

# Evening Herald

74th Year, No. 177—Wednesday, March 17, 1982—Sanford, Florida 32771

Evening Herald — (USPS 481-280) — Price 20 Cents

## Sanford Chamber Task Force

# Group Hears Plans To Reduce Blind Mosquitoes

Definite steps to reduce the midge (blind mosquito) population in Sanford were outlined by Dr. Arshad Ali in a report to the Greater Sanford Chamber of Commerce Blind Mosquito Task Force this morning.

Ali has been conducting research into the problem for the last 3½ years at the University of Florida Agriculture, Research and Education Center off Celery Avenue.

He said the following measures would greatly reduce but not entirely solve the problem, scheduled to crop up again in June, July and August:

— Increase the predator fish population in Lake Monroe through a restocking program from the state's Game and Fresh Water Fish Commission. Ali's research shows the mosquito larvae make up over 50 percent of the diet of longear sunfish, bluegill, redear sunfish and catfish.

— Install lights at the lake's shoreline and plant some type of vegetation there as a resting place for the midges. The insects would then stay at the water's edge instead of migrating into the populated areas of Sanford.

— Urge the Florida Power & Light Co. to treat the water in its reservoir on the north side of the lake to kill the midges before

they migrate to lay larvae in Lake Monroe. Ali said that since larvae densities are much higher in the reservoir and since it is

**Ali said the research also shows that the black midge population has naturally declined over the last year, while the population of the brown midge, called the Big Bottom, has been increasing. He said the black midge decline was from 2.18 million per trap in 1980 to 1.6 million per trap in 1981.**

a closed system, larvaciding could be effective. The midge population is higher in the reservoir because its water is warmer than the lake.

— Encourage the Seminole County Commission to create a mosquito control district to eradicate not only blind mosquitoes but also the biting variety. Two county commissioners — Bill Kirchoff and Robert G. "Bud" Feather — were present at the meeting.

All these measures would dilute the midge population, Ali said.

He reported that the first phase of the research program, which ended last year, included studies of the biology, behavior and population levels of the insect.

The second phase of the program, expected to last two to three years, would include a study of nutrients and sediments in the lake and indicate what causes midge production, he said.

But funding to continue the research program — some \$100,000 to \$125,000 annually — is not included at this time in the state budget for the new year.

The chamber committee agreed to contact State Rep. Robert Hattaway, D-Altamonte Springs, and State Sen. John Vogt, D-Cocoa Beach, asking that they work to get allocations

for the program in the budget.

In addition, Dr. John Darby, director of the Sanford research center, said he will be contacting the two legislators. He said Hattaway has been primarily responsible for getting funding in prior years for the effort.

Ali said the research also shows that the black midge population has naturally declined over the last year, while the population of the brown midge, called the Big Bottom, has been increasing.

He said the black midge decline was from 2.18 million per trap in 1980 to 1.6 million per trap in 1981.

The brown variety during the same time period has increased from 16 percent to 47 percent in the traps, he said.

Ali said the brown variety is less pesty and less noticeable than the black ones.

During the next phase of the research program, he said answers to questions about whether high or low water levels are conducive to decreasing or increasing the insects will be found. — DONNA ESTES



## In Sanford Protest

# Anti-Power Line Pickets March

By DONNA ESTES  
Herald Staff Writer

Thirty-five residents of the Osteen, Geneva, Chuluota and Christmas areas picketed the Florida Power & Light Co. (FP&L) office in Sanford on Tuesday to gather public attention for their cause.

The group, known as People Against Power Intrusion (PAPI), has been waging a battle against FP&L's plans to construct a high-voltage power line in a mile-wide corridor through their communities.

The picketing was planned while the group waits for a recommendation from a state hearing officer on the proposal submitted in detail by FP&L in Daytona Beach in January. The Florida Cabinet ultimately will approve or reject the plan.

Sidney Kratsow, a leader of the group, said today that while a lot depends on the findings of the hearing officer, the group is planning ahead for a trip to Tallahassee to attend the Cabinet meeting on the issue in the fall.

"We'll be going to Tallahassee in busloads when the Cabinet meets on the issue. We'll lobby the governor and the cabinet," Kratsow said.

"Our objective is to get FP&L to change the plans for the power line to a more viable place away from people," he said, adding that the group has had no trouble mobilizing residents to the cause. "We hate the power line," he said.

FP&L is proposing the 500-kilovolt line as part of a \$450 million system it plans to build to Martin County on Florida's east coast. The system is designed to bring less expensive power from coal-

burning plants in Georgia to a grid connected to the southern part of the state.

Mostly women and "mommies with babies" were in Tuesday's picket line, Kratsow said. "We got a permit from the Sanford Police Department, stayed on the sidewalk and didn't interfere with customers or block the doorway."

"We wanted to let FP&L know how deeply we feel, and we wanted public notice of our cause," he said, adding that PAPI's objective is to mobilize everyone in the area from Osteen through Christmas. If that doesn't work, he said, the group will go farther north to seek more support.

Kratsow said the area planned by the power company for the high-voltage line in Seminole County travels through 300 separate parcels of property on which are located 85 homes, egg farms with 250,000 chickens, and herds of cattle.

"Somewhere in that area they are going to run a power line and destroy it all," he said. "They'll use eminent domain and buy the easements over the property. Nobody will be able to build under the line."

"Cattle will be able to graze there. But only the Lord knows what harmful effects from the electromagnetic field will be," Kratsow said.

He said petitions against the location of the power line contain more than 4,200 signatures and that more are being collected.

Kratsow said the people in the area where the lines are to be located also are concerned about possible biological hazards from the electromagnetic fields.

# HRS Worker Cleared Of Bias Charges

By JOE DeSANTIS  
Herald Staff Writer

Cheryl Laws, an intake supervisor for the state Department of Health and Rehabilitative Services (HRS) in Sanford, has been cleared of charges of using racial slurs and practicing discrimination as the result of a six-month federal investigation.

The federal civil-rights probe was prompted by a discrimination complaint filed last September by James Stubbs, 117 Anderson Ave., Sanford.

Stubbs contended that Mrs. Laws and the HRS refused him and his children HRS aid last July in gaining custody of his children after charges of abuse and neglect were filed against his estranged wife, Shirley.

Carolyn Russell, regional director of the Atlanta-based Civil Rights Office of the U.S. Department of Health and Human Services, said today that the agency had found nothing to substantiate the charges Stubbs made against Mrs. Laws.

"We've sent a letter of finding to the Sanford office," explained Ms. Russell. "It included the details of the case, the analysis of the evidence and what decision was reached on the basis of that evidence."

The agency's report noted that there was no evidence found to substantiate "discriminatory practices by (Mrs.) Laws and that a records check indicated that Stubbs did not visit the HRS office on several dates he claimed he had."

An accusation of making racial slurs filed against Mrs. Laws also was unfounded, according to Ms. Russell.

Stubbs said he spoke to Mrs. Laws in July and that she said she "didn't give a damn about nigger children," then refused to provide him with the services he was entitled to. Mrs. Laws is white.

In a letter sent March 10 to Stubbs, Ms. Russell informed him that "the basis of your complaint is your dissatisfaction with the result of the HRS investigation of your allegations against your wife. There is no indication of discrimination in the way HRS handled your complaint."

Ms. Russell said the investigation included on-site interviews and that as far as her office was concerned the case was closed.

"We notified Stubbs of the tentative findings and informed him that he does have the right to appeal," Ms. Russell said. "If he does appeal the findings, his appeal will go through the Washington office."

Mrs. Laws was attending a child-abuse training program today and was not available for comment. Her supervisor, Steve Shacoski, said, "We did our own investigation at this level and felt very secure on the matter."

"Stubbs has made a lot of accusations against us and against other governmental agencies. This is nothing new with this individual," said Shacoski.

Mrs. Laws is a practical nurse in charge of the HRS' emergency services for Seminole County.

# Wives & Tyles

## Some Remarry, Some Never Marry At All...

### Fourth In A Series

By NANCY M. NOLT  
Herald Correspondent

To marry or not? Some never do — and some do it a lot. Sherry Kitcher of Sanford chose the marriage road while still a child, just 16, but found the honeymoon doesn't last forever. She's older and wiser now, and has opted for a second time around.

She's learned something important from her mistakes, she says, and this marriage will indeed be her last.

While marriage seems to be an accepted assumption, more and more women are choosing to pass on this offering of life.

Sanford businesswoman Dorothy "Dot" Powell chose to go it alone a long time ago, although she'll joke today that "There's always hope. All the men have just run too fast for me."

As a girl she thought about getting married, figured she would one day, just like all her friends. "In fact, I still think it might happen someday," she says with a merry laugh in her blue eyes as well as her voice. "I never thought I'd be an old maid."

Ms. Powell began as a salesgirl in the former Coleman's Office Equipment store across the street from her present store on S. Magnolia Avenue.

She had studied typing and shorthand at a business college, and even used those skills working for the railroad, "but that didn't interest me at all. I always enjoyed working with people, and I had learned the office-equipment business well. I'd worked in similar stores in other places."

She moved to North Carolina for a few years, then came back to Sanford after World War II and in 1945 opened her own Powell's Office Supply with money she'd been saving from her previous jobs.

Ten years later she moved across the street to her present location and the business has expanded from Dot and one salesgirl to Dot and five aides.

"I was 29 when I started the business," she says, "and I got so involved in it I just didn't take time for a lot of other things. I had trained my brother and brought him in as a partner (he died in 1970), and we did things together. In fact, I have a very close family and we spent a lot of time together."

"And I've done a lot of golfing, bowling, riding horseback and other things that I don't do so much now, but I just never got around to marrying," she explains. "I just got married to my work."

The tall, silver-haired lady has a quick smile and purposeful stride as she hastens to oversee her customers' needs. Her air of authority and her own claim of sufficiency cause her

See SOME, Page 7A

## ...Divorcee, Widow: Some Experiences Similar

By TENI YARBOROUGH  
Herald Staff Writer

In some ways, they share numerous similarities. Yet in others they are miles apart.

Beth Williamson, a 22-year-old Sanford woman who lives at home with her parents on E. Airport Boulevard, will be entering the armed service soon. Married to a Sanford man for a little more than a year, Ms. Williamson finds herself single again. She is divorced.

Linda McKee a Sanford woman and part-time school teacher in her early forties, lives with her 16-year-old son in their home on Forrest Drive. Mrs. McKee, married to a Sanford man for just over 20 years, also is single again. She is a

widow.

While one woman is divorced and the other widowed, the two share many compatible feelings and express parallel desires for the future. Both say they have found new strength and independence in their situations and a renewed desire to improve themselves.

"Larry and I were married in June 1978," Ms. Williamson says. "We were the same age and I knew him from high school. We both were graduated in 1977 and were married the next year."

"We were too young," the 22-year-old brunette says. "I see that now. Young people often aren't willing to accept the responsibility that goes along with marriage. I admit, though,

that I had a pretty idealistic view of the perfect marriage. It just wasn't that way in our marriage, though."

Ms. Williamson says she feels she tried to rush her marriage, which was opposed by family and friends at the beginning because the couple were so young.

"We wanted the perfect marriage," she says. "We rushed it. I take a lot of blame for that. I was in love," she says, drawing deeply on a cigarette.

Ms. Williamson said her former husband disapproved of her working at the Sheriff's Department.

"He never quite trusted me," she said. "I never did anything. I loved my job and my co-workers, but I was never

See THEY'RE, Page 6A

## TODAY

Bridge	12B	Deaths	5A
Calendar	9A	Dr. Lamb	2B
Classified Ads	10-11B	Horoscope	2B
Comics	2B	Sports	10-11A
Crossword	2B	Television	12B
Dear Abby	1B	Weather	2A

## For Young Couple, Good And Bad News

There's been good news and bad news this week for Jim and Mary Crabtree, the young Ohio couple who recently found themselves broke and stranded in Seminole County but received help and friendship thanks to a Sanford couple and the community.

The good news is that Mary, eight months pregnant when she and her husband Jim arrived in early February, delivered a healthy baby girl at Seminole Memorial Hospital at 7:04 p.m. Tuesday.

Al Nelson, who with his wife, June, took the couple into their Sanford home, reported that both Mary and newly arrived Melissa Sue, all 8 pounds, 19 inches of her, are both doing fine.

The bad news is that while Jim landed a job at American Wood Products of Longwood, he lasted only an hour and a half Monday in his first day on the job and was let go.

"They said I was too slow and that they couldn't use me any more," said Crabtree today. "But I've been doing that type of work for four years."

Crabtree was employed by American Wood Products as a

See TROUBLES, Page 5A

NATION

IN BRIEF

Administration Says 'Nyet' To Soviet Missile Freeze

WASHINGTON (UPI)—The Reagan administration has rejected Leonid Brezhnev's European missile moratorium, calling it a propaganda ploy aimed at protecting a Soviet monopoly and dividing the West.

Senators Battle Deficit

WASHINGTON (UPI)—While President Reagan was on the road trying to drum up support for his budget, a bipartisan group of Senate leaders met on Capitol Hill and agreed they must do whatever is necessary to cut the deficit.

In search of an alternative to Reagan's 1983 spending plan, which includes a projected deficit of \$36.4 billion, they concurred that everything—including defense, tax and "entitlement" programs—is open to negotiation.

'Greedy' Landlords Lose

KNOXVILLE, Tenn. (UPI)—A throng of tenants cheered the City Council's unanimous vote Tuesday to deny nightly rental permits to landlords who evict renters to make room for free-sleeping World's Fair tourists—a decision the landlords decried as "a monster."

"I have just had it with these evictions and I'm not going to have any more of it," Mayor Randy Tyree said after the vote. Earlier in the day he called for churches, unions and civic clubs to act as rooming houses during the fair to prevent landlords from gouging tourists.

Congressional Vets Beaten

CHICAGO (UPI)—Three congressmen with nearly 80 years of service—a Democrat and two Republicans—have been retired by Illinois voters.

Using reapportionment and the still-powerful organization built by the late Chicago Mayor Richard Daley, Democrats helped defeat veteran Republican Reps. Thomas Rallsback and Edward Derwinski in Tuesday's primary elections. The party also dumped Democratic incumbents John Fary and Gus Savage in favor of new blood.

Man To Sue For Heart

SALT LAKE CITY (UPI)—A dying man says he will sue to be the first human to get an artificial heart. But doctors say they will not approve the operation because he's a poor risk and failure would jeopardize their research program.

Dr. Ernst Eichwald of the University of Utah expressed sympathy for Dale Lott, 37, of Hornstead, Fla., at a Tuesday press conference. However, Eichwald said Lott—suffering from degenerative heart disease and diabetes and given only a month to live—was judged unqualified to receive the revolutionary Jarvik artificial heart, which has kept calves alive for up to eight months.

WEATHER

NATIONAL REPORT: Thunderstorms, hail and tornadoes forced at least 10,000 Indiana and Michigan residents from their homes today and reduced Fort Wayne, Ind., to shambles under 10-foot floodwaters. President Reagan diverted Air Force One for his first visit to a disaster site. Flooding in the Midwest and tornadoes across the Plains left at least 12 people dead, with property damage in the millions of dollars. Fort Wayne alone had at least \$16 million in damage and scores of homes stood in water up to the windowsills. It was the area's fourth day of flooding described as the worst in 70 years. Floodwaters in Indiana and Michigan were expected to go over 10 feet today as rain continued. Reagan, who dispatched Air Force One to Fort Wayne Tuesday instead of returning immediately to Washington after a speech in Oklahoma, went to the swollen St. Mary's River edge and helped build a sandbag dike. He just missed a tornado that touched down about 10 miles outside the city.

AREA READINGS (9 a.m.): temperature: 76; overnight low: 64; Tuesday high: 89; barometric pressure: 30.09; relative humidity: 68 percent; winds: southwest at 6 mph. Sunrise 6:33 a.m., sunset 6:35 p.m.

THURSDAY TIDES: DA/TONA BEACH: high, 2:11 a.m., 2:30 p.m.; low, 8:34 a.m., 10:29 p.m.; PORT CANAVERAL: high, 2:00 a.m., 2:22 p.m.; low, 8:25 a.m., 10:30 p.m.; BAYPORT: high, 9:43 a.m., 6:50 p.m.; low, 1:47 a.m., 12:53 p.m.

BOATING FORECAST: St. Augustine to Jupiter Inlet, Out 30 Miles: wind southerly 10 knots today and tonight and southwest Thursday. Seas 2 to 4 feet. Fair.

AREA FORECAST: Partly cloudy and warm through Thursday. Highs in the mid to upper 80s. Lows in the low to mid 60s. Wind southerly 10 mph.

EXTENDED FORECAST—Partly cloudy through period. Chance of thundershowers mainly northern third Sunday. Generally warm but cooler north Sunday. Highs in the 80s except 70s north Sunday. Lows averaging near 60 north to around 70 south.

HOSPITAL NOTES

Table with 2 columns: Births and Discharges. Lists names of babies and parents at Seminole Memorial Hospital.

Evening Herald (USPS 41-128)
Wednesday, March 17, 1982—Vol. 74, No. 177
Published Daily and Sunday, except Saturday by The Sanford Herald, Inc., 240 N. French Ave., Sanford, Fla. 32771.

Sanford Visitor Attacked At Motel

By TENI YARBOROUGH Herald Staff Writer

Robbers broke into a New York man's Sanford motel room, assaulted him and stole about \$28 cash before fleeing.

Ronald Smith, 59, of Castle, N.Y., told police that two men entered his room at the Cavalier Motor Inn, 3200 Orlando Drive, at about 11:30 p.m. Tuesday and started hitting him, demanding his money. Smith said the men hit him in the head with a glass bottle, then fled with about \$28 cash, police reported.

Smith was taken to Seminole Memorial Hospital where he was treated for injuries and released, hospital officials said.

Witnesses told police they saw a man running through the motel parking lot at about the time Smith was reportedly robbed. Witnesses said the man fled with a woman in an older model station wagon, police said.

MURDER VERDICT

A Marion County jury has convicted a Longwood man of first-degree murder in the slayings of two Alabama men whose charred, bullet-riddled bodies were discovered in the Ocala National Forest.

Michael David Sotala, 37, was found guilty Saturday of the Oct. 21, 1980 deaths of William McCormack, 32, and Dennis Logan, 26, both of Lake Leighton, Ala.

The jury deliberated 12 hours before reaching a verdict.

Jurors are scheduled to return to court Wednesday to recommend a sentence to Marion County Circuit Judge William Swiggert, who must decide if Sotala should serve life in prison or die in Florida's electric chair.

GOING FISHING?

Robert Jackson of 758 Dogwood Drive, Casselberry, reported that a 15 amp battery charger valued at \$90 and fishing tackle valued at \$50 were stolen from a motor boat in his carport some time between 11 p.m. Thursday and 9 a.m. Friday.

Softball Fund-Raiser For Rebels

The District 18 Veterans of Foreign Wars and ladies auxiliary, which cover Orange and Seminole counties, will stage a Taft Wright Memorial fund-raiser March 21 to benefit the Orlando Rebels women's softball team.

The event will begin at 9 a.m. at the VFW Post 2093, 4144 Edgewater Drive, Orlando. Featured will be a rummage and bake sale, noon barbecue, and auction. Cost is \$3.50.

The VFW posts are trying to raise \$3,000 to buy new uniforms for the Rebels, 1981 U.S. fast-pitch softball champions who are headed for the world championships in Taiwan this summer.

The fund-raiser is named for Taft Wright who played professional baseball from 1938 to 1949 and holds the record for driving in at least one run in 13 consecutive games.

He was also a member of Orlando's VFW Post 2093.

COOLING SYSTEM ON THE BLINK?



LET OUR CARRIER EMERGENCY COOLING SERVICE... COME TO YOUR RESCUE! FOR ANY BRAND OF CENTRAL AIR CONDITIONING

ASK ABOUT OUR SENIOR CITIZENS DISCOUNT



SOUTHERN AIR OF SANFORD Established 1941 100 North Maple Ave., Sanford

Action Reports

Fires

Courts

Police

BOAT MOTOR STOLEN

Thieves stole a \$2,000 outboard boat motor from the back yard of a Longwood man's home sometime between 11 p.m. Saturday and 8 a.m. Sunday.

GUNMEN SHOOT AT MOTORIST

A Sanford man, driving eastbound on W. 13th Street near Olive Avenue, was reportedly fired upon by unknown gunmen passing his vehicle in a large, dark car, Sanford police said.

BURGLARS HEIST HUMMELS

Thieves broke into a Longwood man's home sometime between 1 p.m. and 4:30 p.m. Monday and stole an undetermined amount of jewelry and 12 Hummel glass figurines. Edward J. Coleback, 50, of 168 Holderness Drive, told deputies the thieves entered his home through a sliding window and stole the jewelry and glass figures which are valued at about \$100 each.

RING RIPPED OFF

A diamond and sapphire ring was stolen from an Apopka man's home sometime between 8 a.m. March 8 and 6 a.m. Friday, deputies said. Fred David Larabee, 32, of 99 Spanish Oak Lane, told deputies the thieves entered his home through the front door. The value of the ring was not listed on sheriff's reports.

CULPRITS TAKE CASH

Thieves broke into a Winter Springs man's home sometime between 3 p.m. and 7:12 p.m. Monday, stealing \$18 cash from his son's wallet.

Richard Callihan, 41, of 940 Longanberry Drive, told deputies the thieves apparently entered the home through the garage door and stole the money from his son's wallet which was on a dresser in the boy's bedroom.

BREAKFAST ANYONE?

Thieves broke into the Bookertown Headstart Center in Lake Monroe sometime between 5 p.m. Friday and 7:15 a.m. Monday and made off with a large amount of food and an 8mm film projector.

Lucille Jarrett, 51, of Sanford, who is employed as a cook at the center, located at 4631 Gilbert Street, told deputies the thieves stole 10 1/2 gallons of milk, 8 pounds of sausage, 6 dozen eggs, 4 quarts of orange juice, 4 pounds of cheese, 1 pound bread and the film projector.

MAN ATTACKS STUDENT

An unidentified man entered a south Seminole County home and assaulted a 17-year-old girl.

Deputies said the Lake Brantley High School student returned from school to her home at about 2:30 p.m. Monday and turned on the stereo when she heard someone coming out of her mother's bathroom.

The girl told deputies a man grabbed her by the waist, put one hand on her breast and threw her on the couch. The man then pinned the girl's left leg against the couch with his right leg and knee, attempted to remove her blouse and ripped it in the process, deputies reported.

