



Police stakeout leads to arrests

By Dan Ping
Editor

Hiding in van helps officers discover culprits in string of burglaries

SANFORD — Teamwork and a late-night stakeout helped Sanford police solve a string of burglaries in the Baker's Crossing subdivision.

In the last month, appliances and air conditioning units were stolen from seven houses that were still under construction in the new residential community.

"The houses were not quite finished," said Investigator Rebecca Wixson. "These

guys were going in and taking major appliances. We estimate about \$13,000 in all."

Wixson, working together with Joseph Santiago of the department's Tactical Unit, began reviewing the reports and picked up on a pattern: all the burglaries occurred on the weekends.

"Except for Memorial Day weekend,"

Santiago said. "They skipped that weekend. I guess they figured it was a holiday and they needed time off."

Armed with that information, Santiago and his partner J.C. Smith set up a stakeout Saturday night near the entrance of the subdivision.

"We got there about 11 p.m. and parked in one of the driveways," Santiago

said. "A short time later we saw a van pull into the neighborhood. It drove through the subdivision and came back out. We had to scrunch down in the seat so they wouldn't see us."

The van soon returned and went to a house in the rear of the subdivision. As the vehicle passed by Smith and Santiago on its way out, the officers noticed a large box in the back.

"My partner made the traffic stop," Santiago said. "The driver got out and

See Stakeout, Page 8A

Bombs Away!

The 18-and-Under team of the Clearwater LadyBombers won the ISA Summer Slam the weekend of May 31-through-June 2 in Auburndale with a 7-2 win over the Lady Hawks from the West Orange Girls Club.

Christianson arrested on abuse charges

Seminole County Sheriff's deputies arrested Eric Christianson, 25, of Ocoola County on Sunday, June 9. According to the sheriff's office Public Information Officer Steve Olson, Christianson is accused of a sex offense involving a 14-year old girl whom he met on the Internet.

Olson said deputies believe Christianson apparently made contact with the teen through a teen-dating site on the internet. On June 1, Christianson reportedly took a Lynx bus from Ocoola County to Seminole County and met the victim at her home. The two then went to nearby Kewanee Park, where the sex offense allegedly occurred.

Another incident allegedly happened at the girl's home in Fern Park. Christianson then is said to have taken the bus back to Ocoola County.

The girl told her mother what had happened, and the Seminole County Sheriff's department was summoned. Deputies investigated and made contact with the suspect at his residence Sunday. He was then taken to the Seminole County Sheriff's office where he is said to have made voluntary statements to deputies. The deputies also learned that Christianson may have contact other minor female/underage girls via the internet, and there is a possibility he may be linked to other victims in Central Florida.

Anyone with information regarding this matter is urged to contact the Seminole County Sheriff's office at 407-665-6600 or Crime Line at 1-800-423-TIPS.

Seminole Smile

Michelle Soto - Comfort Inn & Suites hostess

Former Navy wing commander dies at 79

From Staff Reports

SANFORD — Capt. George W. "Kim" Kimmons, the last wing commander at Sanford Naval Air Station, died Monday, June 10, 2002. He was 79.

Kimmons was first stationed at Sanford NAS in 1959 and was assigned to several leadership duties during his time in Seminole County. He was well respected in the community, and when Reconnaissance Attack Wing ONE was reassigned to a Georgia base from Sanford on May 1, 1968, Kimmons wrote a front page letter to the editor thanking the community for its support of the Navy's activities.

"It has been much more than just another duty station," Kimmons wrote in the April 30, 1968 issue of the Sanford Herald. "It has become a home for many of us. In fact, so much so that many of us plan to make it our permanent home when our tour of Naval Service is over."

"... We wish to thank you for your hospitality and generosity in making us feel a part of the community. We fully appreciate that it has not always been easy. Our aircraft have many times flown late

See Kimmons, Page 5A



Capt. George W. "Kim" Kimmons

Café community



Our House Books & Coffee owner Dan Mulvaney, center, stands with, from left, Kristian Eberwein, a regular at the coffee house, and Christy Preisler, who helped install and set up the internet Café at the business. For more than five years, Mulvaney's business has offered the community a place to gather for poetry nights, games nights and a place to enjoy a cup of coffee.

Our House offers venue for young artists

By Michelle Jeris
Managing Editor

It's not very often business owners encourage patrons to draw on their establishment's walls. Dan Mulvaney, however, believes it's an outlet for young local artists to showcase their work.

Mulvaney, owner of Sanford's Our House Books & Coffee, recently decided to create "Wall Art," an exhibit that will cover an entire wall at his business. For \$5, people can "purchase" a small space to permanently display their masterpieces.

"We wanted to have a greater impact on the young artists of the community," Mulvaney said. "Our goal is to bring in the art community, especially young, fresh idealists."

In the five years it's been open, the coffee house has already established a loyal patronage — a café community that includes an eclectic array of people. According to Mulvaney, it's not unusual to find a staunch conservative



Dan Mulvaney displays some of the artwork already on the walls at Our House Books & Coffee.

Republican sipping coffee and discussing politics with a self-proclaimed anarchist. Various activities, including poetry and game nights, encourage the casual atmosphere that identifies Our House Books & Coffee.

"Anyone is invited to come to the events," Mulvaney said. "Our wine, cheese and discussion night usually draws a more intel-

lectual crowd, but everything else runs the gamut."

Kristian Eberwein is a member of the Our House community. He's been a regular morning customer for almost five years.

"I started helping out and offering advice," Eberwein said. "I got to know Dan and his wife. Coming here

See Coffee, Page 7A

County to continue supporting United Arts

By Nick Pfeiffert
Staff Writer

The Seminole County Commission has approved a request by United Arts of Central Florida, Inc., for continued support of United Arts at \$100,000 per year. The amount will be in the form of \$25,000 on a quarterly basis up to the maximum amount.

The matter was not without its share of controversy however at the Commission's Tuesday morning meeting.

Following a presentation by United Arts David Medley, president and CEO of United Arts of Central Florida and Ron Rose, and later assisted by board member Jack Wert, Commissioner Randy Morris led the parade of questioners.

"I notice on Attachment A of your application, which lists your expenditures, almost everything goes to performing arts, especially the Helen Stairs Theatre. There is little mention of visual arts," Morris observed.

Commissioner Carlton Herley added, "Almost all the money goes to theater and orchestras. Aren't we trying to promote all arts in Seminole County?"

"I think we need a more progressive program."

Commission Chairman Daryl McLain agreed that the program needs improvement.

In the attachment, United Arts of Central Florida lists such expenditures as \$31,345 for the Helen Stairs Theatre, \$7,000 for the Bach Festival, \$21,629 for the Orlando Philharmonic Orchestra, and other expenses for musical and live performances.

Morris referred to orchestral concerts which was held at Lake Mary High School and several other locations which drew large crowds. "But then the philharmonic orchestra went to Winter Springs High School and the turnout was very poor."

"Why did they chose that location?"

"That's the largest area around," responded Knight. "That's the size location they wanted for their performance."

See Arts, Page 7A

Demonstration turns into real deal for bomb squad

By Dan Ping
Editor

SANFORD — Timing is a crucial element to success for law enforcement agencies. So when members of the Seminole County Sheriff's bomb squad received a call Monday, they took advantage of the situation.

The squad was demonstrating its new robot during a Sheriff's Forum when someone reported that a suspicious package was found at Kazma Autos at U.S. 17/92 and County Road 427. The package turned out to be two 12-volt batteries in a bag, providing the squad with additional field practice using

the robot.

"There are a lot of ironic twists to this," said Steve Olson, spokesman for the sheriff's office. "In the middle of this demonstration, the page goes out about a potential bomb just down the street from where they were. It was also the same day that they captured the guy who planned to detonate the 'dirty bomb.'"

According to Olson, the Andros Mark F6A robot is a state-of-the-art vehicle manufactured by Remotec, a subsidiary of Nothrup Gruman. The robot will enhance the ability of the Explosive Ordnance Device Team to safely respond to suspicious packages and render safe

improvised explosive devices and military ordnance.

"This robot isn't just for bombs," Olson noted. "It could be utilized in other situations. Say you had a bio-hazard that would pose a health risk. You could use this robot to dispose of the bio-hazard without exposing people to the dangers."

The robot costs about \$115,000 and was purchased through a federal law enforcement grant. It has a retractable claw, which can pick up objects. The robot has several cameras to aid in navigation and for remote identification of objects. It can also be mounted with weapons.

See Robot, Page 7A



Officers from the Seminole County Sheriff's bomb squad Monday demonstrate a new robot which will be used to search for and detonate bombs. During Monday's demonstration, an actual bomb threat was reported, which the squad, along with the robot, responded to.

Photo submitted

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SEMINOLE SUMMARY

A GLANCE AROUND OUR COUNTY

June 14: A day to celebrate the Stars and Stripes

This Friday, June 14, is Flag Day. The observation, officially listed as "Flag Day and National Flag Week," has been made every year since 1941. Each year, the president issues an official proclamation, and tradition calls for him to declare it as "a time to honor America." It is also normal



Nick Pfeifauf

for him to urge everyone to say the Pledge of Allegiance on this day.

Why June 14? It's actually an anniversary. It was on June 14, 1777, one year after the declaration of independence, that John Adams introduced a resolution to the Continental Congress that the new nation needed a flag. He is quoted as saying, "Resolved, that the flag of the thirteen United States

shall be thirteen stripes, alternate red and white, that the union be thirteen stars, white on a blue field, representing a new constellation."

Each year there is a big celebration at the home of Betsy Ross in Philadelphia, credited with having made the first flag — although some historians now question whether or not she was actually responsible.

But at least you know the story of the origin of Flag Day.

Certainly, since Sept. 11 of last year, the citizens of this country have gone all out in displaying the American flag. Even though 9-11 is now nine months ago, people are still displaying flags on their vehicles, in the windows of their homes and businesses, and flying them at every available flag pole. Since the patriotism of World War II, we have never seen such an outpouring of respect for country.

While there are a number of celebrations at various parts of the nation, there will be no large scale observation locally, although smaller groups will undoubtedly have some type of event. That's to be expected with other honor-the-flag observances each year such as Memorial Day, Veterans' Day, Fourth of July, and others, parades and gatherings may not be a prominent.

But Flag Day is, nonetheless a special event. Even though you may already be displaying an American Flag, take a moment or two to pause and think of this beautiful symbol of our democracy and freedom. The flag is what we fought for in our wars, and what we salute and (hopefully) respect in our day-to-day lives.

As a sidenote, June 14 is also the official 227th birthday of the U.S. Army. The U.S. Army Recruiting Station, 124 Seminole Town Center Blvd. in Sanford is holding open house through Saturday.

"We are using the occasion of the Army birthday and Flag Day to reconnect to the public and honor all local army veterans and current service members" said Sgt. 1st Class William Rivera, station commander of the station. "The Army's soldiers are the muscle that upholds the great flag as the national symbol of peace and freedom."



Art Chester, business manager of Something Special Antiques and Collectibles in Sanford, raises the U.S. flag, as Big Louise, the mannequin, stands at attention.

Bronco Buster



A bronze sculpture, the first casting of the original by Frederic Remington, is displayed at Heritage House Antiques and Collectibles. The statue is from the estate of Charles Givens and is on sale for \$5,000.

Stafford joins Navy Marine Corps team

By Jerusa A. Harris
Special to the Herald

Since the earliest days of the Navy, Sailors have crossed the quarterdeck, the official entry point for a Navy warship, to come aboard. Today, as then, each Navy ship has a quarterdeck manned to receive sailors. Recruit Training Command (RTC) Great Lakes, Ill., is known as the 'Quarterdeck of the Navy.' Annually, 50,000 civilians pass through the gates at RTC to enter the U.S. Navy. After nine weeks of intensive training, these people join the fleet as the Navy's newest Sailors.

One such Sailor is Navy Seaman Recruit Nickolas A. Stafford, son of Carol Collard of Chuluota, Fl. Stafford joined the Navy in November of 2001, five years after graduating from Oviedo High School in Oviedo.

"I realized that I had never traveled, and that most of my jobs had been insignificant. I wanted to see the world and hold a position that really meant something," said the 23rd-year-old.

In recruit training, the navy must teach an enormous amount of material to its recruits, including the proper wear of Navy uniforms, physical fitness standards, damage control, firefighting, and most importantly, teamwork.

"The highlight of my recent of my recruit training was when the award board announced my name as an award winner. It made the entire experience well worth it," explained the Sailor.

For many Navy recruits like Stafford, this is their first experience as an integral part of the team. Through their training, they learn that working together as a team to accomplish their goals can mean the difference between life and death in critical intuitions in the fleet.

"I've learned not to take criticism personally. Professionally, I take great care and pay attention to detail in everything I do because someone's life may depend on the

Military Notes

little things," said Stafford.

While every sailor starts their career at RTC Great Lakes, once they graduate, they then go on the further military training, whether it be one of the Navy's apprenticeship programs, or a specialized school in fields ranging from health care or engineering to aviation or computer.

"After recruit training, I will be attending school to become an interior communications electrician. After my school, I hope to get training to become a Navy SEAL," said Stafford.

For new Sailors like Nickolas A. Stafford, their career in the Navy is just starting, and the doors of opportunity are wide open. In addition to everything they learn in basic training, these Sailors are also gaining a new understanding of their role in protecting and defending the people and principles of America in the future.

Sutton participates in fitness challenge

By Ligia Cohen
Special to the Herald

Navy Sailors may never have to pull by hand a 41,000-pound aircraft across the flight deck of a carrier, but as part of the Navy Fitness Challenge. Fifty sailors volunteered to do that and more. Testing the limits of their physical abilities as sea warriors, the challenge consisted of an F-14 plane pull, 50-pound sea-bag working party relay, a ladder climb relay up four flights of ladders, and a 100-foot fuel hose pull and retrieve contest. The team completion, filmed aboard USS Harry S. Truman (CVN 75), aired on ESPN on May 21.

One member of the five-sailor teams was Lt. Garrar Sutton, son-in-law of Juanita Banks of Geneva, Fl. He represented his command, the aircraft carrier USS Enterprise (CVN 65), homeported in Norfolk, VA., in the competition, which took place in April.

"A very prideful feeling came over me when I heard that my team was selected to participate. Just knowing that I was going to

represent my division, department, command and every officer and sailor in the Navy was very thrilling," said Sutton, husband to the former Michelle Banks and father of two. "Representing the Navy is what I take pride in doing every day. Pride, Honor, courage, commitment and respect for others, are how I live and not just words to say. Shipmate, shit and self."

Bill Kazmaier, a three-time winner of the World's Strongest man title, created the competition's events. The challenges were designed to push the sailors to the limits of their strength and endurance.

"Just working to stay always in shape is out true preparation for this event. The team was selected because of their total fitness involvement at the command and their total commitment to fitness," explained Sutton, 37. "My commanding officer was behind us 100 percent, and since I'm the command fitness leader, I was involved in the selection of the Enterprise team."

The Navy's commitment to physical fitness was only one of the reasons why Sutton joined in September of 1982, shortly after graduating from D.M Therrell High School in Atlanta. "I joined the Navy to grow up and become a man. I wanted to see the world and live a fulfilling life. I've gained a worldly education filled with great sights, good food, many friends and everlasting memories."

While in the Navy, Sutton earned an associate's degree from Columbia College. Now, as a fire control officer, Sutton also faces daily challenges on the professional arena: "I know my job is very important to the lives and safety of my shipmates. The crew depends on my team doing the maintenance of gear and operating the equipment correctly when defending the ship against any threats."

In all aspects of their lives, Sailors like Garrar Sutton commit all their strength to achieving team goals. That spirit of teamwork is the key to accomplishing the Navy's mission, on the athletic field and the battlefield.

OUT & ABOUT

WED 12

Seminole County/Lake Mary Regional Chamber of Commerce's Experts For Free will be held 11:30 a.m. to 1 p.m. Wednesday, June 12, at the Altamonte office, located at 230 N. Westmonte, Suite 1974. The topic is "Seminole County Real Estate Outlook." Reservations are required to attend. There is no charge for members; must be a Chamber member in good standing to attend. For more information, call Connie Luna at 407-333-4748.

THUR 13

The monthly meeting of the Seminole County Democratic Executive Committee (DEC) will be held at 7 p.m. Thursday, June 13, at the offices of Jacobs & Goodman, Attorneys at Law, 890 S.R. 434 North, Altamonte Springs.

The special guest speaker will be Shannon Collins, Central Florida Regional Coordinator for the Bill McBride gubernatorial campaign.

All present and prospective Seminole County Democrats are encouraged to attend. Admission is free.

For more information, contact Bob Poe, Chair of the Seminole County DEC at 407-622-1783, Rosalie Cook, DEC Vice-Chair at 407-324-2776 or visit the DEC's Web site at www.seminolecountymc.org or McBride's Web site at www.mcbride2002.com

SAT 15

The Juneteenth Celebration and Race Unity Day will be held 11 a.m. to 5 p.m. Saturday, June 15, at Coastline Park, located at 900 W. 9th St.

The event will include Gospel singing, guest speakers, praise teams, arts and crafts, children's games and vendors.

SUN 16

Evergreen Temple No. 321 of the Improved Benevolent Protective Order of the Elks of the World will hold its sixth annual Buds of Evergreen Cotillion 5 p.m., Sunday, June 16, in the Sanford Civic Center.

Buds include Ashton Gaines, Vonetta Green, Jasmine Johnson, Jocelyn Johnson, Sandra Inman, Martice Pitts and Thenia Singleton.

The 2002 Buds have spent the last six months participating in various workshops and seminars, covering topics that included etiquette, social graces, money management, dressing for the occasion, dating and safety, and job interviewing skills. They were also required to write a 500-word essay on a topic that dealt with some of the issues and concerns that society faces today.

The cotillion is open to the public.

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Obituaries

RUTH ANDERSON

Ruth Anderson, 74, West 17th Street, Sanford, died Wednesday, June 5, 2002 at Florida Hospital, Altamonte. She was born Nov. 17, 1927 in Sanford. She was a homemaker and a member of First Shiloh M.B. Church.

Survivors include husband, Willie Sr., Sanford; son, Willie Jr., Wappingers Fall, N.Y.; daughter Wynona Samuels, Orange, N.J.; sister, Genevieve Frazier, Ridgeland, S.C.; six grandchildren; five great-grandchildren.

Funeral services will be Saturday, June 15, at 11 a.m., at First Shiloh M.B. Church. Wilson-Eichelberger Mortuary, Inc., Sanford, in charge of arrangements.

BENJAMIN CALEDA

Benjamin Caleda, 64, Belmar Terrace, Deltona, died Saturday, June 8, 2002 at Florida Hospital Fish Memorial, Orange City. Born in New York City, he moved to Central Florida from Puerto Rico in 1988. He was a construction worker and a veteran of the U.S. Air Force.

Survivors include wife, Valentina, Deltona. Fournovs Cremation, Inc., Orange City, in charge of arrangements.

FRANCIS DIELO JR.

Francis Diello Jr., 56, Magnolia Drive, Daytona Beach, died Sunday, June 2, 2002 at his residence. Born Aug. 20, 1956 in Elmira, N.Y., he moved to Central Florida in 2000. He was an inspector for Crane Cams, Inc., Daytona Beach. He was Protestant by faith.

Survivors include daughters, Leslie Easton, Elmira Heights, N.Y.; Laura May-Diello, Elmira; brothers, John, Pittsburgh, Donald, Elmira, Butch, Montur Fall, N.Y.; sisters, Sandy Cook, Elmira, Melody, Diello, Odessa, N.Y.; two grandchildren. Phoenix Cremation Society, Inc., South Daytona, in charge of arrangements.

