

# Sanford Herald

Serving Sanford, Lake Mary and Seminole County since 1908  
86th Year, No. 227 - Sanford, Florida

## NEWS DIGEST

### INSIDE

#### Sports

##### One nine left

**GONZALEZ** — The Lyman softball and baseball teams were eliminated from the playoffs, but the Lake Brantley baseball team advanced to today's 5A-Region 1 title game.  
□ See Page 1B

#### People

##### Conserve drinking water

In her Consumer Focus column today, Barbara Gregg informs readers of the importance of protecting and conserving drinking water. She also explains how.  
□ See Page 3B

### BRIEFS

#### Food program for children

The Boys & Girls Clubs of Central Florida will be sponsoring the "Summer Food Service Program for Children" at its three Seminole County branches from June 13 through July 15.

The program is similar to the National School Lunch Program. It provides nutritionally balanced meals to children regardless of race, color, creed, religion, sex, handicap, age or national origin during summer vacation when school breakfasts and lunches are not available.

All children 18 years old and younger, both Boys & Girls Club members and non-club members, will be served for breakfast and lunch at no charge.

The following sites will be participating in the food program:

- West Sanford Boys & Girls Club, 919 S. Persimmon Ave., Sanford.
- Midway Boys & Girls Club at Midway Elementary School 2251 Jitway Ave., Sanford
- East Altamonte Boys & Girls Club at Milwee Middle School, 1341 S. County Rd. 427, Longwood.

For more information on the programs available, call Don Miller, area director of the Boys & Girls Club in Seminole County, at 330-2456.

#### Weekend to do guide

• Saturday, May 14, "Sharing Memories" in downtown Sanford from 10 a.m. until 9 p.m. The event features antique cars, special sales, entertainment, food, costumes and historical photographic window displays by downtown merchants.

• Saturday, May 14, The Seminole County Full Service Schools will be sponsoring a march and a services fair in the Goldsboro Community and at the Crooms School of Choice.

At 9:30 a.m. those who would like to participate in a "Let's Take Back Our Community" march are being asked to meet at the corner of Lake Avenue and 13th Street. The march will begin at 10 a.m. and travel down 13th Street toward Crooms.

At Crooms, following the march, there will be an event that will provide resource information, a luncheon, a health fair, motivational talks from individuals and organizations and fun and games for all ages.

Otis Smith of the Orlando Magic will be there as well.

#### Roast the sheriff

Sheriff Don Eslinger will be "roasted" on Saturday evening for the benefit of the Good Samaritan Home in Sanford.

The annual fundraiser for the home is expected to be attended by more than 350 people.

The event will take place at the Sheraton Orlando-North in Maitland.

Among the roasters will be U.S. Congressman John Mica, Brevard-Seminole State Attorney Norm Wolfinger, Sanford Mayor Bettye Smith, Sanford Port Authority Director Dennis Dolgner and Dr. Frank Clontz.

Former State Representative Art Grindle will be the master of ceremonies.

### INDEX

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Deaths.....5A	Religion.....5B
Dr. Gott.....5B	Sports.....1B,2B
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Florida.....2A	Weather.....2A

#### All clear for the weekend



Partly sunny. High around 90. Wind east 10 mph.

For more weather, see Page 2A

# The stages of murder

## Babysitter arrested in tot's death

By NICK PFEIFAUER  
Herald Staff Writer

SANFORD — Sanford Police have arrested Eric Todd Crane, 20, of Sanford, whom they say will face charges of first degree felony murder in the death of a toddler.

Fifteen-month old Blake Austin Francis was pronounced dead yesterday at Arnold Palmer Hospital for Children and Women, where he was taken earlier after reportedly receiving severe injuries at Crane's residence, 3202 Orlando Drive in Sanford.

According to the arrest report, at approximately 12:50 a.m. Thursday, "Eric Crane took Blake Austin Francis to the C.F.R.H. (Hospital) for treatment. The child's injuries were so serious that he was immediately transported to the Arnold Palmer Hospital in Orlando."

The child died at 12:35 yesterday.

□ See Arrest, Page 5A



Eric Todd Crane, 20, is led from the Sanford police station following questioning in a murder yesterday.

## Husband sentenced to life in prison for strangling wife

By SANDRA ELLIOTT  
Herald Staff Writer

SANFORD — A Winter Springs man was sentenced to life in prison Thursday after a circuit court jury convicted him of first degree murder in the strangulation death of his estranged wife.

Robert Ormiston, 40, will serve 25 years in prison without chance of parole for the death of Becky Ormiston, 31, in March 1993. After killing his wife, Ormiston put her body in a car trunk where it was discovered three days later. Ormiston took the couple's two small children and fled. He was arrested in Pennsylvania. The couple was divorcing and he had temporary custody of the children and their home.

As the guilty verdict was read, Ormiston expressed no emotion

although he looked back in the direction of a group of his wife's relatives, who were in court and nodded.

Ormiston admitted strangling his wife, who was a registered nurse, but claimed it happened while he was under the influence of drugs prescribed to treat ongoing mental problems. He had told several people he took more than the prescribed amounts of the pills. When the couple began to fight after Becky arrived to pick up the children, Ormiston lost control and strangled her. The children were at a baby sitter's home, the defendant claimed during the trial.

Assistant state attorney Charles Tabscott challenged Ormiston's version of the events during the eight-day trial.

Ormiston's defense attorney, □ See Convicted, Page 5A

## Locked up for Jerry's kids



Frances Schembri, manager of the Sanford Kmart, was taken into custody on Wednesday afternoon for the benefit of the Muscular Dystrophy Association (MDA). Robyn Bellus, program coordinator for MDA, got the "prisoner" ready for her stay in a jail cell at Willitt Cadillac during the Jail N' Bail fundraiser.

# New law a blow to abortion protesters

From Staff and Wire Reports

WASHINGTON — Anti-abortion groups say court challenges are likely against congressionally approved legislation forbidding blockades, violence or threats against abortion clinics.

The Senate gave final legislative approval on Thursday to the measure, which abortion rights activists have sought in response to more than 1,000 violent incidents at clinics since 1977. The bill, which President Clinton is expected to sign quickly, would take effect as soon as he signs it.

The legislation approved Thursday makes it a federal crime to block access to an abortion clinic or to use force or threats against people using such facilities or working there.

Central Florida is at the national forefront of the abortion protest issue. On April 28, the U.S. Supreme Court heard arguments on a case involving a Longwood woman who said a "bubble zone" around the Aware Woman Center for □ See Abortion, Page 5A

# Focus on families: Parade, displays

By VICKI DeSORMIER  
Herald Staff Writer

SANFORD — Schools in Seminole County are not just places where students go to learn the Three R's anymore.

With a federal grant, some schools are doing all that they can to provide for the students needs both in and out of the classroom. Through this effort, it is hoped, the students will be better prepared to learn.

The program, called Full Service

Schools, is designed to assist the "at-risk" students and their families. These students, often at the risk of dropping out or worse, are given added support through a variety of programs.

At the Crooms School of Choice, Seminole High School, Midway Elementary School and Geneva Elementary School, students and families are given help in receiving medical care, dental care, financial assistance and other support they might not be able to get otherwise due to transportation and other barriers.

"We are trying to do all that we can to empower these people to help themselves by making things easier for them to find," said Helen Morris of the Full Service Schools program.

It is an effort to bring the services together in one location so that families in need can get the help they need to help the students do better in school, organizers say. With fewer concerns on the homefront, they hope, the students will have more time to concentrate on the problems of school work.

A major event in the mission of the Full Service Schools will be the

second annual "Keep Our Community Healthy" campaign.

The event will be at the Crooms School of Choice on Saturday, May 14.

The event is open to all of those in the community who are in need.

In addition to providing educational information on everything from immunizations to fire safety to social services, there will be fun events as well.

Organizers said that Otis Smith of the Orlando Magic will be at the event to talk to fans and sign □ See Families, Page 5A

## Cop will be fine after car crash

By VICKI DeSORMIER  
Herald Staff Writer

SANFORD — Patrolman Kenny Kaiser of the Sanford Police Department will be fine following an automobile accident late Thursday night.

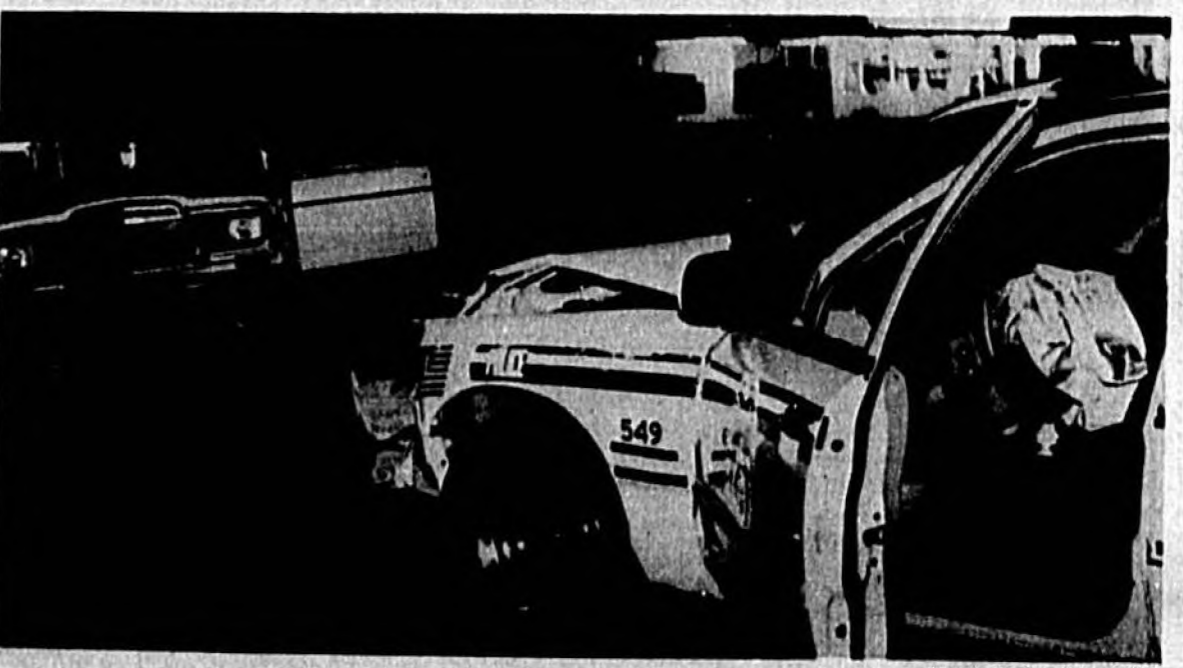
Kaiser was injured when his patrol car collided with a Jeep driven by Hal R. Gunner of 998 Country Club Road in Sanford.

According to the police report, Kaiser was traveling northbound on U.S. Highway 17-92 near 27th Street in Sanford when Gunner made a left hand turn in front of the officer's vehicle.

The police report says Gunner ignored a red turn signal when he made the left turn.

The report also states that Kaiser's car struck the other vehicle at about 45 miles per hour.

Gunner was not injured in the accident. Kaiser was taken to the Orlando Regional Medical Center as he was unconscious when emergency crews □ See Crash, Page 5A



Patrolman Kenny Kaiser was injured after his car collided with a Jeep last night.

FLORIDA BRIEFS

Death row sentence reconsidered
TALLAHASSEE - A man condemned to death for murdering his neighbor in a dispute over a lawn-mowing bill...

Bills signed for county tags, child abuse
TALLAHASSEE - Counties would be able to replace their names on license plates with the words "Sunshine State"...