The attacker told the girl that he knew what type vehicle her father drove and, shortly afterward, a similar-looking vehicle approached the home, deputies reported. The man then fled through the front door, deputies added.

Nothing from the home appeared to have been stolen and there was no sign of forced entry, deputies said.

AMERICA'S FAMILY DRUG STORE

ECKERD

You're going to like our Pharmacy.

WE'RE GOING TO MAKE SURE!

Advertisement for Eckerd Pharmacy products: BUFFERIN TABLETS \$2.09, VOS SHAMPOO 89¢, FLAVOR ROAST PEANUTS \$1.59, CRISCO OIL \$1.69, WISK DETERGENT \$1.79, FANTASTIK SPRAY CLEANER 99¢.

Advertisement for Eckerd Pharmacy specials: ROLAIDS ANTACID 3/69¢, ADORN HAIR SPRAY 1.89, MEN'S CALIFORNIA CASUALS 9.99, SHARP PRINTER CALCULATOR 59.99, ASSORTED SIZES SCRATCH PADS 2.49, QUEEN SIZE LAP TRAY 1.99, INDEX CARDS 2/88¢, ASSORTED SIZES CLASP ENVELOPES 2.40, MOth CRYSTALS 1.39, FILE FOLDERS \$1.99, METAL FILE BOXES 4.49, REACH TOOTHBRUSH 88¢, BIC LADY SHAVER 2/1.00, VINYL DRIP DRY HANGERS \$1.69, STAR BRITE POLY PROTECTOR PLUS 4.99, CASIO CALCULATOR 8.99, ERASERMATE 2 PENS 59¢, COMTrex CAPSULES 1.79, AZIZA TRIAL SIZE MASCARA 89¢, CASIO CALCULATOR 10.99, 90-MINUTE CASSETTE TAPE 99¢, 30" x 72" FABRIC MATTRESS 11.99, KEYSTONE POCKET CAMERA 29.99, GALAXY CEILING FAN 99.00, DIAWA 404 COMBO 12.99, GRAN PRIX AM/FM RADIO 7.99, GALAXY PERSONAL 8-INCH FAN 12.99, STRESS COMPLEX 6.69, COPPERTONE OIL OF LOTION 2.49, ZEBCO 640 COMBO 23.99, TDK VHS FORMAT VIDEO TAPE 15.99, GALAXY WIND MACHINE 26.99.

United Way logo and text.

PAC-MAN IS COMING SOON TO ECKERD

You're Going to Like Eckerd's Famous Photo Offer! WE'RE GOING TO MAKE SURE!

# Etchberger Gets Pay Hike

LANYARBOROUGH Herald Staff Writer  
 King verbal pats on the back for City Manager Jeff Etchberger, the Altamonte Springs City Commission voted unanimously Tuesday to give him a \$2,730 pay bonus to honor his year-long service as administrator at the city he called exemplary to the city.



**JEFF ETCHBERGER**  
 ...a job well done

exemplary job in the 1 1/2 years he has been with us and I recommend he receive the maximum amount."

Other commissioners echoed Constantine's comments, saying Etchberger had been a "primary force" in establishing the city as a financially sound institution, in addition to implementing and directing numerous advantageous projects which have proven beneficial to city residents.

When Etchberger was named city manager on Nov. 7, 1980, the city's general fund showed a deficit of \$290,016. After a little more than a year of controversial budget-slashing, a recent audit shows the city ended fiscal 1980-81 with a \$924,676 surplus in the fund.

"When it comes down to it, I have to ask myself, Are the citizens of Altamonte Springs better off than they were a year ago?" said Commissioner Cheney Colardo.

"The record shows that taxes have been rolled back not once, but twice and we still

have a surplus of \$1 million." Etchberger, who receives an annual salary of \$47,356, is charged with the administration of about 280 employees and a \$16 million city budget.

Commissioner Dudley Bates said he had received only one call from a resident opposed to the merit bonus.

"The lady said she felt he (Etchberger) is paid to do his job well and could not see why he should be getting an extra," Bates said.

"In working with Jeff, I have found him to possess a very important quality," Bates said. "He is a pro and that's what this city truly needs."

Mayor Ray Ambrose said that while he has not always agreed with Etchberger on various issues, he supports the bonus.

"I believe he (Etchberger) has the city at heart," Ambrose said. "He has been willing to give his time. The direction of the city is very good at this time."

# Special Immunization Clinics Set Up For Seminole Students

By JANE CASSELBERRY  
 Herald Staff Writer

Seminole County health officials have set up special clinics to cope with the large number of children needing immunizations required to attend school.

Parents of 4,000 county students were notified last week of the necessary immunization, and the fact that any child not meeting these requirements by August 1 will be barred from entering school until the inoculations are obtained.

A new state law requiring immunization documentation not only from children entering kindergarten or transferring from out of state, but all students through 12th grade, necessitated the all-out campaign to get every school child immunized against common childhood diseases.

There were 119 children at the Longwood clinic Monday to get shots instead of the usual 20-30, and on Tuesday at the Sanford clinic, which usually draws about 28 children, there were between 40 and 45 seeking immunization.

Shots needed by children entering school include four doses of DPT (diphtheria, pertussis (whooping cough) and tetanus vaccine; three doses of polio vaccine, and one shot of the measles-rubella (German measles) and mumps vaccine.

Immunizations can be obtained at the county clinics free, or through private physicians. Normal clinic hours are Monday, 8-11 a.m. in Longwood at Church Street and Wilma Avenue, and on Tuesday and Friday, 8-11 a.m., in Sanford. Expanded clinic hours in Longwood are 4-7:30 p.m. today

and March 26, 8-11 a.m. In April, the Longwood clinic will be open for immunizations April 2 and 16, 8-11 a.m., and April 7, 12, and 14, 4-7:30 p.m.

Immunizations will be given at the Sanford health clinic at French Avenue and Ninth Street, Wednesday and Monday 4-7:30 p.m. and April 1, 5, 15, and 19 from 4-7:30 p.m.

Special immunization clinics will be held at the Sanford Head Start school on Gilbert Street in Lake Monroe on Mondays from 2-4:30 p.m.; at the Midway Community Center on second and fourth Fridays, 8-11 a.m.

According to health officials, many high school students are also in need of immunization. Some 1,533 students are said to need the mumps vaccination, while 412 need the rubella shot and 428 the measles shot. Dr. Jorge Deju, director of the Seminole County Department of Health and Human Services, said 1,427 students who received measles shots prior to 1968 are due for re-vaccination.

When the county health department receives notices of new births from the state Department of Vital Statistics, parents are notified of the necessary immunizations with follow-up reminders by phone. Deju credits the two-year-old personal contact program with the increase in immunizations among young children.

In 1978, only 56 percent of the babies born in this county were being immunized, Deju said. In 1981, Seminole reached 97.6 percent. It is tops in the state for counties with more than 30 births-per-quarter, Deju said.

# Housing Industry Gets A Lift

United Press International

The struggling housing industry got a little lift in February, but it wasn't enough to ease the fears of home builders who have pounded on the door of the White House for relief.

The Commerce Department reported Tuesday new apartment construction helped the overall rate of housing starts go up 6.5 percent last month — despite another drop in single-family homes.

The number of housing starts, after seasonal adjustment, brought the annual rate to 953,000, 26 percent below that of a year ago and the seventh consecutive month of under 1 million homes.

President Reagan will meet Friday with National Association of Home Builders President Fred Napolitano, as well as other industry figures, it was disclosed Tuesday, about one month after Napolitano demanded such a "housing summit."

Napolitano and others are concerned with what they say is a grim prospect of another bad year on top of three earlier years of worsening housing sales and starts.

A senior White House official was quoted by the Los Angeles Times Tuesday as saying the Reagan administration is studying ways of providing federal relief to the hard-pressed

housing and auto industries

Dr. Jack Carlson, chief economist and executive vice president of the National Association of Realtors, said the housing recovery has not really started. And he said it won't start until mortgage interest rates ease.

Carlson called on the government to reduce projected deficits — a harbinger of high interest rates — through cuts in defense spending "as well as entitlement programs and also delay some of the tax cuts previously enacted."

But interest rates suffered another blow Tuesday when Chase Manhattan Bank "reluctantly" moved its prime rate back to 16 1/2 percent from 16 percent.

Morgan Guaranty and Bankers Trust of New York and First National Bank of Chicago, which along with Chase were the last major holdouts at the higher rate, also moved back to the 16 1/2 percent level. Ameritrust of Cleveland and UMB Bank & Trust of New York joined them.

"We were very reluctant to make this move," Willard Butcher, Chase chairman said. "But the fact is the cost of funds over the past week has significantly exceeded this increase in the prime."

AMERICA'S FAMILY DRUG STORE

# ECKERD

## OVER 60? SAVE 10%

If you are over 60 or on Social Security, you can join Eckerd's Senior Citizens Club and save 10% on vitamins, convalescent aids, elastic aids, and many other items in Eckerd's Pharmacy Department. That's 10% off Eckerd's already low prices. Get details and sign up today in the prescription department at your Eckerd Drug Store.

GENERAL ELECTRIC LIGHT BULBS OUR CHOICE \$1.79	RAID ANT & ROACH BUG SPRAY 16-OUNCE \$1.99	VIP PRO 1200 WATT TURBO DRYER WITH SPECIAL REBATE OFFER! Regular \$12.99 2 speeds & 3 heats SCREENED SALE PRICE LESS MPF & SALES-TAX REBATE* FINAL COST AFTER REBATE \$7.99	ELMER'S GLUE-ALL 8-OUNCE \$0.99	EVEREADY "AA" ENERGIZER BATTERIES Reg. \$1.79 Sale Price \$1.69 Used for toys, radios & calculators	POLAROID TIME-ZERO FILM 10 EXPOSURES \$6.99

JOBE'S PLANT SPIKES 2/100	2-PLY GARDEN HOSE 1/2" x 50-FT. No. 501 Reg. \$4.99 \$2.99	8-GALLON HOSE END SPRAYER Reg. \$1.79 Sale Price \$1.49
BLACK & DECKER CORD WINDER Reg. \$7.99 Sale Price \$6.99	1/4" x 50-FT. SUPERFLEX GARDEN HOSE No. 5011 Reg. \$17.99 \$13.99	20-GALLON HOSE END SPRAYER Reg. \$2.49 Sale Price \$1.99
SPRING LAKE RAKE Reg. \$7.99 Sale Price \$5.99	12-INCH OUTDOOR THERMOMETER Reg. \$9.99 Sale Price \$6.99	MELNOR OSCILLATING SPRINKLER No. 81 Reg. \$6.99 Sale Price \$5.99
LONG-HANDLED GARDEN TOOLS Reg. \$7.99 Choice \$5.99	CUTTER INSECT REPELLENT 7-OZ. Reg. \$3.99 Regular or Evergreen. Limit 2 \$2.99	GARDEN IMPULSE SPRINKLER No. 790C Reg. \$5.99 Even water distribution for healthy grass. \$4.99
2' x 16" PEDESTAL HIBACHI Reg. \$19.99 Sale Price \$14.99	ICE TEA GLASSES 16 oz. 25- \$3/100	6-QUART LUNCHMATE ICE CHEST Reg. \$15.99 Sale Price \$11.99
24-INCH BRAZIER B-B-Q GRILL Reg. \$16.99 Sale Price \$12.99	GOTT 50-QUART ICE CHEST Reg. \$45.99 Sale Price \$36.99	MARSHMALLOW RABBITS & CHICKS 7.5-OZ. BAG Reg. \$1.19 Shaped marshmallows in assorted colors. \$0.99
SAND BEACH CHAIR Reg. \$10.99 Sale Price \$8.99	VINYL STRAP LAWN FURNITURE CHAIR \$19.99 CHAISE \$32.99	1-GALLON PICNIC JUG Reg. \$5.99 Sale Price \$4.99

## EASTER SAVINGS

ASSORTED EASTER PLUSH ANIMALS  
 FROM 4.99 TO 19.99

Wide assortment of soft & cuddly stuffed animals.

BORTZ SOLID MILK CHOCOLATE RABBITS  
 6-OZ. BAG  
 Regular \$1.19  
 Sale Price \$0.79

COCONUT CREAM EGGS  
 PACK OF 8  
 Regular \$1.19  
 Coconut eggs covered with dark chocolate. \$0.89

FRANKFORD BUNNIES OF OZ  
 5.5-OUNCE  
 Regular \$1.99  
 Great for Easter treat. \$1.19

# Contemporary Gardens

Bare spots in your shaded lawn?

Plug in patented **pursley's Seville\***

Special Value

Ten Trays or more **3.99 each**

WATCH EM' GROW

Soak your grass plugs or other transplants & stand back!

Builds strong root systems **9.95**

Use on all new lawns, covers 5,000 sq. ft.

20 lb. bag

2035 HWY. 17-92  
**MAITLAND**  
 834-2080

BOTH NURSERIES  
 NOW OPEN SUNDAY 12-5  
 OPEN DAILY 9:30-5:30

271 W. L.K. MARY BLVD.  
**LAKE MARY**  
 323-6133

OPEN DAILY 9 to 9,  
 SUNDAY 10 to 7.  
 Sale Prices good thru  
 Sat. Mar. 20th

WE RESERVE THE RIGHT TO  
 LIMIT QUANTITIES.

SANFORD  
 Sanford Plaza  
 950 State St.  
 LONGWOOD  
 482 U.S. Hwy. 17-92 at E.R. 434  
 434 Center St. E.R. 434  
 CASSELBERRY  
 5045 Red Bug Lake

Seminole Plaza  
 1432 Somoran Blvd.  
 ALTAMONTE SPRINGS  
 484 E. Altamonte Dr.  
 974 W. S.R. 436  
 ORANGE CITY  
 Four Towns Shopping Center

# Evening Herald

(USPS #1280)

309 N. FRENCH AVE., SANFORD, FLA. 32771  
Area Code 305-322-2811 or 831-9993

Wednesday, March 17, 1982—4A

Wayne D. Doyle, Publisher  
Thomas Giordano, Managing Editor  
Robert Lovenbury, Advertising and Circulation Director

Home Delivery: Week, \$1.00; Month, \$4.25; 6 Months, \$24.00;  
Year, \$45.00. By Mail: Week, \$1.25; Month, \$5.25; 6 Months,  
\$30.00; Year, \$57.00.

## If CIA Does Its Job in Iran

Recent press reports have it that the CIA is secretly aiding some Iranian exile groups and seeking to influence public opinion in Iran by beaming radio broadcasts into the country.

If so, it is a heartening sign that the Reagan administration is prepared to employ the CIA in circumstances tailor-made for covert operations. Consider the prospective nightmare confronting American policymakers wrestling with the problem of how to preserve Western access to Persian Gulf oil.

The region's two pillars are Iran and Saudi Arabia. A brutal, anti-American regime rules in Iran and seeks to spread its messianic brand of Islamic fundamentalism to such conservative, pro-Western Arab states as Saudi Arabia, Oman, the United Arab Emirates, Qatar, Kuwait, and Bahrain.

Success for the Ayatollah Khomeini's policy of exporting his revolution would breed chaos around the Persian Gulf and disaster for the industrial democracies of Japan and Western Europe.

One likely result would be an expansion of the Iran-Iraq war to include other Gulf states and, in time, perhaps the superpowers as well.

It does not require an overly sophisticated grasp of history or geopolitics to perceive in all this the seeds of a global calamity.

And even if these dire possibilities can be avoided, it is unmistakably apparent that Soviet influence within Iran is growing rapidly — a fact that bodes ill for Iranians no less so than for the West.

Whether or not the Khomeini regime survives, the short-term likelihood is for an Iran increasingly dependent upon the Soviet Union for trade, aid, and the weapons needed to continue the war against the Iraqis.

Meanwhile, Khomeini's bilious anti-Americanism and the pariah status of his revolutionary regime all but preclude the conventional diplomacy that might keep Iranian doors open to the United States and Western Europe.

Filling this vacuum is precisely the kind of role for which the covert operations branch of the CIA was created. Thus, the agency is reportedly attempting to knit together a coalition of political moderates that would encompass portions of the Iranian military, the middle classes, anti-Khomeini clerics, and democratic politicians.

Should this effort bear fruit, it is conceivable that moderate forces might inherit power in Iran when the aged, ailing Khomeini steps down or dies.

In any case, it is something well worth trying, regardless of the odds. The alternatives — indefinite turmoil and ever increasing prospects for a Soviet takeover in Iran — are simply too dangerous to go unchallenged.

Those who would argue that any Iranian project involving covert operations by the CIA constitutes interference in Iran's internal affairs have long since been outflanked by a Soviet campaign that includes both clandestine and conventional efforts to bring Iran into Moscow's orbit.

Americans should hope that the CIA is up to the task of promoting a better future for Iranians and a less perilous course of events in the supremely strategic but acutely vulnerable Persian Gulf region.

## PLEASE WRITE

Letters to the editor are welcomed for publication. All letters must be signed, with a mailing address and, if possible, a telephone number so the identity of the writer may be verified. The Evening Herald will respect the wishes of writers who do not want their names in print. The Evening Herald also reserves the right to edit letters to eliminate libel or to conform to space requirements.

## BERRY'S WORLD



"LET'S RIDE, MEN! THEY'RE TRYIN' TO HEAD US OFF AT THE SENSITIVITY GAP!"



By JANE CASSELLBERRY

It is not unusual for a community-minded person to find a niche for service, but the death of Walter "Jack" Weible Saturday has left numerous niches to be filled in Sanford. In his church — Lutheran Church of the Redeemer where he was an elder — in Kiwanis where he was due to take over in Division 25 this week as lieutenant governor — in the Greater Sanford Chamber of Commerce and the United Way of Seminole County, on the boards on which he was a director, and in countless other organizations.

But the hardest niche to fill will be the one left in the hearts of the family and friends of this gentle, unselfish, and dedicated man.

Jack served this community with the same zeal and dedication as he served his country. He entered the service as an apprentice seaman in 1933 and retired as a lieutenant commander in June, 1956. He served in the Pacific Theater during World War II, fought in 17 battles. He was a member of the Purple Heart. He was a destroyer commander.

Jack liked to work with his hands and had been building a fireplace in an addition to his home the

day he died. "I don't know what we'll do without him, he was our right hand man," said Greater Sanford Chamber of Commerce President Jack Horner. "Everywhere I look I see something he made — the gavel we call the meetings to order with, the lectern we stand behind to speak and the sign out front."

"One of the last projects Jack (Weible) made was a beautifully made wooden cradle for my new grandchild," said Virginia Longwell, executive assistant at the chamber office.

Past treasurer of the chamber, Jack served on the Sanford Christmas Parade Committee and was formerly chairman. He has been active on the Golden Age Games Executive Committee since its inception. To raise funds for the games he donated a doll house which he had crafted. Last year he was in charge of the Falling Arches Stampede, the parade that launched the week of sporting competition. He also served with the Sanford Kiwanis Club in directing the track and field events each year.

Whether he was delivering Meals on Wheels to shut-ins, collecting funds for the United Way of

Seminole County, or helping raise funds to help beautify the Good Samaritan Home, Jack was continually giving of his time and strength for others. He was an officer and a gentleman, and we'll miss him.

Beginning April 5, Seminole County Public Library System will provide a book lending program for senior citizens, handicapped and homebound residents of Seminole County.

Jean Rhein, county librarian, says the new program is called Seniors "Plus" Mail Service. A catalog of paperback books available for checkout by mail has been prepared. It will be sent by request to residents 65 years of age or older and to handicapped and homebound citizens unable to use branch or bookmobile facilities.

Books are available for every reading interest. Requests for books are mailed to the library and with return postage included. To register and receive a catalog, call Special Services at 334-4012, Monday through Friday from 10 a.m. to 4 p.m.

JEFFREY HART

## Just An Orwellian Observation

This winter at Dartmouth I've been teaching a senior seminar in the works of George Orwell, a powerful and often highly illuminating writer.

This week we discussed his 1937 book "The Road to Wigan Pier," a study of poverty in the English mining district during the 1930s.

The book became something of a scandal, however, for its attacks on socialists and communists, and these attacks are so high-spirited that I must pass one of them, at least, along to readers.

Remember this Orwellian observation, next time you see an anti-nuclear power demonstration or a feminist rally:

"One sometimes gets the impression that the mere words 'Socialism' and 'Communism' draw towards them with magnetic force every fruit-juice drinker, nudist, sandal-wearer, sex-maniac, Quaker, 'Nature Cure' quack, pacifist and feminist in England.

"One day this summer (1937) I was riding through Letchworth when the bus stopped and two dreadful-looking old men got onto it. They were both about sixty, both very short, pink and chubby, and both hatless.

"One of them was obscenely bald, the other had long grey hair bobbed in the Lloyd George style. They were dressed in pistachio-colored shirts and khaki shorts into which their huge bottoms were crammed so tightly that you could study every dimple.

"Their appearance created a mild stir of horror on the bus. The man next to me, a commercial traveler I should say, glanced at me, at them, and back again at me, and murmured, 'Socialists' ...

"He was probably right — the ILP (International Labor Party) were holding their summer school at Letchworth. But the point is that to him, as an ordinary man, a crank meant a Socialist and a Socialist meant a crank.

"Any Socialist, he probably felt, could be counted on to have SOMETHING eccentric about him. And some such notion seems to exist even among Socialists themselves.

"For instance, I have here a prospectus from another summer school which states its terms per week and then asks me to say 'whether my diet is ordinary or vegetarian.' They take it for granted, you see, that it is necessary to ask this question.

"This kind of thing is by itself sufficient to alienate plenty of decent people. And their instinct is perfectly sound, for the food-crank is by definition a person willing to cut himself off from human society in hopes of adding five years onto the life of his carcass; that is, a person out of touch with common humanity ...

"Sometimes I look at a Socialist — the intellectual, tract-writing type of Socialist, with his pullover, his fuzzy hair, and his Marxian quotation — and wonder what the devil his motive really is.

"It is often difficult to believe that it is a love of anybody, especially of the working class, from whom he is of all people the furthest removed.

"The underlying motive of many Socialists, I believe, is simply a hypertrophied sense of order.

"The present state of affairs offends them not because it causes misery, still less because it makes freedom impossible, but because it is untidy."

