, (2) Idylwild Elementary School, (3) Upsala Presbyterian Church, (4) Tee And Green Subdivision, (5) Proposed Merrill-Thomas townhouse sites, (6) City's main water plant, (7) Mayfair Golf and Country Club (owned by the city) and (8) Cleveland-Tooke Orange Groves. Commissioners have set a public hearing to consider annexing the area Feb. 26 at City Hall.

\$30,000 Theft Told To Sheriff's Dept.

By GARY TAYLOR
Sheriff's Det. Tom Hennigan is investigating the theft of \$30,000 in certificates of deposit, from the office of St. John's Village Apartments, Fern Park, after James W. Bradshaw reported the theft to Deputy C. B. Littleton. The money and certificates were taken after the front door was pried open.

Tommy Thompson, 811-B Second Street, Altamonte Springs, reported the theft of a 65 horsepower boat motor from the Cobra Boat plant of Sanford Avenue south of Sanford. According to Deputy R. E. Pritchard's report, the motor was valued at \$1,150.

Sandra J. Alexander, 3616 Datura Court, Winter Park, told Deputy George F. Hagood that someone stole stereo equipment worth \$715 from her residence.

Sneak Thief Takes \$ From Traveler

By GARY TAYLOR
Sanford Police are investigating the theft of \$1,100 in \$100 bills from a motor home owned by Art Chizum, 54 of Osceola, Indiana. The man told Patrolman Raymond Bennett that he was stopped at the Highway Oil Company Service Station, 2425 French Avenue, when someone entered the vehicle and took the money from a zipper bag.

Bennett said over \$200 was left in the bag, including another \$100 bill. Investigation has been turned over to the detective division.

Two Midway juveniles, 12 and eight years of age, were arrested in connection with the theft of a 1972 Ford pickup truck after it was recovered by Det. L. William Lykens at 24th Place and French Avenue.

Wilson Halberne Smith, Satellite Beach, had earlier reported the truck taken from the Winn Dixie Parking lot, 419 East First Street, Sanford. The theft occurred about 9:35 p.m. last night, according to Patrolman Lewis Combs' report.

A 10-speed bicycle worth \$104.45 belonging to Owen Zipperer, Number 10, Cowart Moughton Terrace, was reportedly taken from Sanford Middle School.

Mary Miller, Number Six, Seminole Garden Apartments, reported the theft of two pairs of trousers worth \$56 from her apartment, according to Patrolman Joe Dillard's report.

Charles V. Lack, 607 Mimosa Terrace, Sanford, reported the theft of a tape recorder worth \$40 from a car while it was parked between Magnolia and Palmstone Avenues on Second Street.

Bert Gallagher reported the theft of a minibus worth \$100 from the carport at 205 St. Drive.

Food Price Increase Expected This Year

WASHINGTON (AP)—The Agriculture Department forecasts a 6 per cent increase in food prices this year, the biggest increase since 1951 when prices rose 11 per cent.

The 1972 increase was 4.3 per cent.

Meat prices are a major factor in the outlook for 1973, said a report Tuesday by Hazel Gale, a food economist with the department.

"The acceleration in economic activity is pushing up the demand for red meats, especially beef, and together with cyclically short supplies of pork has again raised meat prices to record levels," the report said.

Gale said most of the over-all increase in food prices has already occurred. He estimated that food costs were up 8 per cent in January and February, although monthly fluctuations during this year, she should make the over-all increase about 6 per cent.

"By spring," he said, "the pace may ease as meat supplies increase above a year earlier."

Besides red meat, the report said prices for eggs and poultry also are increasing. Prices are rising "less rapidly" for crop-related foods.

Revenue Sharing Ending For Small Cities

By DONNA ESTES
LONGWOOD—Some 200 cities in Florida within a year are going to be "on the short end of the stick" as far as federal revenue sharing funds are concerned, Logan Browning, this city's fiscal agent, predicted at work session of city council last night.

Pointing to a number of "bookers" and "hug-a-bugs" in both state and federal revenue sharing, Browning presented a proposal of items he will do in a one-year program at a maximum fee of \$7,500. "It is most important to get your house in order so that the feds or state guys will be happy," Browning told the council.

The fiscal advisor said \$7,500 fee he will cooperate with the city attorney on the proposed new city charter to see that it complies "with some things the federal government would like you to have in there."

He said he would assist with writing, personnel procedures and job classification, review the present organizational structure, record how "Uncle" would like to see the structure, assist in federal grant applications.

Browning said he would do as much as possible to be paid from federal grants and the bulk of the work will be done in 90 days with all completed by end of the fiscal year. But "the feds from us on coming in to get us a fee," Browning said.

The fiscal agent in answer to a question said he also does work for the cities of Winter Springs and Altamonte Springs and "hope to be doing some work in Sanford before too long."

Crooms Future Tonight

By BILL SCOTT
Seminole School Supt. William Layer is expected to make his recommendation tonight on the future of Crooms High School, a Sanford ninth grade facility, which was partially burned a month ago, at the School Board's 7:30 p.m. session to be held at the general offices.

Layer declined to disclose his views on what would be the best use for the school, long a sore point in the eyes of the public and parents for its dilapidated condition, but several suggestions have been proposed by several educators, including Jean Bryant, School Board vice chairman.

Mrs. Bryant two weeks ago, after noting the costs of rebuilding the administrative area and classrooms, which were destroyed in the fire, suggested an addition to Seminole High School to accommodate the 800 Crooms students, who could be transferred. Then, she proposed, a needed vocational school could utilize the remaining school campus.

Among other use suggestions are these from a parents group at Crooms, who proposed the present school administration office be switched to the Crooms High School in downtown Sanford school office and by delaying the start of one of the seven new schools proposed for Seminole High School in Crooms High School.

These proposals and others may be forthcoming tonight depending on what back-of-the-scenes moves have been made by certain principals involved.

Panel Votes Double Salary

By MARION BETHA
ALTAMONTE SPRINGS—It's official—with action taken yesterday by City Council their salaries were doubled and that of the mayor increased \$5,500. The ordinance granting the increments passed on second and final reading.

Council will now receive a boost of from \$1,800 annually to \$3,600 and the mayor's salary escalates from \$12,000 annually to \$17,500.

Two area residents, who precipitated a hassle over the issue last week were again present. Jim Toombs last week advised council they should hire a part-time mayor and full-time city manager, with the latter to be remunerated in the amount of \$17,000-\$20,000 annually. The mayor, Toombs, suggested, should be paid \$2,400 to \$3,000 yearly. Toombs opined the salaries proposed by council were out of line in a 100 per cent increase when the city's police received an eight per cent increase.

