

Sanford Herald

Serving Sanford, Lake Mary and Seminole County since 1908

85th Year, No. 231 - Sanford, Florida

NEWS DIGEST



Mathew Kane (l) and Kit Carson

Transporting food

Kit Carson, president of the Sanford Christian Shoring Center, Inc., recently took possession of a 1993 pickup truck from Matthew L. Kane, senior planner for Community Development.

The vehicle was obtained through a Seminole County and Housing and Urban Development HUD Community Development Block Grant. The truck will be used to transport food items from the Second Harvest Food Bank and other food providers.

INSIDE

People

From amateurs to pros

A former cable News Network producer and his wife found their professional expertise to bring video efforts to quality, polished results. See Page 6B

Special this Sunday

Health and Fitness section

With the advent of warmer weather and spring's promise of rebirth, many area residents are turning their attention to becoming healthier and more physically fit. Read more about it in a special Health and Fitness section inside today.

Sports

Memorial Day Invasion?

Over 30 teams will be in town next weekend to play in a National Softball Association youth slo-pitch qualifying tournament being hosted by the Seminole Softball Club. See Page 1B

BRIEFS

It's time to eat worms

FARMINGTON, N.M. — Pass the Tobacco sauce, and the chocolate syrup, or maybe a little mustard to go with those worms.

A class of second graders at Ladera del Norte Elementary School got the jump on the school's principal by reading more than 7,000 pages from library books this month.

The principal, Carol Stevenson, bet the 23 youngsters they couldn't do it. She promised to do something unusual if they proved her wrong, and they did.

The children got the worm eating idea from a book. And on Friday, Stevenson stuck a fork into the first worm and ate it as the students gasped and grimaced. Then they burst into hysterics.

Stevenson followed up with six more worms. The youngsters stood in line to offer endorsements, including Tobacco sauce, chocolate syrup and mustard.

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Continued mild conditions



Mostly sunny with a high in the mid 80s. Wind east 15 mph.

For more weather, see Page 2A

Cop's sex trial set

Suspended with pay, Sanford officer to answer charges of sex with boy

By SANDRA ELLIOTT
Herald Staff Writer

SANFORD — A June 25 trial date has been set for a suspended Sanford Police Department patrolman charged with 12 sex-related counts with a teen-aged boy.

Patrolman Guy Brewster, 36, is charged with four counts of lewd and lascivious assault on a child and eight counts engaging in sexual activity with a child. The alleged victim, who was 15 when he says the encounters began, claims he met Brewster while he was an eighth grade student at Lakeview Middle School. Brewster was the Lakeview School resource officer in 1987.

The alleged incidents took place between 1987 and 1989.

Brewster was suspended with pay shortly before his October 1991 arrest.

The June date marks the 12th time the case has been scheduled for trial during the past two years. Cases are placed on the trial schedule and then reviewed to see if the parties are ready for trial. If not, the case is placed on a successive trial docket. In addition, the trials of other cases, other court business or scheduling conflicts for attorneys might result in a case being bumped to the next trial period.

In 1992, Brewster's case was scheduled for January, February, March, May, July, September, October and November. In 1993, it has appeared on the January, February, May and June trial dockets.

Circuit Court Judge Alan Diekey is attempting to schedule a one-half day hearing on all pending motions. See Trial, Page 5A



File Photo
Guy Brewster the month before his October, 1991 arrest

Will police ranks be realigned?

By NICK PFEIFAU
Herald Staff Writer

SANFORD — Chief Ralph Russell wants high level realignments in his police department. The matter will be presented Monday night to the Sanford City Commission.

The main point of Russell's proposal is the reclassification of police lieutenant watch commander positions to that of commanders, and the establishment of a deputy police chief.

At present, the force's alignment includes a chief, one captain, four watch commander lieutenants, three lieutenants, and one police administrative officer (PAO).

The captain position is presently vacant. Russell had served in that capacity until being promoted to the chief's position last month.

At the present time, he said, "I am considering changing the position to that of deputy police chief, who would be second in command but that is subject to approval by the commission as well as the Civil Service Board."

It is my intention to reorganize. See Jobs, Page 5A

What's in a name?



Herald Photo by Tommy Vincent
Some young people with unique names are at the First Impressions Early Childhood Development Center. Front, l to r: Corinthan Freeman, Shanika Freeman, Dontavious Edwards, Antward Barnes and Shakeya Hall. Back, l to r: are owner Meta Brooks holding Nikita Bryant, Andrea Gordon holding Jaquahsa Redding, Shakema Hakk, Joanne Dowell holding Shariah Hall and Sharonda Hall and Joanna Fleishman holding Rasheem Mungo.

Unusual names in vogue

By VICKI DeSORMIER
Herald Staff Writer

SANFORD — A rose by any other name would be just as sweet, they say.

These days less familiar names are making their way into the mainstream of society.

Parents, especially African-Americans, are seeking out an original name to have their children carry proudly into the future. Others are selecting names that "sound nice" or that are "just odd."

The explosion of originality in naming children has touched nearly every class, race and region, but experts say it is most pronounced among the African-American culture.

"I would say that it started with the civil rights movement," said Pat Hitchmon, a teacher at Midway Elementary School in Sanford. See Names, Page 5A

Duany plan still alive

By NICK PFEIFAU
Herald Staff Writer

Part 2 of two parts

SANFORD — A three year old project will be brought back to the forefront again. The Duany Project wasn't lost, it has just taken more time and paperwork than had been expected.

Sponsored by the Sanford Historic Trust, the Duany Project has been an on-going attempt to obtain a working plan for the redevelopment of the historic residential areas of Sanford. The plan also offers suggestions for the development of the commercial district and the lakefront.

See Duany, Page 5A



Herald Photo by Jim Hopps
One recommendation Andres Duany makes is the commercial development of the lakefront.

Guns, knives draw crowd to show

By SANDRA ELLIOTT
Herald Staff Writer

SANFORD — They came to browse, barter, buy and trade. Mostly men, and a few women too, looking over tables filled with guns and knives of every description, military uniforms, medals and insignias dating back to World War I.

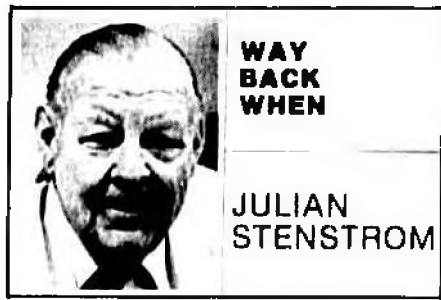
A few of the patrons at the gun, knife and militaria show at the Sanford Civic Center Saturday were dressed in camouflage uniforms with a gun slung over one shoulder or knife sheath dangling from a belt. However, most of the customers were casually dressed as they walked along looking at everything from gun parts and ammunition to books on how to kill, martial arts and survivalist materials. Prints and models of military aircraft were also for sale.

Videos were available on training to knife fight, stressing mobility, speed, flexibility, stance, checking, blocking, and slashing to help the

See Show, Page 5A



Herald Photo by Jim Hopps
Military uniforms and ammunition are featured items at the show.



WAY BACK WHEN
JULIAN STENSTROM

By jove, let's go British!

By jove, a fine morning to you. Let's go British today. Instead of handling some nickel and dime stuff let's deal with some thruppence and six pence items.

Back in the 1940s in England where a lot of us were stationed prior to the D-Day invasion of Europe, a British pound note was worth \$4.85 in American money. Today, I understand that same pound note is worth about \$1.17.

When I first arrived in the United States... See Stenstrom, Page 2A

Argument turns violent

James Givens, 26, 1805 18th St., Sanford, was charged with aggravated battery by Seminole County sheriff's officers on Thursday.

Deputies said witnesses told them that Givens and the victim were having a verbal argument over money when she threatened to burn his clothing.

The report states he then hit her and her son stepped in to protect her.

The witness explained in the police report that the victim, her son, her daughter and a cousin were on top of Givens when he got up and started chasing them with a brick.

Deputies said he then picked up a 2 x 4 and hit the victim on the head.

Givens was taken to the John E. Polk Correctional Facility and held on \$2,500 bond.

Arm twisting brings arrest

Danny Ray Spivey, 32, 118 Sunland Dr., Sanford, was charged with battery by Seminole County sheriff's officers on Friday.

Deputies arrived at his home in response to a call about a domestic dispute between Spivey and his ex-wife. They said she told them that during the argument he had become violent and had twisted her arm.

Police arrested Spivey a short time later on Lake Mary Boulevard, despite his ex-wife's refusal to press charges.

He was taken to the John E. Polk Correctional Facility and held on \$1,000 bond.

Drug arrests made

Robert D. Redding, 31, 2805 Grove Dr., Sanford, was charged Thursday by Sanford police with possession with the intent to distribute crack cocaine and possession of crack cocaine.

Police said they used a search warrant to enter his home.

They said they found a substance that tested positive for crack cocaine.

He was taken to the John E. Polk Correctional Facility and held on \$5,000 bond.

He was also charged with violating the terms of his probation.

Lowana Rae Piercy, 34, 2800 S. Magnolia Apt. B, Sanford, was also arrested at Redding's residence when she arrived to purchase some crack cocaine that police said she had ordered over the telephone in a call they intercepted.

Amie Renee Gregg, 22, 3802 Elder Springs Cir., Sanford, was arrested in the same manner.

Barbie taken from Wal-Mart

Paranch Kooihabibi, 29, 796 Minerva Lane, Lake Mary was charged with retail theft on Thursday by Sanford Police.

Police said that she removed a Barbie doll from the shelf at the Wal-Mart and placed it in her purse. Police said she left the store without paying for the item.

She was taken to the John E. Polk Correctional Facility and held on \$100 bond.

Woman nabbed

Debbie L. Rowland, 35, 902 Wildmere Ave., Trailer 32, Longwood, was charged with retail theft by Longwood Police on Thursday.

Police said that Rowland left the Albertson's in Longwood with three cases of beer, valued at \$45, without making an attempt to pay for the items.

She was taken to the John E. Polk Correctional Facility and held on \$100 bond.

Trespassing alleged

Dennis Lawrence, 24, 8 Cowan Moughton Terr., Sanford, was charged with trespassing by Sanford Police on Thursday.

Police said he was told several times to leave the property of Seminole Gardens. He refused, they said.

He was taken to the John E. Polk Correctional Facility and held on \$100 bond.

Inmate charged with criminal mischief

John Franklin Mayo, 19, 1902 1/2 Maple Ave., Sanford was charged with felony criminal mischief by Seminole County sheriff's deputies on Thursday.

Deputies said that while he was being held in an isolation cell at the John E. Polk Correctional Facility on May 10, he broke two windows in the cell, valued at \$1,044.08.

He was arrested on the new charge and remains at the John E. Polk Correctional Facility on \$2,000 bond.

Warrant arrests

Willie Jerome Sanders, 42, 1324 Oleander Ace, Sanford, on charges of failure to appear in court on charges of driving while license is suspended. He was taken to the John E. Polk Correctional Facility and held on \$2,000 bond.

Kenneth Leo Bunge, 19, 842 Pin Oak Place, Longwood, on charges that he had violated the terms of his probation on escape charges in Indian River County. He was taken to the John E. Polk Correctional Facility where he was held without bond.

Wade Spencer Miller, 25, 1004 Palmetto Ave, Sanford, turned himself in to Sanford Police on Thursday, saying he was a wanted person.

A computer check revealed that he was wanted on theft charges. He was taken to the John E. Polk Correctional Facility and held on \$250 bond.



Crime and punishment

During a mock trial at the Seminole County courthouse recently, Bart Valdes, who played the part of a young man accused of possession of cocaine, consulted with Jim DeKloca, who took the part of the defense attorney. The Lake Brantley High School students learned about the judicial process by taking on the roles of everything from the judge to the jury to the accused.

Herald Photo by Jim Hoppa

Family optimistic through freak disaster over spider

By LARRY GERBER
Associated Press Writer

MIRA LOMA, Calif. — Last July, Valerie Slimp was shampooing her carpet when she felt a sharp pain in her thigh.

"I thought at first I'd pulled a muscle," the 40-year-old woman recalled. But as the pain grew, she began to feel flu-like symptoms. Within two days, she had gone into toxic shock and a coma.

Five months later, Mrs. Slimp awoke, minus her arms, legs and nose. They had been amputated due to advancing blood poisoning. Mrs. Slimp considered herself lucky. At least the spider hadn't killed her.

"I always thought if anything was going to happen it would be a car accident or something," Mrs. Slimp said in an interview earlier this month. "Maybe get hit by a Mack truck you don't see coming. But to get bit by a spider?"

More Americans die from lightning strikes or skiing accidents than spider bites, said Rick Vetter, an entomologist at the University of California at Riverside.

Nationwide, an average of 43 people a year die from insect bites, mostly bee stings, Vetter said. Every three or four years, someone, usually a child, dies from a spider bite, he said.

In Mrs. Slimp's case, by the time the venom was finally identified as that of a brown recluse spider, she was unconscious.

Rare in California, brown recluse spiders are common in the Midwest and South, Vetter said. But often, nothing happens when someone is bitten by one. "It depends on the person's body chemistry more than anything," he said.

