

Sanford Herald

Serving Sanford, Lake Mary and Seminole County since 1908

87th Year, No. 181 - Sanford, Florida

NEWS DIGEST

Attempted murder

SANFORD — One suspect is hospitalized and another is in jail following an armed burglary and attempted murder early this morning.

According to Seminole County Sheriff's spokesman Ed McDonough, Thomas Lilly, 60, and Steven Ellis, 51, were sleeping at their South Sanford Avenue home this morning, when two men knocked on their door and demanded to be let in.

"Lilly and Ellis refused to do so," McDonough continued, "and that's when the suspects kicked open the door and assaulted the residents."

Lilly reportedly grabbed his 22 caliber semi-automatic handgun and shot one of the suspects in the chest twice. McDonough said the suspects managed to wrestle the gun away from Lilly and tried to shoot him, but the gun misfired. The suspects then fled.

Within a short time, Central Florida Regional Hospital reported the suspects had sought medical attention.

Investigators from the sheriff's Major Crimes Section went to the hospital and arrested Ronald Riggs, Jr., 22, of 622 Riggs Avenue, Osteen. He was charged with attempted murder and armed burglary.

The second suspect, the man reportedly shot by Lilly, was identified as Christopher Niles, 23, of the same Osteen address. He will be arrested on similar charges after he is released from the hospital.

McDonough said Riggs is being held without bond in the John E. Polk Correctional Facility. He was scheduled to make his initial court appearance early this afternoon.

INSIDE

Sports

'Hounds exterminate Hornets

LONGWOOD — Jason Franks and two relievers combined on a two-hitter and Mike Hensch drove in three runs as Lyman crushed Bishop Moore 8-1 in baseball Monday night. See Page 1B.

People

Volunteer of the Week

Teaching line dancing has given a Sanford woman a purpose, she says. Polly Gaudreau volunteers her time to teach seniors the latest dance crazes. See Page 5B.

BRIEFS

Delivery man robbed

SANFORD — Sanford police are seeking two suspects who robbed a pizza delivery man Monday night.

According to police Commander Dennis Whitmire, at approximately 7:40 p.m., Pavlo Silva, 28, an employee of Pizza Hut, was making a delivery at Sanford Court Apartments, 3301 Sanford Avenue, when two black men approached him in the parking lot.

Whitmire said the two pushed Silva to the ground, and removed \$49 from his back pocket. "Part of the money was his, and the rest was Pizza Hut money," Whitmire reported.

He said one of the men then got into Silva's vehicle, possibly attempting to start it, but when he couldn't locate the key, the two men fled from the area on foot.

One of the men was described as 20 to 25 years of age, wearing a green, yellow and purple Nike T-shirt and shorts. The other, approximately 18 years of age, was wearing a black T-shirt and blue jeans.

Whitmire said neither of the robbers was seen to have any weapon.

Silva was not injured in the robbery.

See Briefs, Page 5A

From staff reports

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Eat right. Exercise. Die anyway.
—A modern axiom.



Today: Partly sunny. High in the mid to upper 70s. Wind becoming northeast 10 mph.

For more weather, see Page 2A

Neighborhood Watch: The good guys' voice



Sgt. Aaron Keith chats with Stonebrook residents Sharon Webb and Rebecca Vanderwall. Cmdr. William Bernosky heads the Community Relations Division for the Sanford Police Department.

Sanford police, residents team up to fight crime

By RENEE KEITH
Herald Correspondent

"You know, a person could look at this (Neighborhood Watch program) from a biblical point. Just ask yourself, 'Am I truly my brother's keeper?' And I challenge you, that 'yca, you are,'" said Sanford Police Cmdr. William Bernosky, head of the Community Relations Division which heads up the Neighborhood Watch program.

Heightening the awareness of the citizens of Sanford regarding the program is of the uppermost

importance to Chief Ralph Russell, Cmdr. Bernosky and his staff, Sgt. Aaron Keith and Cpl. Rick Poovey.

Neighborhood Watch is a program of mutual assistance among neighbors aimed at reducing crime in the community at grass roots level. It involves getting to know one's neighbors and introducing them to the concept of Neighborhood Watch, that is, good neighbors working together, alert to the potential of crime and willing to look out for one another's interests.

Neighborhood Watch is not run by the Sanford Police Department. See Watch, Page 5A

Remodeling firefighters' home away from home

By SANDRA ELLIOTT
Herald Staff Writer

LONGWOOD — Black easy chairs sit armrest to armrest lining the walls of a cramped room that contains a regular sized TV. A desk is shoehorned in the corner of the "living room." In a nearby room, two twin beds sit side-by-side with only a small space separating them. Another twin bed sits on the other side of a short partition. A dining table and chairs sit in the small kitchen with barely enough space to move between the stove and eating area. The station was built with only one bathroom.

Longwood City commissioners got a video tour of the 15-year old Warren Avenue fire station Monday night by Chief Charles Chapman, who is requesting funds to complete a renovation. The building does not meet current standards of the Americans With Disabilities Act or Occupational Safety and Health Act and National Fire Protection Association Safety requirements, the chief explained. The station does not have a separate decontamination area, Chapman added.

About \$60,000 was left after the purchase of a

nearby building last year to serve as office and classroom space. However, when bids were requested for the fire station renovation, the lowest one submitted was \$125,000, over twice the amount available, prompting Chapman to request more funding. Chapman asked that the \$45,000 from the sale of two trucks along with \$30,000 from the city's contingency fund be allocated for the renovation.

Mayor Iris Benson noted that the remodeling of the fire station annex should be completed before improvements are started on the station. However, Chapman noted the annex is "a work in progress" and will be used to house firefighters while the station is being remodeled. He said the work could be completed in two months. After the firefighters return to the station's living quarters, the annex office will be completed. So far, one wall has been demolished, Chapman explained.

After a long discussion, the commissioners agreed firefighters could do the work themselves, subcontracting electrical and plumbing work. Chapman said even by paying the firefighters for their off-hours work, he thought most of the first

phase of the project could be completed with the money available.

Purchasing director Rhonda Ledford asked permission to do a cost analysis of the second and third phases of the project. The commission agreed.

In other business, the commissioners:

● Discussed at length standards for city speed humps, then the majority rejected adopting the measure.

● Approved on first reading budget transfers including \$85,000 for work on watermain and sewers from the Enterprise Fund. Projects include \$10,000 to relocate watermain on State Road 434, \$30,000 for Dog Track Road and \$25,000 to fund the Lake Gem gravity sewer project.

● Approved site plans for a warehouse and restaurant. Plans for a Toptech warehouse at 656 Florida Central Parkway and an Arby's Restaurant off SR 434 at the old Putt-Putt Golf site were OK'd.

● Proclaimed April 30 as "Days of Remembrance"

See Longwood, Page 5A

Re-enactment will give new life to steamboat days

By NICK PFEIFAU
Herald Staff Writer

SANFORD — Some people love to hear tales about the old steamboat days. Their enjoyment of the good old stern-wheeler era is as strong as many others who may be train enthusiasts or aviation fans.

Imagine if you could hear of those old steamboat days from none other than the man credited with having brought the majority of them down the St. Johns River to Lake Monroe: Count Frederick DeBary himself.

That is no longer possible these days, as Count DeBary has been gone for decades. Possibly, however, the one man who is right here in Central Florida and can come closest to portraying DeBary is Bill Dreggors, a fourth generation Volusia County resident. He is curator of the Henry A. DeLand House for the West Volusia Historical Society based there, chairman of the West Volusia Historical Preservation Board, and vice chairman and curator of the DeLand Naval Air Station Museum.

Since 1988 he has been devoted

to preserving Florida history, and has been honored by the city of DeLand, with a park named in his honor in the northwest section of that city's historical district; Bill Dreggors' Park.

On Tuesday, March 28, at the Museum of Seminole County History, Dreggors will present a slide-talk exhibit "Age of Steam on Florida Waters."

The photographic collection features steamboats which plied the many rivers and lakes of the state, including the St. Johns River and Lake Monroe.

In addition to portraying DeBary, Dreggors also becomes Henry DeLand, James Gamble, (and even Santa at Christmas time).

The special "Steamboats on the St. Johns" showing, featuring Dreggors' presentation, will be Tuesday, March 28, beginning at 7 p.m.

For additional information, phone the museum at 321-2489.

The Museum of Seminole County History is located on U.S. Highway 17-92 at Bush Boulevard in south Sanford.



Bill Dreggors as Frederic DeBary, will present "Steamboats on the St. Johns," at 7 p.m. March 28, at the Museum of Seminole County History.

You are what you eat Sandwiches exposed for fat, salt

By VICKI DeSORMIER
Herald Staff Writer

SANFORD — Sandwich eaters, beware! Some of those lunchtime favorites are loaded with fat, calories and salt, a consumer group says.

Local lunchtime diners are concerned about their fat intake, but good taste is important to them too.

Like people across the country, Seminole County lunchers have been moving toward a healthier lifestyle with plodding steps. They are trying to eat healthier, but they aren't completely changing their habits, local sandwich shop owners and managers said.

"People tend to think of a sandwich as just a bite to eat," said Jayne Hurley, senior nutritionist at the Center for Science in the Public Interest, which released results of its sandwich survey today.

"But often, sandwich shops are giving you an entire dinner's worth of fat and calories between those two slices of bread," said Hurley, whose group previously has exposed the fat lurking in Chinese, Italian, Mexican and seafood restaurant food, as well as movie theater popcorn.

See Eat, Page 5A

NEWS FROM THE REGION AND ACROSS THE STATE

FLORIDA BRIEFS



McDonnell Douglas to lay off 1,000

TITUSVILLE — Layoffs begin May 5 for 1,000 workers who produce the Tomahawk cruise missile at the McDonnell Douglas plant in Titusville.

Some 250 workers have already left, anticipating the official announcement of the plant's closing that came earlier this month as a result of losing the Pentagon production contract.

Hundreds are hanging on — weighing relocation or retraining programs — until the last paycheck.

"No later than Dec. 31, and probably a lot sooner, the doors will be closed," said company spokesman Jim Schlueter.

There is not much promise for similar work at similar wage scales. Many workers earned annual salaries of \$30,000 and more.

At the end of the Apollo program in the early 1970s, layoffs over five years totaled more than 10,000 out of a work force at Kennedy Space Center that exceeded 29,000, said Charlie Johnson, a state labor and employment manager.

Coast Guard picks up 12 refugees

KEY WEST — Twelve Cuban refugees stranded on a small island were picked up by the Coast Guard after a fishing boat spotted them.

"As far as I know, they were all fine; we didn't get any reports they needed medical attention," Coast Guard Petty Officer Alex Worden in Miami said of the two children, five men and five women found on Man Key, eight miles west of Key West.

The fishing boat had taken the Cubans aboard but broke down before reaching Key West. The Coast Guard sent out a rescue boat to bring them to Key West, where the Cubans were turned over to immigration officials.

They told officials a boat captain brought them from Cuba, dropped them off, and returned to the island.

The group brought to 140 the number of Cubans picked up so far this year by the Coast Guard, Worden said.

Last year, the number was 37,139. Most of those refugees fled the island nation in August and early September after Cuban President Fidel Castro said he wouldn't try to stop anyone who wanted to cross the Florida Straits to U.S. shores.

That crisis ended with an accord between Cuban and U.S. negotiators in New York last Sept. 9, which guarantees the legal entry of at least 20,000 Cubans a year to the United States.

More Glades brass under investigation

BELLE GLADE, Fla. — At least two of the top three supervisors at the prison where six inmates tunneled to temporary freedom are being investigated, and at least one may lose his job, state prison officials say.

The investigations follow the indictment of Glades Correctional Institution's prison inspector for alleged criminal negligence in the Jan. 2 escape. One inmate is still missing, four were caught and one was killed.

Charles Morris, assistant superintendent of Glades' operations, may be fired because of allegations he tried to beat a confession out of an inmate involved in the breakout, said Harry Singletary, state secretary of the Department of Corrections.

Assistant Superintendent John Townsend is being investigated by prison officials for an off-duty DUI charge.

In addition, Col. Edward Pipta, who was in charge of security at the 1,200-inmate prison, has been demoted at his own request and will be transferred to a minimum security work camp.