Col. Norman Campion suggested council hire an advisory staff, and that with the salaries of council doubled he envisioned people seeking the position for the money instead of prestige. Toombs and Col. Campion attempted to inject comment on the issue yesterday before the vote of council, but were silenced by Mayor Swofford who told them they could make no comment. The mayor added he is resuming his policy of those wishing to address council first being placed on the agenda, although he had permitted comment last week. However, he added, "we don't get anywhere with extraneous comments."

In another matter, City Attorney S. J. Davis Jr., was requested to prepare a draft to amend the city charter to include a plurality vote as opposed to a majority vote, in elections.

Also to be included in the charter amendment, to be presented to the Seminole legislative delegation, is a change of municipal election date to concur with state and federal elections.

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GRAMKOW FUNERAL HOME
1516 East Alhambra Blvd.
FROM TRAFFIC SIGNAL ON HIGHWAY 17 W.

Started 47 Years Ago

Black History Week Being Celebrated



By MARVA V. HAWKINS 222-5415

Black History Week is Feb. 11-17.

This national celebration of Black History Week started in 1926, some 47 years ago when Dr. Carter G. Woodson, director for the Association for the Study of Negro Life and History, first proclaimed the annual event.

Short periods devoted to public exercises to emphasize the salient facts of history influenced by Blacks were presented. This step was regarded as timely, and the enlightened public warmly responded to the proclamation of the observance. The effort was widely supported by schools, churches and clubs

among Negroes and the movement gradually found support among institutions of other races in America and abroad. Today the celebration enjoys widespread participation.

The observance comes each year about the second Sunday in February and the objective being to select a week which will include both Feb. 12 and 14, Negro History Week is meant to embrace the birthdays of both Abraham Lincoln and Frederick Douglass, in the latter case the date that Douglass calculated must have been his natal day.

Test your Black History IQ. Do you know who wrote the following? (1) Many thousand gone, delete (3) The Fire Next Time, (4) Black Bourgeoisie (5) Invisible Man, (6) If He Hollers Let Him Go, (7) The Dutchman, (8) Before the Mayflower, (9) We Have Tomorrow, (10) Manchild in the Promised Land, (11) And Then We Heard The Thunder, (12) Knock On Any Door, (13) Libretto for the Republic of Liberia, (14) Up from Slavery, (15) Little Brown Baby, (16) This is My Country Took (17) The Negro In America (18) The Soul Brothers and Sister Lou, (19) The Learning Tree, (20) Go Tell It on the Mountain. If your Black History IQ on these titles was below 90 per cent, look in Sundays edition for the answers.

The Seminole Chapter of the National Association for the Advancement of Colored People held its quarterly meeting Sunday at Allen Chapel AME Church with keynote speaker Otis Williams, recently elected state president of the NAACP from Lakeland. His theme, "Liberty is best preserved when achieved by diligent labors."

Local officers of the NAACP are: Rev. James Hannans, President; Rev. J.E. Connelly, 1st Vice President; Rev. James Browdy, 2nd Vice President; Jessie Smith, 3rd Vice President; Mrs. Faye Williams, Secretary and John Lawson, Treasurer. Executive Board meetings are held second and fourth Saturdays of each month at 8 p.m. at Allen Chapel AME Church, Olive Ave. and 12th Street.

Grant Chapel AME Church of Oviedo invites all to worship with them Sunday Feb. 18, 1973 at Homecoming Services. At 11 a.m. Agnes A. Edwards, Bartow, a member of Zeta Phi Beta Sorority, will be the featured speaker.

At 4 p.m. the homecoming message will be delivered by Rev. F. R. Satchel, pastor of Mt. Zion AME Church, Jacksonville and a former pastor of Grant Chapel. Homecoming committee includes Lillian Hannans,

Chairman; Mae F. Muller, Ruby Cashe, Marion Chestnut, W.L. Hamilton and Rev. James E. Hannans, Minister.

Installation services for the new pastor of New Mount Baptist Church, Remarks by President of Auxiliary Eudell Richards and closing remarks by Pastor Rev. R. T. Williams.

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AMVET AUXILIARY guests at Sunday's anniversary celebration held at the St. John's Missionary Baptist Church were: from left, Rev. R. T. Williams, Mrs. Louise B. Smith and Deacon Tommie L. Jenkins.



AUXILIARY members posed for pictures at Sunday's anniversary of the AMVET auxiliary held at the St. John's Missionary Baptist Church in Sanford.

Isiah Walker celebrated his 78th birthday Saturday with Sheila and Trina Walker, Rene Stephens, Latonya Gipson, Jackie Miller, Dawn Denise Debose, Henry Bryant, Dena Debose and Dexter Jones joining in the birthday fun.

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College Freshmen Less Militant Now

By TERRY RYAN WASHINGTON (AP) — This year's college freshmen describe themselves as more

middle-of-the-road politically and more interested in academic success than their predecessors, says a nationwide survey

by the American Council on Education.

Seminole High Inducts 11 New FBA Leaders

Future Business Leaders of America, Chapter 4809 of Seminole High School, received 11 new members at their annual induction ceremony Monday night in the Little Theater of the school under the leadership of Cathy Smith, president, and Jean Nolan, vice president.

Mrs. S. Ming of the Florida State Employment Service of Seminole County, was guest speaker, and Mother Ruby Wilson of The Good Samaritan Home in Sanford gave the invocation. Principal Jack

holding spoke words of encouragement to the group. The chapter which is observing National FBLA Week, Feb. 11-17, began its celebration by attending the Dist. V Leadership Conference at Valencia Junior College on Saturday. Ann Hicks, who participated in the senior clerk-typist contest for which she received a Florida State Chapter Certificate, has an opportunity to represent Seminole High in the state competition in Miami.



