

In Canada

ACROSS 1 New 48 Enclave 51 one of Canada's 51 provinces. 8 — on 14 Dornouse 15 Todder 17 Japanese spa 18 Ooze 20 Asterisk 22 Bynonic sea 23 Hawaiian bird 25 Slender 27 Armed fleet 31 Dung beetle 32 Gaslike 36 Fictional dog 38 Palm fruit 39 Hedgehog 41 Slide 43 African worm 44 Sign of the zodiac 46 Exclude 48 Enclave 50 Daybreak (noun form) 51 one of Canada's 51 provinces. 54 Lease 56 Onyria 60 Flap 62 Roman bronze 64 High card 65 Wash lightly 66 Freedom is 68 Private eyes 7 Small lizards 37 Symbol for tantalum 8 Waioth king 9 Wagon 45 Lubricant 42 English river 11 Volume 47 Mine shaft hut 12 Mix 49 Make into law 13 Genus of grasses 51 Popon 52 Operatic solo 24 Harlem room 53 Longpa 27 Eager 55 Rip 28 Part in a 57 Tard 58 Cicatrix 29 Mulahe 59 Lampreys 3 Location 32 Tower 61 Feet Gyris 30 Cuckoo 32 Cuckoo 63 Health resort 33 Above 67 89 (Roman) 34 Cudgel

HOROSCOPE

By BERNICE BEDE OSLO
For Friday, January 16, 1976
ARIES (March 21-April 19) An awkward situation may put you with outsiders against your loved ones. Don't forget; what happens today is fleeting. Your family is with you always.
TAURUS (April 20-May 20) Your strong opinion may reflect the minority viewpoint today. The problem is temporary. Don't aggravate friends by arguing.
GEMINI (May 21-June 20) This is not a good time to assume a cumbersome obligation. Weigh your wants against your means.
CANCER (June 21-July 21) Your desires and aims today are likely to conflict with those whose support is essential. Some tactical maneuvering is necessary.
LEO (July 22-Aug. 22) It's wonderful to help others to lighten their burdens, but be careful not to add too greatly to your own load.
VIRGO (Aug. 23-Sept. 22) Someone you know is a super salesman, but he has a poor track record in the quality of things he promotes. Don't let him sell you a pig in a poke today.
LIBRA (Sept. 23-Oct. 23) Normally you're willing to weigh another's point of view. Today, you'll be a bit too in-

WIN AT BRIDGE

By OSWALD AND JAMES JACOBY
South took over with Blackwood. When North showed all four kings by his six-club call (the bid shows zero or four and there was no way for North to have 16 high card points without at least one king) South bid the grand slam in spades. He might just as well have bid seven notrump for the extra 10 points since he could count to 13 tricks if the spade suit ran. Suppose North had held just three spades to the ace-king. He might not have raised to four spades, but if he did have that holding, the queen of spades would still be likely to drop.
ASK THE EXPERTS
A Vermont reader asks if one hand should be conceded and not played. The answer is that some rubber bridge players in order to save time concede undoubted one-level contracts but this is their own procedure. It has nothing to do with the laws of bridge which provide that all contracts must be played.
When you use the Jacoby transfer bid you don't have any normal use for responses of three diamonds, hearts or spades to a notrump opening. We recommend that the three-heart and spade response show good hands with bad suits, but where you don't mind being declarer. South had a perfect hand for a three-spade response. North raised to four spades and N.Y. 110/119.

Dr. Lamb

DEAR DR. LAMB - I would like some advice. I'm 17 years old, 5 feet 6 and weigh 100 pounds. I'm small framed. Recently, I went on a strict starvation diet. I lost 45 pounds. I went to the doctor afterward and he gave me vitamin pills. He also told me I have a mild case of anemia, so I'm taking iron pills too. I'm eating normally now but my problem is I'm losing an awful lot of my hair. Can you please tell me if there is anything I can do for this problem and is it only temporary? I do not want to go bald. Please give me your advice.
DEAR DR. LAMB - At least your story will serve as a bad example to teach others. Loss of hair from dieting is well known. Dr. Ansel Keys' group at the University of Minnesota put a group of young men on a 1600 calorie a day diet. They had been quite active and accustomed to consuming over 3000 calories a day. They lost weight all right. But they developed personality changes, loss of sex drive and loss of hair. Starvation diets are not a do-it-yourself program. They usually cause the person to lose muscle, not just fat. Your body's use of energy at rest is related to the body's fat stores you have. If you lose muscles then it is harder to prevent obesity after the diet than it was before. Almost all crash diets or overly restricted diets have this effect and set the person up for continued obesity rather than correcting the basic problem. I'm not surprised you are anemic. You need protein to form the iron containing hemoglobin, even if you are taking iron. Hopefully your present diet has enough protein in it that the iron will be helpful. Hair is specialized skin and mostly protein. As you recover you will likely regain

DOONESBURY



Evening Herald

68th Year, No. 126—Friday, January 16, 1976 Sanford, Florida 32771—Price 10 Cents

Herring Plans Appeal On Freeman

Woodson Dismisses Binford Charges

Binford's attorney, Roger Berry, said, "perhaps a little more research should have been done by the prosecutor before the charges were filed." Herring declined any comment on Berry's statement. Binford had been accused of false swearing and perjury in connection with papers he filed under oath in qualifying in an unsuccessful 1974 bid for a county commission seat. The grand jury indictment against Binford was returned on Dec. 19 and was returned against Binford, County Attorney Thomas G. Freeman and County Commissioners Harry Kwiatkowski and Michael Hattaway. On Thursday Circuit Judge Kenneth M. Lettler threw out an indictment charging Freeman with soliciting unlawful compensation in connection with proposed title insurance on a \$317,000 county day pit land purchase that was aborted on Oct. 14. The dismissal was the second in as many days on charges stemming from a four-week grand jury probe of alleged wrongdoing in county government. He said the grounds for the appeal is his contention that there was a trial jury question "as to facts in the case. It should have gone to trial," he said. Herring said he's "not sure of an appeal" in the Binford case but is "gathering information to

For Use By Seminole County Schools

Zoo Park Offered As Nature Center

Central Florida Zoological Society President John Sobik Jr. is offering some 100 acres of wooded property for use in a joint project to develop an educational nature center for children. Sobik's proposal comes after county and school officials agreed on the concept of establishing the nature center at Big Tree Park East near Lake Jessup. A quorum was reached by the Seminole County Commission approving the concept of a nature center at Tuesday's meeting when Commissioner Harry Kwiatkowski okayed it. School Supt. William P. Laver said today school officials will "consider all alternatives" and that land at the zoo "at first impulse would seem to be a feasible alternative." Initial approval by the county came from Commissioner Richard Williams and Commission Chairman Michael Hattaway. Today, Williams said it is the school's project, and "if they want to put it in the zoo — I think that's

Bob Hope Benefit Planned

The Rotary Club of Casselberry revealed today that America's foremost ambassador of wit, wisdom and national pride, Bob Hope, will be the featured guest speaker at a benefit dinner in Orlando April 3. Proceeds from the event, according to Rotary President Jack Toole, will be earmarked primarily to assist in developing the Central Florida Zoological Park. Details of the special event, scheduled for the Sheraton Twin Towers, were announced this morning at a news conference held at the zoo. Attending were members of the board of directors of the Rotary Club of Casselberry and the Central Florida Zoological Society. The society will put up \$20,000 to cover preliminary expenses, according to Zoo Director Al Rozon. Bob Hope's representative, producer Tommy Reynolds, has been in Orlando for several days assisting in the details for the occasion and conferring with Rotary and zoo officials. "We are delighted that our negotiations to secure Bob Hope as our principal guest of honor are now completed," said Toole. "We believe Bob's great command of news, comment and humor will promote a great turnout and backing for this worthy cause." Toole added, "Zoo Society President John Sobik commended, 'All of us at the zoo, board members and volunteers alike, are excited about having an American celebrity like Bob Hope to provide us with an event that will long be remembered as well as help us get the zoo expansion moving into additional phases.'"

Inside Sunday

Something New In Citrus At the height of the citrus season, Floridians are all squeezing, freezing, baking and boiling the delicious fruit. But what about the citrus peel? New Sanford resident End Moore has a delectable answer to that question in Sunday's Evening Herald, Women's Section, Page 1-C.

Water System Loan Approved For Lake Mary

LAKE MARY—A federal loan of \$40,000 to update and expand the city's water system has been approved by the U.S. Farmer's Home Administration according to Councilman Harry Terry, commissioner of the city's utility system. Terry said the approval received from the federal agency Thursday permits the city to seek interim financing immediately. Plans for the expansion, which includes piping in water from the City of Sanford, under contract, to increase pressure for firefighting purposes, are currently 75 per cent complete. The drawings are to be ready for bid purposes the middle of February, he said. With receipt of the federal money, some \$40,216.04, advanced by the city's general fund for the utility system, will be replaced. City Attorney Gary Massey outlined the general fund monies spent for the utility system and each purpose for which the funds were used. Massey's report was filed in the city record. In preparation for construction to begin, council authorized Mayor Walter Sorenson to direct City Engineer Cal Conklin to proceed with a survey of streets within the community, placing monuments in selected places to be used in future work. In other business, the council approved Sorenson's appointments of Robert Beckhorn, James Collins,

'Jaycee Week' Observed Here

The Sanford-Seminole Jaycees will observe Jaycee Week, Jan. 17-24, with various activities highlighted by the annual Distinguished Service Awards Banquet. The banquet, to be held at 7:30 p.m. Jan. 24, at the Mayfair Country Club, will honor outstanding young community leaders in religion, fire fighting, education and law enforcement. It is judged by the Distinguished Service Award for community service. A breakfast, Jan. 22, at 7 a.m. at the Holiday Inn will honor past presidents; Bill Bracken, second vice president; C.J. Bass, state director; Larry Blain, chairman of the board and district president; Blair Kitzner, secretary; Bruce McKibbin, treasurer; Herman Henke, Don state, the local club was host when the Florida Jaycees organized in 1923 at the Mayfair Inn. Among the projects undertaken by the Jaycees in the past year was the hiring of an architect to recommend ways the present city hall could be renovated as a less costly alternative to construction of a new facility; and hiring of an architect to make independent proposals for Downtown development. The group conducted a Junior Golf, 20th Annual Fishing Hodes, and a fire team safety program; sponsored two riders in the Muscular Dystrophy bike race; assisted with the Cerebral Palsy Walkathon; donated money and time to the Seminole County Association for Retarded Children and the Community Improvement Project; sponsored telephonic calls to Santa; held an Easter Egg Hunt in Mellenville Park; supported Redcraze Boy's Day by helping the Boy Scouts clean up litter along SR-64 from 14 to Sanford; Mrs. Marie Smith Garden Club president, has issued a challenge to other groups to match the effort along other roads as part of the Golden Age Olympics.

Tommy Reynolds (left), representing comedian Bob Hope, Casselberry Rotary Club President Jack Toole (center) and Zoological Society President John Sobik display a sign proclaiming Hope's benefit performance of April 3 at the Sheraton Twin Towers with proceeds to go to the zoo.