ELI MICHAEL ELLICH

Eli Michael Ellich, 88, Delaware Road, Deltona, died Sunday, June 9, 2002 at his residence. Born in Gary, Ind., he moved to Central Florida from Naples in 1992. He was in the sheet metal industry, local union 303 in Gary. He was Eastern Orthodox by faith.

Survivors include wife, Dorothy; sons, David M., Fort Lauderdale, Chester J., and Eli, both of Deltona; daughters, Barbara J. Stapleford, Millford, Del., Mary Eichens, Las Vegas, Nev.; 12 grandchildren; one great grandchild.

Memorial donations may be made to Hospice of Volusia/Flagler Counties, 3800 Woodbriar Trail, Port Orange, Fl., 32119.

Baldadauff Family Funeral Home, Orange City, in charge of arrangements.

JOHN A. FEACHER

John A. Feacher, 93, W. Sixth Street, Sanford, died Thursday, June 6, 2002. Born in Monticello, he moved to Sanford 88 years ago. He was a retired custodian at the Kennedy Space Center, a member of St. James A.M.E. Church, and a World War II veteran of the U.S. Navy.

Survivors include sons, John A. Jr., Daytona Beach, Theodore McIntyre, New Jersey; daughter, Jean E. Jones, Winter Springs, Elmira "George" Hall, and Mildred F. Williams, both of Sanford, and Gwendolyn "Jessie" Thornton, Rochester, N.Y.; nine grandchildren; 13 great-grandchildren; three great-great-grandchildren.

The family will receive friends from 5 until 8 p.m. Friday, June 14 and from 10:30 until service time at Calvary Temple of Praise. Services will be 11 a.m. Saturday, June 15 at Calvary Temple of Praise with burial in Mosely Cemetery.

Gail & Wynn's Mortuary, Inc., Orlando, in charge of arrangements.

CATHERINE B. REITER FERRIS

Catherine B. Reiter Ferris, 71, Sanford, died Saturday, June 8, 2002 at South Seminole Hospital. Born March 6, 1931 in Orlando, she was a lifelong Central Florida resident. She was a clerical assistant and a Baptist.

Survivors include daughter, Joyce, Sanford; one grandson. Gramkow Funeral Home, Sanford, in charge of arrangements.

GRACE A. FRATERRIGO

Grace A. Fraterriego, 80, Dorado Drive, Winter Springs, died Friday, June 7, 2002 at her residence. She was born Nov. 4, 1921 in Richmond Hill, N.Y. She was a homemaker.

Survivors include daughters, Rita Fraterriego and JoAnn B. Fox, both of Oviedo; sisters, Rita Nilson, Winter Spring, Dona Nelson, Central Islip, N.Y., Nettie Rochester, Chatham, N.Y.; five grandchildren; two great-grandchildren.

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

BETSY LEE WILLIAMSON JENNISON

Betsy Lee Williamson Jennison, 93, Woodmere Blvd., Sanford, died Saturday, June 8, 2002. She was born in Cairo, Ga. She was a seamstress and a member of Central Baptist Church.

Survivors include husband, Eldred Jennison, Sanford; son, Gene Williamson, Sanford. Baldwin-Fairchild Oaklawn Chapel, Sanford/Lake Mary, in charge of arrangements.

GEORGE WASHINGTON KIMMONS

George Washington Kimmons, Capt. USN Ret., 79, of Sanford, died Monday, June 10, 2002. Born April 30, 1923 in Akron, Ohio, he moved to Sanford in 1991. He was a career veteran of the U.S. Navy and a member of St. Peter's Episcopal Church, Lake Mary.

Survivors include wife, Ann, Sanford; sons, Christopher, Houston, Tex., Gregory Hyatt, Orlando; daughters, Kathy Kimmons Howard, Chuluota, Ashlen Hyatt Nunnery, Jacksonville; sister, Betty Renn, Fort Myers; six grandchildren. Visitation will be Wednesday, June 12, from 6 until 8 p.m. at Gramkow Funeral Home Chapel.

Memorial services will be held Thursday, June 13 at 11 a.m., at St. Peter's Episcopal Church with Rev. Robert Mountford officiating.

Memorial donations may be made to St. Peter's Episcopal Church, 700 Rinehart Road, Lake Mary, 32746 or Sanford Airport Memorial Committee, 11200 Red Cleveland Blvd., Sanford, 32773.

Gramkow Funeral Home, Sanford, in charge of arrangements.

LOUIS J. LINDERMANN

Louis J. Lindermann, 67, Sanford, died Saturday, June 8, 2002 in Green Cove Springs. Born June 11, 1934 in Queens, N.Y., he moved to Sanford from Millford, Conn. in 1992. He was a mechanic for Kimberly-Clark Corp. and a veteran of the U.S. Navy.

Survivors include wife, Cathryn, Sanford; sons, Louis Jr., Gaylordville, Conn., Allen Foster, Sanford, Bryan Linderman, Waterbury, Conn.; daughter, Shaon Ann Linderman, Waterbury, Conn.; brothers, Teddy and Jerry Start, both of Waterbury; sisters, Dorothy Metzger and Gladys Thomson, both of Inverness; 12 grandchildren.

Gramkow Funeral Home, Sanford, in charge of arrangements.

CECELIA MARGARET MANN

Cecelia "Cel" Margaret Mann, 88, Viking Avenue, Deltona, died Sunday, June 9, 2002 at her residence. Born in White Plains, N.Y., she moved to Central Florida in 1984. She was a homemaker, a member of Our Lady of the Lakes Catholic Church, Catholic Womens Club, Ladies Auxiliary for the Knights of Columbus, and the Bunco Club.

Survivors include son, Stephen Edward Mann, Deltona; daughter, Patricia Mary Elsbree, Acworth, Ga.; six grandchildren; 15 great-grandchildren.

grandchildren.

Memorial donations may be made to Hospice of Volusia/Flagler, 3800 Woodbriar Trail, Port Orange, 32119 or St. Vincent De Paul, 1310 Maximilian Street, Deltona, 32725. Baaaalduff Family Funeral Home, Orange City, in charge of arrangements.

RICHARD H. OAKLEY

Richard H. Oakley, 87, N. Lake Drive, Orange City, died Wednesday, June 5, 2002 at Florida Hospital Fish Memorial, Orange City. Born in Cleveland, Ohio, he moved to Central Florida from Bloomington, Minn. in 1981. He was an assistant treasurer for Honeywell and a Lt. in the U.S. Navy during World War II.

Survivors include son, Richard, Blaine, Minn.; two grandchildren. Memorial donations may be made to the American Cancer Society, 218-A East New York Ave., Deland, 32724-5554.

Baldadauff Family Funeral Home, Orange City, in charge of arrangements.

GERTRUDE M. ORESKOVICH

Gertrude M. Oreskovich, 67, of Sanford, died Wednesday, June 5, 2002. Born July 5, 1934 in Middletown, N.Y., she moved to Sanford in 1972. She was a purchaser for the Electronics Industry. She was Catholic, and a long-time member of N.A.M.E.

Survivors include sons, Keith Brown, Sanford, Michael Brown,

Aurora, Co.; daughter Rosary Boyle, Sanford; brother, Frederick Augustin, Lake City; sister, Helen Hoyt, Deltona; 11 grandchildren.

Funeral services will be 10 a.m., Wednesday, June 12, at the Gramkow Funeral Home Chapel with Father Mark Christopher and Shawn Rogers co-officiating. Interment will follow at the Oaklawn Park Cemetery.

Gramkow Funeral Home, Sanford, in charge of arrangements.

CURTIS OWENS

Curtis "Smokey" Owens, 75, Castle Brewer Court, Sanford, died Friday, June 7, 2002 at Central Florida Regional Hospital. He was born Nov. 6, 1926. He was a truck driver.

Survivors include sons, Alphonso Badoya, San Diego, Cal.; Robert Fields, Bowling Green, Fl.; daughters, Andrea Owens, Sanford, Gerita Bellamy, Fort Pierce; brother, Edward, Rochester, N.Y.; sister, Edith Jackson, Sanford; seven grandchildren; nine great-grandchildren.

Funeral services will be Saturday, June 15, 2002 at 2:30 p.m., at New Mt. Calvary M.B.

Church.

Wilson-Eichelberger Mortuary, Inc., Sanford, in charge of arrangements.

HELEN P. SURICK

Helen P. Surick, 78, Sanford, died Friday, June 7, 2002 in Longwood. Born in Carteret, N.J., she moved to Central Florida in 1991. She was a Catholic.

Survivors include husband, John, Sanford; daughter, Ellen Adamowicz, Lake Mary; sister, Eileen Brennan, Carteret, N.J.; brother, James Foxe, Carteret; two grandchildren.

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

FLORETTA M. WASHINGTON

Floretta M. Washington 95, Avenue B., Oviedo, died Thursday, June 6, 2002. Born in Oviedo, she was a lifelong resident. She was a domestic engineer and a member of Church of God in Christ, Oviedo.

Survivors include one brother-in-law, West Washington, Oviedo. Golden's Funeral Home, Inc., Winter Park, in charge of arrangements.

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Business

Comfort Inn & Suites hosts ribbon cutting festivities



Herald photo by Tommy Vincent

The Sanford Chamber of Commerce held a ribbon cutting ceremony at Comfort Inn & Suites, the city's newest hotel, located adjacent to Interstate 4 next to the Cracker Barrel. On hand for the event were John Jones, with the city of Sanford; Mike Fitzpatrick with the chamber; Brian Volk, chamber president; Angela Gordon, chamber director; Paul Temple, general manager of Comfort Inn & Suites; Mary Badke, director of sales for Comfort Inn; Heather Brinkley, manager of Comfort Inn; Debbie Ritchey of the chamber; Walt Smith of the chamber; and Joan Breslin of Spring Hill Suites.

Florida Solar president warns of 'weekly shot' of chlorine

A weekly "shot" of chlorine administered to backyard pools can be dangerous to your health pool finish, and the environment.

To be effective and safe, chlorine should be administered in small, daily doses, says Skip West, founder and chief executive officer of Florida Solar Technology, Inc., based in Sanford with offices in Tampa.

West is an expert on swimming pool maintenance. His firm is the world's largest contractor of pool heating systems. Last year, West launched the Olympian Pools Division, which offers swimming pool maintenance services in the Tampa and Orlando areas and plans to open offices statewide over the next

three years.

West said pool maintenance companies are shortchanging their customers by administering weekly chlorine doses. "Putting that much chlorine in a swimming pool at one time is a serious health risk," said West, adding, "that's why they tell you not to go in the pool for 24 hours to 48 hours."

"The companies that administer the weekly shot doses will save on personnel costs," West explained. It's cheaper to service a pool once a that way!

Fortunately chlorine poisoning is rarely fatal, West said. "It stings the eyes, nose and throat, and any scratches you might have, occasionally it can cause skin irritations, it bleaches out

clothing and hair, and you don't want to drink it," West emphasized. Swimming in a pool for ten minutes is equal to drinking two eight ounce glasses of water.

It's safer and more effective to administer chlorine daily, West recommended. His firm supplies a device that releases chlorine into the pool gradually. It must be checked weekly and recharged, West said, but it means pool owners can swim anytime the mood strikes them.

"Our first recommendation is the purification system," West said, "but some pool owners just don't feel happy unless they have chlorine. For them, timed release is much better than a weekly shocking," he added.

Engineered Homes completes amenity center at Egret's Landing

Engineered Homes has completed a half-million dollar amenity center at Egret's Landing in the Chase Groves area of Lake Mary that includes Central Florida's third interactive swimming pool for children.

With temperatures already hovering in the 90s, the new amenities are a timely addition for the nearly 200 families presently living in the planned 224-home gated community on Old Lake Mary Boulevard.

In addition to the interactive pool - a virtual children's playground on water that Engineered Homes introduced to Central Florida several years ago - other amenities include an adult swimming pool with cabana and children's playground.

The feature, however, that has drawn by far the most attention, particularly from children, is the unique interactive pool, according to Sales and Marketing Director Marilyn Anderson.

"Of all the amenities, the interactive pool is by far the most unique," she says.

This low-water pool features levers and pulleys that control a variety of water effects ranging from waterfalls to jet sprays and is an ideal complement to the adult swimming pool.

The interactive swimming pool made its Central Florida debut three years ago at the company's Weston Hills development in

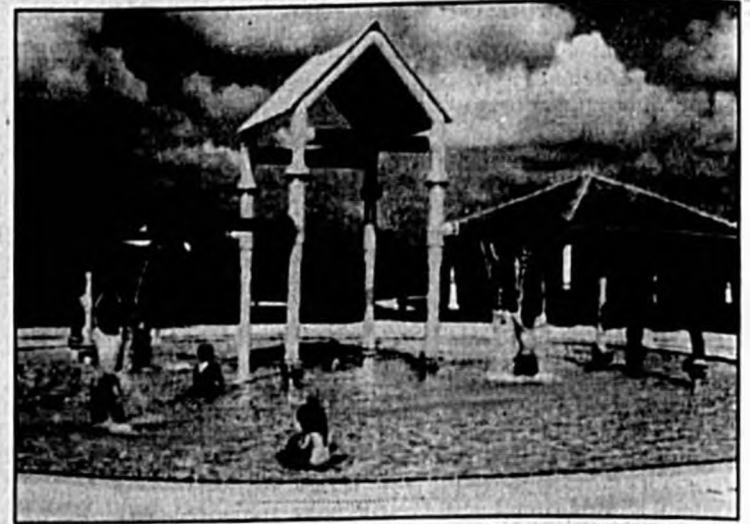


Photo submitted to the Herald

The interactive swimming pool at Egret's Landing has become popular with children of all ages

south Lake County and again last year at Lake Gloria Preserve in south Orlando. Both of those communities recently sold out.

"The interactive pool was a big hit at both communities and we expect it won't be any different here at Egret's Landing," says Anderson.

Egret's Landing, which features home prices from the \$130s to the \$200s, has been a steady performer for the Winter Park-based homebuilding company. To date, the community has chalked up 175 sales for approximately

\$27.5 million - for an average sales price of \$158,000.

In addition to Egret's Landing, Engineered Homes also is developing The Sanctuary in Oviedo, Lake Griffin Estates in Casselberry, The Retreat at Wekiva near Lake Forest, Buckingham Estates near Heathrow and is launching a new community in south Lake County near Clermont called Mission Park.

The company posted a record \$78.4 million on 413 sales last year.

Altamonte Springs production company plans expansion

Greg Rike Productions, Inc., an Altamonte Springs film, television and music production studio better known among entertainment professionals in New York and Los Angeles than here in Central Florida, is planning a major expansion.

Writer-Producer-Director Greg Rike, who recently helmed 15-

year-old upcoming pop artist Allana's new music video, Where Did You Go?, said he is currently working on several major projects and plans to add limited investor partners.

Rike recently produced the multi-media presentation for the Downtown Orlando Partnership's Golden Brick Awards.

His 7,000-square foot production studio has five television programs in development now, and Rike hopes to begin producing one of them this fall. This summer, Rike's organization plans to launch a nationwide retail venture. In October, the studio will introduce a new toy Rike developed.



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Kimmons

Continued from Page 1A

at night and have been an irritant, but in the main, you have understood our mission and the necessity for our work. Your support even in trying times has been magnificent."

Kimmons retired from the Navy in 1974 and eventually retired in Sanford in 1991.

He was born in Akron, Ohio, on April 30, 1923, and dedicated himself to a Naval career during World War II.

In 1942, Kimmons entered Naval flight training, winning his wings at Pensacola on Feb. 6, 1945.

Ensign Kimmons' first assignment was as a primary flight instructor. This was followed by a tour with Honolulu based Air Transport Squadron Eight, during which time he participated in the 1948 Berlin Airlift. He subsequently attended Ohio State University Electronics School and the Navy's General Line School at Monterey, California.

In December 1952, Lt. Kimmons reported for duty aboard USS Curtiss (AV4), Flagship for the Task Group supporting Operation Castle, one of a series of atomic tests held at Bikini Atoll in the Pacific.

Subsequent tours took him to the west coast's Patrol Squadron Nine and to Wright-Patterson Air Force Base in Dayton, Ohio as a Naval Bureau of Aeronautics Representative.

In January 1959, Lt. Commander Kimmons made his first appearance in Sanford Heavy Attack aviation. Completing the A3A Skywarrior syllabus in Heavy Attack Squadron Three, he

reported to Heavy Attack Squadron One, later to become the Operations Officer and deploy to the Mediterranean as an 18-plane A3B squadron aboard USS Independence (CVA 62).

Commander Kimmons reported to Heavy Attack Squadron Nine in June 1961 as Executive Officer and a year later assumed command of the squadron. Following this tour he served as Chief Staff Officer for Commander Attack Wing One. It was during this time that the change over to the RA5C (Vigilante) began with the wing.

In December 1963, Commander Kimmons left the staff to assume command of Reconnaissance Attack Squadron Three, during which time the faithful A3B phased out and the RA5C became operational with the deployment of the first two squadrons. At the conclusion of this tour he reported aboard USS Coral Sea (CVA 43) as Air Operations Officer and later as the ship's Executive Officer, spending ten consecutive months in the western Pacific participating in action against North Vietnam.

Captain Kimmons attended the Naval War College at Newport, RI in 1965 prior to his assuming the duties of Commander Reconnaissance Attack Wing One at Naval Air Station, Sanford in 1967.

On July 24, 1969, Kimmons assumed command of USS Kaskaskia (AO-27) and remained so until her decommissioning on Dec. 19, 1969.

Following his duty aboard Kaskaskia, Kimmons reported to the staff of the Chief of Naval Air



Herald photo by Tommy Vincent
Capt. George W. "Gim" Kimmons, far left, is pictured with family members during a recent ceremony for Sanford's Vigilante memorial.

Training in Pensacola. During this time he participated in the formation of a new staff, Chief of Naval Education and Training, following which time he served as Assistant Chief of Staff for Administration.

Kimmons retired from the Navy on May 31, 1974.

His decorations include: the Legion of Merit, Air Medal, Navy Commendation Medal, Navy Unit Commendation, Humane Medal, American Theater, Victory, German Occupation with Airlift Clasp, United Defense, Armed Forces Expeditionary Medal with 1 star, Vietnam Campaign Medal.

Capt. Kimmons retired in Sanford, with his wife the former Ann McGwigan of Enfield, N.C.

Between them they have four children: Kathy Kimmons Howard of Sanford; Kristopher Kimmons of Houston; Ashlen Hyatt Nunnery of Jacksonville; and Gregory Hyatt of Orlando. They have five grandsons: Aaron and Austin Howard, Joel and Alex Nunnery, R. J. Kimmons; and one granddaughter, Sarah Hyatt.

In lieu of flowers, the family requests donations be made to St. Peter's Episcopal Church in Lake Mary or the Sanford Airport Memorial Committee at 1200 Red Cleveland Blvd., Sanford, Fla. 32773.

Funeral service information can be found in the Obituaries on Page 3A.

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Woman angered about Vatican's answer to scandal

DEAR ABBY: After days of meeting in Vatican City, the U.S. Cardinals came to an official agreement on zero tolerance for child molesters.



Dear Abby

I am enraged and deeply saddened that it took a group of grown men a trip halfway around the globe to conclude the obvious. Were they perhaps considering other options — like THREE strikes and you're out? The real humdinger is that they will not necessarily apply the zero-tolerance rule to priests who molested children years ago but have repented and are well-received by their community. Where is the debate? Child molester. I'll say it again ... CHILD MOLESTER! It's time to take these people away from our children and our churches and put them in jail where they belong.