Now, Mrs. Slimp uses an electric wheelchair around her home. Her husband, Randy, combs her hair and helps with her makeup. He and their daughter, Charlene, 12, and son, Stuart, 9, also feed her, although she's learning to use a fork and other tools strapped to her elbows.

She is looking forward to getting artificial limbs soon.

Eventually, she said, she wants to get back to work in the family auto parts business.

"I think the one thing is that before this happened — you know life can get pretty down sometimes when you're strapped for every penny — and now I like living," Mrs. Slimp said. "I really do. I'm glad I'm back."

Her husband said, "The brightest thing of all is that Valerie is alive, and she can get better and she can get back into society completely."

He recalled other people's suggestions that he start a new life without his wife, and how, when she regained consciousness, she told him he was free to leave.

"To me," he said, "that's inconceivable."

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Health/Fitness

IN BRIEF

Cancer support group to meet

LONGWOOD — The Prostate Cancer Support and Awareness Group, "Us Too," is sponsored by Urology Consultants and the Prostate Center in Longwood. Monthly speakers will be scheduled for each meeting to serve as a source of up-to-date medical information for all patients.

This month's meeting will be held at South Seminole Community Hospital's Physician's Plaza, 521 W. S.R. 434, in classroom 103 at 7 p.m. on Thursday.

The topic will be "Prostate Cancer and Radiation Therapy" with Dr. Steve Lester, radiation oncologist as keynote speaker. To register or for more information, call Leane at 332-7934.

Red Cross opens shelters to the public

OVIDO — On Tuesday, June 1, from 5-8 p.m., the Central Florida Chapter of the American Red Cross will be sponsoring a Hurricane/Disaster Preparation Awareness Day for the public.

Shelters will be open at Edgewater High School, Oviedo High School and the Agricultural Center in Kissimmee.

The public is invited to attend and see what goes on in a Red Cross shelter, to pick up disaster preparation material, and to find out what they need to do before, during, and after the next disaster strikes.

There will be videos, speeches and a demonstration of what should be in their 72 hour survival kits.

"Sleeping Beauty" to benefit Hospice

The Civic Theatre for Young People will perform "Sleeping Beauty" as a fundraiser for Hospice of the Comforter, 841 Douglas Ave., Suite 101, Altamonte Springs, today at 4 p.m. at the Civic Theatre Complex in Orlando Loch Haven Park, 1001 E. Princeton St., Orlando.

Tickets for the benefit performance are \$15 each and include a reception and east party immediately following the performance. Scott Laurent Galleries will add to the festivities by furnishing unique and one-of-a-kind items for a silent auction which will also benefit the organization. For information, call 682-0808.

Advance Directives workshop offered

LONGWOOD — On Friday at 1 a.m., an education workshop on Advance Directives will be offered in the Physician's Plaza, 521 W. S.R. 434. The free workshop will include living wills, durable powers of attorney, and changes for 1993.

The forms for 1993 will be provided and completed at no charge. The workshop is open to the public and reservations are requested by calling 800-624-5498. A request for a speaker or forms may be obtained at the same number.

Men's Health Forum continues

SANFORD — HCA Central Florida Regional Hospital and the Urology Center are presenting Men's Health Forum, a free series devoted to answering questions about men's health issues. The next program is on Tuesday from 7-8:30 p.m. in the hospital's classroom. The topics for this forum are "The Use of Lasers in Urology" and "Neck and Back Disorders."

Gonzalo Hunnan, M.D., a urologist with The Urology Center, will discuss the different uses of lasers in urologic surgery, including laser prostatectomies and laser lithotripsy.

Neurosurgeon Allan Appley, M.D., will discuss the presentation, characteristics and treatment options for cervical and lumbar disorders, including disc and degenerative disorders such as pinched nerves.

The classes are free, however, reservations are appreciated. Call the hospital at 321-4500 ext. 5607 for information and registration.

WHO raises estimates of AIDS cases

GENEVA — About 14 million people have been infected with the AIDS virus, which is now spreading at the highest rate in some parts of Asia, the World Health Organization said today.

The U.N. health agency previously estimated 13 million people have been infected with HIV since its discovery 10 years ago.

The agency's latest report renewed warnings the total number of HIV cases could rise to as high as 40 million by 2000. The figure includes people who have died of AIDS.

Sub-Saharan Africa remains the worst hit area, with more than 8 million people infected, the agency said.

But "the most alarming trends of HIV infection are in south and southeast Asia where the epidemic is spreading in some areas as fast as it was a decade ago in sub-Saharan Africa," the report said.

More than 1.5 million people are now thought to be infected with the virus in the region, most of them in India and Thailand, it said.

An additional 1.5 million people had been infected in Latin America and the epidemic has also taken hold in previously unaffected areas in the Middle East and North Africa.

Diagnosis, treatment of TB lacking

By CATALINA ORTIZ
Associated Press Writer

SAN FRANCISCO — Many doctors may be misdiagnosing and incorrectly treating tuberculosis.

In a nationwide survey conducted for the Centers for Disease Control and Prevention, nearly two-thirds of the doctors questioned — specialists as well as general practitioners — did not give a correct answer when asked which TB skin test results would indicate the need for further testing.

Fewer than 60 percent described a recommended treatment when asked for their regular therapy for the disease.

"This is a very disquieting report," said Dr. Alfred Munzer, incoming president of the American Lung Association.

Eather Sumartojo, a research psychologist with the Atlanta-based CDC, presented the survey results here at the international conference Tuesday.

Latest suspect in nation's killer: heart attack bacteria

By DANIEL G. HANEY
AP Science Writer

BOSTON — Is heart disease catching? Could there be a heart attack bug? A germ that passes from person to person and triggers the biggest killer of the Western world? It sounds ridiculous.

Everyone knows bad hearts are brought on by high cholesterol, slothful living, high blood pressure, diabetes, obesity and smoking. But while these risk factors clearly are important, they can explain only about half of all heart disease.

Lots of folks keep their cholesterol under control, live right, watch their blood pressure and still drop dead from heart attacks. Figuring out why is one of the enduring mysteries of heart disease. Its importance explains the excitement about a new theory just emerging from the labs.

A fast-moving series of discoveries raises the possibility that an exceedingly common microbe, a variety of chlamydia bacteria, may often be to blame.

Much more research is necessary to prove the link. But if it holds up to further scrutiny, it might be possible to treat and prevent heart disease with antibiotics and vaccines.

"If it is true, it is a major, major, major breakthrough," said Dr. Jean Joly of Laval University in Quebec.

The germ is called chlamydia pneumoniae. It was discovered just seven years ago by Dr. J. Thomas Grayston of the University of Washington.

This type of chlamydia is distinct from the variety that causes venereal disease. It is a common cause of pneumonia and less serious respiratory unpleasantness, such as bronchitis and stuffed-up sinuses.

Like cold viruses, it spreads from person to person via the respiratory tract. About half of all Americans are infected at least once by the time they reach adulthood, close to three-quarters by age 65.

The first hint that it might have something to do with heart trouble came from a Finnish team at the University of Helsinki headed by Dr. Pekka Saikku. The researchers compared healthy folks with people who had heart disease. They found that 60 percent of the heart patients had antibodies to the chlamydia bacteria, compared to 20 percent of the comparison group.

They went on to find that people with elevated antibody levels face about twice the usual risk of suffering heart attacks in the following three to six months.

Since the levels of antibodies in the bloodstream fade over time, high levels suggest a recent infection or perhaps a chronic one that the body cannot shake off.

"All our data suggest that chlamydia may be a causative agent in 60 percent to 70 percent of people with atherosclerosis," the clogging artery buildup that underlies heart trouble, said Dr. Maaja Leinonen of Finland's National Public Health Institute. She is studying the link with her husband, Saikku.

Over and above the call of duty

Seminole County HRS employees recognized for superior service

By KELLEY MITCHELL
Herald Staff Writer

SANFORD — The HRS Seminole County Public Health Unit auditorium was the site of what sounded like a family reunion recently.

Employees of the State of Florida Health and Rehabilitative Services offices gathered to receive their just rewards for going over and above the call of duty and sticking with the organization through tough times because of budget cuts over the past few years.

Squeals of joy and hugs were expressed as long lost friends were reunited for this special occasion.

Dr. Jorge Deju, director of the Seminole County Public Health Unit, acted as master of ceremonies, along with Susan Walker, subdistrict 7A administrator for Orange, Osceola and Seminole counties, and DeElda Cotanche, district 7 program manager.

Walker presented the Distinguished Special Achievement Awards to:

● Patricia Bowen, Evelyn Grote, James Rodriguez and Bertha Williams for serving as facilitators for the district customer services training.

● The staff of the Aging and Adult Services Unit for Seminole County in Sanford for taking on additional geographic and caseload responsibilities, volunteering in Miami during the relief efforts following Hurricane Andrew and raising money for the Disaster Relief Fund.

● Faye Williams, a senior counselor in Foster Care, for closing more cases with the help of Flex Dollars than anyone else in District 7.

"In 1992, through her creative use of flex dollars, she was able to save the department \$25,300," according to Walker. "In 1991, she saved \$15,840."

● Jack Recker for developing and maintaining a unique, multifaceted computerized data base program which is the core of the Improved Pregnancy Outcome Program, affecting over 5,000 births in Seminole County.

"Seminole County has one of the lowest death rates for newborns in the state," Walker added. "Over the last five years, at least \$60,000 has been saved."

● Denise Lipscomb and her staff were recognized for their superior performance in their responsibilities, ordering all supplies, paying all bills, depositing all cash, all CIS date input, and for maintaining the integrity of data in Maternity Services at the health unit.

"Despite a workload that has increased significantly over the past five years, she and her section have consistently maintained superior performance," Walker said.

● Wilfredo Nieves was one of the first rescue workers to arrive in Miami after Hurricane Andrew. He took annual leave the first week prior to HRS recruiting volunteers and lived in the tent cities under very difficult living conditions to assist in any way with victims of the storm.

DeElda Cotanche presented the Secretary's Merit Awards to:

● The supervisors and staff of the Sanford Public Assistance Units.

"Project Recert began in early 1992 for Economic Services public assistance programs," according to Cotanche. "The staff devoted an extraordinary number of work hours to this mammoth endeavor. Project Recert has dramatically impacted either the number of clients receiving assistance or the amount they receive, saving many tax dollars."

● Leah Samuela, Jean McCann, Sally Zuber and Melissa Barker were recognized as the lead secretaries in each program and service center, forming an administrative support training group.

"These secretaries have pro-



HRS employees receiving Distinguished Special Achievement Awards were, from left to right, Evelyn Grote, James Rodriguez, Wilfredo Nieves, Faye Williams, Bertha Williams, Denise Lipscomb and Jack Recker.



The supervisors and staff of the Sanford Public Assistance Units were recognized for their devotion of an extraordinary number of work hours to Project Recert.

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Circumcision and debate with no middle ground

By LESLIE BREYFOUS
AP National Writer

On a fair afternoon two decades ago, a stranger plopped himself down beside Barbara Griffin on the college common and without prelude said, "If you ever have a son, don't get him circumcised."

She got up and moved away. "I thought he was a weirdo," Griffin recalled recently. Years would pass, two sons would be born, before she reconsidered the odd encounter. "It's funny, but now I look back and wish I'd listened."

Like most parents, Griffin and her husband didn't dwell on whether to have the band of skin encircling the tip of the penis removed. Circumcision, they figured, was part of the newborn routine.

It wasn't until their third son's birth that the couple, who live in Minot, N.D., took a critical second look and opted against. The decision was tough, loaded as it was with medical, psychological and cultural overtones.

Circumcision has long been a largely unexamined fact of American male life. But in recent years, and for a variety of reasons, parents have reassessed the surgery and wondered: Does this need to be done to my child? What are the real health benefits? What are the potential costs?

A light cocktail topic it is not. Beyond the obligatory jokes, circumcision is an intimate subject — particularly for men. Doctors and parents alike may find it awkward to approach.

Barbara Griffin's husband, though concerned, winced a bit at first and resisted the debate. "For a lot of men it's something so personal," she said. "Some may wish it wasn't done to

them." For Jewish sons, it is part of religious tradition. For most others, it is a standard measure of preventative hygiene coupled with social norm.

Though uncommon in most parts of the world, circumcision has been widespread in the United States since the 1940s. By the 1960s, the relatively risk-free surgery was performed on about 90 percent of all males.

Now, about 61 percent of American males are circumcised. And over the last decade, a grass-roots anti-circumcision movement and debate in the medical community have stirred new doubt and discussion about this operation that passionate activists say is anything but benign.

"It's a social institution Americans are in a state of denial about," said Marilyn Milos, who heads the National Organization of Circumcision Information Resource Centers based in San Anselmo, Calif.

"What man wants to admit that something so brutal has happened to him, that maybe the best part of his penis might have been cut off?" she said. "So we say, 'Nothing's wrong with me. I'm fine. And I'm going to have it done to my son.'"