HIGHLIGHT of Future Business Leaders of America Week for Seminole High School Chapter 4809 was the induction of 11 new members Monday night. Officers are left to right, Kathy Smith, president, Belinda Burgess, secretary; Jean Nolan, vice president; and Sandi Crowover, chaplain. (Staff Photo)

Seminole Calendar

- Feb. 11 - Ohio Club of Deltona, 5 p.m. Bring covered dish, table service and your baby picture.
- Feb. 15 - Seminole County Life Underwriters monthly meeting at noon at the Hofbrau House. Speaker is Rev. Jack Lindsey.
- Feb. 16 - Lyman High School Boosters Club general meeting, 8 p.m., school cafeteria.
- Feb. 17 - Spaghetti supper, 5-7 p.m., Congregational Christian Church, Park Ave. and 24th St.
- Feb. 18 - Dusty Boots Riding Assn. Inc. horse show, 11 a.m., Dusty Boots Arena, Airport Boulevard. Spectators free.
- Feb. 19 - Sanford AI-Anon Group meets 8 p.m., All-Soul Church, 718 South Oak Ave., Sanford.
- Feb. 20 - Sanford Tourist and Shell Club will have a covered dish supper at 6 p.m. at the club house on the lakefront.
- Feb. 20 - Second Course in re-examination for drivers license, starts 12:30 p.m. at Civic Center Instructor Bill Payne, co-sponsored by Seminole Junior College and Senior Citizens Club. Club members bring bag lunch at 11:30 a.m. No charge — anyone allowed to attend.
- Feb. 20 - Sanford Lions Club meets at the House of Steaks School Supt. William Layer will speak on the need for a four mill school tax.

Nixon Is Violating Law-Pepper

MIAMI (AP)—President Nixon is violating the U.S. Constitution whenever he blocks federal spending authorized by Congress, U.S. Rep. Claude Pepper says.

Pepper, a Democrat from Miami, told a local political club Tuesday that one provision in the Constitution says the President must abide by and enforce the laws of the land, Pepper said.

He said that when an appropriation bill is passed by Congress it becomes a law and should be observed by the President, despite will-meaning desires to decrease federal spending.



BANDMASTER W. J. Merkerson is shown practicing with his South Seminole Middle School beginner band in preparation for their concert (today) Feb. 14 at 7 p.m. They will present a variety of selections. There are approximately 108 students involved in this event. (Marilyn Gordon Photo)

'Changed' President Has A Busy Tuesday

By FRANK CORBIER Associated Press Writer WASHINGTON (AP) —

Nothing like it had been seen around the White House since the days of Lyndon Johnson. There was Richard Nixon repeatedly bobbing into view to make small talk and hug news.

save closest aides, friends and relatives? White House reporters could only surmise that the dramatic return of the first American war prisoners from Vietnamese cells had triggered an unparalleled display of spontaneous Nixonian "combustion."

Before Tuesday had ended, the President and members of his family even walked three blocks through downtown Washington to dine in a Polynesian restaurant. The stroll capped a busy day. What happened to this man so often described a few weeks ago as a hermit, shut off from all

One example of Tuesday's "new Nixon" in action came shortly after 1 p.m. when many reporters were out to lunch.

Such sessions customarily are as dull as the label implies. The chief executive talks inaudibly with his guests while cameras click and whir.

This time Nixon loudly kidded himself about being right in style because the fledgling enemy's trousers were cutless. Displaying the fact that might be expected of an ambassador, Humfeld suggested Nixon's cufflinks were back in vogue and his own were deflated.

About to return to his Oval Office, Nixon paused and, seemingly as an afterthought, disclosed to the few reporters present that the United States had negotiated an antihijacking agreement with Cuba.

Only a very small group of session was present. Colleagues accustomed to endless "picture opportunities" were startled as the executives charged toward telephones to file bulletin stories.

There had been a problem earlier over whether the agreement should be retroactive, which would mean some Cuban refugees now in the United States could be sent back.

Antihijacking Pact Expected This Week

By KENNETH J. FRIED Associated Press Writer WASHINGTON (AP) —

The United States and Cuba are expected to sign an antihijacking pact by the end of this week, it has been learned.

The official time frame was put at a "few days" by Secretary of State William P. Rogers in Miami Beach, Fla., Tuesday night. But it is understood this means by Saturday at the latest.

Only minor details remain to be worked out. They concern such matters as arranging for the signing and exchanging of texts, and officials say there is no chance of a breakdown over these procedural matters.

Even though high administration officials from President Nixon on down through Rogers have acknowledged an agreement has been reached, no one



appearing in The Sanford Herald are available to you in 8x10 reprint size for \$3. DIAL 322-2611 or 831-9993

Nation Cuts Ties With Old Ideology

By JOHN CUNIFF AP Business Analyst NEW YORK (AP) —

Many economists believe that, in the past 18 months of dollar crises, the nation has cut ties with the past and with old ideology and maybe severed the ties that made it a dragging giant.

The past was the post-World War II world in which the United States served as banker, protector and teacher of the non-Communist nations.

Added to this was the U.S. softening as an antagonist, a leftover belief that was exploded during the late 1960s, when the nation sought social uplift at home and a war abroad without higher taxes. Inflation soon raged.

dedicated to free enterprise. The ankle iron that hobbled this nation as the crisis peaked was the growing international payments deficit.

Peel off the outer layer of almost any international economic problem in recent years, and you'll find the U.S. payments deficit at the core, ranking and souring economic, political and even social relations.

It was the major element in Monday night's 10 per cent dollar devaluation.

The deficit, or dollar outflow, fueled inflation abroad. And, because so many dollars were available, they became less desirable to hold. They were considered overpriced, so those who held them got rid of them for stronger currencies.

If they had been returned to the United States in payment for American goods, there wouldn't have been a problem.

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It has over 7,000 illustrations—including a full-color World Atlas. It's bound in sturdy, elegant covers to resist the ravages of time and children.

It's not only thoroughly up-to-date, but provisions have been made for you to keep it that way. Funk & Wagnalls publishes annual yearbooks which you can buy to keep your set as new as it is now.

It's written in clear, simple English. The Funk & Wagnalls is a family encyclopedia. It's designed to help children keep up with schoolwork, and parents keep up with theirs.

And it contains as many indexed entries as encyclopedias costing hundreds of dollars more.

In fact, the only thing you don't get with the Funk & Wagnalls is a salesman. It's sold direct to you through us.

So come in and try a little low-pressure salesmanship on yourself. If the salesman in you wins, the consumer in you will be richer for it.

