



Seminole Herald

FRIDAY
January 28, 2000
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High: 63
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2A



**American
Gladiators 'Ice'
visits Oviedo**
7A



**Coogan leads
Lake Mary past
Winter Springs**
1B

Briefly

Waste amnesty day

The Seminole County Solid Waste Division has scheduled its annual household hazardous waste amnesty day for county residents on Sunday, Feb. 6. Residents may take the following materials to the Seminole County Central Transfer Station, 1634 SR-419 Longwood. Items include battery acid, lawn chemicals, solvents, insecticides, disinfectants, gasoline, paint thinner, used motor oil, car batteries, oil based paint, glue, cement and pool chemicals.

The Central Transfer Station will be open from 9 a.m. to 3 p.m. on Feb. 6.

For more information, call 407-665-2260.

Sanford Middle School Holds Magnet Open House

On Feb. 8, Sanford Middle School will hold an open house at 7 p.m. in the school's gym.

Parents and students will have the opportunity to learn about the math, science, technology magnet school and the Pre-International Baccalaureate program. After a brief meeting, teachers, administrators, and guidance counselors will be available throughout the school to share information and answer questions. For more information, call (407) 320-6150.

Today is ...

Friday, Jan. 28, 2000

Today is the 29th day of 2000 and the 38th day of winter.

TODAY'S HISTORY: On this day in 1787, the Free Africa society was organized in Philadelphia.

On this day in 1917, after failing to apprehend Pancho Villa, U.S. troops withdrew from Mexico.

On this day in 1986, the space shuttle Challenger exploded 73 seconds after liftoff. The accident took the lives of seven astronauts.

TODAY'S BIRTHDAYS: Henry Morton Stanley (1841-1904), journalist-explorer; Jose Marti (1853-1895), Cuban poet-patriot; Colette (1873-1954), writer; Auguste Piccard (1884-1962), physicist; Arthur Rubinstein (1887-1982), pianist; Jackson Pollock (1912-1956), artist; Claes Oldenburg (1929-), sculptor, is 71; Alan Alda (1936-), actor, is 64.

TODAY'S SPORTS: On this day in 1973, Detroit Red Wing Henry Boucha scored against Montreal six seconds into the start of the game — an NHL record.

TODAY'S QUOTE: "A grain of poetry suffices to season a century."
Jose Marti

TODAY'S MOON: Last quarter.

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Third teen arrested for murder

By Bill Kerns
Staff Writer

Seminole duo went with nephew accused of robbing, killing uncle

ENTERPRISE — A third teenager was arrested Thursday for participating in the murder of an Enterprise man.

Justin Lee Rogers, 18, of Seville, was arrested Tuesday and charged with killing his uncle, Thomas M. Rogers, 39, of 116 Lincoln Street in Enterprise. In addition, Christi-Anne Larsen, 18, of Lake Mary was arrested Wednesday for driving the getaway car for Rogers.

On Thursday, Nicholas John Northfield, 18, of 124 Fernwood Street in

Fern Park, was arrested and charged with second degree murder by the Volusia County Sheriff's Office for riding in the getaway car. Northfield joins Larsen as the second Seminole County teenager arrested for participating in the murder.

He was transported to the Juvenile

Detention Facility of the Volusia County Branch Jail in Daytona Beach and held without bond. Northfield is being held as a juvenile because he turned 18 on Jan. 8, and investigators believe the murder occurred Jan. 5.

"He went along for the ride knowing that Justin was going to rob his uncle,"

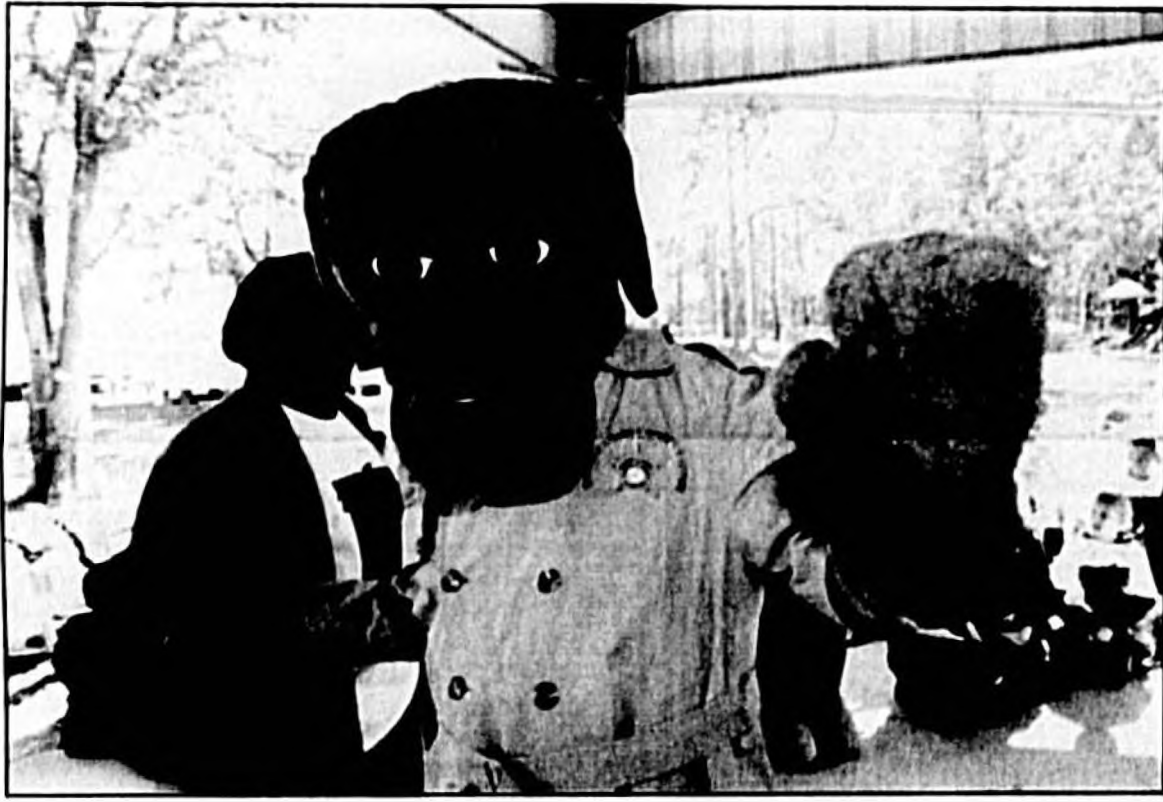
said Gary Davidson, a spokesman for the Seminole County Sheriff's Office. "They all drove to his uncle's house together."

Investigators believe that the murder occurred Jan. 5, based on statements from the three teenagers who have been arrested. However, an investigation is ongoing to confirm the date of the shooting, Davidson said.

Rogers stole a .357-caliber revolver and a 12 rounds of ammunition from a Lake Mary apartment on Jan. 5, according to the Seminole County Sheriff's Office incident report.

See Teen, Page 8A

Taking a bite out of crime



McGruff the Crime Dog made a visit to the students at Idylwild Elementary School as part of the DARE program. In addition to McGruff, deputies from the Seminole County Sheriff's Office attended the event and brought the department's helicopter and armored rescue vehicle.

The South plans to rise again at Sunday battle re-enactment

By Nick Pfeiauf
Staff Writer

MT. DORA — Fans may not attend a sporting event if they knew who would win before they got there. On the other hand, knowing the North would defeat the South, Civil War enthusiasts regularly flock to re-enactments held across the nation, most of which are in the South.