LAURA IN LOS ANGELES

DEAR LAURA: I'm sure the majority of American Catholics agree with you. However, let's not bash the priesthood, which has many dedicated members. The problem of abuse of a trusted position exists in every religion and in every profession. The disgrace in this case is that information was suppressed and ignored for decades.

Among the letters I have received on this subject was one from a man in the Midwest, who wrote:

"As a young boy, I was molested by my priest. I thought I had brought it on myself, and I was so ashamed I never told a soul about it. Because of the recent revelations about the church, I finally found the courage to confide what happened to my closest friend. Do you know what his response was? 'It happened to me, too.'"

"Abby I wonder how many others there are like me and my friend — who were also molested and never spoke up."

That's a good question. I urge any reader who was molested by anyone as a child to come forward and bring it to light by reporting it TO THE POLICE. A victim has no reason to feel guilt or shame. Those are emotions that should be felt by the perpetrator of such a crime. Reporting molestation not only begins the process of healing for the victim, but could also prevent other children from becoming victims, too.

DEAR ABBY: Three or four months ago, my "Aunt Rosa" hosted a "get-acquainted" luncheon and invited several of her new neighbors. One neighbor, "Mrs. Miller," complimented Aunt Rosa on her delicious Mexican casserole.

The following week, Mrs. Miller called Aunt Rosa and announced that she had broken her back. Then she asked if my aunt would prepare dinner for her — and to please make it her "scrumptious" Mexican casserole. Aunt Rosa was flattered. She said she was happy to help her in her time of need. Before hanging up, Mrs. Miller threw in that she'd like my aunt to pick up a dessert for her — and to make the casserole for six, because she was having company!

Abby, Aunt Rosa spent a lot of time and money — and never received so much as a "thank you" for her efforts. Mrs. Miller's husband even had the nerve to show up at my aunt's house with his daughter to sell her some Girl Scout cookies. Aunt Rosa said Mr. Miller looked perfectly healthy. He could have made the Mexican casserole himself or ordered take-out. I am still furious that my Aunt Rosa was treated in this despicable manner. Your thoughts, please.

DISGUSTED IN MASSACHUSETTS

DEAR DISGUSTED: How do you say "chutzpah" in Spanish? Mrs. Miller needs to hear it — and so does Aunt Rosa.

Coffee

Continued from Page 1A

turned into a morning ritual." Even when he moved to Detroit for a year, the coffee house remained in Eberwein's mind.

"I kept in contact, which is odd," he said. "When you move somewhere, especially half-way across the country, you usually don't keep in contact with a store."

Today, Eberwein considers Our House a place away from the normality of life.

"It's not work, and it's not my regular group of friends," he said. "It's become a third place. And, everybody around here is a friend."

A social and cultural outlet was exactly what Mulvaney was striving for when he opened the business five years ago, but it wasn't why he originally came to Sanford. He came to the city to expand his already thriving thrift store

business.

"I decided to go in a different direction," he said. "I wanted to do something more culturally based."

During the five years, Mulvaney has expanded his business space, downsized, and once again expanded. The store now includes two main rooms that feature books, comic books, greeting cards, bistro tables and his most recent venture, the Internet café.

"Internet cafés have become very popular," he said. "We get a lot of young professionals that come in here during their lunch break. A lot of the English tourists also come in to use the

computers and get on the Internet."

At \$2.50 an hour, many tourists find Our House's Internet access less expensive than making a phone call. The store, located 308 E. Commercial St., is also close to the Sanford Marina, allowing boaters away from home to contact friends and family via the Internet.

So far, Mulvaney said his second attempt at expansion has been a success, and he's reaching his short-term goal of stability. Now, it's on to his long-term goal — a cultural Mecca called House of Socrates.

"One day, my goal is to open

a cultural center for debate," he said. "I want it to be a social venue with music and discussion. But, that's a few years down the road."

"I'll have to see how well the expansion does," he said. "This time, if it doesn't work, I'll have to close. This can either be the end or a new beginning."

Upcoming events at Our House Books & Coffee include a poetry/open mic night 7 p.m. Monday, June 24. The last day to sign up for Wall Art! is Saturday, July 13.

For more information about any upcoming event or to register for the art exhibit, call the coffee house at 407-324-0054.

Arts

Continued from Page 1A

Morris, who subsequently seconded the motion to approve the allocation of money, put a stipulation that it will be a tentative distribution, awaiting information regarding how the money may be better disbursed to visual arts.

Rose was to report back to the commission to explain how distribution may be increased to include the visual arts.

When the vote was called, it passed four to one, with Commissioner Grant Malloy dissenting.

"I won't vote for this," he said. "I believe the arts should be privately funded."

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Stakeout

Continued from Page 1A

tried to run. Turns out he had several DUI charges." Virgil Thompkins, 46, and Robin Wood, 39, were charged with one count each of larceny theft over \$300, burglary of a house under construction, and possession of burglary tools. "I believe Thompkins had just got out of prison," Santiago said. "We're going to send him back." "This is a good example of how the system is suppose to work," said police spokesperson Cleo Cohen. "These officers shared information, developed a theory and then caught the bad guys." The arrests also are the latest example of the aggressive policing techniques utilized by the Tactical Unit. In December, the unit assigned officers to roof-top

patrols in a successful operation that ended a series of burglaries in downtown. The unit also has conducted numerous drug and prostitution stings throughout the city. "We're trying to be very proactive in the way we fight crime," Santiago said. While the task is more difficult in new subdivisions or areas still under construction, both Wixson and Santiago agree that vigilant neighbors are an effective way to stop crime. "Know what's going on around the neighborhood, and if you see something, call it in," Wixson said. "Stay alert. If you see some-one moving appliances at midnight, that's a clue," Santiago added.

Old oak in front of middle school loses another large limb

From Staff Reports

SANFORD — The aging Live Oak tree in front of Sanford Middle School on French Avenue, has lost another large limb. The tree has been losing large limbs for a number of years and the question is, how long will the main trunk remain. The Department of Transportation sent a crew to the location Monday morning to get rid of the fallen limbs, this time on the south side of the tree. The last such incident occurred when a large limb fell on the north side. Howard Jeffries, with the city of Sanford, said he has no idea how old the tree might be. "I believe however, that it's possibly the oldest Live Oak in the city, maybe 175 to 200 years," he said. He added that the tree appears to be soft in the middle, which may indicate aging is beginning to take its toll. "After investigating the incident it was determined that the tree is on Seminole County



Harold photo by Tommy Vincent
Pedestrians investigate the fallen limb from an old oak tree in front of Sanford Middle School.

School Board property, and it therefore becomes the responsibility of the school board. The board's maintenance department reportedly will handle the matter, trimming and coating the broken area, but for the time being, the tree will remain, and not be destroyed.

Lane shift planned through Thursday

Motorists using U.S. 17-92 will experience lane shifts through Thursday, June 13. Crews are scheduled to shift the southbound and northbound lanes periodically through the hours of 9 p.m. and 5:30 a.m. This traffic shift will take place on U.S. 17-92 at the Toll Road 417 overpass. It is necessary to shift traffic while workers paint the overpass.

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Sports

Inside:

CLASSIFIEDS 5B-7B
CROSSWORD 5B

From the Eagle's Nest

By Dean Smith
Sports Editor

SANFORD — Here are some of the golf happenings and offerings for the near future.

SANFORD-SEMINOLE COUNTY CHAMBER OF COMMERCE GOLF

The Sanford-Seminole County Chamber of Commerce annual Golf Tournament will be held on Thursday, June 20 at Alauqua Lakes Country Club.

Sponsorships start at \$100, if you can't play, get your name on a hole! This is a great opportunity to network your company!

Sign up for a foursome for just \$400. Sponsor a hole and sign up for a foursome for just \$475.

Deadline to sign up is noon on Friday, June 14th and you must sign up to sponsor or play.

Registration begins at noon on June 20 and if you get a Hole In One, you will win a free two-year lease from Massey Cadillac! There are also other fine prizes to win.

So for more information or to register call the chamber at 407-322-2212 and come on out to Alauqua Lakes and join Sanford Mayor Brady Lessard for a day of golf.

"BEAT THE HEAT" GOLF TOURNAMENT

Magnolia Plantation Golf Club will play host on Wednesday, June 26th to the inaugural golf tournament planned to benefit the State of Florida Chapter of Beat the Heat, Inc.

In its 10th year as a non-profit organization with chapters across the country and in Canada, Beat the Heat, a racing for education, "Cops & Kids" organization, strives annually to reach youths throughout communities with its strong and serious educational platform.

That platform consists of educating young people about the serious problems of drug/alcohol abuse, the horrors of drug/alcohol impaired driving, and the many dangers in street grad racing.

In addition, Beat The Heat, Inc. holds events throughout the year to establish a better understanding between law enforcement and the communities they serve.

"With our cars and various other programs we can help break down barriers that exist between youth and authority figures," said Ryan Bruce, an investigator with the Longwood Police Department who is sponsoring the Florida Chapter. "This annual golf tournament can help us with needed funds to continue our work and to get these important messages to the youth of our communities."

The tournament is open to the public. For information regarding player information, sponsorship opportunities and tournament details, please contact Betsy Nein, Tournament Director at 407-831-9991 or email CNein@aol.com.



Photo courtesy of Anaheim Angels

Sanford's David Eckstein hit his Major League leading third grand slam of the season Sunday.

Just showing off

Eckstein has big day with older brother in stands

By Dean Smith
Sports Editor
ANAHEIM, CA. — David Eckstein has done it again. With older brother and personal coach Rick in the stands, the second-year short-

stop blasted his fourth home run, and third grand slam, of the season as the Anaheim Angels topped the Cincinnati Reds, 7-4, in front of a Sunday afternoon crowd of 35,501 at Edison Field.

The surge of power from the 5-foot-8, 170-pounder, he has already evened his total for home runs in his rookie season, has vaulted him into the lofty status of the Major League leader in grand slams.

Part of the credit for the new-shown power has to go to Rick, who pushed David hard during Winter training at the University of Georgia.

The slams tied a record as David became just the second Angel to hit three slams in one season (Joe Rudi did it in 1978 and 1979).

Rick, a former conditioning coach with the Minnesota Twins and who just finished his first season as an assistant coach with Georgia, flew to California on Thursday to watch his little brother play the Reds and Pittsburgh Pirates.

And he got an eyeful on Sunday as David led off the bottom of the first inning with his second triple of the season. See Eckstein, Page 2B

Bombs away

Rams lead Clearwater to Summer Slam title

Special to the Herald

AUBURNDALE — The 18-and-Under team of the Clearwater LadyBombers won the ISA Summer Slam the weekend of May 31-through-June 2 in Auburndale with a 7-4 win over the Lady Hawks from the West Orange Girls Club.

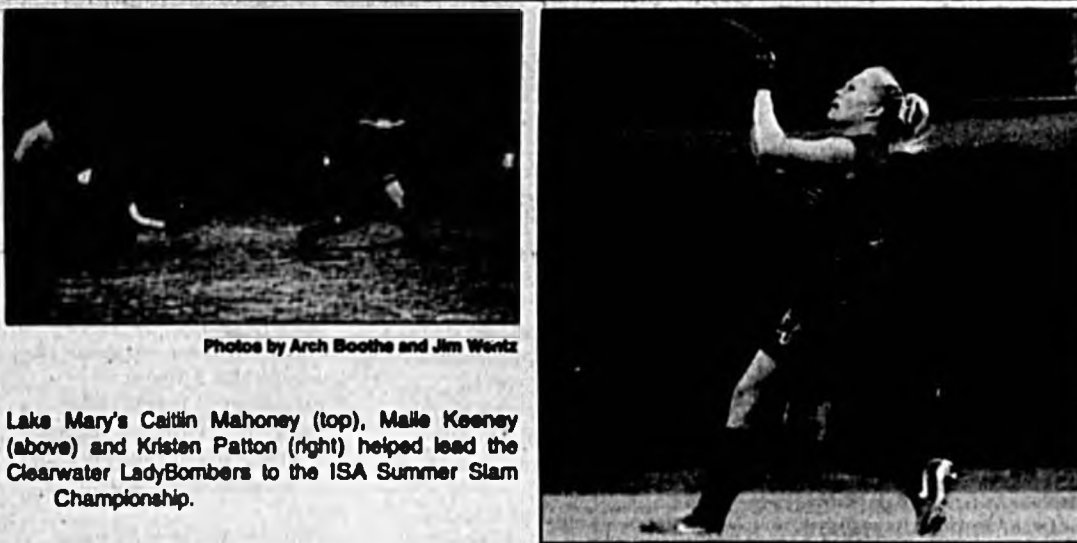
The Bombers advanced to the finals on Sunday (6/2) by defeating the Force out of Tampa, 9-0, and the Stingers from Lakeland, 5-4.

The Bombers were led to this Championship by Lake Mary High School players Caitlin Mahoney, Maile Keene and Kristen Patton.

Mahoney, a shortstop, hit .471 (8-for-17) and had an on-base percentage of .667. Her eight hits, including two doubles and a homerun, led all batters and she also drove in six runs.

Third baseman Keene had four hits, including a double, in seven official at bats for a .571 batting average and also drove in a run.

See Bombers, Page 2B



Photos by Arch Booths and Jim Wentz

Lake Mary's Caitlin Mahoney (top), Maile Keene (above) and Kristen Patton (right) helped lead the Clearwater LadyBombers to the ISA Summer Slam Championship.

SAC in College World Series

By Dean Smith
Sports Editor

OMAHA — There will be no Florida schools in the NCAA Div. I College World Series this year, but the Seminole Athletic Conference will be represented anyway.

Florida Atlantic University, No. 1 seeded Florida State University, and defending National Champion University of Miami were all eliminated in Super Regional play this past weekend putting to an end a long streak of having at least one Florida representative in Omaha.

But local fans will still have someone to cheer for as the University of South Carolina, which ousted Miami, has two starters from Lake Brantley High School.

Junior Justin Harris is the starting centerfielder and red-shirt freshman Kevin Melillo, both four-year starters for coach Mike Smith at Lake Brantley, is the starting second baseman for the Gamecocks.

South Carolina, the No. 6 seed, won two of three from Miami at home over the weekend to win its Super Regional and one of eight spots in the

See Series, Page 2B

Life vests make great Father's Day gifts

Special to the Herald

OCALA — Florida is always proud to showcase its impressive list of waterway statistics — 1,197 miles of coastline, 12,000 miles of rivers and streams and more than 7,700 lakes — and its designation as Fishing Capital of the World.

Unfortunately, there is a related set of statistics that casts a shadow on the sunshine state. Last year there were 54 boating-related fatalities in Florida; 27 of these people died of drowning. This statistic is particularly alarming because many of these deaths could have been avoided.

"Most of the boating fatalities are totally preventable if people would just wear life vests," said Capt. Richard Moore, a boating safety expert with the Florida Fish and Wildlife Conservation Commission. "We have to convince people to do what's smart and start wearing life vests any-

time they are on the water."

He said Father's Day provides an opportunity to give Dad some new, effective lifesaving equipment. Moore suggests a modern, Coast Guard-approved, inflatable life vest would make the perfect Father's Day gift for any dad who boats or participates in water sports. It could turn out to be the most valuable gift he ever receives, because it could save his life.

While Florida law requires children under 6 years old and all people using personal watercraft and water skis to wear life vests, they are totally voluntary for everyone else. Many people object to wearing conventional life vests, finding them hot and bulky, and forcing people to choose between comfort and safety.

A new, compact vest that people will actually wear solves all those problems. The vest remains flat until it See Outdoors, Page 2B

FASCAR announces television deal

Special to the Herald

SAMSULA — FASCAR has made the big time.

"We will televise our first FASCAR Sunbelt Super Late Model Series and Goodyear Challenge Late Model Series American Auto Clyde Hart Memorial Twin 125's on July 4th at New Smyrna Speedway here in Florida presented by the Central Florida Dodge Dealers Association," said Don Nerone.

FASCAR was originally founded by the late Clyde Hart of Samsula FL back in 1989, who initiated sanctioning race tracks such as NASCAR had

done in the past. Robert Hart, son of Clyde, and Nerone, also of Samsula, have now taken over the architecture of this fast growing organization boasting over 500 members.

Already in the FASCAR racing series fold are Sunbelt Super Late Models, Goodyear Challenge Late Models and Pro Modifieds. The newest members are FASTRUCK and the Florida Mini Stock Challenge Series that are sanctioned by FASCAR.

Drivers are finding a \$50,000 insurance program, television coverage and a chance to run in five different classes.

The FASCAR insurance policy covers any driver or team member that purchases a FASCAR license. Most other tracks cover drivers and teams up to a normal \$5,000 and \$15,000. With a FASCAR membership another \$50,000 is added to that track amount.

The television package is a major step in promoting driver sponsorship and FASCAR has now taken that step.

"We will televise our first FASCAR Sunbelt Super Late Model Series and Goodyear Challenge Late Model Series American Auto Clyde Hart Memorial Twin 125's on July 4th at New Smyrna Speedway here in See Racing, Page 2B

Congratulations Rick

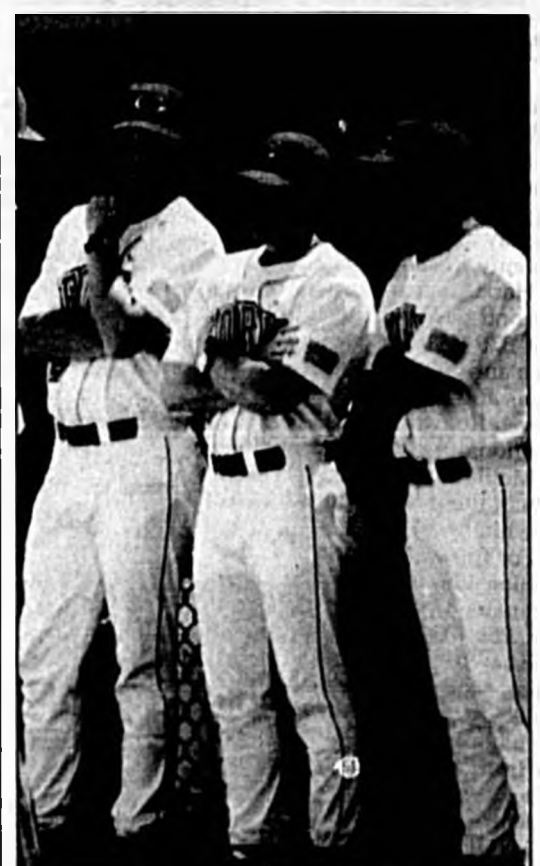


Photo courtesy of Steve Davi, UGA Sports Communications

Sanford's Rick Eckstein, flanked on his left by Asst. Coach Allen Osborne and on his right by Head Coach David Perno, helped the University of Georgia to a 32-29 record and a regional appearance in his first year as a coach for the Bulldogs.

Racing

Continued from page 1B
Florida presented by the Central Florida Dodge Dealers Association," said Nerone. "These two racing programs will be aired on Sunshine Network on July 11th and July 15th."

FASCAR's next televised race will be at USA International Speedway on July 20th and that program will be aired on Fox Sports and Sunshine Network.

FASCAR series racing has also given many local promoters an opportunity to run a division of their choice without a worry of drawing from a large pool of drivers. Then take into account their scheduling and insurance is taken care of as well.

Yes, FASCAR has put many options out there for drivers and

promoters, who haven't really been afforded them in the past.

The bottom line is FASCAR is a sanctioning body founded in Central Florida designed and formed for the purpose of organizing and regulating the rules and operating procedures at a speedway.