JACK ANDERSON

# FBI's Mishandling May Bungle Cases

WASHINGTON — The glamorous side of the FBI's work has been chronicled on television and in the movies.

But as any FBI agent could attest, there's a vital part of the G-man's life that will never make it to the screen, mainly because it is boring. That's the seizure and safekeeping of property against the day when it will be introduced as evidence in a federal trial. Probably not even Norman Lear could make the Top 20 with a show titled, "FBI Property Clerk."

Mundane as it is, the custody of evidence is a crucial ingredient of any successful prosecution. And an internal Justice Department draft report charges that the FBI clerks could be blowing some cases.

The nub of the still-secret draft, prepared by auditors in the department's management division, is that nobody keeps proper track of property that has been seized for evidence. Things are so sloppy, the auditors complained, that evidence could be lost or

otherwise disappear and no one would know it.

In their low-key bureaucratic jargon, the auditors put it this way: "The systems used by the FBI for the handling of seized and recovered property are out-of-date and lack the specificity to effectively meet the responsibilities and requirements imposed by regulation."

The auditors noted that "we were told a number of times that 'We (the FBI) have never lost any evidence,' but added coldly: "In our opinion, the system now in use would not disclose the loss of evidence if it did occur."

The basic problem, the auditors concluded, is that property taken into custody by the G-men is "not effectively supervised by either agents or Support Service Supervisors."

As an example of this distaste for important but dull detail, the draft report cited "extensive time lags" between the seizure of

property for possible use as evidence and its ultimate recording in FBI logbooks.

In the Detroit field office, the investigators found many items of personal property that had been in FBI custody for more than eight years without being entered in the record. Time lags in the Philadelphia and Atlanta regional offices exceeded a year in some cases.

"Once personal property is taken, the FBI becomes responsible for it and accountability is mandatory," the draft report points out, and adds: "Delays such as we found (in recording) are unwarranted and unjustified."

In addition to the agents' casual attitude toward seized property — possibly because of it — the subsequent handling by property clerks "is neither proper nor adequate," the auditors complained. The reason for this, they decided, was inadequate training and a poorly written manual of instructions.

The Justice Department investigators found some ridiculous examples of property that had been retained long after it was useful

SCIENCE WORLD

## Radiation: Too Much Not Enough

KANSAS CITY, Mo. (UPI) — A University of Missouri researcher claims that contrary to the prevailing thought in American scientific community, low levels of radiation may be good for plants, animals and even people.

In fact, Dr. Thomas Luckey of the university's Columbia campus, is so convinced his theory is correct, he's now looking into the possibility that not enough radiation might be harmful.

Luckey's findings are contrary to the longstanding position of the National Academy of Sciences' Biological Effects of Ionizing Radiation Committee. The committee maintains that radiation harms organisms in proportion to the dose received, and that a "threshold of safety" exists.

"They literally didn't review the literature," Luckey said of the BEIR committee members during a telephone interview.

Luckey maintains his theory is documented as far back as 1898 and the Arndt-Schulz law named after two German professors who saw anything harmful given in low doses as a stimulant.

In 1962, Luckey, with the aid of some medical students, set out to repeat an experiment done in 1950 where mice were exposed to small doses of radiation every day. In that experiment, the mice experienced increased growth.

By analyzing the research of other scientists, Luckey said he has found that:

—Insects and laboratory animals, such as rats and mice, tend to grow faster with exposure to low level radiation. Silkworms not only grow faster, they produce 20 percent more silk.

—Irradiated monkeys tend to learn faster than those who have not been exposed to low levels of radiation.

—In Russia, wheat seed is exposed briefly to radioactive cesium before planting. This makes it sprout sooner and grow faster than unirradiated seed.

—People who live in high altitudes receive more radiation exposure than those in lowland areas, and high altitude living is positively correlated with long life.

"When life first appeared on Earth hundreds of millions of years ago, the planet was much more radioactive than it is now," Luckey says. "Yet, life has flourished. This suggests not only that various life forms learned to live with radiation, but also that they now may utilize it to their advantage."

Luckey is puzzled about why experts refuse to accept his data indicating low level radiation may be beneficial.

"All of the experts know that this happened in some experiment, but they ignore it. I don't know why they ignore it."

And although this "ignorance" is slowing down Luckey's research because he has had to hard time getting federal dollars to fund his experiments, he remains faithful to his quest.

"My requests for money were turned down for what appeared to be not good scientific reasons," Luckey says. "I just scrounge projects with medical students, I have friends who've put money into funding my lecture fees and so forth."

"The question this whole thing raises is: Is less radiation than we have now harmful? Is ionizing radiation essential for life? Nobody knows."

# A Gun In Every Home

KENNESAW, Ga. (UPI) — The citizens of Kennesaw, who handed Yankee Gen. William Sherman his only defeat during his march through Georgia, are taking up arms again. The City Council has approved an ordinance requiring every household to have a gun.

The order was approved unanimously by the City Council Monday as a response to a Morton Grove, Ill., handgun ban. Anti-gun factions said the law, which does not provide a penalty for not keeping a gun, was a "fit of craziness" but supporters cheered the spunk of the Georgia town of 7,000 people.

...of a message, said Kennesaw Councilman Mike Fredenburg, a sheetmetal worker who helped push the ordinance. "In our opinion for any city or county to take away the rights of their citizens to bear arms is ludicrous. Thank the Lord I don't live in a town where they have banned guns."

James Sloan, Morton Grove assistant village administrator, said the attitude of Kennesaw's council was part of the "problem we now have in this country with a proliferation of handguns."

gun groups. Shotgun-toting Police Chief Robert Ruble insisted Kennesaw will be a safer place now, although there were only two murders and a handful of armed robberies in the last two years.

"They (Morton Grove) can forward all their guns from their Police Department to our Police Department," said Ruble from his office. "We'll be more than happy to accept all of them."

Paul Lavrakas, field director for the National Coalition To Ban Handguns, said the ordinance is "blatantly unconstitutional" and was "typical of the thinking of many Southerners."

"Yes, the South is very pro-gun and they have the figures to back it up," said Lavrakas, citing statistics that showed Texas, Louisiana, Mississippi, Florida, Georgia and Alabama were among the top 10 states in the number of murders.

"On this issue there is very little middle ground. People, like in Kennesaw, end up doing dumb stuff... They feel this is part of a national conspiracy to take away their firearms and their rights."

# ...Troubles Continue

Continued From Page 1A

laborer, transferring wood after it was cut. The Crabtrees had left Piqua, Ohio, in December for what appeared to be a new opportunity in the Sunshine State. Jim gave up his steady \$140-a-week job at a sawmill in search of a better life.

The couple arrived in December in Sarasota, where Mary's brother had assured Jim he'd be able to find employment in that area, and they'd have a place to stay until they got on their feet. But the arrangement didn't last long. Jim was unable to find work and the couple's small savings went quickly. Then Mary's brother said he couldn't support them any longer.

The Crabtrees packed their few belongings and headed for Orlando, where it looked like Jim could get a helping hand from his uncle. But after a one-week visit Jim said, "My uncle said to be out of the house that night or he'd call the law."

With no food or money, and Mary close to delivering the baby, the Crabtrees decided to give up on their hopes of a new start in Florida and started to hitchhike back to Ohio — until they told their story to a woman motorist who took them to the Interstate Mall in Altamonte Springs.

That's where they ran into Al Nelson, a security guard at the mall with a sympathetic ear. Nelson called his wife about the couple and decided the Christian thing to do would be to help them out.

The Nelsons opened their Sanford home to the Crabtrees, and more help came from residents and the Central Baptist Church of Sanford in the form of food and money.

— JOE DeSANTIS

## EVERYTHING IS BEAUTIFUL

Greater Sanford Chamber of Commerce Beautification Award for March is presented by Chamber President Jack Horner (right) and Goodwill Ambassador Martha Yancey (left) to Dr. John Morgan, whose office is at 1055 E. First St., and staff members, Peggy Burton, secretary, and Betty Steffens, nurse.

## St. Paddy's Day Parade Set For This Afternoon

St. Patrick's Day festivities will begin at 4 p.m. today in the Greater Sanford Chamber of Commerce parking lot with a parade scheduled to start at 4:30 p.m. and moving through the downtown business district. There will be entertainment and free "green" beer and pretzels before and after the parade, and trophies for the most authentic Irish costumes. Parade participants are asked to wear green.

The parade will travel west on First Street from the chamber building to Oak Avenue, south on Oak to Second Street, east to Cypress Avenue then north to First Street and back to the chamber.

The Seminole High School Band will march in the parade which will be led by the Irish-American Club. Also participating will be Irish bagpipers, singers, dancers, twirlers, Shrine clowns, and an Elks' motorcycles team.

## Ma Bell Crashes

MIAMI (UPI) — A problem with an air conditioning unit at Southern Bell's headquarters building today triggered a computer crash that left the entire state without directory assistance.

The computer, which holds the names and telephone numbers of three million Southern Bell customers, was out of service from 7:15 a.m. until 9 a.m. EST.

People who called the 411 directory assistance number were politely told "the computer is down" and to call back later.

## AREA DEATHS

MRS. ADDIE BLACK  
Mrs. Addie West Black, 75, of 77 Redding Gardens, Sanford, died Tuesday at her home. Born Sept. 19, 1906, in Harnett County, N.C., she moved to Sanford from Erwin, N.C., in 1961. She was a homemaker and a member of the Pleasant Grove Baptist Church, Erwin.  
Survivors include a son, Earl Black, Sanford; a daughter, Mrs. Louise Maddox, Valrico; two sisters, Mary W. Tew, Dunn, N.C., Mrs. Virgie Wicker, Erwin; five grandchildren; and seven great-grandchildren.  
Gramkow Funeral Home, Sanford, is in charge of arrangements.

member of College Park Baptist Church, Orlando. Survivors include her husband, Bertran B.; a son, Bertran D. II, Hummelstown, Pa.; a daughter, Mrs. Cassandra Carrigan, Altamonte Springs; a brother, Ellis T. Green, Cross City; six grandchildren; and three great-grandchildren.  
Baldwin-Fairchild Funeral Home, Altamonte Springs, is in charge of arrangements.

MRS. ANTOINETTE G. WALTON  
Mrs. Antoinette G. Walton, 75, of 686 Lake Villas Drive, Altamonte Springs, died Monday at Winter Park Memorial Hospital. Born Nov. 14, 1906, in Leslie, Ga., she moved to Altamonte Springs from McIntosh in 1944. She was a homemaker and a

### FREE SPINAL EXAMINATION

**Danger Signals of Pinched Nerves:**

1. Headache, Dizziness, Loss of Sleep
2. Neck Pain, Tight Muscles
3. Pain Down Arms, Shoulder Pain
4. Numbness in Hands or Feet
5. Pain between the Shoulders
6. Painful Joints, Nervousness
7. Lower Back Pain, Hip Pain, Pain Down Legs

Why FREE? Thousands of area residents have spine related problems which usually respond to chiropractic care. This is our way of encouraging you to find out if you have a problem that could be helped by chiropractic care. It is also our way of acquainting you with our staff and facilities.

Examination includes a minimum of 10 standard tests for evaluating the spine and a contour analysis photo as shown above.

While we are accepting new patients, no one need feel any obligation.

Most Insurances Accepted

## SANFORD PAIN CONTROL CLINIC

2017 S. French Ave. (Across from Pizza Hut) Sanford  
**323-5763**

# Walgreens

THE SANFORD SHOPPER CENTER

How would you like to save up to 50% on your next prescription?

It's possible if your prescription calls for a generic rather than a name-brand drug. What are generics? They're exact chemical equivalents of name-brand pharmaceuticals. The basic difference is price. Can all prescriptions be filled with generics? Ask your Walgreen pharmacist about the availability of a generic replacement for your particular medication. Then ask your doctor about a generically written prescription. It could mean significant savings for you.

- COKE, TAB OR SPRITE** 8/1.99
- ANY 25' SIZE CANDY BAR** 5/51
- MARSHMALLOW PEEPS** 2/51
- HALF GALLON ICE CREAM** 1.39
- TIC TAC TANGY MINTS** 4/51
- HIGH POINT COFFEE** 2/69c
- RENUZIT SOLID AIR FRESHNER** 3/51
- SCOTT PAPER TOWELS, 85 FT.** 69c
- INSTANT KODAK FILM** 7.29
- GET TWIN-PAK FLASHBAR II** 3.49
- DURACELL 9V BATTERY** 1.49
- 2-PAK BUTANE LIGHTERS** 2/1.30
- CHOCOLATE CHIP COOKIES** 79c
- 1-POUND PACK OF SNACK BARS** 1.99
- HOLLOW MILK CHOCOLATE** 2.69
- NO NONSENSE COMFORT STRIDE** 2.49
- BIG SHAVERS 3-PACK** 3/52
- CHOICE OF 3 MITCHUM** 2.49
- SOFT SENSE LOTION** 2.19
- PEARL DROPS POLISH** 1.59
- KERI SKIN CARE LOTION** 4.99
- INTENSIVE CARE BATH BEADS** 1.29
- REESE'S PEANUT BUTTER EGGS** 1.49
- KOTEX FEMININE NAPKINS, 30's** 2.99
- PEARL DROPS TOOTH POLISH** 1.59
- CHOICE OF 3 MITCHUM** 2.49
- SOFT SENSE LOTION** 2.19
- PEARL DROPS POLISH** 1.59
- KERI SKIN CARE LOTION** 4.99

## The Garden Center

- JOE'S PACK of 12 TOMATO SPIKES** 99c
- RATCHET LOUNGE FOLD-A-TABLE** 2.99
- PORTABLE 12 INCH TABLE TOP GRILL** 2.59
- DELUXE QUALITY FOLDING CHAIR** 16.99

## ZAYRI PLAZA SANFORD

OPEN DAILY 9 A.M. TO 9 P.M.  
SUNDAY 10 A.M. TO 6 P.M.  
LIQUOR 9 A.M. TO 9 P.M.  
(Liquor Closed Sunday)  
PHONE 323-9190 RX 321-0250





# Ex-POW Speaks On Faith, Survival

Navy Commander Gerald Coffee returned to Sanford to a hero's welcome nine years ago this month after spending seven years as a prisoner of war in North Vietnam.

Coffee, now a captain with 21 years naval experience, was back in town last week to visit friends and speak to students at Seminole High School.

Early 1966, while flying combat missions from the U.S. Kitty Hawk in the Tonkin Gulf, Coffee was downed by enemy fire over North Vietnam. He parachuted safely, but was captured immediately. For the next seven years, he was held as a POW in various prisons in-

cluding the infamous "Hanoi Hilton." He was repatriated with the first group of POWs on Feb. 12, 1973.

Since his return, Coffee has earned a master's degree in political science from the University of California, Berkeley, was graduated from the National War College in Washington, D.C., and commanded his own squadron — Fleet Composite Squadron One at the Naval Air Station Barbers Point, Hawaii. He currently serves on the staff of the Commander in Chief, U.S. Pacific Fleet. He and his wife Bea and four children live at Barbers Points.

Coffee has shared his message with over 75,000



GERALD COFFEE

persons during the past two years, speaking to a variety of professional, youth, military,

civic and religious groups. He has keynoted several national conventions including the American Legion, Million Dollar Round Table, and Independent and Professional Insurance Agents of America.

For his contribution to Americanism through public speaking, he has received the George Washington Honor Medal presented by the Freedoms Foundation at Valley Forge, Pa.

Coffee's message on "Faith — the Key to Survival" does not focus on the horrors of his seven-year incarceration, but upon the positive lessons learned by himself and other Americans held captive. His faith — in himself, his fellow

man, his country, and his God — was the key to his survival, and can be for all, each day, today and tomorrow, he says.

"He is a tremendously inspiring speaker," said Jim Thompson, assistant principal at Seminole, "and the students were very attentive to what he had to say."

Coffee's military awards include the Silver Star, Legion of Merit, Distinguished Flying Cross, two awards of the Bronze Star, the Air Medal, two awards of the Purple Heart, the Combat Action Ribbon, two awards of the Navy Unit Commendation Medal, and the Vietnam Service Medal with 13 stars.

# No More Nude Dancing In Cocoa Beach Clubs

ATLANTA (UPI) — A federal appeals court has ruled that Cocoa Beach, Fla., can outlaw nude dancing because the city's right to keep the peace is superior to the dancers' right to free expression.

The 11th U.S. Circuit Court of appeals has upheld a city ordinance challenged in 1979 by the Grand Faloan Tavern, a space coast night spot.

The suit charged that police Chief Robert Wicker and his officers were stifling free speech and expression by enforcing the city's ban on nude entertainment in places licensed to sell liquor for on-premises consumption.

The three-judge appellate court based its First Amendment findings on the U.S. Supreme Court's ruling that upheld the conviction of a young man who burned his draft card in protest of the Vietnam war. In that case, the justices held that the

government's right to orderly operation of the Selective Service System was superior to the defendant's claim that he expressed a political belief by burning his draft card.

In the Cocoa Beach case, the circuit court said the city's right to keep the peace was superior to a dancer's claim of freedom of expression.

The police chief testified in a lower court hearing that The Grand Faloan had been called by other bars in the area but that another strip club owned by several defendants had been the scene of several crimes.

He said they included a homicide, drug offenses, robberies, prostitution, drunkenness and assaults.

The court said city officials had enacted the ban "because of their personal dislike for nude dancing or because they sought to protect Cocoa Beach residents

## REALTY TRANSFERS

(QCD) Muse W Perkins III & wife Louise to James Allen, Vivian Allen & Willie Allen, 540' of N 120' of Lot 27, B1k B, A B Stevens addn Midway \$100  
Windsong Apts Ltd, Pte to Windsong Prop Ltd, E 701' of N 1/2 of NE 1/4 of Sec 24 21 29 et al \$7,700,000  
Robert W Taylor to Sanlando Springs Animal Hosp Inc, Lot 18, Mobile Manor, 2nd sec real \$100  
Sanlando Springs Animal Hosp Inc to Keith W Creeden, DVM & wife Lisa, Lots 1 & 37, B1k G Mobile Manor 2nd Sec \$250,000  
Decatearine Constr to Richard J Vigurs & wife Angela M, Lot 11, B1k A Sweetwater Oaks, Sec 18 \$118,800  
Kirk Dee Corp to Noel K Taylor & wife Margaret M, Lot 34, B1k A Fairway Cove \$100  
Brown Bilt, Inc to Lawrence M Mallory & wife Nancy E, Lot 15, Wekiva Club Ests, Sec 7, 3147,000  
James E Williams & wife Nancy to Edwin R Atzenhoffer & wife Helene, Lot 25, B1k B Sweetwater

Oaks, Sec 18 \$118,500  
E Douglas Glenn & wife Larora to David R Hall & wife Carolyn P, Lot 323, Wekiva Hunt Club Fox Hunt Sec 2 \$98,000  
Alice F O Connell (form Farrell) to Fabian J O Connell & Alice F, Un 21, Baytree Condom Sec Nine Inc \$130  
Paul McGinnis & wife Sharon to Paul McGinnis, Lot 14, B1k A, Hawling Park Un 1 \$500  
IQCD) Leo C Portman A, & wife Grace E to Grace E Portman, Lot 44, B1k 1, Sabal Point amended plat \$100  
IQCD) Lawrence L Gorman & wife Elaine to H Elaine Gorman, Lot 1, Willow Acres \$100  
H Elaine Gorman to Stella M Lewis, sgl, Lot 1, Willow Acres, \$82,000  
H S Musselwhite Jr to Jeffrey T Aurand, Lots 5 & 7, B1k M, Lake Mills Shores \$12,000  
Urban Expansion Inc to Emerson & Herod Investments, Lot 102, B1k A Winter Green \$65,900

IQCD) Bertie Mae Roberts & wife Sara R Gilbert Bq NE cor of W 1st St of NE 1/4 of NE 1/4 Sec 15 21 30 etc \$100  
IQCD) Bertie Mae Roberts & wife Sara R Gilbert Bq SW cor of W 1st St of NE 1/4 of NE 1/4 Sec 15 21 30 etc \$100  
IQCD) Bertie Mae Roberts & wife Sara R Gilbert Bq SW cor of W 1st St of NE 1/4 of NE 1/4 Sec 15 21 30 etc \$100  
IQCD) Roger W Conner III & wife Sheila D to Nat M Turnbull Jr (Marr), Un 14 Capistrano \$100  
Florida Land Co to James S Buchanan (Marr), Lots 19 & 20, B1k 7 North Orlando 2nd Addn \$7,000  
James S Buchanan & wife Geneva to Dennis M Norman sgl, & Debora L Buchanan sgl, Lot 19 North Orlando 2nd Addn \$7,000  
IQCD) Ira L Stokes Sr & Hazel M to Ira L Stokes Jr & wife Linda D, Sec 17 20 32 E 1st Add of N 1/2 of SE 1/4 of SW 1/4 of Cochran Rd, less part etc \$100  
Mirata Corp to John H Holland & wife Ellen G, Lot 1, B1k D Sanlando Springs Lake Oaks, Sec 14 \$49,000  
Alzada Evans Lake Young to Alzada Evans & wife Andrew Y, Lots 245 & 246 Midway \$100  
Maronda Homes Inc to Dennis G Cabria & wife Ruth, Lot 24 B1k A Rosemoor Un 1 \$51,900  
Maronda Homes Inc to Marion A Stevens sgl, Lot 17 Cedar Ridge Un 1 \$48,900  
Mara Weisheimer, sgl to Bernard C Finch & wife Dorothy J, Lot 83 Trailwood Estates Sec 10 \$33,000  
Dan Way Inc to Bernard L Banner Jr & wife Adelaide Y, Lot 15 Sanora to Un One \$34,900  
Joseph Krug & wife Frances to Cheryl J Krug & wife Christine S, part of Lot 20, Wally Farms, uncorrected \$300  
Eleanor Schmitt sgl to E Lee Munz & Salvatore H Munz, DBA Excellent Properties, E 10' of Lot 7 B1k A Pine View \$500  
Wilfred C Hornicke & wife Gloria

## Wilder Income Tax and Accounting Service

7923 ORLANDO DRIVE  
SANFORD PLAZA (ACROSS FROM BURGER KING)  
**Phone 323-1042**

- REASONABLE SET FEES (START AT \$10.00 FOR FORM 1040A)
- EXPERIENCED GRADUATE ACCOUNTANT (EMPLOYED AS AN AUDITOR WITH IRS FOR 13 YEARS)
- WILL ACCOMPANY YOU TO IRS, AT NO EXTRA CHARGE IF YOU SHOULD BE AUDITED
- SMALL BUSINESS ACCOUNTING AND TAX SERVICES

**(CALL FOR FREE ESTIMATE OF CHARGES)**  
**OFFICE HOURS: 9 AM - 8 PM, MON.-FRI.**  
**9 AM - 5 PM, SATURDAY**

## CALENDAR

**WEDNESDAY, MARCH 17**  
Democratic Women's Club of Seminole County, 7:30 p.m., Seminole Education Association office, 404 W. 25th St., Sanford.  
Recovery, Inc., 12:30 p.m., Sears Altamonte Mall.  
Sanford Seranaders senior citizens dance, 2:30 p.m., Sanford Civic Center.  
Starlight Promenaders, 8 p.m., DeBary Community Center.