One of the most popular re-enactments will be held this weekend, the Battle of Townsend's Plantation and

Civil War Festival. It was originally held at Townsend's Plantation near Apopka, but due to the increasing number of guests and participants, it has been moved to Renninger's Antique Center, 20651 U.S. Highway 441, in Mt. Dora. This location provides 100 acres of land on which to hold the battles and handle the associated events.

Live Civil War re-enactments will be held Saturday and Sunday, Jan. 29 and 30, at Renninger's. The re-enactments or skirmishes are to begin at

approximately 2 p.m. In this situation however, the North doesn't always win.

According to Clay Townsend, who is hosting the re-enactment, this event, now in its 14th year, is "politically correct."

"We don't want to offend anyone, so the Yankees will win in the Saturday re-enactment and the Rebs will win on Sunday," he said.

Townsend said this is not an actual re-enactment of the Battle of Townsend's Plantation.

"There never was such a battle,"
See Battle, Page 8A

City pledges support of social services

By Bill Kerns
Staff Writer

SANFORD — What we have here is failure to communicate.

The debate continues to rage over a proposed city-wide ordinance requiring new social service programs and other businesses to get permits to operate within certain zoning districts.

The Sanford City Commission this week unanimously passed the first reading of Ordinance 3502. It will come before the City Commission for final approval Feb. 14.

Opponents of the proposal, which was first made in August and has undergone numerous revisions, have accused the City Commission of attempting to limit social service programs that serve the needy.

Supporters say the ordinance represents sound zoning policy, allowing the City Commission to prevent the clustering of agencies and similar businesses within areas such as the historic district or Goldsboro.

The debate has become caustic over the last month, with supporters and opponents of the proposal within the community using increasingly harsh rhetoric.

In response to concerns many residents have regarding the ordinance, the city issued a one page position statement this week.

City Commissioner Velma Williams called for the city to draft a position statement to deal with "misunderstandings and fears" regarding the ordinance. She said she still has not

given up on a town hall meeting to discuss the ordinance, but does not wish to place the commission in an awkward position.

"I think we need to increase communication and understanding," Williams said. "We need to have a meeting of the minds."

The position statement said the city encourages social service providers, including agency offices, neighborhood service providers, and regional providers.

"The City encourages social service agency offices in its downtown business district and other areas permitting offices," the statement said. "This provides a central location for agencies to interact and for residential services."
See Pledge, Page 8A

Law enforcement teams with local business entities

By Bill Kerns
Staff Writer

ALTAMONTE SPRINGS — Through a \$500,000 federal community policing grant, the Seminole County Sheriff's Office and local police agencies are launching a campaign to enhance partnerships with the business community.

Seminole is one of 21 counties nationwide to receive the grant. Thursday at the Mason & Jardin Restaurant in Altamonte Springs, the Sheriff's Office hosted 170 representatives from local businesses at a Business Partners luncheon.

"We want to enhance relationships with people in all areas of the community," said Seminole County Sheriff Don Eslinger. "Through community policing, we can truly enhance the quality of life in Seminole County and make it the best place to live in the area."

State Attorney General Bob Butterworth was the featured guest speaker at the luncheon, discussing the importance of efforts by law enforcement to develop new partnerships with businesses in the effort to reduce crime and the fear of

crime. "Over most of the last decade, crime has been going down in Seminole County, the state and throughout the country," Butterworth said. "There's a reason for that. We're going back to the old reason we were called cops, that's Constable On Patrol."

A key issue addressed by Butterworth and other speakers was computer crime

occurring within the business community. "More than 38 percent of American homes have the Internet,"

Butterworth said. "Over the next three years, that will reach 60 percent. When you talk about child pornography and discussion of hate crimes, it is really a clear and present danger."

Also speaking at the luncheon was Russ Hayes, an FBI special agent. Hayes discussed

See Partners, Page 8A

Annual check-up



Seminole High School students Adam Frank, Michelle Guillen, and University of Florida fourth-year veterinary student Gabriela Bamert, watch as Daryl Heard, assistant professor of zoological medical services at the University of Florida, gives a caracal, an African cat, its annual examine. The high school students were participating in a job-shadowing program with the Central Florida Zoo.

27

Handwritten text or markings across the middle of the page, possibly a list or a set of notes.

Small handwritten mark or signature at the bottom right.

Breaking bread with Bob Butterworth

Bob Butterworth has been Florida's top lawyer for so long that few people remember who preceded him as attorney general. Anyone say Jim Smith? Sure you did. Mr. Butterworth's been on the job since 1987. Some folks think he ought to be governor.



Russ White

Dandy Don Eslinger, the sheriff of all Seminole County, asked Butterworth asked to speak Thursday at a community justice coalition luncheon at Maison Jardin Restaurant. The lineup included one chef, 10 chiefs, and one cyber-space expert from the FBI. Florida has had 34 attorney generals. Joseph Branch was the first, taking office in 1845 — in other words, before Bobby Bowden was born. The only Seminole then were Native Americans. Butterworth's four terms are a record. He may go for five in 2002.

For a tough guy — and Butterworth's no buttercup when dealing with criminals and criminal activities, thugs, drugs and cyberspace bugs — he has a sense of humor. He drew from this fountain of fluff Thursday in at Maison Jardin.

Proud as he is that Florida was the first state to begin a

school resource officer program, Butterworth said the initial efforts were clumsy. "Wouldn't you know we sent in K-9s," he said. "If the K-9s didn't scare everyone, the officers did — in their boots and glasses that you couldn't see through. Some community relations."

Then, Butterworth said the various cities sent in "Officer Friendly" — some guy who was 68 and ready to retire or one who did retire five years ago. He usually slept four or five hours while at the school.

Now, Butterworth said, "no state has a school resource officers program like Florida's. We've trained 8,500 officers to do this particular duty. They're good at it. Very good. They are role models, they teach, listen and advise and maintain security. If there's something wrong, they find it. Kids respect them, trust them. There's no telling how many incidents are averted because of these officers."

Another subject that concerns Butterworth is domestic violence. "You hear that violent crime is down," he said. "That doesn't take into effect the violence within homes, within families. Law enforcement used to

tell someone to see the pastor. Now, if a child sees daddy slapping mommy or belting little brother, he makes a 911 call. These are crimes that must be reported. Now, those being abused have the confidence to call."

"A clear and present danger" were the words Butterworth used to describe cyberspace crimes, including computer nerds and sex offenders, telemarketing fraud and hackers. "We all rely on technology," he said. "More than you probably imagine. More than 33 percent of American homes are on the Internet. In three years, it will be 60 percent."

It was a good day for Don Eslinger and those who watch over Seminole County. Eslinger said there were 236 community watch programs in unincorporated Seminole County. And more in each city. He said business partnerships with law enforcement are vital for the community of today.

Bob Butterworth buttered up to the sheriff's performance, but ragged him about the Don Eslinger pens and pencils at each table. "I expected your name may be on the bottom of the water glasses, too," he said. "Let's see."

Russ White's column appears Tuesday through Sunday in the Seminole Herald.

