# Samforralirerald 

## NEWS DIGEST

## INSIDE

$\square$ Sports
'Hounds wear SAC crown again LoNG WOOD - Livman's Greylisunds
wrapped up therr furril conseulve Seminule
 asec Page in

## $\square$ People

What's Cooking?
Now. you can have your creamy delights
without all the fall. Stay shlun while keting your E See Page $\mathbf{3 B}$.

## BRIEFS

Spring concert Sunday
 present "iss siring conecrit in the Fine Arts Consmumbly College in Sinliord til Sumday. April 23 at 3 p.in. The putble is cordially sivited ind admusston is irc




School plans auction L.ONGWoOD - The pare Prizate School 2 2nd






All proeeds will beneth Pact serkoul. a,


## Visioning workshop tonight

SANFORD - Semmale Couny blaming and future tomphth ist is "vistumnt workshop"' 10 se

 3000 of the Semmane Coniny Seryers huilding

## Summer programs set


 and Gitls Clubs
Thure will be

The cosi 10 sis per werk. The tee lucludes




compliled from otatit reporit

## INDEX



GWe all have the right to call each other names. Rudeness is a deeply held constitutional value. 5
-Congrestaman Barnay Frank


Rung anid wartu



For more wenthor, soop Page $2 A$

Holy midge eaters, Batwoman!


Ken Glover, a bat expert at the University of Florida, bat houses even approaching Inat size here in
slands beside the college's bat house which can
Focus: Relocating bats from college rafters to new homes

Ey VICKI Desonmith
Herald Senior Stall Write
SANFORD - There are too many hate liwis SANFORD - There are tou many bats living in the
rafters at Seminote Communty College. And. some say. not enough of theth on the Sanford waterfont. Thoussands of bats are roosting under the ratlers of
two of the buildings at SCC. They bother no one and they even make the college a trore pleasant place in the evenings because the bits Chunces are, even those who take nigh elasses an the college have neverseen them.
However, the smell of the guano (bat dropplags) is
celling very strong aldeng the ouside corridors of the cor from the ting crevleces alombs the edges of the Andid are still gutde cullege feely han to a world where many
 emove the bats from campus buld dhes. Fims shere laarai Seckbacll Finn comes in. Finn wouldn' mind a bid it you sald



## On the road again

Crackdown on driving illegally

Herald Statt Writer
Thousands of malorlsts were tek
eted lis hie firs1 few days on
 Highway ratrel started this past $\mathrm{Friday}^{\mathrm{FH}} \mathrm{H}^{\prime}$ Colonel Ron Grimming had Bee Tlckete, Page ${ }^{0}$

## 20 shots fired

y MICK PFEIPAUI
$\qquad$
SANFORD - Sanford police are surching Ioday for three men
ollowng a slooting Tuesday nteh hear Fourth Streel and Avarado Avellue. Atton Issac. 26 . was re
portedy hat by only one bull illhough poltee saly as many as 20
rumfids maty have been fired. rounts may have been fred. Accordme to police Commander
bembls Whitmire, Istac and anotive mant were weltheng on Fourth Stree
shorily betore 9 pan. List nigh
 of the head and knocked to the gromul. Whimare sald offerers lave
deternined he was hat wifh brass knuekles.
frolice belleve there ware Ilire
ren involvel it Shac. involvert in the atack agalns issuac.
Lisee

## Lake Mary fine-tunes sign regulations

By MICK PFIFA
Herald Stall Write
tom. sign regulatons in the clity of Late prodgary kepp returming.
Several Ithes
comeral limes lat past meetings. the chy bine dey to luwe lasi minute questhots corm

## Longwood: Wide road ahead?

Ey BaMDNa ELLLOTT
LONGWOOD - Wards like cexereed, bullied and


 and scopre on srrices for Professomal Enghererng
 For lack of at scond, cley commensituners Run
Sargen. Bull Winston and din Carrica rejected a
 sulin tere The commisstoners then requested the
 The raume yet ulde 8 rocurco lar Road lram the perory gias lak varmarthed lie


 The raded design teatures 12 -foxi medians alemp portuons of the ruad with center turn lanes in
 tosidernts ere my change in the toad is at
 Mary and Slate Rowd 434 .
His timy 60 htand

##  

 pestapanct. The dy The in ay was re partedly lo allow due rity stalt
$\qquad$ 1ACS, eltors are nosing atenncer tounimimen


${ }^{111}$ prepiration for lhis Thursday nights
 Iton explathmu the varlous suph silualloms. Regardme the political liags, West sald the cay Aurary las liken a ghsthon that hes courss wil


lennis club in the Santord area. She died of cancer in 1988 On hand wre lim the back row. left to righty lichard Fowler. Jean Fowler. Dr
John Morgan. Edilh McNaill and Wendeli Spsingfield and lin the loNe row, lell to right)
tennis director Gavin Ford. ACS area repre Sentalive Des Lamar, Ruth
Sutinglicid und Bill Maliczowshi

## FLORIDA BRIEP

No injuries reported in jot Incident
 Thicre were no reportsor inumires in the Tuesday inciden Thic L-1011 operaled by Faucert Artilines was headed to
 Manuel fermander. pasasenger service reprosecentalive. accorting 10.IIPpor spokekraman Marr Hendersan, cast of the airport and



 This can happen to nawone., he tuld.

## Language changes in court


 Aldo Madonala. 3 l. an Hatian becing prowecuted in Palermo.

 The proceredings were conducted in 1 thitian with some Enquluh h rannalatuons.
The Inneup was cre
-"mor theur was oreated to met liallan lequal requirement CuIfaro. who was senten ned to 10 yearn in federal priono on a
druis congaracy drug conspracy conviction in Weat Palm Beach, teatined he

 Plane lands safoly aftor bomb threat

 | recelved ar cporn of a bomb threat. |
| :--- |
| Aboul |


 7.Thbe eliot came on over the speaker and leet uu know there


 Willams In Allenta. Todd Clay had no comment other than
 Pistol range under court mandate




 Amputce's laweult settied
 Michelle Koenig. 39, had toppped at her hubbend' ireaturan nex door to the dirve hirli Mallk Market in 日randon in


 tollowne 1amonthe.