"We're looking forward to gaining more tracks and drivers in 2003 and hope this high interest by promoters and drivers remains very upbeat," said Nerone.

ORLANDO SPEEDWORLD BITHLO — This coming Friday night (June 14) Orlando Speedworld will be hosting Race #5 of the Florida Mini-Stock Challenge.

Also on the evening's card will be heats and features in the

other FASCAR divisions of Super Late Model, Bandalero, Sportsman, Mini Stock, Super Stock and Strictly Stock. No modifieds this week.

Fans will also get a nice surprise as not only will they see some of the "best" mini stock racers in the state of Florida for the Florida Mini Stock Challenge 50 lap race but they will also get to meet and greet two of the Orlando Predator dancers and two girls from the Public Relations office within the organization.

Also the Orlando Predator Mascot Klaw may accompany the dancers. The dancers will be giving out vouchers for the Orlando Predator game on June 21st against the Toronto Phantoms. This game will be a 2 for 1 with ticket prices from

\$10.00 to \$40.00. And if fans go on Sunday, June 16, to the Orlando Predator/Tampa Bay Storm game and show proof of ticket purchase for that game, they will get in free at the races.

So not only will you see some great mini stock racing on June 14th but you will get to meet two of the Orlando Predator dancers. The dancers and Public Relations Girls will be on the grandstand side at Orlando SpeedWorld from 7 p.m. to 10:30 p.m.

Pit gates open at 5 p.m. with grandstands opening at 7 p.m. and racing action beginning at 8 p.m. every Friday night at the track located 17 miles east of Orlando between Orlando and Titusville on Highway 50 at the 520 Cocoa Cutoff.

For raceday info only call 407-568-1367.

ORLANDO SPEEDWORLD DRAGWAY

BITHLO — Orlando Speedworld Dragway will be hosting the NHRA/Summit ET Bracket Series tonight (Saturday) featuring the Super-Pro, Sportsman, Pro-Cycle, and Jr. Dragsters classes.

The local dragstrip also hosts "Street Drags" every

Wednesday and Friday night from 6 p.m. until 10:30 p.m.

You can use the time to test, tune, practice, run grudge races, etc. No extra charge to run. For event, ticket and race day weather information call 407-568-5522.

NEW SMYRNA SPEEDWAY SAMSULA — Tonight (Saturday, June 15) at New Smyrna Speedway the FAST TRUCKS pay a visit.

Also on the card will be heats and features in the other FASCAR divisions of Late Model, Modified, Sportsman, Mini Stock, Super Stock and Strictly Stock. No Supers this week.

Pit gates will open at 4 p.m. with grandstands open a 6 p.m. and racing action beginning at 7:30 p.m.

If you want Super Late Models, the First Leg of the Triple Crown Super Late Model races will be held tonight at Charlotte County Speedway.

Dick Anderson, Travis Kittleson, David Rogers, Michael Williams, Tommy King, James Powell III, Bruce Lawrence Sr. & Jr., Jacob Warren, Barry Willoughby, Eric Black, and many more! This is one you don't want to miss!! For more information call

386/427-4129 or CCS at 941/575-2422.

NSS is located 10 miles South of Daytona Beach, between I-4 (Exit 56, East) and I-95 (Exit 84, West) at the intersection of Highway 44 & State Road 415 in Samsula, between New Smyrna Beach, DeLand, Sanford and Daytona Beach.

For more information about schedules call the FASCAR offices at 386-427-4129 (New Smyrna), or check the Internet site at WWW.NEWSMYRNA-SPEEDWAY.COM, or E-Mail at FASCARNOW@AOL.COM.

Also you are invited to tune in to Daytona's WND-B-AM 1150 "The new VOICE" of Stock Car Racing! every Monday night from 8 p.m. to 9 p.m. following the Benny Parsons Show.

This is a radio show that is devoted to Short Track Stock Car Racing and is sponsored by FASCAR and hosted by Randy Dye of Speedway Dodge and Tommy Tipton from New Smyrna Speedway. They will take your calls and answer questions at 386-239-0033.

You can listen to the radio show anywhere in the United States via the Internet!!! Log on towww.wndb.com. Give them a call and support "your" radio show!

Outdoors

Continued from page 1B
becomes wet. Then a cylinder releases carbon dioxide and automatically inflates the vest. The vest floats the accident victim face up in the water. It is the ideal lifesaving device for a person who is unconscious in the water. A less expensive manual version, which requires the wearer to pull a cord for inflation, is also available.

"The new vests are not hot, not bulky, not heavy," Moore said. "There are no more excuses for taking dangerous risks on Florida waterways."

The cost for an inflatable life vest ranges from \$65 to \$140. They are available at marine supply and sporting goods stores and from catalogues.

DEADLINE APPROACHES FOR "FLORIDA WILDLIFE" PHOTO CONTEST

The deadline is quickly approaching for "Florida Wildlife" magazine's annual photography contest.

Photographers can submit up to three entries in each of three categories — wild birds, wild animals and natural environment. All entries must be either Florida native species or Florida scenic. Contestants will compete for cash prizes ranging from \$35 and \$100 and the opportunity to have their work published in "Florida Wildlife."

Judges will accept 35mm color slides only, and entries must be postmarked by June 17. An official entry form must accompany each entry. The contest is limited to subscribers of the magazine (\$15 a year for six issues; less for multi-year subscriptions).

Interested persons can subscribe or receive more information by calling (800) 416-4081.

Also, more information is available at the magazine's Web site at www.floridawildlifemagazine.com.

"Florida Wildlife," now in its 55th year, is an official publication of the Florida Fish and Wildlife Conservation Commission. It features articles and photographs about a wide variety of fish and wildlife species, conservation issues and

outdoor pursuits.

GRADUATION GIFTS FOR THE ANGLER

Graduates are special, and the Florida Fish and Wildlife Conservation Commission suggests several gifts to celebrate the student's hard work and achievement.

The best gift for someone starting his working career is a way to enjoy his weekends, and a five-year Florida Freshwater or Saltwater Fishing License is the perfect idea for great weekends. Our state's fishing is the best in the world with over 700 world records being caught in Florida waters.

Anglers can enjoy 1,200 miles of coastline fishing, 12,000 miles of rivers and streams and 7,700 lakes in the Sunshine State. There's plenty of fishing opportunity, and a five-year fishing license allows the angler to take advantage of either resource for 1,826 days for \$61.50.

A lifetime license for that really special graduate eliminates the need for the holder to purchase another fishing license.

The license is available for saltwater or freshwater and remains valid whether the holder moves out of state or remains a resident of Florida. The cost is \$301.50 or about \$7 per year for the average graduate. This is an excellent way to express to the graduate that you wish them a lifetime of good luck and great fishing adventures.

Another excellent gift is a Florida resident 12-month fishing license at a cost of \$13.50. The nominal cost allows the purchaser to give several to friends and neighbors. The holder can enjoy either saltwater or freshwater fishing opportunities for a full year.

FWC ANNOUNCES POMPANO PUBLIC WORKSHOPS

The Fish and Wildlife Conservation Commission (FWC) has scheduled two public workshops concerning the Florida pompano fishery. The Commission is seeking public input regarding management options for reducing the recreational and commercial harvest of Florida pompano.

The FWC encourages interested persons to participate at the workshops, which will take place from 6-8 p.m. as follows: Tuesday, June 18, Port Orange Regional Library, 1005 City Center Circle Port Orange; Wednesday, June 19, International Game Fish Association Fishing Hall of Fame and Museum, 300 Gulf Stream Way, Dania Beach.

Anyone requiring special accommodations to participate in the workshops should advise the agency at least five calendar days before the workshop by contacting Cindy Hoffman at (850) 488-6411. Hearing- or speech-impaired persons should contact the agency by calling (850) 488-9542 to arrange assistance.

The FWC intends to schedule three additional pompano public workshops on Florida's Gulf coast later this summer.

FWC ANNOUNCES REEF FISH IMPORTATION PUBLIC WORKSHOP

The Fish and Wildlife Conservation Commission (FWC) has scheduled a public workshop concerning the importation of reef fishes into Florida. The Commission is seeking public input regarding whether the sizes of imported reef fishes (snappers, groupers, amberjacks, etc.) should comply with Florida's minimum size limits.

The FWC encourages interested persons to participate at the workshop, which will take place on Thursday, June 20 from 6-8 p.m. at Florida International University, Graham Center, 11200 S.W. 8th St., Miami.

Anyone requiring special accommodations to participate in the workshop should advise the agency at least five calendar days before the workshop by contacting Cindy Hoffman at (850) 488-6411. Hearing- or speech-impaired persons should contact the agency by calling (850) 488-9542 to arrange assistance.

The FWC intends to schedule additional public workshops on the reef fish importation issue later this summer.

Eckstein

Continued from page 1B
son off Reds starter Joey Hamilton and scored on a Darin Erstad fielder's choice.

In the second inning, Tim Salmon hit a one-out infield single and was retired at second on an Orlando Palmeiro fielder's choice. Bengie Molina came up next and singled Palmeiro to second.

Adam Kennedy walked, setting the table for Eckstein's slam.

He lined a 1-2 Hamilton pitch into the first row of the left-field seats near the foul pole, about 331 feet from home plate.

According to Doug Miller, who covers the Angels for MLB.com, David said:

"It was a slider and I got the good part of the bat on it. It was the furthest thing from my mind to hit a home run, and it's highly unlikely that it will happen again. You go up there trying to hit a home run, you don't have a shot."

Before 2002, Eckstein had never hit a grand slam — not even in tee ball.

And in usual David Eckstein fashion he did not blow his own horn, focussing on the team.

"The main thing is that we came out with a victory," David told Miller while being awarded by reporters after the game. "We feel like we have a championship-quality team and we're very confident."

In addition to his offensive outburst, he just returned to playing defense last week after recovering from a sprained knee, was the middle man in turning two of the Angels' three double plays in the game.

Monday night, David, who is hitting .280 and now has 34 RBI, was held to one single in four trips to the plate as Anaheim beat the Pirates, 4-3.

The Angels are now 37-24, 13 games over the .500 mark for the first time this season, and remain one game behind Seattle (39-24) in the American League West, although the clubs are tied in the loss column. Since starting the season 6-14, Anaheim has gone 31-10.

Briefs

VOLUNTEERS NEEDED FOR U.S. TRANSPLANT GAMES

The 2002 U.S. Transplant Games, presented by the National Kidney Foundation, is an Olympic-style event celebrating the achievements of over 2000 athletes who have received one or more life-saving organ transplants. Athletes will compete for gold, silver, and bronze medals in 12 different sports.

Sports Enthusiasts (volunteers) are needed on behalf of the National Kidney Foundation to assist with a variety of activities including registration, sport support, athlete services, hospitality, and more.

The event is from Monday, June 24 through Saturday, June 29 and will take place at seven venues around the Central Florida area. Disney's Wide World of Sports® Complex will host athlete and hotel registration, practice, opening and closing ceremonies, badminton, basketball, table tennis, tennis, track & field, volleyball, and non-tournament related activities for kids. Cycling and the 5K Race for Organ and Tissue Donation Awareness will take place at Epcot®. Golf will be played at Disney's Magnolia and Palm Golf Courses at the WALT DISNEY WORLD® Resort.

Aloma Bowling Center and Aloma Bowling Center East (Rouse Road) in Orlando will host bowling events. The Orlando Racquet and Fitness Club (Courtland Avenue) in Winter Park will host racquetball. Swimming will take place at the YMCA Aquatic Center (International Drive) in Orlando.

In addition to event apparel, volunteers will receive one boxed meal per shift. Also, for every three shifts dedicated to the 2002 U.S. Transplant Games, volunteers will receive a complimentary WALT DISNEY WORLD® Resort one-day, one-theme park ticket.

Also, volunteer officials with an USATF certification number are needed to assist with track & field on June 27. Participating officials will

receive apparel, meals, and a complimentary WALT DISNEY WORLD® Resort one-day, one-theme park ticket.

For more information please visit www.disneyworldsports.com and click on "sports enthusiast" or Michelle Maready at 407-938-3880, option #3.

ALL YOU CAN BOWL

Airport Lanes in Sanford has two new programs for the bowling enthusiast.

On Tuesday nights the Lanes will offer a late night "all you can bowl" from 9:30 p.m. to midnight.

For \$10, including shoe rental, bowlers can roll to their hearts content.

Patrons will be issued colored wrist bands by the center to identify them as entitled to use the lanes during the 2-1/2 hour time period.

On Friday nights it is "all you can bowl cosmic bowling." Individuals can bowl all they want from 9:30 p.m. to 12:30 a.m. for a single price of \$15, including shoe rental.

"Cosmic" bowling involves glow in the dark balls and neon lighting along with a laser light show and music being piped throughout the center.

During the evening customers will enjoy the light show, plus music and drawings for prizes.

Anyone wishing to enter the building during the event times will be asked to pay the \$15 entry fee and to wear a colored wrist band supplied by the center.

The Airport Lanes Bowling Center is located at 190 East Airport Boulevard, just east of 17-92 near the new section of 417 and the Sanford Plaza.

For more information, contact Airport Lanes at 407-324-2129.

SANFORD TENNIS

The City of Sanford Recreation and Parks Department is offering Summer Junior Tennis Camps.

Camp #2 registration closes July 8 and runs July 8-12.

Camp #3 closes registration August 5 and Aug. 5-9.

The Camps, taught by USPTR certified Greg James and held at Groveview Park

(off of Lake Mary Boulevard), has a minimum size of six and maximum of 12 juniors per session.

The camps are open to: 5-7 year olds from 8:30 a.m. to 9 a.m. and costs \$20.

8-10 year olds from 9 a.m. to 10 a.m. and costs \$35.

11-14 year olds from 10 a.m. to 11 a.m. and costs \$35.

For more information call 407-682-6086 or 407-330-5697.

WINNING WAYS

Winning Ways Basketball will be holding several camps this summer for both boys and girls.

Nothing But Nets Camp — The camps are open to boys and girls ages 6-15 and run as half-day or full-day sessions. Half-day campers attend from 9 a.m.-to-noon each day, and full-day campers attend from 9 a.m.-to-4 p.m. each day. The camp program includes Coaches Corner discussions, warm-up and fundamentals, drills, contests, games, videos and swimming. All sessions take place at the Lake Brantley Field House in Altamonte Springs.

Camp dates are: Session II — June 17-21; Session III — July 1-5.

For more information or to register, please contact Winning Ways Basketball's Barry Mestel at 407-339-9053 or 1-800-808-HOOP (4667). You can also check out the website at www.winwaysinc.com.

SOFTBALL TOURNAMENT

The 2nd Annual Dustin Kendall Benefit Softball Tournament is scheduled for Saturday, June 29th at Pinehurst Park with proceeds going to help send Dustin, and others if enough money is raised, to Camp Challenge for a week.

The double elimination tournament costs \$100 to enter plus two official ASA softballs. The deadline to register a team is Saturday, June 22nd.

Team trophies will be awarded for First, Second and Third place and the concession stand will also be open.

For more information, call Jessica or Shawn Kendall (phone: 407-324-1087).

Series

Continued from page 1B
CWS.

The Gamecocks (53-16) play the opening game of the Series against Georgia Tech (51-14) on Friday at 1 p.m. (CDT) at Johnny Rosenblatt Stadium.

Harris, who also splits time at second base with Melillo, has hit .379 (11-for-29) with a home run and a double, scored three runs and driven in three in seven Regional and Super Regional games thus far.

Melillo has only hit .211 (4-for-19) in the postseason, but two of the hits were doubles.

For the season, Harris, a junior who transferred from Manatee Community College, hit .286 (79-276) with 15 doubles, two triples and four home runs, scored 45 runs and drive in 28 during the regular season. The Longwood resident, the son of Irvin and Edwina Harris, was also 10-for-16 on stolen base attempts.

Melillo, a red-shirt freshman, hit .275 (38-138) with 10 doubles, three home runs and 10 RBI. The son of John and Joanne Melillo of Longwood, was 3-for-4 on stolen base tries.

2002 COLLEGE WORLD SERIES SCHEDULE

All Times Central

FRIDAY, JUNE 14

Game 1 — 1 p.m. (ESPN2)

Georgia Tech (51-14) vs. (6)

South Carolina (53-16).

Game 2 — 6 p.m. (ESPN2)

Nebraska (47-19) vs. (2) Clemson

(52-15).

SATURDAY, JUNE 15

Game 3 — 12:30 p.m. (CBS)

Notre Dame (49-16) vs. (8)

Stanford (45-16).

Game 4 — 6 p.m. (ESPN) (5)

Texas (53-15) vs. (4) Rice (52-12).

SUNDAY, JUNE 16

Game 5 — Noon (ESPN) Loser

Game 1 vs. Loser Game 2.

Game 6 — 4:30 p.m. (ESPN2)

Winner Game 1 vs. Winner

Game 2.

MONDAY, JUNE 17

Game 7 — 2:30 p.m. (ESPN2)

Loser Game 3 vs. Loser Game 4.

Game 8 — 7 p.m. (ESPN2)

Winner Game 3 vs. Winner

Game 4.

TUESDAY, JUNE 18

Game 9 — 1 p.m. (ESPN)

Winner Game 5 vs. Loser Game 6.

Game 10 — 6 p.m. (ESPN2)

Winner Game 7 vs. Loser Game 8.

WEDNESDAY, JUNE 19

Game 11 — 6 p.m. (ESPN2)

Winner Game 9 vs. Winner

Game 6.

THURSDAY, JUNE 20

Game 12 — 6 p.m. (ESPN)

Winner Game 10 vs. Winner

Game 8.

FRIDAY, JUNE 21

Game 13 — 1 p.m. (ESPN2) (if

necessary).

Game 14 — 6 p.m. (ESPN2) (if

necessary).

SATURDAY, JUNE 22

Championship Game — 12:30

p.m. (CBS).

Bombers

Continued from page 1B

Patton, an outfielder, had a base hit and 2 RBI's in the championship game.

The Bombers' schedule this summer includes trips to Plantation on June 20th for the Rising Stars Showcase Tournament, Florence, South Carolina on July 10th for the Hot Times Showcase Classic and Raleigh, North Carolina on July 29th for the PONY Protect Our Nations' Youth National Championship.

Do the Zoo!



Discover endless hours of family fun and adventure with an Annual Pass to the Central Florida Zoo. With hundreds of native and exotic animals, there is always something new to see at the Zoo. The Zoo is open daily from 9 am to 5 pm with free parking and picnic areas. Plan on spending the day and visit ZOOFARI Outpost for unique souvenirs and gifts, and have lunch at the snack bar. Plus, as a Zoo Member, you'll receive these great benefits:

- **Admission** to the Central Florida Zoo for an entire year
- **Admission** to 100 zoos & aquariums, including Brevard Zoo, The Florida Aquarium, Jacksonville Zoo & Miami Metro Zoo
- 10% discount at ZOOFARI Outpost gift shop
- Discounts to cultural attractions including Silver Springs
- Invitations to Members-only events including exhibit previews
- Subscription to ZOOViews Newsletter

Central Florida Zoo Membership Application

Membership Levels

- \$20 Single - One adult
- \$25 Senior Plus - One adult (60+) & one guest
- \$30 Single Plus - One adult & one guest
- \$40 Grandparent - Two adults & grandchildren under age 18
- \$40 Family - Two adults in same household & their children under age 18

Mail to: Central Florida Zoo
PO Box 470309
Lake Monroe, FL 32747

or Call: 407-323-4450, exit 104

Email: zoopass@totcon.com

Adult Name (1) _____ Adult Name (1) _____

Mailing Address _____ City _____ State _____ Zip _____

Home Phone _____ # of Children or Grandchildren _____

\$ _____ Enclosed Cash Check (Payable to CFZS) MasterCard/VISA Discover

Credit Card Number _____ Exp. Date _____ Signature _____

3755 NW Highway 17-92 (Exit 104, I-4) in Sanford
407-323-4450 • centralfloridazoo.org



Classifieds GET THE JOB DONE!