Police Log

Drugs
Altamonte Springs — Robert Hodges, 35, 136 Monarch Court, Fern Park, was arrested by Altamonte Springs Police Officers at 2:50 p.m. on January 24. He was charged with Possession of Marijuana and Possession of Drug Paraphernalia.
Sanford — William Lowery, 23, 2090 Hurston Ave., Sanford, was arrested by Sheriff's Office Deputies at 7:45 p.m. on January 24. He was charged with Possession of Marijuana.
Sanford — Ronald Cofield, 28, 3700 Washington Street, Sanford, was arrested by Sheriff's Office Deputies at 7:37 p.m. on January 24. He was charged with Possession of Marijuana.
Apopka — Thomas Flatt, 39, 9250 Overland Road, Apopka, was arrested by Sheriff's Office Deputies at 11:19 p.m. on January 24. He was charged with Possession of Marijuana.
Oviedo — Darnell Smith, 20, 1001 Conley Drive, Oviedo and Shaun Smith, 18, 1032 Covington Street, Oviedo, were arrested by Sheriff's Office Deputies at 10:10 p.m. on January 24. They were charged with Possession of Cocaine.
Maitland — Floyd Jacobowitz, 38, 190 E. Faith Terrace, Maitland, was arrested by Sheriff's Office Deputies at 11:10 p.m. on January 21. He was charged with Possession of Marijuana and DUI.
DUI
Winter Springs — David Holley, 60, 1820 Sanford Landings, Sanford, was arrested by Winter Springs Police Officers at 12:58 a.m. on January 22. He was charged with DUI.
Fern Park — Barton Baker, 29, 1812 Lake Shore Drive, Lake Mary, was arrested by Sheriff's Office Deputies at 1:50 a.m. on January 22. He was charged with DUI.
Retail Theft
Altamonte Springs — John Dentz, 52, 25 Hill Avenue, Orlando, was arrested by Altamonte Springs Police Officers at 3:11 p.m. on January 24. He was charged with Retail Theft.

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PUBLIC NOTICE

Full Cost Accounting for Solid Waste

In accordance with the Department of Environmental Regulation, Rule 17-708 "Full Cost Accounting for Solid Waste Management", as required by Florida Statutes Section 403.7049, local governments must calculate and inform users of the full cost of solid waste management. The costs for solid waste management for the City of Lake Mary for the fiscal year beginning October 1, 1998 and ending September 30, 1999 was as follows:

Residential Accounts	
Collection	\$ 7.36
Disposal	3.76
Recycling	1.88
Total Monthly Cost	\$ 13.10
Commercial Customers	
Collection	\$ 86.42
Disposal	51.83
Average Monthly Cost	\$ 138.25

The cost information provided above is on a monthly average for a six cubic yard container picked up one (1) time per week. Different types of services are available. Actual cost for a given account may vary depending on actual type of service provided to that account.

Publish January 28, 2000

Obituaries

FRANCES ELIZABETH "BETTY" ANDERSON
 Frances Elizabeth "Betty" Anderson, 60, Allison Ave., Altamonte Springs, died Wednesday, Jan. 26, 2000. Born in Wheeling, W.Va., she moved to Central Florida from Key West in 1976. She was an evidence technician for the Seminole County Sheriff's Office. She was Protestant. Survivors include husband, Robert L. "Andy" Anderson; daughters, Luann Mullen and Shauna Anderson, both of Altamonte Springs; parents, Odis and Jetta Carroll, Longwood; sister, Jackie Anderson, Dothan, Ala. Baldwin-Fairchild Semoran-Forest City Chapel, Forest City, in charge of arrangements.

daughters, Mary, Boynton Beach, Ann Marie, Endicott, N.Y., Sharon Sheperd, Chandler, N.Y., Sandra Chlumsky, Denver, Co.; sisters Bea Bauer, Candor, N.Y., Barbara Wallen, Kissimmee; seven grandchildren.
 Dove Funeral Chapel & Crematory, Winter Park Chapel, in charge of arrangements.

CHARLES WILLIAM KOHL
 Charles William Kohl, 80, Baltimore Ave., Deltona, died Thursday, Jan. 27, 2000 at Florida Hospital Fish Memorial, Orange City. Born in St. Louis, Mo., he moved to Central Florida from Granite City, Ill., in 1989. He was a retired Sgt. in the U.S. Army Air Force. He was owner/operator of C & R Heating and Air Conditioning, Granite City. He was a member of First United Methodist Church, Deltona, Masonic Lodge, Grant City, and Sheet Metal Workers' Union Local 268 in Southern Illinois. Survivors include sisters, Dona Verzal and Maralee Gilg, both of Atkinson, Neb. Baldauff Family Funeral Home, Orange City, in charge of arrangements.

EVELYN RIVERA
 Evelyn Rivera, 39, Cofield Drive, Deltona, died Thursday, Jan. 27, 2000 at Florida Hospital Fish Memorial, Orange City. Born in New Haven, Ct., she moved to Central Florida in 1991. She was employed in the

maintenance department of Comair in Sanford and a member of St. Clare Catholic Community, Deltona.

Survivors include husband, Angel Orlando Rivera; sons, Jose Angel and Joel Orlando, both of Deltona; daughter, Josenia, Deltona; mother, Andrea Martinez, New Haven, Ct.; brothers, Joe Martinez and Raymond Martinez, both of New Haven; sisters, Nancy Martinez, New Haven and Gladys Martinez, Puerto Rico; grandmother, Agenda Santiago, Puerto Rico. Baldauff Family Funeral Home, Orange City, in charge of arrangements.

MARVIN GLENN WILLIAMS, Jr.
 Marvin Glenn Williams, Jr., 57, Wing Terrace, Deltona, died Wednesday, Jan. 26, 2000 at his residence. Born in Alexandria, La., he lived in DeBary from 1951 to 1966 and moved to Deltona in 1966. He was a retired barber at Deltona Barber Shop, and Episcopalian by faith. He belonged to Starlight Promenaders Square Dancers, DeBary, and the Archery Club of Central Florida. Survivors include parents, Marvin and Jimmie Williams, Sr., Deltona; sisters, Judy A. Dunbar and Connie L. Boehm, both of Deltona. Baldauff Family Funeral Home, Orange City, in charge of arrangements.

FUNERALS

ANDERSON, FRANCES ELIZABETH "BETTY"
 Funeral services for Frances Elizabeth "Betty" Anderson, age 60, who passed away Wednesday, will be held Monday at 10 a.m., at the Forest City Chapel of the Baldwin Fairchild Funeral Home, with William Feist officiating. Interment will follow at Highland Memory Gardens. Visitation for friends will be Sunday from 6-9 p.m. Baldwin Fairchild Funeral Home, Forest City Chapel, 622 W. SR-426, Altamonte Springs, Florida (407) 869-6065.

Here are the winning numbers selected in the Florida Lottery:

Fantasy 5 (Jan. 26)
 6-7-11-12-22

Lotto (Jan. 26)
 18-23-27-28-38-42

Mega Money (Jan. 25)
 6-27-28-29 — Megaball 12

Jan. 27
Play 4
 7-5-5-5
Cash 3
 4-2-9

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 Essential Seminole Family

HOWARD S. GRAY
 Howard S. Gray, 76, Sunland Drive, Sanford, died Tuesday, Jan. 25, 2000. Born in Binghamton, N.Y., he moved to Central Florida in 1989. He was a retired truck driver, an Episcopalian, and a U.S. Army veteran of World War II. Survivors include companion, Gladys DeIMage, Sanford;

Winter Springs Commission to hold workshop

The Winter Springs City Commission will hold a workshop meeting Monday, Jan. 31, beginning at 6:30 p.m. to discuss the various boards, advisory boards and committees of the city, primarily regarding their interaction with the commission. The meeting will be held in city hall, 1126 E. SR-434, and is open to the public.

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Religion

Seminole churchgoers March for Life in D.C.

By Russ White
Staff Writer

SANFORD — Lindsay Storms, a student at Seminole Community College, was among 45 people — many her age and younger — who bussed from Altamonte Springs to Washington, D.C., last week to participate in the 27th annual March For Life.

"It is awesome," she said, "how many people of all ages, nationalities and religions could come together to support one cause — the sanctity of life," said Storms, who attends Sanford Christian Church.

More than 500,000 took part in March For Life 2000 — 27 years after the Supreme Court's decision to legalize abortion (Roe Vs. Wade). Right for Life groups say more than 42 million abortions have been performed since the ruling.

