

THE SANFORD HERALD

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Sanford, Florida

50¢

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WEEKEND

MAY 30, 2004



Patriots denied

A great defensive play stopped a potential rally as Lake Brantley lost 3-0 to Weston-Cypress Bay in the FHSAA Class 6A Baseball Championship semifinals in Tampa.

See Sports, Page 10A

Sheriff's office finds medical files in garbage

The Seminole County Sheriff's Office is in possession of files that were found in a dumpster outside of an Altamonte Springs area physician's office.

According to the law enforcement personnel who investigated, the documents appear to contain social security numbers, credit card and billing information, personal information, as well as treatment information.

The records were found in a dumpster outside of the office of Dr. Parviz Brauman (aka Brahman), 100 Lake Shore Drive, Altamonte Springs. The doctor is reportedly in the process of being evicted from the property for reported non-payment of rent.

The records were discovered Thursday morning by an employee of a dental office, which shares space in the building with the doctor's office. Deputies responded, documented the case, and took the records for safekeeping.

The Seminole County Sheriff's Office is now looking into whether a theft complaint, filed on May 21, has any connection to the discovery of these records. In that case, reported last Friday, Brauman alleged that somebody broke into his office and stole patient files. Further investigation revealed another employee was in possession of the records. According to the incident report, the employee said they were allegedly ordered to dispose of them by the doctor, but put them into storage instead.

The sheriff's office will be in contact with the State Attorney's Office as to appropriate criminal sanctions, if any, that apply to this case. A special line set up to handle inquiries about patient records found in the dumpster is 407-665-6663. If the line is busy, or for after hours inquiries, callers will be asked to leave their contact information and a staff member will call back.

Seminole Smile



Ken Ferrin — American Legion Post 53 Commander

Bus service funding hotly debated

By Christopher Patton
Managing Editor

SANFORD — By avoiding the possibility of losing one of the county's seven bus routes Tuesday, Seminole County Commissioner Grant Maloy is calling for changes to the lesser-used Oviedo line while some city officials are saying its time to overhaul the funding of the whole system.

Introduced to the growing

County commissioners want route changes while cities demand dedicated funding source

community southeast portion of the county in October of 1992, the Oviedo-based bus line primarily serves the University of Central Florida, Oviedo Marketplace mall and the neighborhood of Alafaya Woods. Seminole County com-

missioners considered eliminating the route this month when the city of Oviedo refused to pay nearly half of the \$80,000 needed to continue the service.

Although the Oviedo City Council agreed to fund the

remaining portion of the route this month, Maloy said changes are needed to increase the viability of the route that has shown only a slight increase in ridership since its inception.

When Link 47 began it was

servicing about 3,500 passengers a month, and as of February 2004 only about 4,500 passengers used the route.

"It's still one of the lowest performing routes in the whole system," Maloy said. "One of the problems is it doesn't go to where there is a high density of people."

"To me it's on life support and it never seems to take off," he added.

See Bus, Page 3A

STARTING SAFELY



Herald photos by Tommy Vincent

Two-year-old Shawn Bass (above) learns a valuable floating lesson from Instructor Dawn Tapscott. Bass and fellow YMCA Safe Start classmate James Mackin (below) visit the pool five days a week for water survival instruction.

YMCA Safe Start program teaches children water survival skills

By Ashley Coover
Herald Intern

LAKE MARY — The story is the same, but it's the ending that is different.

On a cold January day in Sanford, Cally Dawber walked into her backyard pool area, with her 2-year-old son Grayson pedaling his tricycle. As Grayson pedaled on, Dawber turned away from the pool to lock the gate behind them.

She then heard a splash. She whirled around.

Grayson and his tricycle had fallen into the pool.

By the time Dawber got to the edge of the pool, Grayson had swum out from under his tricycle and grabbed onto the side of the pool.

Had Grayson not been taught how to react while unaided in the water, his story probably would have ended in another tragic drowning.

Drowning deaths in Florida are the highest in the nation, according to the Florida Department of Health. In 2002, almost 2,700 children 14 years old and under were treated in emergency rooms

for drowning related incidents, according to the National SAFE K I D S Campaign.

Fortunately for Grayson and his family, the instructors at the Seminole YMCA's Safe Start program had prepared him for just this kind of emergency.

The Safe Start program teaches children ages one to four how to swim through the water, roll onto their backs into a floating position, flip themselves back over and swim to safety. The program is a 6-week course, consisting of daily 10-minute sessions, five days a week. Children are taught to survive in the water while wearing bathing suits and normal clothes, as most



drowning deaths occur when children are wearing everyday clothes.

Since Safe Start began in 2001, there have been 14 reported survival stories in Central Florida from children who were Safe Start students, said April Vail, Director of Aquatics for the Central Florida YMCAs. So far, the Central Florida YMCAs are the only in the nation to have adopted the Safe Start program.

Safe Start is based on the methodologies of the Infant Swimming Resource, a program created by Dr. Harvey Barnett.

See YMCA, Page 3A

New police employee to strengthen volunteer squad

By Christopher Patton
Managing Editor

SANFORD — A new Sanford Police Department employee hopes she has the "stuff" to expand the rolls of the Citizens on Patrol (CoP) program by tenfold next year.

Hired May 3 as the new volunteer coordinator, Sandra Stuff said within a year she plans to have the police volunteer squad expanded from its current 11 active members to more than a 100.

Chief Brian Tooley has long championed the volunteer policing initiative stating they "are a gift to the community and a welcome addition to the police

department." In the past year, the program has expanded to include mounted horse patrol and bicycle patrol, but as a whole, it still lacks the participation level that was initially expected.

Stuff said recent and future changes would help grow the program. Instead of mandating a set number of hours per month, the police department has lifted that requirement.

"Right now we are just trying to get the program established and growing," she said.

The department is also expected to ease the application

See Volunteer, Page 3A



Photo submitted

Sanford police Volunteer Coordinator looks for willing community volunteers.

Memorial Day events touted as biggest ever for Sanford

By Nick Pfeiffaut
Staff Writer

Big events are planned in Sanford for Memorial Day, Monday. It includes a parade, fly-over, guest speakers, dignitaries, and a luncheon.

According to Lisa Jones of the Sanford Recreation Department, participants in the parade will form at the Chamber of Commerce parking lot, East First Street at Sanford Avenue, beginning at 9:30 a.m. "Then they'll step off at 10:30, west on First Street to Park Avenue, then north on Park to the new flagpole at the lakefront."

Jones said, as of Friday morning, 38 entries had signed up for the parade, with representation from all of the military services through the Seminole County Area Veteran's Advisory Council. "We're specially proud of the Black Thistle Caldonian Pipe & Drum Band we have," she said. "It's made up of musicians from



Herald photo by Tommy Vincent

Sanford Mayor Brady Lessard (middle) presents a Memorial Day proclamation to Ken Ferrin (left), American Legion Post 53 commander, and Don Coleman, president of Casselberry Veterans.

Seminole and Orange counties, and they'll not only be with us this Monday, but they will perform at various functions the city has during the year."

Sanford's City Manager Al Grieshaber, Jr., retired Colonel in the U.S. Marine Corps, will be the

See Memorial, Page 2A

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2000-2005 FIVE-YEAR CONSOLIDATED PLAN PROPOSED USE OF FUNDS FOR THE 2004-2005 ONE-YEAR ACTION PLAN SEMINOLE COUNTY, FLORIDA

Notice to Citizens:

Seminole County is a recipient of federal grant funds through the U.S. Department of Housing and Urban Development (HUD). These grant funds include the Community Development Block Grant (CDBG) Program, the HOME Program, the Emergency Shelter Grants (ESG) Program and the American Dream Downpayment Initiative (ADDI) Program. These programs are designed to assist the County's low and moderate income residents. In order to streamline the administration of these programs, HUD has consolidated all of the local planning and citizen participation requirements for these federal programs into a single administrative process called "The Consolidated Plan."

Consolidated Plan Summary:

The Proposed Consolidated Plan represents combined efforts and redaction of ideas from County staff, County residents, local organizations, local service providers and a public hearing. The County also used the Five Year Consolidated Plan approved by the Seminole County Board of County Commissioners and HUD in order to design activities and projects in conformance with the goals established in the Plan.

Based on this information and analysis, the County developed a One-Year Action Plan.

The proposed uses of funds for the fiscal year beginning October 1, 2004 are:

CDBG Program:

City of Sanford: Cloud Branch Outfall System Construction	\$581,407
Seminole County Public Sanford: Midway Safe Harbor Project	\$506,880
Seminole County: Emergency Medical Assistance	\$188,207
Seminole County: Child Care Assistance	\$164,200
Bookertown Community/Educational Center	\$100,000
Seminole County: Clearance Program	\$150,000
U.S. 17-42 Community Redevelopment Agency: Fern Park Water/Sewer Installation	\$542,000
Chuluota	\$175,000
Roseland Park Neighborhood - Park Restrooms	\$ 50,000
Planning and Administration	\$577,200
TOTAL	\$3,036,000

(THE CDBG allocation for Program Year 2004-2005 is \$2,886,000. The County is canceling the Bookertown Target Area Study activity from Program Year 2003-2004 and proposes reallocation of funding to the Bookertown Community Educational Center)

HOME Program:

CHDO Rental Construction	\$158,025
Tenant Based Rental Assistance	840,105
Administration	125,347
TOTAL	\$1,253,477

ESG Program:

Seminole County Community Assistance-Homesite/Prevention	\$32,207
Rescue Outreach Mission - Shelter Operating Costs	37,577
SafeHouse of Seminole-Shelter Operating Costs	57,577
TOTAL	\$107,361

ADDI Program:

Down Payment Assistance Program Year 2003-2004	\$ 66,000
Down Payment Assistance Program Year 2004-2005	77,825
TOTAL	\$143,825

Thirty-Day Public Comment Period:

There will be a thirty-day public comment period regarding the County's One-Year Action Plan Proposed use of Funds. Public comments will be received at the Seminole County Community Development Office until 5 P.M. June 28, 2004. During this period, the One-Year Action Plan will be in draft form and will be available for public review at the Seminole County Community Development Office, 1101 E. First Street, Room 3301, Sanford, Florida 32771.

Final Action:

A final decision on the One-Year Action Plan will be made on July 27, 2004 at the regular meeting of the Board of County Commissioners.

Response to Citizen Comments:

The County will respond within fifteen days, in writing, to all public comments received.

Additional Information:

Contact: Robert Heenan, HUD Grants Manager at 605-7354, or address e-mail to: rheenan@seminolecountyfl.gov

Congressman to dedicate I-4 bridge to U.S. veterans

A dedication ceremony will be held for the new bridge at Interstate 4 and the St. Johns River on Monday, May 31, from 9:30 to 10 a.m. The new span will be officially named the "St. Johns River Veterans Memorial Bridge" during the event.

Congressman John Mica, District 7, in conjunction with members of the Florida State Legislative Delegation of Seminole and Volusia Counties, will be participating in this special occasion. The dedication will begin promptly at 9:30 a.m. and will take place by the old swing

bridge in Wayside Park, on the Seminole County side of the St. Johns River, just north and west of Interstate 4 off of U.S. Highway 17-92. Sanford police Sgt. Mike Taylor will perform Taps and the Sanford Acrobatic Team will conduct a flyover.

In 2003, Mica requested that the new bridge spanning the St. Johns River be designated as the "St. Johns River Veterans Memorial Bridge." The state legislature approved the request with a provision in House Bill 9, which was signed by Gov. Jeb Bush on May 13.

Memorial

Continued from Page 1A

guest speaker. Also on hand will be Sanford Mayor Brady Lessard, city and county commissioners, and other officials. Making special appearances will be four to six of the famous Tuskegee Airman, and Retired Navy Chief Warrant Officer Clint Westbrook, who served as a radar technician on the USS Arizona during the bombing of Pearl Harbor.

"Following the guest speaker," Jones said, "we'll have a fly-over by the Sanford Aerobatics Team and the Sheriff's Department helicopter."

Following a myriad of activities at the lakefront flagpole, lunch will be served at the Sanford Civic Center. The lunch, from approximately 11:45 a.m. to 2 p.m., is free of charge for all parade participants, and members of the general public will be able to join in for a small cost of

only \$5. In his official proclamation of Memorial Day, Sanford Mayor Brady Lessard stressed that ... the 31st of May is designated as Memorial Day, a day to remember those who gave their lives in the service of our country. It is the time for the citizens of Sanford and surrounding communities to honor our departed comrades and cherish the ideals for which they fought."

"The high cost of freedom," he continued, "is all the more evident today after the recent conflict in Iraq in which members of our military lost their lives in valiant service to our country."

Lessard urged all citizens of Sanford and its neighbors to participate in Memorial Day ceremonies on this solemn occasion, as well as houses of worship, to remember our fallen comrades during services on this date.

Hillman serves on nuclear submarine

U.S. submariners stand a silent watch around the globe, ready to respond to any threat with the latest weapons and stealth technology. Members of the "Silent Service" spend months at a time underwater, packed together in very tight quarters. By definition, submariners do their job best when nobody knows they are there. Submarine duty requires a sailor to have a dedication to the team and the mission.



Hillman

One of these sailors is Petty Officer 3rd Class Bradley Hillman, who serves aboard USS

Tennessee, homeported at Naval Submarine Base, Kings Bay, Ga. Hillman, son of Barry Hillman of Sanford, is a machinist's mate.

"I'm an all-around mechanic," he said. "I take the air we breathe and clean it. I compress and store air for systems on our boat. I work on just about everything on the boat in one form or fashion."

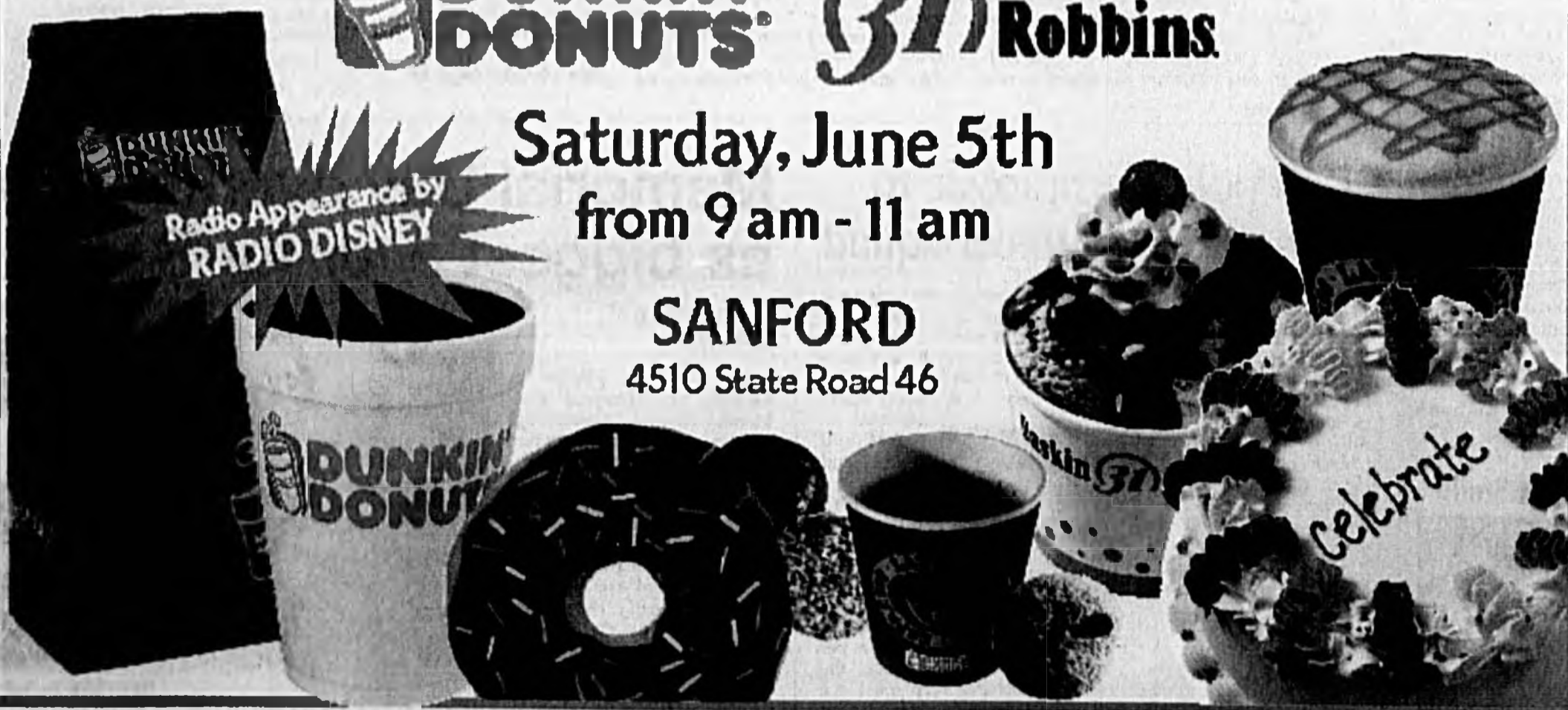
USS Tennessee is an Ohio-class ballistic missile submarine that can carry 24 Trident-class missiles as well as torpedoes and is nuclear powered.