Brain-dead teen dies of heart failure
BRADENTON - A 15-year-old girl, whose four-month coma started a national debate over when medical care should be discontinued...

Campaign officials confer on debates
TALLAHASSEE - Republican gubernatorial campaign officials plan to confer next week on formats for a possible series of debates...

It's a matter of principals
The Rotary Club of Lake Mary recently honored the principals in Sanford and Lake Mary who are helping mold the future leaders...

Hook threatens endangered turtle
TALLAHASSEE - Sea turtles and marine animals are the real victims as sports and commercial fishermen wage political wars...

Crack possession charged
Joseph James McGibany, 24, address refused, was arrested on a possession of "crack" cocaine charge by Sanford police...

Truck burglarized
Four West Volusia Plumbing trucks were reported burglarized at the company compound at 480 Dolinger Place in Port of Sanford...

Crimes reported to Sanford police
A 1100 block Oak Avenue, possessions valued at \$1,500 were reported taken sometime between 10 p.m. Tuesday and 6:30 a.m. Wednesday...

NEWS FROM THE REGION AND ACROSS THE STATE
State tourism down in February

By ADAM YEOMANS
Associated Press Writer
TALLAHASSEE - Florida tourism is showing signs of recovery this spring but officials say it's too early to predict a long term recovery for the \$31 billion industry...

One month's figures do not tell a complete story on long term trends but certainly the March number is very encouraging.
-Charles Dusseau
Initial estimates for March show auto travelers will be down by 8 percent. But the number of air travelers will increase by an estimated 6.3 percent...



It's a matter of principals
The Rotary Club of Lake Mary recently honored the principals in Sanford and Lake Mary who are helping mold the future leaders...

Hook threatens endangered turtle

By BILL BERGSTROM
Associated Press Writer
TALLAHASSEE - Sea turtles and marine animals are the real victims as sports and commercial fishermen wage political wars...

POLICE BRIEFS

Members of the City/County Investigative Bureau, CCIB, made two arrests Wednesday, connected with an undercover drug operation...

Car chase
Sheriff's deputies arrested Carl Douglas Bulow, 34, 2811 Grove Drive, Sanford, following a traffic stop on Kentucky Avenue...

Fire problem
Sanford police arrested Peter A. Campbell Sr., 55, of Groveview Apartments, Sanford, on Tuesday...

Motel room fire
Sanford firemen responded to a fire call at a motel room in the 2700 block of S. Orlando Drive at 1:30 a.m. Tuesday...

Domestic case
Joseph Michael Janosh, 22, 30 Shenandoah Village, Sanford, was arrested by deputies on Long Pond Road at Markham Woods Road Tuesday...

Attempted murder charged
A Winter Park man was arrested by Seminole County deputies on a charge of attempted murder at his home early Thursday morning...

Stalking charged
Michael James Walsh, 24, 1401 Cedar Creek Circle, Apt. 402, Sanford, was arrested on a stalking charge by Casselberry police...

Domestic violence
Conell Clifton Bedford, 41, and Anthony Gary Ware, 19, both of 2240 Ridgewood Ave., Apt. 211, Sanford, were arrested on domestic violence battery charges...

Marijuana
Blendo Rodriguez Jr., 25, 472 Sun Lake Circle, Lake Mary, was arrested on a marijuana possession charge Wednesday by a Sanford police officer...

'Crack' possession charged
Joseph James McGibany, 24, address refused, was arrested on a possession of "crack" cocaine charge by Sanford police...

Cops say man left accident scene
Ted Tuttle, 19, 349 Forest Park Circle, Longwood, was arrested on a charge of leaving the scene of an accident with injuries by Altamonte Springs police Wednesday...

Warrant arrests made
The following wanted persons were taken into custody: Donald Robert Comello, 34, 1507 Summerline Ave., Sanford...

Truck burglarized
Four West Volusia Plumbing trucks were reported burglarized at the company compound at 480 Dolinger Place in Port of Sanford...

Crimes reported to Sanford police
A 1100 block Oak Avenue, possessions valued at \$1,500 were reported taken sometime between 10 p.m. Tuesday and 6:30 a.m. Wednesday...

Business leaders' forecast
Once-slumbering economy has reawakened

Defense Secretary William Perry planned to talk publicly to the gathering about foreign policy and reshaping the military...

Corporate economists also predicted that inflation - while moderate - will move steadily higher before peaking at between 4 percent and 4.5 percent sometime after 1995...

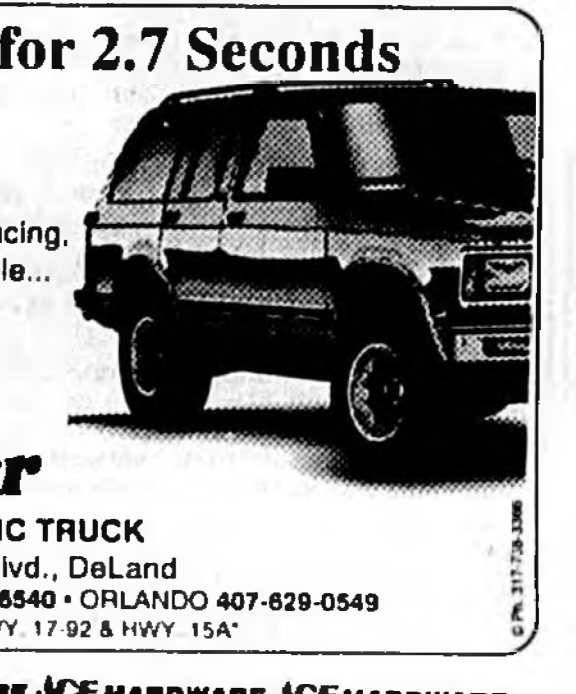
The council predicted economic growth probably will slow to around 3 percent this year. That would follow a stunning 9 percent annual rate of increase as measured by the gross domestic product in the final three months of 1993...

Colleges offer weekend classes

SANFORD - If you have been putting off going back to college because you just couldn't fit it into your schedule, you're out one excuse...

We're Only Asking for 2.7 Seconds

That's the amount of time most will spend on an ad. So...if you seek quality automobiles, top service, available financing...



THE WEATHER

Table with 4 columns: LOCAL FORECAST, EXTENDED OUTLOOK, MOON PHASES, TIDES. Includes weather icons and forecasts for the next few days.

NATIONAL TEMPS

Table with 4 columns: City, High, Low, Precip. Lists temperatures for various cities like Chicago, Atlanta, Baltimore, etc.

STATISTICS

Table with 4 columns: Category, Value. Includes statistics like High temperature in Sanford, Relative Humidity, Wind speed, etc.

Sanford Herald
Friday, May 13, 1994
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THE WEATHER
LOCAL FORECAST
Tonight: Fair. Low in the upper 60s. Wind east 5 mph.

NATIONAL TEMPS
Temperatures indicate previous day's high and overnight low to 8 p.m. EDT.

STATISTICS
The high temperature in Sanford Thursday was 91 degrees, as recorded by the National Weather Service at the Orlando International Airport.

ACE Hardware Stores
SANFORD TRUCKLOAD BIRD BATH
ACE Hardware Stores \$16.88
WILD BIRD SEED \$5.44
LARGE SELECTION OF FOUNTAINS ALL ON SALE! Starting from \$1.99

JCPenney
BUY & SAVE
FOR WOMEN 2 for \$30
FOR CHILDREN 2 for \$13
FOR MEN 2 for \$32
FOR HOME 3 for \$9.99





# Sports

# B

## IN BRIEF

### LOCALLY

#### Pop Warner registration

LONGWOOD — The Lyman Pop Warner Youth Football organization will conduct its final registration for players and cheerleaders between 10 a.m. and 2 p.m. this Saturday, May 14, at Lyman High School.

Returning program members and newcomers alike can register at this time. Players must be between 7 and 15 years old and 50 and 140 pounds. Children new to the program should bring a photo of themselves and a copy of their birth certificate.

The registration fee is \$90, which includes 30 raffle tickets.

Also, adult volunteers are needed to help coach the football and cheerleading squads.

For more information call Larry Sylvester (290-1814), Chery Gray (830-8775), or Darlene Knight (260-1943).

#### USPTA Tennis Day

SANFORD — Sylvan Lake Park will be the site of the local celebration of the USPTA's Across America Tennis Day on Saturday, May 14.

Activities planned for the event, which is scheduled to last from 11 a.m. to 2 p.m., include free clinics for adults and juniors; fastest serve contest; hit-and-win court (hit a prize and win it); stringing seminar; Dunlop racquet demo social round robin; and prizes and refreshments.

Local tennis pros who will be conducting clinics and drills include Marc Tomlin (Sylvan Lake), Nata Treise (Timacuan), Andre Janeki (Dunlop representative), Amre Sammakia (Bayhead), and Paul Kobylarz (Sylvan Lake).

For details, call Marc Tomlin, 322-6567.

#### O-Cubs bury Knoxville

ORLANDO — A six-run first inning started the Orlando Cubs on their way to a 14-2 rout of the Knoxville Smokies in Southern League play Thursday night at Tinker Field.

Each Cub had at least one hit and three had three hits apiece.

## AROUND THE STATE

#### Bucs' Gay Culverhouse resigns

TAMPA — Gay Culverhouse will step down as president of the Tampa Bay Buccaneers on June 1 to resume her career in education and community service, the team said Thursday.

The daughter of Bucs owner Hugh Culverhouse was a faculty member at the University of South Florida when her father asked her to join the front office of the club eight years ago.

#### Jordan lifts Barons over Suns

JACKSONVILLE — Michael Jordan drove in the game-winning RBI with a two-out single in the ninth to lead the Birmingham Barons to a 5-4 victory over the Jacksonville Suns on Thursday.

Jordan was 2-for-5 with two RBIs.

#### Bulls: Magic tampering

CHICAGO — The Chicago Bulls have filed tampering charges with the NBA against Orlando Magic president Bob Vander Weide for his comments about forward Horace Grant during a telecast last week.

The Bulls claim that Vander Weide's comments — made during a New York Knicks-New Jersey Nets telecast on TNT — constitute tampering under the NBA constitution.

"Certainly have to be careful how we talk about a Horace in light of July 1 dating (when Grant would become a free agent)," Vander Weide said on the telecast. "If you look at the players around the league, those becoming unrestricted, Horace would have to fall on the very short list, or only person on the list that would be a true compliment to this team."

## WHAT'S HAPPENING

### TODAY

#### Baseball

5A-Region I championship game at Gonzalez-Tate High School: Lake Brantley vs. Ft. Walton Beach-Choctawhatchee, 7:30 p.m. CDT.

#### Track and Field

Class 4A state track meet, Percy Beard Complex, Gainesville, 3 p.m.

### SATURDAY

#### Track and Field

Class 5A state track meet, Percy Beard Complex, Gainesville, 3 p.m.



#### NBA PLAYOFFS

8 p.m. — TNT, New York Knicks at Chicago Bulls, (L)

Complete listings on Page 2B

# Not all dreams come true

## 'Hounds fall in semifinals

By TONY DESORMIER  
Herald Sports Editor

LAKELAND — What had been a season of firsts for the Lyman Greyhounds ended Thursday with their second loss of the season, a 4-3 setback at the hands of the Cooper City Cowboys in the Class 5A fastpitch softball state semifinals at the Southwest Sports Complex.

The Greyhounds, who won the first district, regional, and sectional softball championships in the school's history on their way to the semifinals, finish the season 23-2.

Cooper City (28-1), the two-time defending Class 4A slowpitch softball state champion, advances to this evening's state championship game at 7:30 p.m. against the winner of Thursday's semifinal between West Orange and Miami-Southridge.

