

# de STOLFE JOURNAL

ISSUE 14

SUMMER 1992

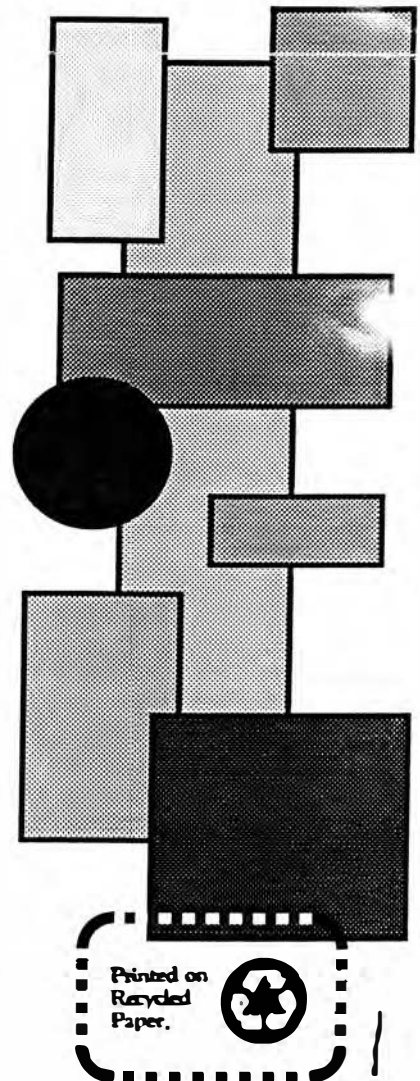
## LETTER FROM THE EDITOR

AS YOU MAY ALREADY KNOW, THE de STOLFE JOURNAL HAS NOT BEEN OUT IN A WHILE. THERE ARE TWO REASONS FOR THIS. FIRST, NO TIME. I HAVE BEEN IN SCHOOL AND MY WORK AND ACTIVITIES KEPT ME VERY BUSY. I WOULD TRY STARTING THE NEXT ISSUE BUT NEVER FINISH IT. SECOND, NO MONEY. WHILE I WAS IN SCHOOL, I WAS NOT WORKING, THEREFORE I DID NOT HAVE ANY MONEY TO WORK WITH TO PUT TOGETHER AND PRINT THE JOURNAL. BUT NOW I HAVE THE TIME AND I ALSO HAVE MONEY BECAUSE OF MY ON CAMPUS JOB. SINCE THE LAST ISSUE, A LOT HAS CHANGED. FIRST OF ALL, I NOW LIVE IN JACKSONVILLE, FLORIDA AND HAVE FOR THE PAST THREE YEARS. I ALSO GRADUATED FROM HIGH SCHOOL ON JUNE 5, 1991. AS A RESULT, I AM NOW GOING TO FLORIDA COMMUNITY COLLEGE IN JACKSONVILLE (FCCJ). ANOTHER CHANGE IS THE DECADE. WE ARE IN A NEW DECADE, THE 90'S. THIS NEW DECADE IS A PROMISE NOT TO DO SOME OF THE MISTAKES THAT WE MADE IN THE PAST. WE ARE ALSO HELPING TO SAVE THE EARTH, BECOMING ENVIRONMENTALLY CONSCIOUS, AND TRYING TO MAKE LIFE BETTER FOR OUR CHILDREN FOR THE FUTURE. IN THE UPCOMING ELECTIONS PLEASE VOTE FOR A CANDIDATE THAT STANDS BY WHAT HE/SHE SAYS AND NOT BY FALSE PROMISES. FINALLY, THE JOURNAL WILL BE PUBLISHED ON A YEARLY BASIS. THE JOURNAL WILL STILL BE FREE, BUT I AM GOING TO ASK THAT YOU RESERVE YOUR SUBSCRIPTION, OTHERWISE GETTING THE JOURNAL WILL BE CANCELED. I WILL TRY MY BEST TO KEEP THE JOURNAL COMING, ALTHOUGH I DO SEE A LAST ISSUE COMING IN THE NEXT FEW YEARS (PROBABLY BY THE TIME I GET OUT OF SCHOOL). THANKS FOR YOUR SUPPORT OF THE JOURNAL!

-ROBERT-GEORGE de STOLFE, EDITOR

## CONTENTS

AMTRACK	5
ART OF CONVERSATION	7
CHAMPAGNE	8
CHANGE OF HOST	10
COLUMBUS	3
COUPON	4
EARTH SUMMIT	2
EGYPT	7
EGYPTIAN LANGUAGE	3
ENVIRONMENT QUIZ	2
EURODISNEY	7
FINE OR BAD	9
FRUGAL GOURMET	5
GHOST TOWNS	8
LAST WILL	9
LAST SHOWS	10
LIGHT BULBS	2
MALLORY SQUARE	5
MANATEES	3
MY KEY WEST TRIP	6
OLYMPICS	10
RUSSIAN ALPHABET	9
RUSSIANS WERE COMING	9
SALSA	4
SAVE THE FORESTS	4
SCHOOL	7
SCOOP ON ICE CREAM	9
SEA TURTLES	2
SUBSCRIPTION FORM	3
TARPON SPRINGS	5
TO SAVE THE EARTH...	4
TREES AND SHRUBS	2
VANILLA + CHOCOLATE	9
WHO'S WHO	9
WOODSTOCK	10



# EARTH SUMMIT

RIO DE JANEIRO- THE SITE OF THE WORLD'S FIRST EARTH SUMMIT. THIS SUMMIT STARTED JUNE 3, 1992 AND CONTINUED FOR 12 DAYS. DURING THESE 12 DAYS, 180 HEADS OF STATE SIGNED TREATIES TO HELP PRESERVE AND CLEAN THE ENVIRONMENT. ALSO ATTENDED WERE 10,000 DELEGATES, 7000 JOURNALISTS, AND MANY OBSERVERS OF ENVIRONMENTAL GROUPS. WITH THE HELP OF PEOPLE ALL AROUND THE UNITED STATES, WE MADE PRESIDENT BUSH GO TO THIS SUMMIT. THE SUMMIT TOOK TWO AND A HALF YEARS TO FORM, BUT THIS WAS FOR THE GOOD OF THE PLANET. SOME OF THE TOPICS THAT WERE DISCUSSED WERE AS BELOW. GLOBAL WARMING- A TREATY ENCOURAGING REDUCTIONS IN CARBON DIOXIDE EMISSIONS. TECHNOLOGY TRANSFER- A WAY TO TRANSFER "CLEAN" TECHNOLOGIES TO COUNTRIES THAT CAN'T PAY FOR THEM. OCEAN POLLUTION- BETTER WAYS TO MANAGE MARINE ECOSYSTEMS. FOREST PROTECTION- STATEMENT OF PRINCIPLES ON FOREST MANAGEMENT. POPULATION CONTROL- TO STABILIZE POPULATION GROWTH IN DEVELOPING COUNTRIES. PRESERVATION OF SPECIES- A TREATY TO CONSERVE BIOLOGICAL DIVERSITY. SUSTAINABLE DEVELOPMENT- STANDARDS AND STRATEGIES TO MEET THE NEEDS OF THE PRESENT WITHOUT COMPROMISING THE FUTURE. -FLORIDA TIMES-UNION, 1992

## LIGHT BULBS

DON'T BE FOOLED BY GREEN PACKAGING. GENERAL ELECTRIC SELLS A 90-WATT LIGHT BULB IN A GREEN PACKAGE WITH THE NAME "ENERGY CHOICE" AND A CHART SHOWING THAT THIS BULB CAN TAKE THE PLACE OF A STANDARD 100-WATT BULB AND CONSERVE ENERGY. THE ONLY PROBLEM IS THAT THE BULB SHEDS LESS LIGHT, LASTS THE SAME LIFE, AND IS NO MORE ENERGY EFFICIENT

THAN THE 100-WATT BULB. IT ALSO COSTS 10 % MORE. INSTEAD OF USING THIS BULB, USE AN ACTUAL ENERGY CONSERVING BULB SUCH AS THE LONG LIFE INCANDESCENT OR FLUORESCENT BULB. GE MAKES A LONG LIFE INCANDESCENT BULB THAT CAME OUT LONG BEFORE THE ENERGY CHOICE LINE. ALSO, FOR A LITTLE GREATER EXPENSE, YOU CAN BUY A FLUORESCENT BULB WHICH LASTS 10 TIMES LONGER THAN THE STANDARD BULBS AND THEY USE MUCH LESS ENERGY. THE COST OF A

## TREES AND SHRUBS

WHEN YOU PLANT TREES, YOU ARE MAKING A LONG TERM INVESTMENT TO YOUR LANDSCAPE. TO BE SURE YOU GET WHAT YOU NEED, FOLLOW THE FIVE GUIDELINES BELOW.