The management problems at the 1,200-inmate prison were discovered during Florida Department of Law Enforcement investigations and a Palm Beach County grand jury, which reviewed the prison escape.

FDLE agents interviewed prison officers who said they saw Morris try to coerce information from inmate Felix Carbonell, who was captured within an hour of the breakout.

Seles fights memories of knife attack

SARASOTA — Monica Seles is playing tennis again and even hopes to play at the Olympics in Atlanta, but the memories of the knife attack that derailed her career still haunt her and sometimes paralyze her dream, her father says.

"The wound has healed but there is still a reminder to her," Karolj Seles said in an interview published today in the Sarasota Herald Tribune. "In my opinion, we have decided to practice harder and harder every day.

"Whenever the thought comes up, sometimes she falls back a little and then she advances again," he said. "And then the thoughts come up again and she falls back. It's not a steady advance."

Seles was stabbed in the back by an unemployed east German as she sat on a bench during a changeover in a match at Hamburg, Germany on April 30, 1993.

From Associated Press reports

**Welfare experiment touted
Chiles concerned about federal legislation**

By BILL KACZOR
Associated Press Writer

PENSACOLA — Brya Davis credits an experimental welfare program with getting her off public assistance, but Gov. Lawton Chiles is worried federal reform may hamper the state's efforts to help others like her.

Chiles and four key legislators met Monday with participants and staff of the two-years-and-out welfare program begun in Escambia County a year ago.

The Family Transition Program is helping make sure Ms. Davis, the mother of three, makes a permanent break from welfare by continuing reduced assistance payments and giving her free child care while she gets established in her new job as a waitress.

She also is training for a higher-paying bartender's job and wants to take nursing courses once her youngest child is in school.

Ms. Davis praised the personal attention

she has received from her case worker, which would not be possible in a regular welfare program because of high case loads.

"Nobody wants to be alone when you are going through a major life change," she said. "If it wasn't for all the help I was given, I would have given up."

Chiles has been so impressed by the mandatory pilot program in Escambia that he has asked the Legislature to appropriate \$28 million — \$15 million of it in federal money — to expand to five more counties yet to be selected.

A voluntary program also began last year in Alachua County, but the governor wants the expansion to follow the mandatory model.

In Congress, Republican legislation scheduled to go to the House floor this week would consolidate programs and give states block grants to run them as they see fit.

"The thing I'm really worried about is the money. The block grant, you've got to love

that because it gives us more authority," Chiles said. "Part of the problem is the formula they work on for funding."

Chiles said the formula is based on pre-1994 population figures that fail to reflect Florida's rapid growth.

Another problem is getting lawmakers to understand that it costs money initially to save dollars in the long run, he said.

The extra money — \$12 million in Escambia — goes for benefits such as day care, counseling, clothing, health care and transportation. Employers also receive a financial incentive to hire participants.

The Escambia program has enrolled 1,738 people — a similar number get regular assistance for comparison — selected at random.

So far, 335 have found jobs, 209 of them full-time, at an average pay of \$5.48 an hour.



**Making a deal for
Kasino Klassics**

Sanford Junior Women's Club and Sanford Rotary Club will hold the annual Kasino Klassics Friday, March 24, beginning at 7:30 p.m., at Timucuan Country Club. About \$8,000 for local charities is expected to be raised from this event. The fun evening will include gambling (with play money, of course), an auction, drawings, refreshments and other entertainment. Tickets are available at the door or may be purchased in advance for \$15. Getting trained in a good deal are (from left): Bruce Hirsch, Deronda Hirsch, Debbie Whitehead and John Mercer.

Harold Photo by April Kambon

**Teacher
sued in
suicide case**

By Associated Press

MIAMI — Seductions by a public school band teacher and his attempts to end the affair led to the suicide of a 16-year-old student, according to a federal civil lawsuit filed by the girl's family.

The lawsuit accuses the Dade County school system of hiring and retaining the teacher despite allegations he had sex with students in Ft. Mich., parental and student complaints and his "sophisticated seduction" of girls.

No charges have been filed here against George Crear III,

44, but he is under investigation by the Dade State Attorney's Office.

The suit was filed Monday on behalf of Gillian "Gigi" Garrido-Lecca, who was 16 when she shot herself in 1992. Her family contends she killed herself after Crear tried to end their relationship and started paying attention to another student.

Gigi called Crear right before she shot herself, begging him to pick up a note and her journal, Crear told Metro-Dade police at her house the night of the suicide.

School police have identified four other female students at Palmetto High School who allegedly had sexual affairs with Crear between 1992 and 1994.

Crear could not be reached for comment Monday. One phone line at his house has been disconnected. And Jesse McCrary, Crear's lawyer during the recent school police investigation, said he also has been unable to reach his client.

**State's NAACP leader
may lose national post**

By Associated Press

EUSTIS — T.H. Poole, longtime president of the Florida NAACP, enjoys associating with celebrities such as Michael Jackson, Magic Johnson and Whitney Houston.

But he stands to lose his job as manager of the national civil rights organization's fund-raising TV gala because of his association with deposed NAACP Chairman William Gibson.

Poole has been described as the right-hand man to Gibson, who was ousted from the national post he held for 10 years amid charges he spent \$800,000 on himself while driving up a debt of \$4 million — including \$1.4 million in losses on the television show Poole managed.

Poole has come under strong criticism and his influence in the national group appears to be slipping with other members of the 64-member board of the National Association for the

Advancement of Colored People.

Myrtle Evers-Williams pledged a "fresh start" after winning the Feb. 18 election against Gibson on a 30-29 vote of the national board.

"I expect adjustment," Poole said about the new administration.

"It's like saying the Republican Party took control, and all the Democratic chairmen are going to remain the same. It's not."

Critics of Gibson and Poole questioned the transfer of the "Image Awards" show in 1992 from the Beverly Hills-Hollywood branch to the national board.

Last December, Carl Rowan, a black syndicated columnist and Gibson critic, wrote that Gibson and Poole "saw fame and millions of dollars" by taking over the show. They "tried to storm Hollywood by limousine" but instead "lost the NAACP's shirt," Rowan wrote.

LOTTERY

MIAMI — Here are the winning numbers selected Monday in the Florida Lottery:

Fantasy 5
25-20-15-2-13

Cash 3
0-2-3
Play 4
5-3-7-0

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THE WEATHER

LOCAL FORECAST

Tonight: Fair. Low in the mid 50s. Light wind.

Wednesday: Partly cloudy. Highs in the upper 70s. Wind becoming west 10 mph.

Thursday through Saturday: Partly cloudy. Lows in the 50s to near 60. Highs in the upper 70s to lower 80s.

EXTENDED OUTLOOK

WEDNESDAY Pty cldy 78-88	THURSDAY Pty cldy 77-88	FRIDAY Pty cldy 77-88	SATURDAY Pty cldy 78-88	SUNDAY Pty cldy 78-88

MOON PHASES

LAST March 23

NEW March 30

FIRST April 6

FULL April 15

TIDES

WEDNESDAY SOLAR TABLE: Min. 9:55 a.m., 10:30 p.m.; Maj. 3:45 a.m., 4:15 p.m. **TIDES: Daytona Beach:** highs, 12:04 p.m.; lows, 6:03 a.m., 6:11 p.m.; **New Smyrna Beach:** highs, 12:09 p.m.; lows, 6:08 a.m., 6:16 p.m.; **Cocoa Beach:** highs, 12:24 p.m.; lows, 6:23 a.m., 6:31 p.m.

STATISTICS

The high temperature in Sanford on Monday was 74 degrees and Tuesday's overnight low was 55 degrees as reported by the University of Florida Agricultural Research and Educational Center, Celery Avenue.

Recorded rainfall for the weekend totaled 1.54 inches.

☐ Sunset.....6:17 p.m.
☐ Sunrise.....6:28 a.m.

NATIONAL TEMPS

City	Hi	Lo	Pre	Ch
Albuquerque	72	25	cir	
Anchorage	25	14	cir	
Atlanta	79	53	cir	
Atlanta City	85	59	cdy	
Austin	61	41	cdy	
Baltimore	64	41	cdy	
Boston	53	32	cdy	
Burlington, Vt.	54	33	rn	
Chicago	58	39	cir	
Charleston, S.C.	66	34	cir	
Charleston, W. Va.	71	54	cdy	
Charlotte, N.C.	71	44	cir	
Cheyenne	58	37	cdy	
Chicago	60	42	cdy	
Cincinnati	71	52	cdy	
Cleveland	76	49	cdy	
Columbus, N.H.	57	35	cdy	
Dallas Ft Worth	81	59	cdy	
Denver	61	35	cdy	
Des Moines	64	38	cdy	
Detroit	64	34	cdy	
Honolulu	84	74	cir	
Indianapolis	63	40	cdy	
Jackson	58	32	cdy	
Kansas City	61	40	cdy	
Las Vegas	80	60	cdy	
Little Rock	68	42	cdy	
Los Angeles	68	43	cdy	
Memphis	73	43	cdy	
Minneapolis	59	37	cdy	
Mobile	62	37	cdy	
Nashville	62	37	cdy	
New Orleans	75	50	cdy	
New York City	54	36	cdy	
Oklahoma City	60	41	cdy	
Omaha	60	42	cdy	
Philadelphia	62	37	cdy	
Phoenix	66	47	cir	
Pittsburgh	75	48	cdy	
Portland, Maine	44	23	cdy	
Sacramento	56	38	cdy	
St. Louis	70	38	cdy	
Salt Lake City	43	29	cdy	
Shreveport	63	42	cdy	
Washington, D.C.	67	44	cdy	

FLORIDA TEMPS

City	Hi	Lo	Pct
Daytona Beach	76	64	.00
Ft. Lauderdale	79	61	.00
Fort Myers	82	58	.00
Gainesville	79	43	.00
Homestead	79	60	.00
Jacksonville	79	60	.00
Key West	79	67	.00
Lakeland	83	53	.00
Miami	88	62	.00
Pensacola	78	55	.00
Sarasota	74	58	.00
Tallahassee	79	44	.00
Tampa	77	51	.00
Vero Beach	77	58	.00
W. Palm Beach	79	61	.00

BEACH CONDITIONS

Daytona Beach: Waves are 2-3 feet and semi-glassy. The current is to the south. Water temperature is 64 degrees.

New Smyrna Beach: Waves are 3 1/2 feet and choppy. The current is to the south. Water temperature is 64 degrees.

BOATING

St. Augustine to Jupiter Inlet — Tuesday: Wind sw to w 10 knots increasing to 15 knots by afternoon. Seas 2 feet near shore and 5 feet offshore. Bay and inland waters a light chop. Tuesday night: Wind w 10 knots. Seas 2 to 3 feet. Bay and inland waters a light chop.

POLICE BRIEFS

License-related cases

• Avery Malone Grace, 19, 109 Cumberland Cir., Longwood, was arrested early Saturday morning, by Seminole County Sheriff's deputies, and charged with fleeing or attempting to elude, driving with a suspended driver's license and possession of a controlled substance after deputies responded to a parking lot to investigate a suspicious subject.

• Oliver Moran Woodrow, 34, 1945 3rd Dr., Sanford, was arrested by Sanford police late Friday, after a computer check showed Woodrow driving with license revoked. Police were investigating an auto accident in which Woodrow was involved.

• Allen Christopher Evans, 29, 403 W. 18th St., Sanford, was arrested by Seminole County Sheriff's deputies, after a computer check, in connection with a traffic stop showed Evans license suspended for failure to pay a fine.

Warrant arrests

The following wanted persons were taken into custody:

• Charles Henry Gipson, 41, 2520 E. Sate Road 46, Sanford, on a warrant of failure to appear/petit theft, by Seminole County deputies, Saturday.

• Jeremy T. Heizer, 26, 1295 Rockledge Dr., Sanford, on an Orange County warrant of burglary to a dwelling, by Sanford police, Friday.

Stolen/recovered vehicles

• A 1989 Pontiac, reported stolen in Ocoee, was found by sheriff's deputies Sunday on State Road 46A at Lake Markham Road. Deputies said the motor was still running but the vehicle's front end was stuck in a ditch.