All the kind words and reassuring hugs from family, friends, and fans after the loss were little consolation to the Lyman Greyhounds, who knew that the berth in the state championship game was theirs for the taking.

"On a different day, we would've beaten them," said Lyman coach Christy Tibbitts. "We had runners in scoring position, we just couldn't push them across the plate."

In all, Lyman stranded 10 runners on base during the seven-inning game, leaving the bases loaded in the sixth inning and runners on second and third base in both the third and fourth innings.

While dodging bullets on defense, the Cowboys slowly worked their way back from a 3-1 deficit on offense, tying the score when Amy Winer hit a two-out single to score Lauren Matola in the bottom of the fifth inning.

Cooper City's game-winning rally began with two outs in the bottom of the seventh. Kim Glazer singled, stole second, and scored on a single by Natalie Baez.



Lyman catcher Wendy Acey ended her high school career with a 3-for-3 effort during the Greyhounds' 4-3 Class 5A state semifinal loss to the Cooper City Cowboys that included a triple, double, and one run scored.

CLASS 5A STATE SEMIFINALS	
Southwest Sports Complex, Lakeland	
Lyman	002 100 0 - 3 10 2
Cooper City	100 118 1 - 4 16 1
Two outs when winning run scored: WP — Bishop and Acy, Sawyer and Sandier; WP — Sawyer (24-0), LP — Bishop (22-2), Save — None; 2B — Lyman, Acy; 3B — Lyman, Acy and Crager; HR — Cooper City, Sandier; Records — Lyman 23-2, Cooper City 28-1.	

The Cowboys scored first, parlaying a single by Jill Hallowell and two Lyman errors into a run in the bottom of the first inning. Lyman went ahead 2-1 in the top

of the third inning. Wendy Acey led off with a triple and, an out later, scored on Michelle Bishop's single. Carolyn Crager then tripled home Bishop. Karen Kalicak followed with a walk and stole second, but was left on base along with Crager.

Stacey Ritter, Acy, and Bishop put together three singles for Lyman's run in the fourth inning. Ritter scoring on Bishop's two-out hit. A wild pitch put Acy and Bishop on third and second, respec-

See Softball, Page 2B

## Triple play helps Beer: 30 stay undefeated

From Staff Reports

SANFORD — Beer:30 got its first scare of the season while Briar Corporation and the Wayne Densch-Budmen brought out the big bats to highlight play in the Sanford Recreation Department Men's Spring Thursday Night Softball League at Pinehurst Park.

Beer:30 (3-0), which had cruised to two relatively easy victories, needed a triple play in the third inning to maintain a 1-1 tie with The Utter Guys (1-1). But the Beer:30 offense finally struck for two runs in the fourth and three in the fifth and the league leaders went to post a 6-2 triumph.

The other two games were decided by the 20-run mercy rule.

Briar Corporation (2-1) fell behind Ryder MLS (0-3), 1-0, in the top of the first inning, but answered with a 22-hit attack that produced seven runs in the first inning, four in the second and 10 in the third to end the game, 21-1.

The nightcap found the Budmen (2-1) doing even a little better as they came up with 26 hits and used a 16-run fourth inning to rout Mobilite (0-2), 24-4.

Leading Beer:30 were Tim Allison (two singles, run, RBI), Spencer Baggett (triple, run, RBI), Rodney Curry (double, RBI), Jerry Camus (single, run, RBI), Mike Miller and Jim Reid (one single and one RBI each), Chuck Cornetto, Bob Garner and Dave Coss (one single and one run each) and Dave Bennett (run).

Providing the offense for The Utter Guys were Donnie McCoy (two singles, RBI), Frank Van Pelt (two singles), Tom Pettinato (triple, run), Wayne Walker (triple), Tom Lundy (double, run), Mike Noto (single, RBI) and Mark Bolton, Rich Hemminger and Frank Turner (one single each).

Powering Briar Corp. were Tom Ryan (home run, two singles, two runs, four RBI), Ruben Garcia (triple, double, single, run, three RBI), J.J. Jiles (triple, two singles, three runs, three RBI), Buddy Lennon (triple, two singles, two runs, three RBI), Duke Ferretto (two doubles, single, three runs) and Don Baldwin (two home runs, two runs, four RBI).

Also hitting were Grover Marks (double, run, RBI), Allan Truskauskas (double, run), Bert

See Pinehurst, Page 2B

The Utter Guys	001 000 1 - 2 11
Beer:30	010 220 x - 4 11
Ryder MLS	10 0 - 1 4
Briar Corporation	74(10) - 21 22
Mobilite	022 0 - 4 9
Wayne Densch-Budmen	431 (16) - 24 26



Levi Raines Jr. tripled home a run, then stole home himself during a 15-run rally by the Sunniland Red Sox in the top of the third inning.

## Chase leaders employ late rallies

From Staff Reports

SANFORD — The top three teams in the Sanford Recreation Department Men's Spring Thursday Night Slowpitch Softball League came out victorious at Chase Park, but it was anything but easy.

Undefeated Roince/Florida Sport Wear (3-0) never trailed, but needed a four-run sixth inning and a seven-run seventh to turn a pretty good battle into a 21-8 triumph over Deskmate (0-2).

Ken Rummel Chevrolet (2-1) came from behind

## Red Sox ready to defend title

From Staff Reports

SANFORD — The Red Sox are ready. The Sunniland Corporation-sponsored defending City Champions of the Sanford Recreation Department Little Major Baseball League showed Thursday that they're ready to defend their crown as they exploded for 15 runs on 12 hits in the third inning to whip the Stairs Realty White Sox 16-1.

In the other game, at Lakeside Field, the Fabri-Care Marlins climbed above the .500 mark by scoring five runs in the bottom of the fourth inning to trip the Expos, 12-9.

The Little Major regular season is scheduled to end Saturday with tripleheaders at the two fields in Ft. Mellon Park.

At Roy Holler, the Cook Construction Orioles (8-7) challenge the Red Sox (15-0) at 8 a.m.; the Disabled American Veterans (DAV) Royals (11-3) face the Fisher, Laurence, Deen & Fromang Blue Jays (2-12) at 10 a.m.; and the First Union Bank A's (2-13) take on the White Sox (7-8) at noon.

At Lakeside Field, the Freddie Howard Pirates (5-8) battle the National Division champion Railroaders Cubs (13-1) at 8 a.m.; the Fun World at Flea World Cardinals (4-11) welcome the Marlins (8-7) at 10 a.m.; and the Expos (2-13) play the Rinker Materials Dodgers (11-4) at noon.

With the score tied 1-1 after two innings, the Red Sox' big inning started innocently enough with a one out walk to Julius Griffin. But the next 10 batters reached base before the second out could be recorded and the next six followed by reaching base and the game ended by the 15-run mercy rule.

Contributing for the Red Sox were Nick

See Little Majors, Page 2B

ROY HOLLER FIELD		10(15) - 16 14
Red Sox	10 15 0 - 6 10 1	
White Sox	10 x - 1 1	
LAKESIDE FIELD		321 31 - 9 4
Expos	321 31 - 9 4	
Marlins	411 31 - 12 9	

Ken Rummel Chevrolet	105 112 3 - 12 13
M.A. Erectors	230 120 0 - 9 19
Roince/Florida Sport Wear	403 014 7 - 21 28
Deskmate	220 112 0 - 8 20
Stiffley's Affordables	210 020 0 - 5 11
Touchdown Pub	004 040 x - 8 14

twice, capped by a two-run sixth inning that erased a 9-8 deficit, and added two insurance runs in the seventh to best M.A. Erectors (1-2), 12-9, despite being outth 19-13.

See Chase, Page 2B

STATS & STANDINGS

DOGS

Table of dog races including Thursday night, Second race, Third race, Fourth race, Fifth race, Sixth race, Seventh race, Eighth race, Ninth race, and 10th race.

BASEBALL STANDINGS

Table showing National League All Time EDT East Division and West Division standings.

AMERICAN LEAGUE

Table showing American League All Time EDT East Division, Central Division, West Division, and Thursday's Games.

FLORIDA STATE LEAGUE

Table showing Florida State League Eastern Division and Western Division standings.

BASEBALL LEADERS

Table showing National League batting leaders.

BASEBALL LEADERS

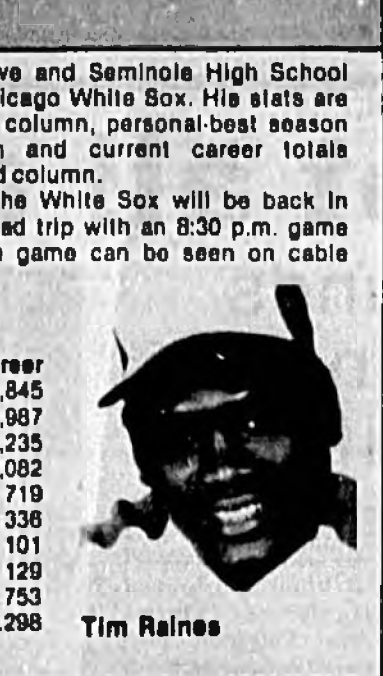
Table showing National League batting leaders.

AMERICAN LEAGUE

Table showing American League batting leaders.

RAINES GAUGE

Table showing Raines Gauge statistics for Tim Raines, including Games, At-bats, Runs, Hits, RBIs, Doubles, Triples, Home runs, Steals, and Average.



Tim Raines

NBA PLAYOFFS

Table showing NBA Playoff schedules for Eastern Conference, Western Conference, and NBA Finals.

USBL STANDINGS

Table showing USBL Standings for Eastern Conference, Western Conference, and Conference Finals.

NHL PLAYOFFS

Table showing NHL Playoff schedules for Eastern Conference and Western Conference.

TRANSACTIONS

Table showing baseball transactions including suspensions, activations, and assignments.

Chase

Continued from 1B

And Touchdown Pub (2-1) also came back from 3-0 and 5-4 deficit to trim Stiffey's 5-4... Facing Ken Rummel were Chris Nickle (double, single, two runs), David Goldstick (two singles, two runs, three RBI), Scott Murphy (two singles, run, two RBI), Jim Davis (two singles, two runs, RBI), James Thompson (two singles, run, RBI), Cary Keefer (single, three runs), Brian Curtis and Jeff Futrell (one single and one RBI each), Chris Wargo (run) and Kirby Swinehart (RBI).

Pinehurst

Continued from 1B

Burgess (single, two runs, two RBI), Beau Myers (single, two runs, RBI) and Anton Mansey (single, two runs). Doing the hitting for Ryder M.S. were Billy Osborne (two singles, run), Craig Micken and Mario Beauchamp (one single each) and Don Barrows (RBI).

Softball

Continued from 1B

where they stayed. In the sixth, Ritter reached on an error and was doubled to third by Acy. Bishop's two-out walk loaded the bases but again, the Greyhounds came away empty. Lyman's main nemesis was Cooper City first baseman Elizabeth Baucom.

Baseball

Continued from 1B

This year, the Florida High School Activities Association went from four to five enrollment classifications and, with the addition of the runner-up team in each district tournament advancing to the playoffs, replaced the regional and sectional games with a subregional game and regional tournament.

Little Majors

Continued from 1B

Erickeon (two doubles, single, three runs, two RBI), Matt Mergo (double, single, run, two RBI) and Troy Brinson and Randy Ford (two singles, two runs and one RBI each).

Chase

Continued from 1B

Also contributing were H.J. Holt (single, run, RBI), Paul Rodriguez (single, two runs), Glen Stewart (single, RBI) and Chris Bullock (single, run).