1. CHOOSE PLANTS THAT ARE HARDY IN YOUR AREA
2. ALWAYS CONSIDER THE GROWTH RATE OF A PLANT BEFORE YOUR BUY.
3. FIND OUT THE LIGHT REQUIREMENTS OF EACH PLANT.
4. FILL YOUR LANDSCAPE WITH PLANTS THAT CAN SURVIVE WITH A MINIMUM OF ATTENTION.
5. FIND A COMPETENT LOCAL NURSERY OR GARDEN CENTER AND ASK THE STAFF FOR ADVICE IF YOUR ARE CONFUSED ABOUT YOUR PLANTING OPTIONS.

-BETTER HOMES AND GARDENS, 1991

## SEA TURTLES

CAN YOU IMAGINE THE LIFE OF A SEA TURTLE? PROBABLY NOT, BUT HERE IS HOW THEIR LIFE BEGINS. IT STARTS IN MAY THROUGH SEPTEMBER WHEN THE MOTHER SEA TURTLE COMES OUT OF THE SEA TO THE BEACH TO LAY THEIR EGGS. SHE DIGS A HOLE AND LAYS ABOUT 120 EGGS. THE MOTHER MAY DO THIS SEVERAL TIMES A NESTING SEASON. THOUGH ALL THE EGGS WILL HATCH, MOST OF THE LITTLE TURTLES WILL NOT REACH ADULTHOOD. THIS IS NOT UNUSUAL THOUGH, SINCE PREDATORS LIKE RACCOONS, BIRDS, AND FISH FEED ON THESE TURTLES. THESE PREDATORS ARE NOT A THREAT TO

THE TURTLE'S EXISTENCE, BUT MAN IS. BULKHEADS, BEACH DEVELOPMENT, POACHERS, NIGHT LIGHTS, AND COMMERCIAL BUSINESSES OF BEACH PROPERTIES MISLEAD AND KILL THE TURTLES BECAUSE THEY FOLLOW THE LIGHT SOURCE, THE SUN, TO THE WATER. IF THESE THREATS DON'T STOP, THE SEA TURTLE FACES AN UNCERTAIN FATE.

-PAMPHLET, PLANET OCEAN

## ENVIRONMENTAL QUIZ

HOW SAFE ARE YOU TO THE ENVIRONMENT? ANSWER THE FOLLOWING QUESTIONS BELOW AND WRITE THE ANSWER THAT CORRESPONDS TO YOUR ANSWER.

M= MOST OF THE TIME

S= SOME OF THE TIME

N= NEVER

\_\_\_ 1. DO YOU USE NONDISPOSABLE PLASTICS (EX CUPS, PLATES, PLASTICWARE)?

\_\_\_ 2. DO YOU SAVE GLASS AND ALUMINUM FOR RECYCLING?

\_\_\_ 3. DO YOU BUY RECYCLABLE BOTTLES AND CANS?

\_\_\_ 4. DO YOU LISTEN TO YOUR STEREO/TV AT A MODERATE LEVEL?

\_\_\_ 5. DO YOU USE NONAEROSOL SPRAYS?

\_\_\_ 6. DO YOU TAKE SHORT SHOWERS /BATHS?

\_\_\_ 7. DO YOU LET THE SINK RUN UNNECESSARILY?

\_\_\_ 8. DO YOU CARPOOL, USE PUBLIC TRANSPORTATION, OR WALK?

\_\_\_ 9. DO YOU COMBINE YOUR TRIPS IN THE CAR?

\_\_\_ 10. DO YOU KEEP YOUR EXHAUST SYSTEM CLEAN (IF APPLICABLE)?

\_\_\_ 11. DO YOU SAVE PAPER?

\_\_\_ 12. DO YOU RECYCLE YOUR SAVED PAPER?

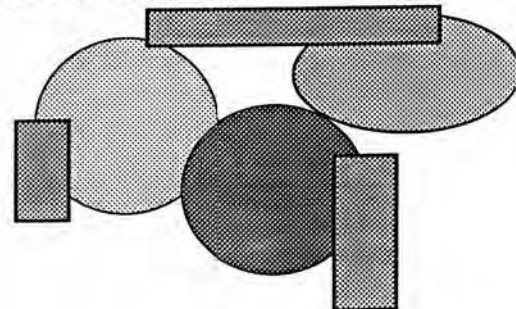
ADD YOUR POINTS TOGETHER USING THE CONVERSION BELOW.

M=4 S=2 N=0

48-34 EXCELLENT- YOU KEEP THE ENVIRONMENT CLEAN

33-15 GOOD- YOU TRY TO KEEP YOUR ENVIRONMENT CLEAN

14-0 BAD- YOU ARE A HAZARD TO THE ENVIRONMENT!



# MANATEES

MANATEES ARE A DYING FLORIDIAN. WE NEED TO SAVE THEM OR THEY WILL BECOME EXTINCT. THE WEST INDIAN MANATEE, KNOWN AS THE SEA COW, IS PROTECTED BY THE US MARINE MAMMAL PROTECTION ACT, 1972, THE ENDANGERED SPECIES ACT, 1973, THE FLORIDA MANATEE SANCTUARY ACT, 1978, AND THE SECTION 370.123(2) FLORIDA STATUS. MANATEES ARE USUALLY GRAY OR GRAY-BROWN. THEY CAN GROW TO BE 15 FEET LONG AND WEIGH ALMOST A TON. THEY HAVE THICK WRINKLED SKIN AND THEY MAINLY EAT AQUATIC PLANTS. MANATEES BREATHE FROM NOSTRILS ON THE UPPER SURFACE OF THE SNOUT. THEY HABITAT IN SLOW MOVING RIVERS, ESTUARIES, SALT WATER BAYS, AND CANALS. THEIR POPULATION IS NOW ABOUT 750-1000 IN FLORIDA WATERS. MANATEES ARE HURT AND OFTEN KILLED BY THE BLADES OF SPEEDING BOATS. THE MANATEE HAS NO NATURAL ENEMY AND DOES NOT HURT ANYONE OR ANYTHING. THEIR ONLY ENEMY IS MAN. IF YOU WOULD LIKE TO SEE SOME MANATEES, THERE ARE SEVERAL PLACES IN FLORIDA TO GO SEE THEM. ONE PLACE IS KINGS BAY WHICH IS NEAR THE CRYSTAL RIVER. THIS BAY HAS 30 SPRINGS WHICH POUR INTO IT, AND THE WATERS STAY 72 DEGREES YEAR ROUND. THIS MAKES A PLEASANT AND COZY PLAYGROUND FOR THE MANATEES. ANOTHER PLACE IS BLUE SPRING. THIS SPRING IS LACED WITH BOARDWALKS AND OVERLOOKS A CLEAR VIEW OF MANATEES SWIMMING UNDERNEATH. A LAST PLACE, AND PROBABLY THE MOST FAMOUS IS HOMOSASSA SPRINGS WILDLIFE PARK. ALL THESE PLACES ARE LOCATED IN NORTH CENTRAL FLORIDA. FOR MORE INFORMATION, YOU CAN WRITE THE CITRUS COUNTY CHAMBER OF COMMERCE OR THE INDIVIDUAL PARK.  
-THE MIAMI HERALD, 1991

# COLUMBUS


WHAT IS 500 YEARS OLD AND CELEBRATED IN OCTOBER? COLUMBUS DAY!! THIS YEAR IS THE QUINCENTENIAL OF COLUMBUS' ARRIVING TO THE WEST. CHRISTOPHER COLUMBUS FOUND THIS LAND WHICH HE THOUGHT WAS THE EAST INDIES IN OCTOBER 12, 1492 WHICH IS EXACTLY 500 YEARS. SOME STATES THOUGH CELEBRATE THIS HOLIDAY THE SECOND MONDAY IN OCTOBER INSTEAD OF ON THE 12TH. COLUMBUS NAMED THE ISLAND HE LANDED ON SAN SALVADOR - MEANING SAINT SAVIOR. IT WASN'T UNTIL 1499 THOUGH THAT HE ACTUALLY CLAIMED TO HAVE DISCOVERED A NEW WORLD. COLUMBUS, ITALIAN, EXPLORED IN SERVICE OF SPAIN, MAINLY BECAUSE OF FUNDING. HIS ITALIAN NAME WAS CRISTOFORO COLUMBO, AND HIS SPANISH NAME WAS CRISTÓBAL COLÓN. HE WAS BORN IN 1451 AND DIED IN 1506.