 Bropertics Lid... wetliced for 81.2 million.
From Associated Proses reporis

## NEWS FROW THE REGION AND ACROSS THE STATE

## FSU's foot locker scandal

## Bill aims to prevent repeat of actions

By ADAMM YCOMAME
TALLHASSEE Writer TALLAHASSEE - Lawmakers want to
Ughten regulations of sporta agents to
prevent a repeat of the embarrasing Foot prevent a repeat of the embarrassing Foot
Locker scandal that tarnished Florida State foolbell.
Athlete agents would be required to pass
an examinalion before the the examination before the slate licensed
them under the bill (SBE 2330) approved Tuemday by the Senate Governmental Re. The bull is headed next to
 1807) aponsored by Rep. Jim King. R.
Jacksonville, is in House Finance and Tax

Sen. Ken Jenne. D.FFort LLunderdale. zald
he legtintion mieht not have stopped the the legitation mideht not have stopped the
controverny at Ploride State that resulted in
 players during the team's 1993 naltonal
champonahlp season.
II don't want to sec for a universily like In don't want to oer for a untverstly like
Florlda State Florlda State another embarrassment!, sald Jenne, who sponsored the bill. "I think the
state neds to respond to it and respond very well.
voes it
"Does it molve all the problems? No. But
docs il put people on notice? Absolutely.. A group of would.be agents took players on a 66.000 shopplng aprece at a Foort Locker
tore at a Tallathasoer mall in late 1993 . providing caah and other gins.
A handful of play gers. Including All
American linebacker Dertick Brooks. were American linebacker Derrick Brooks. were
suapended for several games at the start or

last meason | last teason. |
| :--- |
| The legala |

The legisalation would require prospectlve
agents to be is or older, have a hilgh-school
iploma and pase an examination about
CAA rules and onher laws and regulations. They also would face a criminal recordat
check and have to poost a 816.000 bond with the slate.
The bill
The bill allowa a universily or college to sue an agent who vololates the proposed luw.
11 also increases the peranty on student athletes who faill the provide the required
ated notificalion or entering a contract with an
agent from a nrat-degree midemeanor to a agent from a nrst-degree midemennor to a
third-degree relony. puniahable by up to nive years in prison and a 85.000 ine.
"Today anybody here in this bullding can be an agent as long as they can find a client. They have 10 Know nothing about what
They're dolng.: mald Chuck Ehrhardt. Flor-
 NCAA. - People's Ananclal well belng and
inelr profesional future really are in the thelr professional future
hands of incompetents."


Health care companies unite in deal

TAMPA - The rapid con


 Coram. beeed in Denver, In the
natlonai, leader in nationai leader ln home tio
travenoun care. the adminitra.
 nulrillon to potiterniz wht cancer.
AIDS and other nerioun ilmemes. ADS and other merioun illnemes:
It also provides other home care servicen such on nuraing and
medical equipment. medical equipment.
Lencare. bamed In Clearwaler.
wesi of Tampa. is the second. Weat of Tampa. it te second
Lartest provider of home reapira.
tory itherapy - okygen. ven. tory therapy - orysen. ven
lilatoone and druga.
jumes James M. Sweeney. Coram:
chamirman and chitef exceutive charman and chlef exceutive
officer. prodicted Tuesday the combined company will have
annual revenuca of si.5 billon
by by next year. continuen an in
duairy trend of acquibilione and million in iges. mergers among health care more compellive deala to nanaged care groupp., such an HMO. which provide compre-
HMIVe care for a hensive care for antal annual free
 nhd other care providern with
HMO they porefuater carting for pa. hents at home because this torically the home carre induantry has been scattered amone numerous amall providern. making
large contretu at diacount
prices dimeult. prices dificult. Coram was created hat year
through whe merger of your
cealith care companten health carre companien. It look he lead in home intravenous
care in January when nit bought
Caremask Internallonal Care in Jank interynellonal bought
travenour buelneas for travenous bueinese for 8310
million. At the time, Coram
predicted annual revenues of million. At and
predicted annal revenueram of
5000 million. up

b
better able to serve thooe with complex reapiratory diseases broali, he sald.
"Paliente
with "Pallients with thene disensen
seed Intravenous drug and nuiritonnt theraplen nu well as eepiratory therapy," he mald. Under the deal, Coram would
give Lincare etockholders 1.54 hares for every ahare they own
 Lincare an $138 . .50$
nearly 1.1 mullion.
The transection. expocted to Tlose in July, $1:$ expected to regulatory approval and the
stockholders of both companiee. The deal comes leve than two
monthe aner anolher bis home heallh care merter. On March 2 .
Hen
Homed Homedco Group Inc. and Abbey
Hellthcare Oroup., both in Callfornta, announced a meryer
to create a bl billion a year to create a bi billon a yenr
company that wuld be the
largean home reapiralory care

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## POLTE BRILP

## Pot possossion

Enakine Jermalinc Howard 22. 2450 W. 18 Sth St... Sannord.

 unill was making a rame siop when he told the orcupants he he
could memel mariuana in the car and he maked them to exit the
 Depulte found money and nine baggles conlailining a green
teary zubstance hilden hherc. The ubbatance caner t cased postlive as ameryuana, Howard was taken to the John E. Polk Correctional Facilliy
and held on $\mathbf{~} 3.000$ bond.

## Schools hit

Five secparate incldents at arrea schools brought sherfirs
Invealigators out In the past week.
 Longwood reported her wallet. valued al 885 had been stolen
from her classoom. -Atiempto to brak in to two zeparate clasurooms were reported Monday at Rock Lake Middie School in Lake Mary.
Both doors were damaged but no entry was belicverd to have
 Monoal. Trom he mal. LLast Thurgay. a calculator was repored stolen from a
Student's book bag al Crecenwood Lakes Middile School In Lake
 Major burglary
 A home Monday in the 400 block of s. Winsome Cour near
Lake Mary. Depepilect mald the home had been ranmacked with



## Wrong name -1

On April 14 . Sanford police arreated a man at 314 Rachelle

 arreat and the man's real ldentyy wan Are M. Cook. Potice



## Wrong name -2






 now beren Elven an ad
by a dioguised perzon.
Thaytheures.

 product from the zore withoul payling. Durng a eanch of her
purfe, offleern matd they uncovered al white powder, which
 Traffice stope




 haying en proofor inaurance.