**THURSDAY, MARCH 18**  
Lake Mary High School Band concert, 7:30 p.m., school auditorium.  
Lake Mary Rotary Club, 8 a.m., Lake Mary High School, Longwood-Lake Mary Road.

**FRIDAY, MARCH 19**  
Lake Mary High School Dance Team presents "An Evening of Dance," 8 p.m., school auditorium.  
St. Patrick's Dinner Dance, hosted by the Over 50 Club, Eastmonte Civic Center, Altamonte Springs. Buffet, 6 p.m. and dance 7:30 p.m. Call 327-1314 for reservations.  
Boy Scout Seminole District Spring Camporee, Cranes Roost Boulevard behind Altamonte Mall.

**THE SANFORD HOUSE RESTAURANT**  
St. Patrick's Day Special  
CORNED BEEF & CABBAGE \$3.75  
109 N. Oak Avenue Sanford, FL 32771 321-0906

**Welcome NEWCOMER!**  
"Florida's own greeting service" — dedicated to welcoming new residents

Florida Owned  
Florida Managed

A call from you will bring a prompt visit from our representative. She has brochures, civic information, and to help with your shopping needs, cards of introduction from local merchants.

**Sanford**  
Lola Winn — 323-2752

**South Seminole**  
Laura Boho — 329-1845  
Co-ordinator

Florida Greeting Service Inc.  
Home Office 904-734-8031

## Gifts of Lasting Value... FREE!

**SOLID BRASS** **COPPER COOKWARE** **MONOGRAMMED CRYSTAL**

Here's a Brassy idea that's Crystal clear when you save your Coppers with us. FREE gifts that add lustre to your home while we add interest to your deposits. Choose from a selection of imported solid brass; handblown, monogrammed crystal and the first choice of gourmet cooks everywhere, solid copper cookware. Open or add to any of our wide-ranging savings plans and certificates of deposit, including the new IRA accounts and All Savers Certificates. As little as \$500 opens your new account and additional deposits of \$50 or more enables you to buy extra pieces at substantial bargains.

Item No.	Description	Initial Deposit to New or Existing Qualifying Account			With Each Additional Deposit \$50.00 or more
		\$500 or more	\$1000 or more	\$5000 or more	
1	Ashtray, Set of 4	1 Free	2 Free		\$ 3.00
2	Double Old Fashion, Set of 4	\$ 5.00	Free	Any Two Items FREE	7.00
3	Hi Ball, Set of 4	5.50	Free		6.50
4	Tumbler, Set of 4	4.50	Free		6.50
5	Classic Mug	4.50	Free		5.50
6	Wine Goblet, Set of 2	7.00	\$ 4.50	Free	9.00
7	Bar Pitcher	9.00	5.00	Free	12.00
8	Wine Decanter, 6 Glasses	21.00	18.00	15.00	26.00
1	All Purpose Server	\$ 4.00	Free	Free	\$ 8.00
2	24" Rack	9.50	\$ 7.00	Free	12.00
3	8" Au Gratin	9.50	7.00	Free	12.00
4	2 qt. Tea Kettle	12.00	9.00	Free	15.00
5	8 Piece Gourmet Set	80.00	70.00	60.00	95.00
1	Chamberstick	\$ 8.00	\$ 4.00	Free	\$10.00
2	Vase	10.00	6.00	Free	12.50
3	3" Candlesticks (Pair)	11.00	7.00	Free	14.00
4	Horse	12.00	8.00	Free	17.00
5	Accent Lamp	20.00	18.00	15.00	25.00

One free gift per family. Gifts subject to Availability. Funds must remain on deposit for 90 days to qualify for free gift. Transfer of funds does not qualify for free gift.

**FIRST FEDERAL SEMINOLE**

Sanford 312 West First Street  
Forest City (Cor. of Hunt Club Blvd. & S.R. 436)  
South East Orlando 1847 S. Semoran Blvd.  
Orange City 555 Enterprise Road  
Longwood S.R. 434 at Hwy 17-92

Apopka 1603 W. Orange Blossom Trail  
Winter Park 1250 Lee Road  
DeBary 137 Highway 17-92  
Oviedo Oviedo Shopping Ctr.



# SPORTS

10A—Evening Herald, Sanford, Fl. Wednesday, March 17, 1982

## Thigpen Clobbers Santa Fe

### JC Baseball

Robert Thigpen clubbed his fourth home run in six games and Jeff "Bear" Blanton added a three-run shot as the Seminole Community College Raiders whipped Santa Fe, 8-5, at Gainesville in Junior College baseball action Tuesday.

The victory was the sixth straight for Jack Pantelias' squad who is on top of the Mid-Florida Conference. SCC hosts Georgetown (Ky.) College today at 3 before returning to division play Thursday against Florida Junior College, also at home.

The Raiders jumped to a 2-0 lead in the third when catcher Jim Mee doubled, pinch runner Edwin Wiggins went to third on Blanton's fly ball, and Thigpen crunched a 3-2 pitch over the 375 barrier in left center.

In the fifth, SCC snapped a 2-2 deadlock when Tim Barker singled and stole second, Bobby Parker singled him home. Mee followed with a hit and Blanton cracked one over the left field fence for the game-winning blast.

Sophomore Jay Williams picked up his seventh straight victory without a loss, thanks to a four-inning, two-hit relief stint by John Thompson who earned the save.

Seminole	000	240	101	—	8	11	1
Santa Fe	000	220	000	—	5	8	0
WP	—	Williams	LP	—	Rochford		



Seminole's Katie Barbour slides safely into third base as Lake Howell's Kasie McDonough is too late with the tag. Lee Lacy scores first Pirate run.

## Hawks Trip Tribe

Lake Howell pushed across a run in the fourth inning Tuesday with the help of several Seminole errors to knock off the Tribe, 4-3, in girls softball action at Ft. Mellon Park.

"There must have been six errors on the play," said a disgusted Tribe coach Beth Corso. "But we only put down three in the book because we didn't have the space required."

The run snapped a 3-3 tie and lifted the Hawks of Jo Luciano to a 3-0 mark in the Five Star Conference. The Tribe dropped to 3-2 in league play and 3-5 overall.

After two pop outs, Howell's Eileen Thiebauth reached on a single and moved to second. Laurie Helm lifted a simple pop fly in the infield which dropped among pitcher Dee Hogan, shortstop Johnnie Bennett and second sacker Cindy Pendarvis.

Thiebauth was retracing her steps to second when Bennett threw the ball into center field. When Thiebauth took off for third, the return throw went over Susan Bagley's head. Another throw home sailed over catcher Theresa Behrens' head allowing Thiebauth to score the game winner.

Lake Howell broke on top in the second with singles by Dawn Carpenter and Karen Alderman along with a RBI double by Thiebauth and a single by Helm for a 3-0 lead.

The Tribe bounced back in the third to tie on hits by Katie Barbour and Hogan Bagley, who stroked three hits to raise her average to .476, drove in two runs and Bennett singled in the other.

Seminole hosts DeLand Thursday at 4 p.m. at Ft. Mellon, while the Hawks travel to Mainland.

Herald Photo by Tom Vincent

## Languishing?

### Laudner Struggles To Regain Clubber's Touch

By SAM COOK  
Herald Sports Editor

ORLANDO—Tough. Determined. Frustrating.

It was hard to tell which of those three adjectives best described Tim Laudner's Tuesday afternoon grimace as he whaled away at a few off-the-plate servings at Tinker Field.

It didn't help that former Orlando Twin teammate Jack Hobbs couldn't throw a plethora of fastballs and curves over the plate as some of the Minnesota Twin overtimers were getting in a few licks.

"What's that one strike out of 10?" growled manager Billy Gardner as he watched in anxiety with the rest of his foursome. Gardner wasn't in the best of spirits anyway. His youngsters had taken another drubbing Tuesday, this time a 10-1 whipping at the hands of the

Pittsburgh Pirates before 3,118 fans.

It's this kind of besting which causes grumbling around the cage when one of Johnny Podres' lefthanders can't find the plate. Something that has been happening all spring.

"There ain't a (bleeping) one of them that has shown anything," said the former Dodger great when questioned about his southpaws. "Ain't one of them that's thrown the same way twice."

"This is the time when they're supposed to show something. Hell, we've got some lefthanded spots open. But when they get out there (the mound), they're different pitchers. They freeze up."

Gardner agreed with his pitching coach's assessment. "Yeah, the pitching went bad again today. It wasn't what I expected. There are jobs open. This is the time to be loosey-goosey," he

### Baseball

Laudner, last year's professional home run leader with 44 clouts, looked anything but loosey-goosey as he tried to work out the kinks of a cartilage operation which has put his major league status in doubt.

"It's been coming along all right," the 6-3, 212-pound Southern League Player of the Year said. "But I'm not completely happy with the way things are going."

Laudner belted 42 of his ding-dongs for the O-Twins, then responded with a round-tripper in each of his first two games in the big time. He was only the second American Leaguer ever to do that. Former New York Yankee Joe Lefebvre was the first in 1980.

After Laudner's smashing debut,

however, he did little more. In 14 games, he batted 43 times and collected just seven hits for a measly .163 average. He struck out a whopping 17 times.

"It's a whole new year. I've gotta prove myself all over again," Laudner said between swings. "I didn't do anything (after two days) in the big leagues."

Gardner isn't too worried about his aspiring slugger. "With a guy with his potential we don't want to push him too fast after his (Jan. 22) operation," the skipper said. "It'd sure be nice to have his bat in the lineup, though."

Standing in Laudner's catching way is six-year veteran Butch Wynegar. The switch-hitting backstop showed great promise in his first two years (20 homers and 148 runs batted in), but has done very little since.

Wynegar hasn't smacked over seven homers or driven in more than 57 runs since. Last year, riddled by injuries, he appeared in just 47 games with no HRs and 10 RBIs.

Behind Wynegar are backups Ray Smith and Sal Butera. Both are of similar talent although neither could be penciled in as a starter for more than a few days.

The Twins tried to peddle Wynegar over the winter, but because of his injury status and declining years since 1977, found the other clubs a little standoffish.

Laudner has made just one appearance, two days ago when he lifted a medium fly ball to center field. "I don't know what's going to happen," he agonized Tuesday. "But I hope I get to play some pretty soon. It's getting late."

It was late early for the Twins against

Pittsburgh. Bucco centerfielder Lee Lacy rapped out four straight hits and stole three bases as the Pirates won going away.

Non-roster outfielder Doug Fobel, batting .143 going into the day, swatted two hits including a home run and drove in four runs. Vance Law, son of ex-Pirate pitcher Vernon Law, slugged a homer and Jason Thompson ripped two hits.

Pittsburgh's Willie Stargell drew the biggest applause of the day. The aging veteran produced a run with a single in the fifth for a 6-0 lead.

Enrique Romo, Pascual Perez, Manny Sarmiento and Ken Brett held the Twins scoreless until the eighth when Ivan Mesa singled home Jim Eisenrich who had doubled.

Minnesota starter Eddie Hodges, a lefthander, suffered the loss.

## Five Star Seminole County Leaders

Today's games  
Seminole at Lyman, 3:30 p.m.  
Seabreeze at Lake Howell, 3:30 p.m.  
Lake Brantley at Spruce Creek, 3:30 p.m.

### 5 Star Conference Standings

	W	L	GB
Apopka	6	0	
Lyman	4	1	1 1/2
Seminole	3	3	3
Lake Howell	3	3	3
Lake Brantley	3	3	3
Seabreeze	3	3	3
DeLand	2	4	4
Spruce Creek	1	4	4 1/2
Mainland	1	5	5

### Batting

	AB	R	H	AVG.
John Reich (Ly.)	35	16	457	
Bill Lang (LH)	40	17	425	
Doug Chiodini (LH)	43	17	395	
Todd Marriott (Ly.)	37	14	378	
Lee Jenkins (Ly.)	33	12	364	
"Duck" Sawyer (Ly.)	33	12	364	
David Martinez (LH)	45	18	356	
Jeff Litton (Sem.)	32	11	344	
Brett Von Herbulis (Sem.)	42	14	333	
Tom Perkins (Ly.)	36	12	333	

Home Runs	
Tony DiMauro (LH)	— 3
Jim Royal (LH)	— 3

John Reich (Ly.)	— 2
Ken Brown (Ly.)	— 2
Todd Marriott (Ly.)	— 2
Jorge Sierra (Ly.)	— 2
David Martinez (LH)	— 2
Doug Chiodini (LH)	— 2

Runs Batted In	
Jim Royal (LH)	— 13
John Reich (Ly.)	— 11
David Martinez (LH)	— 11
Brett Von Herbulis (Sem.)	— 10
Doug Chiodini (LH)	— 10
Tony DiMauro (LH)	— 9
Todd Marriott (Ly.)	— 9
Tom Perkins (Ly.)	— 9
Lee Jenkins (Ly.)	— 9
"Duck" Sawyer (Ly.)	— 8

Runs	
David Martinez (LH)	— 15
Brett Von Herbulis (Sem.)	— 14
Ken Brown (Ly.)	— 14
Tom Perkins (Ly.)	— 13
Todd Marriott (Ly.)	— 11
Doug Chiodini (LH)	— 11
Fred Howard (Sem.)	— 10

Stolen Bases	ATT.	SB
Brett Von Herbulis (Sem.)	16	15
Ken Brown (Ly.)	12	12
Bill Lang (LH)	11	11
Greg Register (Sem.)	9	9

Todd Marriott (Ly.)	7	7
Tom Perkins (Ly.)	7	7

### Pitching

(12 or more innings)	IP	ER	ERA
Tracy Walker (Sem.)	14.1	0	0.00
Pat Burkhart (Ly.)	25	4	1.12
Willie Pashe (Ly.)	12.2	4	2.15
Doug Chiodini (LH)	22.1	7	2.23
Billy Green (LB)	29.1	11	2.63
Tommy Novak (LB)	31	12	2.65
Greg Hill (Sem.)	36	14	2.72
Billy Stripp (LH)	27	11	2.85
Kevin Brubaker (Ly.)	23.1	13	2.92
Fred Howard (Sem.)	27	14	3.61

Strike Outs	
Tommy Novak (LB)	— 39
Greg Hill (Sem.)	— 37
Billy Stripp (LH)	— 27
Doug Chiodini (LH)	— 21
Pat Burkhart (Ly.)	— 20
Fred Howard (Sem.)	— 20
Billy Green (LB)	— 17

Victories	
Kevin Brubaker (Ly.)	4-1
Willie Pashe (Ly.)	3-0
Billy Stripp (LH)	3-1
Tommy Novak (LB)	3-2
Tracy Walker (Sem.)	2-0
Doug Chiodini (LH)	2-0
Pat Burkhart (Ly.)	2-1



DOUG CHIODINI



TRACY WALKER



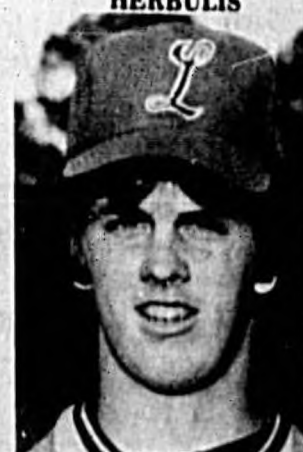
BRETT VON HERBULIS



TOM PERKINS



JOHN REICH



KEVIN BRUBAKER



Scorecard

Dogs
At Sanford-Orlando
Tuesday night results
1st race—5:16, B: 31.83
2 Florida Brand 29.00 7.80 4.00

NBA
NBA Standings
By United Press International
Eastern Conference
Atlantic Division
Boston 49 51 74%
Phila 45 58 74 3/4

Prep Track
GIRLS
TRINITY PREP, LAKE MARY 65
GROVELANDS
High jump—Archibald (T) 4 1/2

Prep Tennis
LAKE MARY'S, OVIDO 1
Singles: Hynes (O) d. Pinnock 6-5

Deals
Sports Transactions
By United Press International
Tuesday
Baseball
Chicago (NL) — Cut catcher

NHL
NHL Standings
By United Press International
Wales Conference
Patrick Division
W L T Pts.

Prep Track
LAKE MARY'S, OVIDO 1
Singles: Hynes (O) d. Pinnock 6-5

Prep Tennis
LAKE MARY'S, OVIDO 1
Singles: Hynes (O) d. Pinnock 6-5

Sterchi's OUR 93RD YEAR GREAT HOUSE CLEANING SALE! THIS WEEK ONLY! FLOOR SAMPLES, ONE-OF-A-KINDS, ODDS 'N ENDS, SCRATCH 'N DENTS 15% to 50% OFF COMPARATIVE PRICES

SAVE 20%-60% ON ALL LAMPS AND PICTURES. Multi-Colored Occasional Chairs, Choice Of Several. Reg. \$169.95 Now \$99.00. Used 25" Console Color T.V. Reg. \$799.95 Now \$299.95. Open Wall Units In Pecan Finish Reg. \$249.95 Now \$169.95.

Use Sterchi's Credit With a Personal Touch! Free Delivery and Set-up in your Home! 1100 FRENCH AVE. SANFORD, FLA. 322-7953

Vertical text on the left edge of the page, possibly a page number or column label.

# OURSELVES

Evening Herald, Sanford, FL, Wednesday, March 17, 1982—1B

## Cook Of The Week

# Every Meal Is A Special Occasion For Mom Of 7

By LOU CHILDERS  
Herald Correspondent

For Lois Brown, every meal is a special occasion. Lois explains, "My husband Bob travels a lot in his work (he is the owner of Brown & Associates, a private investigation agency in Orlando). This forces him to eat in restaurants frequently." Consequently, Lois gives her undivided attention to the three or four evening meals a week they share.

The Browns have one child left at home, Bobby, 10. The other six children, Vicky, Debbie, Tina, Donna, Cindy and Jimmy are grown and on their own.

Lois says the unseasonably warm March weather made her dig out a recipe for homemade tacos — something she fixed about once a week when all seven of her children were around the dinner table.

Now she says, "I like to fix the tacos when company is coming — especially if they have children." Children always seem to love tacos.

Lois' taco shells don't have as much corn meal as traditional shells, and they cook up rather "soft". She pours the thin dough in a large teflon skillet and cooks them crepe-style, holding them in a warm oven until all the shells are cooked.

The ingredients for the filling for the tacos as well as the meat mixture are prepared ahead of cooking the shells, and held in bowls.

The best thing about a taco meal according to Lois is the fun the family seems to have in assembling their own "concoction" at the table. One may start out with lettuce at the bottom, while another chooses the meat mixture. Some like the hot taco sauce, others prefer sour cream as the final topping.

And, she adds, "If you have never seen a large family eating tacos — what a mess! What fun!"

Lois' real specialties are desserts. Two unusual recipes in her file are Buckeye Cookies and Baby Food Plum Cake.

Cooking is something Lois learned after she married. She says, "You've heard about these gals who couldn't boil water without scorching the pan — well, I was one of them."

Now, however, after years of reading cookbooks, clipping recipes from the newspaper, friends sharing and lots of practical experience — Lois is a good cook, and an inventive one, too.

Lois has successfully made her Chuluota residence a charming, award-winning-type farm home, but she says, "No matter where I seat my guests, it seems they like my kitchen best."

### TACOSHELLS

3 eggs  
3 tablespoons melted butter  
3 tablespoons corn meal  
1 teaspoon salt  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  cups corn starch

Mix all ingredients. Spray large teflon frying pan with non-stick spray. Fry 1 very thin "pancake" at a time, barely covering bottom of pan with mixture. Brown on both sides; store in 200 degree oven until all tacos are cooked and ready to serve.

### FILLINGS FOR TACOS:

2 cups grated cheddar cheese  
1 head lettuce, chopped fine  
4 fresh tomatoes, chopped fine  
2 medium onion, chopped fine  
1 bottle taco sauce (mild or hot to suit taste)  
1 container sour cream

Prepare each ingredient and store in covered bowls until shells are cooked. At serving time, allow each person eating meal to add fillings in any order to taco shell. Shell may then be rolled and eaten like a sandwich.

### MEAT FOR TACOS:

In a large skillet brown:  
1 pound ground sirloin  
 $\frac{1}{2}$  cup chopped onions  
Drain meat and add:



Herald Photo By Lou Childers

Lois Brown fills a freshly made taco shell.

$\frac{1}{4}$  cup soy sauce  
1 teaspoon garlic powder  
1 teaspoon chili powder  
salt and pepper to taste  
1 teaspoon flavor enhancer  
Cook on summer until taco shells are ready. Meat may be added with other fillings.

### BUCKEYE COOKIES

2 sticks butter or margarine  
1 to 1 $\frac{1}{2}$  cups graham cracker crumbs  
 $\frac{1}{2}$  cup chopped nuts  
1 cup shredded coconut  
1 box confectioners sugar  
12 oz. crunchy peanut butter  
Combine all ingredients and roll into small balls. Melt 1 lb. chocolate chips and  $\frac{1}{2}$  cake paraffin wax in a double boiler. Dip cookie balls in this mixture to coat evenly and place on a plate to cool.

### BABY FOOD PLUM CAKE

2 cups self-rising flour  
2 cups sugar  
1 cup cooking oil  
3 eggs  
2 jars baby food plums  
1 teaspoon cinnamon  
1 teaspoon crushed cloves  
1 cup chopped walnuts  
Mix all ingredients well. Bake for 1 hour at 325 degrees in a greased and floured bundt or tube pan. Allow to cool slightly, and remove to cake plate. Drizzle with glaze made by combining 1 cup confectioners sugar and juice of one lemon.