• A 1985 Cadillac was reportedly seen speeding west on Third Street near French Avenue Sunday, Sanford police chased it, and eventually located it, abandoned, in Lake Monroe Terrace. The vehicle had been reported stolen in Winter Park from a Baltimore, Md. man.

• A blue and white 1981 Chevrolet, license number QJZ-992, was reported stolen Friday in the 2500 block of Oak Avenue in Sanford.

• A 1993 Nissan, reported stolen from a Vineland, N.J. man in Daytona Beach, was located Friday by Sanford police in the 900 block of Mellonville Avenue.

Warrants

• Trisha Lee Grant, 18, 403 W. 18th St., Sanford, was located by Lake Mary police Sunday, during a traffic accident investigation in the 500 block of Country Club Road. She was wanted for failing to appear in court.

• Fletcher Dean Sutton, 46, also known as Frank Stanton, of 2820 Beardall Avenue, was located by sheriff's deputies Sunday at his residence. He was wanted on seven Alachua County warrants and four Putnam County warrants, all for worthless check charges.

Traffic stop

Andrew Richard Edwards, 23, 213 Arbor Court, Sanford, was stopped by Lake Mary police on West Lake Street Saturday. He was charged with driving under the influence.

Drug arrest

Members of the City/County Investigative Bureau (CCIB) conducted an undercover drug operation Sunday in the area of Ninth Street and Pine Avenue in Sanford. Gregory Williams, 39, 618 11th St., Sanford, was arrested on charges of attempting to sell/deliver controlled substance, and possession of drug paraphernalia.

Sheriff reports

• A yellow parrot valued at \$3,000 was reportedly stolen Thursday from a garage in the 200 block of Dublin Drive near Lake Mary.

• Soap, toilet paper and other items with a total value of \$190 were reportedly stolen Saturday from a residence in the 2100 block of East Second Street.

• A pressure cleaner and electric compressor, with a total value of \$2,400 were reported stolen Sunday from a carport in the 5600 block of Deerpath Lane near Sanford.

• An estimated \$4,100 in golf clubs and golf equipment were reportedly stolen from a golf cart Sunday parked at Heathrow Country Club.

Sanford police reports

• A number of handguns and other items, with a total estimated value of \$5,753, were reportedly stolen Sunday from a residence in the 2300 block of Hartwell Avenue.

• An estimated \$3,300 in currency, a microwave oven, table, and other items were reportedly stolen Friday from a residence in the 2500 block of Hartwell Avenue.

• A business burglary was reported Saturday in the 200 block of Magnolia Avenue. A gumball machine was reportedly broken and the contents strewn around the building. No listing of items which may have been taken was immediately available.

• An undetermined amount of change was reportedly stolen from several vending machines Saturday at a business in the 400 block of South French Avenue.

• Eighteen cans of beer, valued at \$25, were said to have been stolen Saturday from a residence in the 2300 block of Park Avenue.

• A \$1,000 refrigerator was reported missing Friday from a residence in the 400 block of Ventura Drive.

• A self-propelled lawn mower valued at \$425 was said to have been stolen Saturday from a shed in the 200 block of Hays Drive. Last Wednesday, the owner of the same residence reported a \$120 girl's bike had been stolen from the shed.

• A \$300 watch, and a wallet and its contents were reported stolen Saturday from an apartment in the 1000 block of Stonebrook Drive.

• A \$75 slide projector was reported stolen Friday from First Christian Church, 1807 Sanford Avenue.

• A construction site at 400 Lake Mary Boulevard reported 12 aluminum extrusions, valued at \$3,000 were missing on Friday.

• A construction work trailer near U.S. Highway 17-92 and Lake Mary Boulevard was reportedly burglarized Sunday. A \$2,000 fax machine was the only item listed as missing.

• An estimated \$320 in items were reportedly stolen Friday in a vehicle burglary in the 1000 block of Rosecliff Circle.

• A 15-year-old youth told police he was in the yard of his home in the 100 block of Scott Drive Sunday, when two men came up to him, punched him, and stole a \$200 gold necklace from him.

Schools tired of fights over Pogs

By MARTIN FINGGANE
Associated Press Writer

Schools around the nation are finding it's easier to ban Pogs — the marbles of today's schoolyards — than spend hours straightening out fights over who won the cap-flipping game and if students were playing for "keepsies."

"I got four pogs took away from me," explained Laura Arter, 10, of Wormleysburg, Pa.

Now the raucous recess game is over at her school: "We have to put them away or we get sent to the principal's office," she said.

The game is often played for keeps, with the winners taking home the spoils — a situation ripe for conflicts among children who don't understand that concept, said Mary Larcome, a fourth-grade teacher in Haverhill, Mass.

"It takes away from your teaching time when you're trying to settle the problems," Larcome said.

The rules are simple: each player has some pogs — small thin discs usually made of paper — or caps and a heavier disc, usually made of plastic, called a slammer. The pogs are stacked up and a player throws the slammer on it, and the pogs that flip over are 'won.'

Bottle cap flipping games date back at least to the Depression, but the latest version started taking off in Hawaii in 1992. Children there called the game pog from the abbreviation P-O-G

on the caps of a popular Hawaiian drink containing passion fruit, orange and guava.

Soon after, kids on the mainland started flipping for the game. They eagerly collected caps and slammers, turning a sidewalk distraction into a multimillion-dollar industry.

The caps are now fancier, sporting designs from cartoon and movie characters to peace symbols and costing anywhere from a few pennies to about \$7. Slammers are clear, opaque, with or without design, plastic or metal.

"It's fun to collect and see the pictures and have a play and see who can play better or worse," Laura said as she perused the pog selection at A.C. Moore, a crafts store in Harrisburg, Pa.

But at Thompson Middle School in St. Charles, Ill., "they became a pretty hot item to steal" as well as sparked arguments, said principal Kurt Anderson. "We just ask the kids not to bring them."

While most spats have broken out in the schoolyard, adults aren't above some squabbling over the game, either. After months of fighting about it, The World Pog Federation announced in November it had exclusive use of the word "pog" on its products after reaching an agreement with the Universal Pogs Association, which changed its name to Universal Slammers Inc.

Anderson said school officials were surprised to find that some pogs were collector's items.

"We didn't realize the value of them and we thought, 'This is crazy,'" he said.

In Fawn Grove, Pa., school officials sent home a letter telling parents that pogs were causing fights. Plus, the slammers could be used as a weapon, said South Eastern Middle School Principal Benjamin Emenheiser.

The game also has been discouraged or banned in schools in Windham, N.H., Plano, Texas, and Spokane, Wash.

Anderson says he sees more pog frenzy ahead at his Chicago-area school.

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EDITORIAL

Come to the aid of our zoo

Now is the time for all good men, and women, to come to the aid of their zoo.

That may appear to be a weak way to begin these comments, but we believe it is appropriate.

The Central Florida Zoo, located in the extreme west side of Sanford, has been with us for many years. It has become one of the premier tourist attractions in the Sanford area. Everyone was proud of it.

Then, along came reports that new locations were being researched. Investigations were launched into the possibility of purchasing a new site south of Orlando.

Whether they were rumors or solid facts, one approach was reported to call for a vacating of the entire Sanford zoo facility. Another called for only the larger animals which require extra outdoor space, to be moved. Some displays, such as reptiles would remain in Sanford. The zoo as we have known it, appeared to be on the verge of disappearing from our midst or being pared down drastically.

Now, it has been officially announced. The zoo has cancelled plans to move. Not only will it remain where it is, but there are speculations that some major improvements may be forthcoming. No details have been publicly announced at this time, but officials say it may be revealed within several more months.

With that in mind, we see this as an excellent time for people to consider joining the Central Florida Zoological Society, the major supporter for our zoo's activities.

Let's face it. People are always urged to join the society. But there were probably some who hesitated, not knowing what might be in the future. Many local people would not want to support an organization only to have it move out of town.

There are many advantages to individuals and/or families joining the society. Most of all, however, is the assistance these memberships give to everyone in this Central Florida area.

The zoo is for everyone. But not everyone can afford to join the society. They shouldn't be punished for this. Their needs for this type of education, and yes, this entertainment, are just as strong as everyone else's.

By joining the society, it's a matter of people helping people, and what better opportunity could present itself.

Point one — the Central Florida Zoological Park will remain in Sanford. Point two — now is the time for people to gather in support of planned progress and improvements. We urge everyone who can, to join the Central Florida Zoological Society.

Let's not have to go through the thought of losing it again in the future.

LETTER

Live in the real world

In reply to Nat Hentoff's March 13, 1995 article on the opinion page "A Cruel Contract on Prisoners." He and his bleeding heart need to come live in the real world. Apparently he has not read the STOP (Stop Turning Out Prisoners) bill or the STOP petition.

We, the STOP members, are asking that the violent criminals (murderers, rapists and child molesters) spend at least 85 percent of their sentence, not go in the front door and out the back door as they now do. We are not asking the 14- and 18-year-old shoplifter or truant be put among the state prisoners and hardcore criminals.

Not if, but when you are a victim, Mr. Hentoff, you will probably yell louder than the STOP members for a lot of cruel and unusual punishment to be dishied out.

I, as a STOP member, would like to thank Rep. Charles Canady (R-Fla.) for sponsoring the STOP bill.

Jessie Whitaker
Sanford

Berry's World



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BEN WATTENBERG

Searching for political betrayal

Stanley Greenberg, President Clinton's pollster, has written an interesting new book, "Middle Class Dreams" (Times Books, \$25). It is interesting in its own right and particularly so if you want to find out what's still wrong-headed about the Democratic Party in the era of Clinton. Greenberg's book itself is a case in point.

Greenberg says that Americans have been doubly betrayed by their political parties. The Democrats betrayed the people with the "Great Society." And the Republicans betrayed the people with "Reaganism." The Democrats betrayed America because "bottom up" economics hasn't worked. And the Republicans betrayed America because "top down" economics hasn't worked.

And Bill Clinton (surprise!) can fix it all through "accountable government with public investment." I only disagree with all of these propositions. Certainly, the terminology is wrong. Mislabeling political history means misunderstanding it.

Was the Great Society a betrayal? Is that why voters have turned against Democrats? It is a phrase that will always be associated with President Lyndon Johnson. In whose administration I served as a speech-writer about a hundred years ago.

Johnson's civil rights laws broke the back of

legal racial segregation. The Great Society

programs featured the "War on Poverty," including "Head Start," and "Jobs Corps." It also included many non-poverty-related programs: Medicare, clean air, clean water, new colleges for millions of new college students and health research concerning heart, cancer and stroke. The war in Vietnam, begun earlier, was escalated by Johnson, as the military situation in Vietnam changed.

Politically, these were complex decisions. It may be that Johnson's stand on civil rights hurt the Democratic Party, as Greenberg indicates, but who among us would have it differently? It may be that the poverty programs and the non-



Greenberg says that Americans have been doubly betrayed by their political parties.

poverty programs engendered too big a role for the federal government, although one is reminded of the elderly woman who recently approached her congressman and said, "Don't let them take away our Medicare and turn it over to the government." Vietnam split the Democratic Party like a cleaver ripping through an over-ripe melon.

The then-young New Leftists said it was an immoral war, that America was guilty. And by the way, America was also guilty of racism, sexism, puritanism, environmental despoliation, homophobia, consumer fraud, colonialism and imperialism. Crime, of course, was caused by this oppressive system. Welfare, of course, was a right not a privilege. Quotas and preferences, of course, must be extended to oppressed minorities. And what was so wrong with promiscuity and pornography?

Honky! Tune in, turn on, drop out. Make love not war. And much of the adult liberal part of the Democratic Party, trembling, fearing their children, agreeing by not disagreeing, remained silent.

None of that guilty stuff came from either LBJ or the Great Society. All of it enraged most Americans, deservedly. Which is why voters believe they were betrayed — by Democratic liberalism.

JACK ANDERSON

Drugs aren't only game for cartels

WASHINGTON — The power of international crime cartels has risen to the point where some drug kingpins now live better behind bars than most people do in their own homes.

As the case of Jorge Ochoa shows, even prison bars don't provide a deterrent for some cartel leaders. Ochoa, a leader of the infamous Medellin cartel, apparently decided he wasn't comfortable enough in prison without his favorite car, an antique Ford Model A. So Ochoa asked prison officials to knock down a concrete wall to make room for his prized auto. Prison officials complied.