Wednesday, June 12, 2002 Page 5B

Call 322-2611
Seminole Herald Classified Dept.
 To Place Your Ad

LEGALS

IN THE CIRCUIT COURT OF THE 11TH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA
 CIVIL DIVISION
 CASE NO. 01-CA-8898-14-G
 COUNTRYWIDE HOME LOANS, INC.,
 Plaintiff,
 vs.
 STEPHANE D. KNIGHTEN, et al.,
 Defendants.

NOTICE OF FORECLOSURE SALE
 (Please publish in the SEMINOLE HERALD)
 NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated the 24 day of May, 2002, and entered in Case No. 01-CA-2830-14-G, of the Circuit Court of the 11th Judicial Circuit in and for Seminole County, Florida, wherein COUNTRYWIDE HOME LOANS, INC., is the Plaintiff, and STEPHANE D. KNIGHTEN; UNKNOWN SPOUSE OF STEPHANE D. KNIGHTEN; JOHN DOE; JANE DOE AS UNKNOWN TENANT (S) IN POSSESSION OF THE SUBJECT PROPERTY, is/are the Defendant(s). I will sell to the highest and best bidder for cash at the WEST FRONT DOOR OF COURTHOUSE of the Seminole County Courthouse, in Seminole County, Florida, at 11:00 on the 25 day of June, 2002, the following described property as set forth in said Final Judgment, to-wit:
 LOT 10, BLOCK 11, TIER H, OF TOWN OF SANFORD, ACCORDING TO THE PLAT THEREOF, AS RECORDED IN PLAT BOOK 1, PAGE 115, OF THE PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA.
 AKA: 808 SOUTH BAY AVENUE, SANFORD, FL 32771

In accordance with the Americans with Disabilities Act, Persons with Disabilities needing a special accommodation to participate in this proceeding should contact the Court Administrator at 201 N. Park Avenue, Sanford, FL 32771, Telephone Number (407)323-4330 not later than seven (7) days prior to the proceeding. If hearing impaired, (TDD) 1-800-865-8771 or Voice (V) 1-800-865-8770 via Florida Relay Service. Dated the 24 day of May, 2002.
 MARYANNE MORSE
 Clerk Of The Circuit Court
 By: Mary Stroupe
 Deputy Clerk

Subscribed by:
 Lisa Ochoa of Marshall C. Wilson
 1800 NW 49th Street, Suite 120
 Fort Lauderdale, Florida 33308
 Telephone: (954)453-0385
 Facsimile: (954)471-6032
 Publish: June 8, 12, 2002
 NN045

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT OF FLORIDA IN AND FOR SEMINOLE COUNTY GENERAL JURISDICTION
 Plaintiff,
 vs.
 DONALD L. HATCH, et al.,
 Defendant(s).

NOTICE OF ACTION
 TO KEITH S. SCHOENING AND JOYCE H. SCHOENING
 Residence Unknown
 If alive, and if dead, all parties claiming interest by, through, under or against KEITH S. SCHOENING AND JOYCE H. SCHOENING, and all persons having or claiming to have any right, title or interest in the property herein described.

YOU ARE NOTIFIED that an action for Foreclosure of Mortgage on the following described property:
 THE WEST 38 1/2 FEET OF LOT B AND THE EAST 18 1/2 FEET OF LOT 9, BLOCK D, AMENDED PLAT OF OLDESTAD & MILLER SUBDIVISION, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 5, PAGE 80, OF THE PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA, s/v/s 814 Keystone Avenue, Altamonte Springs, Florida 32701

has been filed against you and you are required to serve a copy of your written defenses, if any, to, on Lisa N. Pearson, Attorney for Plaintiff, whose address is Suite 300, 1570 Madruga Avenue, Coral Gables, Florida 33134, on or before the 15th day after the first publication of this Notice in the Seminole Herald and file the original with the Clerk of the Court prior to the hearing on Plaintiff's motion or immediately thereafter, otherwise a default will be entered against you for the relief demanded in the complaint.

WITNESSEMY hand and the seal of this Court this day of MAY 29, 2002.
 Maryanne Morse
 As Clerk of the Court
 By: Ruth King
 As Deputy Clerk
 Publish: SANFORD HERALD

NOTICE
 AMERICANS WITH DISABILITIES ACT OF 1990
 Administrative Order No. 97-3
 If you are a person with a disability who needs any accommodation in order to participate in this proceeding, you are entitled, at no cost to you, to the provision of certain assistance. Please contact Court Administrator at 301 N. Park Avenue, Suite N 301, Sanford, FL 32771, (407) 323-4227, within 2 working days of your receipt of this notice, if you are hearing or voice impaired, call 1-800-865-8771.
 Publish: June 5, 12, 2002
 NN046

IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA
 FIDELITY BANK OF FLORIDA,
 Plaintiff,
 vs.
 DAVID L. CLUNIE, et al.,
 Defendants.

NOTICE OF SALE
 NOTICE IS HEREBY GIVEN pursuant to a Final Summary Judgment of Foreclosure dated March 24, 2002 and entered in Civil Action No. 02-487-14-G in the Circuit Court in and for Seminole County, Florida, wherein FIDELITY BANK OF FLORIDA is the Plaintiff and DAVID L. CLUNIE, et al. are the Defendant(s). I will sell to the highest and best bidder for cash at the West front steps of the Seminole County Courthouse, 301 N. Park Ave., Sanford, FL at 11:00 a.m. on the 27 day of June, 2002, the following described property as set forth in the Final Summary Judgment of Foreclosure, to-wit:
 Lot(s) 51, SEMINOLE RACEWAY FIRST ADDITION, according to the plat thereof, recorded in Plat Book 13, Page(4) 96, of the Public Records of Seminole County, Florida. Together with Sherraton, single wide mobile Home VIN 1501318.

DATED this 24 day of May, 2002.

In accordance with the Americans with Disabilities Act, persons with disabilities needing a special accommodation to participate in this proceeding should contact the Court Administrator at Seminole County Courthouse, 301 N. Park Ave., Sanford, FL 32771 within 2 working days of your receipt of this notice. If

LEGALS

you are hearing or voice impaired call 1-800-865-8771.
 MARYANNE MORSE
 Clerk of Circuit Court
 Mary Stroupe
 Deputy Clerk
 Michael M. Storry, Esquire
 P.O. Box 541708
 Merrill Island, FL 32854-1708
 Publish: June 5, 12, 2002
 NN047

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT OF FLORIDA IN AND FOR SEMINOLE COUNTY
 CASE NO. 02-CA-189-14-G
 INCHON LIMITED PARTNERSHIP A NEVADA LIMITED PARTNERSHIP,
 Plaintiff,
 vs.
 STEPHEN CAMPBELL, et al.,
 Defendants.

NOTICE OF FORECLOSURE SALE
 NOTICE IS HEREBY GIVEN pursuant to a Final Judgment of Foreclosure dated May 24, 2002, and entered in Case No. 02-CA-189-14-G, of the Circuit Court of the Eighteenth Judicial Circuit in and for Seminole County, Florida, wherein INCHON LIMITED PARTNERSHIP, a Plaintiff and STEPHEN CAMPBELL; UNKNOWN SPOUSE OF STEPHEN CAMPBELL; VIVIAN CAMPBELL AKA VIVIAN M. CAMPBELL; UNKNOWN SPOUSE OF VIVIAN CAMPBELL AKA VIVIAN M. CAMPBELL; GREEN TREE FINANCIAL SERVICES CORPORATION; CITY OF SANFORD, FLORIDA; FEDERAL DEBT MANAGEMENT, INC.; AKA/FDA, INC.; SUNTRUST BANK, a bank chartered under the laws of the State of Georgia; ORLANDO REGIONAL HEALTHCARE SYSTEM, INC.; DIVA ORLANDO REGIONAL MEDICAL CENTER, INC.; COMMERCIAL CAPITAL CORPORATION; UNITED STATES OF AMERICA;
 UNKNOWN TENANT #1, UNKNOWN TENANT #2 are the Defendant(s). I will sell to the highest and best bidder for cash at West front door of the Courthouse 301 N. Park Avenue, Sanford, FL 32771, at 11:00 AM on June 27, 2002, the following described property as set forth in said Final Judgment, to-wit:
 LOT 8 & 10, LESS THE EAST 58 FEET BLOCK 4, TIER 11, FLORIDA LAND REDEVELOPMENT COMPANY, LIMITED, E.R. TRAFFORD'S MAP OF THE TOWN OF SANFORD, ACCORDING TO THE PLAT THEREOF AS RECORDED IN PLAT BOOK 1, PAGES 54 THROUGH 64, OF THE PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA.
 MARYANNE MORSE
 As Clerk of the Court
 By: Mary Stroupe
 Deputy Clerk
 Publish: Seminole Herald
 Submitted by:
 Marc A. Ben-Ezra, P.A.
 Attorneys for Plaintiff
 951 N.E. 12th Street, Suite 204
 North Miami Beach, Florida 33182
 Telephone: (305)770-4100
 Publish: June 8, 12, 2002
 NN048

IN THE CIRCUIT COURT FOR SEMINOLE COUNTY, FLORIDA
 CIVIL DIVISION
 CASE NO. 02-CA-172-14-G
 COUNTRYWIDE HOME LOANS, INC.,
 Plaintiff,
 vs.
 WILGH C. GARRY and RUTH W. GARRY, no wife; UNITED STATES OF AMERICA; UNKNOWN TENANT NO. 1; UNKNOWN TENANT NO. 2; and ALL UNKNOWN PARTIES CLAIMING INTERESTS BY, THROUGH, UNDER OR AGAINST A NAMED DEFENDANT TO THIS ACTION, OR HAVING OR CLAIMING TO HAVE ANY RIGHT, TITLE OR INTEREST IN THE PROPERTY HEREIN DESCRIBED, Defendants.

NOTICE OF SALE
 PURSUANT TO CHAPTER 48 NOTICE IS HEREBY GIVEN pursuant to an Order of Summary Judgment of Foreclosure dated May 24, 2002 and entered in Case No. 02-CA-172-14-G of the Circuit Court of the Eighteenth Judicial Circuit in and for Seminole County, Florida, wherein COUNTRYWIDE HOME LOANS, INC. is the Plaintiff and WILGH C. GARRY and RUTH W. GARRY, his wife; UNITED STATES OF AMERICA; UNKNOWN TENANT NO. 1; UNKNOWN TENANT NO. 2; and ALL UNKNOWN PARTIES CLAIMING INTERESTS BY, THROUGH, UNDER OR AGAINST A NAMED DEFENDANT TO THIS ACTION, OR HAVING OR CLAIMING TO HAVE ANY RIGHT, TITLE OR INTEREST IN THE PROPERTY HEREIN DESCRIBED, are Defendants. I will sell to the highest and best bidder for cash at the West Front Door of the Seminole County Courthouse, 301 North Park Avenue, Sanford, Florida 32771 at Seminole County, Florida, at 11:00 a.m. on the 27 day of June, 2002, the following described property as set forth in said Order of Final Judgment, to-wit:
 BEGINS AT THE SOUTHEAST CORNER OF THE WESTERLY 1/2 OF LOT 10, THENCE RUN N 59 DEGREES, 53 MINUTES, 00 SECONDS WEST 182.50 FEET ALONG THE NORTHERLY EDGE OF WAY LINE OF ORANGE AVENUE; THENCE RUN NORTH 30 DEGREES, 00 MINUTES, 00 SECONDS EAST 65.00 FEET MORE OR LESS TO THE WATERS EDGE OF LAKE JESSUP; THENCE RUN SOUTHEASTERLY ALONG THE WATERS EDGE TO A POINT ON THE EAST LINE OF THE WESTERLY 1/2 OF LOT 10; THENCE RUN SOUTH 30 DEGREES, 00 MINUTES, 00 SECONDS WEST 82.76 FEET MORE OR LESS ALONG SAID EAST LINE TO THE POINT OF BEGINNING; ALSO, SUBJECT TO A PROPOSED 30.0 FOOT EASEMENT FOR INGRESS AND EGRESS LIND, 15.0 FEET ON EACH SIDE OF THE FOLLOWING DESCRIBED CENTER LINE, COMMENCE AT THE SOUTHEAST CORNER OF THE WEST 1/2 OF LOT 10, TUSKAWILLA SHORES, AS RECORDED IN PLAT BOOK 8, PAGE 93 OF THE PUBLIC RECORDS OF SEMINOLE COUNTY, FLORIDA; THENCE RUN NORTH 59 DEGREES, 53 MINUTES, 00 SECONDS WEST 147.5 FEET ALONG THE NORTHERLY RIGHT-OF-WAY LINE OF ORANGE AVENUE TO THE POINT OF BEGINNING OF SAID CENTERLINE; THENCE RUN NORTH 30 DEGREES, 00 MINUTES, 00 SECONDS EAST 300 FEET PARALLEL WITH THE WEST LINE OF THE EAST 1/2 OF SAID LOT 10, TO THE TERMINUS OF THIS CENTERLINE DESCRIPTION.

If you are a person with a disability who needs any accommodation in order to participate in this proceeding you are entitled, at no cost to

LEGALS

you, to the provision of certain assistance. Please contact the Court at 407-685-4330 within two (2) working days of your receipt of this Notice, if you are hearing or voice impaired, call Florida Relay Service (800) 865-8770.
 Dated at Sanford, Florida, on, 2002.
 MARYANNE MORSE
 As Clerk, Circuit Court
 By Mary Stroupe
 As Deputy Clerk
 SMITH, HATT & DIAZ, P.A.
 Attorneys for Plaintiff
 2891 East Oakland Park Boulevard, Suite 303
 Fort Lauderdale, FL 33308
 Publish: Sanford Herald
 Publish: June 8, 12, 2002
 NN049

IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA
 CASE NO. 01-887-CA-14-G
 GENERAL JURISDICTION
 DIVISION
 BANK ONE, N.A.,
 Plaintiff,
 vs.
 SHEILA E. BROWN AND SHEILA ELAINE BROWN, ET AL.,
 Defendant.

NOTICE OF SALE
 PURSUANT TO CHAPTER 48 NOTICE IS HEREBY GIVEN pursuant to an Order of Final Summary Judgment of foreclosure dated May 24, 2002 and entered in Civil No. 01-887-CA-14-G of the Circuit Court of the 18th Judicial Circuit in and for Seminole County, Florida, wherein BANK ONE, N.A., is the Plaintiff and SHEILA E. BROWN and SHEILA ELAINE BROWN, MORTGAGEE ELECTRIC REGISTRATION SYSTEMS, INC.; HOUSEHOLD FINANCIAL SERVICES, INC.; CENTRAL FLORIDA EDUCATORS' FEDERAL CREDIT UNION; and AMERICAN BANKERS INSURANCE GROUP, are Defendants. I will sell to the highest and best bidder for cash at the West front steps of the Seminole County Courthouse, 301 N. Park Ave., Sanford, FL at 11:00 a.m. on the 27 day of June, 2002, the following described property as set forth in said Order of Final Judgment, to-wit:
 Lot 8, Block 4, of LINCOLN HEIGHTS, according to the plat thereof, recorded in Plat Book 13, Page 96, of the Public Records of Seminole County, Florida.

Notice that parcel of land conveyed to JOHN WILLIE BROWN AND SHEILA ELAINE BROWN, WIFE AND SECRETARY OF HOUSEHOLD AND URBAN DEVELOPMENT by that deed dated 02/28/98 and recorded 03/28/98 in Deed Book 712, at Page 383 of the SEMINOLE County, FL Public Registry.

DATED at Sanford, Seminole County, Florida, this 24 day of May, 2002.
 MARYANNE MORSE
 As Clerk of the Circuit Court
 By: Mary Stroupe
 Deputy Clerk
 SAMPURSTEIN & BLOCH, P.A.
 Attorney for Plaintiff
 8700 South Dale Highway
 Suite 1000
 Miami, FL 33156
 Telephone: (305) 870-9600
 Publish: June 8, 12, 2002
 NN050

IN THE CIRCUIT COURT OF THE 11TH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA
 GENERAL JURISDICTION
 DIVISION
 CASE NO. 01-CA-2444-14-G
 HOUSEHOLD FINANCE CORPORATION, a Delaware corporation,
 Plaintiff,
 vs.
 DORA K. PEYTON FXA DORA K. ELLIOTT, et al.,
 Defendants.

NOTICE OF FORECLOSURE SALE
 Notice is hereby given pursuant to a Summary Final Judgment of Foreclosure, dated May 24, 2002 entered in Case No. 01-CA-2444-14-G of the Circuit Court in and for Seminole County, Florida, wherein HOUSEHOLD FINANCE CORPORATION, is the Plaintiff and DORA K. PEYTON FXA DORA K. ELLIOTT, et al., is the Defendant, I will sell to the highest and best bidder for cash, at the West Front Door, Seminole County Courthouse, 301 North Park Avenue, Sanford, Florida 32771, at 11:00 a.m., on June 27, 2002 the following described property, as set forth in said Final Summary Judgment of Foreclosure, to-wit:
 Unit 108, Building 2, HUNTERS RESERVE, PHASE XII, a Condominium and an undivided interest in the land, common elements and common expenses appurtenant to said Unit, all in accordance with and subject to the covenants, conditions, restrictions, terms and other provisions of the Declaration of Condominium of HUNTERS RESERVE, a condominium, as recorded O.R. Book 18890, Page 980, and amended by Administrative Amendment recorded at O.R. Book 2013, Page 1774, and as per plat thereof recorded in Condominium Book 39, Page(s) 87-87, as amended from time to time, including but not limited to that certain amendment recorded in O.R. Book 2151, Page 1486, all of the Public Records of Seminole County, Florida.

DATED this 24 day of May, 2002.
 MARYANNE MORSE
 CLERK OF THE CIRCUIT COURT
 By: Mary Stroupe
 Deputy Clerk
 Carl M. Sugerman, Esq.
 9700 S. Dixie Highway, St. 550
 Miami, FL 33156
 Publish: June 5, 12, 2002
 NN051

IN THE CIRCUIT COURT FOR SEMINOLE COUNTY, FLORIDA
 PROBATE DIVISION
 FILE NO. 02-413-CF
 IN RE: ESTATE OF
 JOYCE LOURCYE, AKA
 JOYCE C. LOURCYE
 Deceased.

NOTICE TO CREDITOR
 The administration of the estate of JOYCE LOURCYE, a/v/s JOYCE C. LOURCYE, deceased, File Number 02-413-CF, is pending in the Circuit Court for Seminole County, Florida. Probate Division, the address of which is 301 North Park Avenue, Sanford, Florida 32771-1243. The names and addresses of the personal representative and the personal representative's attorney are set forth below.

All creditors of the decedent and other persons having claims or demands against decedent's estate, including unmatured, contingent or unliquidated claims, on whom a copy of this notice is served must file their claims with this Court WITHIN THE LATER OF 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE OR 30 DAYS AFTER THE DATE OF SERVICE OF A COPY OF THIS NOTICE ON THEM.

All other creditors of the decedent and other persons having claims or demands against the decedent's estate, including unmatured, contingent and unliquidated claims, must

23--LOST & FOUND
 Lost dog, shaggy/curly mix. Name is "Shadow". 1st St/Pensacola. Sanford, Tav/Black & Grey. Black coat, shedding white coat. 407-474-2132.