NATION IN BRIEF

GAO Issues Lifting Controls Would Boost Gas Prices WASHINGTON (AP) — A new study by the General Accounting Office claims that lifting price controls on natural gas would increase the cost to residential users by \$24.40 a year over what the regulated price would be by 1980.

Democratic Candidates Wary WASHINGTON (AP) — While President Ford and Ronald Reagan issue rival forecasts of victory in the early presidential primary elections, wary Democrats are avoiding predictions they may not be able to match.

Jobs, Inquiry Called For By The Associated Press Americans by the thousands, marching to commemorate the 7th anniversary of Martin Luther King's slaying, called for full employment and a renewed inquiry into the civil rights assassination.

Some Taxes May Go Up WASHINGTON (AP) — You may be forced to pay higher state taxes on cigarettes, fuel and gasoline this year, but state income and sales tax rates are unlikely to rise.

Budget Called 'Realistic' WASHINGTON (AP) — The 1977 federal budget will realistically separate the things the nation can afford to do from those it wants to do, says Budget Director James T. Lynn.

Albert Septical About Aid WASHINGTON (AP) — It would take a miracle to persuade Congress to go along with President Ford's plan for aid to Angola, House Speaker Carl Albert says.

Judicial Ruling Awaited In Midway Controversy A report on what happened to 74 white pupils assigned in 1975 to attend Midway Elementary School was filed Thursday by U.S. District Court in Orlando by the attorney for the Seminole County School Board.

Evening Herald Friday, January 16, 1976—Vol. 68, No. 126 Published Daily and Sunday, except Saturday and Christmas Day. By The Sanford Herald, Inc., 300 N. French Ave., Sanford, Fla. 32771.

Burglaries In South Seminole

Oviedo Man Arrested Again On Drug Charge

An Oviedo man who pleaded guilty in circuit court this week to a drug charge has been arrested on new drug charges. Andrew Lee White, 22, pleaded guilty on Tuesday to delivery of marijuana to a state undercover agent and was allowed to remain free on bond pending a pre-sentence investigation.

Action Reports

★ Fires Inmate Injured A 34-year-old Sanford man hospitalized after he fell off a bed in a county jail cell after being returned to jail today after released from Seminole Memorial Hospital, Sheriff's deputies said.

★ Courts Jewelry Taken Sheriff's deputies today were investigating a burglary in which diamond jewelry, cameras, tools, and a color television, valued \$1,567, were reported stolen from the residence of McKinley Elliott, 306 Magnolia, Allamonte Springs.

Capko Is Still Missing

Sanford police today said they had no reason to suspect foul play in the disappearance of a local restaurateur. John Capko, 50-year-old owner of the "W" Whiskey restaurant at 25th St. and Park Ave. was last seen on Jan. 4, according to a missing person report filed with police.

Budget Called 'Realistic' WASHINGTON (AP) — The 1977 federal budget will realistically separate the things the nation can afford to do from those it wants to do, says Budget Director James T. Lynn.

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Legal Notice

IN THE CIRCUIT COURT OF THE EIGHTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA. CASE NO. 75-248-CA-10. PACIFICER BUILDERS, INC., a Florida corporation. Plaintiff.

REPORT OF CONDITION, CONSOLIDATING DOMESTIC SUBSIDIARIES OF THE BANK OF SEMORAN, N.A. OF FERN PARK IN THE STATE OF FLORIDA. PUBLISHED IN ACCORDANCE WITH ARTICLE X, SECTION 11, OF THE CONSTITUTION OF THE STATE OF FLORIDA.

Table with 2 columns: ASSETS and LIABILITIES. Includes items like Cash and deposits, Federal funds sold, Loans, and Demand deposits.

Legal Notice

SEMINOLE COUNTY BOARD OF COUNTY COMMISSIONERS. NOTICE OF PUBLIC HEARING. The Board of County Commissioners of Seminole County will hold a public hearing to consider an appeal against the Board of Adjustment in approving a Side Yard Variance in an R-1A Residential Zoning.

IN THE CIRCUIT COURT OF THE EIGHTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA. NOTICE OF ACTION. YOU ARE HEREBY NOTIFIED that a complaint for foreclosure has been filed against you by the Plaintiff.

IN THE CIRCUIT COURT OF THE EIGHTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA. NOTICE OF ACTION. YOU ARE HEREBY NOTIFIED that a complaint for foreclosure has been filed against you by the Plaintiff.

FLORIDA IN BRIEF

Mom Sold Baby, Now Wants To Cooperate With Officers MIAMI (AP) — A woman who says she sold her baby last year for \$1,200 has enlisted local officials in an attempt to locate the child and prosecute the buyer.

Church Will Not Campaign TALLAHASSEE (AP) — Sen. Frank Church's name may be on Florida's presidential primary ballot March 7, but the Idaho Democrat will not campaign in the state, his son says.

Satellite Launch Tonight CAPE CANAVERAL (AP) — A communications satellite designed by Canadian and American technicians to help bring inexpensive television reception to remote areas of Canada is set for launching tonight.

No Reductions In Personnel Figured At SNA Other liabilities listed include \$150,000 to the Bank of Commerce in New York; \$19,271 to Morrison's Inc., and smaller amounts to other suppliers.

Enrollment Fees 'Unfair' TAMPA (AP) — Senate President Dempsey Barron says an enrollment fee proposal going before the Board of Regents today is an unfair tactic aimed at getting more money for the state's nine universities.

Consumers To Be Heard TALLAHASSEE (AP) — A House committee will hear from consumer representatives next month before it votes on a proposal aimed at cutting electric bills in Florida by \$60 million next year, a subcommittee chairman says.

Minimun Rates Sought TALLAHASSEE (AP) — Truckers who haul sand, dirt and gravel say they face heavy losses and are asking the Public Service Commission set minimum rates for their industry.

Televized Trials Expected TALLAHASSEE (AP) — The first telecast of a court trial in Florida is expected to be allowed soon by the Leon County Justice in Tallahassee.

Prisin Injunction Reinstated NEW ORLEANS (AP) — The 5th U.S. Circuit Court of Appeals has reinstated a preliminary injunction aimed at forcing Florida to reduce overcrowding in its prisons.

Tucker Foes Change Jobs TALLAHASSEE (AP) — One of House Speaker Donald Tucker's major reelection foes has been named to an important position. Another has been unceremoniously dumped.

Bar Reports More Lawyers Are Disciplined

Members of the Florida Bar initiated disciplinary action against more than 200 attorneys last year in 1975, officials announced today. In the past year the total for all final orders of discipline and admonishments by the Supreme Court of Florida rose from 775 to 230, according to records.

Lake Mary City Hall Has Space Problems LAKE MARY — The three-room mini-city hall has become too small for the burgeoning city staff and other facilities must be found to house the police department.

Henry Block Has 17 reasons why you should use for income tax help. Reason 15. If you should qualify for the Short Form, We'll prepare it for you at a very low price. At H & R Block, the simpler the return, the less we charge.

Blayne Named Board Trustee Tom Blayne, director of corporate affairs for Autotrain Corp., has been appointed as a trustee of the Memorial Hospital Board of Trustees.

Is Your Car Insured Against Mechanical Failure? BOB DANCE DODGE 1801 W. First St. Sanford. OUR REPUTATION DEPENDS ON YOUR SATISFACTION.

WARRANTY IF YOUR NEW AUTOMOBILE HAS LESS THAN 1,000 MILES AND IT HAS BEEN LESS THAN 6 MONTHS SINCE THE DATE OF PURCHASE, YOU QUALIFY FOR THIS WARRANTY. IT IS ALSO AVAILABLE ON USED CARS UP TO 70,000 MILES.

Table listing car models and prices: GREMLIN, CHEVY, DODGE, PLYMOUTH, etc.

NOTICE THE ELECTIONS OFFICES WILL BE OPEN FOR VOTER REGISTRATION MONDAYS THRU SATURDAYS FROM NOW UNTIL 5 P.M. SATURDAY, JANUARY 24.

The books close then for the March 9th Presidential Preferential Election. Office Hours: 8:30 A.M. THRU 5 P.M. Room 404, Court House.

Office Hours: 8:30 A.M. THRU 5 P.M. Room 404, Court House. Branch Office: 8:30 A.M. THRU 5 P.M. And 2 P.M. THRU 5 P.M. Seminole Plaza - Casselberry.

Home Delivery: Week, 55 cents; Month, \$2.40; 6 Months, \$14.20.
Year, \$28.40. By Mail: In Florida same as home delivery. All other mail: Month, \$2.70; 6 Months, \$16.20; 12 Months, \$32.40.

The System Still Works

We are in a presidential year which happens to be the 20th year since this country declared its independence and undertook to govern itself.

The system is operating under strain. But it is operating. And we are confident that next November, when the American people have chosen a president a clear consensus will have been formed to support him.

For the first time, the federal government itself is paying much of the cost of the presidential nomination and election process with taxpayer money.

This reform, which grew out of the revelations of the corrupting effect of private campaign money in the Watergate scandal in 1972, is under attack in the Supreme Court. Its constitutionality is yet to be determined. Nevertheless, the money is being paid out of the federal treasury.

Uncertainty over this new financing plan is one of the causes of stress in this presidential campaign year gets under way.

Another cause of concern is the changes in the nation's presidential nominating system. There are more state primaries now than ever. Many of them have adopted a new automatic system of placing candidates' names on their ballots even if the candidates would rather not run in every state.

Reforms have greatly altered the convention system of both parties.

Meanwhile, the Republicans' incumbent president, Gerald Ford, is running behind a challenger, Ronald Reagan, in the polls. Ford has never been a candidate in a nationwide election and the reduced power of his presidential incumbency has been a source of concern for the nation as it is for him.

The Democrats have a disconcerting number of candidates, none of whom has emerged with broad backing.

The big picture is thoroughly confusing. The outcome is completely unpredictable. But the system that has worked for 200 years isn't going to break down. It will find a way to express the people's will. And it is likely once again to produce a mandate and a consensus.

Sharing Blame

Sen. Frank Church would like to dispel the notion that congressional investigations of the Central Intelligence Agency had anything to do with the assassination of a Greek newspaperman. Athens who had been identified in a Greek newspaper as an agent of the CIA. The senator is correct in one respect — that his Senate Intelligence Committee has avoided disclosing the names of any active CIA agents working abroad for the express purpose of avoiding the kind of thing that happened in Athens.

However, this does not mean there is no link between the publishing of neo-secret CIA activities, which has been encouraged by the Church committee, and the murder of Richard S. Welch in Greece. The past year's exercise in peeling away secrecy from CIA activities has made the agency a lightning rod for criticism of U. S. foreign policy and a target for retaliation by anyone who dislikes that policy.

It has also encouraged people who have access to information about the CIA to "blow the cover" of agents as if they were performing a public service. The Washington magazine which first identified Mr. Welch announced recently it will publish the names of even more CIA agents in January.