Milos, a nurse, had three sons circumcised before witnessing the procedure she'd always believed was no big deal. "But to see a baby strapped spread eagle to a plastic board, this precious newborn baby screaming, it was gruesome. It was a sexual violation."

Two dozen nurses in Santa Fe, N.M., apparently see it that way, too. In December, they informed doctors they would no longer assist in the operation. Meanwhile, lobbyists in several states are pushing legislation

that would guarantee informed parental consent prior to the surgery.

But even parents who are well-educated on the topic, and fathers who believe their circumcisions were traumatic, are profoundly unsure when confronted with a newborn son.

"One man wrote to me that what was difficult about leaving his son intact was that his child would be different, and that he would be the amputee left from wars in the past," Milos said.

Parents worry about the psychological impact their decision — either way — might have on their child's future.

"It's peer pressure. It's just the idea of someone looking different from someone in the shower," said Dr. Thomas Ritter, a Pennsylvania physician who finds this insufficient justification for circumcision. He likens it to the tonsillectomies at one time so routinely performed.



Herald Photo by Tommy Vincent

Calculated decision

Carol Jackson, a member of the Educational Testing Service committee, which was responsible for the decision to allow the use of calculators on the SAT in the future, spoke to

local educators recently at Seminole Community College where she explained the reasons the change has been made.

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Sports

B

IN BRIEF

LOCALLY

MWGA tournament results

SANFORD — Roland and Helen Killebrew combined to shoot a 56 to win the doubles portion of the Mayfair Women's Golf Association's Singles and Doubles tournament last Sunday, May 16, at the Mayfair Country Club.

Play followed a best ball of two format. Finishing second to the Killebrews were Art and Irene Harris, who carded a 59. Tied for third at 60 were Harold and Stella Brooks and John and Becky Shugart. Ernie and Maude Butler tied with Fred and Debby Fricke for fifth at 61.

In the singles competition, Joe Schurtz and Marilyn Brown tied for first place at 61 with Connie Bauman and Rita Findel. Stan Price and Margaret Bots were third with their 62.

During the tournament, there were three closest to the pin competitions. Warren Sullivan won the competition on hole No. 5 while Helen Killebrew was the winner at No. 7 and Rolan Killebrew won at No. 16.

Lyman to honor scholar athletes

LONGWOOD — Lyman High School's athletic booster club will sponsor its first Blue and Gold Scholar Athletes Breakfast on Thursday, May 27.

The 200 athletes who have maintained an overall above-average grade point average and have participated in a sport will receive an invitation to the breakfast.

Dr. Joel Hunter, pastor of Northland Community Church and father of two Lyman athletes, will be the guest speaker.

Age group, open track meet set

ORLANDO — The Central Florida Gliders Track Club will host its second annual Age Group and Open Track Meet next Saturday, May 29, at the University of Central Florida.

Track clubs from all over the state have been invited to participate, as well as students from schools in the Central Florida area. Last year's meet was attended by over 600 athletes and yielded three state records.

The meet is sanctioned by the Florida Association of USA Track & Field, the governing body for running in the United States. Times and marks that meet the 1993 Youth Athletic Standards will qualify the participant for several national meets scheduled for this July.

Advance registration is \$3 per person, \$4 per relay. Registration on the day of the meet is \$4 per person, \$5 per relay. Cash, certified checks, or money orders are the only approved forms of payment; no personal checks will be accepted.

Age groups to be held are: Sub-Bantam (8 and Under), Bantam (9-10), Midget (11-12), Youth (13-14), Intermediate (15 and 16), and Open (17 and Over). Each athlete is required to have a copy of their birth certificate except for those competing in the Open division.

For more information, contact meet director Roland Williams (407-862-4519) or meet coordinators Craig Wise (407-682-1368) or Jacques Raphael (407-352-5945).

Safe boating class offered

SANFORD — The Seminole County Flotilla of the U.S. Coast Guard Auxiliary will offer safe boating classes at the Seminole County Port Authority building, 1510 Kastner Place, beginning on Thursday, June 3.

Classes will be conducted on Monday and Thursday nights at 7 p.m. through June 28.

Instruction covers boating skills and safety, and includes skills practices, an on-the-water practical and safety demonstration, and a question-and-answer program by a representative of a Florida law enforcement agency.

Class size is limited and is offered at no charge. Books and materials cost \$25.

For registration or information, call Bill Binkley at (904) 789-6973 or Charles Hock at (407) 831-2109.

Umpires clinic scheduled

LONGWOOD — The Orange Baseball Association is offering a clinic on Sunday, June 6, for high school and amateur baseball umpires interested in officiating National Amateur Baseball Federation and other summer league games.

The clinic will be conducted at the Lyman High School baseball complex beginning at 1:30 p.m.

For more information, contact Don Trawick at 830-8835 or Tom Storey, president of the Orange Baseball Association, at 831-0130.

Jones earns MVP honors

BREVARD, N.C. — Sean Jones of Longwood was named the Most Valuable Player of the Brevard (N.C.) College men's soccer team during ceremonies conducted on May 4.

Jones is the son of Mr. and Mrs. William Jones of Longwood.

Also, Vicki Faulkner, daughter of Mr. and Mrs. Richard Faulkner from Matland, was named the Most Valuable Player of the Brevard women's tennis team.

BEST BETS ON TV

NBA PLAYOFFS

3:30 p.m. — WESH 2, Chicago Bulls at New York Knicks, (L)

Complete listings on Page 2B

Memorial Day invasion

NSA qualifier attracts 54 youth slowpitch teams

Special to the Herald

SEMINOLE COUNTY — Don't look now but some 600 softball players are headed this way.

Next weekend, the Seminole Softball Club will host its annual National Softball Association (NSA) youth slowpitch qualifying tournament at Soldiers Creek Park, Central Winds Park, and the Oviedo Sports Complex.

A total of 54 teams in five age divisions representing leagues in Jacksonville, West Palm Beach, Jupiter, Tampa, and Lake Lytal as well as Seminole, Volusia, Osceola, and Manatee counties will compete for a berth in the NSA Youth World Series.

Each division champion will advance to compete in the NSA Youth World Series, which will be played in Jupiter the weekend of July 22-25. Last year, the national tournaments were played in Charlotte, N.C., where four of the five titles were won by Florida teams.

Seminole Softball Club's 14 and Under team

was one of those 1992 national champions and will be in Jupiter to defend their title.

The second, third, and fourth-place teams from the next weekend's tournament qualify for a spot in the state tournament, which will be played in Coral Springs over the Fourth of July weekend.

Next weekend's softball extravaganza will begin with a round robin qualifier followed by a single elimination playoff in each division. An estimated total of 150 games will be played next Saturday, Sunday, and Monday at the three sites.

Games will begin at 9 a.m. each day at all three sites.

The 10-and-Under division will play on Saturday and Sunday at Soldiers Creek Field with their championship game scheduled for 2 p.m. Sunday at Soldiers Creek.

The 12-and-Under division will play on Sunday and Monday with games scheduled for both Soldiers Creek Park and Central Winds Park. Their championship game is set for 3:30 p.m. Monday at Soldiers Creek.

The 14-and-Under division will play its round robin qualifier on Sunday at the Oviedo Sports Complex. On Monday, they will move to Central Winds Park to play their single-elimination tournament with the championship game scheduled for 5 p.m.

The 16-and-Under division will play Saturday and Sunday at Central Winds Park, the championship game set to start at 3:30 p.m. Sunday.

The 18-and-Under will play their entire tournament on Saturday at the Oviedo Sports Complex, wrapping up with their championship at 5:30 p.m.

Soldiers Creek Park, the home of the Seminole Softball Club, is located on State Road 419 southeast of U.S. 17-92. Central Winds Park is located on State Road 434 in Winter Springs while the Oviedo Sports Complex is on State Road 419 in Oviedo.

Admission is free. The concession stands will be open at all locations.

Seminoles work out kinks in soap bowl

By TONY DESORMIER
Herald Sports Editor

SANFORD — In the grand scheme of things, it wasn't that big a deal, just an intrasquad scrimmage in front of family and friends, a chance to show off a little and collect some much needed supplies — namely, detergent.

But this year's Seminole High School Black and Orange football game, dubbed The Detergent Bowl, because fans were asked to bring boxes of laundry soap in lieu of cash donations, may have carried a little more importance as the Tribe looks to rebound from their first non-playoff season in five years.

"I told the guys that a lot of them are playing for jobs," said Seminole head coach Emory Blake as he watched the proceedings from the Thomas E. Whigham Stadium press box Saturday morning.

While not saying who may have won or lost jobs after the scrimmage (which ended in a 12-12 tie), Blake said he was pleased with what he saw.

"We just wanted to get everyone some time and see what they can do," said Blake of the scrimmage that pitted (house) the first string offense and second team defense against the first team defense and second line offense.

"We want to try and establish the balance we'll need to be competitive. Today, we got an idea of what kind of talent we have. This gives us confidence to set up a game plan to do what we want to do."

Blake added that the scrimmage gave him and his coaching staff an opportunity to see some players in a different light.

For example, freshman Chris



Herald Photo by Jim Hoppa

Bradley had been penciled in as a defensive back but caught Blake's eye with over 60 yards rushing while sophomore running back Robert Ruffin intercepted two passes on defense, returning one for a touchdown.

"That's the nice thing about spring football," said Blake. "You have an opportunity to experiment with some things and make adjustments for the fall. Seeing the kids play let's you know what they

needed to work on during the off-season. We projected Chris Bradley as a starter on defense, but after today, we know we can use him at fullback. He showed good running ability today, picking his holes and using his blockers."

Bradley also intercepted a pair of passes on defense. One aspect that was unspoken but understood about Saturday's scrimmage was the fact that one important job yet to be won is that of starting quarterback. Blake downplayed the fact that sophomore Clifton Branch quarterbacked the projected first-team offense while junior Donald Hunt led the second team.

"Clifton and Donald both did a good job," said Blake. "Clifton threw the ball real well and Donald ran the ball real well. They give us flexibility back there, knowing they can both go in and do the job."

Both quarterbacks did what they See Exhibition, Page 3B



Photo courtesy of David and Patsy Russell

Headed to Valley Forge

J.D. Russell (left) of Lake Brantley High School has accepted a scholarship to play football for the Valley Forge Military Academy of Wayne, Penn. A strong safety, Russell was a first-team pick on the 1992-93 Sanford Herald All-County team. Lake Howell graduate Ken Times (right), who was a cadet at Valley Forge and played for the football team, was influential in getting Russell to attend Valley Forge.

Varitek ACC's top player; Rigby gets All-ACC nod

Associated Press

GREENSBORO, N.C. — Former Lake Brantley High School teammates Jason Varitek and Brad Rigby, now teammates at Georgia Tech, were named to the Atlantic Coast Conference's all-conference baseball team announced Friday.

Varitek, a catcher and the ACC's leading hitter, was selected ACC Player of the Year, while Florida State freshman pitcher Jonathan Johnson was named Rookie of the Year. The Yellow Jackets' Jim Morris was chosen ACC Coach of the year.

Varitek and Rigby, a starting pitcher, were two of four members of Georgia Tech's top-ranked Yellow Jackets named to the 12-player conference team. Also on the team are two players each from Clemson, Duke and North Carolina State and one each from North Carolina and Virginia.

Selections were made by the league's nine head coaches.

Varitek leads the ACC in eight offensive categories and is among the top five in five others.

Johnson of Orala leads the ACC and is seventh nationally with a 1.66 earned run average.

In addition to Varitek and Rigby, the Yellow Jackets are represented

by shortstop Nomar Garciaparra and reliever Brett Hinkley.

Clemson is represented by outfielders Billy McMillon and Keith Williams.

N.C. State's players are third baseman Tim Tracey and outfielder Pat Clougherty. The Duke representatives are utility player Ryan Jackson and first baseman Scott Plonk.

Rounding out the first team are Virginia second baseman Tom Crowley and North Carolina designated hitter Cookie Massey.

A 12-member second team has three players from North Carolina, two each from Florida State, Georgia Tech, N.C. State and Wake Forest, and one from Clemson.

The second team players are: designated hitter Mike Schmitz and starting pitcher Paul Wilson of Florida State; shortstop Keith Gruneyald, outfielder Chad Holbrook and relief pitcher Thad Chrismon of North Carolina; catcher Greg Almond and first baseman Andy Barket of N.C. State; third baseman Brandon Hensley and outfielder Jay Payton of Georgia Tech; outfielder Brad Pryce and utility player Bret Wagner of Wake Forest; and second baseman Jeff Morris of Clemson.

STATS & STANDINGS

BOSS

Table with columns for race number, horse name, jockey, odds, and race type. Includes races like 'First race - 1:00', 'Second race - 1:40', etc.

FRIDAY NIGHT

Table listing horse races for Friday night, including race numbers, horse names, jockeys, and odds.

FISH

Table with columns for fish species (Lute Crosscut, Lute George, etc.) and their status (F, P, G).

310.00 (Jackpot Carryover) 3,000.00

Table listing horse races with columns for race number, horse name, jockey, odds, and race type.

BASEBALL STANDINGS

Table showing baseball standings for various leagues including the American League and National League, with columns for team, wins, losses, and percentage.