### CARROT CAKE

2 cups plain flour  
2 cups sugar  
2 teaspoons baking soda  
2-3 teaspoons cinnamon  
1 teaspoon salt  
 $\frac{1}{2}$  cups vegetable oil  
6 eggs  
4 cups grated carrots  
2 cups chopped nuts  
Sift and mix dry ingredients. Add oil and stir well. Add eggs one at a time and mix after each. Add carrots, nuts, and mix thoroughly. Pour into two 9" greased and floured cake pans; bake in a 350 degree oven until tooth pick inserted in middle comes out clean (approximately 30-35 minutes.)

### ICING FOR CARROT CAKE:

1 large package of cream cheese  
1 stick butter  
1 box confectioners sugar  
1 cup nuts, chopped  
2 teaspoons vanilla  
Cream softened butter and cream cheese. Add sugar, vanilla and nuts, mixing until creamy. Spread on top of first 9" layer, then on top of second layer, frosting sides last.



Get In The Swim-----  
Get out super new swimsuits. Come see our latest splash fashions.

**Lois' PLACE**  
SANFORD'S NEAREST AND MOST UNIQUE BOUTIQUE

LOIS DYER, OWNER - LISA GARNER, MGR.  
116 S. FIRST ST. - 224-4132  
DOWNTOWN SANFORD

## SERTOMA AIDS ZOO

Al Rozon, center, director of the Central Florida Zoo, is presented a check for \$500 by Powell Austin, vice President of the Sanford Sertoma Club, and his wife Patricia. The club recently held a sidewalk sale and sold donated merchandise to raise money for the Zoo.

Herald Photo by Tom Vincent



## 'Winning Ways For Women'

# Views Shared At Workshop

By DEE GATRELL  
Herald Correspondent

The Seminole County Federation of Women's Clubs held the annual workshop on March 10 at the Community United Methodist Church in Casselberry with approximately 100 clubwomen attending "Winning Ways For Women."

Carole Nelson, anchorwoman from WFTV Channel 9 news, was the guest speaker. Ms. Nelson spoke on the changes she has seen in the woman's movement since 1970, along with a personal view of her career and family life. Does she find it hard being a woman in the news media?

Ms. Nelson replied that it was hard in some ways, saying "A lot of the things that will prevent a woman from getting ahead are not what other people think of them, but what they think of themselves."

Ms. Nelson said some of the hardest things for her was her old conditioning, her "old ideas about what women were and how women should behave." She feels that a lot of discrimination is internal, that "we discriminate against ourselves."

Ms. Nelson says she believes this is an ex-

acting time to be a woman. She feels that the militant part of what the women's movement was all about in the beginning is over. She doesn't feel that is what the women's movement is all about.

"Women can now afford to be loving. They can afford to form relationships and have their passive moments," said Ms. Nelson. She said she feels today's women are able to be independent and assertive and to be their "own woman" and at the same time give to other people because "she now knows who she is."

There were five workshops after Ms. Nelson finished her speech. Dr. George Lindenfeld, Executive Director of the Seminole County Mental Health Center, spoke on "Individuality, Self Growth and Self Identity." Dr. Nancy Jones, a faculty member at UCF and a psychologist in Longwood, held her workshop on "Women in Stress." Dr. John Nester, Director of Aging Services for the Seminole County Mental Health Center, spoke on "The Process of Grief." Dr. June Gordon, faculty member at SCC, spoke on "Assertiveness," and Barbara Hughes, Extension Home Economics Agent for Seminole County, held a workshop entitled "Magic in the Microwave."



CAROLE NELSON

# By The Way, Doc, Woman's Body Is Not A Garage



Dear Abby

DEAR ABBY: You recently stated that if the parents of an unborn child cannot agree whether or not to terminate the pregnancy, the decision should be the mother's "because it is her body." I disagree. Pregnancy is not simply a state of a woman's body. It is also a stage in another person's life, and that person has not only his/her own identity, but another parent whose contribution to and interest in that person are every bit as vital as those of the mother.

The whole issue of abortion is difficult enough when both parents agree. But to deny one parent his share in that decision, just because he doesn't agree with the other parent who by biological accident happens to be in control, is unconscionable.

If the father is willing to assume responsibility for childrearing, his wishes should carry the same weight as the mother's. Some way should be found to compensate the mother for the inconvenience and potential hazard of the pregnancy.

After all, you could not claim as your own another person's car parked in your garage.

HERBERT S. HEINEMAN, M.D.

PHILADELPHIA

DEAR DR. HEINEMAN: So what happens if the woman insists on terminating the pregnancy even though the man is opposed to it? Since there can be no compromise, the woman's wishes should prevail, assuming she finds no amount of compensation acceptable for the "inconvenience and potential hazard of the pregnancy" — in addition to bearing a child she does not want. And by the way, Dr. Heineman, a woman's body is not a garage that can be rented by the week or month.

DEAR ABBY: I tried to surprise my boyfriend with an engagement ring for Valentine's Day, and he refused to accept it. I was really hurt. We're not kids, Abby, I'm 27 and he's 26, and we've been dating for nearly two years.

We're both working, but I

# Spring Fashion Flings sprouts

by Vicky Vaughn

You'll make waves with Sprouts ring into Spring nautical dressing. Appliqued sailboat on colorful striped poly cotton top merges to a gathered flare of crisp poplin.

See this and many Other attractive fashions!

Pleasantly Priced

Lois Jay

218-220 E. FIRST ST. SANFORD PH. 222-3374

VISA MasterCard

## SPECIAL FOOD BUYS

COOKIN GOOD <b>WHOLE FRYERS</b>	Lb. <b>53¢</b>
COOKIN GOOD <b>CHICKEN WINGS</b>	Lb. <b>69¢</b>
COOKIN GOOD <b>CHICKEN BACKS</b>	Lb. <b>20¢</b>
LEAN 'N' MEATY <b>NECK BONES</b>	Lb. <b>59¢</b>
<b>PORK FEET</b>	Lb. <b>49¢</b>
<b>PORK CHITTERLINGS</b>	10 lbs. <b>\$5.59</b>
U.S.D.A. CHOICE <b>CHUCK STEAK</b>	Lb. <b>\$1.79</b>
U.S.D.A. CHOICE BLADE CUT <b>CHUCK ROAST</b>	Lb. <b>\$1.69</b>
TENDER SLICED <b>BEEF LIVER</b>	Lb. <b>39¢</b>
<b>TURKEY NECKS</b>	Lb. <b>49¢</b>
<b>TURKEY WINGS</b>	Lb. <b>59¢</b>
TAB. SPRITE - MR. PIBB - MELLOW YELLOW <b>COKE</b>	8 pk. 16 oz. PLUS DEPOSIT <b>\$1.38</b>

**WADE'S GROCERY**  
509 E. SEVENTH ST.  
PRICES GOOD THRU TUES., MAR. 16  
QUANTITY RIGHTS RESERVED

## Carli's PLANTS - PRODUCE - DELI

2911 So. Hwy. 17-92  
323-8011 Sanford, Fla.

HOURS: Mon-Fri. 9 AM-9:30 PM  
Sat. 11:30 AM - 4:30 PM

BRENT MARK

Happy Saint Patrick's Day and may the luck of the Irish be with you all!

At Carli's we all can be in the Green from our greenhouse filled with many beautiful flowering and tropical green plants in our produce counter. Such items as cabbage, asparagus, lettuce, large bell peppers, spinach, artichokes and green beans all enjoy the magic color of the green. So what are you waiting for, be a winner and come to Carli's for all your St. Patrick's Day fixings!

A special note to you garden and gardenia lovers! These plants require plenty of acid and they may lose their bright green foliage color if the soil is too alkaline. This problem can be handled by adding a small amount of chelated iron to the soil or a little powdered sulfur once a year.

Look! Come to Carli's and treat yourself to a St. Patrick's Day special. Yes, St. Patrick's Day is here! And, Bud loves, now you can have your beer and "like" it too. This week starts the beginning of a new taste. Bud lights! Come and be a part of it all at Carli's see you soon!

Speaking of green, here are a few points on feeding your house plants, and keeping them in the green. If you use a good rich soil when potting, you do not need any fertilizer for three or four months or until the plants become established. Do not fertilize dormant plants or newly purchased plants in bloom from Carli's. Most growing plants may need fertilizer every six to ten weeks. Probably the easiest way to fertilize potted plants is with the liquid form, whether bought that way or mixed by you.

Convenient Entrance  
ABC LIQUORS

Carli's  
Plants Produce Deli  
1 block N. of Sanford Plaza

### PLANTS

Ornamental Garden Plants  
Chlorophytum Complanatum  
Agapanthus 'Star Queen'

**\$1.00**

### PRODUCE

Cabbage Spinach

**15¢ 89¢**

### DELI

CORNER	\$3.65
BEEF	1.00
CORNER	\$1.99
BEEF	1.00
SUB	2.59
BUD LIGHT	2.59



BEETLE BAILEY

by Mort Walker



THE BORN LOSER

by Art Sansom



ARCHIE

by Bob Montana



ECK & MEEK

by Howie Schneider



PRISCILLA'S POP

by Ed Sullivan



BUGS BUNNY

by Stoffel & Heimdahl



FRANK AND ERNEST

by Bob Thaves



TUMBLEWEEDS

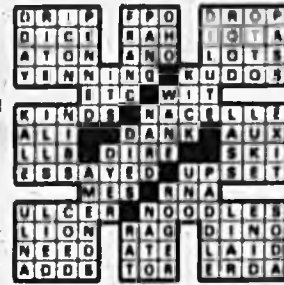
by T. K. Ryan



ACROSS

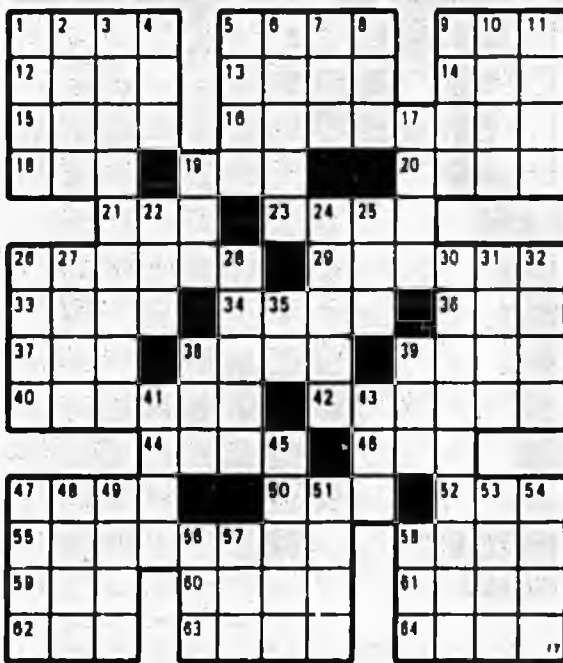
- 1 Flower holder
2 Big
3 Pounds (abbr)
4 Fire (sl)
5 Lily genus
6 Motoring association
7 Parasites
8 Wagnerian dwarf
9 Superlative suffix
10 Civil War general
11 Cooling drink
12 Part of a bottle
13 Truth
14 Regretful
15 Dry
16 Malarial fever
17 Genetic material
18 Actress Farrow
19 Small quantity
20 Pools
21 Wrote
22 Clothing fabric
23 Likewise
24 Busy insect

Answer to Previous Puzzle



DOWN

- 1 Small valley
2 Transverse
3 Parochial
4 Compass point
5 Wind indicator
6 Non-citizen
7 Sign of sorrow
8 Golfing aid
9 Eulogize
10 Scourge
11 Bands under weight
12 Body of water



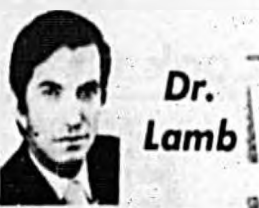
HOROSCOPE

By BERNICE BEDESOL

For Thursday, March 18, 1982

YOUR BIRTHDAY March 18, 1982
This coming year you will be making many new friends from all walks of life. Interestingly, the little guy will prove as helpful to you as the big guys.
PICES (Feb. 20-March 20) Even though you may be eager to involve an influential friend in your present plans, today is not the best day to make your presentation. Find out more of what lies ahead for you in each of the seasons following your birthday by sending for your copy of Astro-Graph, Box 489, Radio City Station, N.Y. 10019. Be sure to specify birth date.
ARIES (March 21-April 19) Joint ventures should prove more fortunate for you today than things you tackle single-handed. However, be sure to share the acclaim and rewards.
TAURUS (April 20-May 20) Your ideas and plans for doing things today will be good, but you may not execute them in accordance with your blue-prints, and thus may fall short.
GEMINI (May 21-June 20) In matters that pertain to your career and finances, keep frivolities out of the picture today. Fun and games could cause problems.
CANCER (June 21-July 22) People outside of the home will find you amicable and agreeable today. Try to maintain that same warm touch when dealing with family members.
LEO (July 23-Aug. 22) Things should go rather smoothly today because others will be there to help you over the rough spots, yet you may not give them proper recognition.
VIRGO (Aug. 23-Sept. 22) Lady Luck will back you up today in situations where you use good judgment. She may pretend she doesn't know you, however, if you take wild risks.
LIBRA (Sept. 23-Oct. 23) Materially, this should be a beneficial day. You're endowed with the golden touch. Should you reap a lucky harvest, don't keep it all for yourself.
SCORPIO (Oct. 24-Nov. 22) Unless you can speak well of others today it's best to say nothing at all, even though you might know something about another of whom you're not overly fond.
SAGITTARIUS (Nov. 23-Dec. 21) Your logic and hunches regarding ways to add to your means should be accurate today. You'd be wise to heed them instead of gambling on a friend's advice.
CAPRICORN (Dec. 22-Jan. 19) Things will work out more successfully today if you try to build good will with those with whom you're involved. Pushing and shoving to get your way won't work.
AQUARIUS (Jan. 20-Feb. 18) Keep a low profile today in matters relating to your career or finances. If you begin to make waves you could do yourself more harm than good.

Bust Enlargers Don't Work Well



DEAR DR. LAMB - I am 18 years old and am wondering about using a bust increasing method to enlarge my bustline. Do you think that if I did increase my bustline that it would be harmful or maybe cause breast cancer later? My bust is now 34 inches and I'd like to increase to 36 or 37 inches. Could you please tell me more about this, if I should have it done or not? I do these methods really work?

DEAR READER - The size of a woman's breasts is dependent upon inherited characteristics, hormones that develop the gland tissue and the fat stored within the breast. Unless she is nursing a baby, then the milk content is a factor, of course.

Those enlargers that are so highly advertised are usually misleading. If you have a hormone imbalance or deficiency then you need hormones, not some advertised gimmick. Some women do need additional hormones but they usually also have other medical indications of a hormone imbalance other than small breasts.

Many advertised schemes depend upon a diet that makes a woman gain weight and increases the fat stores in the breasts. But the fat may develop in the wrong places, not the right ones. Other programs include a series of exercises. These may help but they don't enlarge the breasts; they can increase the size of the muscles over the chest wall behind them. As the chest muscles enlarge the bustline increases even if the breasts themselves remain the same size.

You can improve your appearance by improved posture. A good example is standing up straight with your shoulders back. You can do a lot of the exercises to enlarge the muscles over your chest yourself at home. So I don't recommend those advertised methods for breast enlargement. That includes cups, sprays, salves and the whole gamut of devices. They

won't cause cancer but you will be disappointed. I am sending you The Health Letter number 18-12, Breast Basics, which includes exercises and information on what controls breast size. Others who want this issue can send 75 cents with a long, stamped, self-addressed envelope for it to me, in care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10019.

DEAR DR. LAMB - Is there any chance for me and other older ladies who hate what is happening to them to achieve some visible improvement in appearance? I am a very active 63. I'm 5 feet, 6 and weigh 130 but my body looks like an ice cream cake that was put in the oven instead of the freezer. Everything is several inches lower than it used to be.

Although I take care of a large house, walk about 15 miles a week and play golf once a week, the flesh on my thighs hangs down as does the flesh on my upper arms, back, my bust, my buttocks and my face. I don't expect to look like 20 but can anything be done?

DEAR READER - You can get rid of unwanted fat deposits by weight control and you can increase the size of your muscles by strength training, but that loose skin at your age is there to stay. Perhaps one day science will find a substance that causes skin to shrink and turn young, but it does not exist today.

The only really effective way to eliminate excess skin is to cut it off, a body tailoring job. Plastic surgeons can do wonders today. If a person, whether man or woman, wants to look better and has done I'm all for them. Why not look your best if you have the chance?

WIN AT BRIDGE

Bridge hand layout showing North, South, East, and West cards and scores.

By Oswald Jacoby and Alan Sonsteg

The North hand is taken from "Modern Bridge Conventions." It is a Root-

Paulick example of the use of a cue bid after a Stayman response and strong second bid by partner.

North has a very good notrump, but responds two diamonds to his partner's Stayman two clubs because he doesn't hold four cards in either major suit.

South has a very good hand and undoubtedly has planned to go to a slam after the notrump opening. His three spade jump is a force, shows at least five spades and asks more information from partner.

North doesn't know how strong the South hand is, but he has maximum spade values and shows it by his four-diamond cue bid. The rest of the bidding shows experts at their most scientific. South intended to bid six. After North's show of strength he tries for seven and finally bids it.

A little care is necessary in the play. South should take two rounds of trumps and the king and ace of hearts. Then he ruffs his last low heart, comes to his hand with a club, pulls the last trump and claims.

GARFIELD



by Jim Davis

ANNIE



by Leonard Starr

# Quick Chocolate Pie Irresistible

What's the surefire formula for dessert compliments? Chocolate, of course, and this Chocolate Angel Pie will prove to be irresistible.

Ideal if you're short on time—daily job or meeting household schedules—you can prepare it so easily with just five ingredients and keep chilled until serving time.

When melting the sweet cooking chocolate in a saucepan over low heat, be sure to stir it constantly to avoid scorching. Once cooled, the sweet cooking chocolate can be blended with

prepared whipped topping and the mixture spooned into a baked Quick Coconut Crust.

Before you know it, the pie will chill nicely in the refrigerator in only 2 hours.

### CHOCOLATE ANGEL PIE:

- 1 package (4 oz.) German's sweet chocolate
  - 2 tablespoons water
  - 1 envelope whipped topping mix
  - 1 baked 8-inch Quick Coconut Crust, cooled
- Heat chocolate with water in saucepan over low heat.

Evening Herald, Sanford, Fl. Wednesday, March 17, 1967—3B

stirring until chocolate is melted. Cool until thickened. Prepare whipped topping mix as directed on package; blend in melted chocolate. Spoon into crust, and chill at least 2 hours. Garnish with additional whipped topping and chocolate curls, if desired.

**Quick Coconut Crust:** Combine 1/4 cup butter or margarine, melted, with 2 cups angel flake coconut. Press evenly into an ungreased 8- or 9-inch pie pan. Bake at 300 degrees for 20 to 30 minutes, or until golden brown. Cool.

## Diet Trends Today

By GAYNOR MADDOX  
Special To The Herald

Americans are eating fewer calories than they used to. Happily, too, they are consuming more nutrients.

Just what are we eating—and skipping? The Agriculture Department's new Household Food Consumption Survey shows that Americans are eating significantly fewer eggs, milk products, dry beans, potatoes, grains, sugar and candy.

The same survey shows an upward trend in eating more cheese, dark-green vegetables and fruits high in vitamin C.

Less encouraging are the news that Americans are also consuming more alcoholic beverages and prepared desserts. Consumption of soft drinks has soared to 40 gallons a person each year—about three times the 1960 level.

These latter trends concern nutrition researchers at Cornell University because soft drinks, liquor and desserts supply "empty calories"—that is, sugar but little else.

"Nutritionally, Americans are obtaining more thiamin and much more vitamin C than in 1965," notes Ardyth Gillespie, professor of nutritional sciences at Cornell. "Still, on the average, they are not getting recommended levels of iron, zinc, calcium, magnesium and vitamin B-6."

"Many American still may be using too much fat, cholesterol, sugar, salt and alcohol."

In short, we have improved but still could do better. That leads into the planning of nutritious menus featuring recipes that fit into the busy daily schedule.

Tailored to today's needs and tastes is "Betty Crocker's Casserole Cookbook" (Western Publishing Co., Golden Press, 850 Third Ave., New York, N.Y. 10022; \$3.95.)

The colorful 72-page book offers 125 one-dish dinners each carefully planned so that one serving provides about one-fourth of the day's protein requirement for an adult.

There are egg, cheese and bean casseroles, as well as dishes using meat, poultry and fish. Vegetables and dairy products are generously used.

Many of the casseroles may be cooked either in the oven or on the range; a few also have microwave directions. They can be assembled ahead, then refrigerated for later cooking.

Typical of the appealing recipes is "Hawaiian Halibut," which calls for: 1 pound halibut or haddock steaks or fillets, 1 teaspoon salt, 2 cups cooked rice, 2 tablespoons lemon juice, 1 teaspoon curry powder, 2 cups soft bread cubes, 1 can (20 ounces) crushed pineapple, drained.

The rice, lemon juice, curry powder, bread cubes and pineapple are mixed and spread over the lightly salted fish before baking, covered, in a 350-degree oven 15 to 20 minutes or until fish flakes.

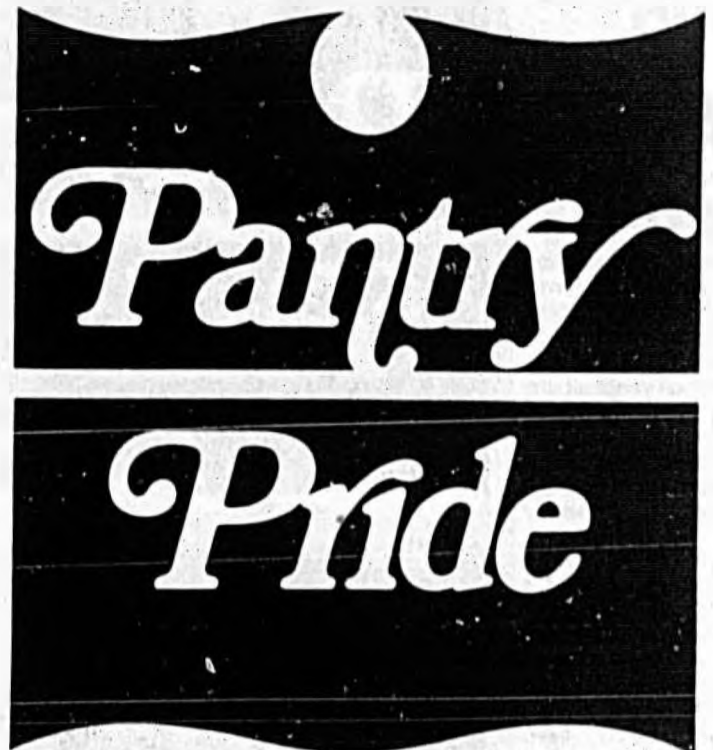
### ECONOMICAL IDEA

Round steak can be the start of different and appealing kabobs when the steak is cut into strips 1/4 inch thick. Marinate and then weave on skewers accordion style.