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YMCA

Continued from Page 1A

Barnett has studied and trained infants and young children in water safety for more than 30 years.

His methodology has been taught to more than 100,000 children, and there are 750 instances where children have used their skills to save themselves from drowning.

Safe Start has trained about 35 instructors in the Central Florida area. Instructors spend 75 hours to 100 hours learning behavioral theory, child development principles and physiology of children and interacting hands-on with children in the pool.

"The mission of Safe Start is 'Not one more child drowns in Central Florida,'" said Vall.

Susanah Dwyer enrolled her children, Anabelle, 2, and Samuel, 4, after Samuel almost drowned last spring. Samuel's grandmother resuscitated him and he was treated at Arnold Palmer Hospital. Thankfully, Samuel sustained no permanent injuries. Thanks to Safe Start, both Anabelle and Samuel now have the skills to survive in the water.

Instructor Dawn Tapscott — Miss Dawn to the children — releases Anabelle in the water, who, although sobbing weakly, kicks her way to the pool's edge. Tapscott brings Anabelle further away from the side and lets go. Anabelle kicks, face down, toward the side, but gets doesn't reach the wall before she begins to run out of breath. She rolls over

onto her back to breathe before continuing to the pool's edge.

Her mother, sitting by the pool's edge, claps and cheers for her. Parents are encouraged to stay close by and be enthusiastic. Safe Start provides parents with an informational book and teaches them how to interact with their children in the water. "They definitely train the parents right along with the child," Dawber said.



Photo submitted

Grayson Dawber's mother Cally says he is proof the Safe Start program works.

Tapscott, the instructor who taught Grayson his survival skills, has been an instructor for four years. Although he cried during his first few lessons, Grayson soon learned to trust Miss Dawn. Since starting lessons with Safe Start, Grayson has developed a newfound respect for the water and wants an adult nearby when he swims.

Dawber says his accident with the tricycle has not triggered any fear of the water. When his mother asks, Grayson answers, "yes," he likes Miss Dawn and he likes swimming.

The Safe Start program, funded by the Dr. P. Phillips Foundation, is available at YMCAs in five counties in Central Florida. Safe Start is open to all children.

"It works," Dawber said, with Grayson on her lap. "My child is proof."

For more information on the Safe Start program, log on to www.safestart.com.

Bus

Continued from Page 1A

Link 47 has two stops near the single-family subdivision of Alafaya Woods. Maloy suggested the route concentrate more on nearby retirement communities of Lutheran Haven and Palm Valley. Another problem he cited is the Oviedo bus line does not connect with other routes in Seminole County.

"It really doesn't connect easily to the rest of the system," he said.

While Link 47 does stop at an UCF campus "superstop" that connects to other Orange County lines, Commissioner Randy Morris said the Oviedo route needs to serve another educational institute in the area.

"I hope we would continue this and expand the service to Seminole Community College," he said.

While funding for the Oviedo bus route is expected to be discussed again next year, county commissioners are still facing another financial shortfall for Lynx transportation.

Oviedo is not the only city in Seminole County balking at rising public transportation costs. The cities of Longwood and Winter Springs, which neither have a bus route in the city, still have not paid their full portion of mass transportation to the county.

For the second year, cities across Seminole County were asked to help fund door-to-door van service for the elderly and disabled. The service — called Access LYNX or paratransit — helps meet federal guidelines to provide vans for the "transportation

disadvantaged" that live within three-quarters of a mile of an existing bus route. The county, however, goes above and beyond the requirement and offers the service to all those that qualify.

Some cities such as Sanford and Oviedo pay for a portion of the bus routes that run through their municipalities, but that has not been enough in past years as mass transportation costs have increased while gas tax revenues have been flat.

Longwood commissioners debated funding the paratransit service last year and ultimately did. This year they have been far less convinced to do so as the cost of the service for Longwood increased by 76 percent, although County Manager Kevin Grace seems to think they will once again come around.

"We are still hopeful that in the end they will pay their share like the other cities have," he said. "Last year they were hesitant as well, but in the end they went ahead and paid their share like everyone agreed to do, and I'm sure they will again."

Longwood commissioners voted to pay for half of its \$60,000 cost for paratransit, and Mayor Butch Bundy said it's doubtful the city will contribute anymore this year. Bundy suggested it's time for all the officials in the county to sit down to discuss finding a permanent funding source for Lynx.

"I'm sure my fellow commissioners would jump at the chance to host a county-wide meeting on this issue," he said.

Attorney General Crist subpoenas oil companies for gas pricing information

Attorney General Charlie Crist subpoenaed eight major oil companies this week pertaining to the cost, production, inventory and pricing of gasoline. These subpoenas are the beginning of a formal investigation into the rising cost of gasoline in Florida.

"We must make sure that these companies are not unfairly taking advantage of Floridians at the pump. The price of filling up has become ridiculous," he said. "We will do whatever is necessary to find out if the companies are violating the law while they reap huge profits year after year."

The subpoenas request information and records pertaining to the cost of acquisition, production, inventory and the wholesale and retail pricing of gasoline. The companies have until June 30 to respond to the subpoenas.

This is the latest development in Crist's inquiry into the rising cost of gasoline. In March he met with representatives of seven major oil companies to discuss the problem. Shortly thereafter, Crist urged the state legislature to repeal a 1985 anti-competitive gas law and unveiled an Internet tool on the agency Web site, both in hopes of increasing gas-price competition in Florida.

The companies issued subpoenas are: BP Products North America, Inc., Chevron-Texaco Corporation, Citgo Petroleum Corporation, Conoco-Phillips Company, Exxon-Mobil Corporation, Marathon Ashland Petroleum, LLC, Motiva Enterprises, LLC (Shell), and Amerada Hess Corporation.

Volunteer

Continued from Page 1A

process by allowing volunteers to sign-up online, Stuff said. More recognition for the volunteers is also forthcoming.

"They're very appreciated and they need to know that," she said. "They are doing a good service for the police department as well as the community."

One of the advantages of the CoP program is the variety of jobs available. In addition to the mounted patrol, which is the only in Seminole County and the only volunteer program in

Central Florida, and bicycle patrol, the department offers clerical work, road patrol and positions in the department's four substations.

"We have a little bit for everybody," said Cleo Cohen, Sanford police spokesperson.

Stuff said she would even prefer to grow the volunteer opportunities to include some involvement in a community emergency response team, criminal investigations and traffic control. Volunteers may also be asked to

write parking tickets in Sanford's crowded downtown.

"That's something a volunteer can do so those officers can be doing other things," she said.

The next two training sessions for volunteers are June 1 and Oct. 5. It is still no too late to submit applications for the June 1 session, Stuff said.

Volunteers undergo a five-week course. The class meets twice a week for instruction in the areas of patrol techniques, CPR and first aid. Additional

training is required for the mounted horse and bicycle patrol.

Requirements for the CoP program includes applicants must be 18 years or older, complete a meeting with a review board, possess a valid drivers license, successfully pass a background check and complete an application.

For more information or for an application, call Stuff at 407-323-3030 ext. 3337 or e-mail stuffs@ci.sanford.fl.us.

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DATE & TIMES:
Wed., June 2, 2004 2:00pm - 3:30pm
Thurs., June 3, 2004 6:30pm - 8:00pm

LOCATION OF EVENT:
Winter Park Civic Center
1050 West Morse Blvd.
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Event Contact:
Silvia Mickie
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SEMINOLE SUMMARY

A GLANCE AROUND OUR COUNTY

County celebrates trail opening

In partnership with the City of Lake Mary, area businesses and homeowners associations, Seminole County Government will celebrate the grand opening of the Rinehart Road Recreational Trail with a two day event beginning Friday, June 4.

The official ribbon cutting takes place at 10 a.m. at Trailhead Park. The park is located at the intersection of Rinehart Road and Lake Mary Boulevard.

Seminole County Government contributed \$100,000 to the landscaping project. "This is just one example of how partnerships with citizens, municipalities and county Government can really make a difference in the community," said Chairman Daryl McLain. "By working together, we can make a difference."

In addition to Friday's ribbon cutting, Seminole County Government, the City of Lake Mary and the "Trailblazer" homeowners, cordially invite area citizens to celebrate the trail at Trail Fun Day. People are welcome to explore the newly landscaped trail while discovering food, information and fun along the way.

Trail Fun Day begins at 9 a.m. Saturday, June 5 and runs through 1 p.m. Event goers may park in any of the designated parking areas to enjoy a fun day out with their family. Just follow the signs along the way. For more information on the trail grand opening, visit www.beatrailblazer.com.

Limited boat access at Wayside Park

Due to the dedication of the St. Johns River Veterans Memorial Bridge, Monday, May 31, Seminole County Government wishes to notify boaters that Wayside Park will have limited access on Memorial Day between the hours of 7 a.m. and 11 a.m. Boaters wishing to find alternate locations to launch their watercraft may visit the parks section of www.seminolecountyfl.gov.

Central Florida YMCA celebrates record breaking fundraising for scholarship program

The Central Florida YMCA's annual scholarship program fundraising campaign officially came to a close on April 30 after raising \$1.8 million in four months of formal campaigning.

Jim Downing, president of AR Funding and a YMCA Metropolitan Board Member, led the campaign which saw a \$400,000 increase over last year.

"We are very pleased with the level of support we received for the scholarship program this year," said Downing. "Although there is an ongoing need for funds to support our scholarships, we have come very close to meeting our annual goal within the formal campaign months of January through April."

Donors included over 5,500 individuals, 500 of whom are members of the Grand Club, requiring donations of \$1,000, or the Chairman's Roundtable, requiring a donation of \$2,500. One hundred percent of the dollars raised benefit the Central Florida YMCA's Scholarship and Discount Programs. The goal of these programs is to ensure that no one is turned away based on ability to pay.

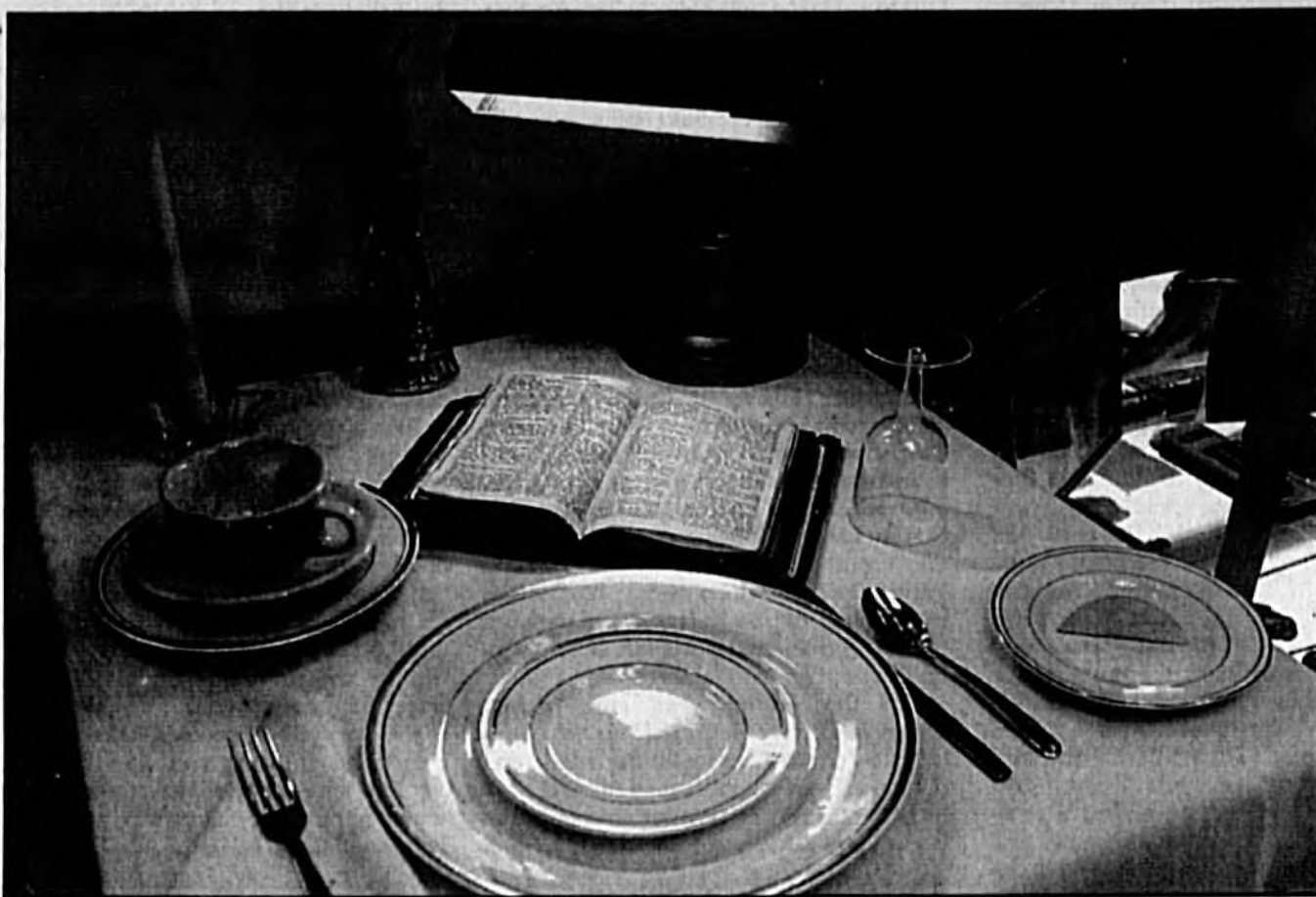
Established in 1942, the Central Florida YMCA is one of the largest not-for-profit community service organizations in Central Florida. With its 23 Family Centers in Orange, Osceola, Seminole, Lake, Marion and Brevard counties, the YMCA gave more than \$6.5 million in financial assistance and membership and program subsidies to nearly 100,000 kids, teens, adults and seniors in 2003. Committed to the Central Florida community, the YMCA maintains its mission to help build strong minds, bodies and spirits.

CORRECTION

The Free Meals available to Seminole County children list in Sunday, May 23 edition of the *Sanford Herald* lists (among several others), food to be distributed by the Sanford Recreation Department. The Recreation Department is sponsoring the distribution, but it will be held at Liberty Christian School, 2626 Palmetto Avenue in Sanford, and not at the city hall. Hours are noon until 1 p.m., (lunch) Monday through Friday only.

Dan Ping's Around The Clock column will return next week.

'A table for one



Herald photo by Tommy Vincent

At the Sanford American Legion Post 53 there is a table set for one — the POW/MIA. It is a reminder to never forget their service.

Carjacking

Seminole County Sheriff's Office deputies arrested a man as John Doe Tuesday. An officer spotted a vehicle on Celery Avenue fitting the description of a vehicle taken in a carjacking out of the city of Sanford. The vehicle was stopped after a three-mile pursuit with speeds up to 100 miles per hour. With the aid of a K-9 unit, the driver was apprehended. His identity could not immediately be determined. He was charged with robbery — carjacking with a weapon, fleeing/eluding police at high speed, possession of cocaine, and resisting an officer without violence.

Drug related

Lasheena Thomas, 20, of Edward Higgins Terrace, was arrested by Sanford police on May 14, as the result of a Special Tactical Unit investigation into drug sales. Police served a search warrant at her residence and reportedly found crack cocaine. She was arrested on possession of cocaine with intent to sell/deliver, etc.

Prostitution

Teresa McGowan, 38, of West 19th Street, was arrested by members of the Sanford police Special Tactical Unit during an undercover prostitution operation on May 20. She was located at West 19th Street and Elm Avenue. She was charged with prostitution or assignment to commit prostitution.

Soliciting for money

Dennis Wayne Pickett, 44, listed as homeless from Winter Park, was located by Sanford police Wednesday standing at a street corner near Town Center Boulevard and State Road 46. Officers said he was holding a sign that



said "Sorry Lower Class American Patriot" and asking passing motorists for money. He was charged with obstruction of public streets without a permit, standing in a road soliciting, and failing to obey a police officer.

Battery

Robert Caraballo, 33, of East Second Street, was arrested at his residence Monday by Sanford police. Officers found a woman standing outside the home, completely nude. Caraballo came out of the house and was placed under arrest following a determination that he had battered the woman and knocked her unconscious. He was charged with aggravated battery (domestic) and false imprisonment of an adult (domestic).

Charlene Williams, 35, of Deltona, and Tiffany Lane, 28, of Brandy Drive, Sanford, were arrested by Sanford police Wednesday in Castle Brewer Court, following an altercation between sisters. Each was charged with battery — touch or strike (domestic violence).

Kenya Jones, 27, of Lake Monroe Terrace, was arrested by Sanford police Wednesday at his residence following an altercation with a female. He was charged with battery — touch or strike

(domestic violence).

William Edward Pellechia, 29, of Mellonville Avenue, Sanford, was arrested by Sanford police Tuesday at his residence. He reportedly was in a conflict with a female. He was charged with battery — touch or strike (domestic violence).