## Missing girl, 12 found with man, 51

## Ay caralima onfir Associated Prese Writer

 SAN JOSE, Callf. - Solvation Army Maj. Moses Reycs had noreason to think anything was out or the ordinary when a middtle.
aged man and a girl he mald was
his daughter anked him for hetl

 her The palr attended the Salva.
tion Ulon Anmy's Easier service mid
Sunday mechool class in Pomona.
Saying he had rescued his Sunday schoo had rescued his
Sayg he he
daughiner fom the abualve home
or his divorred wif ihe me of his divorced wifce. The man
asked for food and a place to
stay. The Salvallon Army put
them stay. The Salvallon Army put
them up at a motel and gave
them food coupons and cab
 12.year-old girl who had been
missang from San Jose for nearly
(wo weeks. ond about her two weks. and about her
51.ycar-old companlone
wanted man who had met the Birl by way ofa wrong number.
A tip rom Reyes led police t A up rom Reyes led polise to
the molcel Monday night. where
they found the pirt. they found the girl. Tran Anh
Vo. and Phlllip Kent Phiko
who boih nald thry were Juat who boith
friends.
Phiko remained in the Pomona
fall Tueeday in licu or als.,000
bail on a wartrant charging him
 faces up io a year in prison if
convicted. San Jose police flew to
Pomona, 370
miles to the zouth. Ceas., who was in good condi-
tran. She was in tlon. She was in protective
cuastody an a rumaway and cuatody az a run
possible crime victim.
Tran is a middle school stu-
dent from San lose whose viet. namese familly deacribes her as
shy and having rew friende Phiko is a ahect-metal worke from nearby Campbell. They
became frienda over the phone became friends over the phone
afler he misakennly dlaled her
number, politiec sald. number, police sald.
Both Phiko and the girl mald
thelr relationship ts platonte. "She'm not tece harmed or
molested." phiko haid in a malested." Phiko aald In a
broadcasi interview Monday rroadeasi Interview Monday
night. "Werran odd couple. W
are the oddeat couple around." are the oddent couple around.:"
He ald
fritent friend. Tran complained that
 sald Whl you come and pet
me?tuphlika midy "ll was kind of Tran told Pomona police on hice own that she and polike on
only frendse zald Li Larry Todd $A$ Sen Joe police mporemen Loule Querada. would not comment on Phiko"n allegnalion that Tran's family beat her -
which the framlly dentee oor on
publlahed reports that the girl

## LOSE ":" 10 LBS.

 IN 3 DAYS
## JCPenney

## 93 ${ }^{\text {RD }}$ ANNIVERSARY SALE SHOP MONDAY FOR AFTER-EASTER SAVINGS

 FOR WOMEN FOR MEN FOR CHILDRENSALE 17.99 Reg. EP2-834. HUNT CLUBO FINISHES

SALE 10.99 Rog. 13.फ. CABIN CREEK
COTTOWPOLYESTER TWIL SHORTS

SALE 10.99 ROG B1G-810. HUNT CLUBO
RBBED COTTON TEE OR PRINTTEE

SALE 24.99 NGG BSA. SELECT MISSES
AND JUNIOR SWMWEAR



SALE 7.99
ROE. STA. UNIFORM CODE:
SALE 19.99
RGg. 820. NATURAL ISSUE:
SALE 11.99 Mog. B1C-81E. TOWNCRAFT'
BROADCLOTH DRESS SHIRT in stripes
SALE 5.99
SALEEAF.99.iomes SALE 4.99
SALE 99.99
RUG. 13a.ce. TOWNCRAFT:

- 8ALE 69.09.
Reg. ©0.pi. suit coat

REg. EO.CM. SUIT COAT

2 FOR $^{\circ} 20$
ZERO GRAVITV COTTON CREW NECK TEES OR TWLL SHORTS FOR BOYS
Soperchly 812 esch.
SALE 6.99 Neg. O.M. NEW MOVES'
COTTON POLY TEE FOR GIRLS FOR HOME Towt iuntil ize accent ruagale WHEN YOU 2 OUY He $30 \%$ OF OEN YOUBUY OR MORE
JCPemnney Hwy. 17-92, 8 anford
 gators were making sure there Was Tucsday. Transs ralleved 17 year-old cousin. Thanh Lam
were no problems at the Von The
house before returning Tran. Tran disappeared Aprill. 5. She homecoming. They hung a allve or if anything happened in
had tome fome" banner on the her. "secred admirer" named Keni.
according to San Jose polifes. mhen piltee began in. number for Kent in one of Tran's
noteboks hotebooks and programmed Into
her pager. They called the
number and gol Philoos number and She told investigators her
hasband recently yer home aner
elling her telling her about Tran. Lasil
week. phiko called hla wife to ell her he was "protecting" a young
girl a and would not be comng
home. But when someone told Reyes
about a missing San Joae arir about a misaling San Jose gut
who mught be wilhs an older
man. he remembered the sup. poned father and daughter
had helped and called police.

#  

Friday 3 to 7 PM April 21 \& 28 hiring ali. positions FLEA

ध worto
 ago, but hed ginl several yeari
former wife. he mild, wad in in rormer wife. he cald, was in
relunghlp with a man who abusing the youngster.
"So he wanted to get her out of
that, and he was bringling her to



 A New Ford Ranger The more you recycle, the more you
can win at Reynolds Recycling. Recycle can win at Reynolds Recycling. Recycle aluminum cans with us and you'll get a scratch-'n-win game ticket. Prizes include 55 Ford Ramgons, up to S100 instant cash and free Reynolds Wrap aluminum foil.
 Recycle aluminum with Reynolds Recycling and WIN BLE

## SANFORD

Pinecrest Shopping Center 2701 sout CHIn 0
9:30 a.m. 5 p.m.

~



## Editorials/Opinions

## Sanford Heraild



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## EDITORIAL

Making the most of surroundings
People who llve in Florlda are blessed.
People drive hundreds and thousands of miles just to visit the tourlst attractions we have. In the Sanford arca, we perhaps have even
more to be pleased about in attractions. We are almost in the center of a trlangle between the Disney attrractlons, the Space Coast
attractlons. and Daytona Beach's "Worlds attractions. and Da
most famous beach.
Hut tet face facts. Except for golng to the
bcach. almost everything else costs a great
bracth almose everything else costs a great
deat of money, in some cases. more than relatlucly low Income people can affiord.
it has been discussed many times, a family of five visilting an attraction such as Disney
World may spend as much as $\$ 1.000$ per day Including food and lodgings
take the young 'uns there for a few days. But for some who think and plan on farnily
outlngs, there are many thing to do which outings, there are many things to do which
are elther free or cost only a small amount of money.
Muscums and the zoo come to mind
immedtately. This is not only entertalnment immediately. This is not only entertalnmen
for everyone in the family. but its an excellent form of education. Children as well as thetr parents can learn a great deal aboul
nature at the zoo. and about history at the muscums. We have two excellent muscums In San-
ford. the Sanford Muscum on Eas Frrst Polnts.
We can't overlook water activittes. There are several places locally to launch boats. If a canoes for rent with prices moat reasonable. Within just a few miles, there are many'
parke to visti. Some charge a small entrance ice, Others are frec. Most of them have
excellent facilttes for the entertanment of excelient facilities for the entertalnment of
the very young as well as barbecue pita and
pienic tables for everyone. pienic tables for everyone.
Scente drives are aie
Scenic drives are also relatively inex-
penaive. We have several scentc deatinations accessible from here.
How long has it
How long has lt been since you drove on the
northern shore of Lake Monroe on Enterprige Road through the scente drive, or dared to venture from Osteen to the cast coast beaches
by taking the unpaved Maytown Road from by taking the unpaved Maytown Road from
Osteen? There are many rosds in Seminole County
Which aliog offer an adventure in motoring as well as many surprisen along the routc. For those who can afford it. we are pleased
to be in the center of some of the finest tourlat and vistlor attractions in the entire nation. But for those who can't. all Il takes is some
innovative Ideas and just a little money, and we can create our own favortte tourist spots. We are blessed with what we have. Enjoy IIfe in this area of Central Florida. It doess't
have to cost hundreds ofdollare a day.