COMPACT FLUORESCENT GLOBE RANGES FORM 15 TO 20 DOLLARS AT HARDWARE STORES AND HOME CENTERS. ITS ESTIMATED LIFE IS 9000 HOURS WHILE THE STANDARD LASTS 750 HOURS AND THE LONG LIFE LASTS 1500 HOURS.

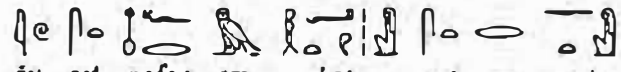
-FLORIDA TIMES-UNIONLIGHT BULBS

# EGYPTIAN LANGUAGE

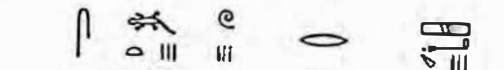
EVER WONDER WHAT EGYPTIAN LOOKED LIKE? HERE ARE A FEW SENTENCES TO ILLUSTRATE THE LANGUAGE.

  
betenu er Qesemu xuyet  
Fleet more than greyhounds, swift

  
er fuit  
more than light.

  
au - set nefer em hat - set er set  
She was fair in her body more than

  
hemt nebt eni em pa ta ter - f  
woman any who [was] in the earth the whole of it.

  
se - isti - u er sa  
They were numerous more than the sand.

# SUBSCRIPTION

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

ARE YOU CURRENTLY A RECIEVER OF THE de STOLFE JOURNAL?

YES

NO

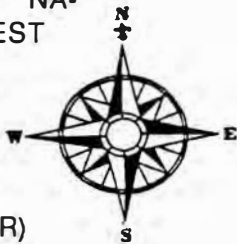
WHAT WAS THE LAST ISSUE YOU RECIEVED? \_\_\_\_\_

NOTE: IF THIS FORM IS NOT COMPLETED YOU WILL NOT GET ANOTHER ISSUE. PLEASE MAIL TO ADDRESS ON BACK PAGE. THANK YOU.

# SAVE THE FORESTS

CORKSCREW SWAMP SANCTUARY, JOYCE KILMER MEMORIAL FOREST, MUIL WOODS. WHAT DO THESE PLACES HAVE IN COMMON? THEY ARE SOME OF THE MANY FORESTS THAT HAVE YET TO BE TOUCHED BY CHAINSAWS. THE OLDEST FORESTS ARE UNDER SIEGE: 200,000 ACRES ARE CLEARED EVERY YEAR. "ONCE THEY ARE GONE, AND WHEN THE SPECIES THAT DEPEND ON THEM HAVE VANISHED, THERE IS NO BRINGING THEM BACK. WE MUST, THEREFORE, PRESERVE THE ANCIENT GROVES THAT REMAIN, DEVELOP OTHER WAYS OF OBTAINING THE TIMBER OUR SOCIETY USES AND FIND WAYS TO USE LESS WOOD." -SETH ZUCKERMAN (AUTHOR) HERE ARE SOME STEPS YOU CAN DO TO HELP SAVE OUR NATIONAL FORESTS.

- \*RECYCLE PAPER AND BUY RECYCLED PRODUCTS
  - \*USE LESS PAPER BY STOPPING UNWANTED MAIL
  - \*USE RECYCLED PAPER EFFICIENTLY OR SUBSTITUTE BRICK, BLOCK, STONE, OR STUCCO
  - \*BOYCOTT ANY WOOD FROM ANCIENT FORESTS- BY NOT USING WOOD ALREADY CUT, MORE WOOD THEN WON'T BE CUT TO FILL DEMAND
  - \*WRITE OUR NATIONAL FOREST SERVICE
  - \*PLANT A TREE (SEE TREES AND SHRUBS ELSEWHERE IN THIS NEWSPAPER)
- THE MIAMI HERALD



# TO SAVE THE EARTH, OUR FUTURE



JUST LAST MONTH [APRIL 91], THERE WAS A CELEBRATION. THAT CELEBRATION WAS EARTH DAY. THIS DAY IS TO HONOR THE EARTH AND TO GIVE US A BETTER UNDERSTANDING OF HOW WE LIVE AND HOW WE AFFECT OUR SURROUNDINGS AND ENVIRONMENT. ALTHOUGH EARTH DAY HAS BEEN HELD FOR THE PAST [20] YEARS, IT WAS NOT UNTIL 2 YEARS AGO THAT IT BECAME POPULAR WITH THE GENERAL PUBLIC. WE ARE ALL BEGINNING TO LEARN ABOUT OUR PLANET, AND THE WAYS IN WHICH WE AFFECT IT. MANY PEOPLE SHOWED THEIR CONCERN FOR THE EARTH BY GOING TO THE JACKSONVILLE LANDING TO LISTEN TO ENTERTAINMENT, VISIT THE VARIOUS BOOTHS, AND GET FREE LITERATURE AND TREES. OUR COMMUNITY HAS BEEN TRYING TO DO MANY THINGS TO CUT DOWN ON THE AMOUNT OF DAMAGE THAT WE CAUSE OUR EARTH. SOME OF THESE THINGS INCLUDE: RECYCLING PLASTICS, GLASS, METALS, AND PAPER. WE ARE ALSO CONSERVING OUR WATER AND ENERGY, AND TRYING TO THROW AWAY LESS TRASH. IT IS VERY IMPORTANT THAT WE DO THESE THINGS, NOT JUST FOR THE EARTH'S SAKE BUT ALSO FOR THE LIVES OF THE ANIMALS, THE PLANTS, AND OUR CHILDREN AS WELL. OUR FUTURE EXISTENCE DEPENDS ON IT!

-ROBERT-GEORGE de STOLFE, THE TRAVELLER

# SALSA

- HERE IS SALSA FOR YOU MEXICAN LOVERS!
- 4 LARGE, PLUM TOMATOES
  - 1/4 CUP CHOPPED SCALLIONS
  - 1/4 CUP CHOPPED CILANTRO
  - 1 TABLES FRESH OREGANO
  - 2 CLOVES MINCED GARLIC
  - 1 TEAS MINCED JALAPEO PEPPER
  - 1 TABLES OLIVE OIL
  - 2 TEAS FRESH LIME JUICE
  - SALT AND FRESH GROUND PEPPER

- CUT TOMATOES AND REMOVE SEEDS. DICE AND PLACE IN BOWL.
- ADD ALL INGREDIENTS AND LET SIT LOOSELY COVERED ON THE COUNTER TO BLEND THE INGREDIENTS.
- SERVE IMMEDIATELY OR REFRIGERATE AND SERVE WITHIN 4 HOURS.

\* COUPON \* COUPON \*  
COUPON

GOOD FOR A FREE  
CONVERSATION

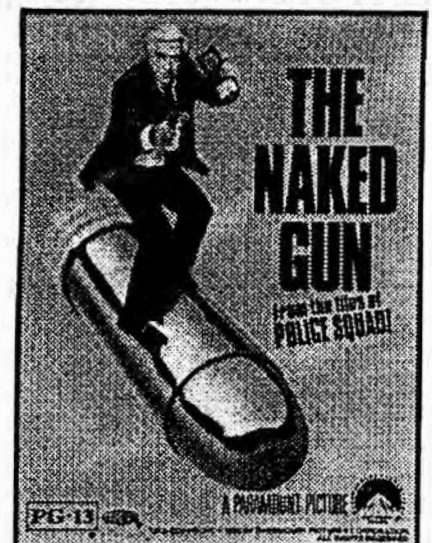
TO: \_\_\_\_\_

FROM: \_\_\_\_\_

\* COUPON \* COUPON \*  
COUPON

# THE SCOOP ON ICE CREAM

ICE CREAMSMOOTH, RICH, AND CREAMY. SOUNDS GREAT. BUT YOU ARE TRYING TO WATCH YOUR WEIGHT. YOU DECIDE INSTEAD TO GET ICE MILK OR FROZEN YOGURT. BUT BEFORE YOU SPEND YOUR MONEY GETTING SOMETHING YOU THINK IS HEALTHY, READ THIS ARTICLE. AS IT MAY TURN OUT, THE "HEALTHY" FROZEN DESERT YOU WANT MAY NOT BE AS HEALTHY AS YOU THINK. IN THE JUNE ARTICLE OF BETTER HOMES AND GARDENS, THERE WAS AN ARTICLE ON THIS SUBJECT. HERE ARE SOME DEFINITIONS OF