Patrick Joseph Blydenburgh, 27, of Tinley Terrace, Sanford, was arrested by Sanford police Tuesday at his residence, where he reportedly was involved in a confrontation with a female. He was charged with simple battery (domestic violence).

Robert Bray, Jr., 62, of Elm Avenue, Sanford, was arrested by Sanford police Tuesday. He was reportedly involved in a disturbance in the 600 block of Laurel Avenue. Police said he encountered a man walking in the area and struck him with a tree branch knocking him out. He was charged with aggravated battery, armed trespassing on property and resisting an officer without violence. After being taken to jail, he was found to be in possession with a crack cocaine pipe. He was given the additional charge of smuggling contraband into a county detention facility.

Traffic stops

Ryan Edward Guise, 22, of Orlando, was stopped Sanford police Thursday on Orlando Drive. He was charged with driving under the influence (DUI) of alcohol or drugs.

Willis Jerome Washington, 35, of Windchase Boulevard Sanford, was stopped by Sanford police Wednesday on Orlando Drive. He was charged with driving with a suspended license.

Seven 'johns' nabbed in Sanford prostitution sting

Following an undercover operation by the Sanford Police Special Tactical Unit against street-level prostitution on April 9, at which time nine persons were arrested, police undercover agents took to the streets again on Thursday, May 20. This time seven more persons were arrested.

Rigoberto Carrion, Jr., 21, of Wyndham Crest, Sanford, was apprehended at West 27th Street and French Avenue, and charged with procurement for prostitution.

Leroy Taylor, 29, of Brown Mills, N.J., was arrested at the same location and charged with procurement for prostitution.

Chris James Conner, 39, of Laurel Avenue, Sanford, was arrested, also at 27th Street and French Avenue.

He was charged with procurement for prostitution.

Thomas Davis, 54, of Westville, Florida, was arrested at the same location, and charged with procurement for prostitution.

Varoon Ramtahal, 24, of West First Street, Sanford, was also arrested at 27th Street and French Avenue, charged with procurement for prostitution.

Jose-Louis Mendoza Hernandez, 26, of Laurel Avenue, Sanford, was located at the same area and charged with procurement for prostitution.

Paul Andre Dupre, 37, of Deltona, was arrested when he stopped his vehicle on East Fifth Street at Sanford Avenue. He was charged with procurement for prostitution.

Deputies arrest 2 for armed robbery

Seminole County Sheriff's Office deputies arrested Robert Lee Wilds, 21, of Randolph Street, and Michael Bernard Lawrence, 21, of Cedar Avenue, Sanford, on Monday. Deputies were called to the 1800 block of Roseberry Avenue in reference to an armed robbery.

When they arrived, they found two men in a vehicle in the 1900 block of Roseberry Lane and questioned them. The men told deputies two men, wearing dark clothing and ski masks approached them and sprayed them with pepper spray. One of the men attempted to run but the two forced him to the ground and began striking him. One suspect is said to have pointed a gun at the victim.

One of the men went with deputies and spotted the two robbers at a convenience store at 25th Street and Sanford Avenue. Both robbers were spotted and taken into custody.

A search was conducted on their vehicle. Two ski masks were discovered along with a submachine gun and a small caliber revolver. Three other firearms were located in the trunk.

Both Lawrence and Wilds were arrested on charges of robbery with a firearm (wearing a ski mask), attempted homicide, and carrying a concealed weapon. Wilds, driver of the vehicle, was also charged with driving with a suspended license.

OUT & ABOUT

SAT 29

Learn more about Native Florida Plants on a hike with the Seminole County Natural Lands Program at 8 a.m. at the Lake Jesup Wilderness Area. You will be led through the Lake Jesup Wilderness Area by a volunteer who is also a Master Gardener and Native Plant Society Member. Space is limited. Call 407-665-7411 for reservations.

MON 31

U.S. Rep. John Mica will preside over a ceremony to dedicate the "St. Johns River Veterans Memorial Bridge" over the St. Johns River on Interstate 4. A special Memorial Day dedication will be from 9:30 to 10 a.m. by the old swing bridge in Wayside Park on the Seminole County side of the river. Others on hand will include Central Florida veterans leaders, Seminole and Volusia County city and state officials and officials of the Florida Department of Transportation.

The city of Orlando Mayor's Veterans Advisory Council will hold a special Memorial Day service at 11 a.m. at the Lake Eola Amphitheater in downtown Orlando in a special tribute to our troops in Iraq and Afghanistan. Keynote speaker will be Maj. Gen. Ronald Harrison (Ret). There will be special music and a flyover plus special observances. Free meter parking will be available around Lake Eola.

The city of Sanford Memorial Day Parade and Remembrance Ceremony will begin at 10:30 a.m. Parade route will be on First Street from Sanford Avenue heading west to Park Avenue ending at the RiverWalk flagpole. City Manager Al Grieshaber, Jr. (Ret. U.S. Marine Corps Colonel) will give the address at the Remembrance Ceremony. A luncheon will follow at the Sanford Civic Center and is open to the public. It is free for parade participants and \$5 for spectators. Parade participants include members of the 101st Airborne, Tuskegee Airmen, U.S. Marine Corps, U.S. Coast Guard, Florida Army National Guard, Sanford Police and Fire departments, Seminole County Sheriff's Office and the Black Thistle Pipe and Drum Band and many more. There will also be a flyover at the parade.

WED 2

Seminole Community College's Chapter of the Florida Association of Community Colleges presents "A Summer Breeze" featuring contemporary jazz musician Ray Silkman from Chicago. The performance will be outside the student center at 12 noon. Lunch will be served for \$4.

SAT 5

Miriam and Valerie's School of Dance Arts 39th Annual Showcase presents "Guys and Dolls," at 2 p.m. and 7 p.m., and Sunday, June 6, at 2 p.m. at Winter Springs High Performing Arts Center. For more information, call 407-323-1900.

The Seminole County Branch of the National Association for the Advancement of Colored People (NAACP) will host its 21st Annual Freedom Fund and Awards Banquet beginning at 6:30 p.m. at the Sanford Civic Center. Guest speaker will be U.S. House of Representatives Congresswoman Corrine Brown (District 3). The purpose of the banquet is to raise funds to support the NAACP annual initiatives. Tickets are \$30 per person. For more information or reservations, call 407-328-7496.

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Obituaries

URBAN I. FARIA
Urban I. Faria, 84, of Longwood, died Thursday, May 27, 2004, in Altamonte Springs. He was born May 16, 1920, in Poudroyn, Guyana. He was a retired bank manager. He belonged to Rotary Club, did volunteer work for the city of Altamonte Springs, and was Head Sacristan with Annunciation Catholic Church.

Survivors include wife, Marie T. Faaria; daughters, Susan F. Gaspard and Kathy A. Faria; sons, Derek A. Faria and Peter Faria; sister, Celeste Lanagan; eight grandchildren.

Funeral services will be held Saturday, May 29, at 10 a.m. at Annunciation Catholic Church with Rev. Stephen Baumann officiating.

Banfield Funeral Home, Winter Springs, in charge of arrangements.

ESTHER J. KEMSEY
Esther J. Kemsey, 88, of Heathrow, died Wednesday, May 25, 2004, in Altamonte Springs. She was born Sept. 16, 1915, in Iliion, N.Y. She was a homemaker and a Protestant.

Survivors include husband, Joseph J. Kemsey.

Services were held May 28 at Sanlando United Methodist Church.

Baldwin-Fairchild Funeral Home, Oaklawn Chapel, Sanford/Lake Mary, in charge of arrangements.

ULVA LEE LAWSON
Ulva Lee Lawson, 80, of DeBary, died Monday, May 24, 2004, at DeBary Manor. She was born Nov. 25, 1923, in Greenville, Fla. She was a fruit packer in the citrus industry and a Protestant.

Survivors include sons, Charles Robert Lawson of Fort Myers, and Michael James Lawson of Colorado; daughter, Alicia Alexandra Starr of DeBary; seven grandchildren; four great-grandchildren.

Funeral services were conducted May 28 at the Oaklawn Chapel with interment to follow at Highland Memory Garden Cemetery in Apopka.

Baldwin-Fairchild Funeral Home, Oaklawn Chapel, Sanford/Lake Mary, in charge of arrangements.

JULIA J. LA MAGNA
Julia J. La Magna, 82, of Longwood, died Wednesday, May 26, 2004. She was born Sept. 4, 1921, in Brooklyn, N.Y. She was a librarian stock technician and member of Church of the Annunciation Catholic Church.

Survivors include husband, Frank L. La Magna; daughter, Jeanette Davison; son, Peter Santora; sister, Mary Sala; five grandchildren.

Visitation will be Sunday, May 30, from 2 to 4 p.m. and

of arrangements.

from 6 to 8 p.m. at the Oaklawn Chapel. Services will be Monday, May 31, at 10 a.m. at Church of the Annunciation, Montgomery Road, Altamonte Springs.

Baldwin-Fairchild Funeral Home, Oaklawn Chapel, Sanford/Lake Mary, in charge of arrangements.

HORACE PETERSON
Horace Peterson, 91, of Washington Street, Oviedo, died Monday, May 24, 2004. Born in Helen, Ark., he moved to Central Florida in 1960. He was a laborer.

Survivors include caretakers, Johnell and Brenda Perkins of Oviedo.

Golden's Funeral Home, Inc., Winter Park, in charge of arrangements.

TYIESHA JACKIE STOKES
Tyiesha Jackie Stokes, 25, of Winter Park, died Sunday, May 23, 2004. She was born in Brooklyn, N.Y. She was in customer service at a restaurant.

Survivors include mother, Diana Stokes of Winter Park; sisters, LeKiesha Stokes, Shamiika Stokes, Diana Caldwell, and Elizabeth Moss all of Winter Park, and Cheyenne Moss of Fort Lauderdale; brother, Lonnie Stokes of Fort Lauderdale.

Golden's Funeral Home, Inc., Winter Park, in charge of arrangements.

Religion Briefs

Harthern to be guest speaker at Sanford Church of God
Ray Harthern will be the guest speaker at Sanford Church of God, Sunday, May 30 at 10:45 a.m. during the morning worship service. Dr. Harthern was former pastor of Orlando Calvary Assembly, which for several years was listed as the fastest growing church in Central Florida.

The church is located at 801 W. 22nd St. in Sanford, two blocks west of U.S. Highway 17-92. For more information, call 407-322-3942.

hold the 2004 annual Solemn Assembly June 24 through 27. Thursday night services at 7 p.m. Friday services at 2 and 7 p.m., and Saturday services at 9:30 a.m. 2 p.m. and 7 p.m.

Noted speakers from throughout the nation will be on hand with inspiring messages each night. The church is located at 2400 Chase Ave. in Sanford, corner of 24th Street. Dr. Sharon Riggins-Patterson is pastor.

information, call Sandy Chambers, children's director for Common Ground Community Church, at 407-323-9594.

Help needed at sharing center in Longwood
The Christian Sharing Center in Longwood needs volunteers to work at the Distribution Center at Commerce and Industry. Hours would be Monday through Saturday from 9 a.m. to 5 p.m.

Needed are thrift store workers, persons to handle the boutique, furniture department, voucher clerk, receptionist, office assistants and data entry people. You choose your hours and schedule. For more information, call Diann at 407-260-9155, ext. 6, Monday, Wednesday or Friday to schedule an interview.

Churches sponsor free Vacation Bible School
Common Ground Community Church in partnership with Sanford Alliance Church present a Vacation Bible School. The school will be Monday, June 7, to Friday, June 11, from 9 a.m. to noon each day. The classes will be held at Sanford Alliance Church, 1401 S. Park Ave. The program is free. For more

First Baptist Markham Woods to hold Memorial Day service
First Baptist Church Markham Woods, 5400 Markham Woods Road, Lake Mary, will be celebrating Memorial Day, at 10:45 a.m. in a patriotic service honoring and memorializing those who have given the supreme price in defense of our country and in preserving our God-given liberties.

Nursery will be provided. For more information, call 407-333-2085.

Getting Your House in Order Ministries to host assembly
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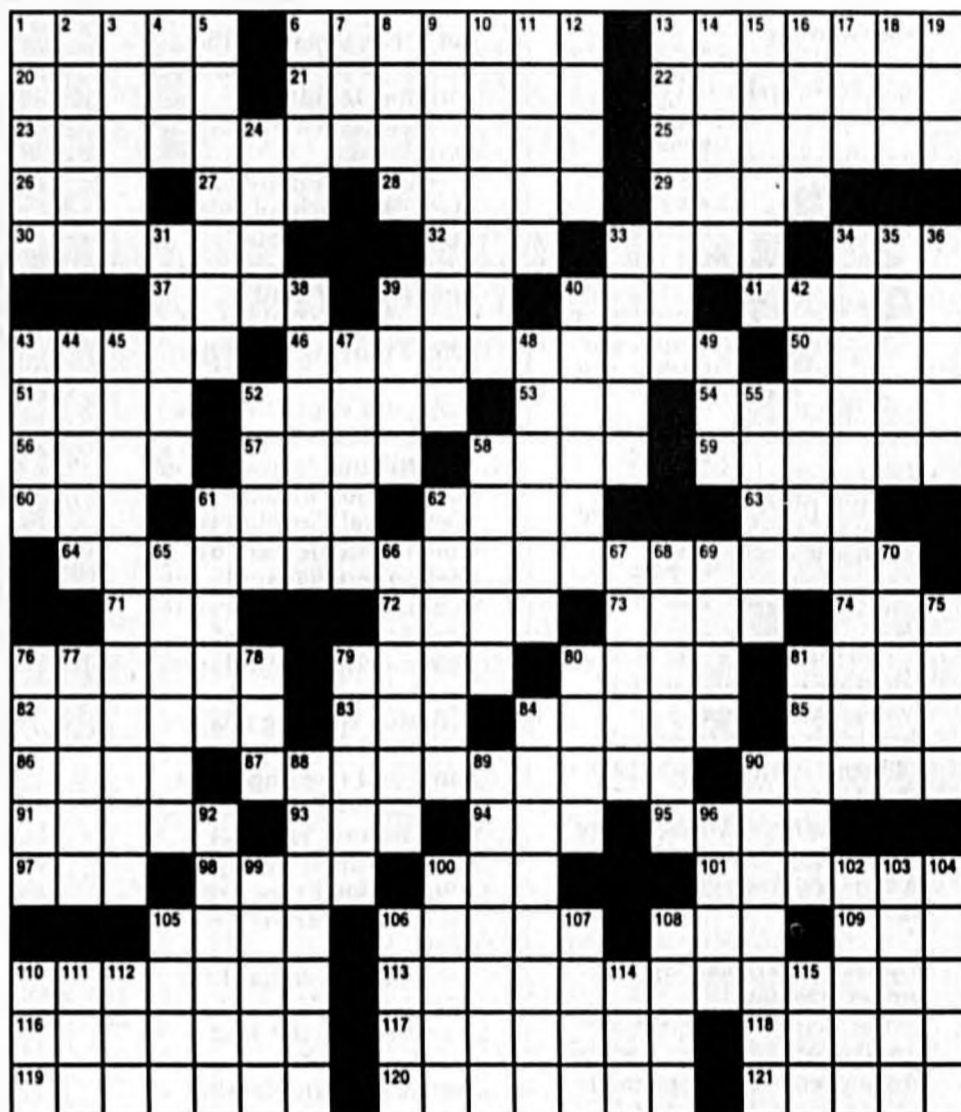
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Los Angeles Times Sunday Crossword Puzzle

Edited by Rich Norris and Joyce Nichols Lewis

- "ADDED CONSENT" BY CHARLIE RILEY**
- ACROSS**
- 1 Contenders
 - 6 Gave up
 - 13 Opening
 - 20 "The future"
 - 21 Oakland's county
 - 22 Digit
 - 23 Deposit on an operation?
 - 25 Diplomatic office
 - 26 Nitrogen-based dye
 - 27 Driver's org.
 - 28 Super
 - 29 Slightly
 - 30 Miscellaneous
 - 32 They may be needed to get in
 - 33 Colorless
 - 34 Giant word
 - 37 Checklist detail
 - 39 XXV x X
 - 40 Set of necessities
 - 41 Like oak leaves
 - 43 Prohibited
 - 46 Be properly calming?
 - 50 Part of QED
 - 51 Skunk's weapon
 - 52 Energetic risk-taking type, so it's said
 - 53 Dhab
 - 54 Dents and scratches
 - 56 "Slippery" trees
 - 57 Willingly
 - 58 Stop discussing
 - 59 Neutered
 - 60 Bro or sis
 - 61 Hue
 - 62 Tres y tres
 - 63 Schubert's "The King"
 - 64 Wading through a butter substitute?
 - 71 Pup squeak
 - 72 --bitsy
 - 73 Change
 - 74 Motor City labor org.
 - 76 Procedural method
 - 79 -- homo
 - 80 Ready for picking
 - 81 Turkish VIP
 - 82 Firt
 - 83 From -- Z
 - 84 Smidgens
 - 85 Restaurateur
 - 86 Rain in Spain
- DOWN**
- 1 Some credit cards
 - 2 Noted liar Joe
 - 3 Company in 2002 news
 - 4 Baseball's Maris, to pals
 - 5 Attest
 - 6 "con Dios"
 - 7 High peak
 - 8 Fish that complains a lot?
 - 9 Most of the Western Hemisphere, with "the"
 - 10 Unexcitedly
 - 11 Dutch cheeses
 - 12 Beafonte
 - 13 In the world
 - 14 Ballroom dance
 - 15 Drink
 - 16 Job well done
 - 17 Treasury Dept. arm
 - 18 -- in Charlie
 - 19 English cathedral town
 - 24 Zany Martha
 - 31 New Look creations
 - 33 Expose
 - 34 Jokes during a raid?
 - 35 Dictionary topic
 - 36 Doled (out)
 - 38 He threw 420 career TD passes
 - 39 G follower
 - 40 Put the -- on: squeal
 - 42 Casual statement
 - 43 Sandal revelations
 - 44 Ignore the lines
 - 45 Indian military unit?
 - 47 Scam
 - 48 Triple play, e.g.
 - 49 49er scores: Abbr.
 - 52 Initial Arabic letter
 - 55 Impressionist's skill
 - 58 Stupid
 - 61 Conical home
 - 62 "Coach" or "Taxi"
 - 65 Liturgy
 - 66 "Get a bang out of life" mint
 - 67 Madonna role
 - 68 Melonlike fruit
 - 69 War god
 - 70 "Gulliver's Travels" brute
 - 75 Give notice
 - 76 Alarm
 - 77 One in a lotus position
 - 78 "Beat Suite" network
 - 79 Frequent, as a calé
 - 80 Lee, briefly
 - 81 So far
 - 84 If there's no other way
 - 88 Momentum
 - 89 Unexpected results
 - 90 Literature, music, etc.
 - 92 Act opening
 - 96 Pipe problem
 - 99 Birdlike
 - 100 Any refrain
 - 102 Cook in oil, maybe
 - 103 Kind of nerve
 - 104 Military adviser
 - 105 Worries for srs.
 - 106 Seasoned
 - 107 Villa d'--
 - 108 Adieu
 - 110 Former cameraregulating gp.
 - 111 Reciprocal electrical unit
 - 112 Vichy water
 - 114 -- Lingus
 - 115 Stable snack



05/30/04 crossword@aol.com ©2004 Tribune Media Services, Inc.