Sen. Church may be responsible enough personally to see the danger which this creates for CIA employees, but he will have a hard time demanding that Congress itself has helped create the new mood surrounding the work of U. S. intelligence agencies. That Richard Welch should be buried in Arlington National Cemetery with others who died in the service of their country is most appropriate, but the responsibility for his death does not lie solely with America's enemies.

BERRY'S WORLD

checkup On The Presidential Candidates

WASHINGTON — Except for a frequent weakness for fattening foods, the Democratic presidential candidates seem to be physically fit for the job.

They have examined their medical records and interviewed their doctors.

Only Alabama's Gov. George Wallace has a serious health problem. Yet he is remarkably good surgery, considering that he is confined by paralysis to a wheelchair.

Both Sen. George McGovern, D-S.D., and Rep. Mo Udall, D-Or., have heart murmurs. But their condition is not all serious, their doctors attest.

Sen. Frank Church, D-Ida., had a cancer operation 20 years ago. But according to his doctor, Church is no more susceptible to cancer today than is a person who has never had the disease.

The Senate's hard-driving majority whip, Sen. Robert Byrd, D-W. Va., has a number of chronic problems which indicate he is under constant tension. His doctor, nevertheless, pronounced him in "excellent" health.

Here is a rundown, in alphabetical order, of the health of the leading Democratic candidates:

Sen. Birch Bayh, D-Ind. — His latest medical report describes him as a "vigorous person with a regular exercise habit." His only active medical problem appears to be a "solitary nodule in his right lung since 1967." This "is no threat to Bayh's health at this time," but needs "continued monitoring," states the doctor.

Sen. George McGovern, D-S.D. — Because of an insufficiency in his heart, his doctors have advised him to take preventive antibiotics to avoid infection from surgical procedures. However, his heart murmur doesn't affect him. McGovern plays tennis two or three times a week without any evidence of heart trouble.

Sen. Frank Church, D-Ida. — Walter Reed Hospital found him in excellent health but advised him to pay "continued attention to weight control and avoidance of high carbohydrate foods." He suffers from diverticulosis, a common chronic condition affecting the lower tract. The examination also found "no significant change" in a high-frequency hearing loss first discovered in 1969.

Ex-Sen. Fred Harris, D-Okla. — Except for a "significant weight problem," he is in fine condition. His medical history includes a ulcer developed while he was in law school, a gunshot wound from a hunting accident as a youth, and "a few but severe ear infections in 1972. All are completely cured."

Sen. Hubert Humphrey, D-Minn. — He is five pounds overweight but "does not lack for energy," his doctor told our associate Bob Owens. Humphrey's last physical in October showed "no evidence of the (bladder) tumor that was X-rayed." Since the removal of the cancer tumor, according to his doctor, Humphrey's bladder "is no different now than it was eight years ago."

Gov. Jimmy Carter of Georgia — His doctor states that Carter is "able to carry on at an amazing pace with no evident fatigue." The doctor found "no indication of any diabetic tendency or any fat tendency" in the blood tests. Apparently, Carter keeps his weight under control and exercises regularly.

Around



The Clock

The Seminole County Branch of the National Association for the Advancement of Colored People (NAACP) is holding its annual meeting tonight at the Sanford Civic Center.

Activity gets under way at 8 p.m., and the principal speaker will be attorney W. George Allen. According to the local branch of the national organization, persons who cannot afford the admission price of \$5 are urged to call 323-5690 or 323-2616.

A crowd of about 350 people is expected to attend this meeting, which is billed as a vote registration drive.

The Seminole County NAACP Branch says less than 20 per cent of the eligible Black voters are registered to vote and persons not registered cannot vote. Local sources say the NAACP hopes to get 85 per cent of all eligible Blacks registered prior to the 1976 elections.

An open salad bar will be available at tonight's meeting and door prizes will be awarded.

Want to study and travel in Italy or Spain for eight weeks this summer?

Well, check this one out!

Plans are currently under way at Florida Tech University (FTU) to again offer such a course of study and travel in Italy or Spain, in cooperation with major universities in the two countries.

Presently, plans call for the two groups to leave for Madrid or Spain on June 29, via New York, and return to the U. S. on Aug. 20.

Dr. Anthony V. Cervone, chairman of the foreign language department at FTU, will direct the Italian program while Dr. Armando Payas, associate professor of Spanish at FTU, will be heading up the program in Spain.

This will be the second such FTU program conducted at the University of Urbino, located about 15 miles from the Italian Adriatic coast. Those traveling to Spain will spend the initial portion of their stay at the University of Oviedo, situated about 285 miles north of Madrid, before journeying to Seville and additional study.

Parajumps in each of the programs will be offered a wide variety of credit courses, ranging from elementary to advanced language studies to classes

in the ancient and modern art, literature, music and history of the respective countries. Some courses in the Italian program will be taught in English.

The cost of each of the programs is \$975, plus transportation to New York and return, FTU tuition charges and incidental options.

Information on the FTU summer study tours may be obtained by contacting the Department of Foreign Languages, FTU, Box 25000, Orlando, 32816, or by telephoning (305) 275-2641.

Sound interesting?

Margie Smith, president of the Sanford Garden Club, which is proudly promoting the Glenn Clitter Day tomorrow (Saturday), tells us that the Seminole County Commission has agreed to open all county dumps free of charge to the public on Saturday and Sunday.

The MPLA forces are reported spearheaded by Cuban soldiers driving Russian-built tanks and backed by Soviet-supplied artillery.

A Lebanese army spokesman was quoted as saying the jets were called into action following the ambush of an army convoy earlier in the day by a leftist band as it traveled to Beirut from Duneir, south of the capital on the Mediterranean coast.

Leftist Positions Attacked

LONDON (AP) — Lebanese air force jets attacked leftist positions near Beirut airport today as the city was wracked by fierce fighting between leftist and rightist guerrillas, London radio stations reported.

The British Broadcasting Corp. said in its 2 p.m. newscast that the two British-made Hawker Hunter fighter jets braved machine gun fire from a nearby encampment of leftist Palestinians and fired rockets at a leftist position in a hillside near Beirut airport.

A Lebanese army spokesman was quoted as saying the jets were called into action following the ambush of an army convoy earlier in the day by a leftist band as it traveled to Beirut from Duneir, south of the capital on the Mediterranean coast.

Man Serves As Bank

BEIRUT, Lebanon (AP) — War-torn Lebanon's "central bank" is a 60-year-old money changer who deals in sales of bank notes and checks from a Beirut town house guarded by hired gunmen.

Beirut's banks have been shut for six weeks by the fierce street fighting. Wealthy Lebanese needing foreign currency to flee the country, businessmen who continue to pay their employees and traders who need cash or foreign exchange for deals must cash their checks or exchange their pounds with money changers.

Several dozen dealers work the streets of the Hamra shopping district. Half a dozen big dealers — including two Armenians, a Jew, and a Palestinian — handle the company deals and other large amounts. The dealer is Mahmood Shakari, who fled from his native Iraq when the 1958 revolution overthrew the monarchy. It is he who sets the rates of exchange each day.

"He is the biggest of us all, bigger than most banks. In fact he is now the 'central bank,'" said one money changer who calls Shakari each day to get the exchange rates.

Credit Rating Studied

MONTREAL (AP) — Montreal's credit rating is under review in the United States because of the deficit from Olympic Games construction.

Moody's Investors Services Inc., and Standard and Poor's Corp., both New York agencies, are studying to determine a day that Montreal's 'A' rating they gave for Montreal's last loan on the U.S. market six months ago.

The Olympic Games deficit is estimated currently as at least \$600 million.

Port Problems Under Control

PARIS (AP) — European shippers and businessmen have been told that problems in the port of Montreal are now under control.

The president of the port's administrative council, J.M. Chabot, says problems such as pilfering, labor instability, and difficult water navigation are no longer what they once were.

He said the port has been open continually since 1963 despite problems caused by winter weather.

Chabot has been on a promotional tour of France, Germany, and Great Britain.

Price Controls In Effect

TORONTO (AP) — The chairman of the Canadian anti-inflation board, Jean-Luc Pepin, said Thursday he is tired of being asked when the board is going to start controlling prices.

"The system is on now," Pepin said. "It's not a freeze but there will be changes in prices."

Pepin said people have trouble seeing the effects of the anti-inflation program because it is complex and subtle.

Texan To Head College

HOUSTON (AP) — Frances "Sissy" Farenthold, an outspoken liberal Texas Democrat, says she has accepted appointment as president of Wells College in Aurora, N.Y.

Farenthold, who was runner-up to Gov. Dolph Briscoe in the 1972 Texas governor's race, said on Thursday Mrs. Farenthold will take up her duties in March.

"I mean I am leaving Texas, but I will always be vitally concerned," she said in a political picture here, "and I will be a member of the board of directors of Wells College."

Wells College, on the shores of Lake Cayuga north of Aurora, has an enrollment of 500. The college was founded by the late Henry Wells, a founder of the Wells Fargo Co.

While the 11 Democrats already in the field are exhausting their money and themselves in New Hampshire, Massachusetts, Florida and elsewhere, Church says he will be preparing for the later primaries — New Jersey, Ohio, Rhode Island, Montana, Idaho, Oregon and California.

"These are promising primaries in places I have reason to believe I might do very well," Church says.

As an indicator of his attractiveness to liberal voters, aides point to last month's convention in Massachusetts of the Citizens for Participation in Political Action, where, with relatively little effort, Church finished a virtual tie for second with Rep. Morris K. Udall, D-Ariz., behind former Oklahoma Sen. Fred Harris.

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Cowboys Will Win

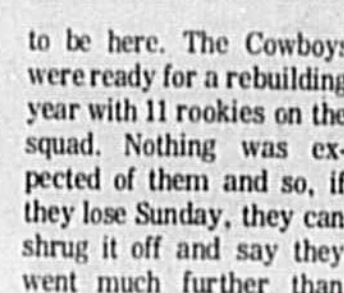


By HAL BOCK
MIAMI (AP) — Because they will continue the Pittsburgh Steelers with a variety of offensive and defensive formations, the Dallas Cowboys will win Sunday's Super Bowl game. It won't be by much, but one point more is, after all, all the Cowboys need.

There is nothing extraordinary about the flex defense or the shotgun offense. They've been around for years, gathering dust in some outdated play books. And that's the very reason they figure to be so effective against the Steelers.

Pittsburgh is a very complicated football team. "Blazing and tackling ... that's what we football games," says Chuck Noll, their coach. "Basic football, to finesse and fooling around."

That's the Steelers' problem against the flare



of the Cowboys. Another team playing on Pittsburgh's terms — head-on, basic football — would lose to the Steelers. Minnesota tried it in last year's Super Bowl and Fran Tarkenton was all but swallowed up and digested by the Steelers' front four.

But Dallas is different. Dallas is a team game. Man for man, the Vikings were better than the Cowboys and so were the Rams. But Dallas beat both these teams.