Budget-boosting pot-roast is a delicious summer treat when securely wrapped in heavy-duty aluminum foil and cooked on the grill. Little, if any, liquid needs to be sealed in with the roast before the long, slow cooking begins. To avoid leakage, place pot-roast in a cooking bag and tie the seal before wrapping in foil.

# LET OUR PRICES DO THE TALKING

...with Bonus Buys and Everyday Low Prices



## Your Total Food Bill will Total Less!

<p><b>BONUS BUY</b></p> <p><b>LOTS OF CHICKEN</b></p> <p>FRESH FLA. OR GA. PREMIUM GRADE MIXED FRYER PARTS LIMIT 2 PKGS WITH A \$7.50 FOOD ORDER</p> <p>OVER 5 LBS</p> <p><b>39¢</b> LB</p> <p>SAVE 30° PER LB</p>	<p><b>BONUS BUY</b></p> <p>SELECTED SLICED SKINNED &amp; DEVEINED</p> <p><b>BEEF LIVER</b></p> <p>6 SLICE PACKAGE</p> <p><b>69¢</b> LB</p> <p>SAVE 30° PER LB</p>	<p><b>BONUS BUY</b></p> <p>FRESH</p> <p><b>Golden Ripe BANANAS</b></p> <p>5/\$1</p> <p>LBS</p> <p>SAVE 45°</p>	<p><b>BONUS BUY</b></p> <p>FRESH GREEN</p> <p><b>FLORIDA CELERY</b></p> <p>LARGE STALK</p> <p><b>29¢</b></p> <p>SAVE 30°</p>
<p><b>BONUS BUY</b></p> <p>MARKET STYLE</p> <p><b>SLICED BACON</b></p> <p>OVER 3 LBS</p> <p><b>99¢</b> LB</p> <p>SAVE 40° PER LB</p>	<p><b>BONUS BUY</b></p> <p><b>BONELESS CHUCK</b></p> <p>ROAST</p> <p><b>\$1.69</b> LB</p> <p>SAVE 90° PER LB</p>	<p><b>BONUS BUY</b></p> <p>FRESH</p> <p><b>CALIFORNIA BROCCOLI</b></p> <p>LARGE BUNCH</p> <p><b>69¢</b></p> <p>SAVE 30°</p>	<p><b>BONUS BUY</b></p> <p>FRESH U.S. NO. 1</p> <p><b>WHITE POTATOES</b></p> <p>10 LB BAG</p> <p><b>\$1.19</b></p> <p>SAVE 30°</p>

PRICES EFFECTIVE WED. MAR. 17 THRU THURS. MAR. 23, 1967. DUE TO OUR LOW PRICES WE RESERVE THE RIGHT TO LIMIT QUANTITIES. NONE SOLD TO DEALERS. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS.

# WHY PAY MORE?

# Carrots Take On A Striking Look

Carrots, those humble root vegetables found in most every crisper drawer, will earn the mealtime spotlight when combined with a few simple ingredients. The recipe for Honey Orange Carrots gives this common vegetable an uncommon flavor without the aid of a heavy sauce.

Carrots, cut in thin julienne strips, are added to melted sweet cream butter, along with honey, grated orange peel and salt for a taste of Nouvelle Cuisine. This simple vegetable

recipe takes on a striking look when it is arranged attractively on a plain white plate.

Think light, think flavorful, think Honey Orange Carrots the next time you plan a menu. Let the subtly seasoned carrot flavor come through in this simply delicious vegetable dish.

### HONEY ORANGE CARROTS

1/4 cup sweet cream butter

3 cups (6 med.) carrots, cut into thin julienne strips (2 1/2 x 1/4")

1 tablespoon honey  
1 teaspoon grated orange peel  
1/4 teaspoon salt

In 2-qt saucepan melt butter over medium heat. Add remaining ingredients. Cover, cook over medium heat for 10 to 15 minutes or until carrots are tender. Yield: 6 1/2 cup servings

## Soup Makes Meal

Paris may be oceans away, but you can capture the flavor in one rich dish that's a grand opener for any menu.

Beefy French Onion Soup, the traditional recipe of the famed Paris market, Les Halles, combines a zesty beef broth, onions, and cheese-tost in one dish so satisfying it can actually be served by itself.

Just add a simple salad, a loaf of crusty French bread, a job of wine — and, voilà!, you'll have a meal extraordinaire.

Though the recipe looks expensive, its base ingredient, meaty beef shanks, makes it a real money-saver to prepare. Ortho's new book, "Elegant Meals With Inexpensive Meats," points out that the bony cuts of meat make the most flavorful soups, in addition to saving you time and money.

Bought ahead and frozen, beef shanks can then be used at your convenience, whenever you're in the mood for a hearty meal that requires a minimum of effort.

### BEEFY FRENCH ONION SOUP

2 1/2 to 4 pounds beef shanks  
6 tablespoons butter or margarine

1 tablespoon salad oil  
1 large onion, finely chopped

2 large carrots, thinly sliced  
1 tablespoon salt

1/2 teaspoon whole black peppers  
5 sprigs parsley  
1 bay leaf

2 quarts water  
8 medium onions, thinly sliced and separated into rings.

1 clove garlic, minced or pressed  
2 tablespoons flour  
1 cup dry white wine

6 thick slices French bread  
1 cup each shredded Swiss and Parmesan cheese

1. In a large soup kettle (at least 6-quart size), brown beef shanks well on all sides in heated mixture of 1 tablespoon of the butter and oil. Add chopped onion, carrots, salt, black peppers, parsley, bay leaf and water. Bring to boiling, reduce heat, cover and simmer for about 3 hours, until broth is richly flavored.

2. Strain broth into a large bowl. When meat is cool enough to handle, return it and marrow from bones to broth in chunks, discard vegetables and bones. Chill soup, skim off fat (this much can be done 1 to 2 days ahead).

3. In the same large soup kettle, heat remaining 3 tablespoons butter. Add sliced onions, cover and cook until limp, about 10 minutes. Uncover and cook over low heat, stirring frequently, about 30 minutes longer. (Reduce heat if onions become too brown.) Stir in garlic and flour. Cook and stir until bubbly. Remove from heat and stir in about 1 quart of the broth. Return to heat, and mix in remaining broth with beef and wine. Bring to a gentle boil, cover, reduce heat and simmer until ready to serve. Salt to taste.

4. Meanwhile, place bread in a single layer on a baking sheet in a 250-degree oven. Toast for about 30 minutes, until bread is very dry and barely browned. Sprinkle about one-third cup of the mixed cheeses over each toast slice.

5. To serve, ladle soup into heatproof bowls. Top each with a cheese-and-toast slice. Place under broiler, about 3 inches from heat, until cheese is melted and lightly browned, 3 to 5 minutes. Serve immediately. Makes 6 servings.

### SALAD GREENS

You probably never thought of it, but Ruby Lettuce is a beautiful house plant. Kept near a window for light, watered and fertilized well, it will give you salad "makings" all winter long, according to Ortho.



**GREEN GIANT NIBLETS CORN**  
WHOLE KERNEL  
12oz CAN

**2/89¢**  
SAVE 25¢

**BUY-1 GET-1 FREE ITEMS**  
WEIGHT WATCHERS  
**MAYONNAISE**  
16oz

**RONZONI SPAGHETTI**  
THIN OR REGULAR  
16oz

**NESTLE**  
2.5oz CRUNCH CHOCOLATE BAR,  
4.4oz RICHARDSON THIN MINT

**BUY-2 GET-1 FREE**  
**PANTRY PRIDE COLD CUPS**  
100 COUNT-7oz

LIMIT 1 OF EACH PURCHASE PER FAMILY

**GENERIC BAR-B-QUE SAUCE**  
18oz BTL  
NATIONAL BRAND PRICE 65¢

**GENERIC APPLE JUICE**  
84oz  
NATIONAL BRAND PRICE \$1.99  
**\$1.27**

**GENERIC AUTO DISHWASH**  
50oz  
NATIONAL BRAND PRICE \$2.25  
**\$1.29**

**COMPARE GENERIC FOOD**

GENERIC 150g Cotton Swabs . . . 49¢

GENERIC 32oz Baby Shampoo . . . 99¢

GENERIC 32oz MEAT OR MEATLESS Mushroom Sauce 97¢

GENERIC 4oz Black Pepper . . . 69¢

**SAVE 40¢ CASH**

**MELLOW ROAST COFFEE**  
DRIP, POUND CAN  
WITH THIS COUPON GOOD THRU WED., MAR. 24, 1982.

**BONUS BUY**

**FRESH GREEN CABBAGE**

**14¢** LB  
SAVE 9¢ PER LB

**COMPARE GROCERY**

2 LITER 7-UP DIE3 7-UP OR CANADA DRY  
**Ginger Ale . . . \$1.15** 32

SUNSHINE 11oz  
**Vanilla Wafers . . . 79¢** 40

8oz BOTTLE  
**A & B Hot Sauce 4/1** 40

HUTTON 15oz SPAG. RING WITH MEAT OR 14oz  
**Macaroni & Beef 2/1** 12

15 BOX SPAGHETTI PLAIN, MEAT OR MUSHROOM  
**Ragu Sauces . . . 89¢** 6

**PUNCH LAUNDRY DETERGENT**  
72oz BOX  
SAVE 30¢

**MOTT'S APPLE SAUCE**  
25oz  
SAVE 10¢  
**69¢**

**SUNSHINE CHEEZ-IT**  
10oz BOX  
SAVE 21¢  
**69¢**

**COMPARE GROCERY**

15oz CAN-REG OR HOT  
**Hormel Chili . . . 79¢** 16

COTTON  
**Deck Mop . . . \$1.69** 20

32oz GAL-6 YEAR WARRANTY  
**Trash Container \$9.99** 11

MULTI POSITION  
**Lounger . . . \$8.99** 11

**10¢ OFF**

**FOLGER'S COFFEE**  
10oz JAR-INSTANT  
WITH THIS COUPON GOOD THRU WED., MAR. 24, 1982.

**BONUS BUY**

**ALL PURPOSE YELLOW ONIONS**

**14¢** LB  
SAVE 11¢ PER LB

**COMPARE GROCERY**

PANCHO VILLA 10 COUNT TOSTADO OIL  
**Taco Shells . . . 2/1** 12

WEIGHT WATCHERS-16oz JAR  
**Mayonnaise . . . 79¢** 20

LIBBY 5oz  
**Chicken Viennas 3/1** 35

281 SQ FT. BATHROOM 15" OFF LABEL  
**Charmin Tissue . . . \$1.19** 29

OLD DUTCH 8oz SWEET N' SOUR  
**Dressing . . . . . 69¢** 14

**BUMBLE BEE TUNA**  
WATER OR OIL  
8.5oz CAN  
SAVE 10¢

**KLEENEX PAPER TOWELS**  
85 SQ. FT.  
SAVE 12¢  
**67¢**

**SWEET SUE CHICKEN & DUMPLINGS**  
24oz  
SAVE 10¢  
**89¢**

**COMPARE GROCERY**

21oz-CHERRY  
**Comstock PIE FILLING \$1.99** 10

WHITEHOUSE 64oz  
**Apple Juice . . . \$1.29** 40

LB CAN-REG. EP. COFFEE  
**Maxwell House . . \$2.99** 5

13oz CAN-FLAKED  
**Folger's Coffee . . \$2.23** 4

**NABISCO PREMIUM SALTINE CRACKERS**  
18oz BOX  
SAVE 16¢

**BONUS BUY**

**FRESH FLORIDA CARROTS**  
LB BAG

**19¢**  
SAVE 10¢

**COMPARE PRODUCE**

SNOW WHITE 1 LB TRAY  
**Mushrooms . . . LB \$1.69** 30

20oz CELLO PKG ASSTD  
**Fresh Greens . . . \$1.19** 10

SWEET JUICY  
**Anjou Pears . . . LB 58¢** 10

JUICY FLORIDA  
**Grapefruit . . . 6/1** 20

PACKED FRESH DAILY  
**Slaw or Salad BAG 58¢** 10

**MILLER BEER**  
8 PACK 12oz CAN  
**\$2.19**

**TAYLOR CALIFORNIA CELLARS**  
LIGHT CHABLIS  
SAVE \$2.00  
1.5 LITER  
**\$3.59**

**YAGO SANGRIA**  
750 ML  
SAVE 50¢  
**\$2.49**

**COMPARE GROCERY**

18oz  
**Carpet Scent . . . 99¢** 10

12.5oz  
**Pizza (APPIAN WAY) . . 69¢** 20

10oz HAMBURGER  
**Vlasic Relish . . . 59¢** 10

3.5oz  
**Caress Bath Soap 38¢** 17

**HERSHEY**  
ALMOND BAR, MILK CHOC., KIT KAT, MR. GOODBAR, \$100,000, NESTLE CRUNCH OR REESE CRUNCHY

**YOUR CHOICE 5/\$1**  
SAVE 25¢

# Quick, Hearty Pie Tasty, Too

It's quick. It's tasty. It's a winner with both cook and crew. This hearty main-dish pie combines the tasty flavor of a spinach and Swiss cheese filling with the ease of a pat-in-the-pan crust.

## POTATO SPINACH PIE

Instant mashed potatoes (enough for 4 servings)  
1 egg, slightly beaten  
1/2 teaspoon pepper  
1 package (10 ounces) frozen chopped spinach, thawed and well drained

1 cup shredded Swiss cheese (about 4 ounces)  
1 cup milk  
3 eggs, slightly beaten  
1 medium onion, chopped (about 1/2 cup)  
1/2 teaspoon salt  
1/4 teaspoon pepper  
Heat oven to 425 degrees. Prepare mashed potatoes as directed on package for 4 servings except — decrease water to

Evening Herald, Sanford, FL Wednesday, March 17, 1982—18

1 cup. Stir in 1 egg and 1/2 teaspoon pepper. Press potato mixture in bottom and up side of ungreased pie plate, 9 x 1 1/2 inches. Prick bottom and side with fork. Bake 12 minutes; cool slightly. Reduce oven temperature to 325 degrees.

Mix spinach, cheese, milk, 3 eggs, the onion, salt and 1/4 teaspoon pepper in bowl. Pour into pie shell. Bake until knife inserted in center comes out clean, 35 to 60 minutes. Let stand 10 minutes before serving. 5 or 6 servings.

# PRICED to SAVE

BUYS PLUS OUR EVERYDAY LOW PRICES



## 'Deep Dish' Pizza

That same professional "pizzeria" flavor you enjoy in Italian restaurants can now be duplicated at home. This is possible because "Deep Dish" Pizza calls for the same fine ingredients, including Italian sausage, and is baked in a two-inch deep round pizza pan.

The yeast dough is made from scratch, kneaded by hand (or mixer), just as it is in restaurants. A special ingredient — enriched corn meal — is added to the dough to contribute a delectable texture and grain flavor to the pizza crust. Enriched corn meal is enriched with B vitamins and iron. The dough rises twice — once in the bowl and again in the pan. No pizza pan? A 13-9-inch baking pan substitutes nicely.

Note a special trick that adds to the authenticity of this recipe. The Italian sausage is browned and the fresh vegetables (mushroom slices, chopped tomatoes, green pepper strips, onion and garlic) are sautéed before the final baking.

This recipe provides the "pizzeria" pizza. Now all you have to do is provide the atmosphere — a bottle of red wine, checked table cloths, candlelight and your favorite friends!

### "DEEP DISH" PIZZA

**Crust:**  
2 1/2 cup plus 4 teaspoons enriched corn meal  
1 pkg. active dry yeast  
3 teaspoons sugar  
1 cup warm water (110 degrees F. to 115 degrees F.)  
1 tablespoon vegetable oil  
1/2 teaspoon salt  
2 1/2 cups all-purpose flour  
1/2 cups mushroom slices  
2 medium tomatoes, chopped  
1 large green pepper, cut into strips  
1/2 cup chopped onion  
1 garlic clove, minced  
Three 6-oz. pkg. Mozzarella cheese slices  
Two 8-oz. cans pizza sauce  
1/2 cup grated Parmesan cheese

**For crust:** Grease one 14-inch diameter, 2-inch deep round pizza pan; sprinkle with 4 teaspoons corn meal. Dissolve yeast and 1 teaspoon sugar in warm water. Let stand in warm place about 10 minutes or until double in volume. In medium bowl, combine remaining corn meal, remaining sugar, oil, salt, 1 1/2 cups flour and yeast mixture; mix well. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface about 5 minutes. Cover; let rest 5 minutes. Shape to form ball; press evenly onto bottom and sides of prepared pan, forming 1 inch rim. (See Note) Let rise in warm place about 1 hour.

**For topping:** Heat oven to 425 degrees F. Remove sausage from casing; brown in 12-inch skillet. Drain. Add mushrooms, tomatoes, green pepper, onion and garlic; sauté until vegetables are tender. Drain excess liquid. Arrange cheese slices over pizza crust; spread sausage mixture over cheese. Spoon pizza sauce over top of pizza. Sprinkle with Parmesan cheese. Bake on center oven rack 20 to 25 minutes or until crust is golden brown. Makes 6 to 8 servings.

**NOTE:** At this point, dough can be covered and placed in refrigerator to rise. Refrigerate for 8 to 24 hours. When ready to bake, remove from refrigerator. Uncover dough. Let stand 10 minutes at room temperature. Proceed with topping directions.

**VARIATION:** Substitute one 13-9-inch baking pan for pizza pan.

**TYSONS CORNISH HENS**  
TWIN PACK

**89¢** LB

SAVE 30¢ PER LB

**SLICED QUARTER PORK LOIN**  
OVER 3 LBS

**\$1.39** LB

SAVE 30¢ PER LB

**USDA GRADED CHOICE BEEF**  
**UNDERBLADE BONELESS CALIFORNIA ROAST**

**\$1.89** LB

SAVE 90¢ PER LB

**PANTRY PRIDE PURE FLORIDA ORANGE JUICE**  
HALF GALLON CARTON

**99¢**

SAVE 40¢

SAVE 40¢ LB PKG. JUMBO MEAT OR BEEF  
**Sunnyland Franks** . . . \$1.59

SAVE 50¢ 8oz PKG. AMERICAN QUALITY SUCED  
**Lykes Cooked Ham** . . . \$1.59

SAVE 30¢ 10oz PKG. GWALTNEY'S GREAT SUCED  
**Turkey Ham** . . . \$1.69

SAVE 30¢ 16oz PKG. FINE TASTE SUCED  
**Meat Bologna** . . . \$1.38

SAVE 30¢ 12oz PKG. OSCAR MAYER SUCED ROUND OR SQUARE  
**Variety Pack** . . . \$1.88

SAVE 60¢ PER LB MORRELL BONELESS  
**Smoked Ham** . . . LB \$1.98

## Family Size Packages

BUY BIG, SAVE BIG—OVER 5 LBS

**BEEF PATTIE MIX**  
**Great Ground** . . . . . LB **89¢**  40¢

FRESH FLA. OR GA. PREMIUM GRADE—THIGHS, DRUMSTICKS, BREASTS WITH RIBS—PICK O' THE CHICK

**Fryer Combination Pkg.** . . . . . LB **89¢**  40¢

U.S.D.A. CHOICE BEEF UNDERBLADE

**Bnls. California Steak** . . . . . LB **\$1.89**  90¢

U.S.D.A. CHOICE BEEF

**Freshly Ground Chuck** . . . . . LB **\$1.69**  60¢

SAVE 30¢ 24oz CUPS SEALEST LIGHT & LIVELY  
**Cottage Cheese** . . . . . **\$1.29**

SAVE 10¢ LB PKG. MRS. FILBERTS GOLDEN QUARTERS  
**Margarine** . . . . . **58¢**

SAVE 10¢ LB PKG. I CAN'T BELIEVE IT'S NOT BUTTER  
**Mrs. Filberts** . . . . . **79¢**

SAVE 30¢ 24oz CUP PANTRY PRIDE CREAMED OR BUTTERMILK  
**Cottage Cheese** . . . . . **\$1.38**