See crossword puzzle answers on Page 9A


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CITY OF LONGWOOD LAND PLANNING AGENCY PUBLIC HEARING

NOTICE IS HEREBY GIVEN BY THE CITY OF LONGWOOD, FLORIDA, THAT THE LAND PLANNING AGENCY (LPA) is scheduled to hold a public hearing on June 9, 2004 at 7:00 P.M., or as soon thereafter as possible, in the Longwood City Commission Chambers, 175 West Warren Avenue, Longwood, Florida, to hear public comment to review and make recommendations regarding the following:

Amendment of the Land Development Code - Article X, Section 10.3.0 Historic Overlay District - pursuant to the requirements of the City of Longwood and the Florida Statutes.

At this meeting, interested parties may appear and be heard with respect to the request. This hearing may be continued from time to time until final action is complete.



A copy of the proposed Longwood Historic District Development Code is available for review in the Planning Division office between 8:30 A.M. to 4:30 P.M. during regular work days and on the City of Longwood website at www.ci.longwood.fl.us. The office is located at 174 W. Church Avenue, Longwood, Florida, or you may call the office at 407-260-3462.

NOTICE: All persons are advised that if they choose to appeal any decision made at the meetings/hearings, they will need a record of the proceedings and for such purpose, they may need to ensure that a verbatim record of the proceedings and evidence upon which the appeal is based (per Sec. 286.0105, Florida Statutes). Persons with disabilities needing assistance to participate in any of these meetings should contact the A.D.A. Coordinator at 407-260-3481 at least 48 hours in advance of the meeting.

LIFESTYLE

The Way We Were: Social news from 1952 newspaper

Here is more social news from the April 20, 1952, edition of the *Sanford Builder*, a semi-weekly newspaper.

Mrs. Barbour given old-fashioned housewarming

Mrs. S.E. Barbour was surprised at her new home at Edward Higgins Terrace on the previous Tuesday evening when a group of her friends surprised her with an old-fashioned housewarming.

Mrs. W.I. Crabtree knocked on her door and asked if she could come in to visit. When invited in, the entire group entered bearing gifts which ranged from furniture to kitchen utensils.

Games were played during the evening with prizes won by Mrs. Clarence Ergle and Mrs. Bessie Davis.

Refreshments of cake and soft drinks were served to the following: Doris Mason, June Bezwichen, Ouida Harrison, Katherine Hardy, Lucy Nelson, Glorinda Dowdy, Betty Whitmore, Becky Peeples, Mary Goff, Virginia Rollins, Audrey Roberts and those previously mentioned.

Baptist brotherhood has supper meeting

The Men's Brotherhood of First Baptist Church held its regular supper and program meeting recently in the Memorial Education Building.

A chicken pilaf supper was enjoyed followed by various reports. A program on Practical Soul Winning was presented by W.R. Fort, R.F. Cooper and W.C. DeCoursey.

Those present were M.N. Cleveland, O.R. Smith, H.C. Moore, L.A. Smith, W.L. Harvey, Walter Wetzel, W.C. DeCoursey, W.R. Fort, R.F. Cooper, A.C. Madden, J.M. Stinecipher, M.S. Nelson, Harry Carrington, M.J. Phillips, Forrest Breckinridge, F.E. Gatchel, W.O. Stansel, J.T. Hardy, W.L. Vance, Arthur Kirchoff, R.T. Thomas, O.C. Gibbs, John L. Lee, W.F. Peacock, Judge Douglas Stenstrom, C.W. Ergle, C.E. McKee, Ray Slaton, Gordon Brisson, W.P. Brooks Jr., and John L. Miller.

Fidels class donates to Nativity scene

At its recent business and social meeting, the Fidelis Class of First Baptist Church voted to give a cash donation toward the community Nativity scene planned for the bandshell. The meeting was held at the home of Mrs. M.C. Hagan on Park Avenue.

Following a devotional given by Mrs. J.P. Thornley, Mrs. M.D. Bumgarner presided at the meeting. A report was given on the hostesses that the class had provided for the USO.

Attendance at the upcoming revival at the church was urged. Mrs. Robert Williams conducted games with prizes being awarded to Mrs. H.E. Cordell for the "Memory Test" and to Mrs. Verne Messenger for "A Love Story," a musical contest.

Refreshments were served to the Mesdames S.C. Graham, Grady Duncan, Hugh Duncan, John Fox, Forrest Gatchel (class teacher), H.W. Little, Joe Wright and A.C. Madden.

Also the Misses Lorraine Franklin and Jeanette Laing and those previously mentioned.

BFW Club to install officers

Mrs. Sybil Routh, president of the Sanford Business and Professional Woman's Club announced that the club would hold an annual banquet and installation of officers on the next Wednesday evening. This would be in the private dining room of the Twilight Grill, beginning at 7 p.m.

Guest speaker would be Mrs. Kirkpatrick of Eustis, National Commander of the American Legion Auxiliary who would speak on "Civil Defense." Mrs. Eleanor Ravenal and her committee were in charge

See Stinecipher, Page 7A

FROM THE SUPER BOWL TO SUBS

Lake Mary High graduate returns home with Super Bowl ring and aspirations of growing sandwich chain

By Christopher Patton
Managing Editor

ALTAMONTE SPRINGS — Sara McKee is returning home as a champion.

Sure she didn't twist a tight end to the turf or snare a spiral for a score, but she was part of the team — the Super Bowl-winning Tampa Bay Buccaneers team to be exact.

A 1997 graduate of Lake Mary High School, McKee earned her bachelor's degree in communications from North Florida University in Jacksonville before moving on to the Tampa area.

After a stint as events coordinator for Dillard's department stores, McKee landed a job in 2001 with the Central Florida professional football team by beating out 500 applicants in a three-stage interview process that included a final meeting with the club owners.

Beside rubbing elbows with the boys in pewter pants and meeting some national notables, such as Gen. Tommy Franks, McKee earned the right to a Super Bowl ring, which she wears everyday with pride.

"I worked so hard for this ring that's why I wear it everyday," she said.

As an events manager, her job was unrelenting at times as she was responsible for all the team-marketing events and much more.

"It could be a golf tournament to a 5K run," she said. "The other part of my job I was in charge of all pre-game entertainment."

She says coordinating the military flyovers and celebrity appearances to sing the National Anthem before the gridiron matches were often the most difficult to arrange. She said she would literally have to sing the National Anthem over a radio to pilots racing along the coast to time the flyover just right.

However, pre-game events were not the most difficult to manage. McKee said preseason training at Disney World was also trying.

"That was probably the hardest thing I did for the Bucs until the Super Bowl," she said. The National Football League handles all the events for the championship game, but similar to the preseason when the team traveled, McKee was in charge of team entertainment activities and travel arrangements for players and their families.

"I had 15 buses running on a daily basis back and forth from San Diego to three hotels," she said.

The hard work paid off in the end as McKee said she had amazing seats for the Super Bowl and was in the locker room for the champagne celebration. After six years of event



Herald photo by Tommy Vincent

Lake Mary High School graduate Sara McKee shows off her Super Bowl ring that she earned as events manager for the Tampa Bay Buccaneers.

managing, Lake Mary High alumni can find McKee not juggling schedules for a football team or department store chain, but stacking sandwiches in a new family endeavor.

"I was tired of working for other people," she said. "I wanted to work for myself and my family."

Along with her brother Alex Moore, Lake Mary High Class of 1998, and her parents Richard and Carolyn Moore, the Lake Mary family is preparing to open several new sub sand-

wich shops in Central Florida.

First order of business, however, is for McKee and her husband Brett to move from Tampa and her brother to follow from Atlanta.

"We all moved away and we are all coming back," she said. "I love Lake Mary."

McKee is planning to open the first Firehouse Subs in the Shoppes of Maitland on June 7. Nine more stores are expected to follow in Orange, Osceola and Lake counties with at least two opening before

the end of the year.

A family-founded restaurant out of Jacksonville, McKee said she felt assured in the change of career to a Firehouse Subs franchisee owner because of the fresh ingredients and community spirit the business prides itself on.

With the right team in place, McKee may once again be part of a winning squad. "I'm that confident of the Firehouse Subs concept," she said. "The high-quality product is bar none."

Crooms grad publishes tall garden tale

Grannie's World Record Collard Green has been written by Sanford native Betty Davis Gibson. Gibson teaches her granddaughter Jasmine Gibson the lessons of wonder and love as she discovers the mysteries of grandmother's garden.

Have you ever seen a collard green that stood over 80 inches tall? Or have you ever realized that an entire world exists within the confines of the average garden?

Grandmother showed Jasmine, her first granddaughter, what a miracle God gives to us every time a plant sprouts and continues to grow. She learns lessons of nature and secrets of gardening.

The small world of wonders are under the leaves of *Grannie's World Record Collard Green*. B.J.

Gibson is the author's pen name. She imparts the same pearls of wisdom imparted to her as it happened to her in the garden some time ago when she was young. It only takes one seek to grow a garden, however small when planted, nourished and cared for, it could become a world record holder.

Grannie's World Record Collard Green has received great reviews from parents, grandparents, children and authors of children's books.

Author B.J. Gibson's book has crossed generations and ethnic lines. A phenomenal book that reminds people of the special moments spent with their grandparents.

Gibson is the wife of Col. Charles H. Gibson, a retired U.S. Airforce pilot. They are the parents of three sons, Gregory, Michael and C. Herman.

An avid gardener and writer, having graduated from Crooms Academy and attended Florida A&M University with a major in business.

Grannie's World Record Collard Green can be purchased at the Bethel Book and Bible Center, Sanford Avenue at Ninth Street.

Campbell recognized for academic excellence at USF

Sheena Campbell has been nominated for membership in the National Society of Collegiate Scholars, the honor society for high achieving first and second year students.

Campbell will receive a diploma of membership, recognizing outstanding academic achievement and a commitment to the society's ideals of scholarship, leadership and service. The society

See Hawkins, Page 7A

Part 2 of historic essay penned by Geneva student

The Geneva Historical & Genealogical Society's 2004 Yearbook (distributed at the recent May Day Picnic) features the Bills Family, whose home on Main Street here is more than 100 years old. Included in that yearbook is the following essay, which touched me so, I could not wait to share it with all of you. The first segment of this piece ran last week.

Essay that won prize for Bills is made public (1932)

(Editors note: This is the second part of an essay which won one of four prizes awarded by Irving Bacheller, noted author, in his annual contests open to all students of Florida schools. It was written by John Clark Bills, III, of Geneva; was recited from memory by the writer before a distinguished group of authors and educators at Winter Park recently, and was termed one of the best written and presented essays the contest has ever known. Young Bills is a senior at Seminole High School.)



Daria Kinney Scoles

.....

.....

"The Geneva community has also known disaster. One fateful night in February 1895, the hard working people went to sleep weary but happy. The trees were loaded with citrus. Of the five hundred inhabitants, a majority were [sic] dependent on grove or garden. That night

.....

Leaves withered and tree trunks split. Gardens wilted. The distressed people looked out into the bright sunlight with heavy hearts for the wealth of their labors was gone. They were again pioneers. But the spirit of friendliness and co-operation conquered. A few protected trees supplied bud wood for the community. Within a few years we again find the names of Hart, Prevatt, Patishall, Daniels and others of the original settlers on the old way-bills of the St. Johns River boats. The community had won.

"In 1915 the first whistle of a railroad engine brought modern transportation to Geneva. Shortly thereafter the St. Johns was bridged and a road connected the Geneva peninsula with Sanford. The telephone and electric light have come. A community center and modern school building evidence the progressive hopes of the people. Two churches serve their spiritual needs. "Modern developments have not,

however, diminished the community spirit of Geneva. The old town hall is often filled with the laughter of young and old when fish fries or dances are held under its moss-draped rafters. The shore of Lake Geneva is frequently alight from bonfires of picnic parties. The spirit of those early settlers pervades [sic] the buildings they erected, the land they cleared and the healthy minds and bodies of the children. Truly honest work and a spirit of neighborliness the people of my hometown have found contentment and happiness. So let not "grandure hear with disdainful smile,

The shor and simple annals of the poor."

We need you to tell us what you know that is good about Geneva! Please share your information, ideas and comments by calling 407-349-2140, via e-mail at darlas@mpinet.net, (please put "Stetson's Corner" in the subject line), or with a fax to 407-349-1311. Thanks!

Stineciper

Continued from Page 6A

Officers to be installed by Mrs. Faye Charles Dayton, treasurer of the Florida Federation of BPW.

Officers to be installed were Marguerite Graham, president; Escar Price, first vice president; LuRene Ball, second vice president; Betty Baker, recording secretary; Belle Grantham, corresponding secretary, and Mary McKinney, treasurer.

Here and there social news

Mrs. Leo Butner was spending the next five weeks at Daytona Beach.

Billy Tison of Newport News, Va. was the weekend guest of his mother, Mrs. Brannon Tison.

Friends of Mrs. J.L. Jackson would regret to learn that she was ill at her home on Sipes Avenue.

Mrs. Forrest May and children of Greensboro, Florida had been the guests of Mrs. May's parents, Mr.

and Mrs. E.B. Adams. George Spencer, student at FSU, had spent the Easter Holidays with his parents, Mr. and Mrs. L.E. Spencer.

Mrs. S.D. Rockey and infant son had been moved from the Fernald Lawton memorial Hospital to the home of her mother-in-law Mrs. E.S. Rockey, 1310 Park Ave.

Miss Avis Stenstrom and Miss Melbourn Cunningham of Winter Haven were the houseguests of Mrs. E.S. Rockey.

Mrs. Roy Tillis and Mrs. R.A. Smith had attended the Florida Federation of Woman's Clubs conference in Jacksonville the previous week.

Friends of Mrs. Robert Futrell would regret to learn that she was confined to her home with a painful sprain in her ankle and pulled ligaments in her leg which she had received as a result of a fall during the Grand Chapter meeting of the OES held recently in Tampa.

Hawkins

Continued from Page 6A

provides members with a variety of opportunities and resources, including access to scholarships, leadership programs, internships and service activities on a national and chapter level.

A convocation will be held on the University of South Florida campus in the fall for all new members.

Phi Sigma Theta says congratulations to Sheena Lashea Sherice Campbell, daughter of Donald and Euletha Byrd Campbell of Sanford. She is a 2002 graduate of Seminole High School where she was also an outstanding character and achiever and a member of the National Beta Club.

Having achieved academic excellence, she made the Dean's List of Scholars where she attained a minimum grade point average of 3.5. The achievement ranked her in the top 10 percentile of all undecided and undeclared students at USF.

Amvet auxiliary to host membership drive Gaines and Morgan Amvet and Auxiliary will host a membership drive for veterans of the community to come and

join the local membership. Saturday, June 5, from 1 to 5 p.m., veterans, husbands, wives, sons and family members are invited to attend a community cookout for the annual membership drive at Coastline Park, West Ninth Street. For more information, call James Melton, Commander, at 407-323-7722.