NATIONAL LEAGUE

Table showing National League standings for both East and West divisions, including team names and records.

NBA PLAYERS

Table listing NBA players and their statistics, including Eastern Conference and Western Conference players.

BASEBALL

Table listing baseball games and results, including scores and key players.

SOCCER

Table listing soccer matches and results, including team names and scores.

BEST BAIT LOCATION

Table with columns for bait location and fish species, showing where different fish are found.

RAIN GAUGE

Tim Raines is a Sanford native and Seminole High School graduate now playing in the first column, personal best season totals in the second column and current career totals (including 1993 games) in the third column.

Table titled 'RAIN GAUGE' showing statistics for Tim Raines, including category, '93 stats, best stats, and career totals.

BASEBALL

News snippets from the baseball world, including mentions of players like Jose Mauer and teams like the Boston Red Sox.

TRACK AND FIELD

News snippets from the track and field world, including mentions of athletes like Steve Prefontaine.

SOCCER

News snippets from the soccer world, including mentions of teams like the U.S. national team.

UP TO 22 MONTHS TO PAY

Large advertisement for 'UP TO 22 MONTHS TO PAY' featuring various services like fuel injection cleaning, tire rotation, and car maintenance, with prices and contact information.

Business

IN BRIEF

NEW BUSINESS

Women open VitaPro store

Marlon Good, Sherryn Hay and Diane Byman, all of Orlando, have opened the first VitaPro Food mini store in Sanford. The store will introduce VitaPro, a new food product through dealer owned Mini Stores in 24 cities throughout the United States, in the next 12 months.

"The product is new, the marketing plan is unique and the public acceptance has been overwhelming," said Good, who is president of ProStar, Inc., the exclusive agent for VitaPro Foods in America.

VitaPro presently comes in beef and chicken flavors and is sold in packages of 2.2 pounds, at \$12 each. Each package provides up to 40 servings.

The new VitaPro store is located at the intersection of 46-A and Airport Blvd. in Sanford. It is open from 10 a.m. until 5 p.m., six days a week.

Women announce partnership

Lillian M. Poland of The Resource Connection and Sue Easton of Easton & Associates, Inc. have announced a new partnership called "The Team Connection." The partnership focuses on building productive teams in the workplace. Poland and Easton offer over 24 years of combined experience in human resource development and organizational change.

Services offered include readiness assessments, training and consulting support, needs assessments, organizational development interventions, evaluations and leadership development.

The offices will be located at 729 Palmer Court in Lake Mary, phone 323-0938, and 1628 Spruce Avenue, Winter Park, phone 647-5577.

KUDOS

GulfAtlantic sets new record

GulfAtlantic Title Agency, which has set numerous company records over the past several years, added one more to its portfolio. The 6-year old company with 18 offices in Central Florida, established a new one-day mark for real estate closings with 244 real estate transactions on April 30. The total accounted for almost 20 percent of GulfAtlantic Title's real estate closings for the month.

The Orlando downtown office lead the sales with 51 closings, followed by Altamonte Springs with 45. Lake Mary's office accounted for four.

EDUCATION

SCC offers special program

This summer, Seminole Community College, through its open campus program, will present a Certificate in Management Program. Co-sponsored by the American Management Association, it offers specialized training programs in the area. It is described as enhancing management skills and help people climb the corporate ladder. Enrollment is now being accepted at the Min SCC Campus, 100 Weldon Blvd., or by returning students by mail or fax. Some courses are beginning immediately. For further information, phone 323-1450, ext. 703.

CHAMBERS OF COMMERCE

Mica meets bankers

SANFORD — Congressman John Mica will be the guest speaker at the June 3 Visionomics Breakfast, hosted by the Bankers Committee of the Greater Sanford Chamber of Commerce. Committee Chairman Todd Williams said he expects a large number of people will attend the Bankers Committee breakfast. Details on the gathering are being sent to committee members. For further information, contact the chamber office at 322-2212.

Membership meeting

LONGWOOD — The Longwood/Winter Springs Chamber of Commerce will hold a general membership meeting Monday, May 24, at 12 noon. The event will be at the Quality Inn in Longwood, Interstate-4 at S.R. 434. It is open to all members, and prospective chamber members. Gloria Pekar, chairman of the board of governors for Leadership Seminole, will be speaking about the goals and development of the program.

Lake Mary Mardi Gras

LAKE MARY — The Greater Lake Mary/Heathrow Chamber of Commerce will hold a Mardi Gras Business After Hours meeting Thursday. The event will be at the Eyes Have It Optical, in the Albertsons shopping center on Lake Mary Blvd. The party is planned for 5:30 until 7:30 p.m. There is a \$5 fee for non-members and no charge for chamber members. All members, prospective members and guests are invited. For further details, phone the Chamber office at 333-4748.

Tips for selecting a realtor

By NICK PFEIFAU
Herald Staff Writer

Throughout Central Florida, realtor signs can be seen in all levels of neighborhoods. State officials have projected that this summer is going to be a hot market for the sale of new homes and re-sale of older homes.

In keeping with these concepts, Dale G. Jundt, president of the Florida Association of Realtors, has prepared a list of suggestions individuals should consider in seeking a Realtor to meet home buying and/or selling needs.

His suggested plan is two pronged. The first deals with selecting a realtor.

He advises:

- Choose your realtor with care as you would a lawyer or doctor. Talk with friends, neighbors and co-workers about the service they received.

- Attend an open house to observe sales associates in action and judge their expertise.

- Look for posted "sold" signs in your neighborhood. A company with a successful track record warrants consideration.

- Read the real estate sections of newspapers for listings of homes in the same price range and identify the companies handling the sale.

- Target companies located in your community. They are more familiar with the area and its offerings.

"Once you have narrowed your choice to two or three Realtors," Jundt said, "meet with them and ask them the following questions:

- How long have you been licensed?
- How long have you actively worked in

the area?"

- How many home sales have you closed in the last three months?

- Do you work full time as a realtor or realtor associate?

- Can you give me names of three references whose homes you have sold recently?

- How will you work to actively seek buyers for my home?

- Are you a member of the National Association of Realtors?

- Have you earned any specialty professional real estate designations?

"In summary," Jundt says, "your choice will generally be a matter of personal preference, but the reputation of a particular company is based on the knowledge, competence and professionalism of the individuals who work there."

Ribbon cut

The Ambassadors of the Greater Sanford Chamber of Commerce, held a ribbon cutting ceremony this past week, for Farm Bureau Insurance, now located at 4195 Highway 17-92 in Sanford. David Hanes, (third from right), agency manager, brought smiles as he had difficulty cutting the ribbon. Left to right, chamber members Wayne Albert, Arlene Colbert, Buzz Maness, Meta Brookes, Joann Fleischman, Beth Beldin and Jack Croach, Farm Bureau secretary Vikki Greaver, agents Larry Smith and Kimberly Mott, Hanes, Chamber Past President Bob Doublass, and secretary Julie Jackowski.

Herald Photo by Tommy Vincent



Duke sells Sanford

By NICK PFEIFAU
Herald Staff Writer

SANFORD — Jim Duke of Duke Properties in Maitland, is selling Sanford. For the second consecutive week, his company has arranged a deal for business property in the local area.

On May 14, Duke announced finalization of a lease purchase agreement for 28,500 square feet of warehouse space at 2800 Airport Blvd. The building has been owned by Fred Evans of Packaging Systems Corp. Duke said, "Mr. Evans has moved to Nevada, and while he has been operating the business by phone and flying in from time to time, he has now made arrangements to get rid of the building."

The warehouse space will be taken over by Larry Ball, president of Ball Products, Inc. "Ball Products supplies tennis court equipment to businesses," Duke said, "and also equipment used in the installation of tennis courts."

Duke said Ball is moving his operations from the present location in Altamonte Springs, to Sanford. He reported Ball's initial plans are to occupy some of the building, but sublease 14,500 square feet of it.

Happy birthday Winn-Dixie

By NICK PFEIFAU
Herald Staff Writer

SANFORD — May 1993 marks the 68th anniversary of Winn-Dixie Stores, Inc. Three of the company's stores are located in Sanford.

The store was started by the late W.M. Davis in 1925 who opened Rockmore Grocery in Miami. The operation has grown to 1,166 stores in 13 states. The Orlando division lists 106 stores including those in Sanford.

Davis had four sons who worked with their father in operating and managing the stores. Their first move was establishing the Lable Supply Store which eventually had 34 outlets by 1934. Following Davis' death that same year, his sons took over operation of the entire company, purchasing Winn and Lovett Grocery stores in Florida and Georgia.

As the company grew, they also purchased other chain grocery operations.

In the late 1940's, one of the larger grocery stores in the city was located in downtown

Sanford in the 400 block of E. First Street. Originally called the Figgly Wiggly store, it became a Winn Lovett store in the early 1950's. It eventually was consolidated with the Dixie Home Stores owned by the Davis brothers, and in 1955, the downtown Sanford store as well as all others took on the name of Winn-Dixie.

According to D.G. Labever, president of Winn-Dixie Orlando, Inc., the backbone of Winn-Dixie's success is our many loyal associates. Without their dedication, this anniversary would not be possible.

Approximately 100,000 persons are employed by Winn-Dixie. They are called associates.

With each passing year, the people work harder to serve our customers," Labever said.

The success of Winn-Dixie over the past 68 years is directly related to our commitment to offer our customers quality products at the lowest possible prices. We are determined to maintain that policy for the next 68 years and beyond.

In Sanford, Winn-Dixie stores are located at 1722 W. Airport Blvd., 3818 Orlando Drive, and 1511 S. French Avenue.

Parent company of Burdines', Jordan Marsh meets with its shareholders

By The Associated Press

CINCINNATI — Federated Department Stores Inc. is marking a milestone with its first shareholders meeting since the retailer pulled itself out of bankruptcy reorganization.

Industry analysts have praised Federated's effort to become a leaner, more profitable operation. The company, which owns department stores such as Bloomingdale's, Jordan Marsh and Lazarus, has limited resemblance to the flabby Federated of the 1980s.

Last week, the company reported that first-quarter earnings had risen 53.7 percent to \$18.2 million.

The shareholders meeting was scheduled to get under way this morning.

Salomon Brothers Inc. in a report on Federated issued last month, predicted the company's stock would be attractive for the next three to five years because of its improved operations.

Federated Chairman Allen Questrom and President James Zimmerman have overseen steps including:

- The prepayment of nearly \$1 billion in debt in 1992 and the redemption this year of more than \$355 million in bonds paying 10 percent in interest.
- Federated's most expensive debt.
- The restructuring of its

department store chains to eliminate duplicate operations, including merchandising.

— An increase in spending plans, which include store renovations and openings, by \$461 million to \$1.2 billion over the next three years.

Federated's sales also have surpassed expectations. In 1992, its same-store sales — those from stores open at least a year — increased 5.2 percent from 1991. Same-store sales rose 2 percent during the first quarter of this year, when many retailers were hurt by bad weather and falling consumer confidence.



Chamber welcome

The Greater Lake Mary/Heathrow Chamber of Commerce recently held a ribbon cutting for Sunbelt Office Services, a new company operating at 518 Hassocks Loop, Lake Mary. Shown during the ribbon cutting at the chamber

office were, left to right, chamber members Valerie Williams and Lisa Mehle, Sunbelt Manager Ron Stinson, and chamber officials Mike Curasi, Richard Starcher, Hector Rodriguez, Diane Parker and Jheri Brant.

Herald Photo by Elaine Giddens

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People

IN BRIEF

DISTINCTIONS



Betty Jack Herald Photo by Tommy Vincent

Woman of the Year

SANFORD — Betty Jack has been named Woman of the Year by Lambda Gamma Delta Chapter of Beta Sigma Phi. The announcement was made during the sorority's recent Founder's Day Celebration held at the Mason of Lodges in Altamonte Springs.

A member of the sorority for 26 years, Jack has held every office and has served on every committee. Also, she has served as president of the Sanford Beta Sigma Chapter for five terms.

Each chapter selects a woman of the year annually. Based on the dedication, the dedicated sorority sister who has gone that extra mile for her chapter.



Debbie Amrhein Herald Photo by Tommy Vincent

Dazzler of the Week

Debbie Amrhein, an 11th grader at Seminole High School, has been selected by the school's Dazzler Dance Team as Dazzler of the Week. A first-year member of the team, Debbie enjoys music, playing the clarinet and dancing.

"She said, 'I really enjoy the dance team. I've learned a lot of discipline and how to get along with the other dancers.'

CELEBRATION

Missing Children's Day set

The tenth annual commemoration of National Missing Children's Day is Tuesday, May 25.

Citizens all across the country are being asked to keep their porch lights on all day and all night on May 25.

There will be a Central Florida celebration at Friends in the Economy, 11731 E. Colonial Dr. in Orlando that evening at 8:45 p.m.

For more information about the Missing Children's Center or about the national celebration, contact Joan Thompson at 327-4103.

Home video revolution

CNN producer, wife make pros from amateurs

By ED KORGAN
Herald Correspondent

LONGWOOD — A former Cable News Network executive producer has relocated his home and opened a unique business in Seminole County.