Softball

Continued from 1B

where they stayed. In the sixth, Ritter reached on an error and was doubled to third by Acy. Bishop's two-out walk loaded the bases but again, the Greyhounds came away empty.

Baseball

Continued from 1B

This year, the Florida High School Activities Association went from four to five enrollment classifications and, with the addition of the runner-up team in each district tournament advancing to the playoffs, replaced the regional and sectional games with a subregional game and regional tournament.

Advertisement for Seminole Greyhound Park Dog Racing, featuring the text 'HAVE FUN WIN MONEY DOG RACING' and contact information.

# People

## IN BRIEF

### Fresh corn, other produce for sale

SANFORD — The youth of the First United Methodist Church will be selling produce Saturday, May 14, from 10 a.m. to 2 p.m., at the church, Park Avenue and Fifth Street, Sanford. Proceeds will benefit the youths' summer activities.

On sale will be white, yellow or mixed corn, watermelons, canteloupes and other veggies straight from Zellwood farms. The Rich Plan has donated a refrigerated truck to haul the produce soon after it is harvested. The corn will be sold by the ear or by the crate.

### Benner elected ADK president

Leah Benner, media specialist at South Seminole Middle School, was recently elected president of Alpha Delta Kappa, an honorary sorority for women educators.

She will serve for two years.

Antonia Howington, Latin teacher at Seminole High School, was installed as the group's corresponding secretary.

ADK has 4,000 members in Florida.

### Hattaway to head court

James Allen Hattaway, son of Mr. and Mrs. James Michael Hattaway of Winter Springs, has been named Chief Advocate of the Moot Court Society of the Shepard Broad Law Center at Nova Southeastern University.

The Moot Court Society is an honorary student organization that sponsors and competes in national and international tournaments approximating appellate-level trial work.

The tournaments are designed to hone competitors' litigation strategies and courtroom skills.

Hattaway will graduate in Dec. 1994 and plans to return to Seminole County to practice land use and real estate law.

### Greek Extravaganza set

The Sanford Alumnae Chapter of Delta Sigma Theta sorority is finalizing plans for a Greek Extravaganza which will be held in the Fine Arts Building at Seminole Community College.

The fun will begin at 7:30 p.m. on Saturday, May 28.

In addition to performances by talented local young people, the three 1994 scholarship recipients will also be introduced and presented with awards.

Admission to the event is free. Members of the audience may purchase tickets for door prizes for \$3 each.

Tickets may also be purchased in advance from members of the sorority.

## CALENDAR

### Blood Bank seeks donors

Central Florida Blood Bank is asking donors of all types of blood — especially O-type donors — to donate at its Sanford branch, 1302 E. Second St. For information, call 322-0822.

### Poets to talk verse

First Florida Poets meet at 10 a.m. every Monday at the Deland Public Library. Interested poets are welcome.

For more information, please call Bob Sheldorf, 904-738-0416, or Virginia Martin, 904-775-8909.

### Sanford Rotarians to meet

Rotary Club of Sanford meets every Monday at noon, at the Sanford Civic Center.

### Bridge club meets every Monday

Lake Mary Seniors invite anyone 55 years or older to play party bridge. The Party Bridge Club meets every Monday between 1-3 p.m. at the Lake Mary Senior Center at the Old City Hall, 158 N. Country Club Road.

### Cancer support group meets

Support, Hope and Recovery, S.H.A.R., meets every Monday afternoon at 5 p.m. at Central Florida Regional Hospital in the far corner of the dining room. This is a self help support group for all cancer survivors, whether in treatment now or finished with it. Call 324-8737 or 322-7785 for more information.

## NEW ARRIVALS

The following births have been recorded at HCA Central Florida Regional Hospital, Sanford:

April 24 — Melissa Miro and Darrell Horton, Sanford, girl  
 April 25 — Dianne and Charles Perry, Sanford, girl; Angela Perdue, Sanford, girl

April 26 — Wanda Tillman and Charles Daymon, Sanford, boy

April 27 — Jennifer and John Long, Sanford, boy  
 April 28 — Paulette Wade, Sanford, girl; Valeri Smith and Gerald Craig, Geneva, girl  
 April 29 — Marie S. and Brian P. Baumgardner, Sanford, boy; Teri and Scott Brooks, Sanford, girl  
 May 1 — Catherine Anderson, Sanford, boy; Patricia and James Thomas, Sanford, girl

## Sound of Sunshine installs new officers

Installation of new officers was held recently for the Sound of Sunshine Championship Show Chorus with longtime member Alice Tosi officiating.

Installed were Marie Cason, president; Ann Stegman, vice president; Marsha Williams, recording secretary; Claudia Grises, corresponding secretary and Jeanne Osborn, treasurer.

The evening was highlighted by the highest honor (Sweet Adeline of the Year) being given to Ann Stegman. Members of the 122-voice chorus all voted for their favorite and Ann stood out among the nominees.

Sue Baker was the mistress of ceremonies entertaining the group with poems about chorus members. She introduced several of the chapter quartets who entertained with some real "toe-tapping" music.

Nancy Lewis, chorus director, announced the busy schedule for the chorus during the next

few months as they prepare for the Sweet Adeline International Competition to be held November 1994 in Reno, Nev. Plans were discussed for a weekend retreat which will provide fun, relaxation and additional coaching sessions for all chorus members.

Members of the Famous Beach Chorus from Daytona Beach also attended the installation festivities and presented the Sound of Sunshine Chorus with a generous check for their recent participation in their annual show. These funds will help the Sound of Sunshine get to Reno.

The evening ended with refreshments for everyone, handled by the social committee.

The Sound of Sunshine is always looking for new members, so, if you like to sing and would enjoy being part of a four-part harmony barbershop style chorus, please call 407-322-8254 (Florence Korgan) for information.

# Give our drinking water a hand

"It's time to make taking care of our water resources second nature," urges John Daniel, chair of the National Drinking Water Alliance. "All the fresh water on the continent is a potential source of drinking water. That's why it's important to protect and conserve it," he explains.

National Drinking Water Week, May 1-7, was an opportunity to make a habit of some simple water-wise actions. One of the actions recommended is turning off the water while you brush your teeth. This easy action could save each person about 100 gallons of water a month!

Setting aside a box to collect household toxic materials, like paint, caustic cleaners, turpentine, left-over bug sprays, and lawn and garden chemicals is also a good habit. Pouring them down storm sewers, drains, or putting them in landfills could contaminate water. Dispose of these harmful substances during special hazardous waste collection days. Every person can protect water resources from contamination. In addition, people can fill a pitcher with tap water and put it in the refrigerator for drinking. This not only will dissipate any trace of chlorine, it will also save water by not letting the tap run each time you, or a family member, are thirsty. There are times, however, that it is better to let the tap run — when household plumbing systems contain lead solder or pipes. Running water until it's cold can flush out standing water which may have accumulated traces of lead. Not all homes have lead in their plumbing systems, but flushing is a good habit to form for those



CONSUMER FOCUS

BARBARA HUGHES/GREGG

who do.

For a free brochure on ways to protect and conserve water, contact National Drinking Water Week Headquarters, c/o Public Information, American Water Works Association, 6666 W. Quincy Ave., Denver, Colo. 80235, (303) 794-7711.

More than 339 billion gallons of water are used in the U.S. each day. If every household saved just 1 gallon per day, we'd save 84 million gallons a day — enough to supply the residents of a city the size of Baltimore, Md. for one year. Develop water-wise habits and use only the water you need. Eliminate waste by fixing leaks, saving rain water for plants, installing low-flow fixtures, and, in general, remembering to slow the flow!

More pesticides contaminate water than any other substance and we use more than 1 billion pounds each year. Find alternatives to harmful, toxic pest killers for your garden. Geraniums, for example, repel Japanese beetles, garlic and mint repel aphids, and marigolds repel whiteflies.

We generate almost 2 billion pounds of hazardous waste each year in our homes from household cleansers and chemicals. Take used household batteries, paints, solvents, automobile fluids, mothballs, paint strippers, and most polishes to a hazardous waste collection center. These products can pollute water if not disposed of properly.

Americans use nearly 1.3 billion gallons of motor oil, but less than one-half is reprocessed by recyclers. Motor oil, poured down sewer drains or on the ground, can contaminate water. Take your used motor oil and other automobile fluids to service stations and retail stores that recycle.

On average, 50-70 percent of household water is used outdoors for watering lawns and gardens. Find "smart" plants, grasses, and ground coverings that are adapted to the local climate and don't need a lot of additional water.

Inside your home, you use more water in the bathroom than any other place. For example, the average shower takes up to 50 gallons. A low-flow shower head can save up to 50 percent of the water you're using to take a shower. Low-flow toilets and faucet aerators can save another 25 gallons a day.

Your city government and state officials regularly make decisions that can affect the quality of your drinking water resources. Ask how these decisions will affect your water resources and drinking water. Voice your opinion on protecting water and speak out for wise-water policies.



### Safety tips

Bill Bernosky of the Sanford Police Department (left) was guest speaker at a recent weekly coffee at Bram Towers. Bernosky, commander of school resource officers and community public relations officer for the police department, has been with the SPD for 24 years. He spoke on crime prevention, how to protect oneself and gave examples of safety, etc. Shown with Bernosky are Dottie Davenport (center) and Bill Giles, chairman of the Bram Towers Tenant Council.

Herald Photo by Herman Schroeder

## Cats should not be free to roam

**DEAR ABBY:** I feel compelled to write regarding the letter from "Zelda D., Hesperia, Calif.," who wrote concerning the death of her cat Princess, who had been killed by an unchained, unfenced dog from the neighborhood.

I have a question for Zelda: Where was her cat when that dog killed her? Obviously, Princess was outdoors — roaming free — neither fenced nor leashed.

Abby, I have owned both cats and dogs all my life, and at no time were any of them allowed out of my house — or yard. A cat will not stay yard-bound. It is therefore obvious to me that a cat should be considered a house pet only.

I have no pets at this time because I work and don't feel I can give an animal the attention it deserves. I am, however, providing a sun deck (without



ADVICE

ABIGAIL VAN BUREN

my permission) to at least five neighborhood cats even as we speak. They are not my responsibility, but their love lives — and quarrels — are being played out for me daily.

I sympathize with the death of a pet. I hope when Zelda meets Princess crossing that famous "Rainbow Bridge," her pet confronts her with the death caused by her negligence. Maybe in the future Zelda will be aware that cats require a set of rules for care every bit as tough as those for

dogs.

IN PORTLAND

**DEAR PEGGY:** You cite a point that I failed to consider concerning Zelda's cat, who was apparently in her ninth life when she was killed by a dog roaming the neighborhood freely. Read on:

**DEAR ABBY:** In response to "Zelda D.'s" letter regarding the loss of her cat, I express sympathy to her in the loss of her pet.

However, I must ask, where was your cat to experience such a demise? Was she in your home where she should be? Or was she out loose, prowling the neighborhood, teasing fenced-in dogs, or digging in yards and leaving her excrement for others to clean up?

I have long been in favor of a leash law for cats, and have learned that cats do quite well

on a leash. It is the lazy owners who need to be trained.

BONNIE BAUER,  
GLENDALE, ARIZ.

**DEAR ABBY:** Shame! Shame! Shame on you for saying it is OK to make change from the offering plate when it is passed in church. In nearly half a century as a clergyman, I have never seen or heard of this actually happening.

A recent survey of the 12 members of the governing board of the church where I serve as pastor agree with me. Several of them said, "Come to church prepared, and make certain you have the amount you want to give." As one person put it, "The church will be here next week; so bring what you want to give, but keep your fingers out of the offering plate."