Those victories gave the Cowboys momentum, an element that could play an important role Sunday. Dallas isn't even supposed

Winter Park At Seminole; Lyman, Naval Home Tonight

Seminole and Lyman take on Orange County tonight in a five-game area basketball game. Seminole enters Winter Park with a record of 11-11. Lyman enters with a record of 11-11.

Seminole's Reuben Cotton leads all Seminole County players with 259 total points, 18.5 per game. Lyman's Bernard Underclassman into their game with Admiral Farragut, Norbert Seals, football starter for the Saints, leads his club at guard. Seals, a junior, is joined by seniors Thad McVally, David Syme, and Jimmy Turner.

On Saturday, both Seminole and Lyman are in action again, both against tough clubs. Seminole plays host to second-ranked Edgewater, and Lyman tackles another Metro foe in Winter Park.

Other Saturday action sees Sanford Naval at Honey, Eustis at Lake Howell, Winton at Orlando, Merritt Island at Lake Brantley, and Jacksonville Episcopal at Trinity.

SPORTS

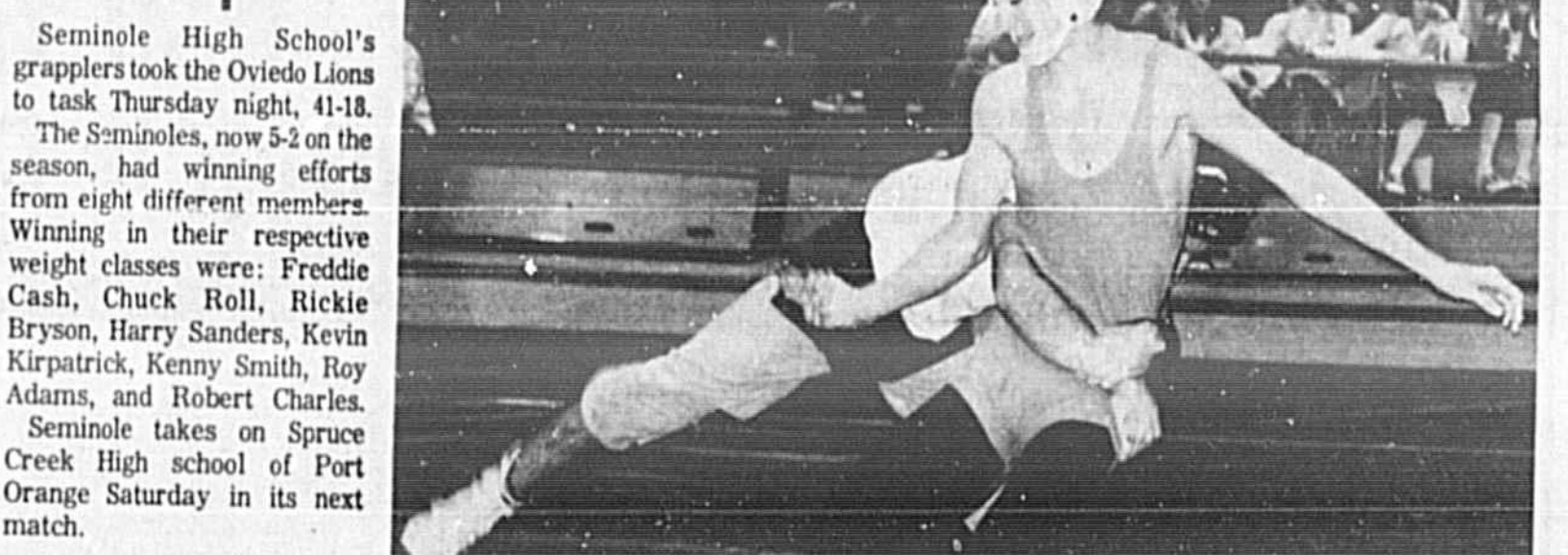
4A—Evening Herald, Sanford, Fla. Friday, Jan. 16, 1976

Seminole Matmen Triumph

Seminole County's grapplers took the Orlando Lions to task Thursday night, 41-8.

The Seminole, now 5-2 on the season, won the eighth different members. Winning in their respective weight classes were: Freddie Cash, back roll, Rickie Bryson, Harry Sanders, Kevin Kirkpatrick, Kenny Smith, Roy Adams, and Robert Charles.

Seminole takes on Spruce Creek High school of Port Orange Saturday in its next match.



Ridley Tops Citrus Field

HAINES CITY — U.S. Amateur Champion Fred Ridley heads the field for the Citrus Field Club Open Golf Festival scheduled for Feb. 13-15 at Greenleaf Golf and Racquet Club.

Ridley who won the national title last Labor Day and is now a law student at Stetson University will be among 144 men and women playing the 36-hole stroke play tournament held in conjunction with the Florida Citrus Festival week.

Barbara Hutchins of High Point, N.C., 1975 Women's Division Champion, will be back to defend her title.

Karl Stewart, defending Citrus title, is also scheduled to play. Other entries include Dexter Dyer, Jr., Walter Brantley, Chuck Ford of Danville, Ill., and General Edward O. Martin, chairman of the Florida Citrus Open.

A special prize this year for the winner of the men's division will be an entry in the Florida Open Pro-Am which will be played in Orlando at the Pinar in March. Awards will be made for the first three places in each flight.

Crooms Tops 10th, 72-56

"We had a big, exciting ball game," said Crooms of his 10-hole victory over the Orlando Lions.

The local Miami Chamber of Commerce estimated that by week-end 55,000 out-of-town visitors, all holding the previous pasteborder, will have poured down upon the city with another 120,000 corporate executives, drifters and hustlers showing up just for the fundare.

Miami police reported that they had beefed up their street patrols to discourage the influx of "sidewalk hustlers." One of the hostesses was reported as saying that she expected to make as much during the week as a member of the losing team.

That would be \$7,500. Each member of the winning team will receive \$15,000.

"Tentans are big spenders," the unidentified lady of the evening was reported to have confided.

Who's Center Ice? Don't Ask Ottawa!

BY THE ASSOCIATED PRESS

The Ottawa Civic, once a team without a home, may soon become a team without players. A failure in Chicago and a box-office catastrophe in Denver, the hockey Association club is in trouble. The franchise is being sold to the American Hockey Association. The franchise is being sold to the American Hockey Association.

Lyman Edges Pats, 28-25

LONGWOOD — The Greyhound team of Lyman High School narrowly escaped a tough Patriot crew from Lake Brantley in their football game, 28-25.

101 — Coleman (L); 110 — Lyman (L); 111 — Lyman (L); 112 — Lyman (L); 113 — Lyman (L); 114 — Lyman (L); 115 — Lyman (L); 116 — Lyman (L); 117 — Lyman (L); 118 — Lyman (L); 119 — Lyman (L); 120 — Lyman (L); 121 — Lyman (L); 122 — Lyman (L); 123 — Lyman (L); 124 — Lyman (L); 125 — Lyman (L); 126 — Lyman (L); 127 — Lyman (L); 128 — Lyman (L); 129 — Lyman (L); 130 — Lyman (L); 131 — Lyman (L); 132 — Lyman (L); 133 — Lyman (L); 134 — Lyman (L); 135 — Lyman (L); 136 — Lyman (L); 137 — Lyman (L); 138 — Lyman (L); 139 — Lyman (L); 140 — Lyman (L); 141 — Lyman (L); 142 — Lyman (L); 143 — Lyman (L); 144 — Lyman (L); 145 — Lyman (L); 146 — Lyman (L); 147 — Lyman (L); 148 — Lyman (L); 149 — Lyman (L); 150 — Lyman (L); 151 — Lyman (L); 152 — Lyman (L); 153 — Lyman (L); 154 — Lyman (L); 155 — Lyman (L); 156 — Lyman (L); 157 — Lyman (L); 158 — Lyman (L); 159 — Lyman (L); 160 — Lyman (L); 161 — Lyman (L); 162 — Lyman (L); 163 — Lyman (L); 164 — Lyman (L); 165 — Lyman (L); 166 — Lyman (L); 167 — Lyman (L); 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The Discount Department Store

★★ SUPER SATURDAY ★★

ONE DAY ONLY

<p>20" Convertible Bike \$39 Reg. 49.99. Converts easily from boys to girls model. Coaster brakes. Removable training wheels. Just 6 to sell!</p> <p>• Reg. 44.99 16" Convertible Bike. \$37</p>	<p>Tent Sale Dining Canopy Reg. 13.50 Pup Tent Reg. 14.50 Screened Trailer Awning Reg. 52.50</p> <p>Save Up To 1/3 On All Tents In Stock!</p> <p>Includes 2-man tents, 3-man tents, screen houses and assorted other tents. Limited quantities available. Hurry in!</p>	<p>Multiposition Loungers \$3 Orig. 15.99 if perfect. This group has slight defects. Just 30 to sell.</p>
<p>Your Choice Shelf Units \$20 Reg. 29.88. 5 shelf plastic unit. Orig. 49.99. Metal framed, decorator style glass shelf unit.</p>	<p>Men's Shirts 2 FOR \$3 Orig. to 3.99. Super clearance of knits and cut 'n sewn shirts. Collared styles, turtlenecks, etc.</p>	
<p>Wall To Wall Bath Carpet \$10 5' x 6' Reg. 15.99. DuPont Dacron Polyester shag pile carpeting with matching seat cover. Machine wash and dry.</p>	<p>Girl's Slacks 2 For \$3 Includes Acrylic double knit slacks. Orig. 3.99. Large selection of solids and fancies.</p>	<p>Cold Drink Paper Cups 2 Pkg. \$1 Your Choice: • Pkg. of 60 9 oz. Cups • Pkg. of 60 7 oz. Cups • Pkg. of 70 5 oz. Cups</p>
<p>Vegetable Seeds 6¢ PKG. Good variety to choose from. Start your garden now!</p>	<p>Fashion Bras 1.57 Nylon-spandex, criss cross, plunge, contour styles. White. Reg. 1.75-1.99</p>	<p>Kodacolor Film C110-12 74¢ Twelve exposure color film for pocket cameras. Reg. 1.18</p>
<p>Bounty 7 Pc. Cook Ware 16.97 Reg. 18.82. Set of pots, pans, lids, Teflon cooking surface.</p>	<p>Double Knit Ladies' Slacks 3.96 Solids and patterns. Good selection to choose from.</p>	<p>Entire Stock Shop Vacs 25% Off For workshop, home, car, etc.</p>
<p>28 Oz. Johnson's Baby Shampoo 1.88 Reg. 3.59 "No More Tears"</p>	<p>Room Size Rugs 14.88 8 1/2 x 11 1/2 Polypropylene All purpose indoor-outdoor skid resistant backing.</p>	<p>Portable Set TV \$88 Sharp 12" black & white all channel T.V. Reg. \$98. 3K44.</p>
<p>45 Piece Dinner Ware \$10 Beautiful blue design on white background. Service for 8 plus serving pieces. Orig. 29.88.</p>	<p>3-pc. Padded Furniture Set 59.88 Our Reg. 68.88 Includes 2 chairs and chaise longue! Soft padded cushions in colorful Fern Newport pattern. White plastic sculptured arms. Two To Sell</p>	<p>44 Piece Glassware Set 6.88 10 To Sell Reg. 9.54 Service for 8 in five sizes of glasses plus two jiggers and two snack bowls.</p>

SANFORD HIGHWAY 17-92 AT AIRPORT BLVD. OPEN DAILY 9-9 . . . SUNDAY NOON-6 PM

Dear Abby Reader Doesn't Like Doll That Develops

DEAR ABBY: I understand that they now have a doll on the market that looks like a flat-chested pre-teen girl until you twist her arm. Then she "grows" an inch or so and "grows a pretty little bust. Abby, what kind of toy is this? Do you think children young enough to play with dolls should know about such things? Where will all this end? Next thing you know there will be a boy doll that "becomes a man" when his arm is twisted. I think toys of this kind should be outlawed. Please print your opinion in the paper. Maybe others would like to comment.