Waldo celebrates 91st birthday

John Waldo Sr., Sanford resident, celebrated his 91st birthday Tuesday, May 25. Born in Blackville, S.C., he is a retired contracting farm laborer, having carried farm workers from Florida to Capt. Charles, Va. Waldo was married to the late Mattie Oliva Sumpter Waldo in 1935.

He is the father of 11 children, 78 grandchildren, 60 great-grandchildren and 20 great-great-grandchildren.

The family invites their friends and the community to attend a 91st birthday celebration, Saturday, May 29, at 1 p.m. at his home church, the Hickory Church of God, Hickory Avenue, Sanford.



Herald photo by Marva Hawkins

John Waldo, Sr. hugs great-grandchildren Danyell and Brandeyell Hughes, four-year-old twins.

Juneteenth event applications due June 5

The city of Sanford Juneteenth and Race Unity Day Celebration will be Saturday, June 19, at Fort Mellon Park, 600 E. First Street from 10 a.m. to 5 p.m. Call for vendor or information booth applications to the city of Sanford Community Development Department at 407-330-5665, Monday through Friday, 8 a.m. to 5 p.m. After hours, call Cynthia Butler at 407-321-2109 or Jacqueline Mitchell at 407-320-1716. For insurance questions contact Fred Fossen at 407-330-5617. Deadline for applications is June 4 at 5 p.m.

SPOTLIGHT ON BUSINESS

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Email: kinderstarz@aol.com

OPINION

Remembering Day

As of you didn't already know, Monday is Memorial Day. It is a legal public holiday, which means most government facilities will be closed, as will many businesses such as banks.

Way back when, the holiday was known as Decoration Day, because of the tradition of decorating the graves of servicemen. It is supposed to be an occasion for honoring those who have died in battle through the years, although some will pay tribute to our present service personnel.

It started following the Civil War, with the first observance supposedly held in Waterloo, N.Y. on May 5, 1865 (although other cities have claimed honors for the first observance). In Florida and Georgia, there is a Confederate Memorial Day on April 26. Mississippi observes

Confederate Memorial Day on April 30, and South Carolina observes Confederate Memorial Day on May 10. In addition to these dates, all states including the above mentioned, now hold a national Memorial Day observance on the last Monday in May.

Ever since 1950, by Presidential Proclamation issued every year, the day is also known as "Prayer for Peace Memorial Day". It calls for the flying of flags at half mast for the morning hours, and prayers for continuing world peace.

While this may come as a surprise for some folks, the Civil War is over. No longer is it suggested that we save our Confederate money, unless, of course, we are coin collectors.

As such, there are people who object to even mentioning a Confederate Memorial Day. They believe that the Southern forces were only fighting to retain segregation, and as such, they consider anything with the word "Confederate" attached to it, as racist.

But keep in mind, the original intent of the observance, nationally as well as in individual states, was to "honor those who have died in battle". Whether they fought for a cause we believe in or for a cause we cannot accept, they DIED in battle — died to protect and preserve their beliefs, no matter what they may have been. The dead in battle included those from all walks of life, all sexes, all creeds, all colors, and over a wide age-span.

As such, we should not condemn Confederate Memorial Day any more than we might object to any other holiday that doesn't exactly fit into our individual way of thinking.

There will be a number of organizations, mostly militarily connected, which will be holding special observances on Monday for Memorial Day. Traditionally, there are also those who will visit cemeteries and place an American flag on those who died in battle.

At Oaklawn Park Cemetery on West County Road 46A, Baldwin-Fairchild Funeral Home will be open on Memorial Day to give a free flag for any family member who wishes to identify their fallen loved ones. While they have more than 100 flags to give away, there is no record to indicate how many veterans may be in Oaklawn.

Sanford will have a Memorial Day Parade and Remembrance Ceremony Monday at 10:30 a.m. culminating at the RiverWalk flagpole on the lake front. City Manager Al Grieshaber, retired U.S. Marine Colonel will give the address. Military units and law enforcement officers will be included in the presentation.

All Faiths, in Casselberry, will have a Boy Scout troop placing flags at gravesites of fallen service personnel, and the displays of American flags will be prominent in cemeteries throughout Central Florida, the state and nation.

Because many folks moved to Central Florida from other parts of the nation, visiting the gravesite of a friend or relative who lost their lives in military service may not be possible. The holiday however, does give us an opportunity to reflect on these loved ones. The freedoms we have today was because of the sacrifices they made yesterday.



Nick Pfeifauf



Opinion Page Policy

Don't like our point of view? Do something about it. Write us a letter to the editor. All letters to the editor must be signed and, for verification purposes, include an address and phone number. Letters should also be limited to 500 words. Letters to the editor will be accepted by:

- U.S. Mail
- 300 N. French Ave., Sanford, FL 32771
- E-mail
- editor@seminoleherald.com
- Fax
- 407-323-8408

Letters to the editor and columnists who appear on the editorial page do not necessarily represent the views of The Sanford Herald. Letters may be edited.

Your Views

School Board is wasting taxpayer money on lawsuit

To the editor:

I am writing in response to an article dated May 9, 2004, in *The Sanford Herald* addressing the issue of the Seminole County School Board attempting to sue and usurp authority over the city of Lake Mary. As a very concerned and involved tax payer, a 35-year resident of Seminole County and former student of the Seminole County Public School system — I feel strongly that the public needs to know more about this issue.

Apparently, the Seminole County School Board feels they have the right to do whatever they please, wherever they please with no regard to the local governments. I think it is a shame that more isn't done to work together as has recently been mandated by the state with the interlocal agreements, but when another governmental body approaches another with total indignation and disrespect — not an attitude of cooperation, what is the other governmental body to do other than defend themselves? It seems so

elementary for our state government to have to tell them to "play nice together" yet their hand has been forced because of situations such as this one.

I was totally appalled when the School Board first approached the City regarding the proposed location of the EXCEL school at 450 Technology Park stating that "you must do this because WE said so and you have no choice." Is this an attitude of cooperation? Certainly NOT! Nor is 450 Technology Park an appropriate location for any school, as any lay person can easily determine after looking over the City's land use and zoning maps. Why would any reasonable person want to locate a school, or send their kids to a school located in an industrial park which allows uses such as pesticide companies, propane gas companies, chlorine and other hazardous chemical companies? You would be voluntarily endangering the lives of your kids. I have to ask, does the school board really care? Did they even consider this? If so, why did they spend \$1.3 million in taxpayer money on this building knowing full well it was an inappropriate location, nor did the zoning or land use allow for it? On top of that, when the City said no, they decided to waste more taxpayer dollars to pursue a law suit against the City

so they could force this "school" in to this inappropriate location.

They lost their first law suit for a reason. What don't they understand yet? Let's stop playing politics here and do the jobs for which they were elected to do — help support teachers and students, build much needed schools and classrooms, hire more teachers and give teachers pay raises, and help provide schools with much needed technology and supplies to be used for the education of our kids. Stop wasting our money on frivolous law suits!

To individuals such as Max Ferrara, an 18-year-old Lake Brantley student who wants to make a difference on the School Board — you go Max! We need more individuals like Max with new, fresh ideas and a desire to do their job and do it well. Twelve years is enough! It's time for new blood!

Jo Ann Lucarelli
Lake Mary

Howell says River Rats team name is fitting for Sanford

To the editor:

This is in repose to your

article on the Sanford River Rats, the new baseball team coming to town. Mr. Ping, I've looked at the several minor league team names. Here are just a few: Muck Dogs, Valley Cats, Crawdads, River Dogs, Alley Cats, River Cats, Fisher Cats, Sandcrabs, Mud Hens, Mud Cats, Devils, Warthogs and Timber Rattlers. These are just a few names.

The names above are not necessarily beautiful names but they represent baseball and fun. GO RIVER RATS!

Now lets talk about the River Rats name. As many years as I've been here I've never seen a River Rat but I have heard many people use the phrase River Rat for someone who is on the river all the time. If Mayor Lessard is really starting a Rat Pack Club for the new River Rats, I want to be the first to join. Thank God the Mayor and the Recreation Department had the foresight to go after a team. What a great facility we have for our River Rats.

Mr. Ping get on base and support the team.

Lon K. Howell
Sanford

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Idyllwilde dedicates 'Scott's Plot'

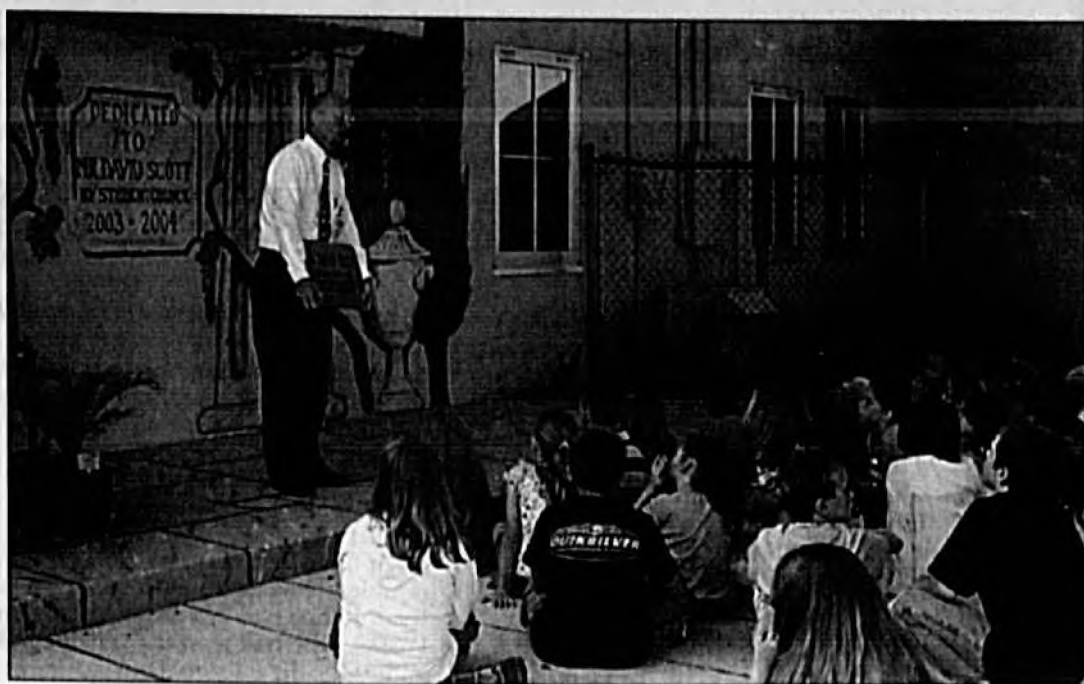


Photo submitted

David Scott retired as principal of Idyllwilde Elementary with nine and a half years at the school and 35 years as an educator and administrator. While at Idyllwilde, Scott created the Tall Tree Club, where each month selected students in kindergarten through fifth grades read original stories or poems to their peers. A large oak tree provided the namesake for this program and a mural dedicated to Scott was unveiled in this area. This gift of love and appreciation was funded by student council; designed by art teacher, Mr. New; and painted by several staff members. Also adding to the beautification of this special area was the PTA's gift of a sago palm and a memorial stone that read "Mr. David Scott helped root the love of learning in our children."

Airport

Continued from Page 1A

March, the airport experienced three failures of the runway lighting system. The airport authority approved emergency expenditures in April to replace the lighting system. The electrical and control system upgrades were planned before those failures, and the Federal Aviation Administration (FAA) and the Florida Department of Transportation will pay for 97.5 percent of the \$155,145 upgrade.

- Consider updating the "Airport Rules and Regulations" regarding tenants and users of airport facilities.

The first update would mandate that certain airport facility users attend monthly security meetings. The second update would allow the airport authority to impose fines and penalties for certain classes of security and safety violations. The FAA and the

Transportation Security Administration have increased the amount of fines the federal government can impose on the airport, so airport officials want to implement a similar structure. Depending on the severity of the violation, the airport authority would be able to levy fines up to \$11,000 per day.

The third update would allow the airport authority to designate inspectors to enforce city, county, state and federal regulations regarding construction, maintenance or building violations. The update would also allow the authority to issue "stop work" orders when violations exist.

- Consider the Airport Ground Transportation Program for taxi operators.

The program is designed to provide oversight to transportation operators ensuring their vehicles are safe, clean,

in a good state of repair and acceptable rates are charged for demand (taxi) transport.

Prior to commencing business the ground transportation company must provide to the Authority proof of required insurance, permit fee, Sanford Business Permit, Airport badge (for Taxi drivers), copy of Florida drivers license and copy of safety inspection. When this package has been submitted and checked a decal is issued, to be displayed in the lower right front of the vehicle's windshield.

- Discuss a rental car business permit with E-Z Rent-A-Car Inc.

The company is a new rental car agency that will not operate a ticket counter in the terminal building. Instead, the company books vehicles prior to its customers arriving and arranges to pick them up at the airport.

SCC teacher honored for leadership in literacy

Harriet Little, of Seminole Community College was recently presented the Mary J. Brogan Award at the State Literacy Awards Banquet hosted by the Florida Literacy Coalition. The award is presented annually to an individual who has demonstrated outstanding leadership in the field of literacy.

A tireless advocate for adult literacy, Harriet began her teaching for the ABE Department of Seminole Community College in 1978. Today, she directs the department, manages 48 faculty and staff, and serves thousands of students.

Her colleagues describe her with phrases like "team builder," "a creative problem solver," "she empowers," "expects staff to use best practices," and "deeply involved in community efforts to promote literacy."

Harriet has contributed her time and counsel to many state and community organizations including the Seminole County Literacy Coalition and ACE of Florida. The Florida Literacy Coalition is especially appreciative of Harriet's support over the years as a board member and former treasurer.

Crooms Academy's parent program wins state award

Crooms Academy of Information Technology was recently notified that the Parent Technology Training Program was selected by the Florida Department of Education as a regional winner of the Florida Department of Education/State PTA Parent Involvement Award. They will be honored at the PTA State Leadership Conference on July 17 in Tarpon Springs, Fla.

At Crooms Academy, the principal and the faculty believe that student achievement is increased by providing consistent and frequent access to faculty and staff for both parents and students. Crooms provides parents many opportunities for communication and involvement in the school. Each year, parents are surveyed for their technology needs. A schedule of monthly trainings are designed to meet their technology needs. The courses range from basic computer hardware to educational resources to support student achievement. This school year, 406 parents attended

the classes.

The success of the trainings is evident in the increased communication between parents, teachers, and students. Parents can keep up with their child's class assignments, grades, and school events on a daily basis, while increasing their personal skills in technology. Everyone is learning at Crooms Academy of Information Technology.

For more information on the Parent Involvement Award, call the Seminole County Public Schools' Community Involvement Department at 407-320-0184.

Sanford Middle School teachers are Shining Stars

Genevieve Ralph, Dr. Kristen Springfield and Jim Stevens received a Foundation Grant of \$500 to develop a collaborative relevancy lesson plan for math and science. Additionally, Springfield was the coach of the seventh grade Honors Team that came in first at the county competition (with individual results of first, third, fifth and ninth). Stevens has also been nominated for the Dr. Paul J. Hagerly Teacher Technology Award.

Ondina Brusso-Amaro was awarded to attend the Monticello-Stratford Hall Seminar studying "Life and Leadership in Revolutionary America" in Virginia. She will be staying at

Robert E. Lee's ancestral home in Stratford for two weeks, as well as, Thomas Jefferson's home Monticello near Charlottesville.

Only 30 middle and high school teachers were selected from across the nation to attend this seminar.

Wal-Mart donates \$3,000 to three local teachers

In honor of National Teachers Day on May 4, local Wal-Mart and Sam's Club associates have announced the names of winners in Wal-Mart's Ninth Annual Teacher of the Year program.

Teachers were nominated by members of the community during February, and selected by a committee of store and club associates. Local winners were Donna Keel of Wilson Elementary School, selected for exceptional reviews from her students and their parents; Benita Charlton of Seminole High School, selected for her one-on-one approach to teaching; and Luther F. Davis of Lake Mary High School for his dedication to his AP Physics students.

Winning teachers received a \$1,000 educational grant from the Wal-Mart/Sam's Club Foundation to benefit their local schools, and an honorary Wal-Mart greeter's vest. Winning teachers also have the opportunity to apply for state and national Teacher of the Year honors.

Answer key to today's puzzle

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

See the crossword puzzle on Page 5A

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Sports

theBIGS

Weekly stats for Seminole County's Major League Baseball players

Oviedo High School's

MARK BELLHORN



2b
Boston Red Sox

ab	h	r	HR	rbi	avg.
161	39	34	6	32	.242

Went 3-for-6 with a home run and a double and career highs in runs scored (4) and RBI (5) in a game in win over the A's on Tuesday and drove in first run and hit a ball that led to three runs in 9-6 victory over A's on Wednesday.

Seminole High School's

DAVID ECKSTEIN



SS
Anaheim Angels

ab	h	r	HR	rbi	avg.
162	44	19	0	7	.272

Is now riding an 11-game hitting streak (after Wednesday) during which he has gone 18-for-40 (.450) to raise his average 52 points from .250 to .272.