Joshua and Fern Loory of Longwood moved to Central Florida in October, 1991 from their last assignment with CNN in Atlanta. Loory worked at CNN for seven years as an executive producer of such popular news shows as "The World Today," "Newsnight" and "Newswatch." During his tenure at CNN he was involved in many telecasts of daily breaking news stories.

The most notable was his experiences in the first hours of the outbreak of the Gulf War. He remembers vividly the afternoon the war broke out.

"We knew something was going on," he related. "I had just gotten off the air. There was just incredible tension all around us. At one point during the afternoon I was on a conference call with the White House, the State Department, and our people in Baghdad. The message was for the CNN reporters to stay in the hotel in Baghdad."

That was the only message that could be passed to the CNN reporters the afternoon before the initial air strike on Baghdad.

At 6:28 in the evening he had just left work and was getting into his car to head home and turned on his car radio. A radio simulcast of a CNN newscast had just reported that there was something going on in Baghdad. The reporter was describing bombs dropping and flares going off in the night. Instead of going home he headed straight back



Herald Photo by Ed Korgan

Fern Loory (standing) explains editing a home video to Allen Foster and his son, David, customers

to work.

Loory said, "I was on duty as soon as war broke out. I got out of my car, headed back to the control room and took over and was on the air until 9 p.m. I had Bernie Shaw and those great first few hours of describing the bombing that was going on."

He continued, "There were hundreds of people in the control room. We had every executive from CNN including the president of the

network. There was a little bit of mayhem. People telling people what to do. I was on the phone with Baghdad, Bahrain and a couple of other sighting posts. There was another producer on the phone with the domestic locations. As soon as someone said they had something we made an offering to the vice-president."

"I would say, 'I have got Bahrain on the phone! They are ready to go. They have got sirens! They think a

Scud is coming in! Immediately CNN went to Charles Jaco in Bahrain."

"You remember that great scene where Jaco said to his cameraman, 'You go and get to safety' and at the last minute Jaco said, 'I am about to leave' and the picture went to fuzz. That was very, very scary. Everybody's heart skipped a few beats. We didn't know. The last thing we heard was sirens. Ah, and

See Video, Page 6B

Volunteering

Foster Grandparent Program to celebrate 21st birthday

By ED KORGAN
Herald Correspondent

SANFORD — One of the best kept secrets since the stealth bomber is Central Florida's Foster Grandparent Program, a volunteer project that has helped thousands of infants, toddlers and teenagers during the past 21 years.

Eva Barnes of Sanford is an 11-year member of the program. Barnes who is a 47-year resident of the city originally was from Albany, Ga. She has been a foster grandmother at Hamilton Elementary for the past three years and in other school in Sanford for eight years before that.

"Grandma," as she is affectionately known by her students at Hamilton, volunteers her time for five hours a day, four days a week. She said, "I am just there to give those children TLC."

In her room she has nine children whom she helps. The

oldest child is 12 and the youngest is 7 years old. She explained her presence, "I am the grandmother to all those children and I am there to help them in any way I can. Sometimes I help a small group and sometimes I might have to work with one particular child. I help them with their reading and numbers, watch over them when they are playing, lead them around the school and go on field trips with them. I even eat lunch with them. When I sit down at the table all the little children want to come and sit with "Grandma." Everybody in the school calls me "Grandma," including the teachers, the principal and the parents of the children."

Barnes remembers one child she became fond of several years back. "I used to work at Midway and they had a little handicapped girl there. She was my neighbor's grandchild. I got at-

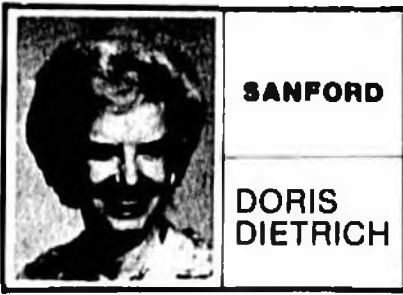
See Foster, Page 7B



Herald Photo by Ed Korgan

Eva Barnes enjoys being a foster grandmother

Jones earns cross; ESO hears author



SANFORD

DORIS DIETRICH

Not only is Ashby Jones an accomplished artist, but he is also a decorated patriot. Ashby recently received the Cross of Military Service from the Lizzie Rutherford Chapter #60, United Daughters of the Confederacy, in a memorial service at Columbus, Ga.

The cross may be bestowed on lineal descendants of Confederate veterans who have served honorably in time of war. It may be worn only by the recipient and at his death can be passed down to descendants, but never worn by them. Crosses of Military Service are the most prized awards bestowed by the UDC.

Ashby qualifies to wear the cross through his great grandfather, Jacob A. Stroman of the Georgia Militia Regiment in the War Between the States. As a lineal descendant serving in the military during wartime, Ashby served aboard two Navy de-



Herald Photo by Tommy Vincent

Libby Provatt (from left), ESO secretary; Vida Smith, ESO chairman; Patrick D. Smith, author; and Charlotte Smith, ESO program chairman, set the pace for a delightful reading program.

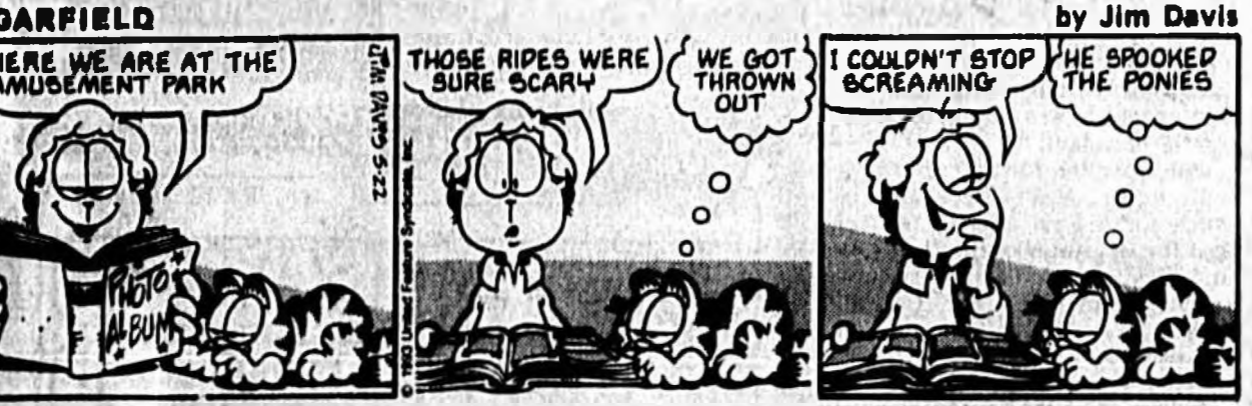
Casa Blanca, the Invasion of Mindora and the Invasion of Manila.

Ashby said the ceremony in Columbus was impressive and

See Dietrich, Page 6B



Ashby Jones displays prestigious cross Herald Photo by Tommy Vincent



HOROSCOPE

By Bernice Bede Osol
YOUR BIRTHDAY
 May 23, 1993

In the year ahead, make every effort to take advantage of opportunities to strengthen your educational base. Knowledge is power, and it can be used to improve your material lot in life.

GEMINI (May 21-June 20) Self-discipline will be required today in order to live within the confines of your present budget. Subduing inclinations to splurge might not be an easy task. Gemini, treat yourself to a birthday gift. Send for Gemini's Astro-Graph predictions for the year ahead by mailing \$1.25 plus a long, self-addressed, stamped envelope to Astro-Graph, c/o this newspaper, P.O. Box 4465, New York, NY 10163. Be sure to state your zodiac sign.

CANCER (June 21-July 22) Others will be judging you on your reliability today, so don't make promises or commitments that you might be unable to keep. Excuses for non-compliance won't be accepted.

LEO (July 23-Aug. 22) Today you might find more reasons why certain things should be postponed rather than accepted. If it only affects you, it's OK to procrastinate; if it affects another, it's not.

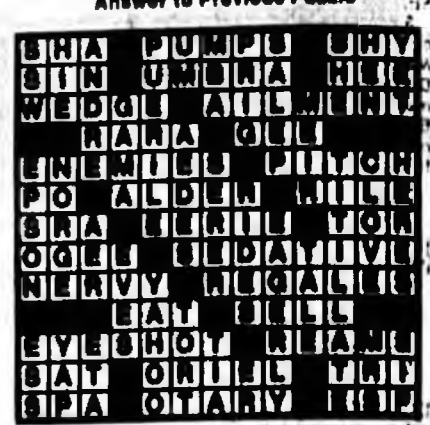
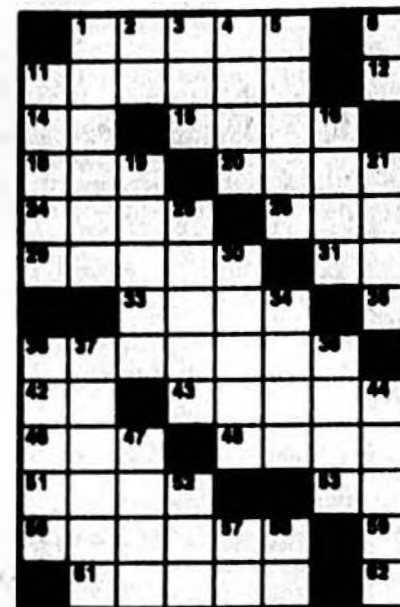
VIRGO (Aug. 23-Sept. 22) If you get involved with a friend today who is better off than you are materially, don't put on pretenses. Your pal accepts you as you are, even if you don't accept yourself.

LIBRA (Sept. 23-Oct. 23) If there is something you have to do today that has strong elements of chance, try to get it done as early as possible. Your luck could begin to fade by this afternoon.

SCORPIO (Oct. 24-Nov. 22) Political or religious issues that you feel strongly about might be contested today by a person whose views diametrically oppose yours. Don't let differences turn into a heated debate.

SAGITTARIUS (Nov. 23-Dec. 21) Be optimistic today, but don't build your expectations upon an unrealistic premise. Castles with sand foundations could be swept away by the first big wave.

- ACROSS**
- Musical instrument
 - Spoke in high voice
 - Make dirty
 - Of a group
 - One (Scot.)
 - Non-profit org.
 - One of Hamlet's alternatives (2 wds.)
 - Swift aircraft (abbr.)
 - Made of a hard wood
 - Basketball
 - Father (Fr.)
 - Unyielding
 - Music buff's purchase
 - Walking pole
 - Public announcements
 - South African Dutch
 - Ornamental pattern
 - Teems
 - Repeat of TV show
 - Guido's low note
 - Chemical dye
 - Chinese (pref.)
 - Ma Na
 - Weird
 - Steal
 - Blood pigment
 - Protection (var.)
 - Thanks, in Britain
 - Bedazzled (3 wds.)
 - Wiped out
 - nose
 - Performed again
- DOWN**
- Adjusted
 - Two, Roman
 - Across
 - Irving
 - Verne hero
 - Academy Award
 - Gal. fraction
 - Negative prefix
 - Hole
 - Black
 - in: do
 - superficially
 - Expressive shock
 - Jumps
 - Revised
 - Commonplace
 - Settee
 - Forced
 - gradient
 - Make happy
 - Ten-cent pieces
 - Western resort
 - Waxy
 - Interrace in cork
 - majesty
 - Raw fish dish
 - Fruit ripener
 - Father
 - Joined
 - Wanderer
 - River in Africa
 - for All Seasons
 - Island
 - Solander
 - Unhappy
 - Alternative word
 - Large US co.
 - Yes, in Spain



By Bernice Bede Osol
YOUR BIRTHDAY
 May 23, 1993

In the year ahead your most profitable endeavors are likely to be the ones to which you have already devoted considerable time and effort. You're in the home stretch now, so stay your course until you reap your anticipated harvest.

GEMINI (May 21-June 20) Advancement of personal interests is possible today if you put your present ideas into action. Don't wait for others to do things that you can do yourself. Major changes are ahead for Gemini in the coming year.

CANCER (June 21-July 22) Don't take unfair advantage of another in a business arrangement today. By the same token, however, be sensible about protecting your own position.

LEO (July 23-Aug. 22) You don't have to use material perks today in order to win the support of others. The people whose assistance you need will be influenced by the situation, not your pandering.

VIRGO (Aug. 23-Sept. 22) Proper timing is essential to your success today. If you spot a window of opportunity, make your move and give it everything you've got.

LIBRA (Sept. 23-Oct. 23) Your ideas are likely to have a greater influence over people with whom you're involved today than you might realize. Don't discount what you have to offer before you express yourself.

SCORPIO (Oct. 24-Nov. 22) In situations where bold measures are required today, don't be afraid to use them. Success could be denied you if you're wishy-washy or fearful.

SAGITTARIUS (Nov. 23-Dec. 21) Have the courage of your convictions today. After you have thoroughly reasoned something out and made your decision, don't let outside influences sway you.

CAPRICORN (Dec. 22-Jan. 19) Joint ventures hold promise for you today, provided you are aligned with people whose ambitions, objectives and abilities

complement your own.