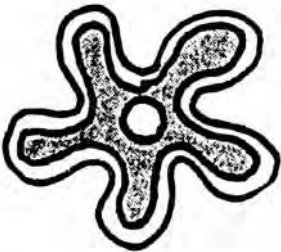


## AMTRACK

AMTRACK IS CONSIDERING A NEW EAST-WEST ROUTE THAT WOULD GO FROM JACKSONVILLE TO NEW ORLEANS. THIS PROJECT, WHICH SHOULD BE FINISHED IN ABOUT TWO YEARS, WILL ALLOW YOU TO GO FROM JACKSONVILLE TO LOS ANGELES FOR A FAIR COST. DOUBLE DECKER TRAIN CARS WILL TAKE YOU TO YOUR DESTINATION. THIS NEW SERVICE WILL BE A GREAT ALTERNATIVE TO THOSE WHO CAN'T AFFORD TO GO BY PLANE, AND DON'T WANT THE LONG AMOUNT OF TIME BY GOING BY CAR OR BUS. THIS TRULY WILL BE A GOOD INVESTMENT TO AMTRACK.

-FLORIDA TIMES-UNION, 1991

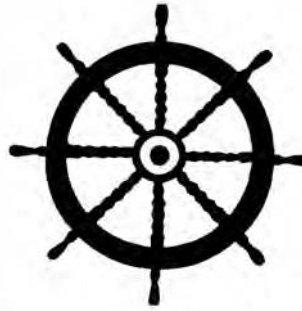
## MALLORY SQUARE



KEY WEST. THIS ISLAND, WHICH IS THE SOUTHERN-MOST OF THE UNITED STATES, IS A FAVORITE ISLAND RETREAT AMONG MANY PEOPLE. ONE REASON, BESIDES THE TROPICAL FLAVOR AND THE HISTORIC MONUMENTS, IS THE MALLORY SQUARE. THIS

SQUARE WHICH IS NEXT TO THE GULF OF MEXICO IS A HAVEN OF STREET PERFORMERS AND STANDS OF PEOPLE SELLING HOMEMADE ITEMS LIKE JEWELRY, T-SHIRTS, AND FOOD. THE MAIN ATTRACTION, THOUGH IS THE SUNSET, WHICH IS SAID TO BE BREATHTAKING SOMETIMES. YOU CAN READ ALL ABOUT MY TRIP TO KEY WEST IN 1988 SOMEWHERE IN THIS NEWSPAPER.

## TARPON SPRINGS

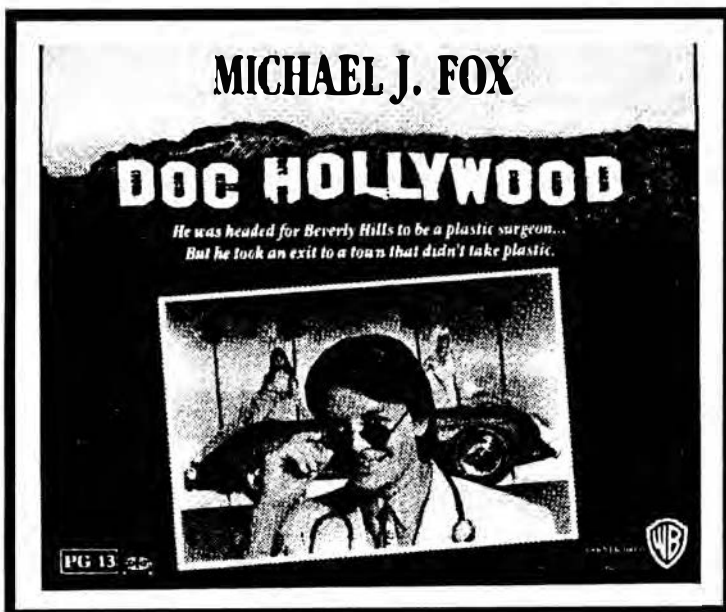


WHEN WAS THE LAST TIME YOU WENT TO TARPON SPRINGS? WHAT'S THAT YOU NEVER HEARD OF TARPON SPRINGS? TARPON SPRINGS IS A QUIANT LITTLE TOWN ON THE WEST COAST OF FLORIDA. IT IS KNOWN

FOR ITS SPONGE FISHING AND ITS EPIPHANY CELEBRATION. THIS PRIMARILY GREEK COMMUNITY IS A GREAT PLACE TO GO TO RELAX AND TAKE IT EASY. THERE, YOU CAN WALK ALONG THE MAIN STREET, WHICH IS NEXT TO THE OCEAN, RIDE AND FISH ABOARD A SPONGE BOAT, OR GO TO ONE OF THE MANY SEVERAL RESTAURANTS FOR SHRIMP. OF COURSE YOU CAN'T LEAVE THERE WITHOUT BUYING A SPONGE, WHETHER OR NOT IT IS A LOOFAH SPONGE OR A SPONGE FOR MAKEUP. FOR MORE INFORMATION ABOUT TARPON SPRINGS, CONTACT THE GREATER TARPON SPRINGS CHAMBER OF COMMERCE, 210 S PINELLAS AVE, NO 120, TARPON SPRINGS, FL 34689. -THE MIAMI HERALD, 1991

## THE FRUGAL GOURMET

THE FRUGAL GOURMET, HOSTED BY JEFF SMITH, HAS BEEN AROUND FOR A LONG TIME. SOME OF HIS RECENT SERIES HAVE AIRED THE LAST FOUR TO FIVE YEARS. THESE ARE FRUGAL GOURMET COOKS AMERICAN (1987-8), FRUGAL GOURMET AND THREE ANCIENT CUISINES (1989-90), FRUGAL GOURMET AND OUR IMMIGRANT ANCESTOR (1990-1), AND FRUGAL GOURMET AND THE WHOLE FAMILY KITCHEN (1991-2). HERE IS A BRIEF OF EACH SERIES. COOKS AMERICAN- A SERIES TO PROMOTE THE HISTORY OF EARLY AMERICAN COOKING. THREE ANCIENT CUISINES- A SERIES TO TELL ABOUT THE THREE OLDEST CULTURES AND THEIR CUISINES- CHINA, GREECE, AND ROME. IMMIGRANT ANCESTORS SERIES TO TELL ABOUT THE DIFFERENT CULTURES THAT HAVE INFLUENCES WHAT IS NOW AMERICAN- MOSTLY TURN OF THE CENTURY IMMIGRANTS. WHOLE FAMILY KITCHEN- SERIES TO PROMOTE FAMILY COOKING IN THE KITCHEN- MAINLY WITH THE KIDS. SOME OTHER BOOKS BY THE FRUGAL GOURMET ARE: THE FRUGAL GOURMET (1984), THE FRUGAL GOURMET COOKS WITH WINE (1986), AND THE CULINARY HANDBOOK (1991). THE LAST THREE SERIES WERE WITH JEFF SMITH AS THE HOST AND WITH CRAIG WOLLAM AS THE CULINARY CONSULTANT AND NOW AS CHIEF CHEF.