John J. Coleman, an assistant administrator for operations at the Drug Enforcement Administration, described the scene before a congressional panel: "I do not quite know what one does with an automobile inside of a prison, but then again, there is some serious question as to how much of a prison this actually is," he said. "I suspect that anyone who would have the ability to import an automobile... would probably be able to conduct some form of business from inside."

From the prisons of Colombia to the boardrooms of Europe, networks are in place that are raising the stakes for law enforcement in the battle against the cartels. Among policy analysts and intelligence officials, the unspoken fear is that organized crime now has the power and tools to buy and distribute not just drugs, but weapons of mass destruction. A top State Department investigator predicted for us recently that international organized crime would be the single greatest threat to national security in the near future.

This investigator is not alone. Testifying before Congress recently, Gen. James Clapper, head of the Defense Intelligence Agency, recently said that a nuclear or chemical attack on American soil "could easily happen" within the next 10 years. If such an attack happened, he said, chances are great that it would come from a group or individual who bought weapons on the black market.

"Today, the wealthiest of the world's citizens are not high-tech inventors and entrepreneurs who struck it rich like Bill Gates of Microsoft," Sen. John Kerry, D-Mass., said recently at a hearing on international crime. "They live in places like Cali, Colombia. In tax havens in the Caribbean or the Mediterranean, or float from country to country with no home at all, perpetual travelers who hold passports from many countries, but have allegiances to none."

Criminal organizations are spreading their tentacles wider and farther than ever before — taking de-facto control over entire communities. In Colombia, law enforcement crackdowns in Medellin on figures like Ochoa have made the city of Cali the new cocaine headquarters. In contrast to the Medellin kingpins, who used intimidation and violence to enforce their authority, the Cali leaders have more in common with Fortune 500 executives than street-level drug dealers.

According to DEA testimony, Cali leaders often have successful backgrounds in legitimate business. The Rodriguez brothers, for example, owned and operated a chain of more than 100 pharmacies. Their holdings include office buildings and farm land in an around Cali.

Some drug organizations, DEA officials say, have even turned to media advisers to help with their image.



So Ochoa asked prison officials to knock down a concrete wall to make room for his prized auto. Prison officials complied.



ELLEN GOODMAN

Point between rock, hard place

BOSTON — Now at last we know the precise mathematical point between a rock and a hard place. It's Marcia Clark's life.

She's the prosecutor in a case so high-profile and so celebrated that it's headline news if she drops a verb or rips a stocking.

She's a single mother competing with the big boys. When she tried to get home on time one night, Johnnie Cochran called her child care worries a strategic ploy.

And she's an ex-wife whose ex-husband is suing for custody of their two boys on the grounds that he can be home at 6:15. This is what he tells the world: "I have personal knowledge that on most nights she does not arrive home until 10 p.m., and even when she is home, she is working."

You want a single mother's nightmare? You want a professional mother's post-modern bind? You want to chart this terrain between a rock and hard place? I give you Marcia Clark. Clark didn't arrive at the site of this disaster on purpose. She and her husband split up three days before Nicole Simpson was murdered. She was, I am sure, familiar with the conflict between work and family. But now she's caught in a head-on collision at 90 miles an hour without an air bag.

Remember Jennifer Ireland? This young woman lost custody of her 3-year-old daughter Maranda because she left her in "the care of strangers" — day care — to take college classes. A judge ruled that Maranda would be better off with her father, cared for by family. The ruling was only stayed pending appeal.

Remember Sharon Frost? This woman who works in Sen. Orrin Hatch's office lost custody of her sons because the judge said she put her job before her kids. Her ex-husband — who'd been unemployed for a year — won because his hours were shorter.

Well, it's going around. In the world of flat-out, stressed-out, two-job marriages, parents negotiate work and kids, bosses and caregivers, with a time clock in one hand and a calculator in another. For the most part, women are the ones who do the juggling and the compromising, who turn from career paths to mommy tracks. But if the marriage ends in the courtroom, they'd better be able to prove it. They'd better not be guilty of success.

These days half of the custody disputes are won by fathers. These days fathers who are sued for money often sue for the kids in a mutually assured destruction tactic of post-marital warfare. These days it seems that many judges have a new double measuring stick. Mothers who do less caregiving than the judge's mother did are seen as neglectful. Fathers who do more are seen as heroic.

If there's anything a woman wants for Christmas, for her birthday or Saint Patrick's Day, it's a partner in the business of raising kids. Fathers who do their full share, fathers

who are the primary parents, the stay-at-home dads, deserve equal treatment if the marriage breaks up. It's part of the deal.

But what about the other deal? What are we saying to a single mother who works two jobs to make ends meet? To a divorced woman expected to be both breadwinner and nurturer? To the mother who has to choose between a high-octane job or a low wage?

The message is: watch out. Time may be the only standard on which you're judged as parent.

Well, one of the great modern myths is quality time. Kids need quantity as well. Every parent makes choices, but the work world doesn't make these choices easy. In the Simpson case, there is no flex time, no job share, no part time. Johnnie Cochran said once that he regretted not spending more time with his children. But Marcia Clark cannot leave at 3:00.

Nevertheless, time is not the only measure of a parent's love, or a child's best interest or Marcia Clark's fitness.

Believe it or not, the O.J. Simpson case will not go on forever. It just seems that way. It's wrong to decide something as permanent as a child's lifelong custody on something as temporary as trial.

In any work life there will be a time when one parent's job is too demanding, when she is sick, or he has to travel. If every change in one parent's work schedule risks a change in custody, divorcing couples will be in court longer than Judge It.

As for Gordon Clark? He may be a father worried about his sons or he may be an ex-husband out to defeat his ex-wife. But what impeccable timing. What better moment for a man to tell a woman in full view of the world that she can't have it all.

Marcia Clark is at the top of her form. And still stuck. Between work and family. Between a rock and a hard place.

LETTERS TO EDITOR

Letters to the editor are welcome. All letters must be signed, include the address of the writer and a daytime telephone number. Letters should be on a single subject and be as brief as possible. The letters are subject to editing.



You want a single mother's nightmare? You want a professional mother's post-modern bind? I give you Marcia Clark.

Briefs

Continued from Page 1A

Kiwanis Pancake Day

SANFORD — Plans have now been finalized for this year's 31st Annual Sanford Kiwanis Pancake Day and silent auction. The event will be held this Saturday at the Sanford Civic Center, from 8 a.m. until 2 p.m.

Tickets are available from Kiwanis members and at various locations in the city.

In addition, prizes are still being sought for the silent auction, whether they are specific items or services. To assist in this fund-raising endeavor through donations, contact Pancake Day Chairman Harry G. Reid III, at 1120 W. First St., Suite B, or phone him at 321-3911.

Cost for the pancake meal this Saturday is \$3 per person, which includes seconds. Take-out orders are also available.

County P&Z meeting

OVIEDO — The Seminole County Local Land Planning Agency/Planning and Zoning Commission will conduct a community meeting regarding the Bear Gully Creek Small Area Land Use Study.

The meeting will be held at the Tusawilla Middle School, 1801 Tusawilla Road, Oviedo, on Thursday, March 23 beginning at 7 p.m.

For information regarding the meeting, phone 321-1130, ext. 7371.

Business after hours

LAKE MARY — The Greater Lake Mary/Heathrow Chamber of Commerce will hold a Business After Hours mixer Thursday from 5:30 to 7:30 p.m., at the Shoppes of Lake Emma.

For additional information, phone the cham-

ber office at 333-4748.

Volunteers needed

SANFORD — The Safehouse of Seminole is seeking volunteers to help clean, paint and set up furniture this Saturday. When operational by later this month, the facility will be Seminole County's first and only spouse abuse shelter.

Seminole County Sheriff's spokesman Ed McDonough says the Safehouse is also seeking donations of kitchen appliances, office furniture, food, and personal hygiene items.

Persons wishing to donate items or volunteer services this Saturday should phone Susan Denton, at 330-3011.

Judge needed

The Fifth District Court of Appeal Judicial Nominating Commission is seeking applicants to fill a vacancy in the Fifth District, due to the death of Judge George N. Diamantis. The term of the appointment for this vacancy will expire on January 7, 1997.

Applicants must be a member of the Florida Bar for the preceding ten years, an elector of the State of Florida, and a resident of the territorial jurisdiction of the court, which includes Seminole County.

Applicants will be screened by the nominating commission. Three names will then be sent to the governor, who is expected to make his announcement within 60 days.

Interviews will be held on May 5, at the Fifth District Court of Appeal, 300 S. Beach Street, Daytona Beach.

Applications must be submitted by no later than 5 p.m., April 18.

For additional information, phone William M. Chanfrau, in Daytona Beach, (904) 258-7313.

Eat

Continued from Page 1A

John Sobik, owner of Sobik's Sandwich Shops which are located throughout central Florida, said he believes people are "more health conscious than ever." As a result, he said, his employees will "bend over backwards" to give them what they want.

"If someone comes in and wants a sandwich with no meat, no bread and no cheese," he explained, "we'll throw a pile of lettuce on their plate. We give them what they want."

Sobik said more people are asking questions about fat content and other nutritional values of their sandwiches. Most people who are counting every single gram of fat, however, are not likely to order a sandwich.

"The ironic part of all this is that they're so worried about the fat content of the sandwich and then they order it with a large Coke."

The numbers of people who express a concern to the sandwich makers is fairly small, they said.

"About three to five percent of our customers ask about the fat content of our sandwiches," said Valerie Spurny, assistant manager at Schlotzsky's Deli on Orlando Drive in Sanford. "But mostly everybody just says the sandwiches taste too good to worry about the fat content. If they're really worried about fat, they just cut out the cheese."

According to the national survey, the three main sandwich culprits: meat, mayonnaise and cheese, Hurley said.

Many local eateries are switching to reduced calorie/reduced fat mayonnaise.

"We've got a lite menu," said Spurny of her deli.

Nick Vivona, owner of Vivona's Fine Italian Pizzeria, said the people who come into his establishment for sandwiches aren't the sort who are counting every gram of fat.

"They are going to have a good sandwich," Vivona said. "They know that it tastes good and that's what they want."

Vivona said that there have been numerous requests from some of his clientele to make the same high quality, tasty sandwiches with less fat, however. To please them the restaurant will be introducing some lighter fare soon.

Meanwhile, Amber Waldvogel owner of the Downtown Sub Station, said most of her customers are "aware of their fat intake," but they aren't really changing their dietary habits.

"If they want a good sandwich, they'll have it," she said. "They might cut out the cheese, but mostly, they'll resist the chips or the brownie or those sorts of things and they'll have the sandwich."

A roast beef sandwich with mustard was one of the best choices, at 12 grams total fat, 4 grams saturated fat. Only turkey with mustard tested better; it had 6 grams of fat, 2 grams saturated fat.

A ham sandwich with mustard tested twice as fatty as roast beef and had four times more fat than a turkey sandwich, according to the survey.

An avocado and cheese "vegetable" sandwich was among the worst offenders, with 40 grams total fat — as much as in two McDonald's Quarter Pounders, Hurley said.

Tuna salad and chicken salad — two selections long favored by dieters — are both loaded with fat and calories. "It's not the chicken or the tuna that's at fault," Hurley said. "They're being drowned in mayonnaise."

A tablespoon of mayonnaise has 100 calories and 11 grams of fat.

The recommended daily allotment for fat is 65 grams.

Other sandwiches tested were the Reuben (50 grams of fat), BLT (37 grams), turkey club (34

grams), grilled cheese (33 grams), egg salad (31 grams) and corned beef (20 grams).

The 12 sandwiches tested also had high levels of sodium, ranging from 850 milligrams in a roast beef with mayonnaise to 3,200 milligrams in the Reuben. Health authorities recommend a daily sodium limit of 2,400 milligrams.

Overall, the sandwiches had much more meat than those typically made at home and the cuts were fatter than supermarket meats, Hurley said. A slice of cheese also adds as much artery-clogging saturated fat as six bacon strips.

Hurley said consumers should ask sandwich shops and restaurants to use light cheeses, low-fat mayonnaise and dressings and lean meats, or make special requests when ordering a sandwich.