Last: Shepherd, in South Sanford area. Limp on front left foot.
REWARD!!
 407-302-1789

25--SPECIAL NOTICES

4.5¢ 4.5¢
 Have Your Advertising Flyers Printed & Inserted in The Seminole Herald!!
ONLY 4.5¢ PER COPY!!!!
 Call THE SEMINOLE HERALD Advertising Dept For Details 407-322-2611

LEGALS
 file their claims with this court WITHIN 3 MONTHS AFTER THE DATE OF THE FIRST PUBLICATION OF THIS NOTICE.
 ALL CLAIMS NOT SO FILED WILL BE FOREVER BARRED.
 The date of the first publication of this Notice is June 8, 2002.
 Personal Representative:
 KAREN E. MOORE
 381 Coopers Cove Road
 St. Augustine, FL 32085
 Attorney for Personal Representative:
 ELLIOTT & LACY
 Florida Bar No. 0878567
 DEAN, MEAD, EGERTON, BLOODWORTH, CAPOJANO & BOZARTH, P.A.
 800 N. Magnolia Avenue, Suite 1500
 Orlando, Florida 32803
 Telephone (407)841-1200
 Publish: June 8, 12, 2002
 NN052

61--MONEY TO LEND
Attention Reader!!
 It's illegal for companies doing business by phone to promise you a loan and ask you to pay for it before they deliver. For more information, call toll-free 1-877-FTC-HELP. (A public service message from The Seminole Herald and the Federal Trade Commission)

Business Opportunities
M & M MARS-FL. \$3,000/mo. (realistic) 20 local vending sites, no competition, 6 hrs/mo. \$10,500 required. (800)268-6601 (24 hrs.) AIN#99-007

SLAM DUNK ROUTE \$34,000/YR (REALISTIC)
 Best Competition! Great Vending Sites. \$9945 Cash Required. (800)268-6601. AID# 99-007, 24 hrs.

One Stations and Convenience Stores For Sale and Lease. High Volume Stores, over 100 Available in Florida. Financing Available. Please Call (954)977-9728.

ALL CASH CANDY ROUTE. Do you earn \$800 in a day? Your own local candy route. 30 Machines and Candy. All for \$9,995. Call (800)998-VEND. AIN#2000-033.

MATTRESS CLEANING & SANITIZING BUSINESS. Over 4000 European Dealers. New in US. Removes dust mites/harmful allergens. Big profits, small investment. Complete training/support. Hygienitech. (888)999-9030.

Financial
OVER YOUR HEAD IN DEBT? Credit Cards/Bills? Cut payments UP TO 50% Reduce/Eliminate Interest. Maintain/Rebuild Credit. FREE EVALUATION (800)556-1548. Licensed/Bonded/Insured/ non-profit www.newhorizon.org

ACCIDENT VICTIM? We advance cash against any type of future settlement. No application forms/questionnaires. Palmisto settlement funding, LLC. (800)488-9143.

\$\$\$CASH\$\$\$ Immediate Cash for structured settlements, annuities, real estate, notes, private mortgage notes, accident cases, and insurance payouts. (800)794-7310.

****FAST CASH** FOR HOMEOWNERS \$15,000**
 Pay \$94.81*/mo! \$50,000 Pay \$316.03*/mo!
 \$70,000 Pay \$442.45*/mo! Debt consolidation, cash out. Home improvement, no one is faster than Global Consumer Closings arranged in 24 hours. Call (877)336-3483 ext. 2000. Today! Reg. Mtg. Broker in Florida Banking depts. Loans thru 3rd party providers. *Based on 30-year fixed rate mortgage of 6.5% (6.75%APR) for qualified applicants only. Rates subject to change without notice.

BEHIND ON HOUSE PAYMENTS? Need Help Fast? Our Counselors Care. No application Fees. Bad Credit OK. Several Programs. Since 1993. BBB Member. www.homesaversusa.com (866)836-9171

MORTGAGES, REFINANCE OR PURCHASE NO MONEY DOWN. No income check, low rates, all credit considered. Call Accent Capital (888)874-4829 or www.AccentCapital.com Licensed Correspondent Lender in Florida.

STOP FORECLOSURE! Behind on mortgage? Don't file Bankruptcy. Save your home. Guaranteed Service. (800)915-9704 Ext 122 U.S. Mortgage Assistance.

27--NURSERY & CHILD CARE
 Cert. CPR/Ambivets/Playroom
 Lot of TLC/Es. Rais/Rais. rates
 99 Call Deanna, 407-324-8888 99

CHILD CARE FOR WORKING MOTHERS, 0 TO 3, REGISTERED WITH ACS (07F212) 407-321-0860

Mother & Daughter Infant Care Taking
 interviews for August 1st/Location is 200 W. 17th St, Sanford, 407-328-4813.

71--HELP WANTED
 2 FT positions needed. Nell Tech will get a \$100 sign on bonus. Hair Stylist will get a \$200 sign on bonus. Avant Beauty Salon, 407-323-0824

2nd shift, 3rd shift & weekend positions open for experienced supervisors & utility work (carpet & floor tech). Excellent pay & benefits. 407-339-8000. Fax 407-339-4710.

Act Now! Expanding Int'l Co Needs Help! Work From Home \$1000-\$8000/mo. PVT. 888-679-5481, www.seedofsuccess.com

ATTN: SANFORD
 Postal clerks/carrriers/sorters. No exp. required. Benefits. For exam. salary, and testing information call 630-303-3032 ext. 7452, 9 am-8 pm 7 days.

Dispatcher: 3rd shift, must know area.
 Apply 117 Marker St, Altamonte Springs

Funeral Home Assistant
 Part-time, every other weekend. Primary duties: answering telephones, clerical hours 8 to 5. Apply in person at Brisson Funeral Home, 905 Laurel Ave, Sanford. (No phone calls please)

Help Wanted: Care giver/companions:
 Florida law requires all care in homes or medical facilities, providing companionship to seniors. Duties include meal preparation, light housekeeping, shopping, etc. \$7.00/hr, reliable vehicle required. Bilingual a plus. Lic # HCS 228232. Call Right At Home, 407-328-9619.

INVESTIGATE BEFORE YOU INVEST
 Always a good policy, especially for business opportunities and franchises. Call Florida Dept. of Agriculture & Consumer Services at 800-435-7352 or FTC-HELP for free information. Or visit our Web site at www.ftc.gov/drop.

Florida law requires sellers of certain business opportunities to register with Florida Dept. of Agriculture & Consumer Services before selling. Call to verify lawful registration before you buy.

Denng Room staff needed for busy restaurant in Lake Mary/Longwood area. 407-320-8100

71--HELP WANTED
LABORERS NEEDED FOR UNDERGROUND UTILITY CONTRACTOR
 HEALTH INSURANCE AND 401K
 PLANNED Drug free workplace
 Apply at: 988 Miller Drive, Altamonte Springs 407-328-9006.

Manager
 With over 500 locations, Storage USA is the fastest growing self-storage company in the nation. We offer full medical, dental, vision and 401(k). Please fax resume to: 407-831-0811, Attn: Larry Gustafson.

Storage USA
 www.usa.com
 EOE m/f/v/h

Need Some ADVERTISING To Promote Your Business?
 Then Call Us About Flyers

We Will Print & Deliver For You To Our Readers For Only 9¢/Copy!!
 We Have a Way You Can Cut That Cost In Half!!
 THE SEMINOLE HERALD ADVERTISING DEPT
 407-322-2611

New moving co. seeking honest hard workers with positive attitude. Start \$8hr. Room for advancement. 407-331-MOVE.

Resident Aid needed. full time 3pm-11pm, part time as needed 300 West Airport Blvd. Sanford.

Shaver & Press Brake Operator Exp required. good pay & benefits. DFWP 407-299-1592.

Swimming pool construction. Full time, need young aggressive people with clean driving record. Will train. 407-324-2442.

Two crank shaft grinders Experienced only. Start immediately. 800-778-7862.

93--ROOMS FOR RENT
 Very nice, very clean 1 1/2 m. Newly remodeled, all util, cable, A/C, fridge, phone, litch use, sec. dr, resident owner, private entrance. No Smoking! Only drug free user need apply. 407-336-7372.

Large plush home, Sanford/Deltona area. Some home privileges, \$300 move you in. Call for details. 407-324-8000.

Nice room furnished, includes home privileges. \$400/month. \$200 Security/Petor Items. 407-330-3803.

Private Room in Longwood Home. Steady Employment. Non-Smoker \$65/wk. \$50 Deposit 407-638-6216

Room For Rent kitchen privileges, free cable washer/dryer \$85/wk. Lake Ave in Sanford. 407-688-7023

95--ROOMMATE WANTED
 Seeking a person to share my home, view of Lake Monroe, home privileges. Call 407-328-7232 for an appointment.

Share 4BR 2 BA Home, Sanford Area. Living Room with Fireplace, Washer/Dryer, \$375/mo. + \$250 Security. Utilities included (407)375-1118

97--APARTMENTS - FURNISHED
 Garage Apt 1/1 \$520/mo includes phone, gas, water & cable. Safe, quiet area. 407-282-1394.

Large 1 BR apt, new in kitchen, full bath, new carpet, utilities included \$475/mo, no pets. 407-323-1917, 352-742-4412

Sanford, 1BR separate cottage, safe area, seeking one person. \$100/wk or \$400/mo. + \$200 sec dep. lease. 407-321-3735.

99--APARTMENTS - UNFURNISHED
MARINER'S VILLAGE
 LAKE ADA 1 BDRM \$600/MO. 2 BDRM \$700/MO AND UP
 Cabs called 8870

ROSELEA VILLAS
 Move in special. 2bedroom/Bath 1st Mo. Rent \$198. 330-8633 or 298-3300

WEEKLY RENTALS
 Starting @ \$82/wk.
 Historic Downtown
 407-330-4423

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Storage USA
 www.usa.com
 EOE m/f/v/h

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Large 1 BR apt, new in kitchen, full bath, new carpet, utilities included \$475/mo, no pets. 407-323-1

CLASSIFIED 322-2611

Seminole Herald

You can fax your ad to 407-322-8408
300 N. French Ave., Sanford 32771 • P.O. Box 1667, Sanford 32772
Our office is open to serve you Monday through Friday, 8 am - 5 pm

DEADLINES:

Deadline is 4 p.m. on Monday for Wednesday paper and 4 p.m. Thursday for the Weekend edition. A 4 line minimum applies to private party ads. Certain ads and classifications require prepayment.
Legal Deadline: Friday, 5 pm for Wednesday Edition
Wednesday, 5 pm for Sunday Edition.

Paying for your classified ad:

We gladly accept Mastercard or Visa. We also will take cash or a personal check. Advertisers who wish to be billed can make arrangements at the time their ad is placed. Please keep in mind that ads in the Personals (class. 21), Business Opportunities (class. 55) & Garage Sales (217) require payment in advance.

In the event you need to change your ad:

If you need to change your ad while it is running, please give us a call and we will make the change for the next available edition. Please check your ad on the first day of publication. If you find an error, please call us immediately and we will correct the error for the next publication. We are responsible for the first insertion only and only for the cost of the first insertion.

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- 281 Irrigation & Repair
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- 298 Piano/Organ Tuning
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- 157 Mobile Homes For Sale
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- 160 Business For Sale
- 163 Waterfront Property For Sale
- 165 Duplex For Sale

Where the deals are!
Shop with us everyday

230—BOATS & ACCESSORIES

Buying all personal watercraft. See Do, Yamaha, etc. working or not. Cash paid. 407-716-6397.

Buy TC-W3 Mercury Motor Oil at only \$11 per Gallon!!
Nichols Outboard Service Center, 407-322-0884

230—BOATS & ACCESSORIES

Looking for a used boat and/or motor? We've got them! Come see us today!
Nichols Outboard Service Center, 1600 West 1st St., Sanford, 407-322-0884.

We Sell Your Boat on Consignment.
Nichols Outboard Service Center, 407-322-0884.

231—CARS FOR SALE

95 Firebird, Red, 8 cyl. auto, loaded, runs great. 65,000 miles \$5,000. Call after 6pm, 407-323-2519.

Toyota Camry, 1993, 132K miles \$5,000. 407-688-0011 or 352-383-4942.

238—VEHICLES WANTED

Seminole High School student needs reliable vehicle to find work. Can only afford \$65.00. Call Sean, 407-321-4487.

240—BOAT RENTALS

Need some ADVERTISING to Promote Your Business? Then Call Us About Flyers

We Will Print & Deliver For You Our Readers For Only 9¢/Copy!!

We Have a Way You Can Cut That Cost In Half!!

THE SEMINOLE HERALD ADVERTISING DEPT
407-322-2611

GARAGE SALE

231—CARS FOR SALE

1980 Lincoln Continental Mark VI. Less than 100K miles. \$1500. 407-321-0229.

1987 Grand Am. \$350. 407-321-0036

1988 GMC Jimmy SUV. 4x4, Blue, good tires. \$1,000. obo. 407-328-0108.

1988 Honda Accord. New park, good interior. A/C needs work. \$1495 or best offer. Call 407-327-3657, after 7:00pm.

235—TRUCK/BUSES/VANS FOR SALE

1980 Chevy Lum Pick-up. Rebuilt engine, runs great. Bedliner. \$450. Also have Laser camper shell for a long bed pick up. Like new. \$75. 407-324-0618 or 407-463-6429.

1991 NISSAN Truck, 96k miles stick shift, bedliner, cap, rack, runs great. \$1900 obo. 407-322-8983 or 407-322-3089

1997 Chevy 8-10 short bed pickup. Low mileage. Dark Green. AMP/CD stereo. \$5,000. 407-323-2862.

1997 Chevy 8-10. 4 cylinder. X-Cab. super clean. low miles. \$7900obo. 407-322-7488.

241—REC. VEHICLES/CAMPERS FOR SALE

1998 Stewart Pop-Up. Slide out dining room, sleep & AC, heat, toilet, shower & refrig. Extra large screen room attachment. \$6,500 obo. 407-688-1784.

217—GARAGE SALES

H Club Garage Sale: Fri, Jun 14, 150 W. County Home Rd, Sanford, across from Flea World. 8am-3pm. household & other misc items.

Yard Sale: Sat/Sun, 8am-5pm, 227 Uboats Road, Sanford. No early entry! Tools, furniture, household, bedroom set. 407-324-7313.

Yard Sale: 5398 Orange Blvd, Sanford. Take Orange Blvd North of West 46. Jun 14/15, 8am-4pm. Avon collectibles, tools, household items much more.

217—GARAGE SALES

Garage Sale: Fri/Sat, Jun 14/15, 7am til 7 2981 West Airport Blvd, Sanford. Children's back to school clothes, etc.

Moving Sale: Sat/Sun, Jun 15/16, 8am-3pm. 414 Oak Ave, Sanford. Furniture, queen bed, TV, dining room table & chairs, dishes, some antiques, misc. items.

Yard Sale: 2434 S. Oak Ave, Sanford, June 15th, 7am til 7 Furniture & household items.

231—CARS FOR SALE

1989 Pontiac Grand Am, quad 4 engine, new water pump & radiator, small crack in head. \$1000 407-323-4214

1990 Dodge Shadow, 4 door, runs good. \$700. 407-323-5474.

235—TRUCK/BUSES/VANS FOR SALE

84 8-10 Blazer, Auto, 4x4, new engine. \$3495. 88 Ford F-150, 300hp, 6 cyl. stick, \$2495. 93 Dodge Dakota Sport, new engine, 5 spd overdrive, 4x4. \$4995. 407-468-8449, obo.

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1998 Stewart Pop-Up. Slide out dining room, sleep & AC, heat, toilet, shower & refrig. Extra large screen room attachment. \$6,500 obo. 407-688-1784.

ORLANDO'S #1 DATELINE

Men just dial these 3 digits **81145** per additional min. 65¢ 1st. min.

Outside (407) 1-900-446-TALK .99/min.

Ladies Call FREE! (407) 786-TALK

Credit Card Billing
1-800-CITY-FUN 24HRS

Customer Service 1-800-959-DATTE 24 Hrs

Check out singles.com & girls.com

National A-1, Phila. PA. 15-11. Reg. Long Distance Charges May Apply

Ladies Talk FREE to Men Nationwide 1-407-839-DATTE

BARTON

NOW HIRING TOLL COLLECTORS

Lake Mary / Lake Jessup

Paid Training • Paid Vacation

Background & Drug Screen Required

407-578-7106

Advertise your yard sale in the Seminole Herald for only \$5.00 per day!

Deadlines:
5pm Monday for Wednesday Edition
5pm Thursday for Sunday Edition

(407)322-2611

TRULY NOLEN.

2920 S. Orlando Drive
Sanford, Florida 32773
(407) 323-8787

\$30.00 Off
Initial Service
With This Ad

"Offices Coast to Coast"
Since 1954

FREE ADS

This is a great opportunity for you to enjoy the same great results as our regular classified customers at no cost to you. Just follow these instructions.

1. Ads will be scheduled to run for 2 days.
2. Price of item must be stated in the ad and be \$100 or less.
3. Only 1 item per ad and 1 ad per household per week.
4. You should call and cancel as soon as item sells.
5. Available to individuals (non Commercial) only. Does not apply to rentals or garage & yard sales.
6. The ad must be on the form shown below and either be mailed in or presented in person fully prepared to the Seminole Herald Classified Department.
7. Ad will start as soon as possible.
8. Classified Management's decision on copy acceptability will be final.

MAIL TO: Seminole Herald Classified Ads
P.O. Box 1667
Sanford, FL 32772-1667

• ONLY ONE ITEM • MUST INCLUDE PRICE \$100 OR LESS

PRINT AD HERE: _____

NAME: _____ PHONE: _____

ADDRESS: _____

I subscribe to the Seminole Herald () Yes () No

Bank Owned Property!!!

What does that mean to you?

100% Financing
New 3 & 4 Bedroom Homes

Call today for your FREE recorded message to find out more.