# ΜΥ ΚΕΨ ΩΕΣΤ ΤΡΙΠ (My Key West Trip)

(THIS WAS AN ESSAY I DID IN MY COMPOSITION CLASS IN WINTER TERM 92)

THE SUMMER OF 1988 WAS VERY BUSY. I STARTED WITH SUMMER SCHOOL AT CORAL GABLES SENIOR HIGH. BECAUSE MY CLASSES WERE PERSONAL FITNESS AND TEAM SPORTS, I CAME HOME EVERY DAY EXHAUSTED. WITH OVER HALF OF THE SUMMER GONE, I REALLY NEEDED A VACATION. MY UNITED METHODIST YOUTH GROUP (UMYF) PLANNED A THREE DAY TRIP TO KEY WEST SCHEDULED FOR LATE JULY. SINCE I HAD NEVER GONE THERE, I WANTED TO GO. HENCE, OUR YOUTH DIRECTOR, RUTH [ ], AND JUSTIN, SUSANNA, MARIA, MEGAN, AND I, ON FRIDAY THE 29TH, PACKED THE STATION WAGON AND STARTED OUR WAY TO KEY WEST FROM MIAMI. AFTER THREE HOURS OF DRIVING, WE FINALLY ARRIVED IN KEY WEST. AS A RESULT, MY TRIP TO KEY WEST WAS VERY ENJOYABLE BECAUSE OF THE HAMPTON INN, OUR ACTIVITIES, AND THE ATTRACTIONS. HAMPTON INN WAS A GOOD MOTEL TO STAY IN. WE RESERVED TWO ROOMS, ONE FOR JUSTIN AND ME AND ONE FOR THE GIRLS. BY STAYING AT THIS MOTEL, WE RECEIVED FREE CONTINENTAL BREAKFASTS OF COFFEE, JUICE, DOUGHNUTS, AND PASTRIES. FRIDAY NIGHT, WE LAY ON THE GROUND BEHIND THE MOTEL AND WATCHED THE STARS. WHILE WATCHING, WE LISTENED TO STAR HUSTLER STAR WHEEL, A SHORT PROGRAM ON CASSETTE THAT TELLS ABOUT THE STARS AND CONSTELLATIONS. IT WAS NICE TO LIE ON THE GROUND AND HEAR THE WIND BLOWING, THE CRICKETS CLICKING, AND THE LIGHTS HUMMING. THE HAMPTON INN ALSO HAD A POOL AND JACUZZI WHICH MARIA, JUSTIN, MEGAN, AND I USED FOR A LATE MIDNIGHT SWIM. SINCE THE POOL WAS VERY COLD AND THE JACUZZI WAS VERY HOT, GOING BACK AND FORTH BETWEEN THEM WAS LIKE GOING FROM WINTER TO SUMMER. I WAS CERTAINLY GLAD WE HAD OUR ROOM KEYS WITH US. THESE KEYS, WHICH WERE RECTANGULAR PIECES OF PLASTIC WITH A SERIES OF HOLES, ALLOWED US TO QUICKLY GET INTO OUR ROOMS TO ESCAPE THE COOLNESS OF THE EVENING. IN BRIEF, THE FREE BREAKFAST ALONG WITH OUR GROUP ACTIVITIES AT THE HAMPTON INN MADE FOR A PLEASANT STAY.

REGARDLESS OF OUR LATE MIDNIGHT SWIM, WE STILL HAD AN ABUNDANCE OF FUN WITH OUR MYF GROUP ACTIVITIES. WE WATCHED TWO MOVIES DURING OUR TRIP. SATURDAY AFTERNOON WE SAW *CADDYSHACK II*, AND ON SUNDAY AFTERNOON WE SAW *ARTHUR II ON THE ROCKS*. THESE MOVIES OFFERED AN ESCAPE WITHIN OUR ESCAPE FROM REALITY. LATER, AFTER WE ATE SEAFOOD AND KEY LIME PIE AT ANGLER'S SEAFOOD HOUSE, WE PLAYED MINIATURE GOLF. WHILE ON AND NEXT TO MANY OF THE STONE ANIMALS AND STONE MUSHROOMS, WE TOOK A LOT OF PICTURES ON THE GOLF COURSE. MY FAVORITE OF ALL ACTIVITIES THOUGH WAS OUR WALK DOWN DUVAL STREET. WE STARTED NEAR ONE END AND SLOWLY WALKED OUR WAY THROUGH. I WENT TO SEVERAL ART GALLERIES AND LOOKED AT THE MANY FINE PRINTS AND OIL PAINTINGS. THEN, I STOPPED AT THE GREENPEACE STORE AND BOUGHT SOME PEACE BUTTONS. AFTER, I WENT TO A CLOTHING STORE AND BOUGHT A TIE-DYE T-SHIRT. DURING OUR WALK, WE STOPPED AT BASKIN ROBBINS FOR SOME ICE CREAM. THIS WAS THE PERFECT TREAT FOR A VERY HOT DAY. IN CONCLUSION, OUR ACTIVITIES ALLOWED US TO HAVE FUN BY SEEING WHAT WE WANTED TO SEE AROUND THE ISLAND AT OUR OWN LEISURE. JUST AS INTERESTING AND UNIQUE AS THE ACTIVITIES WERE THE ATTRACTIONS WE VISITED. THE MOST "EXPENSIVE" ATTRACTION WAS THE LOST TREASURE OF THE ATOCHA. THERE WERE CUPS, PLATES, DECORATIVE PIECES, JEWELRY, COINS, AND BARS ALL OF SOLID GOLD. I HAVE NEVER SEEN SO MUCH GOLD IN ONE PLACE BEFORE! ANOTHER ATTRACTION IN KEYLARGO WAS THE THEATRE BY THE SEA, A SHOW OF VERY TALENTED DOLPHINS AND SEA LIONS. THE DOLPHINS SHOWED THEIR SKILLS BY DIVING THROUGH HOOPS AND JUMPING FOR FISH. EQUALLY, SASSY AND CLASSY, TWO SEA LIONS, GAVE RUTH A HAND-FIN SHAKE AND A WET HUG. ALSO, THE PELICANS, BIRDS, AND CATS DID A FEW OF THEIR OWN TRICKS. THEY MADE THE DOLPHINS' FISH DISAPPEAR. ANOTHER HIGHLIGHT OF OUR TRIP WAS THE MALLORY DOCK ON THE SUNSET. THIS WAS A DOCK WHERE NATIVES CELEBRATE THE SUNSET. WHAT MADE THIS FUN WAS THE HOW-TO-HOST-A-MURDER GAME. IN THIS GAME, EACH PERSON HAD A WATER GUN AND ONE PERSON TO

KILL. I HAD TO KILL MEGAN, MARIA HAD TO KILL ME, SUSANNA HAD TO KILL JUSTIN, JUSTIN HAD TO KILL MARIA, AND MEGAN HAD TO KILL SUSANNA. WHEN THE GAME ENDED, ONLY SUSANNA AND I WERE "ALIVE." ALL ALONG THE DOCK WERE STREET MERCHANTS, STREET ARTISTS, AND STREET PERFORMERS, AS WELL AS PICKPOCKETS. THIS DOCK OF PEOPLE MADE MY TRIP WORTHWHILE BECAUSE OF THE CIRCUS-LIKE FEELING IT GAVE. IN SHORT, I LIKED ALL OF THESE ATTRACTIONS FOR THEIR INDIVIDUAL APPEAL BUT MAINLY FOR EACH OF THEIR UNIQUE ATMOSPHERES. I HAD A GREAT TIME IN KEY WEST BECAUSE OF OUR COMFORTABLE MOTEL, OUR PLANNED ACTIVITIES AND THE CHOSEN ATTRACTIONS. THE HAMPTON INN WAS A CHOICE PLACE TO STAY SINCE WE WERE ABLE TO BE RELAXED AND COMFORTABLE. ALSO, OUR ACTIVITIES WERE FUN AND CALM. FINALLY, THE THREE ATTRACTIONS WE VISITED WERE APPEALING SINCE THEY DEALT WITH SUBJECTS I LIKED. THIS WHOLE TRIP KEPT MY MIND OFF THE EXHAUSTING SUMMER SCHOOL. I WOULD DEFINITELY RECOMMEND THAT EVERY ONE GO TO KEY WEST ONCE. I HAVE BEEN THERE ONCE, AND I WILL DEFINITELY GO AGAIN.