ROY B. JOHNSTON, PASTOR,  
ANDERSON GROVE  
PRESBYTERIAN CHURCH,  
OMAHA, NEB.

**DEAR MR. JOHNSON:** Why shame on me? I said it's OK, "...as long as the church is given an honest count."

## Mom concerned that daughter off drugs won't bounce back

**DEAR MARY:** I'm concerned about my daughter who is in her middle 20s. When she was in high school, she got involved with drugs and even though she was a "gifted" student, she barely got through high school. It was a nightmare for the whole family and she really never acknowledged her use or got any treatment.

Anyhow, here we are nearly 10 years later and she's now 25 years old going on 15. I know she hasn't used anything for five years at least, but she still can't seem to get her life together. She hasn't graduated from college; she's always changing jobs, and she still blames everyone else for all her problems. I've kept hoping and thinking that she will get back on track since she doesn't use the stuff anymore, but I'm about to run out of hope. What can I reasonably expect?

**PARENT TURNING HOPELESS**  
**DEAR HOPELESS:** We all know that most of the time young people bounce back and



DRUG COUNSELOR

MARY BALK

recover from diseases much more quickly than older people do. However, in the case of drug dependency, recovery is more difficult for teenagers than for adults. The problem is not physical recovery; a young person will look strikingly healthier after just a week in a treatment program. The problem lies in the area of psychological development. Young people whose minds are clouded by drug use do not go through the normal emotional and spiritual development. Instead, they remain psychologically "stuck" at whatever stage of maturity they reached before the drug abuse

began.

As far as what you can hope for, there is both good news and bad news. The good news is that she no longer uses drugs, she is not continuing the physical and psychological damage. But the bad news is that unless she accepts responsibility for her own life and the consequences of her actions, it is entirely possible that she, like many before her who started abusing drugs in their teens, will limp through life unhappy and disaffected. The choice is hers.

(Mary Balk is a Certified Addiction Prevention Professional and counselor. Write her at the Sanford Herald, or call the Seminole County Schools' Drug Prevention office, 323-6710.)

**MOVIELAND** Dec. 122-1216  
 NO PASSES Her. 17-92, Sanford  
**NO ESCAPE** R 8:15  
**LIGHTNING JACK** PG-13 10:25

**Litchfield**  
 122-1216  
 122-0115

**JURASSIC PARK**  
 2:00 4:40 7:00 9:40 (PG-13)

**MIGHTY DUCKS 2**  
 2:10 4:20 7:10 9:20 (PG)

**COPS & ROBBERSONS**  
 2:15 4:10 7:10 9:10 (PG)

**CLEAN SLATE**  
 2:30 4:40 7:30 9:40 (PG-13)

**WITH HONORS**  
 2:10 4:20 7:10 9:20 (PG-13)

**3 NINJAS KICK BACK**  
 2:15 4:10 7:10 9:10 (PG)

**PHILADELPHIA**  
 2:00 4:30 7:30 9:30 (PG-13)

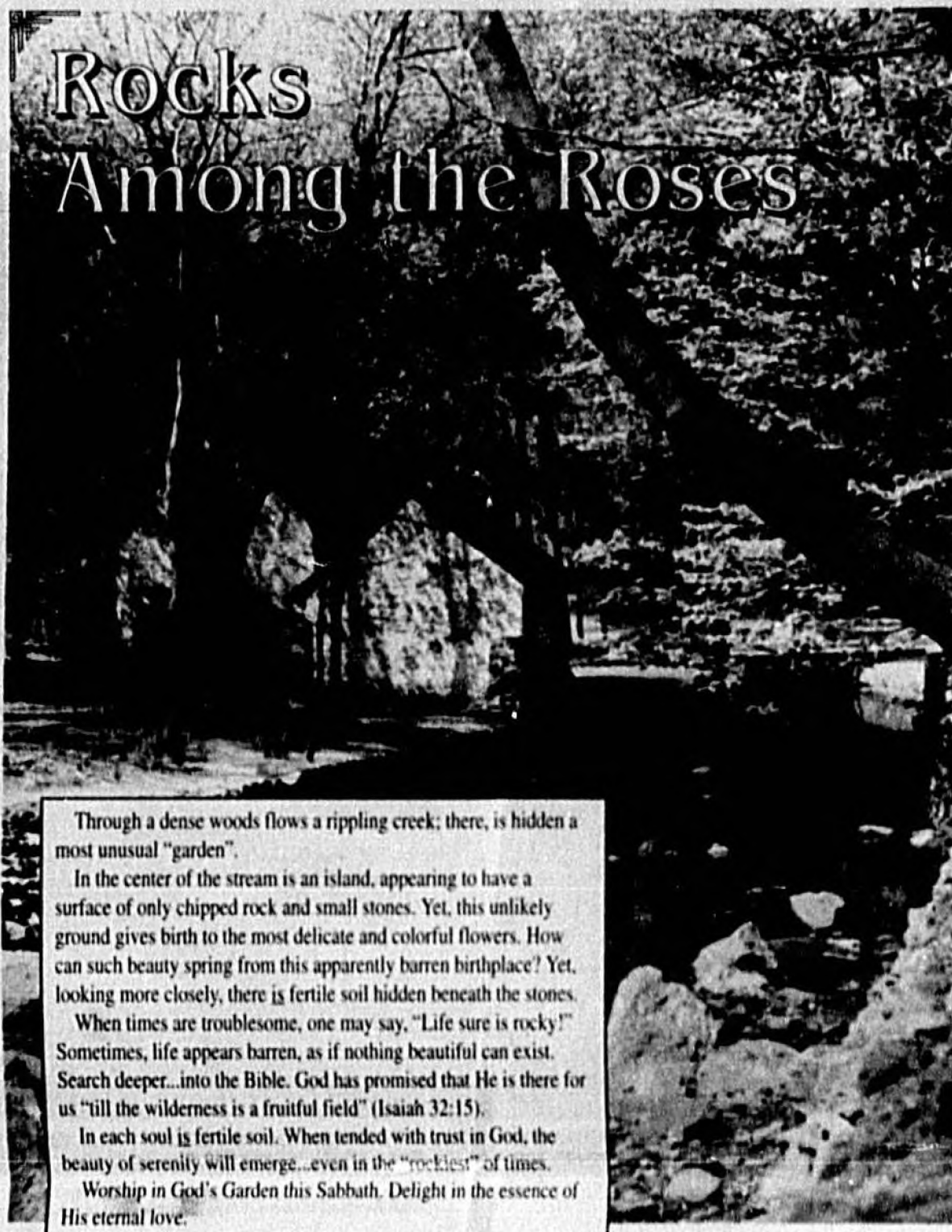
**SCHINDLER'S LIST**  
 7:30 9:30 (R)

**BAD GIRLS**  
 2:30 4:30 7:30 9:30 (R)

**THE CROW**  
 2:30 4:45 7:30 9:45 (R)

\$2.75 FOR ALL MOVIES STARTING BETWEEN 4 TO 6

# LET US REPLENISH THE SEED OF FAITH THROUGH ... Regular Church Attendance



## Rocks Among the Roses

Through a dense woods flows a rippling creek; there, is hidden a most unusual "garden". In the center of the stream is an island, appearing to have a surface of only chipped rock and small stones. Yet, this unlikely ground gives birth to the most delicate and colorful flowers. How can such beauty spring from this apparently barren birthplace? Yet, looking more closely, there is fertile soil hidden beneath the stones. When times are troublesome, one may say, "Life sure is rocky!" Sometimes, life appears barren, as if nothing beautiful can exist. Search deeper...into the Bible. God has promised that He is there for us "till the wilderness is a fruitful field" (Isaiah 32:15). In each soul is fertile soil. When tilled with trust in God, the beauty of serenity will emerge...even in the "rockiest" of times. Worship in God's Garden this Sabbath. Delight in the essence of His eternal love.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Romans 1:1-7	Romans 1:8-17	Romans 3:21-31	Romans 4:1-12	Romans 4:13-25	Romans 5:1-11	Romans 5:12-21

- Assembly Of God**  
FAMILY WORSHIP CENTER  
1770 W. Airport Blvd.  
Sanford, FL 32773  
Tel. 322-8222  
Pastor Jeff Krall  
Sunday School 9:30 a.m.  
Worship Service 10:30 a.m.  
Wednesday Service 7:00 p.m.  
Community Prayer Services Every Friday 7:30 p.m.  
ACTS 108 Every Friday 8:30 p.m.
- Baptist**  
FIRST BAPTIST CHURCH OF LONGWOOD  
801 E. SR 434  
Longwood, FL 32750-6394  
(407) 339-3817  
Sunday Bible Study 9:30 a.m.  
Worship 10:45 a.m.  
Wednesday Service 7:00 p.m.  
Nursery - All services & Deal Ministry
- Catholic**  
ALL SOULS CATHOLIC CHURCH  
902 Oak Ave., Sanford, FL 322-2914  
Father Richard W. Trout, Pastor  
Sat. Vigil Mass 7:45 a.m.  
Sun. Mass (Hispanic 9:00 a.m.) 10:30 & 12:00  
Confession, Sat. 4:00-4:45 p.m.
- Christian**  
FIRST CHRISTIAN CHURCH (Disciples of Christ)  
1807 S. Sanford Ave.  
S. Edward Johnson, Pastor  
Sunday School 9:45 a.m.  
Worship 11:00 a.m.  
Coffee Fellowship After Worship  
Tuesday Bible Study 10:00 a.m.  
All Are Welcome Here  
Nursery Available
- United Church Of Christ**  
CHRISTIAN FELLOWSHIP CHURCH, U.C.C.  
Rev. Arthur Arvey, Pastor  
Sunday Worship 10:00 a.m.  
Church School 10:15 a.m.  
Fellowship 11:00 a.m.  
"COME GROW WITH US" - OUR TEMPORARY WORSHIP LOCATION IS  
Lake Mary Community Building  
260 N. Country Club Road  
Lake Mary  
Mailing Address:  
Christian Fellowship Church,  
U.C.C.,  
P.O. Box 900868  
Lake Mary, FL 32795-0868  
Telephone 323-3119
- Episcopal**  
HOLY CROSS EPISCOPAL CHURCH  
401 Park Avenue  
Sanford, Florida  
Telephone (407) 322-4811  
Rev. G. Alfred Cole, Jr., Pastor  
Eucharist 7:30 a.m.  
Children's Chapel 9:00 a.m.  
Sunday School 9:15 a.m.  
Choral Eucharist 10:00 a.m.  
Nursery Services Provided  
Tuesday 7:00 a.m.  
Wednesday 10:00 a.m.  
Thursday 7:30 p.m.