DISGUSTED IN CLEVELAND

DEAR DISGUSTED: I see nothing wrong with a child's knowing that pre-teen girls develop into shapely young women. I think you're making mountains out of molehills.

DEAR ABBY: Although I've always been in a good physical condition, for the last year I've been lifting weights regularly as a form of exercise. I want to keep my muscles strong and maintain a good physique. I've had people tell me that weight-lifting is very hard on the heart. Others say it creates back problems, and I've heard that if I discontinue it in later life, I will become soft and flabby.

What do you say? Is weight-lifting beneficial to one's health? Are there any dangers? How does it compare with calisthenics such as push-ups, sit-ups, jogging and bicycling? I've had so many different opinions. Maybe you can get the straight dope from someone who really knows.

WEIGHT-LIFTER

DEAR LIFTER: That's a heavy assignment, but I've polled some experts and the word from here is: Don't go in for weight-lifting without coaching from an expert. Weight-lifting alone will build muscles, but it won't keep you in shape unless you combine it with other forms of exercise. Before you undertake any strenuous exercise program, consult your physician to find out how much you can safely take.

DEAR ABBY: I have a problem that I hope you won't think is too dumb to consider. It's my rotten mouth. Whenever I get angry, I lose my temper and cuss a blue streak.

I am a 27-year-old housewife with average intelligence and two children ages 5 and 3.

When I use foul language, my sweet husband gets disgusted with me and says, "I wish you wouldn't use language like that."

I really want to stop it because I don't want to set a bad example for my children. I surely wouldn't want them to imitate me.

Please help me.

ASHAMED OF MYSELF

DEAR ASHAMED: Anger is an honest emotion. It's unhealthy to suppress it, so let it out. But instead of using foul language, substitute other words and expressions. ("Oh shoot!" and "Son of a sea cook" work very well.)

It's not easy to break lifelong habits. But it's not impossible.

DEAR ABBY: A woman asked if it was proper to complain to the driver about his reckless driving while she was in the car.

Here's how I handled that situation while riding with my brother, who was going much too fast down a narrow, winding mountain road:

"In a very pleasant voice, I said, 'Brother, I just want you to know that if we have an accident and I get killed while you are driving, I am leaving all my children for you to raise.'

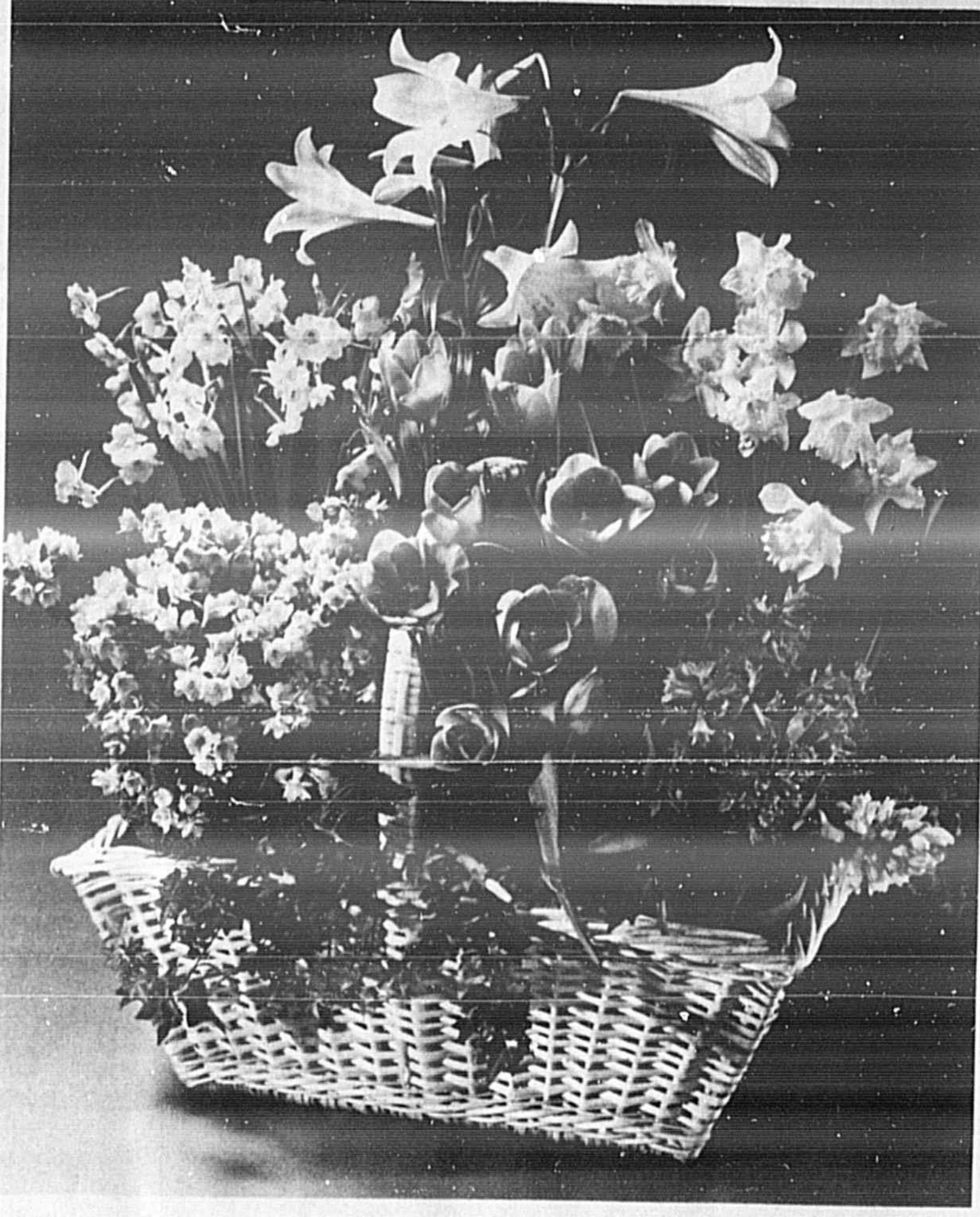
At the time I was a widow with 10 minor children whom my brother and his wife loved dearly, but his wife quickly said, 'Slow down, dear.'

MRS. S.

Write to write letters: Send \$1 to Abigail Van Buren, 122 Lasky Dr., Beverly Hills, Calif. 90210. For advertising information, "Dear Abby" magazine, P.O. Box 157, San Francisco, Calif. 94116. Self-addressed, stamped 12 cent envelope.

WOMEN

Evening Herald, Sanford, FL Friday, Jan. 16, 1976—1B



SPRING FLOWERS GREET VALENTINE
Spring, as we all know, is the time when a young man's fancy turns to love, and what better way to express those romantic feelings than with fresh spring flowers? Of course, not only young men have feelings of love to express on Valentine's Day. So why not start now, with a pretty wicker basket and a few pots of spring bulbs, preparing a gift of love for someone dear? The bulbs will sprout rapidly, and if you don't delay planting, should bear flowers by February 14.

Locals Will Attend Anita Bryant To M.C. Wagon Train Kickoff



ANITA BRYANT

When Anita Bryant officiates as mistress of ceremonies at the launching of the Bicentennial Wagon Train Pilgrimage to Pennsylvania in Polk City, Jan. 31, Seminole County representatives will be there.

"Wouldn't miss that historical moment for anything," declared local horsewoman Patsy Hutchison, who plans to journey to Polk City with several other Seminole Countians.

A week later, Mrs. Hutchison, along with Ernie Horrell, coordinator of Seminole County Bicentennial Committee, will gather together a band of local riders, and departing Feb. 3, make the two-day ride to Umattilla. There they will join the main body of the Wagon Train.

Mrs. Hutchison and a couple of the local riders plan to continue northwards several weeks to the Alabama border. Later in the summer, they will rejoin the Wagon Train to participate in its final haul into Valley Forge, Pa.

Florida's "prairie schooner," as it travels northwards, will join a train of horse drawn wagons crossing the country to converge at historic Valley Forge as part of the national Bicentennial celebration. The wagon, an authentic hand-made replica of those which carried settlers west is a gift to Floridians from the state of Pennsylvania.

Celebrities will join state and local officials to inaugurate this historic journey along America's pioneer trails. Ceremonies are scheduled for 1 p.m. at the Starling Ranch on SR 38, one mile north of I-4.

The Wagon Train will travel north through Florida, joining the Alabama train on March 5 to reach Valley Forge by July 4. Riders on horseback may join the train for a day, a weekend, or the entire trip.

Teen Pregnancies Risky

Teen-age pregnancies are up and with them come the highest rates of infant death and low birthweight of any maternal age group, says NF President Joseph F. Nease.

"The all-too-frequent result is a baby who is born defective, damaged, or dead," Mr. Nease told a recent conference of the National Alliance Concerned with School-Age Parents (NACSAP) in Denver.

The conference brought together some 350 school, health, and social service representatives from around the country concerned with teen-age parenthood.

Today's adolescent mother frequently is prey to a wide spectrum of biological, psychological, and socioeconomic risks, Mr. Nease said. "Added together, you have loaded the dice against a healthy baby and a normally developed child."

"This problem isn't a black problem, a lower-class problem, or a poor problem," he said. "It cuts across the lines of class, race, and economics."

The problem also can be perpetuated in the next generation, Mr. Nease pointed out, if the teen-age mother's offspring is damaged physically or psychologically in the process.

Emergency Meals No Problem

By NANCY BOOTH
Herald Correspondent
(First in a Series)

In every home, and most often when you least expect it, an "emergency" can arise.

Friends may drop to chat and stay through dinner time. Relatives arrive from out of town and want to call at supper hour. Your children bring home a couple of chums and ask if they share your evening meal.

And, perhaps the worst of all, your husband calls and informs you that he is bringing home the boss for dinner.

Tonight! If you are on a limited budget, this can present a situation that challenges your patience and ingenuity.

Here are some hints on how to deal with such emergencies. Hints such as quickie recipes that can be prepared in a half hour or so, suggestions for stretching the meal you have prepared to include extra people, or ways to dress up simple family fare so you can proudly serve it to company.