Lacy Wells, a 14-year-old who attends Millennium Middle School, called the march "an awesome experience." She said

she was astounded that so many people were pro-life supporters. "All the signs with pictures of the unborn babies cut up and used in scientific experiments broke my heart."

Kristin Weiss, a 16-year-old who attends Seminole High School, said she felt proud to be with so many others who "were standing up for what is right. That was a great experience for me. Even though we have different religions, we still came together."

Justin Rice, a 12-year-old from Deltona, was one of the younger marchers overwhelmed to have marched past the Capitol Building. "We carried signs against abortion and got a lot of attention from the bystanders," he said.

As one of the organizers of the Central Florida delegation to the march, Sanford resident Andrea Krazeise was pleased with the powerful results. "The presence of the Lord was surely felt there as His people peacefully and lovingly expressed opposition for

what is so wrong," she said. "The bus ride itself was meaningful," Krazeise said. "There were a number of Catholics who sang songs and recited the Rosary. Those from Sanford Christian Church also sang and prayed. Everyone had time to think about the march and what must be done to overturn the ruling that allowed babies to be killed."

Krazeise is the founder and director of the Sanford Pregnancy Center, which has been open almost two years. The center offers free pregnancy tests, confidential care for crisis pregnancies, counseling and referrals for medical, legal, adoption and maternity homes. It also has baby supplies and other resources.

"Our goal," Krazeise said, "is to empower women through information." The center is a non-profit corporation solely supported by private donations. It is located at 1002 French Ave., Sanford. Telephone (407) 332-3384.



This group from Sanford Christian Church was among 500,000 participants in the March For Life last week in Washington, D.C. David Krazeise, Kristin Weiss and Justin Rice are in the front row. Celeste Pipitone, Lacy Wells, Andrea Krazeise, Becky Storms and Lindsey Storms are in the back.

Abortion - more a national issue than local?

George W. Bush has been drilled by his fellow Republicans and the fellows and gals of the press on the issue of abortion.

He says that the Republican platform should include language allowing for exceptions to an abortion ban that would cover cases of incest and rape and those where the mother's life was in danger.

He said Sunday that such a ban would mean that doctors performing an abortion could be criminally prosecuted. He said it was unlikely women having the abortion would be subject to prosecution.

"If abortions are illegal," Bush said, "the doctors should be criminally prosecuted."

There's a huge if, Bush explained. "This country needs a president who can lead us to understanding a life. There's a lot

of people who disagree with what you just said, and there's good people on both sides of this issue."



Russ White

"The real fundamental question is can our party and our nation have a president who leads us to respect life?"

The Democrats, who are pro choice, enjoy putting down the Republican candidates. "He's against a woman's right to choose," Vice President

Al Gore said about Bush. "There's no mistaking that. He's against a woman's right to choose. Pat Robertson and Jerry Falwell both couched for his private assurances on this issue, so it shouldn't be surprising."

Billionaire Steve Forbes, coming off a good show in Iowa, is intent to use an anti-abortion platform as his calling card. He said he intends to force renewed debate over the issue.

He calls himself the only "true conservative" among the five Republicans wanting to be president.

There are strong groups of anti-abortionists in Seminole County, which is dominated by elected officers who are conservative Republicans. The abortion issue isn't discussed as passionately on the local level, however. Almost as if the subject was taboo, too testy. There's not much discussion about gay rights here either.

It may be that many people are so uninformed on these issues that they have become apathetic. Andrea Krazeise, the founder and director of the Sanford Crisis Center, says that it is important to educate more people, family, friends and co-workers.

Her challenge: read the first nine pages of the Bell South Yellow Pages. "There," she says, "you will find what our local abortionists have to offer. They spend big money on these ads - a full page ran for \$44,268 in 1999."

Paola Wesleyan to hold fifth annual Jamboree

Paola Wesleyan Church, Sanford will hold its fifth annual Jamboree concert with country gospel and bluegrass

29, beginning at 7 p.m. The program is free, with a freewill offering to be taken. The church is located at 5650 Wayside Drive, west of I-

4 exit 51, first street on the left, go two miles. For additional information, contact the church at 407-322-6332.

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Life Style

Safe Handling of Fruits and Vegetables

Fruits and vegetables are an important part of the American diet. Consumers should eat more fruits and vegetables for better health. Here's how you can ensure that produce is safe and wholesome.

Each year, people get sick from foods that have not been properly handled, refrigerated, or cooked. If food isn't carefully handled, germs can grow to levels that make people sick. Rarely are fruits and vegetables linked with such illness.

Providing consumers with safe, wholesome fruits and vegetables is the first priority of farmers and your produce manager. Consumers also play an important role in making sure the food they eat is good for them and their families. Here's some important information about safe handling.

WHAT THE FRESH FRUIT AND VEGETABLE INDUSTRY DOES

Farm workers follow strict guidelines when harvesting and packing to be sure the fruits and vegetables are

clean. Most produce is washed at the packinghouse. Trucks used to ship produce are washed and kept at appropriate temperatures. At the store, produce workers also follow detailed federal and state handling guidelines, keep produce at the right temperature, and take old product off the shelf.



Barbara Hughes

The produce industry also uses Hazard Analysis and Critical Control Point programs. These scientific programs identify points where produce could become contaminated. Once these points are identified, growers, packers, processors, shippers, and retailers implement safety programs to prevent contamination.

WHAT CONSUMERS CAN DO

At the Store: Trust your senses. Look for fresh-looking fruits and vegetables that are not bruised, shriveled, moldy, or slimy. Don't buy anything that smells bad. Don't buy packaged vegetables that look slimy. Some fruits will have their

own juice and some vegetables are packed in water, and that's OK.

Buy only what you need. Most fresh fruits and vegetables are not "stock-up" items. Some, such as apples, potatoes, and most citrus can be stored at home, but most items should be bought to be used within a few days.

Handle produce gently at the store. Keep produce on top in the cart (putting groceries on top of produce will bruise it). Set produce gently on the checkout belt so it doesn't bruise. Some items that seem hardy, such as cauliflower, actually are very delicate and bruise easily.

At Home: Put produce away promptly. Keep most of your produce in the crisper. It has a slightly higher humidity than the rest of the refrigerator, and this is better for fruits and vegetables. Remember to keep all cut fruits and vegetables covered in the refrigerator.

Throw away any produce you have kept too long — if it is moldy or slimy, if it smells bad, or if it is past the "best if used by" date.

Once you're ready to eat your fresh

fruits and vegetables, you need to handle them properly. Germs can adhere to the surface of produce and can be passed to the flesh when the item is cut or handled. Therefore, the most important thing you can do is wash all fruits and vegetables in clean drinking water before eating.

This applies to all fruit and vegetables, even if you don't the rind or skin (such as melons and oranges). Remember to wash produce just before you use it, not when you put it away. The one exception is leafy greens, such as lettuce, which should be rinsed before refrigerating to maintain their crispness.

You should not use detergent when washing fruits and vegetables because you might eat detergent residues left on the fruits and vegetables. Produce items are porous and can absorb the detergent. Detergent is not labeled by the Food and Drug Administration for use on foods.

In addition to washing, you should:

Peel and discard outer leaves or rinds. Scrub hearty vegetables, such as

potatoes and carrots, if you want to eat the fiber- and nutrient-rich skin.

Clean surfaces, utensils, and hands after touching raw meat and poultry and before you use them on fresh produce.

Keep refrigerators clean and cold. Cover and refrigerate produce you have cut.

Wash your hands thoroughly after using the bathroom or changing diapers, and before preparing food.

Read and follow label instructions, such as "keep refrigerated" or "use by (a certain date)." This information is on most items pre-cut for you at the store.