YOUR FAVORITE FROZEN DESSERTS. ICE CREAM: BY LAW, ICE CREAM MUST HAVE AT LEAST 10% MILK FAT. SOME OF THE PREMIUM ICE CREAMS HAVE MUCH MORE, AROUND 16%. THESE ICE CREAMS CAN INCLUDE SUCH INGREDIENTS AS CREAM, MILK, SWEETENERS, FLAVORINGS, STABILIZERS, AND EMULSIFIERS. ICE MILK: LOWER IN FAT THAN ICE CREAM, ICE MILK CONTAINS 2 TO 7% MILK FAT. ICE MILK IS MADE USING LOW-FAT MILK INSTEAD OF WHOLE MILK OR CREAM. ALTHOUGH ICE MILK IS NOT AS RICH TASTING AS, IT IS A LOT SWEETER THAN ICE CREAM BECAUSE OF THE LOADS OF SUGAR THAT IS ADDED TO BOOST THE FLAVOR. ICE MILK MAY ALSO BE

## EGYPT

EVER THOUGHT OF GOING TO EGYPT? THERE IS A LOT TO SEE. EGYPT IS ONE OF THE OLDEST CULTURES ON EARTH. WHEN YOU TRAVEL TO EGYPT, THERE ARE SEVERAL PLACES TO VISIT. FIRST, AND PROBABLY THE MOST FAMOUS, ARE THE GREAT PYRAMIDS OF GIZA. THESE THREE PYRAMIDS ARE FAMOUS TOMBS OF GREAT PHARAOHS. NEARBY IS THE SPHINX WHICH IS SAID TO GUARD THE PYRAMIDS. THERE ARE MORE PYRAMIDS, HOWEVER. WHAT MOST PEOPLE MAY NOT KNOW IS THAT THERE ARE THREE TYPES OF PYRAMIDS; STEP, RHOMBICAL, AND PYRAMID. ANOTHER PLACE YOU SHOULD VISIT IS THE TEMPLE OF ABU SIMBEL. THIS TEMPLE IS GUARDED BY 65 FOOT HIGH STATUES OF RAMSES II. ALSO, NEARBY IS THE TEMPLE OF HARTHOR, WHICH WAS BUILT BY NEFERTITI, AN EGYPTIAN QUEEN. FINALLY, YOU SHOULD VISIT TELL EL ASMAR. THIS BUILDING WAS PROBABLY THE FIRST EXAMPLE OF MODERN ARCHITECTURE. THE COLUMNS ARE CARVED TO RESEMBLE THE LEAVES OF THE PAPYRUS PLANT (WHICH WAS USED BY THE EGYPTIANS TO MAKE PAPER). THIS BUILDING WAS ALSO BUILT DURING THE NEW KINGDOM AND HAS RELATIVELY SIMPLE LINES AND STYLE. CONTACT YOUR LOCAL TRAVEL AGENCY FOR INFORMATION ABOUT TOURS THROUGH EGYPT AND AFRICA. ALSO, SINCE THIS IS NOT THE CLEANEST COUNTRY IN THE WORLD, BE PREPARED FOR ANY DISEASE ESPECIALLY IF YOUR GOING TO GO THROUGH, OR UP CLOSE, ANY OF THE TEMPLES OR TOMBS.

## SCHOOL

FOR THE PAST YEAR, I HAVE BEEN AT FLORIDA COMMUNITY COLLEGE IN JACKSONVILLE (FCCJ). MY CLASSES DURING THE FALL TERM WERE: DESIGN I, COMPOSITION I, COLLEGE ALGEBRA, AND ENGINEERING DRAWING. LIKewise, MY CLASSES



PARIS, THE CITY OF LIGHTS. ABOUT TWO MILES AWAY, AN AMERICAN FAVORITE, DISNEY WORLD, OR IN PARIS EURODISNEY. THIS NEW THEME PARK FROM DISNEY OPENED APRIL 12, 1992. ALONG WITH YOUR OLD FAVORITES, MAIN STREET USA, FRONTIERLAND, FANTASYLAND, AND ADVENTURELAND, IS A NEW LAND, DISCOVERYLAND. THIS NEW LAND IS BASICALLY THE BEST OF FUTURELAND AT DISNEY WORLD AND EPCOT CENTER COMBINED. ALL THE LANDS ARE SIMILAR TO THE LANDS AT HOME, BUT THEY HAVE SOME NEW ATTRACTIONS WITHIN THEM AS WELL. I WILL LET YOU FIND OUT FOR YOURSELF THE DIFFERENCES. ALONG WITH THEM ARE SIX NEW HOTELS, THE DISNEYLAND HOTEL, HOTEL NEW YORK, NEWPORT BAY CLUB, SEQUOIA LODGE, HOTEL CHEYENNE, AND HOTEL SANTA FE. EACH HOTEL HAS A DISTINCT FEEL AND ATMOSPHERE FROM HOME. THE RATES TO STAY AT THESE HOTELS SEEM TO BE LESS DURING THE WEEKDAYS OF NOVEMBER AND EARLY DECEMBER. I CAN'T WAIT TO GO, WHAT ABOUT YOU?

## THE ART OF CONVERSATION

DO NOT MANIFEST IMPATIENCE  
 DO NOT INTERRUPT ANOTHER  
 DO NOT FIND FAULT THOUGH YOU MAY GENTLY CRITICIZE  
 DO NOT ALLOW YOURSELF TO LOSE YOUR TEMPER OF SPEAK EXCITEDLY  
 DO NOT TALK OF YOUR PRIVATE, PERSONAL, AND FAMILY MATTERS  
 DO NOT APPEAR TO NOTICE INACCURACIES OF SPEECH IN OTHERS  
 DO NOT ALLUDE TO UNFORTUNATE PECULIARITIES OF ANY ONE PRESENT  
 DO NOT INTRUDE PROFESSIONAL OR OTHER TOPICS THAT THE COMPANY GENERALLY CANNOT TAKE INTEREST IN  
 DO NOT TALK LOUD. A FIRM, CLEAR YET MILD, GENTLE, MUSICAL VOICE HAS GREAT POWER  
 ALAPAHA STAR, 1886  
 THE GEORGIA RECORDER, WINTER 1990

DURING THE WINTER TERM WERE: COMPOSITION II, PRECALCULUS ALGEBRA, FRENCH II, AND MICRO COMPUTER SOFTWARE. ALSO, I AM TAKING SOME CROSSTERM CLASSES (SPRING AND SUMMER TERMS COMBINED): PHOTOGRAPHY I AND FUNDAMENTALS OF RESTORATION AND PRESERVATION. IN ALL OF THESE CLASSES THAT I FINISHED, I GOT A'S AND B'S. BOTH THE FALL AND WINTER TERMS, I WAS ON THE DEAN'S LIST. I THANK ALL MY TEACHERS THAT HELPED ME THROUGH MY CLASSES AND GAVE ME A GREAT PLACE TO LEARN. THANK YOU TEACHERS.SCHOOL

# GHOST TOWNS

FROM THE ABANDONED MINING TOWN OF CHLORIDE CITY, CALIFORNIA. YOU CAN LOOK DOWN AT DEATH VALLEY AND ACROSS TO THE SUMMIT OF ALASKA'S MOUNT WHITNEY. IT IS HARD TO BELIEVE THAT IN 1873, DOZENS OF PEOPLE MOVED ACROSS THE HARSH DESERT TO LIVE HERE. ONE WE KNOW FOR SURE, JAMES Mc KAY DIED HERE BECAUSE HIS TOMBSTONE SAYS SO. ONLY TWO SHACKS AND FEW MINE CAVE-INS ARE ALL THAT IS LEFT OF THIS CITY, WHICH WAS THE FIRST PROFITABLE SILVER MINE FOUND BY A MAN WHO PICKED UP A ROCK TO KILL A SNAKE AND FOUND THAT IT WAS SILVER ORE. ANOTHER GHOST TOWN, BODIE, CALIFORNIA, IS ONE OF THE BEST PRESERVED GHOST TOWN BECAUSE OF ITS ISOLATED LOCATION. THE BOOM DAYS OF BODIE STARTED IN THE LATE 1870'S AFTER GOLD WAS FOUND IN THE NEARBY HILLS. SOON THERE WERE 10,000 RESIDENTS AND 65 SALOONS. NOW, BODIE IS A STATE PARK.