One of the most obvious ways to prepare for unexpected company is to have several casseroles ready to serve from your freezer. This works out fine if you have a separate freezer, but what do those folks do who only have the small freezer section in their refrigerator to work with?

Don't despair! These tips may help.

Buy a few extra cans of canned fish — salmon, tuna, crabmeat — come in handy for stretching casseroles, for making meat sauces and omelet fillings, or for simple but tasty salads.

Canned tomato products are also an invaluable aid. These can be used to create meat sauces, spaghetti and other quickie meals.

Canned soups can be kept on hand to change simple hamburgers into Salisbury steak or to create other fancy sauces to dress up your inexpensive meat entree.

And don't forget baby foods. Believe it or not, these can be used to substitute as a puree or in souffles.

Naturally you would always have on hand such staples as flour, sugar, an assortment of spices, basic canned vegetables and fruits, and several varieties of dairy products and salad greens.

Armed with these basics, you are ready for almost any emergency.

Curry powder, because of its exotic flavor, can be used to prepare many different instant "curry-in-a-hurry" dishes that are delicious enough to serve to the most important dinner guests.

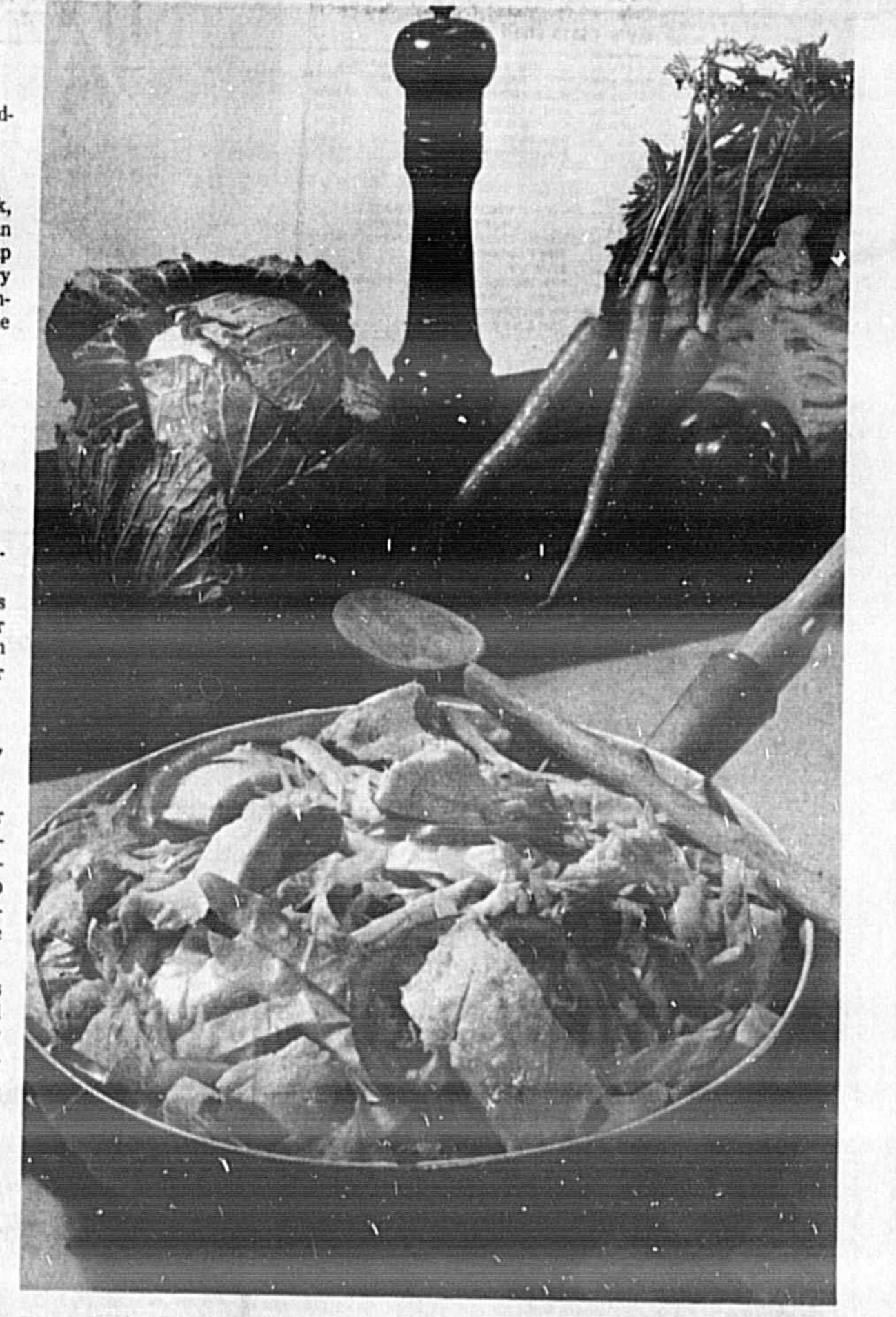
MEAT CURRIES
Combine 1/2 cup milk or light cream or evaporated milk, 1 can condensed cream of mushroom soup, 1 to 2 tablespoons curry powder, and a bit of garlic according to your taste. Simmer this for 4 to 5 minutes, stirring it well. Now combine with one of the following:

- 2 cups diced chicken, beef, veal, pork or ham. (leftovers are ideal);
- 8 to 12 hard-cooked eggs, quartered or halved;
- 1 can broiled in butter mushroom caps and 4 quartered or halved hard-cooked eggs;
- Or make chicken or turkey soup, macaroons and hard-cooked eggs.

FISH CURRIES
Combine 1/2 cup liquid (milk, white wine or vermouth), 1 can condensed cream of celery soup and 1 to 2 tablespoons curry powder. Cook until well blended. Mix in any of the following:

- 1 or 2 cans tuna fish, flaked;
- 1 one-pound can salmon;
- 2 cans shrimp;
- 2 cans whole clams;
- 3 cans crabmeat or lobster or a mixture of the two;
- half fish and half hard-cooked eggs.

Serve any of these curries with quick cooking rice or noodles, or add your own garnish using your imagination.



Extra cans of tuna, crabmeat or shrimp should be kept handy to dress up a salad when those unexpected guests cause a mealtime emergency.

Know-How Needed When Blowing Hair Dry

By VIVIAN BROWN
AP Newsfeatures Writer

One popular beauty tool to be found in dormitories and home "beauty salons," the blow hair dryer, is often improperly used and may be initiating hair problems that are attributed to other causes.

Few people know how to use the dryers properly, claims Raymond Testa, director of the Caprice Academy of Jersey City, a training center in natural-motion hair styling for beauty operators.

"Hair can be ruined unless a blow dryer is used properly. If long hair is blown dry on a hot setting from the time it is wet until it is dry, it will simply get too much heat. Then, too, a brush is being drawn through the hair as the blower is directed on the hair and that combination can cause breakage and split ends, leaving the hair dried out and removing its natural oils and moisture."

The hair stylists he trains are told that there are two ways to blow-dry hair. The blower can be used on a low-heat setting or it can be used on a hot setting while the hair is wet if the heat is then decreased as the hair becomes almost dry.

While hair is wet, only brushes which can go through it easily should be used, he advises. A nylon will brush with properly spaced bristles may be used. A wire wig brush is good while hair is wet, but when it is almost dry, a switch should be made to a natural bristle brush. The natural bristle brush should not be used while the hair is wet.

Professional people know those facts, he says, one reason certain beauty tools are labeled "for professional use only."

Testa and the school's artistic director, Anthony De Sando, are consultants to Conair, a hair products line, and the two have designed many tools used in the trade.

"If tools are not understood, they can damage the hair. For example, the flow of air from a dryer must be in the same direction as the brush being used. Then, too, hair should not be blown dry every day as you are likely to do at home. Occasionally it should be dried naturally and shaped with the dryer in a few places.

"Most women use a curling iron after they blow their hair dry or possibly to retouch a style, but a curling iron should never be used on wet hair. For home use, a teflon-coated iron can prevent hair sticking and it will provide insulation so it does not get quite so hot as the professional iron. Other alternatives might be the mist or steam-type curling irons which can help put moisture back in the hair as you curl it," he advises.

Hair can be protected by frequent professional haircuts

Mini Baby Boom Is Predicted

The low birth rate in the United States seems to be bottoming out, and it looks as if the country is about to experience a "mini" baby boom, according to a team of women do plan to have families, and that within the next few years they will begin making up for the births they previously have put off, the demographers say.

The findings come from June Sklar of the University of California's International Population and Urban Research Group in Berkeley, and Beth Berkov of the California State Department of Health. Their report appeared in the August 29 issue of "Science."