Lake Mary's

DANNY GRAVES



P
Cincinnati Reds

w	l	sv	so	bb	era
1	3	21	19	4	3.00

Picked up three more saves this week to increase his Major League to 21 for the first place Reds and is now 11-for-12 in save opportunities this month and 21-for-25 on the season.

Sanford Middle School's

COREY PATTERSON



CF
Chicago Cubs

ab	h	r	HR	rbi	avg.
164	41	25	5	18	.250

Had gone 4-for-11 against Cardinals and appeared out of slump, but is 0-for-7 in last two games against Astros.

Seminole High School's

TIM RAINES JR.



CF
Baltimore Orioles

ab	h	r	HR	rbi	avg.
1	0	1	0	0	.000

Has raised average another three points to .238 this week. Also drove in a run to give him 11 RBI and picked up a stolen base in two tries to give him 14 stolen bases in 16 attempts.

Lake Brantley High School's

JASON VARITEK



C
Boston Red Sox

ab	h	r	HR	rbi	avg.
136	42	24	8	22	.309

In a hot streak again, going 9-for-18 (.500) with three doubles, two home runs, five runs scored and five RBI over last five games. Hit a huge three-run homer in 9-6 win over A's on Wednesday.

Defense denies Lake Brantley rally

By Dean Smith
Sports Editor

TAMPA — This time the breaks would not fall Lake Brantley's way. Despite trailing 3-0 in the fifth inning of Friday's semifinal game at the FHSAA Class 6A Baseball Finals at Legends Field in Tampa, the Patriots still felt confident they could come back to win.

Lake Brantley had won all three of its regional games by one run and had scored in its final at bat in the last two games to pull out a victory.

But when Cypress Bay shortstop Ricky Davis made a running, diving, backhanded catch of Noah Smith's two

Cypress Bay eliminates Patriots, 3-0, in Class 6A State Semifinals

out, bases loaded dunker down the left-field line that would have scored at least two runs with Matt Dobbins coming to the plate, even the Patriots had to feel that their great run was probably over.

And it was, as super senior Eric English had just enough left in the tank on the hot day to hold off Lake Brantley over the final two innings to put the Lightning in their first-ever state championship game, 3-0.

English, a 5-foot-11 righthander, had

a no-hitter for 3-2/3 innings and finished with a four-hitter as he won his 18th straight decision over two years and 12th without a defeat this season.

The Patriots' Dobbins (10-2) nearly matched English pitch-for-pitch, allowing only six hits and only one earned run.

Cypress Bay got on the scoreboard in the third on back-to-back hit batters and a throwing error to load the bases with no one out. The next batter, Mitch Houck, then hit a two strike, no ball

change-up into leftcenter for a double and two runs.

Dobbins said afterward that he put the pitch exactly where he wanted it, but the talented junior went down and got just enough metal on it.

The final run came in the fifth on a walk, another hit batter, a wild pitch and a balk.

For Lake Brantley, Ray Allen had a double, while Dobbins, Jason Bush and Ryan Kelley had one single each. Jemile Weeks, who had won the previous two games for the Patriots with late-inning hits, barely got to swing the bat as he was hit by pitched his final two at bats.

A more comprehensive recap of the game will appear in the Wednesday Sanford Herald.

Summer kickoff

Renegades Memorial Classic set for this weekend

By Dean Smith
Sports Editor

What's more American than kicking off the summer with a baseball tournament over the Memorial Day holiday weekend?

The Central Florida Renegades and the Orlando Scorpions will be co-hosting the Renegades Memorial Classic this weekend at Historic Sanford Memorial Stadium and Zinn Beck Field with a stellar field of eight 16-to-18 year old teams entered.

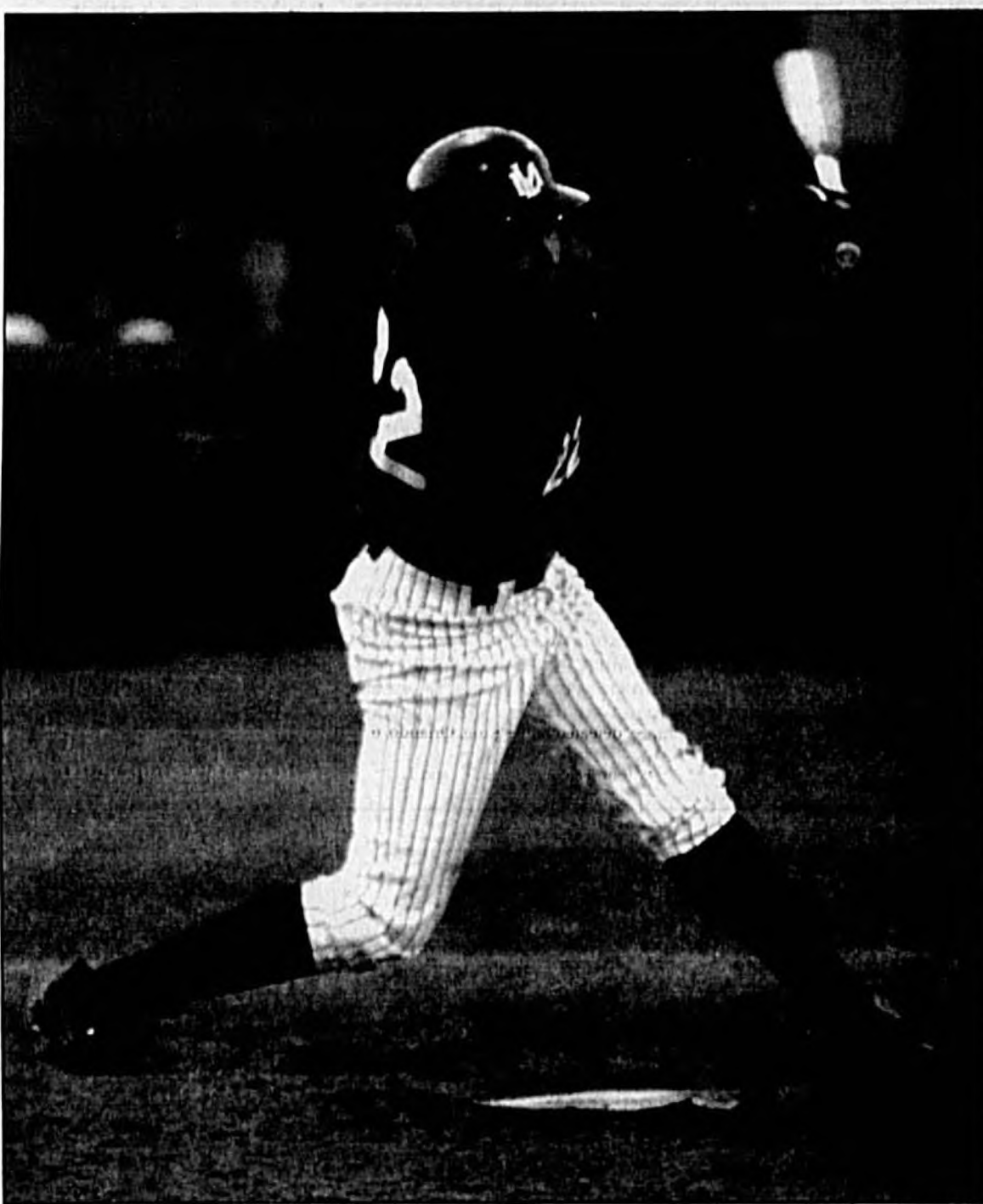
The Renegades, which won the NABF National Championship in 2001, is coached by Bob Pincus and counts Lake Mary High stars Scott Eckard and Ryan Richardson and Lyman's Clint Franklin among its players.

The Scorpions, which finished second in the NABF World Series in Canada last summer, is based in Altamonte Springs and managed by Sal Lombardo and coached by Dave Vendur, John Venters, George Martin and Mike Donachie.

The Scorpions will also have their 16-year-old team of Clay Abel, Tyler Benzel, Eric Broberg, Mike Freeman, Jose Hernandez, Harry Honeycutt, Andy Horton, Ryan Lowe, Bobby Rauh, Matt Reifsnider, Matthew Sainz, Max Sapp, Bob Schulte, Jason Stidham, Matt Tomlinson, Zack Trapp, Alex Venegas, John Wiedenbauer and Justin Zinkovich entered in the event.

Other teams coming to Sanford will be the Coral Springs Pipers, the Jacksonville Warriors, the Osceola Warriors, the Edgewater Eagles and the Tampa Mavericks.

Today's (Saturday, May 29th) schedule is as follows: See Tourney, Page 11A



Lake Mary High School stars Ryan Richardson (top) and Scott Eckard (above, left) and Lyman High School standout Clint Franklin (above, right) are scheduled to play for the co-hosts when the Renegade Memorial Classic for 16-to-18 year old teams in played today-through-Monday at Historic Sanford Memorial Stadium and Zinn Beck Field.

Herald photos by Jim Wentz

Tips to reduce the cost of fuel

Special to the Herald

With the cost of a gallon of gas continuing to reach record highs — and prices not expected to peak until late summer — Boat Owners Association of The United States (BoatU.S.) has a few tips that could significantly reduce your fuel costs.

1. Leave the extra 'junk' home: Don't load the boat up with weight you don't need. Do a little spring cleaning — unused equipment that has been collecting mildew in the bottom of lockers for years should be taken home.

2. Water weight: This isn't about your mother's diet. At 8.33 pounds per gallon, why keep the water in the tank topped off if you're only going out for the afternoon?

3. Tune her up: An engine with fouled plugs, dirty air filter, erratic timing, a sputtering carburetor, or weak compression will gobble up fuel and perform dismally. The bottom line: A tune-up is an excellent investment and could easily pay for itself over the summer.

4. Tune your prop: You can lose up to 5 mph of boat speed with a poorly tuned prop. If your boat goes 50 mph with a like-new prop and only 45 mph with a prop that's dinged and out of pitch, you've lost 10% of your speed but are still using the same amount of fuel. That converts to a 10% loss in fuel economy.

5. Clean the boat's bottom: A fouled bottom is like a dull knife; it takes a lot more effort — fuel — to push it through the water. Barnacles and slime slow the boat dramatically and increase fuel consumption.

6. Keep the boat in trim: Either by using trim tabs or with weight distribution. A boat that is trimmed correctly will move through the water with less effort — and less fuel.

7. Install a fuel flow meter: A fuel flow meter is like a heart monitor; when consumption starts to rise, it's an early warning that something is amiss. A fuel flow meter also allows you to select a comfortable cruising speed that optimizes the amount of fuel being consumed. If you don't want to spring for a fuel flow meter (about \$300), you can calculate See Outdoors, Page 11A

UCF falls into losers bracket

By Dean Smith
Sports Editor

DeLAND — A hoped for final matchup failed to materialize at the Atlantic Sun Conference Baseball Tournament on Melching Field at Conrad Park in DeLand as both No. 1 seeded UCF and No. 2 Stetson were defeated by Florida Atlantic University.

Three costly UCF (44-15) errors in the top of the eighth inning led to three unearned runs for Florida Atlantic (44-15) as the Owls defeated the Golden Knights 7-4 Friday afternoon in the semifinals.

The loss snapped UCF's seven-game winning streak in A-Sun Tournament Games and was also just the second loss (17-2) for the Golden Knights in an A-Sun Tournament Game in DeLand.

With the score tied at 4-4, UCF looked to take the lead in the fourth as Lake

Mary's Drew Butera ripped a single up the middle with Kevin Richmond on second base, but FAU center fielder Mike McBryde gunned down Richmond at the plate for the first out of the inning.

The Golden Knights escaped a jam in the seventh as UCF starter Darren Newlin allowed the first two batters of the inning to reach base. UCF turned to reliever Tim Bascom to escape the inning without allowing a run.

Three UCF errors in the eighth led to three unearned runs by the Owls as FAU regained the lead at 7-4.

Florida Atlantic reliever Craig Hughes closed out the final 5.2 innings for the win. He allowed just two hits and no runs for the Owls.

Florida Atlantic had advanced to the winner's bracket semifinal with an easy 15-1 victory over Stetson in the second round Thursday night.

Florida Atlantic collected 15 hits in the game, including six doubles and two home runs. Stetson pitchers issued 10 walks and hit two batters.

"It was total domination tonight, and unfortunately we were the ones dominated," Hatter head coach Pete Dunn said. "We got behind the eight-ball early, and when you fall behind a team as good as FAU, it is tough to come back. They kept the pressure on us throughout the game."

Lake Mary native Chris Westervelt led off the bottom of the second for Stetson with a sharp double to left. The Hatter senior moved to third on a wild pitch and scored on a ground out by Bryan Zenchyk, cutting the deficit to 3-1.

But FAU broke the game open with six runs in the fourth. Robbie Widanaky highlighted the attack with a two-out, See College, Page 11A

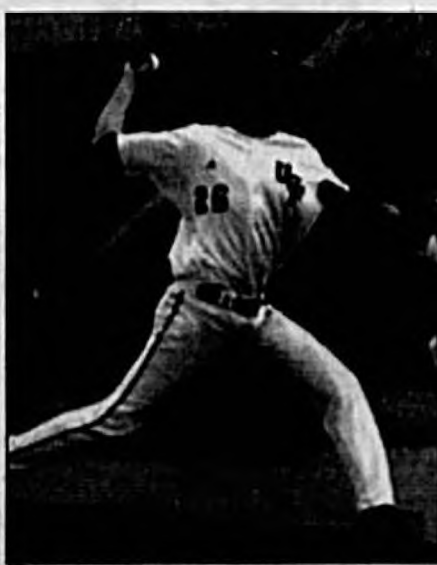


Photo courtesy of Bill Richardson, UCF Athletics Association, Inc.

Orangewood Christian's Taylor Meier (above) and Oviedo's Brian Brooks pitched UCF past Campbell, 6-5, in the first game of the 2004 Atlantic Sun Tournament.

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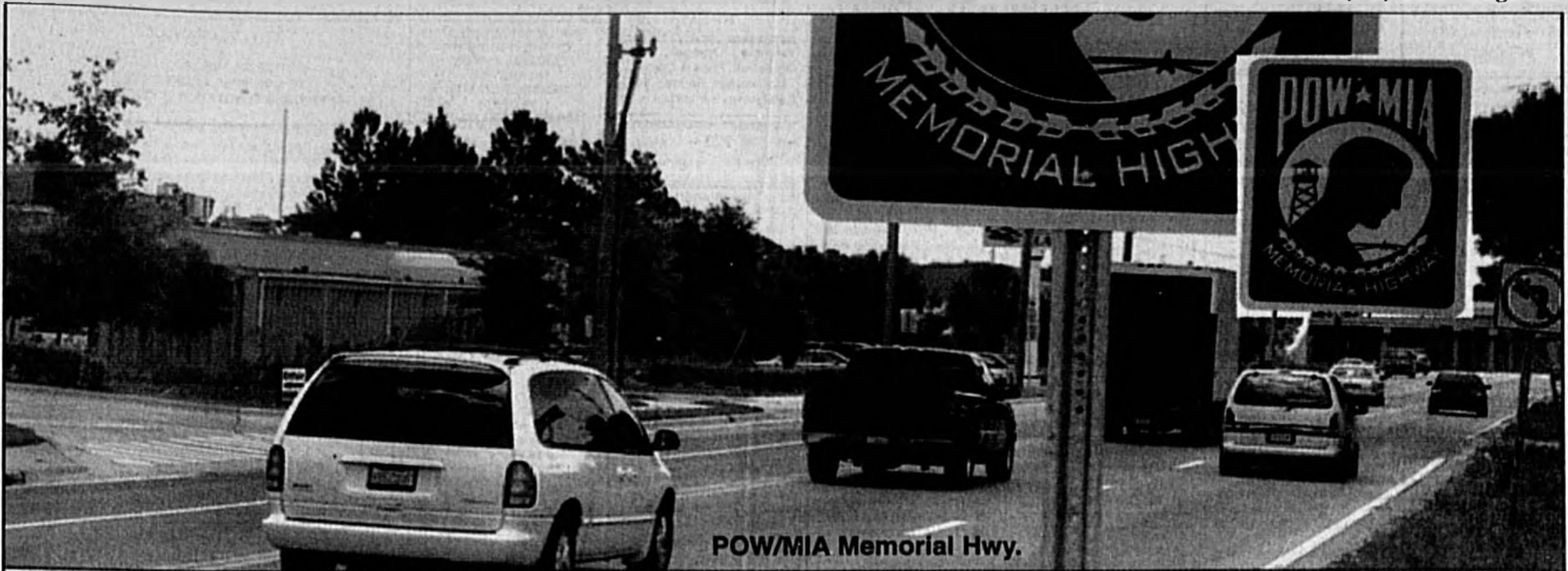
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LEGALS

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CHASE MANHATTAN MORTGAGE CORPORATION, Plaintiff,

vs.

RICHARD BUCHANAN, et al., Defendant(s).