Hospital Notes

ADMISSIONS

- SANFORD: Ada A. Doe, John Noll, Edwina C. Dykes, Gertrude Welton, M.D., Jewel D. Simmons, Joan Eads, Linda M. Cohen, Kathleen VanMeter, Louis D. Hilden, Mary Freney, Ossie Lee Faison, Jr., Randall Lee Morgan, James Davis, Carolyn Smith, Appoka Elsie H. Gebert, DeBary Wakefield Dort, DeBary Mary S. Williams, Deltona William C. Werge, Deltona Mary Lou Kontner, Deltona Morris H. McGhee, DeLand Edline A. Johns, DeLand Dewey B. Rowan, Enterprise Nancy L. Selph, Osteen Barbara Chambers, Oviedo

BIRTHS

Mr. & Mrs. Richard (Linda) Cohen a baby boy, Sanford

DISCHARGES

SANFORD: Victor J. Corley, Cynthia M. Taylor, Lucille S. Wright, DeLand Cheryl A. Smith, Billy L. Geck

State Roads Receiving New Lines

TALLAHASSEE, Fla. (AP)—All state two-lane roads have been repainted with a yellow center line to bring Florida into compliance with new national traffic control regulations, the state Department of Transportation (DOT) said Tuesday.

DOT reported that 8,817 miles of the two-way roads were restriped by the department's 10 paint striping machines, spending out 6,170 gallons of paint and about 185 tons of light-reflecting glass beads.

GILLETTE TECHMATIC BAND BLADES
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ALL VEGETABLE SHORTENING CRISCO
3 68¢
 SAVE 21¢
 LB. CAN

STAR-KIST LIGHT CHUNK TUNA
3 \$1
 SAVE 35¢
 6 1/2-oz. CANS

CLOSE-UP TOOTH-PASTE
77¢
 4.5-oz. TUBE

VITALIS DRY CONTROL HAIR SPRAY
\$1.09
 7-oz. SIZE

DEODORANT RIGHT GUARD
83¢
 4-oz. SIZE

ASTOR ALL PURPOSE Shortening
3 48¢
 SAVE 21¢
 LB. CAN

BLUE BAY TUNA
3 88¢
 SAVE 29¢
 6 1/2-oz. CANS

Ziploc Bags 45¢
 Handi-Wrap 39¢
 Whole Kernel Corn 39¢
 Dixie Cups 72¢
 Green Beans \$1.00
 Sweet Peas 41¢
 Detergent 93¢
 Ajax Detergent 93¢
 Hydrox Cookies 55¢
 Creme Sandwich 39¢
 Vanilla Pudding 35¢
 Lemon Pudding 35¢
 BEER 79¢

Apple Jelly 38¢
Dog Food \$2.99
Arrow Bleach 39¢
Salad Dressing \$1.00
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COMING TO TOWN

CREAMETTES

Low-Fat Diet Lowers Chance Of Heart Attack

Many healthy persons may unknowingly be increasing their risk of heart attack by eating a typical American diet... one which is high in cholesterol and saturated fats. Moderate changes in your diet can help reduce this risk.

On a low-fat diet, you may eat any fruit and vegetables you wish. Olives and avocados, however, are very high in fat calories, so they should be used in moderation. Be sure to include at least one citrus fruit and yellow or leafy green vegetable daily. In this regard, the following recipes should add considerable variety to your meals, and at the same time lower your total intake of cholesterol and saturated fats.

STUFFED ACORN SQUASH
2 acorn squash, cut in half
1 cup unsweetened applesauce
4 teaspoons brown sugar
4 teaspoons polyunsaturated oil
Cinnamon

Place squash halves cut side down in shallow baking pan. Cover bottom with water. Bake at 400 degrees for 50-60 minutes or until tender. Turn squash over. Fill each cavity with applesauce and brown sugar. Sprinkle with oil and cinnamon. Continue baking until applesauce is bubbly, about 15-20 minutes. Makes 4 servings.

SEASONED BROCCOLI
1 (1-pound) bunch fresh broccoli, or 1 (10-ounce) package frozen broccoli
1 Tablespoon polyunsaturated oil
1/4 teaspoon dry mustard
Salt and pepper as desired
2 Tablespoons water
1/4 teaspoon dill seed

If using fresh broccoli, trim and wash, but do not dry. Measure oil into a saucepan or skillet with a tight-fitting cover. Add broccoli, dry mustard, dill, salt, pepper, and water; cover. Cook over medium to low heat 10 to 15 minutes, or until tender, separating frozen vegetables with a fork during first few minutes of cooking. Shake covered pan several times to prevent sticking. Makes 3 servings.

Grape-Orange Topper

By ALLEN CLAIRE
NEA Food Editor

The surge for ice cream continues throughout North America and leads to all kinds of tasty experimentation. For example, what about a topping with a tantalizing twist? One such is a Grape-Orange Sauce that's something different.

GRAPE-ORANGE SAUCE FOR ICE CREAM
1/4 cup butter or margarine
2 tablespoons flour
1/4 cup granulated sugar
1 (6 ounce) can frozen concentrated orange juice, thawed
1 1/2 cups water
2 cups halved and seeded red grapes
Vanilla ice cream

Melt butter in saucepan over low heat. Blend flour and sugar into butter. Gradually blend orange juice and water into mixture. Stir over low heat until sauce bubbles and thickens. Cool. Add grapes and chill. Spoon sauce over servings of vanilla ice cream. Makes about 1 quart sauce.

COMPANY SUPPER
Curried Shrimp Rice
Barbara Kellogg's Chocolate Macaroni Dessert

Barbara Kellogg's CHOCOLATE MACARONI DESSERT

This is rich so small portions are in order.
1 package (6 ounces) semi-sweet chocolate pieces (1 cup)
1 container (8 ounces) commercial sour cream
1/3 cup confectioner's sugar
Pinch of salt
1 tablespoon rum
1 cup fine dry macaroni crumbs

Melt chocolate over very low heat or hot water; add sour cream, sugar, salt, rum and macaroni crumbs; with wire whisk mix well. Turn into an ice-cube tray or paper cupcake cases and freeze. Before serving, thaw, but serve chilled. Makes 6 servings.

FANCY GREEN BEANS
1 package (9 ounces) frozen French-style green beans
1/4 cup finely chopped celery
1/4 cup finely chopped onion
2 tablespoons chopped pimiento
1 tablespoon vinegar
1 tablespoon polyunsaturated oil
1/4 teaspoon dill seed
1/4 teaspoon pepper
1 tablespoon water

Measure oil, water, and salt into saucepan; add frozen beans. Cook over low heat, stirring often with a fork to separate beans. Cover and cook until tender. (Add water if needed.) Add remaining ingredients, toss lightly and heat. (Celery and onion will be crisp.) Makes 4 servings.