Falling that, they should bring lunch from home.

"It's easy to build a healthy sandwich at home," Hurley said.

The center bought 171 sandwiches and subs at 35 delicatessens, sandwich shops and restaurants in Chicago, Los Angeles, New York and Washington, D.C., including familiar chains like Subway, Au Bon Pain and Wall Street Deli.

An independent laboratory made composites from samples of the same kind of sandwich and tested them for fat, saturated fat and sodium.

Hurley said waist-watchers should also:

• Substitute mustard or ketchup for mayonnaise; both are low-fat.

• Request smaller portions of meat and cheese.

• Pile on the lettuce, tomatoes and other vegetable toppings, or fill a pita bread with salad bar vegetables and top with low-fat dressing.

Information from the Associated Press was included in this report.

DEATHS

HELEN HANSEN

Helen Hansen, 88, N. Cortez Ave., Winter Springs, died Saturday, March 18, 1995 at South Seminole Hospital, Longwood. Born Dec. 18, 1908 in Bremerhaven, Germany, she moved to Central Florida from New York City in 1965. She was a homemaker. She was Lutheran. She belonged to Longwood Tourist Club.

Survivors include sons, Christian, Winter Springs, Roy Alan, Lexington, Mass.; daughter, Mary Lee Hickson, Pahokee; three grandchildren. Burial in charge of arrangements.

CLAUDIA MAE HOLLOWAY

Claudia Mae Holloway, 86, Monroe Avenue, Winter Park, died Sunday, March 19, 1995 at Park Lake Nursing Home, Winter Park. Born in 1908 in Sunflower, Mo., she moved to Central Florida in 1958. She was a retired cook. She belonged to Bethel Baptist Church of Winter Park.

Survivors include sons, James Hurley, Jr., Drew, Mo., Charles Hunter, Chicago; daughters, Jonnie Mae Chatman, Leward, Mo., Claudia Hunter, Eatonville; brother, Guy Hampton, Mississippi; 15 grandchildren; 23 great-grandchildren. Golden's Funeral Home, Inc.,

Winter Park, in charge of arrangements.

CHARLES JACK SIMPKINS

Charles Jack Simpkins, 71, Van Buren Street, Lake Mary, died Sunday, March 19, 1995 at South Seminole Hospital, Longwood. Born Dec. 14, 1923 in LaPorte, Ind., he moved to Central Florida in 1951. He was a retired automobile painter. He saw service with the U.S. Marines in World War II.

Survivors include wife, Gladys A.; sons, Steven J., Winter Springs, George A., Lake Mary; daughter, Sally Jo Durham, Longwood; brother, William T., Longwood; sisters, Ina Jean Lawrence and Virginia Volkee, both of La Cross, Ind.; Phyllis Almir, Huntington, Ind.; four grandchildren; one great-grandson.

Gaines Carey Hand Garden Chapel Funeral Home, Longwood, in charge of arrangements.

ARNOLD G. WILKINSON

Arnold G. Wilkinson, 74, Bougainville Drive, DeBary, died Friday, March 17, 1995 at Florida Hospital South, Born June 12, 1920 in Camden, N.J., he moved to Central Florida in 1985. He was a Marine Corps veteran. He was a member of First Marine Division and Third Marine Division Association.

Survivors include wife, Mary T.; son, James F., Sanford; daughters, Barbara A. Nuss, Oviedo, Linda M. Walker, DeBary; brother, Stanley K., Spokane, Wash.; sister, Isabel Glover, Springfield, Pa.; six grandchildren.

Baldwin-Fairchild Funeral Home, Orlando, in charge of arrangements.

FUNERALS

HANSEN, HELEN
Memorial services for Mrs. Hansen of North Cortez Avenue, Winter Springs, will be held Wednesday, March 22, at 2 p.m., at Brian's Funeral Home, Sanford, with Rev. Bruce Scott officiating. Inquiries will follow at a later date in the program Cemetery. Arrangements by Brian's Funeral Home, Sanford, 322-2121.

SIMPINS, CHARLES JACK
Funeral services for Mr. Simpkins, 71, of Van Buren Street, Lake Mary, will be held Thursday, March 23, at 2 p.m., in Gaines Carey Hand Garden Chapel Funeral Home, Longwood, with Pastor Glenn Rigg officiating. Friends may call at the funeral home Wednesday, March 22, from 2 to 4 and 6 to 8 p.m. Arrangements by Gaines Carey Hand Garden Chapel Funeral Home, Longwood, 767-2101.

Longwood

Continued from Page 1A

— Yom Hashoah" and March 20-24 "Purchasing Week."

• Voted 4-1 to accept Land Planning Agency recommendations regarding zoning/performance standards related to the adult entertainment ordinance. The LPA suggested a slight modification in the distances required between such businesses and other land uses such as homes, churches, schools, and government buildings. A hearing on the ordinance may be conducted in April.

Prior to the regular meeting, the commissioners discussed the future of the Longwood Health Care Center with officials of Beverly Enterprises, which leases and manages the facility. The commission will conduct a work session April 3 to discuss the nursing care facility.

Watch

Continued from Page 1A

Police Department as some may believe. It is, however, run by the residents who work together and care enough to make the program a success in their neighborhood. The Sanford Police Department's Community Relations Division is available to answer any of the citizens' questions as well as help them get set up with information about the program and give them some of the successful tips on how to form a strong Neighborhood Watch group.

Recently, this very type meeting was held at Stonebrook Apartment complex in Sanford. Heading up the meeting was Sgt. Keith. Covering many subjects involving Neighborhood Watch and answering many of the residents' important questions, Sgt. Keith did stress the importance of being prepared and being aware. "Being prepared will only serve to make the watch group more efficient and stay organized," said Keith. Strong community involvement is encouraged because neighborhood unity can deter crime. Neighbors joined together help correct situations that threaten the peace and safety of the community.

Sharon Webb, a resident of the Stonebrook complex said, "This is really a nice place to live. I feel that having a Neighborhood Watch program will only help to keep it that way." She went on to say, "This is also a great way to meet your neighbors."

Most residential crimes occur because the opportunity to commit them existed. You cannot take away a criminal's desire to commit, however, you can take away the opportunity to commit the crime. "You know, about 90 percent of the people in the community are good people and 10 percent commit 100

percent of the crime. When you put it in that perspective you will see that there is a lot more good than there is bad, and the good do not have a voice. That is where the Neighborhood Watch becomes the good guys' voice," said Bernosky.

Citizens, unknowingly, offer an open invitation to criminals every day when they leave their doors unlocked, advertise their absence from home with an unlit house or piled up newspapers. "Crime happens everywhere," says Rebecca Vanderwell, also a Stonebrook resident. "So, I really believe that getting this Neighborhood Watch program started is a very good idea. Just knowing that someone is keeping their eyes and ears open around the clock is a big relief for me."

Neighborhood Watch provides a means of reducing the opportunity for criminal activities to begin as well as keeping their community a safer place to live. Citizens are taught how to make their homes less inviting as a

target for thieves, how to protect their personal property by making it less desirable to burglars, and how to be alert to suspicious activity in their neighborhoods.

Neighbors working together through Neighborhood Watch can combat crime in their area the effective way — before it starts. "This is your program," said Sgt. Keith. "It can be as successful as the members want it to be. Just keep in mind, we, the Sanford Police Department's Community Relations Division is here to help you in any way that we can," concluded Sgt. Keith.

Public school menu

Wednesday, Mar. 22, 1995
Corn Dog
Broccoli
Orange and Apple Wedges
or Chef's Salad or Bag Lunch
Low Fat Milk



Japanese cars top used-vehicle list

DETROIT — Honda, Nissan and Toyota outranked Ford, General Motors and Chrysler on Consumer Reports' list of the most reliable used vehicles.

Japanese automakers, led by Honda, claimed all 10 spots on the list, contained in the magazine's April issue, due at newsstands next week.

The Honda Accord was the most reliable vehicle from 1987 to 1993, based on reports from owners of 580,000 cars and light trucks.

Four of the 10 most reliable 1987-93 vehicles were built by Honda, three by Nissan and three by Toyota. Nine were cars; one was Nissan's Pathfinder.

The Big Three and Korea's Hyundai accounted for the 10 least reliable cars and trucks, with the Ford Bronco at the bottom.

Of the bottom 10, four were made by Ford, three by General Motors and two by Chrysler. The Hyundai Excel also made the list.

Second TV channel with few rules?

WASHINGTON — For years TV broadcasters hoped the government would give them a second channel for free. But now a Senate panel is considering a proposal that would make them pay rent under certain conditions.

Either way, say opponents, the industry would be getting a great deal.

The government's recent auctions of the public airwaves have shown that companies are willing to pay billions of dollars for the right to provide a variety of new communications services. The auctions have raised nearly \$9 billion in less than a year.

TV broadcasters want to provide new communications services too. But they won't have to go out and compete against other companies for a piece of the airwaves to do so. Each of them will be getting a second channel from the Federal Communications Commission.

The FCC decided several years ago to make a second channel available to broadcasters to implement what was then considered the next generation of broadcasting: high-definition television.

Under the FCC plan, broadcasters would use both channels to simultaneously air the new HDTV signal and the existing TV signal. This way the 180 million TV sets in this country would not be immediately rendered useless by HDTV technology. After 15 years, broadcasters would return one of the channels to the government.

Smuggling drugs to inmates

NEW YORK — Six jail guards and two cooks have been charged with smuggling drugs to inmates at Rikers Island and other city jails.

The suspects, arrested Monday, allegedly accepted bribes ranging from \$140 to \$650 to sell drugs, usually cocaine, to inmates, the city Department of Investigation said.

One guard allegedly sold heroin to an undercover detective twice.

Charged were officers Joseph Gaines, 30; Sheldon Boyd, 29; Veronica Clarke, 30; Gary Thompson, 35; Louis Morales, 29; and Jonathon Sirena, 30. Also charged were cooks Felix Robinson, 49, and Lamont Smith, 52.

Morales and Sirena left the department in recent months; Morales was fired in December after testing positive for cocaine during a random drug test and Sirena resigned for personal reasons in October.

Four of the guards and the cooks face a maximum of life in prison if convicted. Two guards face up to 25 years in prison if convicted.

From Associated Press reports

Why Go Cold Turkey When You Can Have Hot Chicken?

Warm Up Your Appetite

LEE'S

Famous Recipe Chicken

Choose Famous Recipe, Crispy Plus or Golden Herb Roast Chicken. Includes your choice of any two vegetables or salads and a bread.

3 PIECE \$3.19

DINNER PLUS TAX

Offer good for a limited time. No coupon required.

1905 S. FRENCH AVE., SANFORD • (407) 323-3650

25 PIECE \$16.99

BOX PLUS TAX

In Memory of
ELLA MAE SCOTT
Mar 21, 1921 to
Aug 23, 1993

Heartaches

God can fill the hurt we're feeling. He can take away each care but we must give Him our burdens, and that's only done through prayer.

God knows everything about us from beginning to the end. He can help us in no other. He's our very dearest friend.

When we're weak He'll make us strong, when we're sad He'll bring us peace, when we're discouraged He'll lift us up, then we feel a sweet release.

He'll walk with us through each valley, He'll sustain us around, and it's only through His comfort that our broken hearts can mend.

We won't offer our faith to fella, we don't give up, we keep pressing on, we can't rest 'til we see the Lord's help, after darkness comes we dawn.

We love and bless You Jesus, Earth, Sky & World, Heaven, Eve, Edna, Willie and Thelma

Sports

B

IN BRIEF

LOCALLY

Big night for Baskin-Robbins

SANFORD — Baskin-Robbins had a perfect 5-0 night to win the Sanford Recreation Department Polar Bear Recreational Volleyball Championship Tournament Monday night at the Sanford Middle School Gymnasium.

B-R was followed by Jam-Up and Kathy's Baby Shop (both 3-2), Beer:30 (2-3) and Westview and Park Air/Nichols (both 1-4).

Lyman JV's 8-3

LAKE MARY — Jason Ware tossed a three-hit shutout as the Lyman junior varsity baseball team blanked homestanding Lake Mary 8-0.

Naas (2-for-4, run) and Jonda (2-for-3, run) led the Greyhounds offense.