AQUARIUS (Jan. 20-Feb. 19) Be battered, not envious, if the one you love receives an abundance of compliments and attention from members of the opposite gender. After all, you're the person he or she has chosen.

PISCES (Feb. 20-March 20) If you press the situation, you have a very good chance today of wrapping up a matter that has caused you some contention recently.

ARIES (March 21-April 19) Today you might give boring tasks a lick and a promise in order to pursue more pleasurable activities. This won't be counterproductive, however, if you make changes to accommodate these urges.

TAURUS (April 20-May 20) Strive to be more enterprising at this time when you are devising new ways to generate additional income. If you use your mind and energies properly, this can be accomplished.

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WIN AT BRIDGE

By Phillip Alder

The optimist looks at a ring doughnut and sees only the doughnut. The pessimist looks at the same doughnut and sees only the hole. The realist knows that whatever the shape, the doughnut will still taste great. In bridge, a player can be all three of these people on the same deal.

How do you plan the play in six clubs?

The contract is against the odds, yet neither player did anything dreadful in the auction. Having the spade jack or 10 would improve the slam's chances, but who can make bids based on the possession or absence of a key jack or 10?

There are different ways to play the hand, but the best line is to start with the A-K of clubs before switching to spades. If the clubs are 3-2 and the spades 3-3,

dummy's heart loser will disappear on the 13th spade. You are also home if the club queen drops doubleton and the defender with three trumps has at least three spades.

However, when you lead a trump off the dummy, East plays the queen. The optimist thinks this might be from queen doubleton. Yet the realist knows this is impossible. No one defends like that. Then the pessimist fears that the 4-1 trump break will be fatal.

The realist plays on. Knowing he cannot afford another round of trumps, he wins with the club ace and immediately cashes his spades. West ruffs the last spade. Back comes a trump, but South wins, ruffs his heart loser in the dummy, returns to hand with a diamond, draws the last trump and claims.

NORTH 5-2-3-3		WEST 4-3-4-4	
♠ 653	♥ A5	♠ 1087	♥ 108763
♦ 98542	♣ 764	♦ 1083	♣ Q
SOUTH		EAST	
♠ A K Q	♥ 92	♠ A K Q 2	♥ 92
♦ A K	♣ A K J 5 3	♦ A K J 5 3	♣ A K J 5 3
Vulnerable: East-West Dealer: South			
South	West	North	East
2♣	Pass	2♣	Pass
3♣	Pass	3♣	Pass
4♣	Pass	4♣	Pass
6♣	Pass	6♣	Pass
Opening lead: ♥ K			





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Seminole High opens magnet program for health professions

By VICKI DeSORMIER
Herald Staff Writer

SANFORD — Seminole County schools will open their first school within a school this fall.

The Academy of Health Careers will open at Seminole High School to help students from across the district prepare for careers in the health care industry and to pursue health care education at the post-secondary level.

Approximately 100 students have been selected from all over the district to commit themselves to a four year study program that includes the regular high school curriculum and other classes that are geared toward their studies in the medical field.

"We have tried to select students who show a willingness to stick with the program and work hard toward their goals," said Gretchen Schapker, principal of Seminole High School



Herald Photo by Tommy Vincent

Jeremy Kaplan, 14, talks with Sally E. LaGoy, college advisor for the academy, and his parents, Mike and Ellen Kaplan.

said. The academy will offer a guided and very rigorous interdisciplinary in-

stitutional program that will offer classes that are relevant to the career. See Seminole, Page 11.



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Tears of joy shed for young cancer patient

By SANDRA ELLIOTT
Herald Staff Writer

Balloons, a new sleeping bag and happy tears were the order of the day when Lori Dickens said good-bye last week to the doctors and nurses at the Arnold Palmer Hospital for Women and Children after completing three-and-a-half years of chemotherapy which cured her leukemia.

The 7½-old first grader at Osteen Elementary School is cured, but her mother, Donna, said she will be checked periodically until she is about 12-years-old to insure the disease has not returned.

A party May 15, attended by 74 friends and family members marked a new beginning for Lori, leaving the weekly hospital treatments behind.

Lori hopes to try out for cheerleading at her school, join the Girl Scouts and be active in school activities, all goals which were difficult while she was in treatment.

"You couldn't plan vacations or anything," said Lori's mother,

"because she had to have a treatment every Monday."

Running, jumping and playing with her friends are what Lori likes to do now. She will be a second grader in July at her year round school. However, when leukemia struck when Lori was four, she was bedridden.

The little girl developed a slight limp, which her mother attributed to the improper fit of some toy high heels. When the condition did not go away after Lori stopped playing in the shoes, her mother called the doctor.

The Sunday before the appointment with Sanford physician Dr. James Quinn, the family was dressing for church, Donna recalled.

After Lori had changed into her third outfit of the morning, her mother admonished her the family would be late for church. A little tantrum resulted, so Donna recalls, she smacked the little girl's thigh to emphasize the point no more clothing changes would be allowed.

"When I did (smacked

her) her back collapsed," Donna recalled, "because the leukemia had been working. She couldn't move. From her eyes, you could tell she was in horrible pain."

After consulting with the doctor who suggested the problem might be a spasm, Donna decided to keep the appointment the next day rather than try to go to an emergency room. When Lori laid still, the pain subsided.

"As soon as I took her in that Monday, he (Quinn) knew something was wrong," Donna recalled.

About a hour and a half after Lori was admitted to the HCA Central Florida Regional Hospital in Sanford, Quinn told Donna her youngest child leukemia. Donna contacted her husband, Ricky, a civilian electronics instructor with the Navy, who was working in Chicago at the time. The couple also have a 20-year old son and a 17-year old daughter.

Lori was transferred to the Arnold Palmer Hospital for Women and Children where batteries

of tests including spinal taps and bone marrow taps were conducted. After about 30 days, the disease was in remission as treatments continued, including three day hospital stays every three weeks for about four months.

Monday marked her last bone marrow test, last chemotherapy and she had a spinal tap. The spinal taps will continue every three months and blood tests each month for the next year.

"Through it all, she has always had a smile on her face," Donna said of Lori, "and God's always been right there. He healed her back. She was bedridden, she couldn't walk or sit up. So I give credit to the Lord for that. She's running and jumping and playing, not as good as all the other kids, but she still does. One thing she can't do as well is skipping. She has problems with skipping, but everything else, she has gotten back to normal."

"She can't ride a two-wheeler yet by herself," Donna added. See Dickens, Page 11



Herald Photo by Kenjo Zebulung

Lori sits with her parents, Donna and Ricky Dickens.

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Spring brings energy and romance

By **HOLLY CORVELL**
Associated Press Writer

The snows have melted, temperatures are rising, and that woman you keep running into at the copy machine is looking kind of cute.

It's mating season — and not just for the birds and the bees.

"The sights, sounds and smells of spring ... all probably juice up our primeval mating game and give the sunniness of our personalities what we call spring fever," said Helen Fisher, an anthropologist associated with the American Museum of Natural History in New York City.

Most people begin to feel happier and more energetic in the spring. And those feelings usually translate into more social behavior. Marty Marrazo, a clinical psychologist, calls it "the elation effect."

"Coming out of a long,

tough winter ... gives people a lift," he said. "Starting with the weather change, you can see a sequence of behavioral changes from a lighter mood, to seeing more people, to searching out what we're all looking for in life — a special person to fall in love with and have a special relationship with."

In the spring, there are more opportunities for interaction as people emerge from their winter hibernation and shed layers of clothing to enjoy outdoor activities, Marrazo said.

People are usually more open to social contact, too. They tend to be more upbeat and positive, and these are attractive qualities. "When people are feeling happier, they smile more, and smiling is certainly a precursor to feeling giddy, having fun and falling in love," he said.

¶ The sights, sounds and smells of spring ... all probably juice up our primeval mating game and give the sunniness of our personalities what we call spring fever. ¶

—Helen Fisher

Spring love is nothing new. Since ancient times, there have been tales of warm weather romance, says Mary Valentia, who teaches a humanities course on romanticism at the State University of New York at Albany.

"It probably goes back to the vegetation cycle in the earliest myths," said Valentia, who noted that many things identified with spring, such as fertility and renewal, are also linked to love. "It's as old as human beings."

It was spring when Guenevere fell in love with Lancelot in the medieval tale, "King Arthur and the Knights of the

Round Table." In Johann Wolfgang von Goethe's 18th-century novel, "The Sorrows of Young Werther," for example, a young man falls in love in the springtime with a woman who represents the ideal woman, a nurturing earth mother dressed in white.

But spring love is not limited to Western cultures.

"Around the world people suffer from lack of light and experience incredible joy when they get light," said Fisher, author of "Anatomy of Love: The Natural History of Monogamy, Adultery and Divorce."

In South America's Amazonia, people celebrate when the sun comes out after the rainy season. Others in arctic areas, where there is little or no sun during the winter, experience euphoric hysteria in the spring, she said.

Biochemical changes may contribute to the spring mood swing, but they don't appear to be consistent in the general population, said Dr. Joseph Delpito, a psychiatrist at Cornell Medical School in White Plains.

"There definitely are changes in large numbers of people in the springtime based on light, but it's unclear if that extends to everyone," Delpito said.

Seasonal mood changes grow more pronounced with the distance from the equator. Only 2 percent to 3 percent of the gener-

al population suffers from Seasonal Affective Disorder, but 20 percent to 25 percent of the population in the Northeast suffer from some form of the winter blues, Delpito said.

Those people who are depressed in the winter tend to experience more of a high in the spring, he said.

But some people never rebound from the winter doldrums, says Marrazo. And watching others enjoy their spring revival only makes them feel worse.

"Over the years, I've learned to be very careful not to assume that just because it's a beautiful day, everyone thinks that's a great thing," said Marrazo. "Sometimes people react negatively to what the average person would react to very positively."

W.B. NEWMAN, M.D.

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Many people are still in the dark about night vision, the increased incidents of accidents at night and the prevalence of vision problems encountered on the road after dark. Even if a person's vision is 20/20, he or she still may not be able to see well at night.

Facts to consider:

● In a study done by the National Highway Safety Administration in 1990, the mileage based nighttime automobile accident rate was about 3.7 higher than in the daytime.

● According to recent National Safety Council statistics those figures point to 5.4 deaths per million vehicle miles traveled at night versus 1.6 deaths per million vehicle miles traveled during the day.

● While eyecare specialists agree that mere eye chart testing is inadequate, no standardized method has been developed to deal with this alarming and very important topic.

Perhaps the best way to begin is by discussing with your eyecare professional any problems you are presently having with night driving in any of several areas.

Obviously, age factors as they relate to things like slowed response time and the likelihood of cataracts can contribute. But so can problems with reaction to glare, guidance vision, contrast sensitivity and useful field of view.

Thanks mostly to the growth of AR, the one area that is undergoing increasing scrutiny is the question of glare. In fact the AR Council of America sponsored a survey to determine just how effective AR coatings are on glass, resin, and polycarbonate lenses in

minimizing glare at night.

The study addressed the problem that when the eye and face are brightly illuminated, and a low luminance target is being viewed (e.g., during night driving), the single reflections from the back and front surface of uncoated lenses can have a very significant impact on vision.

This situation was measured experimentally by recording the loss of contrast sensitivity in a simulated night driving environment. AR coating virtually eliminated this effect and provided the spectacle wearer with superior vision.

Patients response was unanimous: all of the patients stated that they preferred the AR coated lenses for night driving. The annoying reflections from shop windows and other types of overhead lighting were not noticeable with the coated lenses.

After years of study, a new evaluation and treatment process has recently been introduced to measure and treat the Useful Field of Vision (UFOV), an indicator of visual attention. This computerized

□ See Vision, Page 8

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By **MARY McEVAN**
 AP Food Writer

NEW YORK — Maybe, if you've been paying close attention, you've got your LDLs and HDLs straight. Turns out that's not enough. Now scientists are talking about still another kind of fat — trans fatty acids.

But you don't need a nutrition degree to eat healthfully.

Not all scientists agree whether people should monitor all fat in their diets, or should watch out for certain types of fat. The lack of consensus is due in part to the fact that it's been less than a decade that the link between diet and disease has been widely accepted.