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to an Order Rescheduling Foreclosure Sale dated April 30, 2004, and a Final Judgment of Foreclosure dated February 5, 2004 and entered in Case No. 03-CA-1204-14G, of the Circuit Court of the EIGHTEENTH Judicial Circuit in and for SEMINOLE County, Florida wherein CHASE MANHATTAN MORTGAGE CORPORATION is Plaintiff and RICHARD BUCHANAN, et al., are Defendant(s). I will sell to the highest and best bidder for cash in at the West front door of the Courthouse, in SANFORD, SEMINOLE County, Florida, 11:00 AM o'clock on the 1st day of July, 2004, the following described property as set forth in said Final Judgment, to-wit:

LOT 4, BLOCK 17, WEATHERSFIELD, SECOND ADDITION, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 12, PAGE 102 AND 103, PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA a/k/a 577 Notre Dame Drive, Altamonte Springs, Florida 32714

DATED this 30 day of April, 2004.

MARYANNE MORSE
As Clerk of said Court

By Mary Stroupe

LEGALS

As Deputy Clerk

Submitted by:
Fabrizio and Gritz, P.A.
9830 S.W. 77th Avenue
Second Floor
Miami, Florida 33156
(305) 682-4110

Persons with a disability who need a special accommodation to participate in this proceeding should contact ADA Coordinator at Seminole County Courthouse, 301 N. Park Avenue, Suite N301, Sanford, Florida 32771, at least five days prior to the proceeding. Telephone: (407) 323-4330, ext. 4227; 1-800-955-8771 (TDD) or 1-800-955-8770 (V) via Florida Relay Service.

Publish: May 9, 16, 23, 30, 2004 E04a

IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA GENERAL JURISDICTION DIVISION CASE NO: 03-CA-3110-14

GMAC MORTGAGE CORPORATION PLAINTIFF

VS.

ALVESTER SAMUEL, IF LIVING, AND IF DEAD, THE UNKNOWN SPOUSE, HEIRS, DEVISEES, GRANTEEES, ASSIGNEES, LIENORS, CREDITORS, TRUSTEES AND ALL OTHER PARTIES CLAIMING AN INTEREST BY THROUGH, UNDER OR AGAINST ALVESTER SAMUEL, UNKNOWN SPOUSE OF ALVESTER SAMUEL, IF ANY, JAMES JONES, TOM TOWNSLEY, IRIS TOWNSLEY A/K/A IRIS POLLOCK, DONNA L. JONES, STATE OF FLORIDA, DEPARTMENT OF REVENUE, BASIC CAPITAL MANAGEMENT D/B/A CREEKWOOD VILLAGE NORTH APARTMENTS,

LEGALS

METROPOLITAN LIFE D/B/A LAKEPOINTE APARTMENTS; UNITED STATES OF AMERICA; CITY OF SANFORD, FLORIDA; JOHN DOE AND JANE DOE AS UNKNOWN TENANTS IN POSSESSION DEFENDANT(S)

NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to a Summary Final Judgment of Foreclosure dated May 14, 2004 entered in Civil Case No. 03-CA-3110-14 of the Circuit Court of the 18TH Judicial Circuit in and for SEMINOLE County, Sanford, Florida, I will sell to the highest and best bidder for cash at the West Front Door at the SEMINOLE County Courthouse located at 301 N. Park Avenue in Sanford, Florida, at 11:00 a.m. on the 10 day of June, 2004 the following described property as set forth in said Summary Final Judgment, to-wit:

LOT 16, BLOCK 13, OF DREAMWORLD 3RD SECTION, ACCORDING TO THE PLAT THEREOF, AS RECORDED IN PLAT BOOK 4, PAGE 70 OF THE PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA.

Dated this 14th day of May, 2004.

(CIRCUIT COURT SEAL)
MARYANNE MORSE
Clerk of the Circuit Court
By: Mary Stroupe
Deputy Clerk

Publish in:
THE SANFORD HERALD
THE LAW OFFICES OF DAVID J. STERN, P.A., ATTORNEY FOR PLAINTIFF
801 S. University Drive Suite 500
Plantation, FL 33324
(954)233-8000
03-20971

IN ACCORDANCE WITH THE AMERICANS WITH DISABILITIES ACT, persons with disabilities needing a special accommodation should contact COURT

LEGALS

ADMINISTRATION, at the SEMINOLE County Courthouse at 407-665-4227, 1-800-955-8771 (TDD) or 1-800-955-8770, via Florida Relay Service.

Publish: May 23, 30, 2004 E146

IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA GENERAL JURISDICTION DIVISION CASE NO: 03-CA-3108-14W

SUNTRUST BANK F/K/A SUNTRUST BANK, ATLANTA, SUCCESSOR BY MERGER TO SUNTRUST BANK, CENTRAL FLORIDA, N.A. PLAINTIFF

VS.

ROBERT J. BLOCK, IF LIVING, AND IF DEAD, THE UNKNOWN SPOUSE, HEIRS, DEVISEES, GRANTEEES, ASSIGNEES, LIENORS, CREDITORS, TRUSTEES AND ALL OTHER PARTIES CLAIMING AN INTEREST BY, THROUGH, UNDER OR AGAINST ROBERT J. BLOCK, UNKNOWN SPOUSE OF ROBERT J. BLOCK, IF ANY, WHISPERING WINDS HOMEOWNERS ASSOCIATION, INC., MORTGAGE ELECTRONIC REGISTRATION SYSTEMS, INC AS NOMINEE FOR HOUSEHOLD FINANCE CORPORATION, JOHN DOE AND JANE DOE AS UNKNOWN TENANTS IN POSSESSION DEFENDANT(S)

RE-NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to an Order Granting Motion to Reset Foreclosure Sale dated May 13, 2004 entered in Civil Case No. 03-CA-3108-14W of the Circuit Court of

LEGALS

the 18TH Judicial Circuit in and for SEMINOLE County, Sanford, Florida, I will sell to the highest and best bidder for cash at the West Front Door at the SEMINOLE County Courthouse located at 301 N. Park Avenue in Sanford, Florida, at 11:00 a.m. on the 15 day of June, 2004 the following described property as set forth in said Summary Final Judgment, to-wit:

LOT 30, WHISPERING WINDS, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 35, PAGES 10 THROUGH 12, OF THE PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA

Dated this 13 day of May, 2004.

(CIRCUIT COURT SEAL)
MARYANNE MORSE
Clerk of the Circuit Court
By: Mary Stroupe
Deputy Clerk

Publish in:
THE SANFORD HERALD
THE LAW OFFICES OF DAVID J. STERN, P.A., ATTORNEY FOR PLAINTIFF
801 S. University Drive Suite 500
Plantation, FL 33324
(954)233-8000
03-21439

IN ACCORDANCE WITH THE AMERICANS WITH DISABILITIES ACT, persons with disabilities needing a special accommodation should contact COURT ADMINISTRATION, at the SEMINOLE County Courthouse at 407-665-4227, 1-800-955-8771 (TDD) or 1-800-955-8770, via Florida Relay Service.

Publish: May 23, 30, 2004 E147

IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA CIVIL DIVISION CASE NO.: 03-CA-2074-14W

DEUTSCHE BANK NATIONAL

LEGALS

TRUST COMPANY, AS CUSTODIAN OR TRUSTEE F/K/A BANKERS TRUST COMPANY OF CALIFORNIA, N.A., Plaintiff,

vs.

UNKNOWN HEIRS, BENEFICIARIES, DEVISEES, ASSIGNEES, LIENORS, CREDITORS, TRUSTEES AND ALL OTHERS WHO MAY CLAIM AN INTEREST IN THE ESTATE OF SAMMY LEE BROWN A/K/A SAMMIE LEE BROWN, DECEASED; EVELYN ROBINSON; JANICE MCGRIFF BRAKER; SEMINOLE COUNTY, FLORIDA; UNKNOWN HEIRS OF THE ESTATE OF JOHN MCGRIFF, DECEASED; UNKNOWN SPOUSE OF SAMMIE LEE BROWN A/K/A SAMMY LEE BROWN, DECEASED; JOHN DOE, JANE DOE AS UNKNOWN TENANT(S) IN POSSESSION OF THE SUBJECT PROPERTY.

Defendants.

RE-NOTICE OF FORECLOSURE SALE

NOTICE IS HEREBY GIVEN pursuant to a Motion and Order Resetting Foreclosure Sale dated the 13th day of May, 2004 entered in Civil Case No. 03-CA-2074-14W of the Circuit Court of the 18TH Judicial Circuit in and for SEMINOLE County, Sanford, Florida, wherein DEUTSCHE BANK NATIONAL TRUST COMPANY, AS CUSTODIAN OR TRUSTEE F/K/A BANKERS TRUST COMPANY OF CALIFORNIA, N.A. is the Plaintiff and UNKNOWN HEIRS, BENEFICIARIES, DEVISEES, ASSIGNEES, LIENORS, CREDITORS, TRUSTEES AND ALL OTHERS WHO MAY CLAIM AN INTEREST IN THE ESTATE OF SAMMY LEE BROWN A/K/A SAMMIE LEE BROWN, DECEASED; EVELYN ROBINSON; JANICE MCGRIFF BRAKER; SEMINOLE COUNTY, FLORIDA, UNKNOWN HEIRS

LEGALS

OF THE ESTATE OF JOHN MCGRIFF, DECEASED; UNKNOWN HEIRS OF THE ESTATE OF JOHN MCGRIFF, DECEASED; UNKNOWN SPOUSE OF SAMMIE LEE BROWN A/K/A SAMMY LEE BROWN, DECEASED; JOHN DOE, JANE DOE AS UNKNOWN TENANT(S) IN POSSESSION OF THE SUBJECT PROPERTY are Defendants. I will sell to the highest and best bidder for cash at the West Front Door at the SEMINOLE County Courthouse located at 301 N. Park Avenue in Sanford, Florida, at 11:00 a.m. on the 15th day of June, 2004 the following described property as set forth in said Summary Final Judgment, to-wit:

LOT 1, BLOCK 1, TOWN OF CANAAN, FLORIDA. ACCORDING TO THE PLAT THEREOF, AS RECORDED IN PLAT BOOK 1, PAGE 103, OF THE PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA, SAID PLAT FORMERLY A PART OF ORANGE COUNTY, FLORIDA AND FILED IN PLAT BOOK "D", PAGE 119 OF THE PUBLIC RECORDS OF SAID COUNTY.

A/K/A 2090 BEARDALL AVENUE, SANFORD, FL 32771

In accordance with the Americans with Disabilities Act, Persons with Disabilities needing a special accommodation to participate in this proceeding should contact the Court Administrator at 301 N. Park Avenue, Sanford, FL 32771. Telephone Number: (407)323-4330 not later than seven (7) days prior to the proceeding. If hearing impaired, (TDD) 1-800-955-8771 or Voice (V) 1-800-955-8770 via Florida Relay Services.

Dated this 13th day of May, 2004.

MARYANNE MORSE
Clerk of the Circuit Court
By: Mary Stroupe

LEGALS

Deputy Clerk

Submitted by:
Law Office of Marshall C. Watson
1800 NW 4th Street, Suite 120
Fort Lauderdale, Florida 33309
Telephone: (954)453-0385
Facsimile: (954)771-6052

Publish: May 23, 30, 2004 E148

May 25, 2004

NOTICE OF CLOSING, VACATING AND ABANDONING AN UNNAMED RIGHT OF WAY TO WHOM IT MAY CONCERN

You will take notice that the City Commission of the City of Sanford, Florida, on **May 24, 2004**, PASSED AND ADOPTED Ordinance No. 3866 to close, vacate and abandon any right of the City and the public in and to that certain unnamed thirty foot right of way lying between St. Johns Parkway and the Central Florida Greenway and between Beaver Road and Maritime Drive, further described as follows:

That Certain Unnamed 30 Foot Right of Way Lying South of Lot 11 and North of Lot 10 of M.M. Smiths Subdivision, as recorded in the Public Records of Seminole County Plat Book 1, Page 55. Together with that 30 Foot Right of Way Lying East of Lot 10 and West of Lot 23 Lying North of the Former Seaboard Coastline Railroad 100 Foot Right of Way.

City Commission of the City of Sanford, Florida

Cynthia Porter,
Deputy City Clerk

Publish: May 30, 2004 E233

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Cover Story Pg. 2

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Lisa H. Ballinger MS/CCC-A

Welcome mat: Yoga offers an inviting workout

By Maya Kroth
Copley News Service

Open up any Us Weekly magazine and you can get the scoop on the latest celebrity-fueled fitness craze. In the '80s it was aerobics and Jazzercise. The '90s had cardio kickboxing, then spinning, then yoga, then pilates, then yogalates, krav maga, cardio striptease ... and the list goes on.

Fitness fads come and go, but occasionally you'll find an exercise that stands the test of time — like yoga.

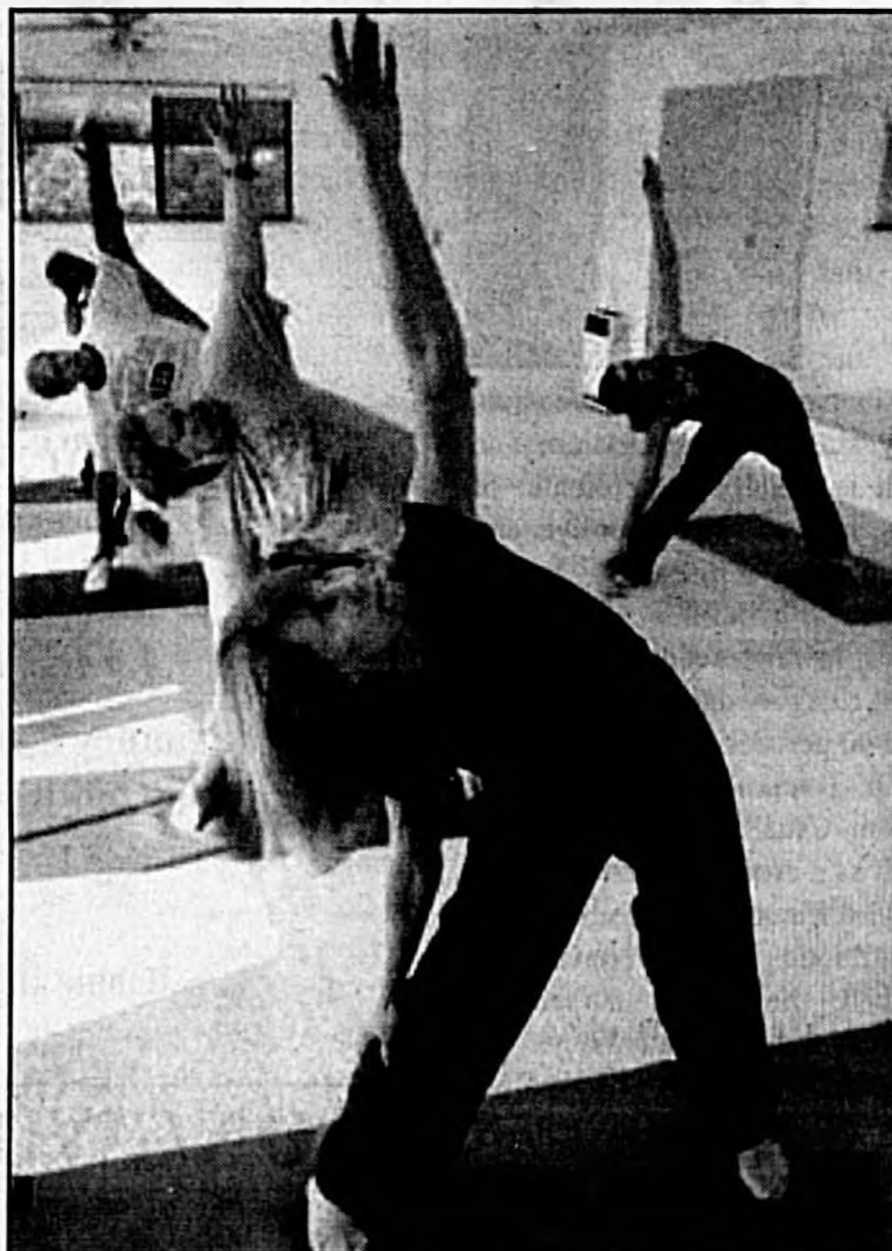
Practiced for nearly 5,000 years, yoga is a form of body conditioning that places emphasis on strengthening the body and the mind while stimulating the soul. Who practices it? Everyone from Hindu masters to Gwyneth Paltrow.

Yoga is the Sanskrit word for "yoke, join or concentrate," which explains the yogic philosophy of uniting the body, mind and soul.

The six branches of yoga recognized and practiced by Hindus are raja, karma, bhakti, jnana, tantra and hatha yoga, the last being the form with which most Americans are familiar.

With an emphasis on physical postures, or asanas, hatha yoga has many variations devised by different gurus over the years, each with its own set of guiding principles but all utilizing the same basic postures.

Of the myriad subtypes of hatha yoga, the most commonly practiced include Iyengar, Bikram,



Vinyasa/Ashtanga, Kundalini and Svaroopa (gentle) yoga.