PDS-Hackers win again

CASSELBERRY — The PDS-Hackers from Oviedo came up with four runs in the bottom of the ninth inning to defeat Centex Homes 16-12 in a Women's Spring Slowpitch Softball Game at Red Bug Lake Park.

Centex had rallied for five runs in the bottom of the seventh inning to tie the game at 12-12.

The Hackers opened the ninth with consecutive singles from Teresa Walburger, Jaudon Mariette, Jaunita Johnson and then got a bases-clearing triple from Terri Mann, who scored on a single by April Lawrence.

Doing the damage for PDS were, with three hits each — Colleen Smith (three runs), Walburger (three RBI), Mariette and Tami Cheaser; two hits — Mann (four RBI), Karen Kohn and Johnson.

The Hackers are now 2-0 on the season will play Big 10 Tire at 7:30 p.m. next Monday.

UCF cops 11th straight

ORLANDO — Sophomore Steve Golden pitched a two-hit shutout as UCF defeated Cleveland State 3-0 for its 11th straight victory.

Tony Marrilla led off the sixth with a double and scored on a single by Scott Loubler. Alex Morales then drove in Brad King in the seventh and then scored later in the inning by stealing second and scoring on a throwing error.

Golden, who had only seen action as a reliever this year, walked two and struck out six while running his record to 2-0.

The Golden Knights (22-8) play host to Portland State Wednesday at 7 p.m.

AROUND THE STATE

USF in final eight of NIT

TAMPA — Jerome Robinson scored 24 points and spurred a 20-4 run in the second half as South Florida beat Coppin State 75-59 Monday night in the second round of the NIT.

The Bulls (18-11) advance to the final eight, their furthest ever in the postseason.

Chucky Atkins finished with 16 points and a career-best 11 assists. Jesse Salters had 14 points and a game-high 13 rebounds. Donzel Rush finished with 13 points and 10 rebounds.

WHAT'S HAPPENING

JUCO Baseball

Madison Area Tech (Wa) at SCC, 2, 1 p.m.

JUCO Softball

Polk CC at SCC, 2, 2:30 p.m.

Prep Baseball

Lake Mary at Deltona, 3:30 p.m.

Prep Softball

Lake Brantley at Seminole, 4 p.m.
 Lake Howell at Lyman, 4 p.m.
 Lake Mary at Oviedo, JV, 5 p.m.; V, 6:30 p.m.

Boys' Golf

Mainland vs. L. Brantley at Sweetwater, 3:30 p.
 Spr. Creek vs. Seminole at Heathrow, 3:30 p.

Girls' Golf

B. Moore vs. L. Mary at Sebel Point, 3:30 p.
 Winter Park vs. L. Howell at Deer Run, 3:30 p.

Tennis

Lake Howell vs. Seminole at Lake Sylvan, 3 p.
 Lake Mary at Dr. Phillips, 3:30 p.m.
 Lyman at Oviedo, 3:30 p.m.

Track and Field

Lyman at Oviedo, 4 p.m.
 Seminole at DeLand, 4 p.m.

Water Polo

Beane at Lake Brantley, G, 7:30 p.; B, 8:40 p.

BEST BETS ON TV

NATIONAL BASKETBALL ASSOCIATION
 10 p.m. — SUN, TNT, Phoenix at Orlando, (L)

Complete Listings on Page 25

Greyhounds howl

Lyman close to perfection in routing Hornets

By DEAN SMITH
 Herald Sports Writer

LONGWOOD — The Lyman Greyhounds gave a near-perfect performance in whipping the visiting Bishop Moore Hornets 8-1 in a non-conference baseball contest Monday night.

"We played a great game," said Lyman head coach Bob McCullough. "I can't think of a single mistake we made."

Bishop Moore (7-7), ranked No. 9 in the Class 4A state poll, was never in the game as the first seven batters in the Lyman lineup reached base in building a 5-0 lead before making an out.

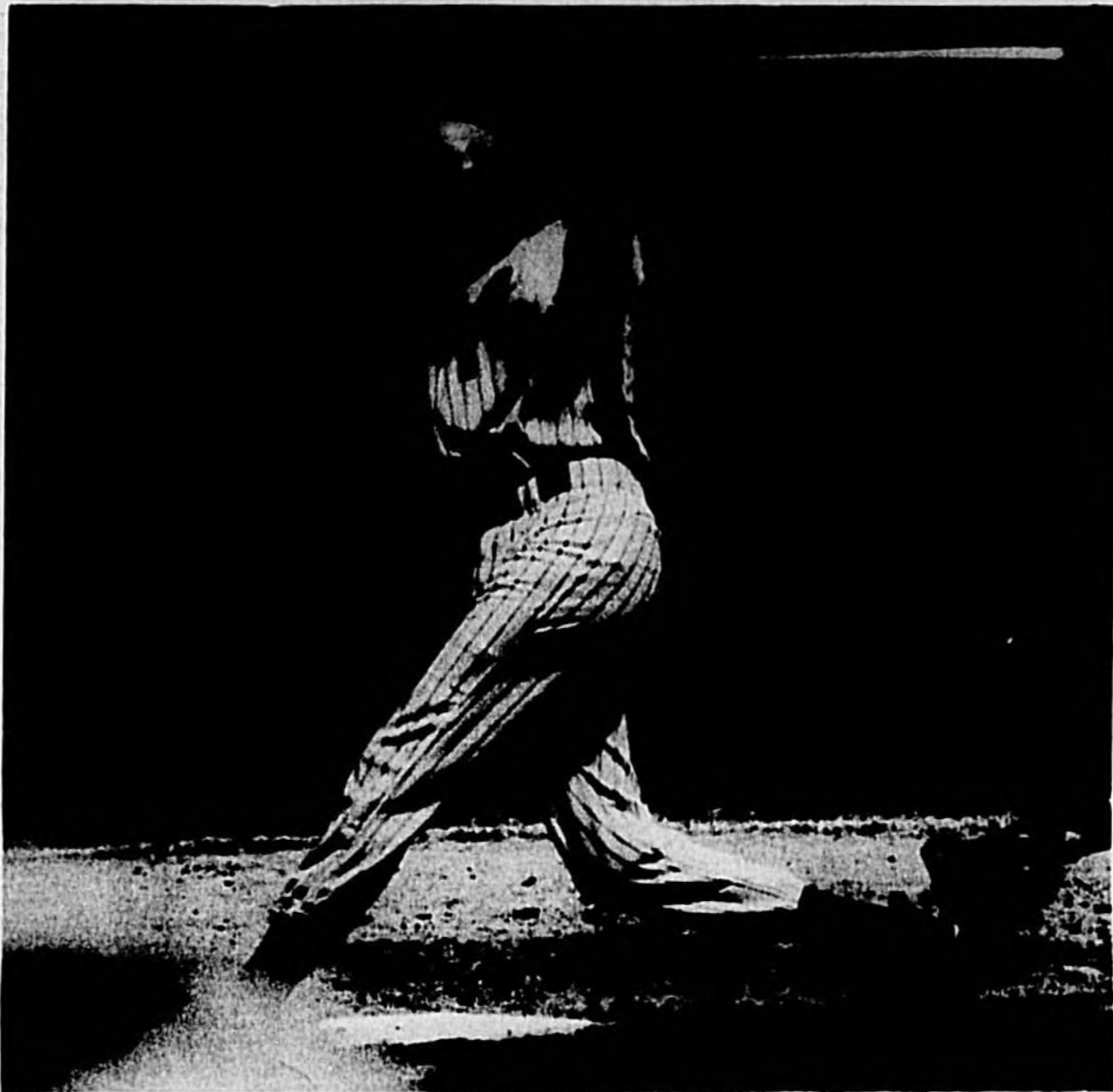
Ted Koller led off with an infield hit and advanced to second on a throwing error. Tom Dixon singled and Jason Shipley walked to load the bases before Mike Hensch walked to force in the game's first run. Danny Bogeajls followed with a two-run single right back up the middle.

Hensch then scored on a passed ball and Bogeajls tallied a run on a wild pitch as Kiley Calapa drew a walk. Jason Gronert then singled and the runners moved up a base on a wild pitch, but the Hornets avoided further damage by retiring the next three Greyhounds.

With the lead in hand, Lyman starting pitcher Jason Franks (2-0) proved almost unhittable, carrying a perfect game into the fourth inning.

The no-no was ended as Church led off the fourth inning for Bishop Moore with a triple that the Greyhounds' center fielder got a late

□ See Baseball, Page 25



Herald Photo by Edward Wolfe

Shortstop and clean-up hitter Mike Hensch drove in three runs with a single and a double as the Lyman Greyhounds improved to 10-1 on the season with an 8-1 victory over the Bishop Moore Hornets Monday night.

GREYHOUNDS & HORNETS:

Bishop Moore	000 100 0	1	2	2
Lyman	011 001 0	8	11	0

Simon, Nave (4) and Kapczynski, Franks, Hays (6), Bogeajls (7) and Koller. WP — Franks (2-0). LP — Simon. Save — none. 2B — LHB, Koller, Hensch. 3B — Bob Church. HR — none. Records — Bishop Moore 7-7; Lyman 10-1.

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 10 p.m. — SUN, TNT, Phoenix at Orlando, (L)

Complete Listings on Page 25

Blazing start dooms Tribe

From Staff Reports

SANFORD — The Seminole High School baseball team found out Monday afternoon that things can go bad very quickly in sports.

The Tribe's matchup with New Smyrna Beach was basically over almost as quickly as it began as the Barracudas came up with six runs on seven hits on the first 23 pitches of the ball game and Seminole never recovered as New Smyrna coasted to a 9-4 victory at Alumni Field in the Seminole High School Baseball Complex.

"They (the Barracudas) came out swinging the bats," said Seminole head coach Mike Powers. "They were hitting the first pitch and we were way behind before I could get a relief pitcher warmed up. The first batter flew out and then they got three straight singles before I got (Mike) Wagner up.

"Then they hit a home run and its 4-0 and Wagner is just starting to throw. We won the rest of the game, but it was too late."

Seminole fell to 4-5 on the season and will travel to Lake Brantley for a Seminole Athletic Conference contest Wednesday at 7 p.m.

New Smyrna Beach improved to 10-6 on the season and counted a home run from Cole and doubles from Rison and Early among its 13 hits, over half of which came in the opening inning.

Providing the offense for the Tribe were freshman Tim Raines Jr. (2-for-4, two runs, RBI), Brian Wilcox (double, two RBI), Alex Acosta (double, run), Brian Zaladonis (double), Chris Youmans (single, RBI) and Terrell Jackson (run).

BARRACUDAS VS. FIGHTING SEMINOLES:

New Smyrna Beach	010 101 0	9	13	1
Seminole	100 000 0	4	6	2

Tracy, Henry (6) and Henry, Rabun, Manner (1), Hillman (4), Dwyer (6) and Wilcox. WP — Tracy. LP — Rabun (3-1). 2B — New Smyrna Beach, Rison, Early; Seminole, Wilcox, Zaladonis, Acosta. 3B — none. HR — New Smyrna Beach, Cole. Records — New Smyrna Beach 10-6; Seminole 4-5.



Herald Photo by Phil Konolton

Tim Raines Jr. dives safely back into first base to beat a pickoff attempt by New Smyrna Beach Monday. The freshman outfielder had a big day, going 2-for-4 with two runs scored and an RBI, but it was not enough as Seminole fell to the Barracudas' quick start 9-4.

Brown's Central makes fine showing at Gasparilla

Special to the Herald

TAMPA — Brown's Central of Altamonte Springs sent squads to compete at levels 4, 5, 6, 8, 10 and 8-rec. as 2,000 gymnasts from 16 states and Canada, representing 86 gyms, came to Tampa to compete in the seventh annual Gasparilla Classic the weekend of March 10-12.

Success was measured in individual accomplishment as three B.C. gymnasts captured all-around crowns. Most notable was U.S.

National team member Mohini Bhardwaj, who captured the all-around in the open division with a score of 38.55.

Allyson Nelson and Alexis Ford both captured all-around championships in their respective age groups for level 8-rec. Optional competition. For Nelson it was her first, while Ford's victory was her third consecutive this season. The 8-rec. squad produced the best team effort of the meet for Brown's, capturing second place.