- Inter-denominational**  
CELEBRATION CHURCH LAKE MARY  
126 W. Lakeview Ave.  
Lake Mary, Florida  
Dr. Kevin Chubb, Pastor 321-0210  
Sunday Morning 10:00 a.m.  
Celebration Service 10:00 a.m.  
Wednesday Night Bible Study 7:00 p.m.
- Nazarene**  
FIRST CHURCH OF THE NAZARENE  
2581 Sanford Ave.  
John J. Hinton, Pastor  
Sunday School 9:45 a.m.  
Morning Worship 10:45 a.m.  
Youth Hour 6:00 p.m.  
Evangelist Service 8:00 p.m.  
Mid-week Service Wed. 7:00 p.m.  
Nursery Provided for all Services
- Lutheran**  
HOLY CROSS LUTHERAN CHURCH OF LAKE MARY  
760 Sun Drive, Lake Mary  
Paul Hoyer, Pastor  
Sunday Worship 8 & 10:30 a.m.  
Saturday Service 9:30 a.m.  
Sunday School 9:15 a.m.  
Holy Cross Story Hour Preschool For information Call 333-0797
- Methodist**  
CHRIST UNITED METHODIST CHURCH  
408 Tucker Drive  
(Corner Tucker Dr. & CR 427)  
Rev. Larry Armbrust, Pastor  
Telephone 322-7800  
Sunday School 9:30 a.m.  
Inter-Mission 10:30 a.m.  
Morning Worship 11:00 a.m.  
Wednesday Bible Study 7:00 p.m.  
Children's Time included in Worship  
Nursery provided for Babies and Small Children  
"Small Enough To Love You - Growing In Christ To Serve You"
- Seventh Day Adventist**  
MARSH HILL S.D.A. CHURCH  
800 E. 2nd St.  
Sanford  
323-5646  
Sabbath School 9:15 a.m.  
Divine Worship 11:00 a.m.  
Pastor Clarence L. Wright  
407-327-9406  
Associate Pastor: Edward E. Dorsey  
407-894-5119  
Communications Secretary  
Al Greaves 904-789-8225

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<b>BRAM BEAUTY SALON</b> 519 E. 1st St. • Sanford <b>321-8580</b> BETTY WEBER	<b>SANFORD ACE Hardware Stores</b>	<b>JIM ROWE PEST CONTROL</b> LOCALLY OWNED & OPERATED RON RUSSI & STAFF 2826 Iroquois Av. 322-2070	<b>INTERMENT CREMATION SHIPPING</b> GAINES CAREY HAND GARDEN CHAPEL home for funerals PLEASE CALL FOR PRICE INFORMATION LONGWOOD • 767-5101	<b>ADCOCK ROOFING &amp; SHEET METAL</b> 800 FRENCH AVE. <b>322-9558</b>	<b>This Space Available</b> Call <b>322-2611</b>
<b>COURTESY USED CARS</b> BANK FINANCE OR BUY HERE & PAY HERE 3219 S. Highway 17-86, Sanford Sanford (407) 325-6139 Orlando (407) 425-0000	<b>This Space Available</b> Call <b>322-2611</b>	<b>CENTRAL SYSTEMS</b> Restaurant and Food Service Equipment and Supplies Party Goods and Paper Goods 2820 Iroquois Ave. Sanford 32773 <b>330-1880</b>	<b>BRISSON FUNERAL HOME</b> O.R. "Shorty" Smith and Bill Weiborn 9th St. and Laurel Ave. Sanford 322-2131	<b>This Space Available</b> Call <b>322-2611</b>	<b>HOME APPLIANCE CENTER, INC.</b> "SERVING ALL MAJOR BRANDS" GENERAL ELECTRIC • MAYTAG • GARDNER WHOLESALE • WHOLESALE • SERVICE AIR CONDITIONING • REFRIGERATORS • STOVES & Ovens <b>322-3883</b> 204 S. COMMERCIAL ST.
<b>A.J. LOSSING TRANSFER &amp; STORAGE</b> Phil & Marie Roche ALLIED VAN LINES 307 S. Pine Ave., Sanford <b>322-3572</b>	<b>C &amp; B AUTO PARTS</b> SPECIAL ORDERS DELIVERY SERVICE 210 S. French Ave. 321-7169	<b>SEMINOLE TRINITY CHRISTIAN SCHOOL and DAYCARE</b> Pre-school thru 12 grade "A Ministry of Church of God of Sanford" Bible Curriculum Before and After School Day Care 1-12 Yrs. Clara Rutter Principal 801 W. 22nd St., Sanford • 321-2723	<b>KEN KERN'S TRANSMISSIONS</b> 323-3040 500 Laurel Ave. Sanford	<b>TIRE EXPRESS</b> 2550 S. Orlando Drive, Sanford <b>323-6684</b> Carl Bergman & Employees	<b>THE McKIBBIN AGENCY</b> Insurance
<b>A.J. LOSSING TRANSFER &amp; STORAGE</b> Phil & Marie Roche ALLIED VAN LINES 307 S. Pine Ave., Sanford <b>322-3572</b>	<b>OSBORN'S BOOK AND BIBLE STORE</b> 2599 Sanford Ave.	<b>DON'S GLASS &amp; MIRROR</b> 303 S. LAUREL AVE., SANFORD <b>321-2360</b>	<b>Lee's Famous Recipe COUNTRY CHICKEN</b> "IT'S HONEY DIPPED" 1805 FRENCH AVE. 323-3650	<b>COLONIAL ROOM RESTAURANT</b> 118 E. 1ST ST., SANFORD	<b>Holtz-Moyers</b> 1100 S. French Avenue Sanford • 322-7983



# Religion

## IN BRIEF

### Only the beginning

**SANFORD** — The Pioneer Methodist Church of Sanford recently celebrated its fourth anniversary.

The group began meeting April 22, 1990, at the homes of various members. Serving as minister for the church is Carlton S. Scarborough, who has led the church since its inception.

The congregation gathered for an evening of fellowship, reminiscing, and a delicious covered-dish meal at the home of R. D. Priest in Sanford.

Miami Kelly sang the song she sang at the first meeting, "Because He Lives," followed by a humorous reading by Mathilde Thompson. The Rev. and Mrs. Douglas Porter, special guests from Wildwood, sang a duet, "Just Jesus and Me." Joy Scarborough read an inspiring piece, and Edna Priest read a brief history of the church.

The group is presently meeting in the heart of Old Lake Mary, near City Hall, at the corner of Country Club Road and Wilbur Avenue.

### 'Friends...Forever'

**SANFORD** — The youth of First United Methodist Church, 419 Park Ave., will present "Friends...Forever," a Christian musical by Nan Gurley, Jim Weber and Billy Sprague, that explores the true meaning of friendship, on Sunday, May 15, at 4 p.m.

Admission is free but donations will be accepted.

### A special 'Sundays at Three'

On Sunday, May 15, the series "Sundays at Three" presents "Belles Arts" at 1006 Clay St., Winter Park.

This special afternoon includes several artists. Stephen Miller will present a readers' theatre, "My Hashoah," a first-hand account of life during the Holocaust.

Other performances include local graphic artist Marianne Daddysman, who will create a drawing on stage. Keyboard music by Candace Travis, flute music and the audience singing one song. Linda Costello will offer a mime, and there will be a dance by Shannon MacLaughlin, Volusia County's Junior Miss for 1994.

### Choir celebrates anniversary

**SANFORD** — Victory Temple of God, Inc., 601 Pine Ave., and the Victorious Singers will be celebrating its choir's anniversary, Friday and Saturday, May 13, 14, at 7:30 p.m. and Sunday, May 15, at 3 p.m.

Choirs from throughout the community will perform on Friday and Saturday, with a guest choir and speaker on Sunday.

### Dedication to family

**LAKE MARY** — First Baptist Church Markham Woods, 3400 Markham Woods Rd., announce Parent/Baby Dedication Day on Sunday, May 15, at 10:45 a.m. service.

This is a special time for parents to make a public commitment to raise their precious child in the wisdom and knowledge of our Lord Jesus Christ.

If you as a parent have not dedicated yourself and your child unto the Lord and wish to do so on Sunday, contact the church office immediately at 333-2085.

### Promise Keepers visit locally

**SANFORD** — A statewide movement to bring Promise Keepers National Conference, a Christ-centered national men's ministry dedicated to uniting men through vital relationships to become godly men who influence their world, to the state of Florida.

Pastor Steve Hicks of Temple Heights Baptist Church, who is spearheading the movement, will be a special speaker at First Baptist Church, on Sunday, May 15. He will be speaking at both the 8:15 a.m. and 10:30 a.m. services. The community is invited to attend and learn about the fastest growing national nondenominational men's organization.

### Annual dinner, auction set

**CASSELBERRY** — The Community United Methodist Youth Fellowship, 4921 S. Hwy. 17-92, is sponsoring its 10th Annual Dinner and Auction on Saturday, May 14.

This annual event raises funds each year for the group to go out into the country and repair/build new churches. This group of youth, grades 7-12, have built, rebuilt and remodeled church in other states. This year they will travel to New Hope Valley, Ga., to add on an addition to the New Hope Valley Church. The youth pay all expenses for the group including building supplies to complete the building.

A barbecue dinner will be served from 4-6:15 p.m. and the auction will begin at 6:15 p.m.



### For ladies only

The women of First Baptist Church, Fifth Street and Park Avenue, Sanford, held their Third Annual Ladies Luncheon last weekend at the Sanford Civic Center to a sellout crowd. Guests of the beautifully decorated tables, from left to right, Carla Spaldet, Jennifer Sutton, Kathy Sutton and Colleen Halfield, were served lunch, entertained by the From The Heart Trio and had a chance to win special door prizes of the day.

Herald Photo by Agnyl Kautzman



### Treasures for all

The Flea Market Heritage Festival at Historic St. James A.M.E. Church, Ninth Street and Cypress Avenue, drew bargain hunters galore last Saturday. Shirley Williams, above left, and Caroline Shine rummage through some of the many treasures available at



Herald Photo by Agnyl Kautzman

the fest. Trustee of the church, Stewart Baker, was assigned the fragrant task of manning the popcorn machine, which was a popular treat for the young and younger in the crowd.

### Junkyard fun

Members of First Christian Church, Sanford Avenue, Sanford, gathered their treasures together in Fellowship Hall for an annual Junkyard Sale. Church ladies, from left to right, Marie Hinson, Doris Legge, Marie Colley, Helen Garges, Theresa Allen, a customer, and June Bartlett, sold everything from plants to bicycles during the daylong event.