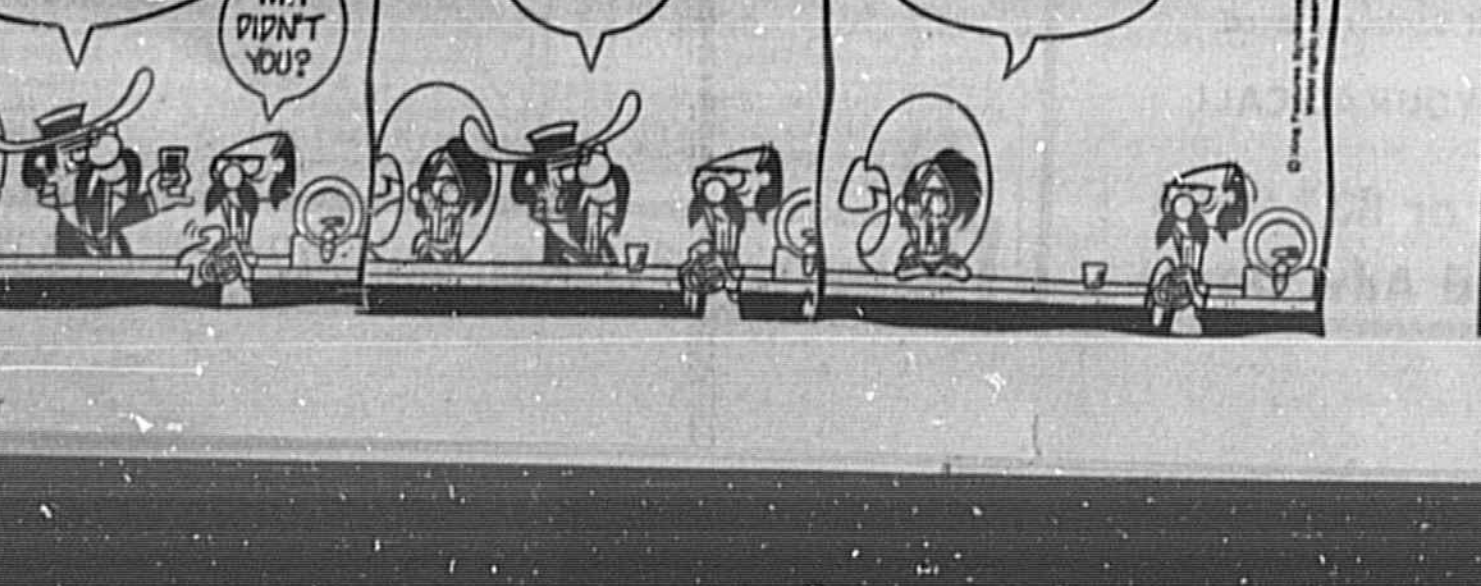
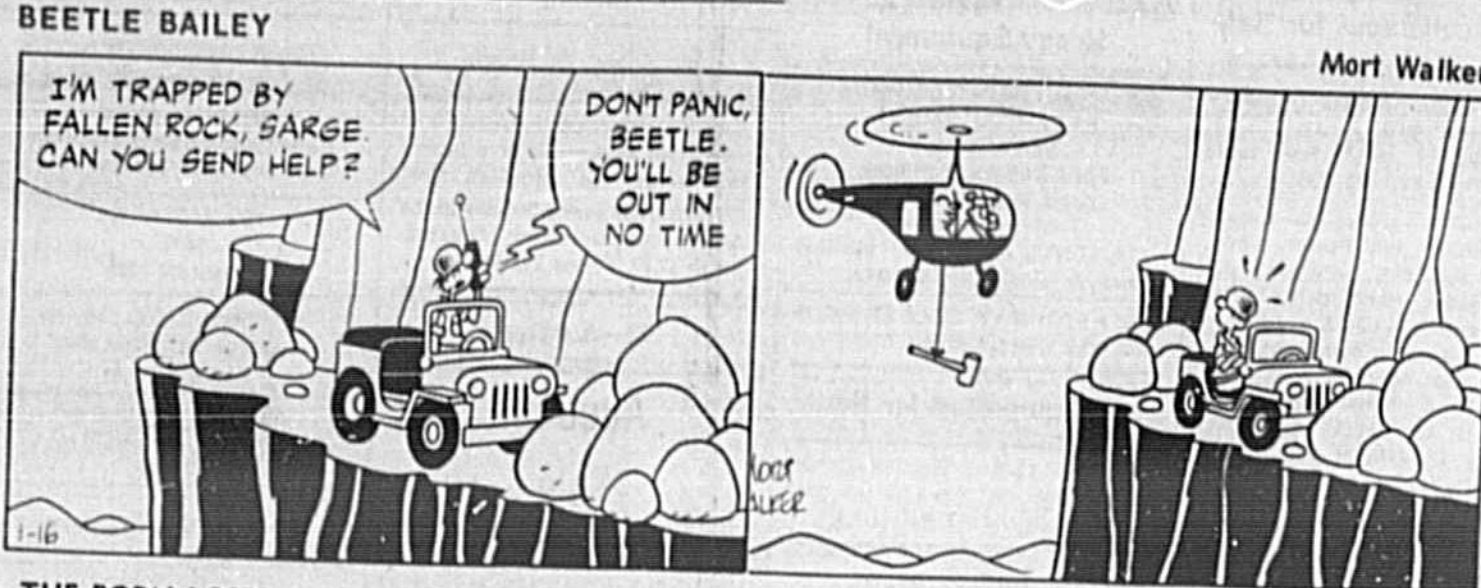
Art Association's Annual Tea Scheduled For Early February

Members and guests of Sanford Seminole Art Association met at 6:30 p.m. Monday night at the Civic Center for a covered dish supper. President Marie Richter welcomed members and guests and opened the meeting with prayer.

She announced committee for the member show on Feb. 8, at the Civic Center. This annual show and tea is open to the public and is looked forward to from year to year by art lovers in the area. There will be a special category this year emphasizing the Bicentennial theme with an award given by Senkarik's.

Guest artist Dorothy Hales gave a fascinating demonstration in pastel painting in which a denture type still was used to form the figures from the reverse side. Mrs. Hales also showed some of her enamel work and tea is open to the public and is looked forward to from year to year by art lovers in the area.

This talented woman works in watercolors, oils, pastels and plexiglass carving. She is currently president of Florida Watercolor Society, member of National League of American Pen Women, Artist League of Orange County, Central Florida Art Association and a number of other art organizations. She has received awards in many media and is listed in "World's Who's Who of Women 1975."



Ornamental

ACROSS
1 Ornamental vessel
2 Ornamental part of breads
3 On the briny
4 Ornamental band
5 Over (poet)
6 Can
7 European
8 Tapestry
9 Italian classic
10 Man from Rome
11 Dried plum
12 Biblical high priest
13 Friend (col.)
14 Hamper
15 Periods of time
16 Mohammedan
17 Man's name
18 Can
19 Man's name
20 Knight
21 Mountain range
22 Swiss river
23 Symbol for gold

DOWN
1 Large tub
2 Chief
3 Prophet
4 President
5 Town (Cornish)
6 Three-hawled
7 armadillo
8 Hawaiian (lab.)
9 Prohibition
10 Spectacular events (col.)
11 Hanging ornament
12 French revolutionary
13 Seethes
14 Culture
15 Liquid
16 Ornament (lab.)
17 Clever
18 Dash
19 Penitential season
20 Nova
21 Pipe joint
22 Consumed
23 Flamed
24 platform
25 Literary genre
26 Room
27 Frolic
28 Actor's part
29 Definite quantity
30 Swan
31 Three-banded
32 Long Island garden

WIN AT BRIDGE

By OSWALD and JAMES JACOBY

NORTH
♠ J864
♥ A2
♦ K102
♣ K97

EAST
♠ 10 9 5 2
♥ A 3
♦ A 7 5 3
♣ Q 10 5

SOUTH
♠ A Q 7
♥ K 10 6 2
♦ A 6 3
♣ A 3

West North East South
Pass 3 N T Pass Pass
Opening lead - ♠

The answer is that with certain hands such as

♠ A K Q J 10 9 8 7 6 5 4 3 2
♥ A K Q J 10 9 8 7 6 5 4 3 2
♦ A K Q J 10 9 8 7 6 5 4 3 2
♣ A K Q J 10 9 8 7 6 5 4 3 2

HOROSCOPE

By BERNICE BEDE OSOL
For Saturday, January 17, 1976

ARIES (March 21-April 19) Your "take charge" inclination may come to the fore today. Don't be too overbearing, or you'll inspire more rebels than you will supporters. Don't go off on a tangent you haven't thought through carefully.

TAURUS (April 20-May 20) You may have to contend with some unusual eruptions on the home front today. You can weather the storm. Keep your cool.

GEMINI (May 21-June 20) It's fine to be frank, but weigh what you have to say before sounding off. Don't jolt others with opinions that are a bit too sharp.

CANCER (June 21-July 22) Treat your possessions with more care today. You tend to be careless with small, but valuable items. Those times add up to dollars.

LEO (July 23-Aug. 22) Usually when you set your mind to it, you remain firm. Today, you're inclined to be vacillating — to the detriment of your best interests.

VIRGO (Aug. 23-Sept. 22) Don't reveal what was told to you in confidence just to titillate your listeners. Silence is golden.

LIBRA (Sept. 23-Oct. 23) New and unusual things that interest you appeal to you today, even

Motions To Dismiss Filed By Attorneys

Defense attorneys have filed motions in County Court seeking dismissal of misdemeanor grand jury indictments alleging Sunshine Law and conspiracy violations against County Commissioner Harry Kwiatkowski and County Attorney Thomas G. Freeman.

Also indicted on the charges Dec. 16 was County Commissioner Michael Hattaway.

No hearing date has been set, according to court files Friday, on the Kwiatkowski and Freeman motions. A Jan. 20, 3 p.m. hearing on all pending motions in Hattaway's misdemeanor grand jury probe of an aborted county clay pit land purchase predated his ruling with, "it would appear to me, if the facts presented are true, that Freeman has engaged in conduct that I wouldn't condone."

Morris' Oct. 20th testimony was tape recorded by Herring's chief investigator, Jack R. Fulenwider, who lives next door to Morris.

Fulenwider has testified that when he went to Morris' house to get a lawnmower on Oct. 11 or 12, 1975, that Morris had remarked, "I could tell you something about an attorney that would blow your mind."

SUNDAY EDITION

Evening Herald

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Morris' Statements Become Public Record Freeman Case Dismissal To Be Appealed

By BOB LLOYD
Herald Staff Writer

Seminole-Brevard State Attorney Abbott Herring says a circuit court ruling dismissing a grand jury felony indictment against County Attorney Thomas G. Freeman will be appealed.

On Friday a transcript of title company official John Morris' Oct. 30 sworn testimony that helped trigger a four-week grand jury probe of an aborted county clay pit land purchase became public record in circuit court files.

Freeman was indicted on Dec. 16 for allegedly soliciting unlawful compensation from Morris in connection with the 103-acre clay pit tract in south Seminole off Markham Woods Road.

On Thursday Circuit Judge Kenneth M. Lefler threw out the Freeman indictment, ruling that the undisputed facts didn't establish a prima facie case of guilt against Freeman. Lefler prefaced his ruling with, "it would appear to me, if the facts presented are true, that Freeman has engaged in conduct that I wouldn't condone."

Morris' Oct. 20th testimony was tape recorded by Herring's chief investigator, Jack R. Fulenwider, who lives next door to Morris.

Fulenwider has testified that when he went to Morris' house to get a lawnmower on Oct. 11 or 12, 1975, that Morris had remarked, "I could tell you something about an attorney that would blow your mind."

The following is a transcript from court files, certified by the Circuit Court Clerk's office, of the taped testimony taken by Fulenwider on Oct. 30 from Morris. Morris signed a written copy of the taped testimony on November 3. The initials JF indicate Fulenwider speaking, and JM indicates statements by Morris.

OCTOBER 30TH, 1975
THURSDAY EVENING
11 P.M.

JF: John, as a Notary Public, I'm authorized by statute to place people under oath, and I'd like to do that at this time, so raise your right hand please. Do you solemnly swear that the testimony you're about to give to be the truth, the whole truth, nothing but the truth, so help you God?

JM: Yes, sir.

JF: And where do you live?

JM: I do.

JF: Okay, would you state your full name please?

JM: John Gerald Morris.

JF: And where do you live?

JM: 201 Dogwood Drive, Sanford, Florida.

JF: What kind of work are you engaged in?

JM: I'm Vice-President of Chelsea Title and Guarantee Company, Title and Abstract Company.

JF: Is that in Sanford, Florida?

JM: Yes, sir.

JF: In Seminole County?

JM: Yes, sir.

JF: How long have you been in that business?

JM: I've been in that business eleven years.

JF: To get right to the point, are you familiar with a transaction that has taken place in the County Commission in reference to a clay pit or a piece of property purchased by the County Commission from Lester Mandell or the Greater Construction Company, known as the Clay Pit property? Are you familiar with that transaction? Have you read about it in the papers, or know about it?

JM: Yes, I'm familiar with the transaction through the newspapers.

JF: Okay, then you're aware of the fact that they were making an effort to purchase the property from Lester Mandell?

JM: Yes, sir.

JF: Did you have anything at all to do with the Realty Company or with the Real Estate dealer, Tom Binford or Lester Mandell in relation to this problem?