Hold prepared fruit salads and other cut produce items in the refrigerator until just before serving. Discard cut produce items if they have been out of the refrigerator for four hours or more.

Most importantly, Enjoy your fresh fruits and vegetables — a great-tasting way to good health!

Barbara Hughes is the Seminole County Extension Home Economist. Inquiries may be directed to her at the Cooperative Extension Service, 280 W. County Home Road, Sanford, FL 32773 or phone 888-8888.

Births

Jan. 8, 2000
Shykeriah Kimore Williams, daughter of Conswhala Hamilton and Rodney Williams of Oviedo, was born.

Jan. 10, 2000
Parker Corbin Avery, son of Valli Corbin and Brian Avery of Apopka, was born.
Carlesha Leanna Black, daughter of Alicia Walker of Altamonte Springs, was born.
Annaliese Cordero, daughter of Christina and Javier Cordero of Deltona, was born.
Zachery Emmanuel Stuckey,

son of Yolanda and Roderick Stuckey of Orlando, was born.
Madison Kaitlyn, daughter of Lyna and Khanh Trinh of Lake Mary, was born.

Jan. 11, 2000
Kyla Loraine Colom, daughter of Diana Colom-Garcia of Altamonte Springs, was born.
Phillip Anthony Tyler Oubre, son of Stephanie and Cary Oubre of Altamonte Springs, was born.
Alexa Renee Parson, daughter of Amber Pevey and Howard

Parson, III, of Longwood, was born.

Jan. 12, 2000
Holly Marie Beske, daughter of Louella and Brian Beske of Altamonte Springs, was born.
Jeremy Thomas David Holder, son of Elizabeth and Juddson Holder of Apopka, was born.

Jan. 13, 2000
Anna Elisa Harmon, daughter of Sue and James Harmon of Longwood, was born.
Cody Daniel Hatcher, son of

Deborah Short and Charles Hatcher of Orlando, was born.
Cameron Amani Nixon McCree, daughter of Heather Nixon-McCree and Amos McCree of Casselberry, was born.

Jan. 14, 2000
Victoria Anne Bell, daughter of Anne and Robert Bell of Mt. Plymouth, was born.

Mathew James Bohnert, son of April and Edward Bohnert of Apopka, was born.
Jasmine Rena Harmon, daughter of Felecia Burns and

Marcus Harmon of Altamonte Springs, was born.

Jane'eya Airelle Hudson, daughter of Laurie Lee and Sherman Hudson of Sanford, was born.

Lauren Alizabeth Vintilla, daughter of Lisa and Donald Vintilla of Mt. Dora, was born.

Jan. 15, 2000
Sydney Nicole Beard, daughter of Gayanne and Thomas Beard, Jr. of Lake Mary, was born.

Israel Franklyn Bencivenga, Jr., son of Kory and Israel

Bencivenga of Oviedo, was born.

Alison Laura Pack, daughter of Marcy and Clifton Pack of Altamonte Springs, was born.

Jan. 16, 2000
Anthony Thomas LaManna, son of Kelly and Brian LaManna of Apopka, was born.

Nikia K'ara Smith, daughter of Theasheara McMiller and Nikki Smith of Apopka, was born.
Karl Reid Summers, Jr., son of Teresa and Karl Summers of Orlando, was born.

Enter to Win a Trip to Snoopy's Birthday Party!



On October 2, 2000, Peanuts marks 50 years in the comics. To help celebrate, tell us (in 50 words, of course!) who your favorite Peanuts character is and why.

Two readers from this newspaper will win one of these cool prizes!

FIRST PRIZE
Adult (18 and over)
A copy of the book Peanuts: A Golden Celebration, The Art and the Story of the World's Best-Loved Comic Strip (HarperCollins)

FIRST PRIZE
Child (under 18)
A stuffed Snoopy plush toy from Applause

Each winner from this paper will be entered into a national contest for a chance to win a 2-day, 2-night trip for a family of four to Radisson Resorts Hotel at Knott's Berry Farm, where they'll get to attend a birthday party with Snoopy at Knott's Camp Snoopy outside Los Angeles, California!



TO ENTER: Complete the entry form by printing or typing the responses to questions 1-4. The contest will be held by The Seminole Herald. Only one entry per person. Entries must be received by the deadline. Prizes will be awarded to the winners of the contest. The contest is open to all residents of the United States who are at least 18 years old at the time of the contest. The contest ends on the date indicated in the contest rules. The contest is open to all residents of the United States who are at least 18 years old at the time of the contest. The contest ends on the date indicated in the contest rules. The contest is open to all residents of the United States who are at least 18 years old at the time of the contest. The contest ends on the date indicated in the contest rules. The contest is open to all residents of the United States who are at least 18 years old at the time of the contest. The contest ends on the date indicated in the contest rules.

To enter, tell us, in 40 to 50 words, which Peanuts character is your all-time favorite and why:

Your Name

Parent/ Legal Guardian (if under 18)

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Sanford, FL 32771-1887

Life Style

Leash isn't enough to keep dog safe in back of pickup

DEAR ABBY: I just finished reading the letter about the husky dog who jumped from the back of a pickup truck into traffic. Here is our story:

We were camping Memorial Day weekend three years ago.

Our dogs were tied up on short leashes in the back of our pickup truck. One of them climbed onto our cooler next to the side of the truck and fell out.

The collar slipped over her head and she went under the wheel of the truck. When we got to her, she was still alive, but barely.

We drove 20 miles to the police station in Payson, Ariz. They called a vet at his home and gave us directions to his office. That wonderful man tried valiantly to save her, but couldn't. Her death still haunts us.

Needless to say, none of our dogs ride in the back of our truck anymore. I am now a volunteer for the Arizona Humane Society. Please, Abby, tell your readers to treat their pets as they would want to be treated.

Pets are our friends.
KAREN IN TEMPE, ARIZ.

DEAR KAREN: I'm printing your letter in the hope that the tragedy which befell your dog will discourage other dog owners from transporting their pets in the back of pickup trucks. Read on:

DEAR ABBY: I'm responding to the letter regarding people who allow their dogs to ride unprotected in the back of their pickups. I believe in divine justice. When these people go before their maker on Judgment Day, they will be sentenced to ride aimlessly in the back of a flatbed truck over bumpy back roads, wondering when the devil at the wheel will make his next sharp turn.

Remember, each of us will be judged by how we treated the least of God's creatures.

ALLEN IN EMORY, TEXAS

DEAR ALLEN: If common sense doesn't rule, then perhaps your letter will scare careless or thoughtless pet owners into doing the right thing: keeping their dogs safely inside the cab of their trucks and out of harm's way. Read on:

DEAR ABBY: I have another story to add to the one about the dog that nearly didn't sur-

vive a ride in the back of a pickup.

We have two sons, one of whom owns a pickup truck. One Saturday night a few months ago, they were headed downtown. Our oldest son jumped in the back of the truck while his brother and their buddy sat in the cab. His brother had to swerve to avoid an accident, and our son in the back flew out of the pickup at 65 mph on the highway!

Every time I think of that night and what could have happened, I am grateful to God. My son survived with only minor fractures and lots of road burn. He is now back to work and is one lucky young man.

Our sons learned a hard lesson, but animals do not have a choice whether or not to ride in the back of the truck.

Abby, please stress to your readers to THINK before they allow riders — human or animals — in the back of their trucks. They may not be as fortunate as we were.