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Plan Daily Meals Around Four Food Groups

Copley News Service Food is health. Your good heart's health. To keep your these basic four food groups: (1) SKIM MILK PRODUCTS: 3 to 4 glasses - children and teen-agers 2 or more glasses - adults low fat cheese and yogurt and other skim milk foods can supply part of the milk (2) PROTEIN FOODS: 2 servings Lean meat, fish, poultry, or low fat cheese - with old-fashioned peanut butter, dry beans, peas, nuts as alternates (3) VEGETABLES & FRUITS: 4 or more servings Include leafy, dark green or yellow vegetables; citrus fruit or tomatoes (4) BREADS, CEREALS AND STARCHES: 4 or more servings Enriched, whole grain or restored

GUIDE TO DAILY MENU PLAN

BREAKFAST:
Cereal, fruit or juice
Egg - limit 3 times a week for men, teen-age boys and older women; 1 egg a day for children and young women
Cereal, toast and polyunsaturated margarine
Coffee, tea or skim milk

LUNCH:
Lean meat, fish, poultry or low fat cheese (dried beans, peas, or old-fashioned peanut butter may be used)
Vegetable and/or salad
Breads, and/or starchy vegetable
Fruit and Skim Milk
Tea or coffee (if desired)

DINNER:
Lean meat, fish, poultry or low fat cheese
Green or yellow vegetable and salad (or two vegetables)
Breads and/or starchy vegetable
Fruit or dessert (if desired, or as a snack)
Skim milk, tea or coffee
Note: Polyunsaturated fats and sugars provide additional calories for energy if weight permits.

To make the point that it is not necessary to make every meal complicated, try these delicious luncheon or supper dishes which can be used to furnish the protein, the vegetables and the starch. Just add fruit for dessert and skim milk or tea as the beverage to complete the requirements for a complete, adequate meal.

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"FRESH" CORN-FED PORK (FAMILY-PAK) PORK CHOPS **88¢** LB.

GRANNY'S "FRESH" HOMEMADE OLD-FASHION PORK SAUSAGE **88¢** LB.

"FRESH" HOMEMADE ITALIAN SAUSAGE **88¢** LB.

LYKE'S SLICED BOLOGNA **79¢** LB. PKG.

LYKE'S "SUGAR-CREEK" WIENERS 12 OZ. PKG. **69¢**

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"LOG CABIN" SYRUP... 24 OZ. (PITCHER PAK) **79¢**

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Creamettes

MACARONI

People Must Eat Properly

By Lawrence Lamb, M.D.

Food has always been a necessary preoccupation of man. The body changes very slowly, too slowly to keep pace with the sweeping and sudden changes in our environment and food supply made possible by modern technology. There is abundant evidence that we could enjoy better health if we would eat more of nature's unadulterated foods.

After a quarter century of research concerning the influence of the diet in causing heart and vascular disease, for example, the real thrust of the dietary recommendations is to return to more natural ways of eating.

Many factors besides diet can be beneficial to health, of course—such factors as exercise, the cessation of

unhealthy habits like smoking, hormones and other medicines. But the simple truth is that within the framework of modern society one of the best and most effective ways to improve health is to learn to eat properly. That is what my new book — "What You Need to Know About Food and Cooking for Health" — is all about.

In order to eat properly you will need to know some basic facts about food, which are not always easy to obtain. In writing my food book I learned a great deal, even though I have been concerned about diet and heart disease for over 20 years.

It does make a difference which piece of chicken you eat. Whether or not you eat the skin is important. Many

so-called "low-fat" foods aren't low in fat at all. About one third of the calories in "low-fat" milk is from fat. Over 20 per cent of the calories in black raspberries is from fat. Some so-called low-fat foods are simply low-calorie foods, and a large proportion of their calories often come from fat.

It also is essential to learn the true breakdown in total calories for a recipe, protein in calories, carbohydrate in calories, fat in calories, saturated fat in calories



BAKED GOLDEN DELICIOUS APPLES — They're utterly delectable served with pork chops and pork sausage links.

Try Apples With Fresh Baked Pork

By CECILY BROWNSTONE, Associated Press Food Editor

Have you ever tried baking or cooking Golden Delicious apples? We know that these apples are usually thought of as "eating" apples, and of course they are delectable served as is. But we find that they are also absolutely delicious when given other treatment — baking them in the oven or cooking them on top of the range brings out their delicate individuality.

If you try the following recipe you may wish to serve these Baked Golden Delicious Apples with pan-fried or broiled pork chops and crusty brown pork sausage links as we suggest.

But if this doesn't fit into your menu, don't hesitate to offer the apples for dessert; this way we like them served with a soft custard sauce.

Pare about 2 inches of peel from stem end. Place apples in a rectangular baking dish into which they fit with a little space between them.

Fill each cavity with the sugar and dot with the butter. Sprinkle lightly with salt and cinnamon. Pour water around apples.

Bake uncovered in a pre-heated 375-degree oven until tender — 45 minutes to 1 hour, depending on size; apples should feel soft when fork tines are inserted but they should not lose their shape; baste several times during baking.

Serve with pork chops and link-style pork sausages. If you like you can top each apple with a little cream cheese whipped with a little Roquefort or blue cheese and garnish with parsley sprigs.

Makes 6 servings.

- BAKED GOLDEN DELICIOUS APPLES**
- 6 Golden Delicious apples
 - 1/2 cup sugar
 - 2 tablespoons butter
 - Salt
 - Cinnamon
 - 1/2 cup water
- Wash and core apples without cutting through blossom end.

- Four hundred recipes are given in the illustrated "Cecily Brownstone's Associated Press Cookbook" available by sending \$4.95 (check or money order made payable to "The Associated Press") to this newspaper care of AP C/O KROCK, Box G4, Teaneck, N.J. 07666.

Gourmet Green Bean Salad

- 1/4 cup salad oil
- 1 clove garlic, cut in half
- 1 1/2 cups bread cubes
- 2 quarts assorted Florida lettuce and salad greens, torn into bite-size pieces
- 2 cups Florida green beans (cut into 2-inch pieces), cooked and drained
- 1/2 cup blue cheese, crumbled
- 2 tablespoons salad oil
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons lime juice

beans. Sprinkle with cheese. Combine salad oil, Worcestershire sauce, salt and pepper; pour over salad mixture. Pour lime juice over all, toss.

Remove clove of garlic from salad oil. Pour garlic-flavored oil over toasted bread cubes, toss. Add bread cubes to salad and toss lightly.

Makes 6 servings.