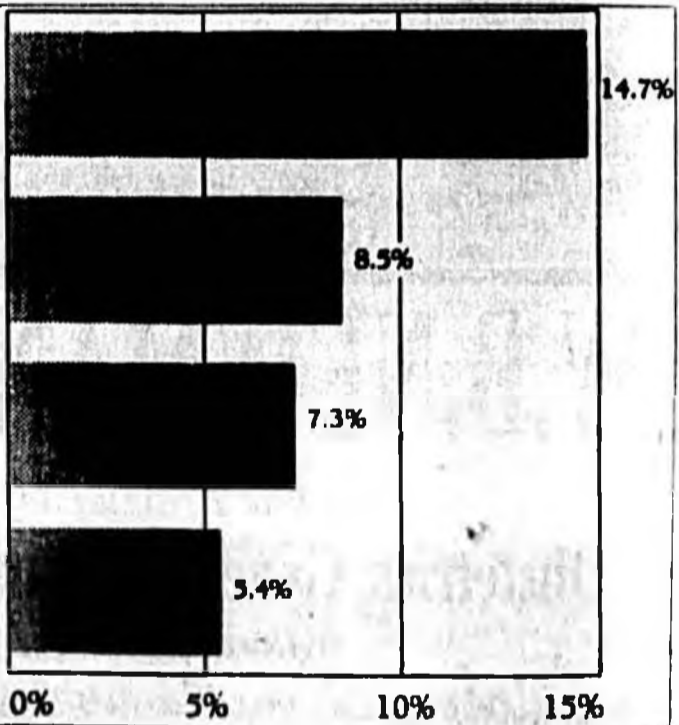
News lately has focused on margarine, which many people started eating instead of butter in the belief that its vegetable fats were more healthful. Now, there's word that the process used to solidify vegetable oils to make a

More attention to fat of processed foods

Restrict/reduce meat consumption/less red meat

Using low-fat dairy products/less dairy

Cutting back on fried foods



stick or tub spread — hydrogenation — also makes the fat raise levels of low density lipoproteins, or LDLs, the so-called bad cholesterol.

(Trans fatty acids are contained in hydrogenated and partially hydrogenated

oils, HDLs, or high density lipoproteins are the "good" cholesterol.)

Hydrogenation also is used in cookies, crackers and many other processed foods. Polyunsaturated oils, found in plants, go rancid quickly. By changing the

fatty acids in hydrogenation, food manufacturers get a longer shelf life from them, Denke said.

That's why all over the grocery store, food labels list among the ingredients hydrogenated or partially hydrogenated oils.

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Colon-cancer test could save 20,000 lives annually

DANIEL G. NANEY
AP Science Writer

BOSTON — Wide use of a \$5 screening test could save about 20,000 lives a year by finding colon cancer before it has a chance to spread, researchers say.

The simple exam, called the fecal blood test, is already a routine part of physical exams, and the American Cancer Society recommends it be performed annually on everyone over age 50.

Despite its wide use, today's study is the first to show that it actually saves lives. The report found that getting the test annually lowers the risk of dying from colon cancer by one-third.

The study, performed at the University of Minnesota, is the second recent finding in colon

cancer, the nation's No. 2 cancer killer. Last week, another team reported the discovery of a flawed gene that is believed to cause about one in seven of all cases.

"We are the first study to have a conclusive result to show that the test is effective for reducing mortality," said Dr. Jack S. Mandel, who directed the latest study, published in the *New England Journal of Medicine*.

However, the findings are controversial. At issue is the test's accuracy in diagnosing colon cancer. Ominous results almost always turn out to be false alarms.

Overall, 10 percent of those tested are found to have blood in their stool, a possible sign of colon cancer. Fewer than three in 100 actually have colon cancer.

Americans support health reform

By **JEFFREY GOLD**
Associated Press Writer

TRENTON, N.J. — While Americans are relatively satisfied with the health care they get, 85 percent support major reform of the system even though most believe they won't benefit, according to a new poll.

The telephone survey of 2,000 randomly selected adults found 56 percent believe reform will affect them negatively because of higher costs without improved quality or a decrease in quality for the same or more money. Twelve percent expect to gain.

Although most are at least somewhat satisfied with their current care or health insurance, two-thirds also said they would pay a little more for a national program that provides health care to every American. Fifty-six percent support "major changes" and 29 percent support an "overhaul."

The Robert Wood Johnson Foundation, founded by the chairman of Johnson & Johnson, gave \$164,000 to the Harvard University

Special treatment

Total estimated number of office visits in thousands by medical specialty, 1988, projected to 2000, and percent change, 1988-2000

Specialty	1988	2000	Percent change
Cardiology	11,832	14,014	18.4%
Internal medicine	82,301	93,019	13.0%
Urology	9,388	10,574	12.9%
Surgery	33,006	37,019	12.2%
Ophthalmology	44,701	50,054	12.0%
Family practice	211,688	231,110	9.2%
Psychiatry	20,128	21,577	7.2%
Pediatrics	75,811	78,906	1.9%
Obstetrics	57,559	58,039	0.8%

School of Public Health to conduct the survey.

"Any elected official looking to public opinion for a safe stand to take on health-care reform is in for a shock," said Dr. Steven A. Schroeder, the foundation's president.

"Right now, any position you take will offend some view held by a majority of Americans," he said.

The poll, conducted March 18-25, has a margin of error of plus or minus 2.5 percentage points. The unpublished survey was provided to The Associated Press.

Harvard professor Robert J. Blendon, co-

director of the survey, said he expects to present the poll's findings to Hillary Rodham Clinton's task force on health care reform.

The poll also found that many Americans have misconceptions about health care. When asked who make up the country's uninsured population, 48 percent said the poor and 37 percent said the unemployed. But most of the estimated 37 million uninsured Americans are employed and live above the poverty line.

The poll found that 44 percent consider health-care reform the

most urgent issue for government, second only to economy and jobs, ranked first by 48 percent.

It also found 23 percent of insured Americans worry "a great deal" or "quite a lot" that they will lose health coverage in the next two years.

That fear was reflected in a recent CBS News-New York Times poll, which found that 47 percent of Americans are concerned that they or someone in their household could be without health insurance in the next five years.

A CNN-USA Today-Gallup poll published Friday found that 90 percent believe the country faces a health-care crisis, but most are satisfied with their own care and insurance coverage.

The Johnson poll found that to give every American access to health care, 65 percent would pay higher insurance premiums or taxes — but not much higher. Forty percent are willing to pay \$30 more a month.



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Fiber facts:

Moderate consumption of fiber can be helpful to your weight-loss program in several ways.

Fiber slows the movement of food from the stomach to the small intestine, creating a feeling of fullness and making it easier to limit your intake of food.

It takes physically longer to eat fibrous food such as apples than non-fibrous food such as apple juice, so less gets eaten.

It may take more energy to absorb and digest high-fiber foods than it does low-fiber foods.

Fiber should, however, be eaten in moderation. It may decrease the availability of certain nutrients by moving them too quickly through the digestive tract before they can be absorbed.

Good sources of fiber include breakfast cereal, fruits, vegetables, beans, whole-grain breads, nuts and seeds.

Insoluble fiber, including cellulose, lignin and hemicellulose, aids in elimination and appears to lower the risk of colon cancer.

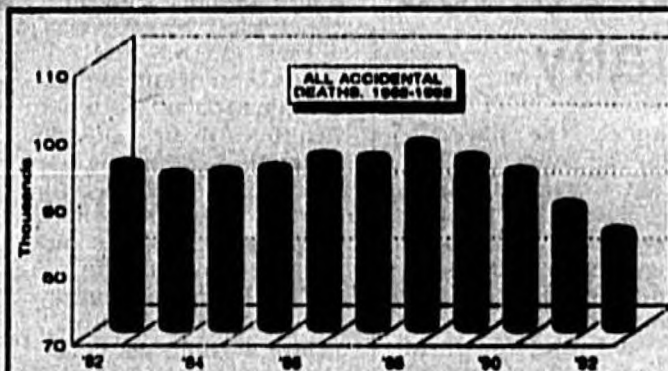
Increased intake of soluble fiber from pectins, gums and mucilages lowers risk of heart disease and cholesterol and helps regulate sugar in the body. Both enhance the sense of fullness and both are useful for losing weight.

Accidental death rate drops

The National Safety Council has just announced that accidental deaths in the United States in 1992 declined to 84,000. The last year a lower accidental death total was recorded was in 1922.

According to the Council's recently released 1993 Preliminary Condensed Edition of "Accident Facts," the 1992 accidental death total of 84,000 represents a five percent decrease from the 1991 total of 88,000.

Alan Hoskin, manager of the National Safety Council's Statistics Department, attributes the decline to the continued effectiveness of injury prevention programs, especially in the motor vehicle area. In addition, the state of the economy continues to play a role. "When fewer people are employed, we tend to play a role," when fewer people are employed, we tend to see a decline in



THE NATIONAL ACCIDENT FATALITY TOLL

	1992 Deaths	Change from 1991	Disabling Injuries	1992 Costs (billion)
ALL CLASSES	84,000	-5%	8,200,000	\$172.4
Motor-Vehicle	40,100	-8%	1,400,000	\$ 87.5
Work	9,200	-7%	1,600,000	\$ 51.5
Home	20,000	-2%	3,000,000	\$ 21.8
Public	18,000	-0%	2,300,000	\$ 14.8

Note: The motor-vehicle totals include some deaths also included in the work and home totals. This duplication amounted to about 3,000 deaths in 1992 and 3,700 deaths in 1991. All figures are National Safety Council estimates.

workplace and motor vehicle accidents," said Hoskin.

The Council also estimates that accidents in 1992 dropped to the fifth leading cause of death in the United States after having been

fourth for many years. Accidental deaths are now exceeded by deaths which result from heart disease, cancer, stroke and chronic obstructive pulmonary diseases.

Accident costs in 1992 amounted to about

\$172.4 billion. This includes: wage loss of \$44.3 billion; medical expense of \$19.0 billion; insurance administrative and claim settlement cost of \$38.3 billion; property damage in motor vehicle accidents of \$28.0 billion; property loss in fires of about \$8.2 billion; and, certain uninsured costs of work accidents of about \$24.6 billion.

Motor vehicle deaths decreased eight percent to 40,100 in 1992 from 43,500 in 1991. Work deaths declined seven percent to 9,200 in 1992 from 9,900 in the previous year. Home deaths decreased two percent to 20,000 from 20,500 and public deaths saw no change in 1992 and remained at 18,000.

The National Safety Council is a not-for-profit, nongovernmental, international public service organization dedicated to protecting life and promoting health.

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Vision

Continued from Page 6

system measures the spatial area within which an individual can be rapidly alerted to visual stimuli.

Because older drivers make up a large portion of the population needing visual attention and testing, it was the National Institute of Aging and the American Association of Retired Persons that financed the UFOV studies.

A New Breakthrough In Hernia Repair

Hernia repair is no longer major surgery. Recent advances like the mesh technique have made it as simple as a one-day "walk-in, walk-out" procedure.

A new laparoscopic technique now available at The Hernia Center of Central Florida has simplified things even further. Because this procedure requires only small incisions, it lessens pain and further shortens recovery time.

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The finding included data showing that older drivers with a restricted useful field of vision are three to four times more likely to have automobile accidents in intersections than those without this problem.

Cataracts present another problem. As the opacity of the lens is affected the person's view is partially blocked, and there is interference from scattering.

Things to do:

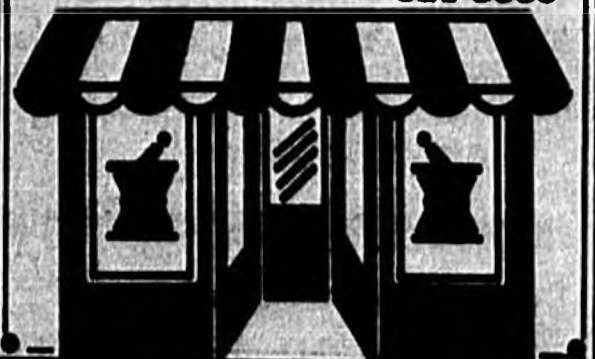
- Have regular eye examinations
- Keep eyewear updated
- Ask about latest optical developments
- Keep glasses and windshields clean
- Ask about AR coatings
- U.V. filters
- Always wear good quality sunglasses

Thanks to the AR Council of America the one area that is undergoing increasing scrutiny is the question of glare.

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Repetitions build strength and bulk

By RICK FRIEND
Special to the Herald

The Rep (repetition) is the basic of all bodybuilding moves.

How many are needed for size, for shape, for definition? Are fast reps better than slow reps? Does the number of reps even matter at all? These are some of the questions we will tackle, and hopefully by the end of this article, you will know how many reps you will be doing in your next workout. Before we go into that, let's examine muscle function a bit and see what we find.

For every contraction of a muscle, waste products are produced. These waste products, of which lactic acid is the main one, can be very toxic to the system, and must be neutralized. Immediate neutralization is done by oxygen, which is delivered to the muscle by the blood stream. A secondary neutralization occurs indirectly by glucose. The telltale sign of waste product build-up (hereafter referred to as lactic acid build-up) is a burning sensation in the muscle being used.

As muscular work rises in intensity, lactic acid build-up continues to rise. An everyday example is what happens when you are carrying a lightweight object, such as a bag of groceries or a baby. Initially the load seems light, but as you walk around, you begin to notice a burning sensation in your arms, shoulder, and back. Shifting the weight around helps for a while, but eventually you must put the load down and rest a bit. You may notice that even after resting awhile, your muscles still don't feel the same as before you started out. What is really happening here? How does it apply to bodybuilding? Simply put, you are experiencing a degree of lactic acid build-up in direct proportion to your body's ability to neutralize lactic acid. You were able to carry the load as long as your body's cardiovascular system was able to supply the muscles with enough oxygen to neutralize the lactic acid build-up caused by your working muscles.