GRATEFUL MOM IN TEXAS

What teens need to know about sex, drugs, AIDS, and getting along with peers and parents is in "What Every Teen Should Know." To order, send a business-sized, self-addressed envelope, plus check or money order for \$3.99 (US \$5 in Canada) to: Dear Abby, Teen Booklet, P.O. Box 647, Mount Morris, IL 61054-0147. (Postage is included.) © 2000 UNIVERSAL PUBLISHING SYNDICATE 4528 Main St., Kansas City, Mo. 64111; (816) 912-6600

Getting a kick out of fitness



Herald photo by Janis Jacobs
Jazzmine Barksdale, 9, of Oviedo joins American Gladiator Ice (Lori Patrick) in a kick-boxing demonstration at the Oviedo Marketplace Mall on Saturday, Jan. 22. The demonstration was part of Clear Channel Marketing Solutions and Oviedo Marketplace's FIT 2000, a day-long event geared for the healthy lifestyle enthusiast as well as the "regular" person featured fitness demonstrations and healthcare seminars to inspire new ideas about positive living. Patrick opened Better Bodies in downtown Orlando four months ago. She decided on Central Florida as a location after spending time doing the American Gladiator dinner show in Kissimmee. Jazzmine's mother, Cynthia Barksdale, said her daughter has been wanting to take classes for some time. "Now that she's tried it and likes it, we'll see about getting her in a class." She says there are plenty of facilities in Oviedo to choose from.

Briefs

Car Seat Checkpoint
The Altamonte Springs Fire Department is hosting a Car Seat Checkpoint Monday, Jan. 31, at Fire Station 11, 1.5 miles east of I-4, on SR-436. At the checkpoint, from 9 a.m. until noon, technicians will check cars for proper placement of car seats, compatibility of seat belts with the car seat, recalls (if any), and how the seat fits into the vehicle. For more information, call 407-831-3991.

Welcome Wagon Club
The Seminole Spokes Welcome Wagon Club will hold its monthly luncheon meeting at Maison & Jardin, Altamonte Springs, 430 Wymore Road, on

Wednesday, Feb. 9 at 11:30 a.m. The program will be "Women Against Crime". There will also be a bake sale and book sale. For reservations or information phone Ann at 407-302-9331.

Sweetwater Oaks Garden Club
The Sweetwater Oaks Garden Club, Inc. has begun the new century with many wonderful monthly programs designed for learning as well as for enjoyment. The February program will consist of a tour of the Disney Institute at Walt Disney World. Details may be obtained by calling Betty Jean at (407) 862-6626. The club meets at the Sweetwater Oaks Community

Center on Fox Valley Drive on the second Monday of each month beginning at 9:30 a.m. Refreshments are served at each monthly meeting except on field trip days. For information on joining, call Joan at (407)814-1069.

Young Republicans
The Seminole County Young Republicans have scheduled the next meeting for Monday, Feb. 14 at the Bangkok Restaurant, 260 Douglas Ave., Altamonte Springs. The meeting, beginning at 7 p.m., will focus on the gun control issue. For more information or reservations, phone Jeffery Bauer at 407-841-7698.

Urban farming workshop is schedule for Saturday, Jan. 29

The event isn't until the end of January, but early registration is recommended for the Urban Farming Workshop 2000, sponsored by the University of Florida Cooperative Extension Service. The workshop will be at the Seminole County

Extension auditorium on Saturday, Jan. 29, from 9 a.m. to 12:30 p.m. The cost for the workshop is \$5 per person, with special group rates available. For information regarding registration, contact Richard Tyson, 250 W. County Home Road, Sanford, 407-665-5554.

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Pledge

Continued from Page 1A
 dents to receive county, state and federal assistance."

According to the statement, the city encourages social service agencies such as Harbor House and the Boys and Girls Club that address the needs of particular neighborhoods to locate within the neighborhoods being served.

In addition, the statement said "The city encourages social service agencies that render services to the broader region to locate within the City when located in areas that will not adversely impact surrounding homes and businesses."

However, the statement also said that the city would take care "not to concentrate non-office uses in any one area in order to protect the existing character of the area and to maintain property values."

The statement concluded with a set of "long term strategies for prosperity," including promoting job opportunities through growth planning, and taking an active role in training residents for careers in law enforcement, fire rescue and public works.

In addition, the strategies in the statement also include the development of career academics and high tech training centers, as well as promoting entrepreneurs through Neighborhood Master

Planning, small business incubators and small business training and assistance.

Last week, city officials met with local social service agencies to discuss the proposed ordinance.

If passed, the conditional use zoning ordinance would require new social service type programs to receive approval by both the Planning and Zoning Commission and the City Commission, similar to the way the city approves on-site sales of alcoholic beverages.

In addition to social services, other programs affected by the ordinance would include incoming churches within the downtown commercial district, temporary labor services, day care facilities for six or more people, residential care facilities for 15 or more residents, outdoor non-commercial amusement facilities, retail sales and services, pawn shops and bail bond companies.

Agencies, churches and businesses already in operation would not be affected by the proposed ordinance, unless their functions significantly change.

The City Commission on Monday passed revisions to the ordinance requiring several additional types of businesses to seek permitting to operate in the downtown commercial district. The businesses include

hospitals and medical clinics, hotels and motels, and funeral homes.

Other revisions to the ordinance since it was originally proposed include community resource agencies such as the Center for Affordable Housing not being included among social service agencies required to seek permits.

In addition, churches are not included in the same regulations applying to social service agencies. The City Commission also would have the authority to grant a waiver regarding a required 1,500 foot separation between social service type agencies.

Social service type programs would be separated by at least 1,500 feet from similar businesses or agencies and would have to be at least 300 feet from any residential area.

According to a city survey provided by the Department of Engineering and Planning, out of 20 social service type of programs such as the Salvation Army in Seminole County, 14 are located in Sanford.

The majority of the programs are clustered in Goldsboro and the city's historic district, city officials said.

The 1990 U.S. Census lists 16.3 percent of Sanford residents as living below the poverty line.

Partners

Continued from Page 1A
 computer crime, which is a growing concern for businesses. He discussed steps businesses can take to guard against computer crimes.

"It is so important that you protect yourself or at least know who to call if you do have a problem," Hayes said.

Butterworth said that building confidence between the business community and law enforcement agencies is key to decreasing crime.

"When you have confidence in law enforcement, you have confidence to call 911 and to seek assistance," Butterworth said.

As examples of areas in which law enforcement has effectively developed partner-

ships with community members, Butterworth discussed domestic violence and school violence.

A decade ago, Butterworth said law enforcement agencies and schools had a distanced relationship. Schools that struggled to deal with crime and illegal drugs did not wish to admit they had any problems.

Today, Butterworth said schools and law enforcement agencies statewide have developed a close relationship, led by the efforts of school resource officers. There are 8,500 certified school resource officers statewide.

Butterworth also said that law enforcement agencies have forged partnerships with other agencies to assist victims of

domestic violence. "Domestic violence is up over the last 20 years," Butterworth said. "Does that mean we are more violent than we used to be? I don't think so. Police are investigating incidents and bringing services into the home."

In 1994, Eslinger established a community policing program entitled Seminole Neighborhood Policing. Six community service districts were established, each with its own district office. Each district was then sub-divided into community service areas.

Prior to 1994, there were only 12 patrol zones in Seminole County. With the creation of the Seminole Neighborhood Policing program, there are now 32 community service areas.

Teen

Continued from Page 1A

When his uncle let him into his house, Rogers shot him and stole his wallet, according to the statement Rogers gave to Volusia County sheriff's investigators.

Authorities said Larsen and Northfield waited in the car, knowing that Rogers had a gun and planned a robbery. After Rogers went inside, they heard several shots and then Rogers returned to the car.

The trio fled to a motel in Casselberry where they stayed a

couple of nights, the Volusia County Sheriff's Office said.