## LETTER

Salaried politicians

 calles, I nud it galling that some nut is puanhing for surth a change. Everyone in this clly knowe that
our commmationers and mayor do litic envugh for the monnyy they do recelve without them trying to live off the publice purse. One canl only amsume that
whoever noated this plece of dung haas more than Inst a passing imirrest in ity outcome. In this day when people are so wilck and tired of
thise kind of thefi from the public coffers. It is a
 Individualn from the coryer light pole.
What ite charter coulmmilite should





 tivember that nulhmg which is morally wrulk cail
iver ise polititally right.

| Rltek Sturafer |
| :---: |
| Sinnturd |

## LETTERS TO EDITOF




| JOSEPH PERKINS |  |  |  |
| :---: | :---: | :---: | :---: |
|  |  |  |  |
| "There are three kinds of lies," Mark Twaln through aludies thal other researchers have done famously remarked. "Lies, damned lies and statistics. <br> ertic pabs 40 years or so. <br> It seems clear that |  |  | In 1993, for Instance, gun-conirol advocate Arhur Kellermann, of Allanta's Emory Unlversity. published a study in the New England Journal of Medicine, which not only concluded that guns afford their owners "no protective benefil." but also that they pose a danger to members of a houschold. |
| The humortstio observation comes to mind this Difranza and Law week after reading news stortes quoting a report have ginned up their |  |  |  |
|  |  |  |  |
| physlctans claim that the yearly deathe of nearly 0000 bables anct | to provide the |  |  |
|  | smoking lobb |  |  |
| bie to mothers who smoke.This report, authored by Dra, Joseph Difranza with more |  |  | ch gun-related homictiden took place |
| and Rober Law, and published in this month'sJournal of Family Pracilce, borders on fraud. | the tobace |  |  |
|  | But even thase of |  | n-ownin |
|  |  |  | Date rape also has been |
|  | who are persuaded |  |  |
| newborns. Even if every one these dealhs is amoking.relaled. they would not add up to the | that mmoking pases a |  | or of paycholog |
|  | have to be put of by |  | Kos' |
|  | the questionable use |  | ed in part by the Nailonal lna |
|  |  |  | ha |
| this year that compared the survival ratea of low | the case agalnat |  |  |
| birth-welght bables of smoking and non- moking mothers. It found that the babies of amolymothers actually had a HIOHER aurvival rate. | Tobacco. This is not the first |  |  |
|  |  |  |  |
| DiFranza and Law might have learned this in | atl |  |  |
| they had done mome genulne research. But in concociling their report, they didn't bother to | sented to advarce po- |  | If those numbers sound too high to be |
|  |  |  |  |
| examine even one mother or baby. Inatead, they artived at their ntallatical Andinge by aning |  |  |  |



## ELLEN GOODMAN

Concern with quality of marriage


Bats


## Fivemin

## Nancy Rove Dennta,


 noved to Central. Moridn in She belonged to 8 Ct . Mary
Magdalen Cathote Church. Survivoror Include hhisband,
Leonurd R. Br.i mon, Leonard R.

 Caneelberry: Ariater, Joeephine Oanch Cancy Hand Oarden
Chapel Funeral Home, Chape! Funeral Home. Longe:
wood. In charge of arrange-

MABOARET ELIEADETM Margaret Eluzbeth Felta, 93 .
Jonathan Way, Altamonte. ppinge, diled Tuuedidy, April 18 . Aps at her realdence. Born the moved to Central Frordid in 1888. She wha a retured tencher
In Carteville Orade School. She was Preserbyterian.
Survivorre include daughter,
Elunbeh Ann Feltu Poter, A1. Lumonte Sprnngee; pon. Leorund. hlidren: weven great.
Brandchildren.
Bald winchld Funeral tome. Altamonte spring
Charge of arnastement.
PGrad Joaspalige
Abertcen Cirche, Leentord, dicd Wednesday, Aprul 18,1095 a Florida Hoaptial, Alcmmonte.
Born Nov. 15. 1938 in Booton,
Mas. he moved to sanford in
 area. He whas a veternn of the
U.s. Novy. He belonted to Als. ance for the mentaly
oreater Or or
Oriando. He was Survivors include wire. June:
Intiter Deble McLure. Col.
 Warren Hupman, Kings Valand.
Oa.i. Dana Hupman. Virginia Mose. e elght erandchildren.
Gramkom Funceral Home.
Sanford, in charge of arranse. sanford, in charie of arrantie LA FOMAMABERELZ. La Von "Farrell" ComeNamara.



#### Abstract

  wood by painting come white and by tulnting some varying colore of brow. Some hot colore of brown. some hom have been bullt with tun roofl. To make the houres amell more ilke home. FInn has been more like home. Finn has been hanging smill bagg of tuano made from old panty hooe, from made from old penty hose. from the houses. ".We're funt trying to find what "We're junt trying to ind wh Works best." she explained. She hopes the bats once the She hopes the bata, once they are completely exclued from the campue butder are complecely excluded from the campue bullding at will nod the houres suituble and will ind the housece su. that they will move in. Meanwhile. on the shores of Lake Monroe near the downtown buinem ditatret. midges (amall. bilind mosquitoi) are beemning to hatch. At the helght of the  torm living wallo moving along the wherfornt. Those who walk through the aren an nlight whll Ond midee in their halr in thetr nnd mideez in then at hilr, In the nosen and in thetr mouths. "The bate, would love them (the mideten)" Finn wald. Bob Camele, a member of the Sanford Hitiortc Sanford Historic Trust, sug gested that the Truat errect bat housen nong the wet houses along the waterfront. The bacte, he eld. would be an bato, he sald, would be an economical. environmentally cound way to deal with the peat problem that threatena any cort problem that threatena any of waterfont development. "The city tried the Martin hounea.," Casoele seld of the white bard houre erected along the water. "That diddn twork.  The Martin houses were oc. cupped for one nenson, but when cupte bables began learning to ny, many at mond way on semminole Boulevard roadway on seminole Boulevard and were hilb by can. The ouhher Martina did not return aner that. Cemele belleven the Marina Hotel would have cold a lot more

\section*{"Inve got plans they can uec." Frin.."and. "Im juat walling for a}

Finn ald a bat house can be conatructed for about 015 . That. Casela sald. it fre lewe than the clly pent on the Martin houre.