JM: No, sir.

JF: All of Mr. Mandell's transactions of Greater Construction Company generally come through the law firm of John Lowndes, Fairhol, Dresden we do considerable abstract work for that correct?

JF: That's correct.

JF: Would you be approached by either the buyer or seller in such a transaction as this for the purpose of placing title insurance on that property?

JM: Yes, sir.

JF: Okay, were you in fact contacted by anybody from Seminole County, any Seminole County Official in relation to placing title insurance on this particular parcel of land?

JM: I was contacted by the County Attorney.

JF: Would that be Tommy Freeman?

JM: Tom Freeman, with relationship to a title insurance policy on a parcel of land, in the approximate amount of \$50,000.00 this was prior to the time that it hit the newspapers, so I was unaware that it was the clay pit.

JF: Okay, but did you just surmise that it was the clay pit property?

JM: After it was publicized, I was aware of the clay pit property.

JF: Did he mention, when he contacted you about the title insurance, did he mention to you the number of acres involved?

JM: The number of acres? I can't remember he said it was a \$50,000.00 piece of property. That's what sticks in my mind, is the purchase price, cause that's how we quote our title insurance premium, it's based on the purchase price.

JF: Okay, is it fair to say that the only piece of property that Seminole County has been talking about buying recently for the amount of \$50,000.00, is the particular clay pit property from Lester Mandell?

JM: To the best of my knowledge, that's correct.

JF: Okay, when Tommy Freeman called you, did he advise you that he had been sent to you by anybody, the County Commission or Lester Mandell or anybody, or did he just call you on his own?

JM: He just called and asked me for a quote on title insurance.

JF: Okay, and this was all on the telephone?

JM: That's correct.

JF: Can you recall about what time, what month or the date was that you received this telephone call from Tom Freeman?

JM: Not specifically but it's been a couple of months ago.

JF: A couple of months ago?

JM: I know it was before the clay pit hit the papers.

JF: Before they had actually determined whether there was

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SANFORD'S OWN 'CANDYMAN'
Mary, fondly called "Candy," how does your garden grow? To the same question, Enid Moore of Sanford could well reply, "With lilies white and polka-dotted bright and roses all in a row." Only her "flowers" are made from citrus peel, sugar and coconut, and don't grow in a garden, but are created by Mrs. Moore's nimble fingers in her kitchen. Story, pictures on Page 1-C. Women's Section Herald Photo by Bill Vincent Jr.

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Former Occupant Sues For \$300,000 Executive Point Building Owners Warned

Orlando, was constructed in 1972 at an estimated cost of \$750,000 at Wynmore Road and Interstate 4, according to county records.

On Nov. 6 a fire that county fire department officials said started in an "electronic equipment switching room" spread to the third floor through the ceiling and the second and third floors of the office building, resulting in substantial damage from smoke and water. There were no injuries reported.

The building is a windowless structure with sealed sheets of tinted glass on the exterior walls.

County building department officials granted a 60-day use of temporary electrical permits with the stipulation that County Building and Fire Control Department would conduct a safety inspection of the electrical building.

The building, owned by Award Management, Inc., of Orlando, was inspected on Nov. 21 and a number of building and electrical code violations were found, according to county records.

Flipped notified Award Management vice-president D.H. Siegel of code discrepancies in accordance with building and electrical codes that were in effect when the building permit was issued on Dec. 1971 for the construction of the office building.

In a letter to Siegel dated Dec. 5, 1975, Flippen said, "Due to the complexity of the listed electrical problems it will be necessary to have the entire electrical system brought into compliance with the 1971 National Electric Code."

"A letter from a certified electrical engineer stating the electrical system has been corrected and is in compliance with the 1971 National Electric Code will be required. Also due to the damage and complexity of the mechanical system it will be necessary to have the entire mechanical system brought into compliance with the 1969 Southern Standard Building Code."

Flippen said a letter from a certified master mechanical engineer stating the system has been corrected and is in compliance with the 1969 Southern Standard Building Code would also be required.

Flippen said, in his opinion, the building was unsafe for any additional occupancy and occupied, until the entire building "is made safe and a Certificate of Occupancy is issued, you are directed not to occupy any of the unoccupied offices within the building."

Flippen warned that if the building wasn't brought into code compliance by Jan. 19, 1976 when the temporary electrical permit expires that the building be declared unsafe and the electrical power will be disconnected.

Friday afternoon Flippen said the required certifications hadn't been received and that he was notifying Award Management Inc. by letter that they have 10 days from the receipt of the letter in which to provide the certification.

Award Management has the right to appeal the latest action to the County Electrical Board.

Flippen said the office building is now partially occupied, "mostly on the main floor", and that Award Management officials have been co-operating in correcting the cited code violations.

Code violations listed by Flippen included:

- Interior and corridor doors not conforming to code.
- Required fire alarm not installed.
- Required fire stopping in walls and partitions not in accordance with code.
- Hallways on the second, third, fourth, and fifth floors in excess of length in code.
- Overprotecting of electrical circuit.
- Electrical system not installed in accordance with the electrically engineered drawings as shown on construction plans.
- Emergency generator did not function due to lack of maintenance.
- Missing electrical equipment covers and open and unprotected electrical junction boxes located above dropped ceiling.
- Interior fire-resistant partitions not installed according to code.

On Jan. 7 Award Management Inc. filed a civil breach of contract lawsuit in circuit court at Sanford against James C. Fisher, Professional Association, claiming \$24,000 and due payable on an office lease after the law firm voiced no intention of returning to the building after the fire.

On Friday Fisher filed a counter suit alleging the law firm were not re-occupied because of "constructive eviction" by neglect and/or intentional wrongdoing by Award Management.

Fisher's complaint cites failure to provide proper air conditioning, plumbing, maintenance, and elevators that worked properly.

Fisher alleged the original lawsuit that claimed the November 1975 rental wasn't a "malicious abuse of power."

(Continued On Page 2-A)

Interior and corridor doors not conforming to code.

Required fire alarm not installed.

Required fire stopping in walls and partitions not in accordance with code.

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(Continued On Page 2-A)

Today SEEDCO, County Showdown Likely On Monday

By ED PRICKEIT
Herald Staff Writer

SEEDCO Director Horace Orr, armed with an \$88,000 federal grant slated for Seminole County government, is headed toward a showdown Monday with some county commissioners.

Orr will be expected to explain why, if any, strings are attached to the \$88,000, which is part of a total \$222,000 grant won recently by the Seminole Employment Economic Development Corporation (SEEDCO).

Some commissioners have expressed reservations about SEEDCO. Commissioners interviewed say those reservations stem from reports critical of SEEDCO operations.

The report appeared in an Orlando newspaper. Commissioner John Kimbrough says he is "leery" of SEEDCO. Commissioner Richard Williams, pointing to the newspaper accounts, says he also has grown suspicious of SEEDCO because of allegations that Orr refuses to open SEEDCO records to perusal by reporters from the Orlando newspaper.

Orr says he "hardly blames" Williams and Kimbrough's attitudes. "If I were in their position, I would feel the same."

Orr claims commissioners "haven't been reading the truth."

He also said all records are open to the proper authorities. But to allow reporters to browse through five years of back pay vouchers would impede his operation, Orr says.

For that matter, Orr says, reporters have checked SEEDCO's yearly audits over the last five years.

Also, he pointed out SEEDCO, by law, is audited each year.

At any rate Orr says no strings, as such, are attached to the grant. He said the county's sole function will be to act as the hiring agency for \$88,000 worth of employes in the county environmental and public works departments.

Probe Clears Agency

An official of the Department of Housing and Urban Development (HUD) said Sanford Housing Authority members have been cleared of any and all charges alleging abuse of federal laws in charging tenants in low-rent public housing.

Commissioner Harry Kwiatkowski has been cleared of any and all charges alleging abuse of federal laws in charging tenants in low-rent public housing.

R.W. Buskirk, director of the Florida area HUD office, said an intensive probe was conducted in Sanford, as well as other areas in the state, after a tenant organization held a protest in Jacksonville last month.

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WEATHER
Saturday's High 55, today's low 32.
Fair and cold Sunday with highs lower to mid 50s. Northerly winds 10-15 m.p.h. Lows in the low to mid 30s.
Details and tides on Page 2-A.

Spastic Colon A Real Problem

By Lawrence E. Lamb, M.D.
Dr. Lamb

DEAR DR. LAMB—I have a real problem. My doctor says I have a spastic colon. I have been on a half diet of bran. Each morning I eat bran buds and 80 per cent bran with skim milk, no sugar. And I have tried bowel training and taking two glasses of liquid with breakfast that you suggest. Still nothing seems to help. I have lots of gas and distention from the gas and I am so uncomfortable part of the time that I just lie on my back and try not to move. My bowel movements are frequent and tend to be on the diarrhoeal side. Do you have any suggestions at all that might help me?

DEAR READER—It is important that anyone with such a problem have a careful and complete evaluation. You may just be swallowing air and that is sometimes associated with nervous tension. You may have milk intolerance. Some people lack the enzyme necessary to split lactose. The double sugar in milk. The sugar can't be absorbed without splitting and it acts somewhat like a chemical laxative, causing severe bloating and gas symptoms in some people and symptoms that are similar to severe cases of spastic colon. You can find out if milk is your problem by eliminating all milk and milk products completely from your diet, and see what happens to your symptoms. That includes eliminating cheese and foods prepared using milk such as puddings, milk gravies and sauces. There has been a tendency to minimize the frequency of milk intolerance in our population. A recent report in the New England Journal of Medicine (May 22, 1975), a prestigious professional journal for doctors, points out how wrong that view really is. Doctors from Johns Hopkins School of Medicine found out that over 30 per cent of adult blacks and 12 per cent of adults from European extraction have milk intolerance on this basis. Most American In-

dians, Ashkenazic Jews and Orientals are commonly intolerant to lactose in milk.

Contrary to previous concepts the Johns Hopkins study showed that as little as one glass of milk would produce just severe symptoms in over half the people they studied who were lactose intolerant. So it doesn't take much milk in half of the people to cause problems like you have.

The real problem is that nothing much is being done about it. The Dairy Research group is working on the problem, but to my chagrin, in contacting large dairies I find that the amount of lact being made by some companies is shockingly small indeed. It is known that the lactose in the milk can be split (and the process is inexpensive). One dairy company replied they would need to study the market potential of such a product.

That kind of a reply stimulates me to use some language that couldn't be printed in my column. Since the available market is about 80 per cent of the nation's adult blacks, and over 10 per cent of the white population plus other groups mentioned, it would take a Neanderthal to realize the size of the market available. If the dairy industry can't sell such a product to the public it would have to be because of poor marketing practices, not because of the lack of a market.

For more information on spastic colons send 50 cents for the Health Letter number 21, Irritable or Spastic Colon and Constipation. Send a stamped, self-addressed envelope for mailing address to your letter to me in care of this newspaper, P.O. Box 1551, Radio City Station, New York, NY 10019.

CARNIVAL



DOONESBURY