Rogers told authorities he hid the gun, threw away the wallet and used the money to buy drugs.

The partially decomposed body of Thomas Rogers was found in the living room of his home on Jan. 11, investigators said.

An autopsy revealed that he had been shot multiple times in the chest and had been dead several days, according to the Volusia County Sheriff's Office.

Rogers, of 2451 N. U.S. Highway 17, is being held without bail in the Volusia County Branch Jail in Daytona Beach, charged with first degree murder. He is also wanted in Seminole County for armed burglary and grand theft of a firearm and it Volusia County for driving with a suspended license.

Larsen is also being held in the Volusia County Branch Jail in Daytona Beach without bond. She is charged with second-degree murder.

Battle

Continued from Page 1A

he said. "The closest Civil War skirmishes to Central Florida were in Brooksville and Olustee. But we found those were too far away for Central Floridians to attend, so we are reenacting what could be considered a typical skirmish that might have been held at various locations during the war."

The Commander for the Southern troops will be retired General Mike Hardy, with the 37th Alabama unit. He said the event is planned to be very educational for children and adults in the area of Civil War history and American's heritage arts. A number of the re-enactors are Sanford and Seminole County residents.

Also featured this weekend will be living history exhibits, folk music, weaponry demonstration, authentic camps, full scale artillery, Cavalry and soldiers in period dress, and the popular Civil War era

dress ball.

Admission for the general

public is \$5 for adults, and \$2 for children 12 or younger.

Briefs

Wednesday gatherings

First Presbyterian Church of Sanford presents Wonderful Wednesday's new video study based on Phillip Yancey's book, "The Jesus I Never Knew". Dinner starts at 5:30 p.m. and the video series runs from 6:15 p.m. to 6:45 p.m. The video study begins this month (January) and will continue every Wednesday evening for 14 weeks. First Presbyterian Church is located at 301 S. Oak Ave. on the corner of 3rd and Park, 4th and Oak. Call 407-322-2662 for more information.

Sheriff bulletin

Seminole County Sheriff Don Eslinger has issued a Graffiti Abatement notice to reiterate that the sheriff's office Division of Juvenile Crime Enforcement and Intervention now has a countywide graffiti abatement initiative. "If you see graffiti in Seminole County, call the Graffiti Hot Line, 407-328-3959," he said.

This number puts callers in touch with the Juvenile Enforcement Center (JEC). The graffiti will be reviewed and photographed for the Gang Suppression Unit, and removed. "Our goal is to have the graffiti covered up within 24 hours of having received your call," he said. The graffiti will be removed by juvenile offenders from the Alternative Sanctions Consequence Unit and Project SWEAT (Sheriff's Work Ethics and Training).

He also suggested anyone who may know persons responsible for graffiti, should call Crime-Line at 1-800-423-TIPS. Callers will remain anonymous.

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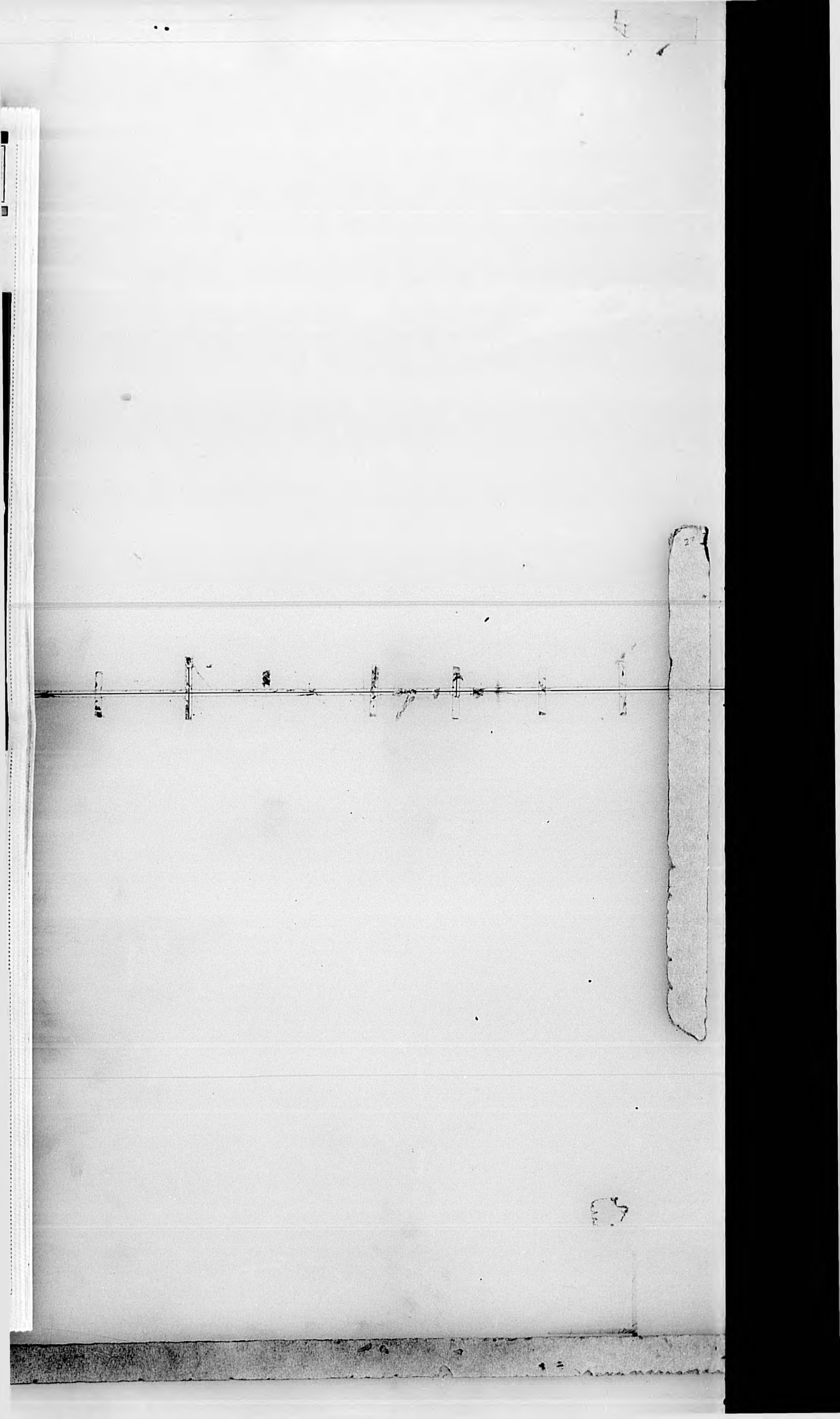
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COMICS