Herald Photo by Tommy Vincent



# SEMINOLE COUNTY AREA CHURCH DIRECTORY

- ALLIANCE CHURCH**  
Community Alliance Church, 4815 East Lake Drive, Winter Springs  
Neighborhood Alliance Church, 301 Markham Woods Rd., Longwood  
Sanford Alliance Church, 1401 B. Park Ave., Sanford
- ASSEMBLY OF GOD**  
Emmanuel Assembly of God, 320 Commercial St., Sanford  
Family Worship Center, 1770 W. Airport Blvd., Sanford  
Laudon Assembly of God, 2800 Orlando Dr., Sanford  
Westside Assembly of God, 1878 Dixon Rd., Longwood
- BAPTIST**  
Antioch Baptist Church, Oviedo  
Calvary Baptist Church, Crystal Lake Ave. & 3rd St., Lake Mary  
Casselberry Baptist Church, 770 Seminola Blvd.  
Central Baptist Church, 3101 W. 1st St.  
Chuluota First Baptist  
Clearwater Missionary Baptist Church, Southwest Rd.  
Countryside Baptist Church, Country Club Rd., Lake Mary  
First Baptist Church, 519 Park Ave.  
First Baptist Church of Altamonte Springs, Rt. 438, Altamonte Springs  
First Baptist Church of Forest City  
First Baptist Church of Geneva  
First Baptist Church, Markham Woods  
First Baptist Church of Lake Monroe  
First Baptist Church of Longwood, 801 East SR 434  
First Baptist Church of Osteen  
First Baptist Church of Oviedo  
First Baptist Church of Santalito Springs  
First Baptist Church of Sanford  
First Baptist Church, 1101 W. 13th St.  
Fountain Head Baptist Church, Oviedo  
Hope Baptist Church, Forest City Community Center, Forest City  
Independence Baptist Miss., Olive League Bldg., Longwood  
Jordan Missionary Baptist Church, 820 Uppala Rd.  
Lighthouse Baptist Church, 565 Longwood, Lake Mary Rd.  
Lakeside Baptist Church, 120 Lakeside Ave., Lake Mary  
Macedonia Missionary Baptist Church, Oak Hill Rd., Osteen  
Marian Missionary Baptist Church, North Rd., Enterprise  
Morning Glory Baptist Church, Geneva Hwy.  
Mt. Moriah Primitive Baptist Church, 1101 Locust Ave., Sanford  
Mt. Olive Missionary Baptist Church, Santalito Springs Rd., Longwood  
Mt. Sinai Missionary Baptist Church, 1600 Jerry Ave.  
Mt. Zion Missionary Baptist Church, 519 Park Ave.  
New Bethel Missionary Baptist Church, 9th St. & Hickory Ave.  
New Mt. Calvary Missionary Baptist Church, 1106 W. 12th St.  
New Salem Primitive Baptist Church, 1508 W. 12th St.  
New Testament Baptist Church, Quality Inn, North Longwood  
New Mt. Zion Baptist Church, 1720 Pear Ave.  
New Life Fellowship, 4881 E. Lake Dr., Casselberry  
Northside Baptist Church, Chuluota  
Pastoral Zion Baptist Church, 1184 Pine St., Altamonte Springs  
People's Baptist Church, 1201 W. 1st St., Sanford  
Pinecrest Baptist Church, 801 E. Airport Blvd.  
Progressive Baptist Church, Ridge Rd., Fern Park  
Progressive Missionary Baptist Church, Midway  
Providence Missionary Baptist Church, 4861 Douglas Ave., Bookertown  
Second British Missionary Baptist Church West Sanford  
Smyrna Baptist Church, 300 Overbrook Dr., Casselberry  
Straight Baptist Church, 190 Bahama Rd.  
St. James Missionary Baptist Church, Rt. 419, Osteen  
St. John's Missionary Baptist Church, 309 Longwood Ave., Altamonte Springs
- BL** Luke Missionary Baptist Church of Cameron City, Inc.  
St. Paul Baptist Church, 813 Pine Ave.  
St. Matthews Baptist Church, Canaan Hgts.  
St. John's Missionary Baptist Church, 920 Cypress St.  
Springfield Missionary Baptist Church, 12th St. & Cedar Ave.  
Palmelle Ave. Baptist Church, 2828 Palmelle Ave.  
Temple Baptist Church, Palm Springs Rd., Altamonte Springs  
Victory Baptist Church, Old Orlando Rd. at Healer Ave.  
Westview Baptist Church, 4100 Paola Rd. (484)  
William Chapel Missionary Baptist Church, Mark & William St., Altamonte Springs  
Zion Hope Baptist Church, 712 Orange Ave.
- CATHOLIC**  
All Saints Catholic Church, 802 Oak Ave., Sanford  
Church of the Nativity, Lake Mary  
Our Lady of the Lakes Catholic Church, 1310 Maximilian, Deltona  
St. Ann's Catholic Church, Dogwood Trail, DeBary  
St. Augustine Catholic Church, Sunset Dr., near Bulfinch Rd., Casselberry  
St. Clare Catholic Community meets at Osteen Civic Center  
St. Mary Magdalene Catholic Church, Maitland Ave., Altamonte Springs  
St. Mary's Ukrainian Catholic Church, 245 McCoy Dr., Apopka
- CHRISTIAN**  
First Christian Church, 1807 B. Sanford Ave.  
First Christian Church of Longwood, 1400 E. Williamson Rd., Longwood  
Celebration Church Lake Mary, 126 W. Lakeside Ave., Lake Mary  
Grace Christian Church, Wilson Elementary School (Paola), 865 Orange Blvd., Sanford  
Lakeside Christian Church, Bear Lake Rd. at Jamison  
Sanford Christian Church, 730 Uppala Rd., Sanford  
South Seminole Christian Church, 300 W. BR 434, Oviedo  
First Church of Christ Scientist, 975 Markham Woods Rd., Longwood
- CHURCH OF CHRIST**  
Church of Christ, 1512 B. Park Ave.  
Church of Christ at Lake Ellen, U.S. Hwy 17-92 N., Casselberry  
Church of Christ, W. 17th St.  
Northside Church of Christ, Fla. Haven Dr., Maitland  
South Seminole Church of Christ, 5410 Lake Howell Rd.
- CHURCH OF GOD**  
Church of God, 803 Hickory Ave.  
Church of God, 803 W. 22nd St.  
Church of God, Oviedo  
Church of God Holiness, Lake Monroe  
Church of God Mission, Enterprise  
Church of God, 1422 W. 16th St.  
Church of God in Christ, Oviedo  
Church of God of Prophecy, 2509 S. Elm Ave.  
Church of God of Prophecy, 1706 B. Parhamon Ave.  
Church of God of Prophecy, 498 S. Central, Oviedo  
Church of God (7th Day), Deltona Community Center, Deltona (Sun Room)  
Rescue Church of God, 1700 W. 13th St., Sanford  
True Church of God, 3700 Ridgewood Ave., Sanford  
Church of God in Christ, Oviedo
- CONGREGATIONAL**  
Congregational Christian Church, 2401 B. Park Ave., Sanford
- EASTERN ORTHODOX**  
Eastern Orthodox Church, St. George, 2001 Dylan Way, Maitland  
Eastern Orthodox Church, St. Steven's of O.C.A., 1895 Lake Emma Rd., Longwood  
Eastern Orthodox Church, St. John Orthodox, 2743 Country Club Rd., Sanford
- EPISCOPAL**  
All Saints Episcopal Church, E. DeBary Ave., Enterprise  
Christ Episcopal Church, Longwood  
Episcopal Church of the New Covenant, 875 Tuscanville Rd., Winter Springs  
Episcopal Church of the Resurrection, 251 E. Lake Brantley Dr., Longwood  
Holy Cross Episcopal Church, Park Ave. at 4th St., Sanford  
St. Peter's Episcopal Church, 700 Rinehart Rd., Lake Mary  
St. Richard's Church, 5191 Lake Howell Rd., Winter Park  
The Church of the Good Shepherd, 3311 Lake Ave., Maitland
- INTERDENOMINATIONAL**  
Calvary Christian Center, 500 W. 4th St., Sanford  
New Harvest Christian Fellowship, 2760 Country Club Rd., Sanford  
Northland Community Church, 430 Dog Track Rd., Longwood  
Outreach Deliverance Center, 2231 Sipes Ave., Sanford
- JEWISH**  
Beth Am Synagogue meeting at corner of Sand Lake and County Line Rd., West 14  
Temple Shalom, 1785 Ekham Blvd., Deltona
- LUTHERAN**  
Ascension Lutheran Church, Overbrook Dr., Casselberry  
Good Shepherd Lutheran Church, ELCA, 2917 Orlando Dr. (Hwy. 17-92), Sanford  
Holy Cross Lutheran Church of Lake Mary, 780 Sun Dr., Lake Mary  
Lord of Life Lutheran Church, 395 Tuscanville Rd., Winter Springs  
Lutheran Church of Providence, Deltona  
Lutheran Church of the Redeemer, 2525 Oak Ave.  
Messiah Lutheran Church, Golden Days Dr. & Hwy. 17-92, Casselberry  
St. Luke's Lutheran Church, Rt. 426, Silesia  
St. Stephen Lutheran Church, 434 just W of I-4, Longwood
- METHODIST**  
Barnett United Methodist Church, E. DeBary Ave., Enterprise  
Bear Lake United Methodist Church, E. DeBary Ave., Enterprise  
Bethel A.M.E. Church, Canaan Heights  
Casselberry Community United Methodist Church, Hwy. 17-92 at Piney Ridge Rd., Casselberry  
Christ United Methodist Church, Tucker Dr., Summit Estates  
DeBary Community Methodist Church, W. Highbanks Rd., DeBary  
First United Methodist Church, 419 Park Ave.  
First Methodist Church of Geneva  
First Methodist Church of Oviedo  
Grace United Methodist Church, 499 N. Country Club Rd., Lake Mary  
Grant Chapel A.M.E. Church, Oviedo  
Oakgrove Methodist Church, Oviedo  
Osteen Methodist Church, cor. of Carpenter & Murray St., Osteen  
Pioneer Methodist Church, cor. of Wilbur Ave. & Country Club Rd.  
St. Luke's A.M.E. Church, 9th at Cypress  
Santalito United Methodist Church, SR 434 and I-4, Longwood  
St. Luke M.B. Church of Cameron City, Inc., Beardsell off SR 46 E.  
St. Mary's A.M.E. Church, Rt. 419, Osteen  
St. Paul's Methodist Church, Osteen Rd., Enterprise  
Stratford Memorial Church, S. DeBary
- NAZARENE**  
First Church of the Nazarene, 2581 Sanford Ave.  
Geneva Church of the Nazarene, 511 46, Geneva  
Lake Mary Church of the Nazarene, 171 E. Crystal Lake Ave., Lake Mary  
Longwood Church of the Nazarene, Wayman & Jessup Ave., Longwood  
Markham Woods Church of the Nazarene, SR 46, 3 1/2 miles W of I-4 at the Weavie River
- PRESBYTERIAN**  
Deltona Presbyterian Church, Holland Blvd. & Austin Ave., Deltona  
First Presbyterian Church of Lake Mary  
First Presbyterian Church, Oak Ave. & 3rd St.  
First Presbyterian Church of DeBary, E. Highland  
Markham Woods Presbyterian Church, 5210 Markham Woods Rd., Lake Mary  
St. Andrew's Presbyterian Church, 9813 Bear Lake Rd.  
St. Marks Presbyterian Church, 1021 Palm Springs Rd., Altamonte Springs  
Tuscanville Presbyterian Church, 3600 W. BR 426, Oviedo  
Uppala Community Presbyterian Church, Uppala Rd.  
Westside Presbyterian Church, 311 Weavie Springs Lake, Longwood  
Westminster Presbyterian Church, Red Bug Rd., Casselberry
- SEVENTH DAY ADVENTIST**  
Forest Lake Seventh Day Adventist Church, Hwy. 436, Forest City  
Mesa Hill Seventh Day Adventist Church, 801 E. 2nd St., Sanford  
Sanford Seventh Day Adventist Church, 5818 N. Hwy. 427  
Seventh Day Adventist Church, Maitland Ave., Altamonte Springs  
Winter Springs Seventh Day Adventist Church, 50 B. Moss Rd.
- OTHER CHURCHES**  
All Faith Chapel, Camp Seminole, Weavie Park Rd.  
Allen's A.M.E. Church, Oves & 12th  
Beardsell Avenue Holiness Chapel, Beardsell Ave.  
Chuluota Community Church  
Church of Jesus Christ of Latter Day Saints, 2315 Park Ave.  
ECKANKAR, 770 Big Tree Dr., Suite 100, Longwood  
Family Church Christian Center, 1844 Seminola Blvd., Casselberry  
First Born Church of the Living God, Midway  
First Church of Christ, Scientist, Elkam Blvd. & Venus St., Deltona  
First Pentecostal Church of Longwood  
First Pentecostal Church of Sanford  
Full Gospel Church of God in Christ, 1826 Jerry Ave., Sanford  
Full Gospel Tabernacle, 2724 Country Club Rd.  
Grace Bible Church, 2644 S. Sanford Ave.  
Holy Trinity Church of God in Christ, 1814 Mangoussine Ave.  
Kingdom Hall of Jehovah's Witnesses, Lake Monroe Blvd., 1562 W. 3rd St.  
Lake Mary Community Church, 101 N. Country Club Rd., Lake Mary  
Lake Monroe Chapel, Orange Blvd., Lake Monroe  
Mt. Olive Holiness Church, Oak Hill Rd., Osteen  
Neighborhood Alliance Church, 301 Markham Woods Rd., Longwood  
Paula Wesleyan Church, 5650 Wayside Dr., Sanford  
Pentecostal Open Bible Tabernacle, Ridgewood Ave. off 25th opposite Seminole High School  
Restoration Community Church, 8615 N. CR 427, Sanford  
Rolling Hills Moravian Church, BR 434, Longwood  
Sanford Alliance Church, 1401 B. Park Ave.  
Sanford Bible Church, 2480 Sanford Ave.  
Second Church of the Living God, 3428 Beardsell Ave., Sanford  
St. Peter's Serbian Orthodox Church, 1900 Lake Emma Rd., Longwood  
The Full Gospel Church of Our Lord Jesus Christ, Washington St., Canaan City  
The Salvation Army, 700 W. 24th St.  
Triumph, The Church of the New Age, 1006 W. 8th St.  
United Church of Christ, Altamonte Community Chapel, Altamonte Springs  
United Church of Christ Christian Fellowship, 280 N. Country Club Rd., Lake Mary  
U.C.B.S. Baptist Centre, 125 A.S. Volusia Ave., corner of Greaves & Volusia Ave., Orange City