Nelson and Ford were joined by teammates Whitney Shepard, Sharon Wain, Jessica Blick, Jaymie Byrd, Amanda Stricker and Megan Mathers in earning placements in the all-around competition. Individual event placements went to Lindsay Robinson, Carrie Brown, Jessica Demateis, Jill Cody and Ashley Huffman.

Nichole Williams and Christy Shepard led the level 6 effort with third place finishes in the all-around. Williams competed in the

8-11 age group and Shepard in the 12-13 age group. Kim Wood and Jerrie Millard also earned all-around placements, with Brittany Crupe, Caroline Thompson, Michelle Irvine, Emily Cunningham, Christina Savage, Amanda Reh and Jessica Peck placing on the individual events.

Jena Rice gave Brown's its best effort among the level 10 squad, earning a second place all-around. Jenny Pkrana was third all-around and Tamara Tift was eighth.

People

CALENDAR

Overeaters to gather

A regular meeting of Overeaters Anonymous is conducted on Tuesdays at 7:30 p.m. at First United Methodist Church, corner of Park and 5th, Sanford. For more information, call Carol at 322-0657.

Take off pounds sensibly

Members of Take Off Pounds Sensibly, TOPS, invite the public to join them on Tuesday evenings from 7 to 8 p.m. at the First Christian Church, 1007 Sanford Ave., Sanford. The group now has a private room to weigh people between 6:15 and 6:45 p.m. Each week a different program on weight loss will be conducted. For more information about the club, call 323-1768 or 323-1684.

Toastmasters meet

Seminole Community College (SCC) Toastmasters Club #6581 will meet every Tuesday of the month, at 7:30 p.m., at the old Lake Mary City Hall on Country Club Road. Contact Rosella Bonham at 323-8284 for more information.

Optimist Club meets weekly

The Sanford Optimist Club meets every Wednesday at noon at the Colonial Room in downtown Sanford. Visitors are welcome. Call 323-2194 or 323-0298.

Kiwanis Club meets Wednesday

The Kiwanis Club of Sanford holds its noon luncheon meetings every Wednesday at the Sanford Civic Center, North Sanford Avenue at the lakefront. Visiting Kiwanians are welcome. For information call Walt Smith, 323-5088.

Dancing for seniors

The Over 50 Dance Club dance is held every Wednesday, from 2:30 - 4:30 p.m. at the Sanford Civic Center. Live music by the Deltonians 11-piece band. Donation \$2.00.

Widowed Persons meet

All widowed persons are invited to meet at 1:30 p.m. the second and fourth Wednesday of every month at the Caselberry Senior Center, 200 Lake Triplet Drive, Caselberry.

Volunteer of the Week

Teaching line dancing gives her a purpose

By SUSAN WENNER
Herald Correspondent

SANFORD — Line dancing has become popular recently through the Billy Ray Cyrus video. The steps in unison have intrigued people by the hundreds. Pauline "Polly" Gaudreau has been moving in line to the beat for some five years now and sharing the art with others through her volunteer work. Gaudreau keeps on the move with her church choir as well as her dancing. She has been a member of All Souls Catholic Church and its choir for 10 years.

Teaching line dancing at Sanford's senior center has given her "a purpose." From her original class size of 20, five years ago, Gaudreau now teaches two classes with 55 people in each class. "I teach the beginners on Wednesday," she said. "On Fridays I teach the advanced class." All styles of dancing are covered in her sessions. "We do country line dancing," she said. "We also do more traditional dances like the rumba, waltz and cha-cha."

Although her groups enjoy each other's company, Gaudreau said, "We do the dances in a line. The ladies are singly in several lines and not with a partner."

Her love of exercise has kept her going even after the death of her husband. "My husband and I used to roller skate a lot," she said. "I like to line dance myself so this was something I can do for exercise."

Because Gaudreau has never liked a competitive sport, she



Herald Photo by Susan Wenner

Pauline 'Polly' Gaudreau leads a group in line dancing at the Sanford Senior Center.

said, "With line dancing I can enjoy myself. I'm not good at competing with anybody. With the volunteer work of line dancing it's like having a job without the pay. It keeps me very involved and busy with people."

Gaudreau agrees that people are the driving force to hold her steadfast. "I feel I'm giving these people the dancing. It's a lot of fun. I feel like I'm helping the community."

Workshops have been another part of her training for her

classes. "We just had a workshop at the civic center," she said. "We invited people from Guilford, Jacksonville, St. Augustine and other areas. We sent out 80 invitations. I had to tape all the music we would use for the dances. I made printouts of the steps for the teachers. Each teacher would explain the dance she was going to do. We call the dances just like at square dances. Once the people learn the names of the steps they know the dance."

Seniors 55 years of age and up can join in that fun she described by contacting the Sanford Senior Center at 330-5699. Gaudreau concluded by saying, "The enthusiasm of the whole group is what keeps me interested. It's good exercise and inexpensive. There's no charge. We do have a donation box that helps with my expenses. I have close to 500 tapes that I use. I have a typewriter and a boom box. We have such a wonderful time."

Jerry may be able to help others with weight-loss plan

In response to recent telephone conversations, the column today reflects my answers to the following two calls:

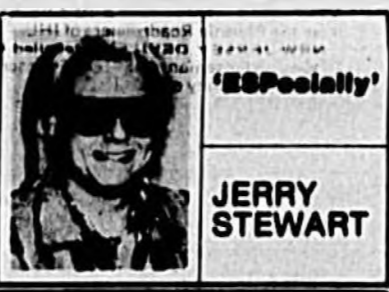
DEAR JERRY: I originally saw you in the *Herald* when they did a story about you and had that picture of when you were heavier. I have been trying to lose weight for some time and just got so discouraged. How did you do it and can you help me?

SELMA SANFORD

DEAR SELMA: There is no panacea for losing weight! I went through every program, diet, and tried anything to lose weight for years and nothing worked. Well, I thought nothing worked, but you see the problem was me, not the diet. Diet doesn't mean to gain weight or to lose weight. It means "proper nutrition and exercise." One should consult with their physician before he/she attempt any weight gain or loss program. I have found that no matter what you do, "behavior modification" is one of the primary factors in any weight gain or loss program. I went through a radical sur-

gical procedure to assist me in losing some 800 plus pounds. I still had to learn to eat right and to live right. Because of unknown maladies related to the surgical procedure that I had, which is no longer done, I might have lost the weight and appeared healthy, but I am not. Fortunately, modern medicine has helped me to stabilize but my body will never be the same again. Was it worth it? Yes. At the time I was morbidly obese and had little choice but to do anything to save my life.

Since then, I have learned that I can help others achieve a start or a plan or indeed accomplish losing weight. I'm not a replacement for the doctor, but in many instances, physicians have sought to have me speak with their patients under their care and direct them so as to give them a "firstrand" feel for what's involved. Physicians can direct you, but can't lead you to the promised land or normality, for what is normal for one can be entirely different to someone else. Besides, I have empathy and understand what the "skinny physician" maybe can't



JERRY STEWART

relate to. Although his skills and training can guide you along the way, he just can't take you by the hand. I'm glad that we've had the opportunity to talk and I want you to call me back whenever you need to. I'll help you all I can, but more so to help you to "help yourself." Thank you for your interest and call.

DEAR JERRY: I've been reading the *Herald* for years and I must say that your column is almost like a glossary of information and experiences. I always have saved my National Geographic magazines for the information that they contain, now I have made a special folder and save your columns. You

either have to do a lot of research or you are well versed and traveled. Always something different and never boring, keep up the good work. And what do you think of Cassegega, you know, that place just north of Sanford where all the psychics live?

TIM LAKEMARY
DEAR TIM: Not all your psychics live in Cassegega, as a matter of fact, I know one that lives just south of Sea World in Orlando ... me! As for that community, I've never been

there, and can't make any judgments. I've heard all kinds of stories, both pro and con (more con) and I guess that I would have to go there myself before I could make a determination, but you can't judge a place by one person or one experience. Just like a medical facility, you only go to one doctor at a time and hope that he or she will give you the best service that you are entitled to. In the case of dealing with any service or product, let me just say " caveat emptor." (let the buyer beware!)

If anyone reading this column is wanting to lose weight or get some kind guidance, please feel free to call me at (407)230-LIFE. I have many ways to help people achieve themselves and it costs nothing to call me. Individual help is available, but feel free to call and "we'll talk," sharing and caring is what it's all about! (Write to Jerry Stewart, C O Sanford Herald, 200 N. French Ave., Sanford FL 32771. Stewart's phone for information and speaking engagements: 1-407-536-5433.)

Imbibing priest laughs at watchdog

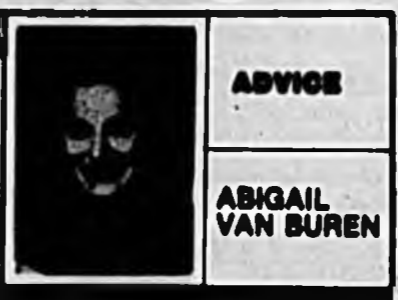
DEAR READERS: I continue to receive letters about clergy who imbibe. These two were too good to keep to myself.

DEAR ABBY: A word or two about clergy who drink — and also play cards. I grew up in a small town in Germany where it was no big deal for the village priest to meet with a group of men every week at a restaurant, where the innkeeper had a large table permanently reserved for those "regulars." They would play cards, drink beer and enjoy each other's company. No one ever made a federal case out of it. A fairly young priest, about 40, was part of this group. Since there will always be nosey neighbors, I can assure you this fairly young priest had one, too.

This neighbor felt it was her duty to watch the priest and observe what time he got home on such evenings. On one occasion when it was close to midnight, the priest got up and said, "Well, I'd better go home now so my neighbor can go to bed."

This is a true story. My brother knows this man, and when he told me, we both laughed until tears rolled down our cheeks. **MRS. D. GUTMAN, TEXAS**

DEAR ABBY: I am an in-



ADVICE

ABIGAIL VAN BUREN

dependent, fun-loving woman. For several years, I drifted from church to church, trying to find one that suited me. One Sunday, I visited a new church, hoping it was for me. I'd never seen such a mixed congregation. They had a wonderful common denominator — their joy at being in a house of worship on Sunday, and welcoming smiles for me.

A few weeks later, I was invited to attend their church picnic in a nearby park. When I saw the minister (a woman) having a beer, I said to myself, "My God ... she's human!" I was greatly impressed that she had the courage to be herself in front of her congregation. Everyone had a good time, and no one was judging anyone else. I am delighted to have found a church where I can worship and be myself, without fear of condemnation.

DEAR ABBY: I am an in-

DEAR ABBY: I am a 24-year-old male. Recently one of my friends, whom I have known since high school (I'll call him Phil), sent me an invitation to his wedding.

Phil is aware that in the last year my girlfriend (I'll call her Elaine) and I had been having difficulties in our four-year relationship, so he addressed the invitation to me "and guest" — with no specific mention of Elaine.

When Elaine saw my invitation, she took it as an insulting jab, because she wasn't specifically invited by name, and now she refuses to go to Phil's wedding.

Abby, I feel that Elaine has no reason to be offended — that she would be more than welcome, but Phil didn't want me to feel awkward if Elaine and I were not going together at the time of his wedding.

In Elaine justified in thinking it was an "insulting jab" that my invitation read "and guest" — instead of mentioning her by name?

PHIL'S FRIEND

DEAR FRIEND: In view of your off-again-on-again relationship, Phil was justified in addressing your invitation to you "and guest" instead of specifying Elaine. She appears to be somewhat petulant and unreasonable.

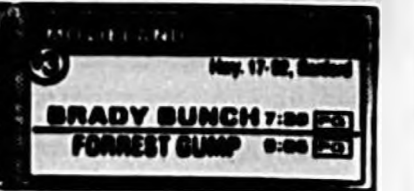
(Problems? Write to Dear Abby. For a personal, unpublished reply, send a self-addressed, stamped envelope to Dear Abby, P.O. Box 69468, Los Angeles, Calif. 90068. All correspondence is confidential.)