## \section*{anna tangermanea} <br> Anne Terene Majka. <br> 


 Court. Altamonte sprinita, died
Monday. Aprll
Winter Pas

## GAINES



Fulfilling a Service to Our Community In Time Of Need. 335 E. SR 434 LONGWOOD Dembets or 777.5101

Signs

have reader boards.

Road


 approach. Yim juat tmubled by the carte blanche
approach that everyone 16 years old lan't approach. that everyone 16 years old 1 isn't Tinany
Balley. 17 , of Tallahassec. told the pancl. "Ir you work ai winn Dixic. if you're under
18. you hour pancl. "Ir you work at Winn Dixice if you're under
18, you have to stop at 10 p.m. And what about
the prom?" the prom?" "You're effectively telling every 16 -year-old You're effectively telling every 16.year-old
They canel be a watter or wailress or bubboy, They can't te a bak person at Winn Diple becausc hicy
don't lose until lo p.m.," sald Sen. Robert can the a bag person at Winn Dixle because they
don' elose untII 10 p.m.." sald Sen. Robert
Wexler. D. Boca Raton.


## IN BRIEF

## Lechisy

UCF ties own state mark
ORLANDO - Alex Moraled alngle to cen.
terflect in the botiom of the meventh inning

 C.from.behnd 3.2 victory over South Flordda at
ihe UCF Becball Complex on Tuesday eventing



 Mencel UCF will play ite final home gamee with a



## 

Grissom loads Braves
WEST PALM BEACH - Marquil Grieom

 Two Marlin errores. singile by Chipper Jones.

Lighining shoek Dovils





Panthore caged by Flyors
MIMMI - Eric Lundroe ceored A goal and had




"King" has surgery
OREENBBORO, N.C. - Retred racing great
RRchherd Petty whe Uneed in pood condition Tuxerdy a alter aursery for proakte cancer.
Petty. 57 . underwent about a two-hour
 there were no complicationa.
 evidence that the
parts of has body."

## Montana hance it up

SAN PRANCISCO-Joe Montana didn't retre
becaute of hia wife's namting or Maty Schot. tenhelmer's tough practices or the alm chancea of getting to the Super Bowl. or anything to do
with advancing arte or declining ablity. For all the pundits who tomed around reasons
why he quit. or thould have quil
Eooner.





## WTNu Cy M TMTM,

## Prep Baccball




Boye' coll
qovesto al Now Emynat 3:30 p.m
Tennls


## $\square$ CisTCIBCN

MATHOMAL BACKETEALL ABGOCLATHON 77:30 p. - WKCF 18. Madic at Wachlugtion. (L) Eantriflyoreceras:

## SAC champions again

'Hounds win 4th consecutive title By Tomy Deegerimian
Herald Bporte Edior


 Balanced
Rams rally
by Leopards LAKE MARY - Carlos Colon and


 Hermando (18.7.7) cook 1.0 lend in
the top of the frat inning and broke An 1.1 Lie with two funs in the fourth
in line
luake Marys offence clame






 the niem 1 .for-1.
Nilck soan conituved to carry a hor









## Bypawimerecelan Bpecin to the Herdid

ORLANDO - With two hipe to the checkers. Datren Gould pewed Bull Gibbons on the bec:

 ${ }^{\text {ganting }}$ and
later point.
Aner several more hape of ade-by-bide racing.
Gibbone reganined the tead, only to tove il to Gould racing for the whilec nes.
Gould. who pleked up his mecond win or the



## Raiders take deuce from Pasco-Hernando

## rocm Creh hoperts

## Gould notches second Bomber victory with late pass

NEW PORT RICHEY - LIna Mllanea dellvered Community doubles in both games of Seminole weep. $\mathbf{8 . 3}$ and 10.2. of Pacco-Hernando Communtiy Colvere Tuenday ane thoon.
The wina were he third and fourth in a row for SCC. mllyenes. a graduate of Tampa-Leto High School,
drove in one run with a double in the alxth inning of the
 lour-rin rally in the frat tinning of the nightcap.
Alece conirbuing in the firit game were Aliny Humper Nree zangles. . ung , wo RBll: Lame were Amy Bramper Anne Freeburg ( mingle. Two runni): Angle Woomaner
 Like Howell product Tina Leman (one run each).
Hituing in the second game were Frevturg liwo Hiliting in the second pame were Frueburg (two
angelen three runs): Hamper (wo enngles. two runin):
 Cominoce
 runs. Rilil: Wortuner (wingle, run. Rul): Calrns (Engle. Hulchlnnenn, whoo (radualed from Boone High School.


 Bobby Sears led every circull in the Linuted Late Model maln event to secure his minth with of car-lengitha ahead of Mike Todd. who finialied in Cront or Paul Colgan. Timmy Tudd. and Claude
Coilgnon.
 to his Aratever fealure victury. Kevin Dimectu




The riace. Britis. who had been running in the mecond puatition wince the second lap. Inhertied
the e fean om the white thag lap and held of Bruce
Eye Everell toclalimm line winl. Eugene Anderson, und Crats thoyd. Wayne Parker edged keilly Jarrell at the nage
silund by lesw thanl a car length to win the

STATS \＆STANDINGS
0





## Champlons

Kami Lenlus went to the
mound and was roughed up by the Oreyhounds for erimt ru ＂They Juat etarted hitung the bell．＂guid Ovivedo coach Anna having to change pitchers of． fected us．Nicole wan doing well Kaml＇s pitched well for us this cenoon，but Lyman．is a good One run awny from bealung rule．the Oreytounds had to work throush a three－run rally
by Oviecto in the top of the

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## Littlo Majors

can Leatiased frome 18
ahead of the Red sox and the stars Real．
 Bue Jaya（0－8） The Dodgen（7．1）top the Natlonal League
 Thid $R$ Marince nethe as Roy Holler play the At．At Lakeade．the Pirates whe on the

 Jonem（double，three runse two RBl）；（wo hille－ Julliue Orim（two runu）：one hul－Aniwan Moralee（double，run），Adam Mundy（RBII）：Four Kuns．Red－Matt Bozelka：run－Nate Cormell． Pecing the Indinns were，with one hyt－Ryan



Powerng the Roycle were，with wo hitu－

 Jamal Bell（triple．RBN）．Jumal Barnes and
 Dolng the damage for the Doditere were，with Andrew Beatty（run）t one hit－Mike Doney （double．run．Ranl．Bradkey Locke，Joah sparka （two runa），Andy Rodrtivues（runl）run－Jason
Madison．Jouh Webb，
Victor Olbert had the only hit for the Expose，a Victor Oalbert had the only hat for the Expona，a The Marline were led by，with one hill－
 John Killingoworth（two runs）．Ferdinand
Thompeon（run）：run－Culvin Thankus． Ledarian Rudolph：REs－Joosh Fryer． Providing the oficense for the 日raves were．with
（wo hits－Tylker Drate（double．nun．Rall）Jamen Soydena（doubbe，two runal）：one hit－Man