SAVE 30¢ 4-8oz CANS SWEET MILK OR BUTTERMILK  
**Pantry Pride Biscuits** **88¢**

SAVE 40¢ 2 LB PKG. ALL VARIETIES  
**Freezer Queen** . . . . . **\$1.59**

**BAMA GRAPE JELLY**

**99¢**

2 LB JAR

SAVE 15¢

**MORTON POT PIES**  
CHICKEN, BEEF OR TURKEY

**3 \$1.09**

8oz FROZEN

SAVE 20¢

**GOLD MEDAL FLOUR**  
PLAIN OR SELF RISING

**89¢**

5 LB BAG

SAVE 10¢

**LARGE ITALIAN BREAD**  
IN THE DELI BAKERY STORES ONLY

**69¢**

16oz LOAF

SAVE 30¢

SAVE 12¢  
**PANTRY PRIDE KING SIZE BREAD**  
22oz LOAVES **\$1.29**

SAVE 12¢  
**PANTRY PRIDE HOT DOG OR HAMBURGER ROLLS**  
8 PAK **\$1.29**

SAVE 12¢  
**PANTRY PRIDE SODAS**  
TWO LITER **79¢**

3oz  
**SANWA RAMEN PRIDE NOODLES**  
5 FOR **\$1.00**  
PORK, SHRIMP, CHICKEN, BEEF OR MUSHROOM

SAVE 50¢ 10 QT.  
**CARNATION INSTANT MILK** **\$3.99**

SAVE 20¢ 5 PACK  
**BIC SHAVERS** **89¢**

HALF CHICKEN IN THE DELI BAKERY STORES ONLY  
**BAR-B-QUE CHICKEN DINNER** **\$1.99**  
WITH 3 VEG. & A ROLL

SAVE 20¢  
**FRESH BAKED HOT CROSS BUNS**  
6 FOR **\$1.19**  
IN THE DELI BAKERY STORES ONLY

COMPARE **BAKERY** EVERYDAY LOW PRICE SAVE

**BUNNY BROS. 12 PAK PLAIN OR Sugared Donuts** **99¢**  10¢

**PANTRY PRIDE 6 PAK English Muffins** **3/4**  18¢

**PANTRY PRIDE 6 PAK Muffins (SOURDOUGH)** **3/4**  18¢

**OVEN ART. 10oz Pound Cake Loaf** **\$1.49**  20¢

COMPARE **FROZEN** EVERYDAY LOW PRICE SAVE

**32oz FROZEN PARTY Saluto Pizza** . . . **\$3.39**  60¢

**PANTRY PRIDE 24oz FROZEN Dinner Fries** . . . **79¢**  40¢

**PANTRY PRIDE 16oz FROZEN Whipped Topping** **99¢**  20¢

**PANTRY PRIDE 16oz FROZEN Coffee Lightener** **3/4**  17¢

COMPARE **HEALING & BEAUTY AIDS** EVERYDAY LOW PRICE SAVE

**30s Anacin Tablets** . . . **99¢**  40¢

**PANTRY PRIDE 7oz REGULAR OR MINT Toothpaste** . . . **89¢**  18¢

**12oz DISPOSABLE VINEGAR, REGULAR OR HERBAL Massengill Douche** **\$1.29**  40¢

**20s EXTRA STRENGTH OR CAFFEIN FREE DEXATRIM DIET CAPSULES** **\$2.79**  20¢

IN THE DELI BAKERY STORES ONLY

COMPARE **PREPARED FOODS** EVERYDAY LOW PRICE SAVE

**POUND RED TO EAT HOT B-B-Q Chicken** . . . **\$1.29**  30¢

**HALF LB- OLD FASHION GERMAN STYLE Bologna** . . . . . **99¢**  60¢

**HALF POUND LEAN Boiled Ham** . . . . . **\$1.49**  60¢

**HALF POUND FRESH MADE Salad (ANTIPASTO)** . . . **89¢**  20¢

**TEXIZE HEAVY DUTY YES DETERGENT** **\$1.68**

**KRAFT MACARONI DINNER** **42¢**

7.25oz

**KRAFT DELUXE MACARONI DINNER** **\$1.17**

**QUAKER QUICK GRITS** **\$1.29**

SAVE 40¢ 5 LB

**25¢ OFF LABEL 49oz BOX AJAX LAUNDRY DETERGENT** **\$1.79**

**27¢ OFF LABEL QUART PALMOLIVE LIQUID DETERGENT** **\$1.77**

**PANTRY PRIDE CUT GREEN BEANS**

**3/\$1**

15.5oz

SAVE 10¢





# Grand Opening

**STORE HOURS**  
OPEN DAILY  
8 A.M. TIL  
10 P.M.

**PRICES GOOD**  
MARCH 18-20, 1982  
IN THIS  
STORE ONLY!

QUANTITY RIGHTS  
RESERVED  
WINN-DIXIE STORES, INC.  
COPYRIGHT — 1982



**3818 ORLANDO DR.**  
IN LAKE MARY/SANFORD, FLA.

*Third  
Big  
Week!*



 <b>U.S.A. CHOICE BEEF</b> SAVE 30% USDA CHOICE WHOLE UNTRIMMED BONELESS SIRLOIN TIP 8 TO 12 LB. AVG. <b>\$1.79</b> LB. Tip Roast . . . . . \$1.99	 <b>CHARMIN</b> SAVE 40% CHARMIN YELLOW & BLUE, WHITE OR PINK & GREEN BATHROOM TISSUE Limit 2 with \$5.00 or more purchase excl. sigs. <b>4 99c</b> ROLL PKG.	 <b>MORTON DINNERS</b> SAVE 78% ALL VARIETIES <b>2 \$1.55</b> 11-oz. PKGS.	 <b>SUPERBRAND</b> SAVE 99% Swiss Style YOGURT <b>\$1.10</b> 8-oz. CUPS	 <b>HARVEST FRESH IDAHO</b> SAVE \$1.10 BAKING POTATOES <b>\$1.59</b> LB. BAG	 <b>DELI</b> FRESH BAKED KAISER ROLLS <b>6 99c</b> FOR POTATO Salad . . . . . \$ .89c
---	--	---	--	--	---

## BUY ONE...GET ONE...FREE!

 MT. DEW, PEPSI LIGHT, DIET PEPSI OR PEPSI COLA 8 PAK 12-oz. CANS <b>\$2.83</b> BUY ONE...GET ONE...FREE!	 MERIO'S FRESH NEVER FROZEN PEPPERONI PIZZA 20-oz. PKG. <b>\$2.99</b> BUY ONE...GET ONE...FREE!	 ROYAL CHARCOAL 5-LB. BAG <b>\$1.43</b> BUY ONE...GET ONE...FREE!	 FAULTLESS SPRAY STARCH 22-oz. SIZE <b>\$1.19</b> BUY ONE...GET ONE...FREE!
---	---	---	---

**WIS CRUNCHY (8-oz. \$1.19) CHEESE BUY ONE... DOODLES GET 1 FREE!**

**SERGEANTO SHREDDED (4-oz. PKG. 89¢) CHEDDAR BUY ONE... CHEESE . . . . . GET 1 FREE!**

**BORDEN (PT. 83) HALF & HALF . . . . . BUY ONE... HALF . . . . . GET 1 FREE!**

**RUSKIN CELLO (12-oz. PKGS. 2/99¢) COLE . . . . . BUY TWO... SLAW . . . . . GET 2 FREE!**

**HARVEST FRESH (6-oz. PKG. 29¢) RED . . . . . BUY ONE... RADISHES . . . . . GET 1 FREE!**

**QWALTHEY GREAT PICKLE AND (8-oz. PKG. \$1.39) PIMENTO . . . . . BUY ONE... LOAF . . . . . GET 1 FREE!**

**MAPLE RIVER (12-oz. ROLL \$1.59) BREAKFAST . . . . . BUY ONE... ROLL . . . . . GET 1 FREE!**

**RATH (8-oz. ROLL \$1.39) BRAUNSCH-WEIGER . . . . . BUY ONE... RATH BREAKFAST (8-oz. PKG. \$1.59) LINK . . . . . BUY ONE... SAUSAGE . . . . . GET 1 FREE!**

**KAHN'S (8-oz. ROLL \$1.39) BRAUNSCH-WEIGER . . . . . BUY ONE... TALMADGE (12-oz. PKG. \$1.29) CHICKEN . . . . . BUY ONE... BOLOGNA . . . . . GET 1 FREE!**

**LAND O' FROST - ALL VARIETIES (2 1/2-oz. PKG. 59¢) CHIPPED MEATS . . . . . BUY ONE... HORMEL MIDGET BREAKFAST (8-oz. PKG. \$1.79) LINK . . . . . BUY ONE... SAUSAGE . . . . . GET 1 FREE!**

**FARMLAND SKINLESS PORK (12-oz. PKG. \$2.79) LINK . . . . . BUY ONE... SAUSAGE . . . . . GET 1 FREE!**

**SUNNYLAND SMOKED (10-oz. PKG. \$1.99) LINK . . . . . BUY ONE... SAUSAGE . . . . . GET 1 FREE!**

**FROZEN (8-oz. CUP 89¢) FRYER . . . . . BUY ONE... LIVERS . . . . . GET 1 FREE!**

**TENNESSEE PRIDE COUNTRY (8-oz. PKG. 89¢) SAUSAGE . . . . . BUY ONE... GRAVY . . . . . GET 1 FREE!**

**FARMLAND PORK AND (12-oz. PKG. \$2.29) BACON . . . . . BUY ONE... LINKS . . . . . GET 1 FREE!**

**HERRERA 6" (14-oz. PKG. 99¢) CORN . . . . . BUY ONE... TORTILLAS . . . . . GET 1 FREE!**

**ASSORTED (14-oz. PKG. 99¢) LENDERS . . . . . BUY ONE... BAGELS . . . . . GET 1 FREE!**

**DIXIE DARLING BROWN ANG SERVE (10-oz. PKG. 59¢) CLUSTER . . . . . BUY ONE... ROLLS . . . . . GET 1 FREE!**

**VIGO YELLOW (3-oz. PKG. 35¢) RICE . . . . . BUY ONE... DINNER . . . . . GET 1 FREE!**

**ARTIFICIAL SWEETENER (30-CT. PKG. 79¢) SWEET 'N LOW . . . . . BUY ONE... LOW . . . . . GET 1 FREE!**

**DIXIE LILY (1-LB. BOX 49¢) BOX . . . . . BUY ONE... MEAL . . . . . GET 1 FREE!**

**JONNY FRESH TOILET (GREEN/LIME) (12-oz. SIZE 89¢) BOWL . . . . . BUY ONE... CLEANER . . . . . GET 1 FREE!**

**MEDIUM No. 212 (2 PK. PKG. 65¢) NYLONGE . . . . . BUY ONE... SPONGE . . . . . GET 1 FREE!**

**MINZ (3-oz. BTL 39¢) Worcestershire SAUCE . . . . . BUY ONE... SAUCE . . . . . GET 1 FREE!**

**play NEW double up BINGO WIN UP TO \$2,000**

ODD'S CHART EFFECTIVE FEBRUARY 18, 1982					
WHEEL VALUE	NUMBER OF PROB.	ODD'S FOR 100	ODD'S FOR 1000	ODD'S FOR 10000	ODD'S FOR 100000
\$2,000	1	200,000	20,000	2,000	200
1,000	2	100,000	10,000	1,000	100
500	5	40,000	4,000	400	40
100	20	16,000	1,600	160	16
50	40	8,000	800	80	8
20	100	4,000	400	40	4
10	200	2,000	200	20	2
5	400	1,000	100	10	1
2	1,000	500	50	5	0.5
1	2,000	250	25	2.5	0.25
TOTAL	102,000	50,000	5,000	500	50

**\$2,000 WINNERS**  
LINDA M. CONLEY  
ALTAMONTE SPRINGS, FLA.  
JOHN S. SISKIN  
ORLANDO, FLA.  
SHIRLEY F. ROSENTHAL  
DAYTONA BEACH, FLA.  
CARRIE TAYLOR  
APOPRIA, FLA.  
MRS. MARION HJORT IMME  
UNIVERSITY, FLA.

**\$1,000 WINNER**  
PAUL E. WHITEHEAD  
ORLANDO, FLA.

**DOUBLE UP BINGO SCHEDULED TO END MARCH 20, 1982 OR WHEN ALL GAME TICKETS HAVE BEEN DISTRIBUTED**

**PRICES GOOD MARCH 18-20, 1982 SUPER BONUS SPECIALS** QUANTITY RIGHTS RESERVED WINN-DIXIE STORES, INC. COPYRIGHT - 1982

**SUPER BONUS SPECIAL**

**CRISCO**

3-LB. CAN **\$1.59**

WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 18-20, 1982

**SUPER BONUS SPECIAL**

**Blue Bay TUNA**

6 1/2-oz. CAN **19c**

WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 18-20, 1982

**SUPER BONUS SPECIAL**

**THRIFTY MAID SUGAR**

5-LB. BAG **89c**

WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 18-20, 1982

**SUPER BONUS SPECIAL**

**Large Eggs**

DOZ. **29c**

WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 18-20, 1982

Here's how it works! 1 Pick up free Super Bonus Certificates at our checkout counters. 2 You get 1 Super Bonus Stamp for every \$1 you spend. Paste 36 Super Bonus Stamps on each certificate. 3 When you check out, present one filled Super Bonus Certificate for each Super Bonus Special you select.

**SUPER BONUS SPECIAL**

**THRIFTY MAID PEACHES**

29-oz. CAN **9c**

WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 18-20, 1982

**SUPER BONUS SPECIAL**

**CHOCK FULL O' NUTS COFFEE**

1-LB. CAN **\$1.69**

WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 18-20, 1982

**SUPER BONUS SPECIAL**

**MRS. FILBERT'S MARGARINE**

1-LB. QTRS. **1c**

WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 18-20, 1982

**SUPER BONUS SPECIAL**

**W-D BRAND GROUND BEEF**

1-LB. HANDI PAK **89c**

WITH ONE FILLED SUPER BONUS CERTIFICATE GOOD MARCH 18-20, 1982



Now presenting an exclusive lay-a-way offer!

**WOODBERRY COLLECTION STONEWARE**

**20-PIECE SET LAY-A-WAY CERTIFICATES**

**49c EACH** With each \$3.00 purchase

SEE STORE DISPLAY FOR FULL DETAILS

**Coffee Mugs PAIR \$5.99** **Sugar Creamer SET \$9.99**

We're trying to keep the cost of a good education down.

**FUNK & WAGNALLS NEW ENCYCLOPEDIA**

**Vol. 1 9c** Vols. 2 thru 7 \$3.49 each.

**HAMMOND WORLD ATLAS ONLY \$4.98**

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

**SAVE 40c**

**U.S.D.A. CHOICE BEEF BONELESS CHUCK**

LB. **\$1.69**

W-D BRAND USDA CHOICE BEEF CHUCK BLADE **Chuck Roast . . . lb. \$1.69**

**SAVE 60c**

**W-D BRAND USDA CHOICE BEEF ROUND BONELESS CHUCK ROAST**

LB. **\$1.89**

W-D BRAND USDA CHOICE BEEF RIB E-Z CARVE **Rib Roast . . . lb. \$2.99**

**SAVE \$1.00**

**BEEF ROUND BONELESS FULL CUT ROUND STEAK**

LB. **\$1.99**

HICKORY SWEET BONELESS SMOKED (2/8 LB. AVG.) **Buffet Ham . . . lb. \$2.99**

**SAVE 40c**

**W-D BRAND PURE 100% (10-LB. PKG.) GROUND BEEF**

LB. **\$1.19**

U.S. CHOICE FRESH DOMESTIC WHOLE OR HALF RUMP **Lamb Legs . . . lb. \$2.99**

**SAVE 30c**

**W-D BRAND REDI BASTED TURKEY BREAST**

LB. **\$1.29**

BBQ PORK (10-LB. PKG. \$7.90) **Riblets . . . . . lb. 89c**

**SAVE 50c**

**PABST BEER**

12-oz. 12-oz. CANS **\$3.69**

SAVE 30c - CRUZ GARCIA REAL Sangria . . . . . 8oz. \$4.59

**SAVE 39c**

**MIRACLE WHIP SALAD DRESSING**

QT. JAR **99c**

SAVE 20c - DIXIE DARLING SANDWICH Bread . . . . . 2 24-oz. \$1.00

**SAVE 20c**

**Blue Bay PINK SALMON**

15 1/2-oz. CAN **\$1.69**

ALL VARIETIES CHEK Drinks . . . . . 2-LTR. 79c

**SAVE 74c**

**THRIFTY MAID WHOLE PEELED TOMATOES**

5 16-oz. CANS **\$1.99**

THRIFTY MAID CUT GREEN Beans . . . . . 8 16-oz. CANS \$1.99

**SAVE 50c**

**SUPERBRAND ORANGE JUICE**

HALF GAL. **\$1.29**

SAVE 20c - HARVEST FRESH RED Apples . . . . . 4-LB. BAG \$1.49

**SAVE 30c**

**HARVEST FRESH U.S. No. 1 (POLY) WHITE POTATOES**

5-LB. BAG **99c**

SAVE 20c - COUNTRY STAND M'rooms . . . . . 1-LB. PKG. \$1.99

**SAVE 30c**

**THRIFTY MAID (ASSORTED FLAVORS) ICE MILK**

HALF GAL. **99c**

SAVE 10c - SANDWICH STEAKS Steak-umm . . . . . 32-oz. 6.49

**SAVE 59c**

**MORTON (CHICKEN, TURKEY, BEEF OR MACARONI & CHEESE) POT PIES**

3 8-oz. SIZES **\$1.49**

SAVE 20c - ARMOUR Dinners . . . . . 1 1/2-oz. 4.59

**SAVE 59c**

**SUPERBRAND SWISS STYLE YOGURT**

4 8-oz. CUPS **\$1.00**

SAVE 10c - SUPERBRAND COTTAGE CHEESE . . . . . 24-oz. 1.29

## It's 'Heads Up' To Vegetables

# 'Kissing Cousins' Show Off Traits Of Fresh Flavor

The heads have it! There's one branch of the vegetable family that has a prominent feature in common — a head. Whether it's broccoli, cauliflower or cabbage, these "kissing cousins" show off the fine traits of hearty, fresh flavor and appealing physique that would make their family tree proud.

And these generous relatives fit into your family dining pattern — whether your numbers are large or you're a one- or two-person household. They can be prepared in small portions or large, and used in a variety of ways. They can be consumed raw in salads, pureed in soups or cooked in short order as simple side dishes.

These fresh vegetables, available all year long, contain important vitamins and minerals and are low in calories, according to the United Fresh Fruit and Vegetable Association.

A sumptuous Broccoli Stir-Fry gathers most ingredients from the refrigerator or kitchen cupboard; exotic Hurry Curry Cauliflower can be made in minutes with a blender and microwave oven; and Creamed Shredded Paprikash bears such a rousing flavor from Eastern Europe that it puts other cabbage recipes to shame.

When choosing broccoli, look for firm, compact and tightly closed buds, and stems should be tender and firm. When preparing for cooking, wash broccoli and trim the main stem slightly. But do not remove the stem since the whole stalk is edible. Use as little water as possible and cook rapidly to preserve the nutrients and crisp texture.

The best bets in cabbage are those that are well-trimmed, with reasonably solid heads that are heavy for their size, showing no discolored veins. Remember to save the cabbage water after cooking because it will add flavor and nutrients to your soups or stews. (When boiling cabbage, add a whole walnut to the water — it will decrease the odor.)

The size of a head of cauliflower doesn't affect its quality, nor do the tiny leaves found growing through the curds. Avoid over-cooking it — when the stem end yields to the touch of a fork, this vegetable is ready to serve.

Any leftover fresh vegetables can be pureed and frozen in ice cube trays. Then added to soups or stews as flavoring.

### BROCCOLI STIR-FRY

- 1 bunch fresh broccoli
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 1 teaspoon cornstarch
- 1 tablespoon honey
- 1/2 teaspoon freshly grated ginger root or 1/4 teaspoon ground ginger
- 1/4 teaspoon hot pepper sauce
- 1/4 cup slivered almonds

Wash broccoli. Cut off broccoli florets. Peel broccoli stems. Slice stems 1/4-inch thick. In large skillet or wok heat oil; stir-fry broccoli 5 minutes until crisp-tender. In small bowl combine soy sauce and cornstarch. Add honey, ginger and hot pepper sauce. Pour over broccoli. Cook until sauce thickens slightly. Stir in almonds. **MAKES: 4 servings.**

### HURRY CURRY CAULIFLOWER

- 1 medium-sized cauliflower (1 1/2 pounds)
- 1/2 cup water
- 1/4 teaspoon salt

Wash cauliflower. Remove green leaves, cut slice off stem end. In 1 1/2-quart, covered microwave-oven proof, casserole combine water and salt. Place cauliflower in casserole, stem side-down. Cover. Microwave on high 12 to 15 minutes, turning cauliflower half way through cooking time. Remove to serving platter. Let stand 5 minutes before serving. Serve with Hurry Curry Sauce (Below). **MAKES: 4 servings.**

# Pepper Takes To A Creole Stuffing

Mention stuffed peppers and most of us think of a basic rice or sausage stuffing.

However, this versatile vegetable is compatible with many fillings. As a special change of pace, stuff peppers with a combo of barley, tomatoes and shrimp, with seasonings that capture the distinct style of cuisine native to New Orleans.

### CREOLE-STYLE STUFFED PEPPERS

- 1 1/2 cups water
- 1/2 cup quick barley
- 1 1/4 teaspoons salt
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 2 tablespoons vegetable oil
- One 16-ounce can whole tomatoes
- One 12-ounce can tomato paste
- 1/4 cup white wine or apple cider
- 1 teaspoon sugar
- 1/2 teaspoon oregano leaves, crushed
- 1/2 teaspoon basil leaves, crushed
- 1/2 teaspoon pepper
- 4 medium green peppers

One 16-ounce package fresh or frozen shrimp, thawed, well drained, cut into bite-size pieces

Bring water to a boil in medium saucepan. Stir in barley and 1/2 teaspoon salt. Cover; simmer 10 to 12 minutes or until tender, stirring occasionally. Drain; set aside. In large saucepan, saute onion and garlic in oil. Drain tomatoes, reserving liquid; chop. Add chopped tomatoes and liquid, tomato paste, white wine, sugar, oregano, basil, pepper and remaining 1/2 teaspoon salt to saucepan. Simmer, uncovered, 10 minutes.

Cut tops from peppers; remove membrane and seeds. In another large saucepan, blanch peppers 5 minutes in boiling water. Drain; cut in half vertically to form boats. Place pepper boats cut-side up in 11-by-7-inch large oval baking dish.