In order to meet this increased demand for oxygen, your heart rate was increased, and your respiration also. Now, what would happen if you were carrying an air conditioner instead of a 25-pound package? The first thing you would notice is that your heart rate and respiration would increase to a higher level more quickly. You would need more rest periods. You would also notice that even with increased rest

periods, you would be considerably more tired than when you reached your destination. This is because the number of muscle fibers needed to carry a heavy object was greater than the ability of the cardiovascular system to neutralize the lactic acid build-up. What does all this have to do with bodybuilding? We'll see now.

A contracting muscle will use only the fibers needed to do the job — the others simply "go along for the ride." When you walk, your leg muscles produce lactic acid. But since normal walking uses only a very low percentage of muscle fibers, even though your whole leg is working, the body's circulatory system is able to easily meet the demands of walking. And, since the same muscles are used over and over, your body sees no need to cause an increase in the size or strength of the muscle fibers. This is called an aerobic movement — the most economical way of doing a large amount of work while creating the least amount of stress on the body.

Now instead of walking, what if you curl a one pound dumbbell. Again, since the weight requires so few muscle fibers to be used, the body has plenty of time to clear the lactic acid build-up. Now suppose we start adding weight to the bar. Like the shopping bag, it'll feel light at first, then increasingly more heavy as each rep occurs. Adding more weight will make the bar seem fairly heavy at the beginning of a set, then impossible after several reps.

A weight that is very heavy at the start can be moved after only a few repetitions. This weight will not use all available muscle fibers due to lack of adequate blood circulation. That is, you didn't do enough reps with the heavier weight to produce the circulation! So obviously what we keep drawing on unused muscle fibers, stimulate them and keep drawing on more until no more are left. Doing so will cause lactic acid build-up in every fiber, thus, causing the muscle to cease to function.

When the muscle ceases to function as a result of fiber exhaustion, there will concurrently be a lactic acid build-up of such enormous proportion that the muscle will increase to almost freakish proportions. Enter the pump — the badge of the bodybuilder.


So how many reps are best to produce a condition where you can exhaust all of the muscle fibers without reaching cardiovascular failure first? In practice, we have found 8-10 reps to be best as long as the exercise is correctly performed. So, let's

establish a list of basic points:

● A properly done set which produces a maximum pump indicates that all the muscle fibers have been worked, and that a stimulus for growth has been placed on the body.


● Reps that are too high enable the cardiovascular system to clear the lactic acid build-up from the working fibers and never allow the unused fibers to be brought into play.

● Reps that are too low do not stimulate the cardiovascular system enough to send blood to the muscle, thus, again not allowing all of the fibers to be used.




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American Cancer Society Recommendations for The Early Detection of Breast Cancer in Asymptomatic Women

BREAST SELF-EXAM (Age 20 and over)

Once a month:

- Check each breast all over
- Use your finger pads
- Go up and down
- Check under your armpit, too
- Feel for lumps, thickness, other changes

CLINICAL EXAM

- See a doctor or nurse for a physical breast exam
- Age 20-40, every 3 years
- Over 40, every year

MAMMOGRAPHY

- Have your first mammogram by age 40
- Age 40-49, have a mammogram every 1 to 2 years
- Age 50 and over, have a mammogram every year

Benefits of Retin-A

Studies suggest wrinkle cream may prevent cancer

By DANIEL G. HANEY
AP Science Writer

ORLANDO — Studies suggest that the prescription wrinkle cream Retin-A may have an entirely different use — preventing cancer.

Doctors found that the ointment appears to return precancerous conditions of the skin and cervix to normal, presumably eliminating the risk of developing malignancy.

In one study, government-financed researchers found that Retin-A reversed cervical dysplasia, an extremely common condition that occasionally leads to cervical cancer.

In the other, funded by the makers of Retin-A, scientists found that the ointment can fade and even erase moles called dysplastic nevi. These moles sometimes grow into melanoma, a lethal form of skin cancer.

"We saw significant

improvement in these funny-looking lesions. The idea is that if these lesions go away, the risk of melanoma is diminished.

-Dr. Lynn Schuchter

improvement in these funny-looking lesions," said Dr. Lynn Schuchter of the University of Pennsylvania, who conducted the mole study. "The idea is that if these lesions go away, the risk of melanoma is diminished."

The studies are among the latest efforts in a new cancer field called chemoprevention. The goal is to make a preemptive strike, catching abnormal tissue before it becomes cancer.

Probably the most notable success so far in this approach is the use of Accutane, an acne medicine, to clear up oral

leukoplakia. This condition, common among smokers, often leads to mouth and throat cancer.

Like Accutane, Retin-A is a synthetic form of vitamin A.

In the larger of the two new studies, financed by the National Cancer Institute, doctors randomly assigned 301 women with moderate or severe cervical dysplasia to get Retin-A or a dummy cream.

"The bottom line was that the trial was positive for reversing moderate dysplasia but not severe dysplasia," said Dr. Frank Meyskens Jr. of the University of California, Irvine.

The mole study, underwritten by Ortho Pharmaceutical Corp., was much more preliminary.

Dysplasia is the growth of abnormal cells in the cervix. In mild cases, doctors monitor the patients but do nothing unless the condition changes. However, in moderate or severe cases, they may remove the abnormal growth using lasers, electricity or other methods.

In about 5 percent or less of cases, the dysplasia progresses to become cervical cancer, which strikes 13,500 U.S. women annually.

Among 43 percent of the women taking Retin-A in Meyskens' study, the dysplasia reverted to normal tissue, compared with 23 percent in the untreated group.

The women were given the treatment over four days, and it was repeated after three and six months.


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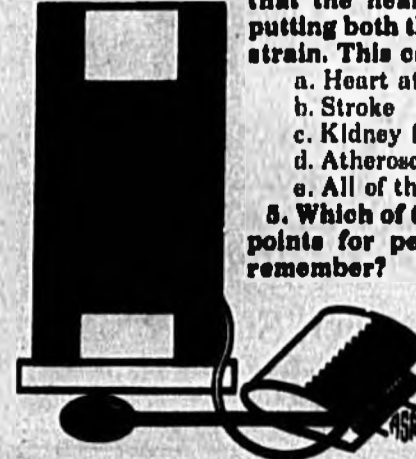
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Get Checked for High Blood Pressure

Are you the one American in five who has or will develop high blood pressure at some time in your life? It ranks alongside high blood cholesterol levels and cigarette smoking as a major risk factor for heart disease, the nation's leading killer. Are you at risk for high blood pressure? How much do you know about the disease?

Test your knowledge with the "Heart-Healthy Quiz" presented by Marion Merrell Dow Inc., makers of cardiovascular medications. Answers appear at the bottom of the column.

1. Which of the following factors may contribute to high blood pressure?
 - a. Being overweight
 - b. Excessive salt intake
 - c. Age
 - d. Hereditary conditions
 - e. All of the above
2. Blood pressure is:
 - a. The thickness of the blood
 - b. Force created by the heart as it pushes blood into the arteries and through the circulatory system
 - c. When blood flow is cut off from one's arms and legs
 - d. None of the above
3. High blood pressure in adults is defined as:
 - a. Systolic pressure 140 and diastolic pressure 70
 - b. Systolic pressure 160 and diastolic pressure 90
 - c. Systolic pressure 140 and diastolic pressure 80
 - d. Systolic pressure 180 and diastolic pressure 40
4. High blood pressure indicates that the heart is working harder than normal, putting both the heart and the arteries under great strain. This can lead to what condition?
 - a. Heart attack
 - b. Stroke
 - c. Kidney failure
 - d. Atherosclerosis
 - e. All of the above
5. Which of the following are the most important points for people with high blood pressure to remember?
 - a. Follow your doctor's instructions
 - b. Stay on your medication
 - c. a and b
 - d. None of the above



Answers: 1-e, 2-b, 3-c, 4-e, 5-c

Volkswalking: An easy way to get started in sports

By IRA BREYFUS
Associated Press Writer

WASHINGTON — If you can go for a walk, you can have a career in sports.

It's not that the big leagues have lowered standards. You just need a sport that refuses to set any — a distinction proudly claimed by volkswalking.

Volkswalking is walking on a course laid out by a local affiliate of the American Volkssport Association. In 1992, 486,602 people were listed as participants in volkssporting events — mostly hiking, but also including bike rides, swims and cross-country skis, according to the AVA, which has its headquarters in Universal City, Texas.

The sport, which originated in southern Germany, was brought to America by returning U.S. military people.

It's also known as volkmarching, but many U.S. members shy away from the term's connotation of regimentation. On a volkmarch, people

can stroll, ramble, amble, stride, lope or even hike — but nobody marches.

Club members typically find a scenic or historic area, where they mark out a 10-kilometer (6.2 mile) trail for all to follow.

They do mean all. Being in shape counts for little in this sport. Ambulatory is about the only shape you need to be in, said national executive director David Stewart.

"There's nobody down at the other end with a stopwatch, telling you to hurry up or you're not going to win this thing," said Stewart. "You win no matter what you do."

In fact, you can even get a prize. "We have some carrots in the program," said Stewart. Club members can buy a book like a passport, which walk organizers stamp for each completed event. The member sends in the book and gets back a pin, a patch and a certificate.

Seminole

Continued from Page 3
goals outlined by the student.

The academy will offer four separate "tracks" of education.

The first will lead directly from school to an entry level position, such as a home health aid, a medical receptionist or a pharmacy assistant.

The next will lead to a one-year study program at the community college or technical school level. Such additional training could lead to a job as a respiratory therapist technician, a medical transcriptionist or a dental assistant.

The third track of study will prepare students for studies leading to an associates degree and a career in sports medicine, as a dental hygienist or as a medical assistant.

The final track prepares students to earn a four year degree and to prepare for medical school beyond that. Those students who participate in the fourth track, will be those pre-

paring for careers as physicians, nurses, pharmacists or dentists.

"There is something for everyone who is interested in a career in the health care industry," Schapker said.

Students who enter the academy will take their core classes in the required high school curriculum during their freshman and sophomore years. During that time, they will also take an introduction to the health career studies they have selected.

During their junior and senior years in high school, they will participate in worksite internships, study advanced academic classes and take classes in their health care core programs.

"It is a very intensive program," Schapker said. "The students will be expected to work hard, but they will be prepared for work or for further study when they are done."

Nancy Julian, director of the academy has de-

signed the study paths so that the students at each level will be able to take the required classes plus prepare for the career path they have selected.

All the students are required to take 24 study credits for graduation, including four credits of English, three credits of math, three credits of science, three credits of social studies and one and a half credits of physical education.

The Seminole High program is modeled after the Blueprint for Career Education that is being piloted at several schools throughout the state.

The school already has agreements with HCA Central Florida Regional Hospital, Seminole Community College and the University of Central Florida for students to do internships and to participate in other study opportunities.

"We are very excited about what we will be able to do," Julian said.

Dickens

Continued from Page 4

"She is still scared, and so are we. She has training wheels on a two-wheeler."

Prior to chemotherapy, Lori had long, light brown hair which she lost completely after her first treatments. During the next three years, she partially lost her hair four more times. When her hair grew back, it was curly and dark.

"It was quite traumatic for her to loose her hair, as it is for all children,"

Donna recalled.

The prospect of taking dance classes gave Lori an incentive to work on increasing her strength through physical therapy. A dance studio offered free lessons for Lori and by June 1990, she participated in her first recital and has participated each year since.

Bouts with pneumonia, chickenpox and a wrist burn caused when chemotherapy fluid seeped onto Lori's skin were especially low

points during the treatment period, according to Donna.

Thoughts of the wheelchair, brace and walker, Lori once used while her leukemia-damaged vertebra healed are in the background now as the little girl dreams of being a child model and participating in children's pageants.

Special guests attending the party marking Lori's new beginning were Dr. and Mrs. James Quinn.

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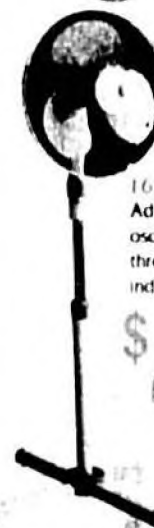
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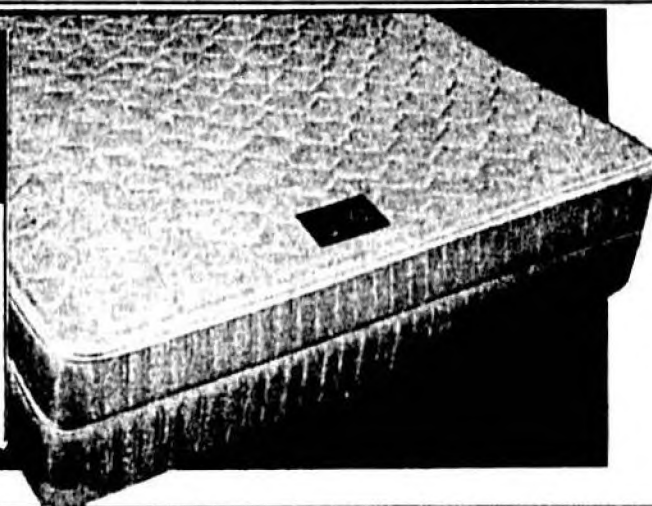
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