## Tibbets Auto Repair （407） <br> 


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INSTANT ALIGNMENT
$18.95{ }^{28.95}$
BRAKE
SPECIAL
MUFFLER

| $18.95$ | 58.95 | $\begin{aligned} & \text { IUNE UP } \\ & \quad 34.95 \end{aligned}$ |
| :---: | :---: | :---: |
| UFFLEAS |  | 44.95 |
|  | \＄10 amo up | 54.95 |

## People

## cawnoan

Blood Bank eceke donore



## Recovery Inc. meote in Banford

Recovery Inc. A selr.help. mental heallep orpunisation for Everal nervour ayplomi. meete every ediendy, at irso


## TOPS meets in Longwood

A locul chepter of Tops ritike off Poundo senubly metes


## Al-anen gathers






## Nar-Anon to meet

Nor.Anon motese every Wodnceday at 8 p.m. at Went Lake

 200.11500 Oor more informato

## Rotary meots eatly


Employment opportunities for senlore
An employment propram aponeored by ine AARP Sentor
 inlormann, call $324-3000$.

## Wolent Watohere meet on Thuradaye

 A Docal chaptero of Weitht Watchers meets et the Like Mary
## Omni Tocotmeaters meol al Heattrow

 The omn Toememeers Chub mill met a s.s0 $\mathrm{p} . \mathrm{m}$. every
## Pof luck dinner




## What's Cooking?

Savor rich, creamy taste without guilt Love cream cheese. but con.
cerned about the fat? Well. now.
you can have all unowe decndeni
cream cheese dellights withou cream cheeme dellghts withou
the frat.
Krarin Foods inc. has come up Kran Foods Inc. has come up
wrth Marvelousy amooth and
great. muting creem checee made
 dealicned for lower fat
and bating Yum yuml
You'tl hink you have You'tl think you have died and
Eone to heaven ereet theting the
following reelpee which have tollowing recipes which have
been kitchentested by Krafl
Foode PEILLEMER 8.0TEP Chate.ache: 10 minutes
Prep. time
Cookinn time: 49 minu
 crent cup vugr
1 tepp villa
3 epto


 untul blended. Do not overient
Oner madting etpe. Spryy 9 Inch arer edding etas. spray otrich
ple ppate with no pelck cooking
epray: aprinkle bottom apray: aprinkle bottom with
crumbe. cream checse mixture Pour cream checse mixture
intoprepared ple plate.
Bate at 325 F for 45 minutes or unul center to almosi set. Cool. Refriterate 3 hour or
overnigh. Top with funt: drizile with 2 Reblempooni melted
itrawbery jelly, if dealred. etrawberry jely
Makee 10 evringe
Varietionen:
Pumplain: Mix * cup canned
 with cream chece and nutmeg in with cream checese. Omlt frulit.
Cherryy Omilt fult. Top with
 mixture into ple plate. dor top of red rapioberry preserves. Cut
throuth better with knve everal
then fultices maowne Prep time: 20 minutes I pke. (zoviogi) hithtreduced
calore brownie mix



Heat oven to $350^{\circ} \mathrm{F}$. Prepare brownle mix an
directed on package. Pour into dreaced 13 n pe-lich baking pan.
Beal cream cherec and sugar Beal cream checese and nugar
in amali bowl with electrit mixer
on medium speed untII wrll on medium opeed untII werll
blended. Add exf and vailla: mix well.
Prean che checse mixture over browne mixture: cut
through batter with knife everal
umes for marble elfet umes for marble effect. Sprinkle



 cheere. sonened
ITbanp. taco deamoning mix
i cup each canned black
beanse, salsa and otredded let-
tuce
1 cup (402.) (rat free shredded
natural non. fal cheddar cheese
 2 Thap, alliced pilted rpe ilves
Mix cream cheese and scasoning mim. sprend on bol.
tom of $\theta$ inch ple plate or quiche tom or 9 -inch ple plate or quiche
dish. Layer remainting ingredients
over cream cheese mixture. Re. over cream cheses mixture. Re.
frigerate.
gerve, with low fat tortialla chlpramakes 10
Prep tme: 10 minules plue
refrigerating
refrigerating
1
plag.
Brand
oas.) Philadelphin
Brand Free fast philadelphla
cream
chetw. wonened 1 p.e. (10 oa, frowen chopped
opinheh, thawed, well dralined

1 cup chopped red pepper
1 cup nonfat $\mathbf{c o u r}$ cretm
1 cup nonfrat our cream
1 envelope Ranch sal


amooth. Add remalning ingre.
 veterable. Makees 3 cupt
Pinh
 Yi/ cup ralse or picante muce
Mix cream cheexe with electic Mix cream chese with electric
mixer on medum pped untul
 serve with meorted cur.up
vegetables or tortille chipa. mite 12 mervinf (14 cupal.
 creamm cheese, zonened
$W$ cup udim mill 1 envelope Ranch salad
drepankmix mix
$i$ medidum cucumber, peeled. secded and choppumber, peel
2 Tbup. ninely chopped onion
1 tup. dill weed Mip. dill weed
mixerese with electicic mixer on medium apeed untul
amooth. Add mulk and mand
dreoning mix mind drening mix. mixing untII
blended. stir in remanine tneredifnts. Refrigerate.
gerve with
cul.up You don't have to ny to the
 infrediente you can create
dith that delivern the ungerni rech navor so reme inimgeent of central and South America.
The following delceroue reclpes
were developed by the Natlonal The following delliclous recipeen
were developed by the Natlonal
Turkey federalton. Turtcy federation.

 plum tomatoes, dratned, Julce chopped
1 cup chopped onaone
1 tup. . muped gritic Use leftover ham in a delicious loaf
Spptar ume meabibenp pert up
appettes and make ue of the frodo that are arvilable to us at
the time or the your, the the or the your.
Afler the houldiy you may
have some ham lefover. Orind have come ham lefovers. Grind them for thin ency ham loaf
which is rendy to nerve in about
20 manuten. 20 minnutea.