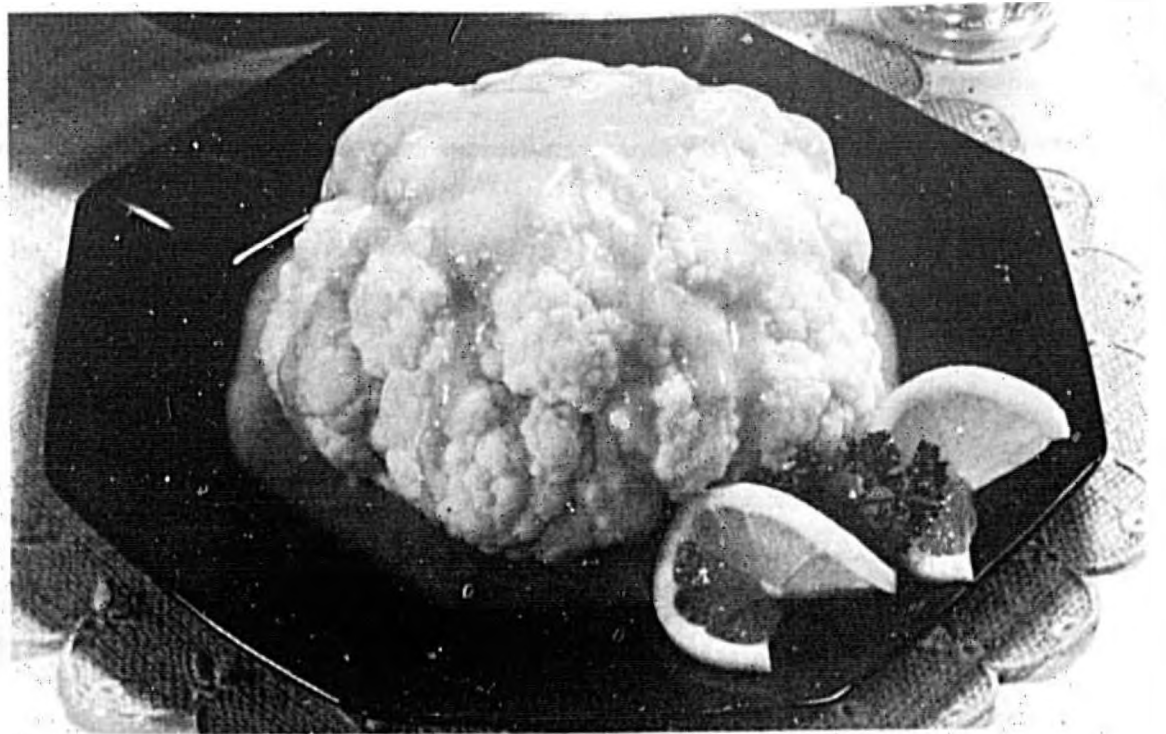
Heat oven to 350 degrees. Add barley and shrimp to tomato sauce mixture. Mound heaping 1/4 cup mixture into each pepper. Cover with any remaining sauce. Bake, uncovered, 25 to 30 minutes or until stuffing mixture is heated through. This kitchen-tested recipe makes 8 servings.

(NOTE): Substitute 1-3 cup regular barley for quick barley, if desired. Increase boiling water to 2 cups. Simmer about 50 minutes or until tender. Drain; set aside. Proceed as recipe directs.)

### CREAMED SHREDDED PAPIKASH

- 2 tablespoons butter or margarine
- 5 cups shredded cabbage (half a small head)
- 1 small onion, sliced (1/4 cup)
- 1/4 cup light cream or milk
- 1 tablespoon freshly squeezed lemon juice
- 1 1/2 teaspoons paprika
- 1/4 teaspoon sugar
- 1/2 teaspoon salt
- Dash pepper
- 1/4 cup chopped parsley

In large skillet melt butter; add shredded cabbage and onion. Cook 5 minutes stirring occasionally. Add cream, lemon juice, paprika, sugar, salt and pepper. Bring to a boil. Simmer 5 minutes until cabbage is crisp-tender. Stir in parsley. **MAKES: 2 to 3 servings.**



Hurry Curry Sauce for cauliflower can be made in minutes.

# Hitch Your Wagon to Publix for Hearty Eating

**Publix**  
the special choice

When you shop at Publix, you get the best quality produce at the lowest prices. Publix is a member of the U.S.D.A. Choice Beef Program. Our beef is fresh, tender and delicious. And our produce is fresh, crisp and flavorful. So head on out to Publix for hearty eating with Publix beef. **The Special Choice.**

**THIS AD EFFECTIVE THURSDAY, MARCH 18 THRU WEDNESDAY MARCH 24, 1982. CLOSED SUNDAY...**

Seafood Treat Fillet	
Spanish Mackerel	per lb. \$1.79
Bee Geo Southern Style Frozen	
Deviled Crab	per lb. \$5.59
Seafood Treat Frozen	
Bay Scallops	per lb. \$4.99

**SAVE 13¢**  
on Color Prints From Color Negatives.

**Free** Kodak Color Print

**U.S.D.A. CHOICE BEEF BONELESS**

**Chuck Roast**

per lb. **\$1.89**

**U.S.D.A. CHOICE BEEF BONELESS**

**Shoulder Roast**

per lb. **\$2.09**

**SAVE \$1.00, BURGUNDY, CHABLIS, CHENIN BLANC, ROSE, FRENCH COLOMBARD**

**Inglenook Wine**

1.5-lit. bottle **\$4.69**

**THE PLACE FOR FROZEN FOODS**

**WEAVER DUTCH-FRYE CHICKEN**

Thighs & Drumsticks ... 2 1/2 lb. \$2.79

Chicken Breasts ... 2 1/2 lb. \$3.29

Free: Top Concentrate Apple Juice ... 12 oz. 79¢

Walch's Juice Cranberry Cocktail ... 12 oz. \$1.09

Lender's Egg Pumpernickel Onion Plan Bagels ... 2 12 oz. \$1

Chief Salato Party Pizza ... 32 oz. \$3.39

Morton Ham Dinner ... 10 lb. 99¢

Birds Eye Porkchop Lima Beans ... 10 lb. 69¢

Morton Macaroni & Cheese Casserole or Chicken Pot Pies ... 3 8 oz. \$1

Singleton Breaded Shrimp ... 10 lb. \$2.79

Wakefield Cooked Shrimp ... 8 lb. \$2.59

**THE PLACE FOR U.S.D.A. CHOICE BEEF**

U.S.D.A. Choice Beef Sirloin Steak ... per lb. \$3.09

U.S.D.A. Choice Beef Key Club Steak ... per lb. \$3.19

U.S.D.A. Choice Beef Top Round Steak ... per lb. \$3.09

U.S.D.A. Choice Beef Short Ribs ... per lb. \$1.69

U.S.D.A. Choice Beef (Whole in the Bag) Rib Eye ... per lb. \$3.99

**SAVE 20¢, FROZEN MORTON ASSORTED Regular Dinners**

11-oz. pkg. **69¢**

**THE PLACE FOR DELI DELIGHTS**

Tasty Hickory Hill Beef Thuringer ... half lb. \$1.49

Beef Summer Sausage ... half lb. \$1.59

Salami For Beer ... half lb. \$1.39

Flavorful Old Canadian Cheese ... half lb. \$1.39

Delicious Ham & Bacon Loaf ... quarter lb. 79¢

Zesty-Flavored Carrot Salad ... per lb. \$1.19

Ready-to-take-out Southern Fried Chicken ... 9-oz. box \$3.79

Hot from the Deli! Green Pepper Steak ... per lb. \$3.69

Corn Souffle ... per lb. \$1.79

Fresh Made Natural Wheat Italian Bread ... per loaf 79¢

Fresh Baked Pumpkin Pie ... each for \$1.79

**THE PLACE FOR PRODUCE**

Top Your Roasts or Steaks with Fresh

Mushrooms ... per lb. \$1.69

Florida Fresh, Crisp Pole Beans ... per lb. 59¢

Stuff with Cream Cheese, Florida Celery ... 2 79¢

Source of Vitamins C, A, and Iron—Fresh Asparagus ... per lb. \$1.29

Tasty, Ribier Grapes ... per lb. 99¢

Florida Seedless White Grapefruit 8 ... \$1.29

Florida Seedless Red Grapefruit 8 ... \$1.39

Slightly Tart Jonathan Apples 3 ... 99¢

High in Vitamin C Florida Juice Oranges 5 ... \$1.29

Zesty, Yellow Cooking Onions 3 ... 69¢

Medium Size, Tasty Tomatoes ... 39¢

For Dips or Salads Delicate Flavored Fresh Avocados 2 ... 89¢

Top Tossed Salads with Marjon Brand Mixed Sprouts ... 99¢

Marie's Reduced Calorie Blue Cheese Dressing ... 12-oz. \$1.59

In Bud and Bloom, Beautiful Gardenias ... per plant \$2.99

**EXCELLENT BAKED OR FRIED Idaho Potatoes**

10 lb. bag **\$1.99**

**SERVE CHILLED, RIPE, TASTY Cantaloupe**

each for **99¢**

**20¢ OFF** With This Coupon ONLY County Line Mild or Sharp Cheddar Cheese per pkg. (Effective March 18-24, 1982)

**40¢ OFF** With This Coupon ONLY Decaffeinated Sanka Coffee Drip or Elec-Perk 1-lb. can (Effective March 18-24, 1982)

**100 Green Stamps** (5 to 7-lb. avg.) **Armour Golden Star Boneless Turkey** 1-lb. (Effective March 18-24, 1982)

**100 Green Stamps** 16-oz. bottle **Sunlite Oil** 2-lb. (Effective March 18-24, 1982)

**100 Green Stamps** 10-cl. pkg. **Hefty Trash Bags** 3-lb. (Effective March 18-24, 1982)

**Microwave Magic**

# Strawberry Season Calls For Treats

Strawberries are a favorite treat this time of the year in Florida.

Plant City celebrated the season with the Strawberry Festival last week. Now the berries are plentiful and good. If you like you can travel to the Plant City area and pick your own. By the time you pay for gas and the time involved there is not much of a saving in money, but it is a "fun thing" to do and family and friends can join for a days outing.

A little closer to home for "U-Pick" is the Strawberry Hills farm in Plymouth. They will be opening the fields to the public about the first week in April.

Since strawberries can be enjoyed in so many ways, I'd like to share a few. Of course they can be enjoyed plain or with a little sugar and cream, used in rich desserts, toppings for pies or cakes, part of fresh fruit salads and luscious preserves.

**STRAWBERRY PRESERVES**  
(Microwave)

2 cups strawberries  
3 teaspoon powdered fruit pectin  
1 1/2 cups sugar  
Place strawberries in 2-quart bowl. Mash well. Do not drain juice. Stir in sugar and pectin, mixing thoroughly. Cook at 650W (high) 3-4 minutes or until mixture reaches a rolling boil.

Reduce setting to 455W (roast) and cook 5 minutes, or until slightly thickened. Jam will thicken more as it cools. Skim off foam. Pour into glasses, cover with plastic wrap and store in refrigerator. If you like a thicker jam, add an extra teaspoon

**Midge Mycoff**

Home Economist  
Seminole Community College



fruit pectin.  
Fresh strawberries or peaches can be used when available. Substitute 2 cups fresh fruit for frozen, and reduce fruit pectin to 2 teaspoons.

**STRAWBERRY SOUR CREAM PIE**

9 in. baked pastry shell  
1/4 cup sugar  
1 pt. (2-cups) fresh strawberries sliced  
1 cup sour cream  
3 eggs  
1 teaspoon vanilla  
1. Prepare and bake pastry shell.  
2. Combine eggs and sour cream in 1 quart batter bowl. Blend well. Mix in sugar.  
3. Microwave 50 percent power 8-9 minutes or until thickened. Stir every 2 minutes. Stir in vanilla. Cool. Arrange strawberries in baked shell. Pour sour cream mixture over berries. Cool and refrigerate several hours before serving. Top

with whipped cream and garnish with strawberries.

**STRAWBERRY CRUNCH**

1/2 cup butter or margarine  
1 cup all-purpose flour  
1 pkg. (3 oz.) strawberry gelatin  
1 2-3 cups water  
1/4 cup brown sugar (packed)  
1/2 cup walnuts, chopped  
Frozen whipped topping  
1 pint fresh strawberries (in halves)  
1. Microwave 100 percent power butter in 8 inch square glass baking dish 1 1/2 minutes or until melted. Mix in flour, brown sugar, and walnuts until well blended.  
2. Microwave 5 minutes or until mixture has a dry appearance and is lightly toasted, stir several times. Set aside 1/2 cup crumbs. Press remaining crumbs with fork into bottom of dish.  
3. Microwave 100 percent power water in 4-cup glass measure 4-4 1/2 minutes - til boiling. Stir in gelatin until dissolved. Refrigerate until slightly thickened.  
4. Set aside 1/2 cup gelatin. Stir strawberries into remaining gelatin. Pour mixture into crust. Fold the remaining 1/2 cup gelatin into the whipped topping. Spoon onto strawberries. Sprinkle with reserved crumbs. Refrigerate several hours. Cut into squares and serve.  
Other berries or peaches can be used as well as strawberries.

<b>99¢</b> 1-LB. BATH BLACKHAWK REG. OR THICK SLICED Bacon	<b>29¢</b> DOZ. BREAKFAST CLUB GRADE A FLA Large Eggs	<b>29¢</b> 6 1/2 OZ. IN WATER OR OIL BUMBLE BEE CHUNK LIGHT Tuna	<b>59¢</b> 16 OZ. POLYBAG STOKELY FROZEN International Vegetables	<b>1.49</b> 23 OZ. REG. OR WITH MARSHMALLOW SWISS MISS HOT Cocoa Mix	<b>49¢</b> 32 OZ. JAR PUBLIX Orange Marmalade	<b>19¢</b> LARGE ROLL ASSORTED Scot-Towels	<b>9¢</b> 8 OZ. CUP BREAKSTONE Sour Cream	<b>1.00</b> 32 OZ. BOTTLE LIQUID Dermassage Detergent
---	--	---	--	---	--	---	--	--

**PUBLIX RESERVES THE RIGHT TO LIMIT QUANTITIES SOLD**

**THE PLACE FOR DAIRY FRESHNESS**

Kraft Light Spread 2 lb 99¢  
Smother 'em in Jam! Bay's English Muffin 12 oz 69¢  
Pillsbury Cinnamon Rolls 8 ct 89¢  
Azteca Corn Tortilla 8 oz 39¢  
Philadelphia Brand Cream Cheese 12 oz 1.29  
Kraft Processed Cheese Food Spread  
Velveeta 3 lb 2.99  
Kraft Fullmoon Longhorn Cheese: Mild or Colby 14 oz 2.29  
Wisconsin Cheese Bar Shredded Cheese: Sharp Cheddar or Mozzarella 8 oz 1.23  
Wisconsin Cheese Bar Sliced Natural Cheese Swiss, Mozzarella or Provolone 8 oz 1.09  
Sealtest Small Curd or Light N' Lively Lowfat Cottage Cheese 74 oz 1.33

**Sealtest Light 'n Lively Assorted Ice Milk** 1.49  
**Assorted Breyers Frozen Yogurt** 1.29  
**Wise Twin-Pack Potato Chips** 1.10  
**Wise Baked Cheez Doodles** 99¢  
**Publix Special Recipe Money Bran Bread** 2 1.19  
**Keekler Knots, Braids, Nibblers or Mini Knots Butter** 79¢  
**Jif Extra Crunchy or Smooth Peanut Butter** 1.70

**Keekler Toasted Wheat, Rye, Sesame, Onion, Bacon, Cheddars or Buttercrisp Snacks** 1.09  
**Assorted Fruit Flavors Hi-C Drink** 59¢  
**Van Camp 15 1/2-Oz. Mexican Style Chili Beans or 15-Oz. Kidney Beans** 2 88¢  
**Hellmann's Mayonnaise** 1.19  
**Wishbone Lite Creamy Cucumber, Italian, French, Thousand Island, Russian Chunky Blue Cheese Salad Dressing** 78¢  
**Vlasic Polish or Kosher Dill Pickles** 99¢

**Assorted Royal Dessert Gelatin** 2 1.19  
**Kellogg's All Bran or 40% Bran Flakes Cereal** 1.19  
**Red Rose Tea Bags** 1.09  
**French's Instant Potatoes** 99¢  
**French's Scalloped, Au Gratin, Cheese Scalloped or Potato Pancake (5 1/2 to 6-Oz.) Potatoes** 69¢  
**Regular or Diet Shasta Cola** 99¢  
**With Sausage, Meat, Plain or With Peppers & Mushrooms, Aunt Millie Spaghetti Sauce** 1.59

**Orville Redenbacher Gourmet Popping Corn** 1.98  
**Orville Redenbacher Popping Oil** 1.25

**AGRICULTURE: IT'S YOUR HEARTBEAT AMERICA!**



Roast Leg Of Lamb can be prepared in a variety of ways. For a change of pace, marinate lamb in orange juice and sherry. Lamb Yucatan is laced with a tart sweet tomato-based sauce with a hint of garlic.

## Leg Of Lamb Is A Perfect Party Entree

Lamb is a staple in many countries and a leg of lamb is synonymous with the celebration of Easter. Roast leg of lamb makes a handsome entree for a formal dinner or a casual buffet. It also is a quality cut of meat that is relatively economical. A marinated leg of lamb takes its cue from the Spanish use of oranges and sherry in the marinade. It is easy to do and allows a frozen roast to thaw overnight in the marinade with tasty results. Closer to home is a Yucatan version a tart-sweet tomato-based sauce with a hint of garlic that goes so well with lamb. Serve with roast potatoes, broccoli au gratin, a mixed green salad and strawberry shortcake.

**ROAST LEG OF LAMB BARCELONA**

5 to 6 pound leg of New Zealand spring lamb, frozen  
1 cup orange juice  
1/2 half cup sherry wine  
1/4 cup soy sauce  
1/2 cup chopped onion  
1 tablespoon brown sugar  
1/2 teaspoon ginger  
1 clove garlic minced  
1 tablespoon flour  
1/4 cup water

Trim excess fat from frozen leg of lamb, place lamb in large plastic bag. Combine orange juice, sherry, soy sauce, onion, brown sugar, ginger and garlic; mix well. Pour into plastic bag with lamb; secure top. Place bag in shallow pan; refrigerate overnight, turning bag frequently.

To roast, remove lamb from bag and place in shallow roasting pan. Reserve 1 cup marinade for gravy, use remainder to brush on lamb as it roasts. Roast lamb, uncovered, in a 325-degree oven about 2 hours or until meat thermometer registers desired degree of doneness (160 degrees medium, 170 degrees to 180 degrees for well-done.) During last hour baste often with marinade. Remove to serving platter, allow to stand 10 minutes before carving. In small saucepan, combine 1 tablespoon pan drippings and flour. Stir over low heat 2 minutes. Gradually stir in 1 cup reserved marinade and water. Cook, stirring constantly, until mixture boils and thickens; serve with lamb. This kitchen-tested recipe makes 6 to 8 servings.

**LAMB YUCATAN**

5 to 6 pound leg of New Zealand spring lamb, frozen  
2 cloves garlic, cut in slivers  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 can (1 pound) tomatoes, undrained  
1 cup chicken broth  
1 large onion cut in quarters  
1/4 cup canned, green chili peppers  
1 teaspoon sugar  
1/4 teaspoon ground cumin

Thaw lamb in refrigerator overnight. With tip of knife, cut small slits in meat. Insert slivers of garlic in slits; sprinkle with salt and pepper. Place lamb, fat side up in shallow roasting pan. Cover; roast in 325-degree oven, 30 minutes. In container of electric blender, combine tomatoes, chicken broth, onion, chili peppers, sugar and cumin; process until smooth. Remove lamb from oven, spoon sauce over lamb; return to oven and continue roasting, uncovered, 1 1/2 to 2 hours, or until meat thermometer registers 160 degrees for medium, 170 to 180 degrees for well-done. Baste often with pan juices. Remove meat to serving platter, allow to stand 10 minutes before carving. This kitchen-tested recipe makes 6 to 8 servings.

**SAVE 41¢, REGULAR BREAKFAST CLUB Margarine Quarters**

**3 1-lb. \$1**

**SAVE up to \$400 on the Softest Kleenex Tissues Ever!**

**Kleenex** 78¢  
**Kleenex** \$1.09

(40¢ Off Label). Laundry Detergent  
**Cold Power XE** 84 oz \$2.59  
**Detergent Booster with Bleach Biz** 10-oz 2.19  
**Fabric Softener Downy** 96-oz \$3.58  
**Refrill Size Fantastik** 64-oz \$1.89  
**Liquid Gold or White Soft Soap** 10-oz 99¢  
**Blue or Brown Liquid Soap for Shower Shower Mate** 12-oz \$1.89

Set a gracious table with beautiful Homer Laughlin Dinnerware from Publix.

**59¢ each**

**SAVE DISCOUNT COUPON**

**Orange, Lake, Seminole, & Osceola Counties Only!**

**MINE'S ROOT BEER, REG. OR DIRT 7-UP, OR THESE CANADA DRY DRINKS; REGULAR OR SUGAR FREE GINGER ALE, CLUB SODA, COLLINS MIX OR WINK**

**3 1-liter 99¢** (Plus Tax & Deposit)

**PEPSI, DIET PEPSI, PEPSI LIGHT, MT. DEW Soft Drinks**

**2-liter bottles BUY 1 AT REGULAR PRICE, GET 1 FREE!**

**REGULAR OR LIGHT Schlitz Beer** 12-oz. cans \$1.89 6-pk. ctn.

**SAVE 24¢. Wesson Oil**

**48-oz. bottle \$2.39**

**MIX WITH DESSERT GELATIN, STOKELY Fruit Cocktail**

**17-oz. can 59¢**

**SAVE 17¢, PUDDING & PIE FILLING (3 to 4 1/2-OZ.) Royal Pudding**

**3 pkgs. \$1**

**HUNT'S TOMATORAMA**

Tomato Ketchup 32-oz \$1.19  
Tomato Sauce 15-oz cans 2 \$1  
Tomato Paste 6-oz can 37¢  
Italian Tomatoes 78-oz 98¢

(\$1.00 Off Label). Helly-Hai Kitchen Bags 40-ct \$2.39  
60-Ct. Extra Dry Daytime or 48-Ct. Toddler Pampers Diapers per pkg \$7.99  
Wagner 20 1/2 Wild Bird Seed 15-lb bag \$2.99  
Moist & Meaty Beef or Beef & Cheese Dog Food 72-oz pkg \$2.59

**SANFORD PLAZA, SANFORD LONGWOOD VILLAGE CTR., LONGWOOD**

**PUBLIX**

THIS AD EFFECTIVE IN THE FOLLOWING COUNTIES: Broward, Charlotte, Citrus, Collier, Hernando, Highlands, Hillsborough, Lake, Lee, Manatee, Orange, Osceola, Pasco, Pinellas, Polk, Sarasota, Seminole, unless otherwise noted.

**100 GreenStamps** 20-lb. bag, Kitty White Cat Litter 4 (Effective March 18-24, 1982)

**100 GreenStamps** 14-oz. can, Johnson Lemon or Natural Pledge 5 (Effective March 18-24, 1982)

**100 GreenStamps** 7-oz. size, Flower Blossom or Early Spring Johnson Glade Air Freshener 6 (Effective March 18-24, 1982)

**100 GreenStamps** 4.8-oz. tube, (18¢ Off Label) Regular or Mint Afta Toothpaste 7 (Effective March 18-24, 1982)

**200 GreenStamps** 100-ct. bottle, Anacin Tablets 8 (Effective March 18-24, 1982)