6B - Seminole Herald, Sanford, Florida - Friday, January 28, 2000

FRANK AND ERNEST

by Bob Thaves



ROBOT MAN

by Jim Meddick



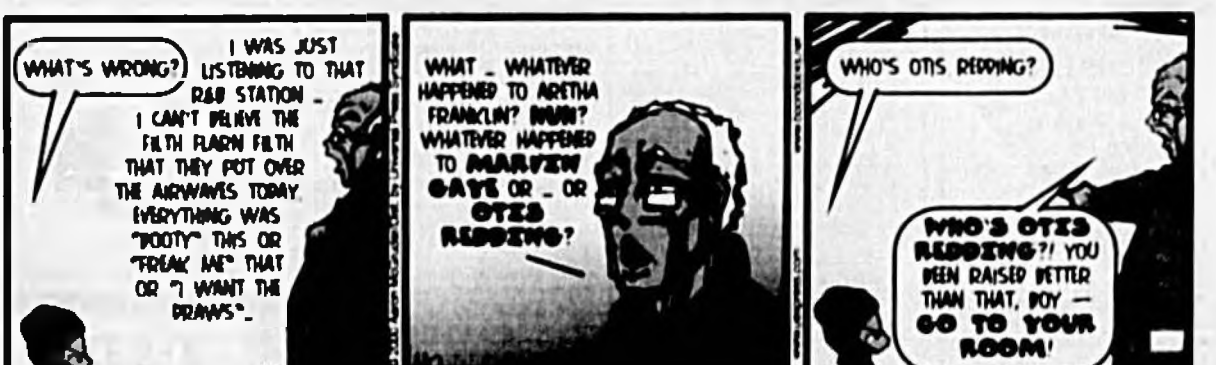
CRANKSHAFT

by Batluk & Ayers



BOONDOCKS

by Aaron McGruder



BLONDIE

by Chick Young



PEANUTS

by Charles M. Schultz



Peanuts Classics

FOXTROT

By Bill Amend



THE BORN LOSER

by Art Sansom



BEETLE BAILEY

by Mort Walker



ARLO & JANIS

by Jimmy Johnson



GARFIELD

by Jim Davis



HOROSCOPES

Your Birthday

Saturday, Jan. 29, 2000
You're in a cycle in the year ahead where it's time to elevate your sights socially, financially and careerwise. Don't be satisfied with the status quo any longer.
AQUARIUS (Jan. 20-Feb. 19) Enter into competitive situations today knowing the odds favor those who believe in themselves. When you realize this, you can capitalize on it and tilt the tables in your favor. Trying to patch up a broken romance? The Astro-Graph Matchmaker can help you understand what to do to make the relationship work. Mail \$2.75 to Matchmaker, c/o this newspaper, P.O. Box 1758, Murray Hill Station, New York, NY 10156.
PISCES (Feb. 20-March 20) The formula for success is always, "Yes, I can do it." However, today this is doubly true for you. Think positively about yourself and others will instantly follow suit.
ARIES (March 21-April 19) With a little nudging on your behalf today, a matter that involves another could be turned around

for the better. Get things rolling as soon as possible.
TAURUS (April 20-May 20) To insure smoother results today, discuss joint efforts in detail with your mate, partner or teammates before taking action. With heads together, your goals can be realized.
GEMINI (May 21-June 20) Being productive is what will give you the greatest feelings of gratification today. Don't waste a lot of time on frivolous pursuits. Get down to business on what really counts.
CANCER (June 21-July 22) Getting uptight and becoming tense today, especially over nonessentials, stifles your effectiveness. Try not to take yourself, others or socializing too seriously.
LEO (July 23-Aug. 22) Don't let the indifference of others influence your attention to details today. You might be able to profit from something your eye catches which is totally overlooked by others.
VERGO (Aug. 23-Sept. 22) Be tolerant today of those who are not as quick as you nor able to grasp things as easily. Making another

feel inadequate further prohibits one's cognitive skills.
LIBRA (Sept. 23-Oct. 23) Follow your instincts today and you'll have good chances for some type of acquisition. You have an innate knack at this time for dealing with things of value.
SCORPIO (Oct. 24-Nov. 22) Don't interpret concentrating on endeavors that are of importance to you as representing selfish behavior today. You must concentrate on what you want in order to accomplish your aims.
SAGITTARIUS (Nov. 23-Dec. 21) The best way to work things out today is to go off by yourself where you can find the solitude necessary to sort out what needs to be figured out without interruptions or distractions.
CAPRICORN (Dec. 22-Jan. 19) A smile and a kind word to all with whom you're involved today generates repayment in the same coin of the realm. People in general react to behavior in kind.

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Win at Bridge

More than the bull

By Phillip Alder
Pamplona, in northeastern Spain, is known worldwide for the running of the bulls in July. Not being a supporter of bullfighting, I was not keen to visit the town, but I am very happy I did. It contains so many old buildings full of character, which one cannot experience in America. Also, its museum is wonderful, with artifacts dating from pre-Roman times, and paintings covering the whole history of the town and surrounding area. This deal, which was played in Pamplona, appropriately revolves around the red suits.
How would you declare four hearts? West leads the diamond king, and East drops the jack. North would like to mention his spade suit, but he is too weak. Even if you and your partner use the negative double (recommended), North doesn't have enough strength. Bidding two

hearts describes the hand well: limited strength with three or more hearts. Given the expected 3-1 trump split, you have three top losers: one heart, one diamond and one club. You must avoid a second diamond loser. You could try to establish dummy's spade suit, but that requires an unlikely 3-3 break. Instead, you should ruff your third diamond in the dummy. However, as East is itching to overruff, you must be careful. With this layout, if you win the first trick, you've had it — try it and see. The right play is to duck trick one. You win West's diamond continuation, cash two rounds of trumps, then ruff your last diamond in the dummy. Even if East could overruff, it would be at the expense of his trump trick.



Bridge
Phillip Alder

North		01:28 09	
♠ K 6 4 3 2			
♥ 6 4 3			
♦ 7 2			
♣ K 5 3			
West		East	
♠ J 9		♥ Q 10 8 5	
♥ Q 10 9		♦ J 8	
♠ K Q 10 9 8 5		♣ J 8	
♣ A 2		♦ 10 8 7 6 4	
South			
♠ A 7			
♥ A K 7 5 2			
♦ A 4 3			
♣ Q J 9			
Vulnerable: Neither Dealer: South			
South	West	North	East
10	20	20	Pass
40	Pass	Pass	Pass
Opening lead: ♠ K			

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Doctor Gott

Control diabetes to save leg

DEAR DR. GOTT: I am a middle-aged overweight diabetic who has peripheral vascular disease. Last year, my left leg had to be amputated. Now, I'm hoping to save my right leg. What can I do?
DEAR READER: Get your diabetes under control. To begin with, you should lose weight and get on an appropriate diet. Next, you should follow your physician's instructions about medication. Third, you may have to consider bypass surgery on your leg. Several studies have shown that the complications of diabetes — such as peripheral vascular disease, eye damage, kidney disease, nerve malfunction, stroke and heart disease — can be lessened or prevented by assiduously controlling the diabetes and keeping the blood-sugar level under control. In achieving this goal, diabetes often have to revise their lifestyles and

calling patterns, as well as stay under close medical supervision. For example, home glucose monitoring usually permits diabetics to take a more pro-active role in controlling their disease. Ask your doctor for an in-depth discussion about what you both can do to improve your health and salvage your leg.
DEAR DR. GOTT: Last month, I had a colonoscopy. Following this, my abdomen distended and I experienced severe stomach pain and fever that have persisted. What's going on?
DEAR READER: I don't know, but perhaps the doctor who performed the procedure can answer your question. From the limited information you supplied, I'd worry that you might have suffered an unusual complication of colonoscopy: bowel perforation. This simply means that the colonoscope may have caused a small tear in the bowel wall, permitting air to escape into the abdominal cavity, leading to distension, fever



Doctor Gott

and pain. Obviously, this could be a serious event because of the possibility of abdominal infection. You should return to your doctor for examination and testing.
DEAR DR. GOTT: Is it harmful to stifle a sneeze?
DEAR READER: Yes, under certain circumstances. During a sneeze, significant pressure builds up in the lungs and chest. This pressure can be transmitted to blood vessels, causing a sudden increase in blood pressure if the sneeze is stifled. In theory, this temporary high pressure could lead to stroke, as can any precipitous, strenuous physical activity that requires straining. As a general rule, I believe that it makes good sense to allow a sneeze full expression, even though in some circumstances most people try to avoid attracting attention.

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Doctor Peter Gott, a syndicated columnist for Newspaper Enterprise Association, can be written to at P.O. Box 91369, Cleveland, OH 44101-3369

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