1 cup chlli muce
3 Tbp. myonnele
1 lb. eround ham tabout 4

| ew minutes before servin About 4 mervinge. | 3 Tbep. orange liqueur, op- <br> tion |
| :---: | :---: |
| A Apparsuis it one of the fres | 1 cup oweetened whipped |
|  | Combine rhubarb, suanar. |
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| btitp. .eat |  |
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| 9.butter or |  |
| guas upearr end did |  |
| re and place in loxalin |  |
| water. Cover |  |
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| (enter | 0 |
| orange juice in l-cup dae | - |
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## NATIONAL BRILP

## Clinton argues case for ro-alection




 IWo yeara and the things werce trying to do to Implementil Ilve me relevance." climon mald forrefluly at a mewe conference Tursaday night when asked aboun
of Intera in the Eatat Room vevent
II am willing to work weth Republicans. The quesilon ls, are
they willing to work wilh me., sald Clinton. who has been they willing to work with me." salald cilinion. who hats been


 showed hut siticome, maticat, on rrounds that Clinton': Eail

## Clobal arms control

UNITED NATTONS - Amertcan diplomats dug in today for
 Charter or flobabal armas sontrol.

 | dealgned to stop the apread of alom |
| :--- |
| powers to |

Making the 25 -year-old pact a permanent document "woula





## Trial goes behind closed doors

LOS ANoELES - Tealimony stopped and the O.J. SImpon sequeatered world or Simpani: jurora, quizeing them aboul permonal and ractial irine.
With atior neys present but Slmpen excluded Judge Lance
to maved procedinga into hia chambera Tuediay and began hearng from jurors one at a bime about reports of animoilty

 oward white jurons. The inquiry into the jurore connicts was parked by
ommenta from ditamaed juror Jeanette Harria about ratial dilsputes and squabblea overtriv
Pullizer Prizes prized
NEW YORK - Tony Horwitr my he and Ron Suakknd would have bren vored heain ilikely yo win fournaliam awards back

 wore The Aesociated Prew. Newsday and The Wabhingtion
Poan
Thi Pullizer rold medal for public wervice went to The Virsin

 "Kill hoor" of a chicken plant to report on "low. waye Amenten: Univerenly': Graduate school of Journaliem. won the


## abbyalticr ploads guilly in chlld's death




 woulfor pend 23.
"She deserves more than that." ould the chuldren's mother. Robin Quillen. "Drus dealerg set more than that."
Without the agreement.
Long could huve rectived up to to yearim in prison Ifconvicted. came home Jun. 2 and found thetr Oullen and her husband came home Jon. 2 and lound helr
chlldren ncke. The youngeat, 19 monthold Cory Cud ney, wut Louni and the other thildiren - aged 2.3 and B - were
 aupected carb
viral infectilun.
Pentc prradi through the communty as emme people ferred



Train pascengers overeome by fumes YoxohaMA. Japan - More than 250 people were alckened
 was a delliberale allack. but numed do wipecti.
 nvelumer in tayit cas. and polle hevet At leain 254 people were taken to hopplale when they Complained of atingine cyer, coucha and dilzsinees, fitcr

 reported foul Chemiral odorn.

 enallicaratoard boxes from the tialion
 yympoms were difirere From Astociatod Proses roperta

## Sweating out a long life <br> Latest study: Vigorous exercise extends life


chicaco - To have a better life. get a litile exerelise. To have
a longer IIfe, sweal a little more $\bar{z}$





 peopestain wayy nex comenit mentron to ixixa Contion nod fricmilum simed fnewarging milum of mynumgali The a a sudy in today's issue o
The Medical Ansooclation says moder ais. ectulyy wort boont lopery
Nefare cher oxamind de
Treading gently on Issue fraught with risks Ai real Ravinas Write CIISAHINOTON - Presideni Cilintonio knoticest issue is af
firmative action. No matiter
which Which way he turna, he
threatens to anger an importan threatens to anger an Important
conattuency group. And that':
why he can't weem to make up why he can't geem to make up
his mind. For montha, Clinton has been
bobbing and weaving on the emotlonally charged subject, one day defending the proud Demo
cratic fistory of support for milnorty preficrence porgrams.
the next day appealing to party
 "angry whilte males."
One day he nee toward giving the entire matte over to a blue-ribbon pancl. The
next day noi next day not.
One day sugents he't One day he suggeats he'i
ready to jettieon programa that
are no ionier effective and that are no bonger effective and that
encourage reveree diserimina-
ton. The nex day
 he's only talking about nibbling
around the edgez ond that tit
unlikely he'll cut any or the more unlikely he 'll evt any of the
than 100 apecife
Cunton
 and olher Butirmallve action
programe. But the path for hilm profred.ith illiticap rimik.
He can's offord to He can's afford to allenate
wemen and minortten who have wemen and minortice who have
benefled the moat from thece programs and who make up a
major part of the Democratic corc. But me he mecks to regain hle mantle an a moderate: he wante to avold offending
conservatives who arfe toking conservalives who are toking
the becklant aratnat amimellve wetion, including thoee "angry Where he finally comes down on the Eubject will have a major bearing on 1898 election poll.
tex.
cilinton sald during a prime. lime newe conference Tueday
nutght that the wrapup or the revicw he ordered "won't be
long." But he once again die. pa ite subject.
it "The earning of male
workers, including white male workers, have been declining When menaured agalanal innation
for yenranow. he nald.
 princlple ehould be were all
betce off if verybody' gol an
even chance. if there io no even chance. If ihere th no
discriminallon. if people have
he opportunity to lue the opportunity to live up to the
fulcus of thetr abillty. Gut the government ahould never give
comeone who is unqualified any. comeone who is unqualified any.
thins ovyer comeone who is qualitited. .
Public oplnton polla show def-
inilie support for programa that inite suppori for programin that
seck to ellminate proment dis.
crimination in he warppand in crimination in the workplace in
educniton and hourng. and in
obtalining povemment contracts obbalning govemment contracts.
But there's lewe mupport for proetrame that week to redress Amper of pasat discrimanation. an henue in the 1994 midterm
congren congremetonal electiona, nor wat
it part of the House GOP' Colitract With America.
Mull whe clirred up by Majorly LLeader Aob Dole. righ
now the front-runner among
 Kan. called for outright elimina.
Cion of many aflirnative ction
proprame puting the thur
uated between 1924 and 1954 .
"We found that onty vigorus
exerclise was nsmoclated with