TUESDAY'S BEST TIME

Time	Channel	Program
7:00	9	News
7:00	11	News
7:00	28	News
7:00	30	News
7:00	31	News
7:00	32	News
7:00	33	News
7:00	34	News
7:00	35	News
7:00	36	News
7:00	37	News
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7:00	51	News
7:00	52	News
7:00	53	News
7:00	54	News
7:00	55	News
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7:00	79	News
7:00	80	News

Year round schools to be discussed

On March 23, a luncheon and panel discussion of Year Round Schools in Seminole County will be held at Jim's Restaurant in Caselberry. The social begins at 11:30 a.m., followed by lunch at noon and the speaker at 12:30 p.m. For reservations or more information, call Lea at 366-6518. President of the League of Women Voters of Seminole County, Deborah Carwell, is urging the members of the league to write, fax, or call your legislator today in support of funding of PBS (Public Broadcasting Service). Also classified as "On the Front Burner ..." in The LWV of Seminole County's March publication is the league's position on the growing "property rights" movement which is ... "determination of loss of value of developed property should be determined judicially, and there should be no compensation for loss of value on undeveloped lands through government regulation." President Carwell reminds members that "only the president or her designee may speak for the league."



99—Apartments
Unfurnished / Rent

CLEAN 3 BDRM. In quiet neighborhood, refs. No petal 5375 mon. \$200 dep. 323-1079

103—Houses
Unfurnished / Rent

SANFORD: 3/1 W/D, CHA, Ref. Req. NO PETS, 5275 Mon. \$200 Dep. 323-2444 After 5

100—Condominium
Rentals

SANDLEWOOD, Lg. 3/2, washer/dryer, min. 1 yr. \$475 mon. plus dep. 323-2599

103—Houses
Unfurnished / Rent

HISTORIC DOWNTOWN, Sanford. Very clean, 2/1, new carpet, kit, living, appls. fenced yd. with A/C. \$425 mon. \$100 dep. 323-1184

105—Duplex
Triplex / Rent

LAKE MARY, 3 BDRM. Carpet, Mini Blinds, Call. Fan. Appl. Fenced Yard. 321-4285

107—Mobile
Homes / Rent

3 BDRM., 2 BATH, quiet country area. ON acreage. Large deck, \$400 mo. 322-8123

111—Commercial
Rentals

MECHANIC SHOP FOR RENT: 1120 Sanford Ave. 2-Bay Garage With Lift. LARGE OFFICE. 323-2148

118—Office
Space / Rent

SANFORD, Office space, \$400 sq. ft. building total, 1900 sq. ft. per office unit. 321-7374

141—Homes for Sale

EXCHANGE OR SELL your property located anywhere! INVESTOR REALTY 774-5419

141—Homes for Sale

LOG HOME Convenient to Longwood, Lake Mary & Sanford. 3 Wooded Acres. Fenced. Home has 2,800 sq. ft. under roof. 2 Central H & A/C Units. 4 Bedrooms 3 Baths & Much More. OWNER WILL HOLD LARGE MORTGAGE. You Can Have a Horse Here. \$198,000 (202) 323-4782

141—Homes for Sale

OWNER WILL FINANCE NEW HOME IN BENEVA LARGE WOODED LOT Modern 3 Bdrm. 3 Bath 2-Car Garage. \$35,000 Down 697-6776 - 323-2661

141—Homes for Sale

COUNTRY HOME! 4 bdrm., 3 bath on 1 acre of land! Brick fireplace! Large workshop! Big kitchen! Only \$113,500

141—Homes for Sale

*FINALLY! This 3 bdrm., 1 1/2 bath, 2 story condominium. Great location and great convenience. All for the low price of \$31,900

141—Homes for Sale

*OWNER FINANCING. Older 3 bdrm. home on beautiful fenced dbl. lot. Owner motivated will give \$700.00 moving allowance. Only \$37,900. Take off \$6,000 if only \$31,900. See listing at 941.9991 AUST 58811

141—Homes for Sale

*MODERN 3 BDRM. on 3 large lots in Ocala, near new elem. school. Nicely country but very convenient. Owner motivated and will help re-fin. Asking \$39,900.

141—Homes for Sale

FOR CLOSURES ALL AREAS Call for details! 3/2 Zoned agricultural, lg. acrn. porch. \$42,900. 330-8273/774-9400

141—Homes for Sale

TRIPLE TREASURE! 3 Bdrm. 1 Bath & 1 1/2 Bdrm. 1 Bath w/ GREAT CABIN FLOOR! Equip. Kit. & Convection Location. \$71,900!

141—Homes for Sale

CUTE STARTER HOME 2 Bdrm. 1 bath. Central Heat & Air & city greenbelt park across the street. \$39,900! 322-5439 & 321-2788 LAKE MARY & SANFORD

141—Homes for Sale

SANFORD Near Beltway, ANQ 3-1/1, Pric. \$68,000. Nice Size Fenced Lot. 323-4920

141—Homes for Sale

SANFORD: 3/1 W/D, CHA, Ref. Req. NO PETS, 5275 Mon. \$200 Dep. 323-2444 After 5

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BLONDIE



BEEBLE BAILEY



THE BORN LOSER



PEANUTS



EEK & MEEK



TUMBLEWEEDS



ARLO AND JANIS



FRANK AND ERNEST



GARFIELD



ROBOTMAN



Recovering from potassium overload

DEAR DR. GOTT: A family member overloaded her body with potassium. Can you tell me why this mineral is needed and what happens when an overload occurs?

DEAR READER: Potassium is a vital mineral necessary for proper cell metabolism. It is common in many foods, including meats and fruits. Therefore, deficiencies are rare, except in patients who are prescribed diuretics (kidney stimulants) for hypertension of heart disease; these medicines may cause the body to excrete excessive amounts of potassium, leading to weakness and other symptoms, which are relieved by potassium supplements.

In such patients overload doesn't appear, because healthy kidneys will simply excrete any excess. However, in the presence of renal disease -- or in people who take massive supplements -- toxic amounts of potassium may saturate the body's cells. This unhealthy situation can be associated with dangerous, even life-threatening heart irregularities, rapid pulse and cardiac arrest.

Fortunately, potassium imbalances can be readily diagnosed by a simple and inexpensive blood test that should be periodically performed on any patients taking potassium supplements.

Your family member is fortunate to have survived a potassium overload. She should work closely with her physician to make sure that no similar, future episode occurs.

DEAR DR. GOTT: My 77-year-old husband has been diagnosed with polymyositis. Can you provide some information on this disease?

DEAR READER: Polymyositis is a disease of unknown cause, affecting women more than men, and usually occurring between the ages of 40 and 60.

It causes inflammation and degeneration of muscles -- and, sometimes, the skin as well -- leading to weakness, painful joints and rash. Pneumonia,

heart disorders and kidney failure also have been reported.

Many experts believe that polymyositis is an auto-immune disease, because it shares several characteristics with afflictions such as lupus.

The diagnosis is made by biopsy. Cortisone and other steroids almost always provide marked relief of symptoms and prevent complications. The



MEDICINE

PETER GOTT, M.D.

prognosis is favorable and long remissions, even recovery, are the rule.

Polymyositis has one peculiarity: It is associated with hidden malignancies in about 15 percent of cases.

ACROSS

- Cry of affirmation
- Actor Sharif
- Leaves out
- Roman 2,100
- Climbing plant
- Ins and --
- Roman 102
- Dines
- Entreaty
- Enthusiasm
- D.C. lawmaker
- Rawing material
- Shallow vessel
- Actress
- Spelling
- Type of dog
- Likewise
- Explosive noise
- Heroic
- Fight for two
- Hollow
- measure
- region
- Actress
- Sandra --

43 The

- Pantaloons
- Indian nurse
- Article
- SNH
- Yearning
- Chemical dye
- Newspaper notice
- Expensive
- Fuss
- Courts
- Auctioneer's word
- Miss
- Unspirited
- Wife of Garret
- Overhead trains

DOWN

- Non-profit org.
- Mohammedan
- Berie --
- Had too much food

Answer to Previous Puzzle

P	E	T	R	E	P	E	L	O	N	O
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P	S	E	D	O	O	N	Y	M	N	E
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O	A	R	S	M	A	N				
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A	D	E	C	O	O	P	S	R	A	H

STUMPED? Call for Answers @ Touch-Tone or Rotary Phones 1-800-454-3636 ext. code 100 @ 10¢ per minute

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WIN AT BRIDGE

By Phillip Alder
Canberra, Australia's capital, is an interesting and peaceful city. The highlight is the architecture. The circular Parliament building can be seen from almost everywhere. And each embassy is designed in the style of that country.

Canberra is also the site for what I believe is the world's largest bridge team event played in one venue: the National Open Teams. Last January, 285 teams competed. Eight days later, the leading Indonesian team had won.

successful defense by leading his fourth-highest heart. After declarer had ducked the trick to his queen, East continued with the heart 10 to dummy's ace. South called for a low club, but East didn't destroy the good work already completed: He put up the king.

When he won the trick, East returned his last heart. After winning in hand with the king, declarer continued with the club jack. But West won with the ace and cashed two heart winners: one down.

NORTH 3-2-10
 ♠ A 9 5 2
 ♥ A 9
 ♦ 5 3 2
 ♣ 6 5 2

WEST ♠ Q 10 3
 ♥ J 7 6 4
 ♦ 10 9 8
 ♣ A 7

EAST ♠ J 6 4
 ♥ Q 10 5
 ♦ Q J 8 7
 ♣ K 10 9

SOUTH ♠ K 7
 ♥ K 3 2
 ♦ A K 4
 ♣ Q J 8 4 3

Vulnerable: Both
 Dealer: South

South	West	North	East
1NT	Pass	3♥	Pass
2♣	Pass	2NT	Pass
3NT	Pass	Pass	Pass

Opening lead: ♥ 6

This deal from the qualification stage highlighted an interesting technical point.

North used a transfer bid before inviting game. South, whose opening showed 15-17 points, raised because of his five-card suit.

West built the foundation for a

HOROSCOPE

By Bernice Bode Cool
YOUR BIRTHDAY
March 22, 1995

You might not choose the easiest path in the year ahead, but you'll enjoy and benefit from the challenges you set for yourself. The self-discipline you'll learn will be an asset to your character.

ARIES (March 21-April 19) Uncharacteristically, you might not have the courage of your convictions today. Thoughts that usually stir you strongly may fail to motivate you. Aries, treat yourself to a birthday gift. Send for your Astro-Graph predictions for the year ahead by mailing \$2 and a SASE to Astro-Graph, c/o this newspaper, P.O. Box 4465, New York, NY 10163. Be sure to state your zodiac sign.

TAURUS (April 20-May 20) Avoid doing anything today that goes against your better judgments just to even up an old score. It would only further complicate an abrasive issue.

GEMINI (May 21-June 20) Try

not to be materialistic with friends today. The unpleasantness that may result could leave a bad impression that lingers.

CANCER (June 21-July 22) Co-workers might keep their hands clean today by placing the blame for mishaps on you. This is especially likely if you assume authority you don't possess.

LEO (July 23-Aug. 22) Others might find you difficult to tolerate today if you resist the will of the majority. Don't be surprised if they vent their anger in no uncertain terms.

VIRGO (Aug. 23-Sept. 22) Handle abrasive family issues diplomatically today. If you don't, you will make a bad situation even worse.

LIBRA (Sept. 23-Oct. 23) Strive to be tolerant and understanding today if a co-worker feels his/her interests should take priority over yours. This person could be a real test case.

SCORPIO (Oct. 24-Nov. 22) Do not delegate responsibilities to

individuals today if you know they cannot be relied upon. Their irresponsibility could rob you of something you want.

SAGITTARIUS (Nov. 23-Dec. 21) This is not the day to be shy and retiring. A competitor might be eagerly awaiting the chance to knock you out of something that is rightfully yours.

CAPRICORN (Dec. 22-Jan. 19) You might not be at your best today when trying to keep secrets. Unfortunately, those you confide in could be very bad choices.

AQUARIUS (Jan. 20-Feb. 19) Do not expect friends to give more of themselves today than you're prepared to give. You may not know it, but you'll be the person to set the standard.

PISCES (Feb. 20-March 20) You might be surprised at how far you can stretch your assets and resources today. Success is indicated when you make the most of what's at your disposal.

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ANNIE