GHOST TOWNS VARY IN SHAPE AND SIZE. SOME

# WEST

ARE JUST LIKE OUT OF THE MOVIES WHILE OTHERS ARE LESS GLAMOROUS. ALL THAT IS LEFT OF BAGDAD, CALIFORNIA, IS A SIGN ALONG THE RAILROAD TRACKS. THESE PHANTOM CITIES REPRESENT A BYGONE ERA. THE GOLD AND SILVER RUSHES BROUGHT THOUSANDS OF PEOPLE TO THE WEST. WHEN THE MINE RAN OUT, THE PEOPLE LEFT. LATER, WEATHER AND VANDALS STRIPPED THE TOWNS CLEAN. DARWIN, CALIFORNIA, IS A SEMI-GHOST TOWN. SOME PLACES HAVE BEEN RECREATED WHICH IS YOUR TOURIST TRAP WHILE OTHERS ARE PROTECTED AND LET TO DECAY NATURALLY. TO FIND A TRUE GHOST TOWN MAY NOT BE EASY. CHECK GUIDEBOOKS, AND STAY AWAY FROM THE TOURIST TRAPS SINCE THEY ARE NOT THE NATURAL GHOST TOWNS. BEFORE YOU DECIDE TO GO, REMEMBER SOME GUIDELINES. FIRST, SAFETY FIRST. DON'T EXPLORE MINE SHAFTS AND TUNNELS WITHOUT AN EXPERT

GUIDE. SECOND, MAKE SURE TO GET PERMISSION FROM OWNERS IF THE GHOST TOWN IS ON PRIVATE LAND. NEXT, BE READY FOR UNPLEASANT CLIMATES LIKE SAND STORMS. AND FINALLY, DON'T GATHER ARTIFACTS IF WE ARE GOING TO KEEP THE GHOST TOWN IN THE SAME CONDITION WHEN WE FOUND IT. WESTERN GHOST TOWNS ARE A TESTAMENT TO GRIT AND DETERMINATION OF THOSE WHO MADE THEIR LIVING BY MINING THE STONY EARTH. YOUTH 92

CALLED REDUCED FAT ICE CREAM. FROZEN YOGURT- AS OF YET, THERE IS NO FEDERAL STANDARD FOR FROZEN YOGURT. FROZEN YOGURT IS NOT YOGURT THAT IS FROZEN, BUT IT DOES RESEMBLE ICE MILK WITH ITS LIST OF INGREDIENTS, EXCEPT IT ALSO HAS YOGURT CULTURES. FROZEN YOGURT ALSO CAN BE SIMILAR TO ICE MILK WITH ITS NUTRITIONAL VALUE. IF YOU WANT TRUE FROZEN YOGURT, MAKE SURE THAT IT HAS YOGURT CULTURES IN THE LIST OF INGREDIENTS.

SHERBET- SHERBET MUST CONTAIN BETWEEN 1 AND 2 PERCENT MILK FAT BY WEIGHT BY LAW. AS WELL AS USING SOME OF THE SAME INGREDIENTS AS ICE CREAM OR ICE MILK, SHERBET ALSO CONTAINS MORE SUGAR THAN ANY FROZEN DESSERT IN ORDER TO OFFSET THE TART TASTE OF SOME OF THE FRUIT FLAVORS.

HERE IS A CHART OF THE NUMBER OF CALORIES, FAT, AND CHOLESTEROL FOR A HALF CUP OF VANILLA DESSERT.

DESSERT	CAL.	FAT(G)	CHOL.(G)
ICE CRE-PREM	260	17	125
-REGULAR	125	7	30
ICE MILK -HARD	110	2	7
-NONFAT	80	0	0
-REG SOFT	120	3	13
-NONFAT	110	0	0
-SUG. FREE	80	0	0

SO THE NEXT TIME YOU WANT A FROZEN DESSERT, MAKE SURE YOU KNOW WHAT IS IN IT.



Please recycle this newspaper.

# CHAMPAGNE

EVER WONDER HOW CHAMPAGNE IS MADE? WELL HERE IS HOW IT IS MADE. STRICTLY SPEAKING, WINE CHAMPAGNE IS A BLEND OF MANY WINES. FIRST, THE GRAPES ARE PICKED. BY LAW ONLY PINOT CHARDONAY, PINOT NOIR, AND PINOT MEUNIER GRAPES CAN BE USED. AFTER, THE GRAPES COME FROM THE 250 SOME ODD VILLAGES IN THE CHAMPAGNE PROVINCE OF FRANCE, THEY GO TO A CHAMPAGNE HOUSE TO BE PRESSED AND FERMENTED IN LARGE VATS TO BE MADE INTO STILL WINE. AFTER FERMENTING FOR A TIME, THE STILL WINE IS COMBINED WITH OTHER WINE STOCKS, ACCORDING TO THE TASTES OF THE CELLAR MASTER. THIS BLEND IS CALLED A CURÉE. MOST CHAMPAGNES ARE NONVINTAGE, MEANING FROM DIFFERENT YEARS. EVERY ONCE IN A WHILE, THOUGH, THERE WILL BE AN EXCEPTIONAL YEAR, WHICH IS THE CALLED VINTAGE, MEANING FROM THE SAME YEAR. THE BLENDED WINES ARE THEN BOTTLED. SPECIAL YEASTS AND A SMALL AMOUNT OF SUGAR IS ADDED TO CAUSE A SECOND FERMENTATION. WITHIN THE DEEP, COOL WINE CELLARS, THE BOTTLED BLEND AGES FOR 3 TO 5 YEARS. THE BOTTLE IS THEN RIDDLED, ROTATED FREQUENTLY DOWNWARD, TO TRAP THE SEDIMENT LEFT BY THE SECOND PRESSING. THE NECK IS THEN FROZEN AND THE CORK REMOVED SO THE BOTTLE CAN EXPEL THE ICE CUBE WITH SEDIMENT. THE BOTTLE IS FINALLY TOPPED OFF WITH A DOSAGE, A RESERVE WINE WITH CANE SUGAR ADDED TO ACHIEVE DESIRED SWEETNESS. THE BOTTLE IS CORKED AND IS CALLED CHAMPAGNE. -THE MIAMI HERALD

ANY QUESTIONS, COMMENTS, OR SUGGESTIONS? WRITE ME TO ADDRESS ON BACK

## VANILLA AND CHOCOLATE

HERE IS A CHANCE FOR YOU TO MAKE YOUR OWN ICE CREAM. BELOW ARE RECIPES FOR VANILLA AND CHOCOLATE ICE CREAMS. FOR A FRUIT VERSION, JUST ADD PURÉED FRUIT TO THE VANILLA OR EVEN THE CHOCOLATE.

### BASIC VANILLA

1 QUART WHOLE MILK  
3 EGGS  
2 2/3 CUPS SUGAR  
2 CUPS HEAVY CREAM  
1 TABLES VANILLA  
1 1/2 TABLES CORN STARCH  
3 TABLES WATER  
- COMBINE MILK, SUGAR, AND EGGS IN BLENDER. THEN COOK IN HEAVY SAUCEPAN UNTIL A FULL BOIL. DO NOT SCORCH. REMOVE FROM HEAT.  
- DISSOLVE CORNSTARCH IN WATER AND ADD TO THE MIXTURE. ADD VANILLA, STIR. LET CUSTARD COOL SLIGHTLY, THEN ADD CREAM, MIX WELL, AND STRAIN MIXTURE IN BOWL AND REFRIGERATE.  
- ONCE CHILLED, FOLLOW DIRECTIONS ON ICE CREAM FREEZER.  
MAKES 3 TO 4 PINTS

### PHILADELPHIA VANILLA

3 CUPS WHIPPING CREAM  
3 CUPS HALF AND HALF  
1 CUP SUGAR  
2 TEAS VANILLA  
- MIX INGREDIENTS UNTIL SUGAR IS DISSOLVED.  
- FREEZE IN ICE CREAM FREEZER.

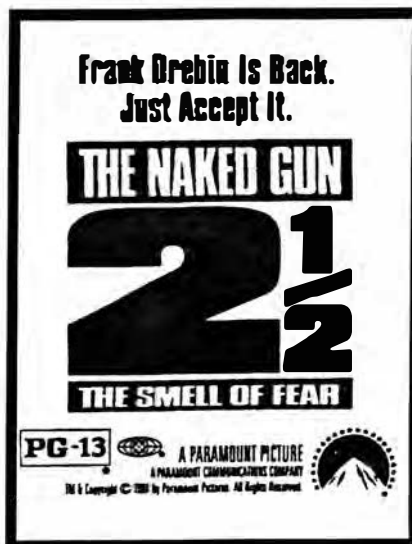
А Б В Г Д Е Ё  
Ж З И Й К Л М  
Н О П Р С Т У  
Ф Х Ц Ч Ш Щ  
Ъ Ы Ь Э Ю Я  
  
а б в г д е ё  
ж з и й к л м  
н о п р с т у  
ф х ц ч ш щ  
ъ ы ь э ю я

## THE RUSSIANS WERE COMING

IN JULY OF 1991, 1000 RUSSIAN SAILORS IN TREE SHIPS CAME TO JACKSONVILLE, FLORIDA. THEY ARRIVED JULY 16, AND STAYED FOR FOUR DAYS FOR A GOODWILL VISIT. THE RESPONSE WAS OVERWHELMING. OVER 15,000 PEOPLE SHOWED FOR THEIR ARRIVING. WHILE HERE, THEY RAIDED THE REGENCY MALL, PLAYED VOLLEYBALL, WENT TO A BASEBALL GAME, SHOPPED AT WALMART, VISITED PEOPLE'S HOUSES, AND SHOPPED SOME MORE. THE WHOLE TIME THEY WERE HERE EVERYONE WAS EXCITED. A GOODWILL VISIT WAS NOT THE ONLY REASON THEY WERE HERE. ALONG WITH THEM WENT SOME OF THEIR ART. THIS ART WAS HUNG AT THE DOWNTOWN AND KENT GALLERIES OF FCCJ. EACH EXHIBIT STAYED UP ABOUT A MONTH IN SEPTEMBER. THEIR WHOLE VISIT WAS EXCITING AND FUN, AND WE WILL NEVER FORGET IT.  
- FLORIDA TIMES-UNION, 1991