407*622*1237 Ext: 269

Business & Services Directory

Advertise your business or services for as little as \$5.00 per day.
Call (407) 322-2611 to speak to a Classified Representative

258-AUTOMOTIVE

Lowell's Auto Repair
Toyota & ASE Master Mechanics
Foreign & Domestic Auto Repair & Service.
3400 West SR 46, Sanford
Call 407-302-8555
Hours 8:00 - 5:30
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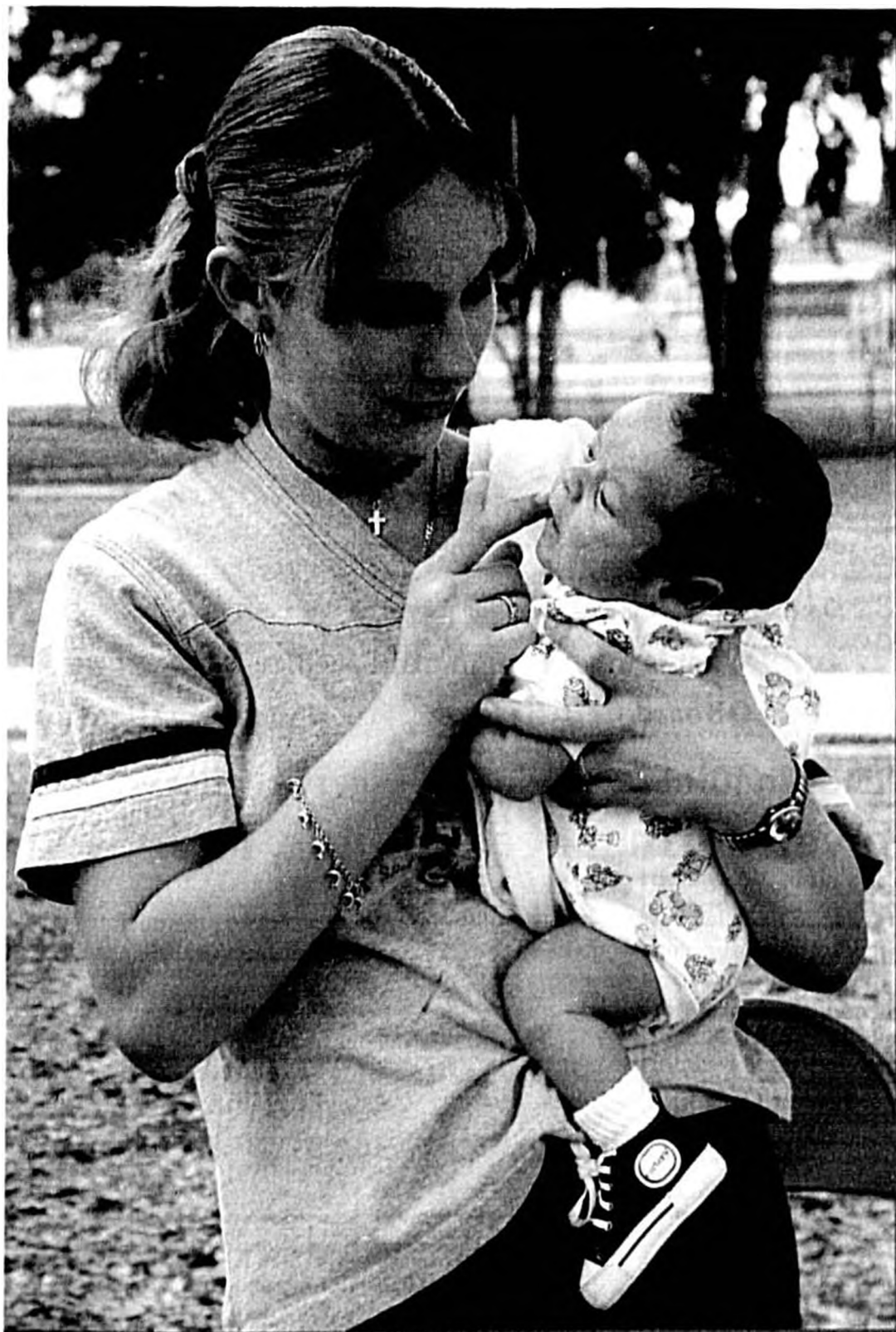
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Page 6 • Try new exercise! • Page 8 • All about midwives! • Page 25

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ON THE COVER

BEACON PHOTO LYNN BOWEN

Shannon Hobert with her month-old son, Darryn. Although Shannon decided to stay under the supervision of a physician and have her baby in a hospital, a growing number of women are opting for at-home delivery and under the care of a midwife. A midwife explains her job in a story that begins on Page 25.

The West Volusia Guide to Health Services is a publication of, and a supplement to, *The DeLand Beacon* and *The Deltona Beacon*, West Volusia's community newspapers.

Rick Tonyan of DeLeon Springs served as editor of this edition, and Barbara Mulford of Orange City was in charge of advertising sales.

For extra copies, contact *The Beacon*, 121 W. Wisconsin Ave., Downtown DeLand. Telephone: (386) 734-4622. E-mail: info@delandbeacon.com

BEACON PHOTO/RICK TONYAN

Summer Moore, yoga instructor at New Leaf Studio, DeLand, stretches out to demonstrate the health benefits of yoga. See story beginning on Page 8.

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Gone back to smoking? Try quitting again, again again, again, and again...

By Rick Tonyan
SPECIAL TO THE BEACON

Over the past 22 years, Brenda Burton has cut her smoking almost in half. Unfortunately, that has been since surgeons cut her lungs in half.

And, although she cut down from an average of five to two-and-a-half packs a day, Brenda still is sucking in a lot of tar, nicotine and various other nasty things into already severely damaged lungs.

On top of that, the two-and-a-half is an average. Sometimes, when she's feeling stressed, her intake goes up to four packs.

"When it gets up to four packs, my chest really hurts the next morning," she said.

Brenda's tried repeatedly to stop, but nothing seems to work. She did lay off cigarettes for seven years following her second lung operation.

She had blisters on her lungs. Surgeons took half of one lung in an operation back in 1980. After staying in the hospital for more than a month, she went to her Orange City home for about two weeks. Then, chest pains and breathing trouble drove her back to what then was called West Volusia Memorial Hospital, now Florida Hospital-DeLand, for the second operation. Half of the other lung was taken and she stayed in the hospital for three weeks.

Then came months of coping with the burning sensation from the stitches, the nagging ache from ribs that were broken so surgeons could have access to the lungs, and the rest of the postoperative pain. Simple acts that involved chest muscles and the lungs, such as laughing or sneezing, would cause agony.

But, throughout all the pain and above everything else, was the craving for the relaxation caused by drawing tobacco



BEACON PHOTO/RICK TONYAN

Brenda Burton fires up one cigarette out of the average 2 1/2 packs she smokes per day, despite having half of her lungs removed 22 years ago.

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But more food for less money has an inescapable downside: It shifts the pressure from your wallet to your waistband.

United States Department of Agriculture figures show we are eating an additional 148 calories per day, on average, than we were 20 years ago. That increase may seem insignificant at first, but it could work out to an extra 15 pounds per year.

As long as Americans rate "value" over "health," the food industry will continue to spend billions of dollars on value marketing. It won't stop until the customer speaks up.

Continued on pg. 8



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Stretching exercise's limits

By Rick Tonyan
SPECIAL TO THE BEACON

Sometimes they look like contortionists in a circus sideshow.

Sometimes they look like the slow-motion fight sequences in a Chinese kung-fu movie.

Sometimes they look like prisoners being tortured on racks in a medieval dungeon.

But, at all times, they are serious practitioners of various forms of exercise, some of which have been around for millennia, that are becoming increasingly popular in the United States.

"This is a real journey into yourself," said Summer Moore, after standing on one foot with both her arms outstretched and holding her other foot in one hand.

Moore has been striking such poses for 13 years, ever since she first encountered the combination exercise and Oriental philosophical discipline of yoga. She now is the yoga instructor and director of the New Leaf Studio, a DeLand health center devoted to yoga, *Tai Chi* and Pilates.

Yoga's history goes back almost 5,000 years, to the beginnings of Indian civilization. Its practitioners stretch their muscles and develop flexibility. They are able to fold and bend themselves until it's hard to believe their bodies contain inflexible bones.

Over the centuries, yoga became intertwined with various offshoots of the Hindu religion. It wasn't introduced in the United States until the late 19th century. Once it got established here, yoga became secularized and now is more popular as a physical exercise than as a religious discipline.

The stretching and bending massages and strengthens muscles, increases blood flow, purges the body of toxins, and improves the cardiovascular system and balance, according to practitioners.

At the same time, yoga requires concen-



BEACON PHOTO LYNN BOWEN

Summer Moore, yoga instructor at New Leaf Studio, DeLand, practices a stretching pose.

Eating Out - from pg. 7

So, in supermarkets, restaurants and coffee shops, a health research organization called the American Institute for Cancer Research recommends lobbying for less food for even less money at supermarkets, restaurants and coffee shops. The Institute advocates diners ask for half portions, smaller portions or for sharing the meal.

Here are a few ideas from the Institute to keep your portions reasonable when eating out:

- Order an appetizer as a main course
- Split a main course between two people
- Order a half-sized portion
- Ask for the smallest portion available
- Divide the meal with a knife before you start eating
- Take leftovers home in a doggie bag

If you're the kind of person who doesn't like to make a fuss, call 1-800-843-8114 for the Institute's new Customer Cards. They read, "Your food is excellent, but your servings are too large. I would prefer a reasonable portion size." Use the card to send your compliments to the chef.

Stretching limits - from pg. 8

trated mental effort that reduces stress and provides a sense of well-being, the practitioners say.

Moore said she began noticing physical and emotional improvements within two weeks after first taking up yoga.

Like the other techniques taught at New Leaf, 100 N. Woodland Blvd., Deland, and similar studios throughout West Volusia, yoga falls into the category of a low-impact exercise. That means it offers health benefits without the body-jarring, occasionally dangerous, side effects of such high-impact exercises as running or weight training.

New Leaf's founder and owner, Debbie Williams, had run an Orange City fitness center, equipped with weights, treadmills and other accouterments of high-impact exercises, but then she drifted into the low-impact realm.

"I got hooked," she said. "This was the way to go for me."

Williams is a long-time fitness buff who started her professional life as a dental hygienist. She decided to make a career out of her passion for exercise.

"When I was a hygienist, people didn't like to come to me," she said. "I was the girl with the pick."

Because of its concentration on low-impact exercises, New Leaf resembles a dance school more than it does a gym. It smells of crushed lavender leaves, not



BEACON PHOTO/BUCK TONYAN

Above: Debbie Williams (standing), owner of New Leaf Studio, an exercise center in DeLand, helps Lilis George (sitting on the frame) with a Pilates exercise.

PHOTO COURTESY NEW LEAF STUDIO

Left: A class at New Leaf Studio practices Tai Chi exercise. Movements in the exercise are taken from Oriental martial arts.



liniment. Instead of weight racks, there is a counter set up for serving and drinking tea.

It's an environment dedicated to such quiet pursuits as yoga and *Tai Chi*.

Continued on pg. 14



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Quit smoking - from pg. 6

smoke into the lungs.

"I was in so much pain from the surgery, but I still wanted a cigarette," she said. "Even in the hospital, I tried to get family and friends to sneak me cigarettes. They wouldn't do it."

Nothing over the seven smoke-free years ever really took the edge off Brenda's cravings. Habits that began when she first started smoking at 15 were too deeply ingrained.

Eventually, she recovered enough that she could go back to work as a hostess and bartender at a DeLand restaurant and lounge. The temptations of being around smoking customers eventually became too much.

Brenda returned to work about the same time that arguments over health hazards of secondhand smoke, the smoke that lingers in the air from others' cigarettes, cigars and pipes, were beginning to heat up in the public arena.

Her doctors warned her about the dangers of secondhand smoke. Those warnings pushed her over the brink, according to Brenda.

"If I hadn't heard that, I might not have gone back to smoking," she said. "I figured if I was going to die from breathing in everybody else's smoke, I might as well enjoy it."

So, she went back to smoking. Now, with three grown sons, only one of whom smokes, urging her to quit for the sake of her grandson, she's made a few attempts. But everything has failed.

Nicotine gum not only tasted bad, but actually seemed to increase her desire for cigarettes. One type of nicotine patch she tried made her feel dizzy. A doctor prescribed another type of patch. But, then she was she warned the patch would make her sick if she ever lit up while wearing it.

"I never did put it on," she said. "I was scared to."

Will she ever get scared enough of dying

Continued on pg. 15

Yoga



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Morning Yoga All levels welcome with Tami 8:30 - 9:30 am	Pilates "Go to the Mat" with Debby 10 - 11 am	Tai Chi for Health with Diane 9:30 - 10:30 am		Yoga and Pilates Private Sessions are available throughout the week. Call for information	Gentle Yoga All levels welcome with Summer 9 - 10 am
Pilates "Go to the Mat" with Lori 5:15 - 6:15 pm	Studio Office Hours 4 - 7 pm Yoga for Beginners with Diane 5:30 - 6:30 pm	Yoga for Strength with Tami All levels welcome 5:30 - 6:30 pm	Yoga for Kids ages 9 - 13 with Heather begins July 11, 5:30 - 6:30 pm Yoga Foundations with Summer Beginner/Intermediate 5:30 - 6:30 pm	Studio Office Hours 2 - 5 pm Pilates Happy Hour Unwind and wine with Debby 5:15 - 6:15 pm	Special Workshop: Integral Yoga with Maria June 8th, 10:30-12 am \$11 call for info.
Gentle Yoga with Summer All levels welcome 6:30 - 7:30 pm	Vinyasa Yoga Flow with Summer Intermediate Level 7 - 8:30 pm	Tai Chi/Chi Kung with Chris 7 - 8 pm	Levels I/II Yoga with Tami Beginner/Intermediate 7 - 8:30 pm	New Leaf Studio is available for Mind/Body/Health Workshops. Call for info.	

The studio will be closed July 1 - 7, and will reopen on July 8.

Cool workouts for hot summers

It's one of the coolest ways to exercise: working out in a pool without swimming a stroke.

The American Institute for Cancer Research recommends 30 minutes of daily exercise to lower cancer risk and improve overall health. Meeting that standard becomes more enjoyable during the summer by working out in the pool.

Besides being a cool and refreshing option on a hot day, water workouts offer many advantages. Water supports half of a body's weight, which makes water workouts easy on joints and bad backs, and ideal for people with injuries or who are overweight.

Water's buoyancy means it is impossible to fall, which makes water workouts a good choice for older exercisers. Water

offers resistance, which makes movement more difficult and increases the efficiency of workouts.

Anyone interested in water exercise first should get a doctor's go-ahead, then dive into a program. The West Volusia Family YMCA and other area recreation centers and health clubs offer water-based fitness classes.

First, warm up the whole body with a few minutes of aerobic exercise, such as walking, jumping jacks or running in place in shoulder-high water. Then tackle each body part. Begin with a few gentle repetitions of each exercise, then gradually increase the number of repetitions, range of motion and speed.

To strengthen arms, extend them

Continued on pg. 35



A group exercises in the water of the West Volusia Family YMCA's swimming pool

BEACON PHOTO/LYNN BOWEN

Easy prescription for health: one chuckle, three times daily

by Carol J. Langenfeld
SPECIAL TO THE BEACON

Humor may be a laughing matter, but it also has a serious side. In fact, the old adage, "Laughter is good medicine," actually is sound medical advice.

Even though we often tend to dismiss humor as frivolous and playful, the medical benefits it offers are too good to ignore. A belly laugh works wonders for your health by releasing endorphins, naturally occurring neurohormones. Even something as minor as simply changing your facial expression from a frown to a smile can change your body chemistry and your inner thoughts.

Researchers have found that humor offers very real therapeutic benefits, including reducing unhealthy stress, decreasing anxiety, reducing pain and even increasing immunity. Humor can be a real morale builder that helps people feel more stable, more creative, and more hopeful. It's been shown to improve communications and certainly can help change one's perspective.

If that sounds like a lot of benefit from something as simple as laughing, try this experiment. Smile for a minute, even if you do not feel like smiling. What thoughts and feelings do you have? Next make a frown. What thoughts and feelings come to mind when you frown? Now, put on the smile again and try to think a pessimistic thought-like, "I will never get my work done today." You should find it hard to take that negative thought seriously when your face is actually saying something much different.

How does humor work? You can think of your smile as a switch that activates your neurohormones and neurotransmitters and the nerve impulses that they activate. Putting on a happy face sends your body positive messages and usually can make you feel at least a little better.

Knowing the benefits, how do you bring


humor into your daily life? One way is to do things that you know will provide you with regular doses of humor.

Read a book, article or story by a writer you find funny. Dave Barry and Erma Bombeck are two nationally known names, but there are plenty of other funny writers.

Make a scrapbook of cartoons. When something tickles your funny bone from the newspaper comics or the cartoons in a magazine, clip it and save it. Then revisit that scrapbook upon occasion for a few familiar chuckles.

Be on the lookout for the odd twist. It might be a picture that strikes you as funny. It might be a bit of word play, or someone naively saying something with multiple meanings. Keep a little notebook of puns

Continued on pg. 15



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Eric A. Cohn, D.O.
Glaucoma Specialist

Quit smoking - from pg. 11

to quit smoking?

"That's hard to say," she said. "There's part of me that wants to quit for the kids and the grandbaby and all that. But smoking helps me cope."

Brenda, and the thousands of smokers like her, probably never will quit until the part that wants to survive overwhelms the part that feels dependent upon tobacco, according to Paula Szabo, the Daytona Beach regional director of the American Lung Association.

"The effort to stop smoking must start with the individual," she said. "There isn't a golden pill someone can take."

According to the Lung Association, it usually takes between two and four unsuccessful attempts to quit before a smoker finally kicks the habit.

Quitting smoking means breaking both a physical addiction to the nicotine in cigarettes and other tobacco products and the behavioral habits acquired after years of smoking.

The Lung Association suggests trying some of these aids to quitting:

- Consider joining a stop-smoking program like the association's Freedom from Smoking clinics.

- Look into nicotine replacement and other quit-smoking products, such as chewing gum, patches and nicotine inhalers, that are available either by prescription or over-the-counter.

- Pick a good time to quit, such as while on a relaxing vacation. Don't try during times of stress or during the rush of the Christmas-New Year's season.

- Be prepared for withdrawal symptoms. Some who try to quit get very excitable. Others feel very sleepy or have headaches. Many are lightheaded, nervous and irritable.

- Be sure to exercise every day. Walking helps to reduce stress. Exercise also helps combat the weight gain that frequently accompanies quitting smoking.

- Get plenty of sleep, eat a balanced diet

Continued on pg. 18



BEACON PHOTOGRAPHY TONYAN

After a series of heart attacks and a stroke, Mike Linville is on the job as a security officer at DeLand Area Public Library. He hasn't had a cigarette in almost four years.

Laughter - from pg. 13

and funny sayings.

Let them entertain you. If you've got a favorite comedy on TV, make the time to watch it and have a few laughs. Visit your local video store and rent a tape of a funny movie. It can be something current, or an old classic like Charlie Chaplin or the Marx Brothers. It's great therapy when you're feeling blue or sick, and if you can get a friend to watch and laugh along with you, you'll find the experience even more rewarding.

Continued on pg. 37

Getting to the point of acupuncture facts

By Debra Pardee Gaffney
SPECIAL TO THE BEACON

Acupuncture is more than 3,000 years old and is used in a large part of Asia. In most cases, very thin, short needles are inserted in specific points of the body. They are inserted just below the surface of the skin and are left in a place for a short time.

The amount of pain felt usually is less than that of a mosquito bite and dissipates rapidly. Most patients usually feel relaxed and peaceful for the duration of the treatment.

Acupuncture developed after ancient Chinese physicians discovered an energy network that travels just beneath the skin along pathways called meridians. It is possible to access this network through 1,000 different places on the body. The physicians found, over many centuries, that stimulating these points caused symptoms, conditions and injuries to heal.

The Chinese attributed this action to the *Qi* (pronounced "chee") energy moving in the body along these meridian pathways. This *Qi* energy could be balanced to strengthen weakness, lower stresses, and regulate body functions.

Bruce Pomerantz, a neurophysiologist at the University of Toronto who has spent the last 20 years studying acupuncture, is convinced he has found a rational explanation for the process.

"There is overwhelming evidence from animal studies that acupuncture reduces pain by triggering the release of endorphins and other substances by the nervous system," Pomerantz said.

His "neural theory" states that acupuncture stimulates the nervous system to release ACTH, a chemical that helps in fighting inflammation.

Continued on pg. 18

What to expect at first visit

Oriental medicine has a very individualistic, complex approach to your health.

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I then will look at your skin color, your tongue, and skin texture. I will listen to the sound of your voice and breathing. I will

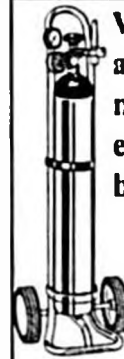
Continued on pg. 37

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Seniors can protect vision

By Suzanne M. Demming, M.D.