Early in the day, place clove of garlic in 1/4 cup salad oil; set aside.

Preheat oven to 300° F. Toast bread cubes in shallow pan until golden, about 20 minutes, toss often with fork.

Just before serving, place greens in salad bowl. Add

means 1 column by 2 in. is checked or an ad to be noticed or effective? You're reading this one!

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ALLEY OOP by V. T. Hamlin

WHAT'RE WE GONNA DO ABOUT HIM, GUY? WELL, HE IS AN EMERGENCY FROM A FOREIGN COUNTRY. COOP. SO WHEN HE WAKES UP HE'S ENTITLED TO THE SAME HONOR COURTESY WEY SHOULD ANY VISITING DIPLOMAT!

CAMPUS CLATTER WITH BIMO BURNS by Larry Lewis

ARE YOU SURE YOU BELONG IN THIS CLASS, MISS SZENORIS? I GET THE IMPRESSION YOU DON'T UNDERSTAND ANALYTIC GEOMETRY AND CALCULUS!! WHY? JUST BECAUSE I NEED SOME HELP WITH MY TAKE-AWAYS?

PRISCILLA'S POP by Al Vermeer

LOOK AT ALL MY VALENTINES! IT'S FUN TO BE SO POPULAR! THEY'VE SENT THESE TO YOU, GIRL! WHO'S GOT THEM? IT'S WHO GETS THEM THAT COUNTS!

THE BADGE GUYS by Bowen & Schwarz

HABEUS CORPUS! CORPUS DELECTI. WHAT ARE YOU DOING, GADET HARPER? I ALWAYS LIKE TO TALK TO ATTORNEYS IN THEIR OWN LANGUAGE!

CAPTAIN EAST by Crooks & Lawrence

I WAS LIKE IN A FOG OR WET, AND I COULD HEAR DOGGERS VOICE SAYING "I'M BACK, I'M BACK, I'M BACK." POOR DEAR! BUT YOU MUST TAKE THESE BAD DREAMS TO DOGGERS.

FRANK AND ERNEST by Bob Thaves

HEY, ERNIE... DO WE ISSUE NO-FAULT HOMICIDE INSURANCE?

WINTHROP by Dick Cavalli

WE'RE FREEZING OUT HERE IF YOU HAD A HEART, YOU'D INVITE US IN TO KEEP WARM. THAT WOULD BE LIKE ASKING ATTILA THE HUN.

BLONDIE by Chic Young

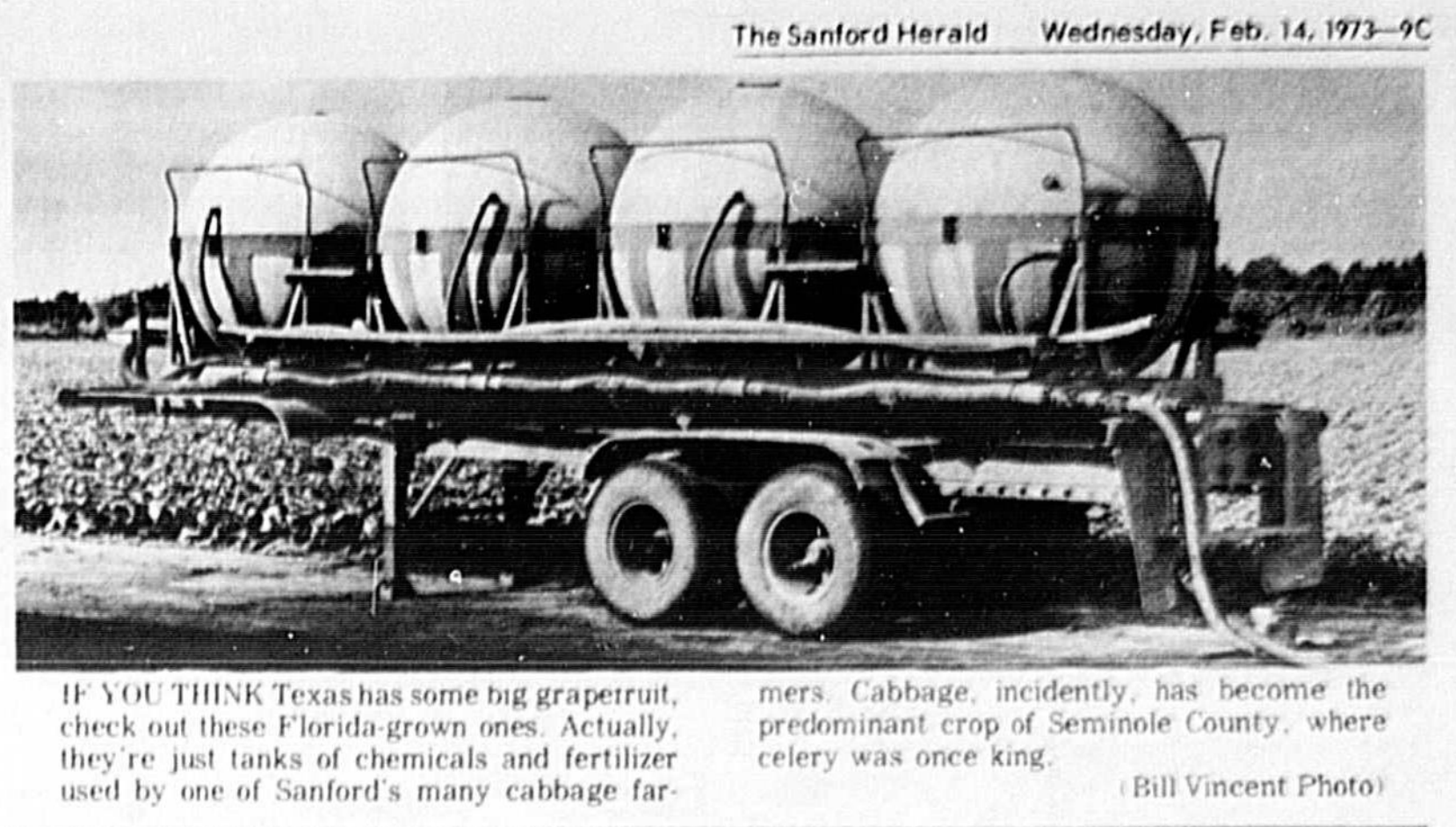
YOO-HOO, DAGWOOD, YOU FORGOT TO TELL ME YOU WERE HERE! NO DEAR, I DIDN'T FORGET, I'LL BE RIGHT UP THERE. I COULDN'T REMEMBER WHAT YOU WANTED, TO EAT BREAD WITH YOU AND A GLASS OF MILK.