## WHO'S WHO

AS A RESULT OF MY GOOD GRADES IN HIGH SCHOOL, I HAVE BEEN ACCEPTED TO THE *WHO'S WHO AMONG AMERICAN HIGH SCHOOL STUDENTS*. THIS HONOR WAS GIVEN TO ME IN 1991, AND I BOUGHT AND RECEIVED THE BOOK JUST BEFORE CHRISTMAS. UPDATE. BECAUSE OF MY GRADES AGAIN, NOW IN COLLEGE, I WAS HONORED WITH *THE DEANS LIST*, WHICH IS THE SAME AS THE HIGH SCHOOL HONOR BUT FOR COLLEGE STUDENTS. I AM VERY HAPPY WITH THESE HONORS AND WILL ALWAYS REMEMBER THEM.



## LAST WILL

I, ROBERT-GEORGE de STOLFE, HEREBY ANNOUNCE THE SCHOOL AS TOTALLY RECOVERED FROM THE FIRE. MY THANKS TO ALL OF MY TEACHERS I HAD THE LAST TWO AND A HALF YEARS AND TO THE TEACHERS I DIDN'T HAVE. ALSO, THANKS TO THE WHOLE FACULTY AND STAFF AND ALL MY FRIENDS FOR MAKING THIS THE BEST SCHOOL EXPERIENCE I EVER HAD!! SE ALL THE GRADUATING SENIORS AT FCCJ NEXT YEAR! PEACE FOR THE FUTURE!!  
- THE TRAVELLER, MAY 30, 1991

## FINE OR BAD

HERE IS A LIST OF OLD WINES AND THEIR CHARACTERS, WHETHER THEY WERE GOOD, BAD, OR SUPERIOR.

### YEAR GALLONS\* CHARACTER

1865	14.3	SUPERIOR QUALITY
1866	19.4	BAD
1867	3.8	MEDIOCRE
1868	12.3	VERY GOOD, ELEGANT
1869	8.5	PASSABLE
1870	4.9	GOOD
1871	5.4	MEDIOCRE
1872	4.4	FAIRLY GOOD
1873	3.1	BAD
1874	8.1	GREATLY SOUGHT
1875	21.7	PASSABLE
1876	16.1	MEDIOCRE
1877	10.4	MEDIOCRE, ACID
1878	11.8	GOOD, FINE, LIGHT
1879	2.0	COMPLETE FAILURE
1880	2.4	VERY GOOD
1881	14.6	PASSABLE
1882	7.0	MEDIOCRE, IMMATURE
1883	9.0	MEDIOCRE, ACID
1884	11.5	CONNOISSEURS' CHOICE
1885	8.1	MEDIOCRE
1886	6.5	VINTAGE UNDER SUSPICION
1887	10.4	FAIRLY GOOD, LIGHT
1888	4.6	PASSABLE
1889	6.1	VERY GOOD, PRICE HIGH
1890	5.5	ORDINARY QUALITY
1891	3.5	PASSABLE

\* YIELD IN THOUSANDS OF GALLONS

MAKES 1 1/2 QUARTS

### CHOCOLATE

8 OZ SEMISWEET CHOCOLATE  
3/4 CUP SUGAR  
1 QUART HALF AND HALF  
PINCH SALT

### -MELT CHOCOLATE

- COMBINE SUGAR, HALF AND HALF, AND SALT. STIR UNTIL SUGAR IS DISSOLVED, THEN ADD CHOCOLATE. STIR UNTIL WELL BLENDED.

- FOLLOW DIRECTIONS ON ICE CREAM

## WOODSTOCK

DO YOU REMEMBER WOODSTOCK? DID YOU GO THERE? BACK IN THE SUMMER OF 69 WHILE YOU WERE IN SCHOOL, YOU HEARD ABOUT THE THREE DAYS OF PEACE, MUSIC, AND LOVE. THREE DAYS IN THE RAIN, SUN, AND NIGHT ON THAT FARM WHICH IS NOW KNOWN AS WOODSTOCK. IF YOU REMEMBER THAT TIME AND WOULD LIKE TO SAY SOMETHING ABOUT IT, THEN PLEASE WRITE. UNTIL THE NEXT ISSUE HAVE A GROOVY 92.

## CHANGE OF HOST

AS YOU MAY ALREADY KNOW, THERE HAS BEEN A FACELIFT ON TV'S *THIS OLD HOUSE*. STARTING WITH THE 11TH SEASON, STEVE THOMAS HOSTED THE SHOW. THE REASON, BOB VILA WAS FIRED BY PBS FOR DOING OUTSIDE ADVERTISEMENTS. HE IS NOT BITTER THOUGH, HE SAYS THAT THE TEN YEARS ON THIS OLD HOUSE WAS A DONATION TO THE SHOW. THAT WAS NOT THE LAST WE SAW OF HIM, HE STARTED HIS OWN SHOW CALLED *COME HOME AGAIN* WHICH HAS FINISHED A SECOND SEASON. WITH STEVE THOMAS AS HOST AND NORM ABRAM AS CO-HOST (AND MASTER CARPENTER), *THIS OLD HOUSE* HAS REALLY GOTTEN OFF THE GROUND. FOR THE PAST THREE SEASONS (3 YEARS) THEY HAVE DONE A BARN IN BOSTON, AN ADOBE HOUSE IN SANTA FE. A TRIPLE DECKER IN BOSTON, A SHOTGUN IN NEW ORLEANS, A HISTORIC HOUSE IN BOSTON, AND A FLAT IN LONDON, ENGLAND. THE SHOW HAS REALLY IMPROVED AND SHOULD CONTINUE TO BE SUCCESSFUL FOR MANY YEARS TO COME. -TV GUIDE

## LAST SHOWS

1992 HAS BEEN A YEAR FOR LAST SHOWS. MANY SHOWS HAD THEIR SERIES FINALÉS WHILE SOME OTHERS WERE CANCELED. AMONG THESE SHOWS WERE: GOLDEN GIRLS, GROWING PAINS, MATLOCK, COSBY SHOW, Mc GYVER, WHO'S THE BOSS, THE TONIGHT SHOW WITH JONNY CARSON, NIGHT COURT, IN THE HEAT OF THE NIGHT, AND JAKE AND THE FAT MAN. THESE SHOWS WILL BE MISSED, BUT THE GOLDEN GIRLS WILL BE BACK AS A NEW SERIES, THE GOLDEN PALACE.

## OLYMPICS

THE OLYMPICS IS AN INTERNATIONAL COMPETITION OF SPORTS HELD EVERY 4 YEARS IN DIFFERENT CITIES AROUND THE WORLD. THE OLYMPICS STARTED IN ANCIENT GREECE TO HONOR ZEUS. THIS FESTIVAL HAD CONTESTS OF ATHLETICS, POETRY, AND MUSIC. IN MODERN TIMES THE OLYMPICS IS AN ATHLETIC COMPETITION. IN 1992 THE WINTER OLYMPICS WERE HELD IN ALBERTVILLE, FRANCE, AND THE SUMMER OLYMPICS WERE HELD IN BARCELONA. THERE WERE FOUR OFFICIAL LANGUAGES TO THIS YEAR'S OLYMPICS: ENGLISH, FRENCH, SPANISH, AND CATALAN. CATALAN IS NOT A DIALECT OF SPANISH BUT A LANGUAGE OF ITS OWN. ALSO, BARCELONA IS ALMOST ITS OWN COUNTRY, WITH A FLAG AND MOTTO.

de STOLFE JOURNAL  
1363 TALBOT AVE  
JACKSONVILLE, FL 32205