 essor of medicine al Harvard.
Vigorous exerclse was deline as exertion requirling nt least six Imes as much ererry ar resting, That included walking 4 to 5
mp. jopg.
jogng. swmming laps. mph. Jogging. Bwimming laps.
plaging tennis or even doing
heavy chores around the yard heavy chores armund the yard -
If they truly were heavy chores.
Ike bullding stone like bul ruldy were heave stences. "no
lust puitering amund." Lee sald Jusi puttering armund." L.ee asald.
Men who had the lowest risk of
death burned at leasi 1.5000 calories a week on vigorous
 least 45 minutes a day, five days
a weck. or Jogking ai leasi an
hour three ulmes a week. Lee a weck. or Jogging at leass an
hourd three Ulimes a week. Lee
nald.
Lee hastened to add that Lee hastened to add that
moderate exerclse has many
olher benefils - Improving qual. try of IIfe. promoting physical
well being, enhancing the ability
of older people in acenmplish
dally task. regulaling blood
pressure and averting diabetes. tn Dallas. sald the atudy "nts in
niccly with 40 yeara of research
on physical activity and health." ouch potalows want to excressingade."
 any exercise in by ter then no
exercisc. But for persons who an exerestse nt a higher level.
why nol do that?
Because nur data Intleate they might live
longer hhan other people.
In the sudy. the mosi active rroup of men had a 25 percen
nwer risk of dying over the 2 cee sald. The lessarachlyers men.
tonk moking habbits, hlgh blood pre. death of parents.
A 25 percent reduction in death riak equils the diIference
insk bewern a pack-aday risk betwere a pack-a.day
moker and a nonsmoker. or between a person who is. 20
percent overwerght and a person But Koht was not entirely
onvinced that moderate activtty
 thls par
show il. The CDC and the American
College of Sports Medicine asued new recommendations in February emphasizing the
benenis of even hitcromittent and
moderate activity in reducing moderate activity in reducing
the risk of heart discase and The risk of heart discase and
promoting health. That lncludes
climbling a few nights on lian gardeng a rew nights of stalrs.
gher playing with
hildren. Brisk walking - a vigomue IS a " moderate" activity in the CDC recommendations. "Mod.
erate to one person. Is not
moderate to another." Kahl rideal weright. Lec sald.
Harold W. Kohl noted.



Horsing around

## $d$

sludents al Pine Croal Elomeniary school hed able to get up clowe and personal with the




High Court to review election districts with black majority

## Aysociated Pratid Writior

WASHINGTON - The succeza for black and Hispanie candidates
who run for Congrems could be on the line in the Supre be Courts latest look at election manoritlea more clout. Digputes over black-majority
electlon districts in Loulsana and Georgia have iced the jumbtices
 antricts designind to hrip
minorites may vilate while
voters right tarqual protection volers' right ta cqual protection:
Federal curtal relied on that 1993 declsiton when they nitruck tlon disuricts tit the two states
lant
year as unlawful raclat gertvinanderimg.
The clinton adminsaration is Georgla onfeciano lin argana and
states must te free to take race



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forcement of that rulling and allawed lasi November's election
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nald itm unumual shape un. sald its unuaual shape un.
conctllutionally look race into urcuint. thee-Judge federal panel
agreed. bui the Supreme Couri poolponed that rulling e effect mo
last fall's electlon could be held






the born loser


PEANUTS


## EEK A MEEK


ny Lob Thaves


## Gaining weight the healthy way

DEAR DR. OOTT: I'm a to be Nature's way of providing
14-year.old female. Iall and problem-solving device while wo akinny. Ive tred. every way
posable to gatn weight no don't
 accomplish this. lve eaten junk
foods. fatty high-cholesterol foods, and have even tried to
accept myself the way 1 lonk accept myeelf the way I look.
Nothing seeme to work and 1 m
really unher really unhappy.
DEAR READER: During the
growth Epurt in adoleacence young people onen appear thin and gangly, until muscle devel.
opment and fat depositin calch opment and rat depositis caich
up to the rappdyy enlarging
bones. This age ts also one of high physical actlvity, so calo
rea not used tien not used in the growith
procene are readlly bumed for
energy.
 propartions will eventually
stabilize. However. In the mean.
time, you might be able to galn tme, you might be able to galn
some welght by using a
supplement. such as Camation supplemeneafant.
Instant Breakfant.
When mixed in a glass of millik,
thla product providea all thla product provides all the
nutrition and calortes of a com.
plate plete meal. Une Instant Breakias: as a supplement, not in place of a meal. One or two glassea a day
mayy be thi that li needed. Such in ready-mixed forma, such as Engure.
if, withn a few weeks, you haven't atarted putting on
welght, check with your doctor welght, check with your doctor
to make sure that a metabolic dteturbance, such as an overactive thyrold gland, Isn't
the cauce of the problem Remember that junk food may contain extra cmiorles bul.
because of excena fal and salt, it Lo not healhiful to consume in quantity. You'd be better of
uning a balanced nutritional cupplement. cote I dream all night long, often five or alx
dreamme, one efter another. remember them all. down to
each minute detall. Is this common? orten awaken
exhauted from this old habll. DEAR READER: All of ue
problem-Bolving device while we
sleep. Of course, we rarely re. member our drearna la detall.
Once we awaken, the dreams
become merely, become
thought.
However, However, some pergiten However, some people appear
to be able to recall thels dreams In de abile to recall thelr dreams
were particularly 1 fre the dreams were particularly frightening or
memmorable. I don't know the
reason for this. but indoen not

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medicine

PETER GOTT, M.D disorder, m most cases. have to put up with this pect geas newspaper Copyright 1995 N
ENTERPRISE ASSN
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## WIN AT BRIDOE

Dy Pallitp Alé
woman mover towardilly clad
doomer. If there to no
must dow. ine to no danger, the
muse wit be th lim
if If whe Io in jeopardy. But
soundtrack is aproplacly soundtrack is appropriately
tense. The audience is forewamed. At the bridge table, halr the
cards are there for you to wee and cards are hidden. The unag is that
hal one supplte
no to one supplies background music. Y Y
Impending danger unamatited. North opened one notrump.
an would pll of un south an would all of un. South jumped of west led the epade jack. Anter winning with dummy'e king
declarer immedately played the dece and another heart. At thile polnt, EEan! rose to the occaanion.
He went in with the heart king


## HOnOSCOPE

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 Apliso, 101 Some interenting changes could come your why in the yearahead which you might inltally resid. However, with lime, you'il
be happy thind happened the Way theydid.
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IApril 20-May 201 To achleve your objectlven today.
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tence than uaul. Temper your
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pathe up a broken romance?
The Autro-Graph Matchmaker can help you to underntand whal
to do to make the retaitonship Work. Mall 82.27 to Mallchmaz.
er. P.O. Box 4465 . New York. NY er. P.O. Box 4465. New York. NY
10163.1 . Odimpi (May 21 June 201 to llberate youmelf from reatic.
cive siluatlonm and arrange. mente. To do no. you might
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211 1 fin't unumual for you to
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Improve uppn them. Today.
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worse. 18) Splurging. whether ti's for yournelf or for comeone you love.
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Fieces (Feb. 20-March 20 if you aren't careful today, you you arent careful today, you
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ndential infommation to ndential informaiton to a prob-
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Anties March 21 Junc Make (Mareh 2lJune 201 Make th mopping list before
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