Whether you want to tone up, chill out, sharpen your mind or deepen your experience, yoga is a holistic approach to health and fitness with styles to fit the needs of all aspiring yogis and yoginis.

IYENGAR

Developed and still taught by the now 80-year-old B.K.S. Iyengar, this form of yoga focuses on proper alignment of the body. Generally Iyengar classes include fewer poses than other forms of yoga, but poses are held much longer, allowing the body to settle into the posture and find increased alignment.

Many find Iyengar yoga to be challenging because of its strict, detail-oriented nature, while others who prefer a more vigorous, sweaty workout claim Iyengar is too slow-paced. The use of props such as belts, blocks, bolsters, blankets and chairs is integral to Iyengar practice.

BIKRAM

Bikram yoga, also called "hot yoga," was brought to America by Bikram Choudhury in 1971 and consists of 26 postures repeated in the same order in a studio heated to nearly 105 degrees Fahrenheit.

This controversial form of yoga is not right for everyone. Bikram devotees claim the extreme heat does wonders for their flexibility and complexion, while other

See Yoga, page 7



R. Charles Curry, Jr., MD, FACC, FACP
Kerry M. Schwartz, MD, FACC, FACP
Carlos B. Saenz, MD, FACC, FACP
William H. Willis, Jr. MD, FACC, FACP
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Choosing the most effective headache medicine

By Leonard Navarro
Copley News Service

Ascriptin, Advil, Ecotrin, Aleve, Orudis KT — it's enough to give you an Excedrin headache.

Yet, according to chief pharmacist Gordon McGuire, "there's not a whole lot to choose between. If you talk to the drug companies, they'll give you a lot of reasons a mile long why this is better than something else. The only difference is how long they stay in the body. They all work the same."

Most over-the-counter headache remedies contain as their main ingredient one of three nonsteroidal agents: ibuprofen, naproxen or ketoprofen. All attack the underlying cause of most common headaches, inflammation. The main ingredient in Tylenol, acetaminophen, attacks only the pain.

"Tylenol is something that can reduce a headache by reducing pain, but it's not treating the headache, which is why we think anti-inflammatories are better," said Dr. Andrew Charles, assistant professor of neurology at the UCLA School of Medicine and director of its neurology residency program.

Ibuprofen works better for some; naproxen, for others, according to Charles, who said headache sufferers may have to experiment to find what works best for them. But don't mix brands on any given day; an excessive dose could lead to gastrointestinal bleeding or kidney damage.

Aspirin, which is both an analgesic and an anti-inflammatory, is not as effective as other over-the-counter remedies in fighting most headaches, according to physicians. It is also not recommended for children because it has been associated with the development of Reye's syndrome, a liver and central-nervous-system disorder most often affecting patients between the ages of 4 and 15.

For children, Charles said, "I would use Tylenol and ibuprofen, and I wouldn't have any trouble using other anti-inflammatories."

For any remedy to work, however, it must be taken before a headache builds. "Most people wait for a headache to take hold, and then it's too late," Charles said. "If you get a feeling that a headache is building, that's the time to tackle it."

The problem is more common than most people realize. More than 45 million Americans suffer from chronic headaches, according to the National Headache Foundation.

"They are probably the most common recurrent pain problem there is," said Dr. Richard Sandler, a pain specialist. "Next to upper-respiratory infections, they're the main reason most people miss work."

The headache foundation divides

headaches into three main categories: vascular, which includes migraine and cluster headaches that are linked to swelling of the blood vessels in the head; muscle tension, brought on by stress and depression; and organic, which is usually symptomatic of other problems, such as a tumor, or eye, ear, nose or brain infection or disease.

Sinus headaches, a buildup of pressure behind the eyes, lower forehead or cheeks, fall into the last category and affect between 30 percent and 40 percent of the population, according to Dr. Terence Davidson, a head and neck surgeon. Usually, the cause is nasal deformity, such as a crooked septum, which makes drainage difficult and causes mucus to back up. Antibiotics help to relieve most infections. Where they don't, surgery to drain the nasal canal may be necessary.

For sinus headaches triggered by pollen and animal hair, most over-the-counter antihistamines are effective. For more serious cases, nasal steroids or serums to desensitize the body to specific allergens maybe prescribed.

With or without medication, managing headaches requires attention to detail. The following are a few suggestions by doctors and the headache foundation:

— Be aware that some aspirin products contain caffeine, which is effective in fighting headaches but can also trigger headaches.

— Avoid alcohol if you're using medication on a long-term basis. Mixing can cause intestinal bleeding.

— Avoid taking anti-inflammatories before strenuous exercise. The combination causes dehydration, which could damage the kidneys.

— Check with your physician about the long-term side effects of any medication.

— Beware of escalating dependence. Going off a long-term remedy often produces a rebound effect in which the headache returns more severely.

— Watch your diet. Avoid headache triggers such as cheeses, red wine and other foods high in tyramine.

— Keep a headache diary to determine what changes or foods trigger a headache.

— Be aware that while exercise can reduce the frequency and severity of headaches, it can also exacerbate them.

For more information, contact the headache foundation at (888) NHF-5552 or www.headaches.com.



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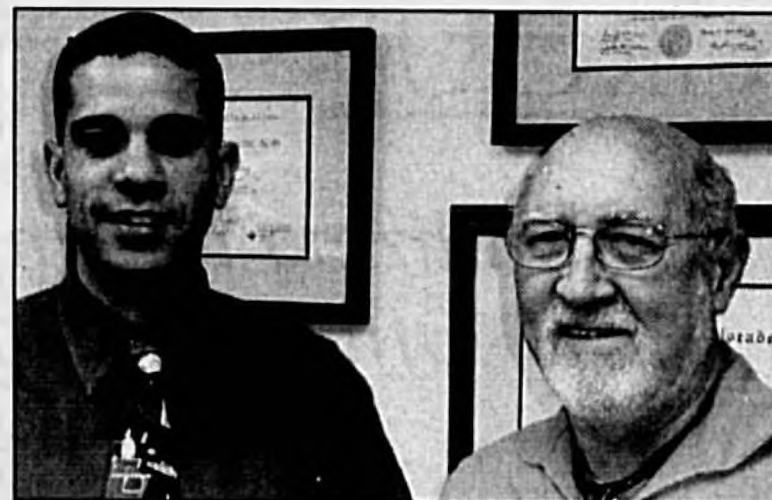
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Youth movement: Kids take action against obesity

By Kelly O'Connor
Copley News Service

Once a devotee of potato chips and double cheeseburgers, 11-year-old Cory Gordon now munches on low-fat vegetable chips and orders a plain burger at the local fast-food joint.

He keeps a list of healthy foods on the fridge, and he walks to school and back, one mile each way, instead of getting a ride.

Cory even monitors his computer and TV time, trying to limit it to one hour a day — tough to do, as his favorite pastime is playing computer strategy games.

At 5 foot 3, Cory weighed 146 pounds. Tired of being overweight, troubled by the teasing that heavy kids endure from classmates, Cory took matters into his own hands.

The sixth-grader is bucking a trend. The number of overweight and obese children in America is on the rise, fueled by poor eating habits and a decline in physical activity.

Surfing the Net has replaced the after-school game of catch, and drive-through dinners have supplanted often-more-nutritious sit-down meals. Safety concerns keep kids from riding bikes, visiting parks and walking anywhere.

Nevertheless, Cory was determined to change his ways. Just three weeks into his new lifestyle, he lost 5 pounds, feels

better about himself and has set an example for overweight children. But he has not done it alone. His mother, Karen Gordon, got Cory to enroll in Way To Go Kids!, a family-based weight management program held in their hometown. She doesn't apologize for bribing him with Yu-Gi-Oh! Japanese trading cards.

Once Cory was in the program, registered dietitian and group leader Jackie Cohen assessed his weight using a Body Mass Index. The calculation, based on height, weight and age, determined he was overweight.

Overweight and obesity are the result of an energy imbalance: eating

too many calories and not getting enough physical activity.

But parents concerned about an overweight child should let a doctor or other professional be the judge in order to rule out medical problems that could be the cause.

According to recent findings from the National Health and Nutrition Examination Survey, 15 percent of children and adolescents, from 6 to 19, are overweight or obese, more than double the number two decades ago.

According to the Centers for Disease Control and Prevention, the highest percentage of overweight in boys occurs in Mexican-Americans. Among girls, it is non-Hispanic blacks, followed by Mexican-Americans.

Surgeon General Richard Carmona addressed the issue recently at the largest-ever conference on childhood obesity. He said obesity is the fastest growing cause of illness and death in Americans.

Carmona stressed that parents must lead by example. He added that President Bush, each time he sees Carmona, always asks if he's had his daily workout.

While President Bush cannot ask this of each child, parents can. But it's a mind-set. Families need to be willing to make changes to become healthy.

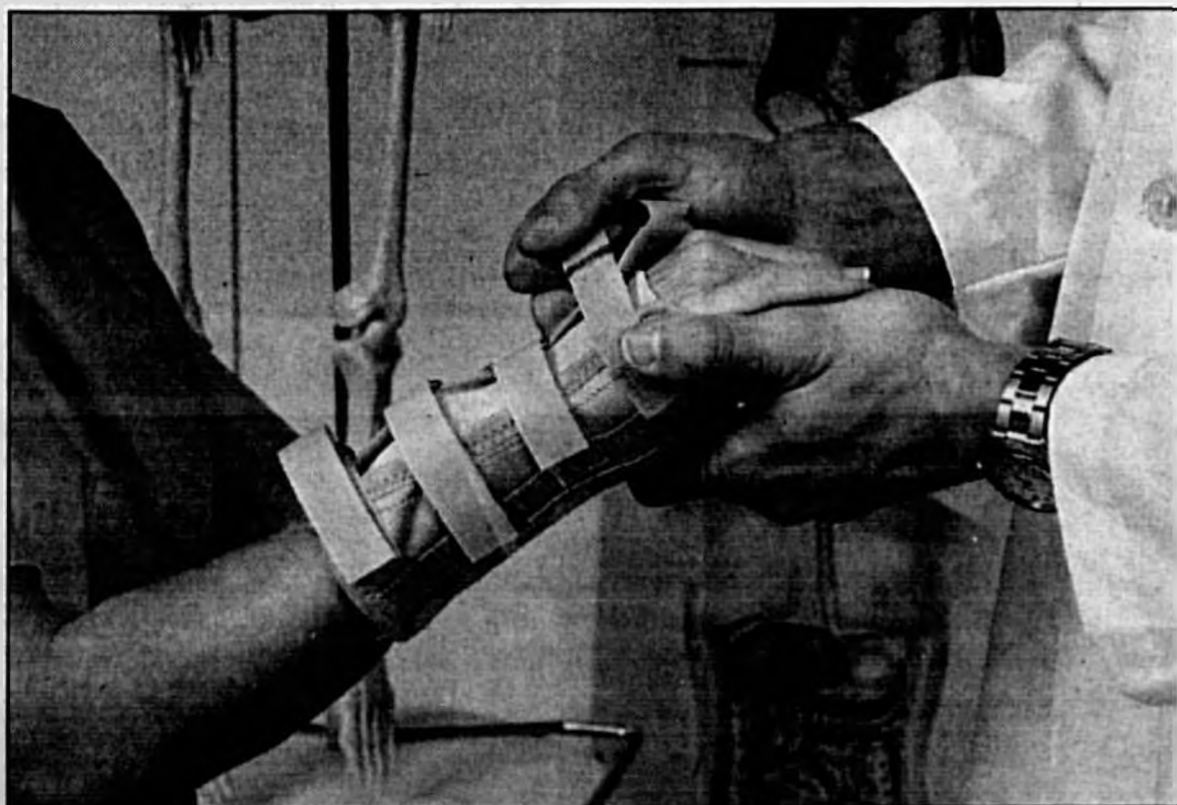
Cohen's goal is to have kids maintain their weight, so they can grow into it. By giving them a binder full of meal planning guides, tips and recipes, and meeting once a week for lessons and exercise sessions, Cohen shows them how to eat healthy and stay active.

See Obesity, page 6



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OBESITY

(Continued from Page 5)

She does not tell children they can't have certain foods.

Instead, she tells them to limit the amount of sugary and fatty foods they eat. Portion control is extremely important, Cohen said.

She also wants parents to know that eating healthy does not have to be a battle. For snack, Cohen passes around healthy food options, such as hummus and carrots or apple and orange wedges, which most children happily eat.

She urges parents to cut up vegetables and fruit and keep them in the fridge because kids often eat what is easy to grab. She also suggests limiting purchases of "junk foods," such as cookies, candy and chips.

Cory, who learned to read food labels in the program, helps choose his meals. It takes this combined family effort to get results and make permanent healthy life choices. That is why Cohen will not allow a child to come to the program without a parent.

"You can't just give a kid a diet. You have to get the parents to make the changes," Cohen said.

As for genetics, experts say that only plays a small role in children becoming overweight. More often, problems stem from parents who do not have their own eating habits under control or from underlying problems within the family, such as divorce and relocation.

In Cory's case, he'll tell you that he was at Way To Go Kids! "because my mom made me." Through the course of the program, Cory realized that weight management is not just for those who want the perfect body, but a way to stay healthy.

Today, the boy who was quiet during his first meeting of Way To Go Kids! is a proud convert. The knowledge he gained has made him a happier, healthier kid, one who is more in control of his weight.

"Without Jackie's class, I don't think I would be doing so good in life," Cory said.

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North Seminole Family Practice offers sports medicine care

North Seminole Family Practice — Sports Medicine, is located at 2209 French Ave. in Sanford.

The staff consists of James E. Quinn, M.D., Harvey W. Schefsky, M.D. and Daniel R. Monette, M.D. All three doctors are associated with the American Academy of Family Physicians, the American Medical Association and the Florida Medical Association. Dr. Monette is also affiliated with the American Medical Society for Sports Medicine, and serves as team physician for Seminole High School, Seminole Community College and the University of Central Florida. All are board certified with the American Board of Family

Practice.

Dr. Quinn is a graduate of the Medical College of Ohio; Dr. Schefsky graduated from Ohio State University; and Dr. Monette from the University of Colorado Health Sciences Center.

Insurance accepted includes Aetna, Bclbs, Cigna, United, One Health, Humana, Medicare, Beech Street, Principal, Coventry, and CCN.

North Seminole Family Practice — Sports Medicine is open from 8 a.m. until 5 p.m. Monday through Friday, and from 9 a.m. until 11 a.m. on Saturdays. Call 407-321-4230 for more information.



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YOGA

(Continued from Page 3)

wonders for their flexibility and complexion, while other yoga practitioners frown on this style, arguing that heat should be created from within the body rather than externally.

VINYASA/ASHTANGA

Vinyasa, or "flow" yoga, is a vigorous form of yoga that places emphasis on a series of postures that flow into one another. There are many names for this type of yoga, each with its own nuances, including Ashtanga, power yoga and "flow series." All forms of Vinyasa are derived from Ashtanga, which was founded by K. Pattabhi Jois and uses a series of movements to stretch, strengthen and tone the entire body.

KUNDALINI

Kundalini was brought to the West in 1969 by Yogi Bhajan. This form of yoga incorporates postures, breathing, chanting and meditation into each practice. The goal of Kundalini yoga is to activate the life energy within the body and channel it through each of the seven chakras.

SVAROOPA (gentle)

Svaroopo Yoga was developed by Rama Berch. A gentler form of yoga, Svaroopo focuses on healing the body and encouraging a transcendental experience through familiar yoga postures.

YOGA DOS

- Do wear loose-fitting, comfortable clothes.
- Do bring a mat or a towel.
- Do go at your own pace; yoga is not a competitive sport.
- Do consult a physician if you have any health concerns.

YOGA DON'TS

- Don't eat for at least one hour before or after yoga class. (Some forms of yoga, like Bikram, have more specific rules about eating and drinking; check with your chosen studio before attending a class.)
- Don't push your body farther than it's ready to go.
- Don't come to class late or leave early; warm-up and cool-down poses are integral to the practice.

Tri-County Orthopaedics marks 21 years in business

Tri-County Orthopaedics, PA, is located at 317 N. Mangoustine Ave. in Sanford. Earlier this year, Tri-County observed 21 years of operation in the Seminole County area.

It specializes in total joint replacement, sports injuries, carpal tunnel syndrome, shoulder injuries and most general Orthopaedics. Degenerative arthritis of knees and hips, broken bones, muscle and ligament sprains and tennis elbow are just a few of the conditions frequently treated at Tri-County.

Dr. John F. Schaeffer, is a graduate of the University of Miami School of Medicine. Dr. Narinder S. Aujla is a graduate of M.P. Shah Medical College in India.

Medicare, United Health Care, Aetna, Cigna, Blue Cross and First Health Insurance are all accepted.



Tri-County also has an office next to Florida Hospital Fish, at 1133 Saxon Blvd. in Orange City, serving the needs of Volusia County. The phone number is 386-775-0222.

Tri-County Orthopaedics in Sanford, is located near the Central Florida Regional Hospital. It is open Monday through Friday from 8 a.m. until 5 p.m. For more information or an appointment, phone 407-323-2577.

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