**BLONDIE**

by Chic Young



**BEETLE BAILEY**

by Mort Walker



**THE BORN LOSER**

by Art Sansom



**PEANUTS**

by Charles M. Schulz



**EEK & MEEK**

by Howie Schneider



**TUMBLEWEEDS**

by T.K. Ryan



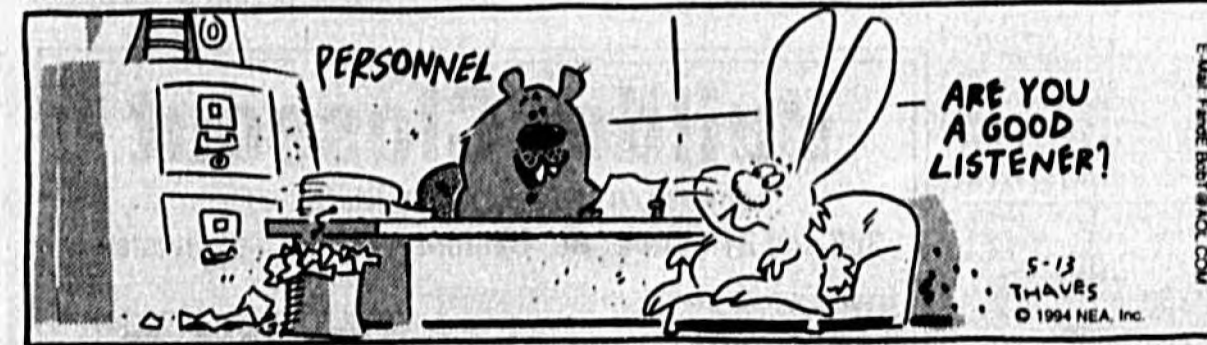
**ARLO AND JANIS**

by Jimmy Johnson



**FRANK AND ERNEST**

by Bob Thaves



**GARFIELD**

by Jim Davis



**ROBOTMAN\***

by Jim Meddick



# What is restless legs syndrome?

DEAR DR. GOTT: Where can I obtain a review of restless legs syndrome? I need something that is clearly written, not too technical and easy for a layman to understand.

DEAR READER: Restless legs syndrome is a mysterious affliction marked by annoying and sometimes intolerable twitching or a compulsion to move the legs. Unfortunately, the condition appears during the night and can severely disrupt sleep. The cause is unknown and the treatment, which consists of anti-depressant medication (Elavil and others) or drugs (Sinemet and others) used for Parkinson's disease, is far from satisfactory. Restless legs syndrome is quite common and affects millions of adults, especially the elderly.

Because the syndrome baffles doctors in general, very little has been written about it; also, to date, there have been no satisfactory reviews in the lay press.

As luck would have it, however, the magazine Modern Maturity is poised to publish a definitive article on restless legs, written by Robert Youkum, a former newspaper reporter and syndicated columnist.

DEAR DR. GOTT: I'm a fairly healthy 28-year-old with a 6-month-old baby. Four months ago I started back into an exercise program progressing from a treadmill to aerobics and weights five times a week. Every day following aerobics, I get an incredible migraine that requires three Tylenol. What could be causing this?

DEAR READER: Some people, who are prone to migraine, find that their headaches worsen after childbirth or strenuous exercise. The reason for this is unknown.

You should address this issue with your family physician. It's possible that you may not be suffering from migraines at all. If

you are anemic or out of shape (or began exercising strenuously too early after childbirth), the headaches may result from muscle contractions that can be relieved by treating the anemia with iron, modifying your



**MEDICINE**  
**PETER GOTT, M.D.**

workout or using a muscle-relaxer (Flexeril and others) before exercising.

- ACROSS**
- 1 Federal environment agency
  - 4 Clump
  - 8 Hauls with effort
  - 12 Wide shoe size
  - 13 Composer - Stravinsky
  - 14 On board ship
  - 15 Household god
  - 16 Payments to author
  - 18 Slant
  - 20 Couple
  - 21 Opp. of NW
  - 22 Superlative ending
  - 24 Soap brand
  - 26 Gets better
  - 30 Indian maid
  - 34 12, Roman
  - 35 Holiday suffix
  - 36 Make amends
  - 37 Edition
  - 39 Mesh
- DOWN**
- 1 Skinny fishes
  - 2 Chime
  - 3 Of aircraft
  - 4 Annoying

Answer to Previous Puzzle

R	H	E	A	E	B	B	R	H	U	M
S	O	N	S	K	O	A	R	E	O	
V	A	T	S	I	N	G	R	I	A	L
P	R	E	V	I	N	G	B	U	R	L
				R	A	G	R	U	N	
B	E	G	I	N	G	O	D	S	E	N
R	E	N	A	R	I	M	S	R	U	E
E	L	A	R	A	V	E	R	I	D	E
A	S	T	A	I	R	E	B	O	N	E
				R	T	E	R	U	B	
B	E	I	O	E	G	I	M	B	A	L
R	I	V	E	R	U	G	E	R	I	E
O	R	A	N	E	L	I	R	I	M	E
W	E	N	T	E	L	D	Y	A	P	S



- ACROSS**
- 5 Playwright - Beckett
  - 6 Auto racer A.J.
  - 7 Fishes with net
  - 8 Make lace
  - 9 Information agency
  - 10 Turns right
  - 11 Return envelope (abbr.)
  - 17 Baseballer - Gehrig
  - 18 For each
  - 23 Federal agency
  - 25 Totem pole
  - 28 Corn lily
  - 27 Young woman
  - 28 Learning Tower city
  - 29 Anglo-Saxon slave
  - 31 Old time
  - 32 Dileased
  - 33 Blood pigment
  - 36 Bona witness
  - 38 Numbers - 40
  - 40 Curry letter
  - 43 Shower
  - 44 Actor - Linden
  - 46 Dawn goddess
  - 48 Recedes
  - 49 Tiny opening
  - 50 - the Mood
  - for Love
  - 53 Monster
  - 54 Vast period of time (var.)
  - 56 Capri, e.g.
  - 58 Require
  - 59 Place to sleep
  - 59 Concealed

## WIN AT BRIDGE

**By Phillip Alder**  
How do you view luck? As an integral part of life? Or like Jean Cocteau, who said: "We must believe in luck. For how else can we explain the success of those we don't like?"

In today's deal, on the only Friday the 13th this year, if you play well, you will win 10 tricks.

Against your contract of four hearts, West leads the club four-queen, eight, five. How do you continue?

North's bid of three hearts is questionable. With such a good club suit, he should raise to three no-trump.

Declarer won the first trick and naively assumed that West had led from the 4-3 doubleton. At trick two, he finessed the heart queen. Then he cashed the ace, luckily dropping East's king. South drew West's last trump and led his remaining club. When West discarded a

spade, South let out an audible groan. There was no way to recover and win 10 tricks.

At another table, South started the same way: club queen, heart to the queen, heart ace. But now he led his remaining club. West wasn't fooled. South could have drawn the last trump, so it couldn't be right to ruff. West discarded a spade; once more, one down.

As West must have led a singleton, you should play a low spade from the dummy at trick two, planning to insert the nine. You must organize a spade ruff in the dummy as your 10th trick. If East plays an honor, win with the ace and continue with the spade 10, hoping West must win the trick. Later, when the heart king tumbles in two rounds, you receive a cigar or coconut, according to choice.

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<b>NORTH</b> 1-13-94			
♥ 76			
♠ 532			
♦ 53			
♣ AKQ762			
<b>WEST</b>		<b>EAST</b>	
♥ QJ854		♥ K32	
♠ 974		♠ K6	
♦ AQ74		♦ J1092	
♣ 4		♣ J1083	
<b>SOUTH</b>			
♥ A109			
♠ AQJ108			
♦ K24			
♣ 95			
Vulnerable: Both			
Dealer: South			
South	West	North	East
1♥	1♠	2♠	2♣
2NT	Pass	3♥	Pass
4♥	Pass	Pass	Pass
Opening lead: ♠ 4			

## HOROSCOPE

**By Bernice Bada Osoi**  
**YOUR BIRTHDAY**  
May 14, 1994

Family business involvements in the year ahead could turn out reasonably well for everyone concerned, provided all look out for the other's interests.

**TAURUS** (April 20-May 20) Have fun and enjoy yourself socially with friends today, but make it a point not to participate in any form of gossip regarding other pals who aren't present. Know where to look for romance and you'll find it. The Astro-Graph Matchmaker instantly reveals which signs are romantically perfect for you. Mail \$2 and a long, self-addressed, stamped envelope to Matchmaker, c/o this newspaper, P.O. Box 4465, New York, N.Y. 10163.

**GEMINI** (May 21-June 20) It might be wiser today to do business with established firms than with new companies who haven't as yet built a formidable reputation. There could be a reason for their anonymity.

**CANCER** (June 21-July 22) You'll have sound ideas today regarding ways to get what you want, but there is a strong

possibility you could completely ignore them when the chips are down.

**LEO** (July 23-Aug. 22) In order to be a good investigator today you must be prepared to probe well beneath the surface of issues and matters. If you don't, your discoveries might be of small worth.

**VIRGO** (Aug. 23-Sept. 22) Don't be impulsive today when making business or financial commitments, especially if there are elements of chance involved. You may be inclined to back the wrong horse.

**LIBRA** (Sept. 23-Oct. 23) Success in your affairs is indicated today, provided you are prepared to finish what you start. If you lack staying power, you might quit just when the end is in sight.

**SCORPIO** (Oct. 24-Nov. 22) Don't be shocked later if someone you like has some unflattering things to say about you. He/she may just be getting even for things you might say today.

**SAGITTARIUS** (Nov. 23-Dec. 21) Your earning powers are strong today, provided you

operate along traditional lines. In situations where you know you take a gamble, your wallet could suffer.

**CAPRICORN** (Dec. 22-Jan. 19) Promises you make to outsiders are likely to be kept today, but commitments you make to family members could conveniently slip your mind.

**AQUARIUS** (Jan. 20-Feb. 19) This may not be a good day for discussing your material affairs with persons who are not directly involved. Their well intentioned advice might prove harmful.

**PISCES** (Feb. 20-March 20) If your budget can't handle it, perhaps you should avoid a shopping spree today with a friend who is a big spender. You might be induced to buy things you can't afford.

**ARIES** (March 21-April 19) You're the type of Individual who tries to keep accounts in balance by doing more for others than they do for you. Today, however, getting might have more allure than giving.

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