BEELE BAILEY by Mort Walker

MISS BUNNY SURE HAS EVERYTHING IN THE RIGHT PLACE. HAY, HAVE YOU LOOKED IN THE FILE CABINETS LATELY?

THE PHANTOM by Lee Falk and Sv Barry

UNABLE TO HOLD UP THIS KING MAN'S FEET AFTER HE WAS CHOSEN FOR THE SINGLE TOFFEE NAME "ZORRO". THAT'S IT, I SAW THE NAME IN THE CHICKLETS.



IF YOU THINK Texas has some big grapefruit, check out these Florida-grown ones. Actually, they're just tanks of chemicals and fertilizer used by one of Sanford's many cabbage farmers. Cabbage, incidentally, has become the predominant crop of Seminole County, where celery was once king. (Bill Vincent Photo)

WORRY CLINIC by George W. Crane, Ph.D., M.D.

tipal's "heart" problem troubled scientists for centuries. Aristotle worried about it, too. And so did the philosopher Descartes. Discuss this in school today and see if you can prove Aristotle wrong. Modern college youth can hardly do so!

ARISTOTLE'S MISTAKE

That famous Greek philosopher, Aristotle, started this mistaken notion about the heart.

It has persisted ever since. For he carefully tried to locate the seat of the human soul or consciousness.

And he decided it certainly must be in touch with every square inch of our human anatomy.

Since he saw that our many blood vessels all lead to the heart, he figured that was the center of our soul.

Descartes finally went further and held that our soul couldn't be a twin, so it couldn't reside in the two hemispheres of the brain.

It must be located in a single organ inside the brain, was his theory.

So Descartes said the pineal gland, deep in the center of the brain, was the real seat of the human soul!

But mankind still enjoys Aristotle's diagnosis, so we have heart-shaped candy boxes on Valentine's Day.

And also stress the red color, typical of our life's blood.

But use your brain more than your heart when you pick a mate, so send for my 200-point "Tests for Sweethearts" enclosing a long stamped, return envelope plus 25 cents.

Unless your sweetheart rates "Superior" or "Very Superior," ship elsewhere if you want to avoid later divorce!

Congress To Review Free Mail Privilege

WASHINGTON — The House of Representatives is on the verge of reforming widespread abuse of its free mailing privilege known as franking.

The House Post Office and Civil Service Committee has scheduled three days of hearings beginning Feb. 20 to establish a full catalog of abuses and to hear congressmen's suggestions for reform.

These provisions whose sweeping provisions may have to be watered down to win passage, has been drafted by Rep. Morris Udall, D-Ariz., chairman of the special subcommittee that will conduct the hearings and a long-time advocate of franking reform.

The bill would prohibit such compromise abuses as making mailings to voters within 60 days of a primary or general election and using the frank to mail out biographical material.

These provisions tacitly acknowledge that most abuse is connected with a congressman's reelection campaign. Using the frank under the guise of "official business" has been a traditional way for congressmen to make a favorable impression on voters on the eve of an election — at a considerable saving in postage.

The Udall bill also would establish a special committee to review material intended for mailing under the frank and render advisory opinions on its frankability.

This would give congressmen a major degree of protection against later complaints from political opponents and other citizens charging abuse. Willful violations would result in action by the House Ethics Committee

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Senior Citizens Are Hit Hardest

By DONNA ESTES

No matter who or what is to blame for the 20 per cent increase in rents to take place for tenants of Bram Towers on April 1, many of the senior citizen residents have been left with the problem of either moving or stretching their already limited incomes even further.

As one of the tenants told The Herald this morning, "Where will I move to? Where will I find the additional money in my budget? How could costs of operating the parking lot have gone up more than 60 per cent?"

"Surely there must be inefficiency somewhere. It would seem when investments had been made by other groups, the organization which owns Bram Towers could have seen its operating budget was not adequate, if it wasn't," one indignant elderly tenant declared.

In a letter dated Feb. 12, Hawkins Connelly, administrator of Bram Towers, announced to the residents of the senior citizens' community, "By order of the Board of Directors and with great personal regret I must notify you that effective April 1st, we must adjust rents upwards (subject to the approval of the Commissioner, which has been requested).

"With the best intentions in the world (I am quite sure) the office of the Housing Commissioner, under whose jurisdiction we operate, projected a budget which was completely unrealistic. This projected budget was accepted by the Board of Directors on a 'wait and see' basis, bearing in mind the efforts to which they are committed to bring to our people the best of living conditions at the very minimum of expense. The past five months has proven conclusively that the inflationary conditions prevalent throughout the country did effect even a 'non-profit' organization. These inflationary conditions, together with an effective but expensive power program, have done us all in."

Connelly in the letter continued, "The Board is aware of the fact that this announcement will be tremendous disappointment and perhaps even a shock to many of you and it is hoped that you will believe that we have done what we could to avoid this raise in your rents. And I must add here, that my personal concern and disappointment has cost me much peace of mind and many hours of sleep."

"The rate increase will be 20 per cent on the apartments and, in addition to that, the parking fees will go to \$5 per month. Connelly, when contacted about the matter brought to the attention of The Herald by several residents, said:

(Cont'd on Pg. 2A Col. 1)

By Bram Towers Rent Increase

Economic Program Faces Increasing Union Doubt

By NEIL GILBRIDE AP Labor Writer

MIAMI BEACH, Fla. (AP) — Labor leaders voiced increasing resistance today to President Nixon's Phase 3 economic program, which continues a 5.5 per cent annual ceiling on wage hikes.

Paul Burnsky, president of the AFL-CIO Metal Trades Department, said he doubted that the federal wage guidelines would hold up in this year's coming big contract negotiations covering some 5 million workers.

The large union, the International Ladies Garment Workers Union, already has breached the Phase 3 wage guideline with a three-year contract providing an 8 per cent pay boost this year and 5 per cent more in each of the following two years.

President Louis Stulberger of the UAW said he expected trouble from Nixon's reorganized Cost of Living Council, which now allows wage hikes to go into effect without prior clearance until challenged by federal officials.

If other big unions follow suit, it could set off a labor stampede for wage increases above the federal limit, union officials said.

They urged Congress not to renew Nixon's authority to control wages and prices when the present law expires April 30.

That would remove what Nixon has described as his "stick in the closet" to use against unions or companies that try to exceed Phase 3 limits.

The Sanford Herald

Thursday, February 15, 1973—Sanford, Florida 32771
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White House Checking On Vietnam Aid



By John A. Spolski

WASHINGTON (AP) — The White House reportedly is consulting leaders of Congress to determine how strongly postwar financial aid for North Vietnam is opposed on Capitol Hill.

A Republican leadership source disclosed the consultations Wednesday as the White House and Hanoi announced a joint economic commission to consider U.S. reconstruction aid for the North.

Congress has made clear it is in no mood to consider aid for Hanoi now. But the source indicated the White House is trying to find out what congressmen would consider approving after peace is established and all American POWs are returned, and the missing are accounted for.

Rep. H.R. Gross, R-Iowa, said the commission is "the conduit for the handout" and added, "I'm opposed to paying them anything."

Chairman George H. Mahon, D-Tex., of the House Appropriations Committee, which would have to approve assistance money, says Congress would not approve it now but he would not speculate on what might happen later.

"This is a very bitter and disturbing thing for the American people," Mahon said. "I think everyone will want to tread very cautiously in this area and I certainly will."

State Department officials had suggested before the ceasefire that postwar U.S. aid for Hanoi over five years might be \$2.5 billion, part of \$7.5 billion for all of Indochina.

VA Plan Hits Vets; Nixon Orders Halt



FARMERS NEED IT: NEWSPAPERS, TOO! (chance to dress-up front page)

WASHINGTON (AP)—On President Nixon's orders, the Veterans Administration Wednesday withdrew a proposal that critics said would have cost disabled Vietnam-era military men millions of dollars in government aid.

Informed sources said a high-ranking Veterans Administration official was fired because of his role in overseeing the proposed revision of disability ratings.

The VA official, chief benefits director Olney B. Owen, was not available for comment.

Y-28 (Nixon) rescinded the disability-rating changes after Republican and Democratic critics in Congress denounced it as a slap at the Vietnam wounded.

The original VA proposal would have changed monthly payments and other fringe benefits for soldiers who suffered physical and mental disabilities while in service.

For example, monthly benefits for a soldier who lost a leg would have decreased a minimum of \$109. He and his family could have had total benefits reduced from a maximum \$6,740 a year to \$1,272.

But the plan would have raised benefits in some categories, especially for psychiatric disabilities.

House Veterans Affairs Chairman W. J. Bryan, D-S.C., has estimated the plan would have cost disabled soldiers \$160 million a year overall.

A secretary in Owen's office confirmed that VA employees were told that Administrator Donald E. Johnson had accepted Owen's resignation, submitted at the time Mr. Nixon demanded resignations from all high-ranking government officials.

Send A Greeting To Coffee

The nation is sharing vicariously this week in the overwhelming relief and joy of the returning prisoners of war and their families after endless years of waiting and hoping.

We are sure that many of our readers wish to put down on paper some of their feelings of gratitude to our own Cdr. Gerald Coffee (who returns to this country today) and his family.

You may mail or hand carry your message to The Herald office and we will see that they reach him.

Weather

Yesterday's high 79 low this morning 82 with .37 of an inch of rain. Considerable cloudiness with chance of showers today followed by gradual clearing and turning colder late today through Friday.

High today in lower 70s. Low tonight mid 40s to around 30.

Snow, sleet ice and rain prevailed in areas east of the Mississippi River today, and cold but fair conditions prevailed for the western half of the nation.

Two Hospital Real 'Hot Potato'

By BILL SCOTT

The Seminole County School Board Wednesday night for the record pushed aside the two hospital districts "hot potato" tossed their way by the Seminole County Commission, but later the board majority advised The Herald they opposed the action by the county in seeking two hospital districts.

School Supt. William Layer brought up the matter of whether the board collectively or individually wanted to make a stand on the hospital issue. (The county commission had indicated it would not pursue its announced purpose of placing all the burden for paying for the Seminole Memorial Hospital taxes on those persons living in North Seminole County or Sanford, if the School Board would adopt a resolution asking the board not to proceed.)

At Wednesday night's meeting, the School Board's reaction was confined to two members during the meeting, but after a recess, the other members were consulted on the issue.

During the meeting chairman A. F. Keeth opined he believed that a second hospital district was not in the best interest of the county.

Jean Bryant, vice chairman, answered Layer's query with the remark, "I can't see what that has to do with what we are doing." Later, during recess, Mrs. Bryant said she was opposed to the county commission proceeding with its effort to have the legislative delegation prepare a bill setting up two county hospital districts.

Davie Sims, board member, also expressed his opposition to the county's action as did Bud Feather; both opting the issue could hurt the passage of the millage election, since it would anger some North County voters into voting against the millage since most of it goes to fund new schools in South Seminole.

Only Dr. Stuart Culpepper indicated a lukewarm agreement with the concept, but he added, "if the hospital trustees can show me where they are taking care of the indigent patients from the South, then I would change my mind."

The expected controversy over the future of Croons High School never came before the Board after Supt. Layer advised he was not ready yet with his recommendations regarding the Sanford ninth grade facility.

It had been expected that a recommendation would be forthcoming on Croons since a portion of the school burned a



BULLETIN

WASHINGTON (AP) — Wholesale prices rose sharply in January for the second straight month, largely because of increases in prices of farm products, the government said today.

ANN ECHOLS, Pinerest Elementary School teacher, was selected Seminole County Teacher of The Year recently and was a participant in the state-wide contest for Florida Teacher of The Year. William E. Layer, Seminole County School superintendent, right, presented Mrs. Echols with a certificate which was sent here from Floyd Christian, state education director. Mrs. Echols is the wife of Pinerest School principal Kenneth Echols.

(Bill Scott Photo)

NEWS DIGEST

A U.S. - CUBAN AGREEMENT to curb air sea hijacking goes into effect today with simultaneous signing ceremonies in Washington and Havana.

DESPITE PROSPECTS of the biggest food-price increase in 22 years, the Cost of Living Council approves a recommendation that turkey farmers hold down production in 1973 to get higher prices.

DESPITE PERIODIC PROMISES and rhetoric, Congress is still dealing crisis-by-crisis with transportation strikes that threaten to create national emergencies.

INVESTIGATIVE REPORTER Les Whitten and two Indians receive a preliminary hearing in federal court today on charges of possessing documents stolen from the Bureau of Indian Affairs.

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Internal Revenue Service — the world's most successful mail-order business.