SPECIAL TO THE BEACON

It happens too often. A couple works hard for many years. They raise their family, they plan for their active retirement, and, in many cases, they move to Volusia County to watch the beautiful sunrise at the start of each glorious day of retirement leisure.

Then, they discover that a common, little-known eye problem has stolen enough of their vision that they cannot enjoy golf, reading, visits from their grandchildren — not to mention all those sunrises — as much as they'd hoped and planned.

Age-Related Macular Degeneration (AMD) is the leading cause of vision loss in people over 50. Yet, with early detection, AMD's progress often can be halted and, in certain cases, some of the damage can be reversed.

Do-It-Yourself Age-Related Macular Degeneration Test

Directions: If you have reading glasses, wear them for test.

- (1) Loosely cover one eye and focus directly on the center dot. Do not look anywhere else.
- (2) The lines should all appear straight and equal in size.
- (3) Follow the same procedure in the second eye.

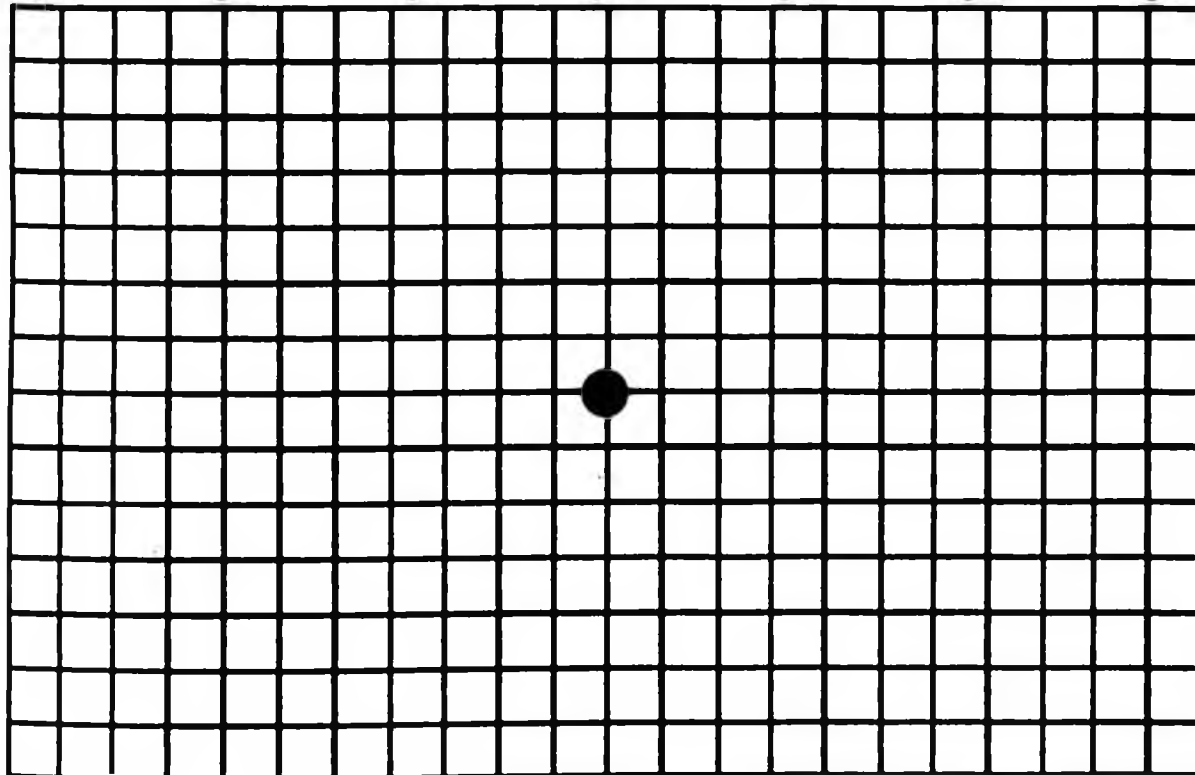
Too often, though, seniors don't know the symptoms and don't seek help soon enough and, as a result, they suffer impediments to their lifestyles that are disappointing or even tragic.

The macula is responsible for the eye's ability to see detail in the center of the visual field. It is a small part of the retina at the back of the eye. Without a healthy macula, activities such as reading, watching television, and driving can be difficult. AMD does not affect peripheral vision.

AMD is caused when small deposits, called drusen, form beneath the macula. The patient may not even be aware they are there if the vision changes are slight or if the AMD is in only one eye. In addition, drusen do not cause any pain or discomfort. Some people only discover they have AMD when it is detected in a routine eye exam.

Over time, however, the drusen can cause the macula to become thinner, to break down, or to deteriorate. With this "dry

Continued on pg. 18



GRID COURTESY OF CENTRAL FLORIDA RETINA INSTITUTE

AMD

- from pg. 17

AMD," the vision changes can be gradual, but if the AMD is in both eyes, the changes are more noticeable. Most often, blurry, white, or dark "blank areas" interfere with the center of the vision field. Ninety percent of all AMD cases are this "dry" type.

If you think you may have AMD, it is important to go to an eye professional right away. You may then be referred to a retinal specialist. Therapies and treatments for dry AMD may arrest the damage. In addition, research is revealing new ways to prevent and treat AMD. New studies have shown that antioxidants, vitamins A, C and E as well as additional zinc, may benefit AMD. Your eye specialist will know what therapies are likely to be most effective for you.

In many mild cases, the only treatment necessary at first is for patients to monitor their vision carefully so they can promptly detect any further changes.

Many seniors keep a simple self-test chart, called an Amsler Grid, on their refrigerator, and they test themselves at regular intervals. Anyone can do this, but if some-

Acupuncture facts

- from pg. 16

and other chemicals that help wounds and injuries to heal faster.

But, as my Asian teacher says, "It has worked for a thousand years; why does it matter how it works?"

The U.S. Food and Drug Administration recently began regulating our needles as a medical device, as if they were surgical scalpels and hypodermic needles. They are disposable. We use them for one patient at one visit and then discard them.

The National Institutes of Health has founded a variety of research projects on acupuncture, and recently released a statement confirming acupuncture's therapeutic effects on postoperative dental pain and the nausea and vomiting associated with surgery and chemotherapy. The World Health Organization has listed more than 40 conditions that acupuncture can treat with success.

Editor's Note: Debra Pardee Gaffney practices acupuncture at the Volusia Center for Complementary Medicine, 339 E. New York Ave., DeLand.

one in your family has the condition, you and your eye professional should be especially vigilant. Anyone wishing to keep at chart at home may cut out the one on page 17 of *The 2002 Summer Health Guide*.

Ten percent of the AMD cases are the more serious wet AMD. Here, abnormal blood vessels grow across and beneath the macula, and the leakage and scar tissue can result in more serious, often permanent, blurred or distorted central vision. Wet AMD causes most of the severe vision loss in AMD, although it seldom results in total blindness. Laser treatments, photodynamic therapy, feeder vessel treatment, thermal therapy and some surgeries are currently in use by retina specialists to treat wet AMD. Some medical practices, like The Macular Degeneration Center at Central Florida Retina, with offices in Volusia County,

Continued on pg. 37

Quit smoking

- from pg. 15

and drink lots of water.

- Ask family, friends and co-workers for support. Get them to walk with you and share your feelings as you go through the withdrawal.

And don't give up the fight against the habit. Mike Linville, a security guard at the DeLand Area Public Library, has discovered that perseverance is the best way to overcome smoking.

Mike, now 53, smoked for about 30 years. He got the message that he should stop about six years ago, after a series of heart attacks. Then came successive, aborted attempts using everything from gum to hypnosis.

Meanwhile, his wife, Bobbie, kept puffing away at cigarettes. Smoke in the home undercut all of Mike's attempts.

Then, in 1998, Mike had a stroke. He tried a patch after the stroke, but it reacted with other medication he was on and made him sick. He gave the patch to Bobbie, who used it to kick her habit. Mike went cold turkey. Neither he nor Bobbie has had a cigarette since Thanksgiving Day, 1998.

"I couldn't do it alone," he said. "We knew we had to do it together. And we did it."

Get serious about prostate

Do you know what your prostate does? Have you had your prostate checked lately? Talked to your doctor about what you need to do to keep your prostate healthy?

Probably the answer to all those questions is "no," at least if you're like almost half of the Florida men surveyed in a recent health study.

In fact, 47 percent of men surveyed were not very or not at all concerned with their prostate health, compared with 46 percent of American men overall, according to the survey released by Food-Nutrition Inc., a company manufacturing a diet supplement that is supposed to help maintain prostate gland functions, and conducted by Harris Interactive.

But if men do not start making their prostate health a priority now, they could face potential health risks later. Nearly three million American men experience prostate concerns, often because they ignore the warning signs until it is too late. And, poor prostate function can lead to urinary tract concerns and other health issues.

However, 27 percent of Florida men surveyed could not identify any of the signs associated with prostate concerns, compared with 22 percent nationally. Not only are men in the dark about which signs are linked to prostate health, they are not seeking information about the issue, either. Fewer than one-third of American men surveyed, including 30 percent in Florida, have talked to their doctor about their prostate health.

Food-Nutrition Inc. manufactures a diet supplement bar called Pros-Tect Men's Health Bars. The bars now are on the market after years of research by a team that included general practitioners, pharmacists, naturopaths, food scientists and dietitians.

"Getting the proper nutrients in your diet has been shown to support prostate and urinary tract health," says Dr. Jack Barkin, one of the developers of the bar. "It's the simplest way to be good to your prostate, yet most men don't know even the most basic nutrients to take."

According to the manufacturer, Pros-Tect Bars combine more than 20 herbs, vitamins, minerals and other nutrients that promote proper prostate function.

Among the ingredients are: lycopene, saw palmetto berry extract, stinging nettle root, selenium, vitamins A, C, D, and E, soy isoflavones, zinc and fiber. All of those ingredients also can be purchased at health food stores.

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Connect to survival chain for help in heart attacks

When someone goes into sudden cardiac arrest, the ideal lifesaving model is the "chain of survival." It begins with someone recognizing the warning signs and then immediately calling 911.

The second step is for someone to immediately deliver cardiopulmonary resuscitation (CPR).

And, the third critical step is early defibrillation. This requires an automated external defibrillator (AED), which measures and analyzes the heart rhythm, and delivers an electric shock to the heart, if needed.

The final step is to get early advanced emergency care.

"Sudden cardiac arrest claims about 220,000 Americans each year," said Dr. Mark Swanson, president of the American Heart Association's Florida/Puerto Rico Affiliate.

Also called heart attacks, sudden cardiac

arrest most often is caused by ventricular fibrillation, a rapid, uncoordinated quivering of the heart's lower chambers. This prevents the heart from pumping blood effectively.

"In most areas of the country, only 5 percent of sudden cardiac arrest victims survive. The American Heart Association estimates that at least 50,000 lives could be saved each year by strengthening the chain of survival," Swanson said.

The American Heart Association is involved on many levels in strengthening the chain of survival. The association's Operation Heartbeat is a national community-based initiative launched in 1998 to increase public awareness and support for emergency care and strengthen the chain of survival throughout the nation.

Another of the association's initiatives is the Emergency Cardiovascular Care

Continued on pg. 38

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Q and A: the diet-cancer link

Your questions answered by the American Institute for Cancer Research in Washington, D.C.

Q: Can changing my diet really reduce my risk of getting cancer?

A: Yes, there is no doubt that the foods we choose are very important in fighting cancer. According to the American Institute for Cancer Research's landmark report *Food, Nutrition and the Prevention of Cancer: A Global Perspective*, 30 to 40 percent of all cancers could be prevented by eating a healthy diet, staying physically active, and maintaining a healthy weight. In addition, avoiding tobacco could make cancer rates drop by 60 to 70 percent.

This report was written by an expert panel of scientists who reviewed more than 4,500 diet and cancer studies. From their recommendations, the Cancer Institute created its Diet and Health Guidelines for

Cancer Prevention.

The guidelines are:

1. Choose a diet rich in a variety of plant-based foods.
2. Eat plenty of vegetables and fruits.
3. Maintain a healthy weight and be physically active.
4. Drink alcohol in moderation, if at all.
5. Select foods low in fat and salt.
6. Prepare and store foods safely.
7. Always remember: Do not smoke or use tobacco in any form.

Q: Do I need to become a vegetarian?

A: Vegetarian diets can certainly be a healthful choice, but they are not necessary for cancer prevention. Findings from the Cancer Institute's report indicate that diets high in vegetables and fruits that also contain modest amounts of meat and dairy are

Continued on pg. 23

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Q & A - from pg. 22

just as protective against cancer as vegetarian diets. The Institute recommends eating two-thirds (or more) plant-based foods and one-third (or less) animal protein.

Q: Should I take vitamin supplements to prevent cancer?

A: Supplements may be necessary for some health reasons, and should be discussed with your doctor. Taking supplements to prevent cancer, however, is probably unnecessary and possibly unhelpful. Besides vitamins and minerals, plant foods contain phytochemicals and antioxidants, substances that currently are being studied for their cancer-protective effects. Since supplements cannot provide all the important compounds found in foods, the best defense against cancer is to eat a wide variety of fruits, vegetables, whole grains and beans.

Continued on pg. 38

Stay away from fad diets

Low-carbohydrate diets are becoming increasingly popular among the health-conscious, but they don't really keep weight off and may even have long-term health hazards, according to a national research organization.

The American Institute for Cancer Research in Washington, D.C. warns that those who join in the fad for low-carbohydrate diets may deprive themselves of antioxidants and other disease-fighting nutrients contained in fruits, vegetables, whole grains and beans.

Seniors in particular should try to maintain a balanced diet and stay away from fad diets.

According to the institute, when it comes to weight management, it is total caloric intake that counts, not any kind of "protein vs. carbohydrate" formula proposed by a diet.

Institute researchers recommend reshaping diets, not dramatically changing them. According to the institute, two-thirds of a diet should consist of vegetables, fruits, whole grains and beans. One third should come from animal fat.

The institute has composed a list of low-carbohydrate diet claims and compared them to nutritional realities.

Continued on pg. 24

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Florida Hospital-DeLand opens cardiac risk program

Heart disease certainly does not discriminate. Men, women, children, all races: We all are at risk for cardiovascular disease and should make adjustments to our lifestyle accordingly.

Simple adjustments in your lifestyle can minimize your risk for heart disease. Florida Hospital-DeLand wants to help you make those adjustments, so that you are able to live a healthy life. Florida Hospital-DeLand now is offering a Cardiac Risk Analysis for both men and women. This analysis consists of completing a Cardiac Risk Profile, taking a blood test, and meeting with our skilled and qualified Cardiac Risk nurse.

There, you will receive a 20-minute consultation to discuss proper nutrition, exercise, and stress level. You will also discuss the results of your blood work, and your risk level for cardiovascular disease. If the nurse feels that you are at medium-to-high-risk, she may recommend that you see your physician. If this is the case, your analysis will be sent to your physician and further testing will be conducted.

The program enables each person to have a confidential one-on-one consultation with a registered nurse who specializes in cardiac disease.

If you are interested in finding out more information on this program, or would like to make an appointment, please contact the Florida Hospital-DeLand at (386) 943-4607.



PHOTO COURTESY FLORIDA HOSPITAL FISH MEMORIAL

A woman concerned about the health of her heart gets a cardiac risk analysis at Florida Hospital-DeLand. The analysis includes completing a risk analysis profile, a blood test and a meeting with a cardiac risk nurse. After a 20-minute consultation on proper nutrition, exercise and stress management, the nurse will recommend medium to high-risk patients see a physician for more tests.

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Fad diets - from pg. 23

That list shows:

Claim: Low carbohydrate diets cause immediate weight loss.

Fact: The initial weight drop is from the loss of water and muscle weight, not fat.

Claim: Eating carbohydrates causes blood sugar to rise and the body to store extra sugar as fat.

Fact: Any high-carbohydrate food will contribute to a slow, steady rise in blood sugar, which meets the body's energy needs over time.

Claim: Low carbohydrate diets do not have negative effects on long-term health.

Fact: Depriving the body of antioxidants and phytochemicals contained in fruits, vegetables, whole grains and beans may increase risks for heart disease, stroke and cancer.



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Midwives combine aged art, modern medical technology

By Debbie DiTaranto
SPECIAL TO THE BEACON

What picture does the word "midwife" conjure up in your mind? Uneducated, non-professional women doing illegal, unsafe practices during childbirth? Women who only deliver babies for poor folk in the backwoods with no supplies or equipment available?

Do you know that it's legal and safe to have a baby at home? Many people do not. Many are not aware of the capabilities of the midwife of today. Midwives today are unique in that they are able to combine an ancient art of traditional skills with modern technologies.

There currently are two types of midwives in the United States. One is a certified nurse midwife. The other is a direct entry midwife. The certified nurse midwife is a registered nurse who then has additional specific education in midwifery. She most often offers hospital or birth-center deliveries, but there are a few who also do home births.

A direct entry midwife has basic nursing skills as part of her curriculum but is not required to first be a registered nurse. Her education is specific to only midwifery, and

Continued on pg. 27



PHOTO COURTESY OF DEBBIE DITARANTO

Licensed Midwife Debbie DiTaranto sits on a sofa with some of the babies she's helped to deliver over the last several years.

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Midwives - from pg. 25

she offers either birth-center or home births.

Both types of midwives must participate in patient clinical appointments and the management of births prior to passing Florida state exams for licensure. In Florida, direct entry midwives are called licensed midwives and are required to complete a three-year academic program as well as clinical hours and births before taking the exam.

While Florida licensed midwives do not manage hospital births, they are able to collaborate with a physician. The licensed midwife may see the patient for prenatal/postpartum care and plan for a hospital delivery with the physician.

Often, the licensed midwife will serve as the woman's labor coach, now sometimes called a doula, for the hospital delivery. That enables the patient to still have some continuity of care. Midwifery care options can be tailored to the specific needs of the woman

and her family. Midwifery services are covered by most insurance companies and Florida Medicaid.

Midwife patients maintain a regular schedule of prenatal visits. They are offered the same prenatal testing, ultrasound and monitoring as the patient under a physician's care. However, to be delivered outside the hospital, the mothers-to-be are required to be low-risk, healthy women with low-risk healthy pregnancies. State and national guidelines define the criteria for "low-risk." The regulations also require physician consultation and referral for those who may have health issues.

Many midwives offer alternative therapies to their patients as well as regular therapies, such as antibiotic treatment. Supplies and equipment, including dopplers, oxygen, hemorrhage medication, IV and neonatal resuscitation capabilities, are all maintained at the birth center or brought to the home with the midwife.

Midwives are trained to handle various complications out of the hospital and to know when to transfer into the hospital if necessary. Some birth centers allow limited pain-relief medication for labor but do not allow Pitocin induction/augmentation of labor or epidurals. While these are sometimes useful interventions in the hospital setting, they are not suitable for a low-risk, out-of-hospital setting.

Midwives provide continuous one-on-one monitoring of the laboring woman, from active labor through several hours of immediate postpartum care. Once the baby is born, the midwife will perform examinations and any necessary newborn procedures.

The midwife also will have the parents follow up with a pediatrician within 24 hours. Continued support and care is given by the midwife through the first six weeks of the postpartum period, including breastfeeding education and support.

There are many things midwives and physicians do alike. There are some things physicians do that midwives don't, because



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Don't go over borderline get Canadian drugs online

By Bob Adams
 SPECIAL TO THE BEACON

As costs for prescription medication soar in the United States, older Americans have turned to foreign sources for low-cost drugs, often organizing bus trips to Canada to take advantage of that country's lower prices.

The price difference between the United States and Canada can be eye-opening. For example, the average cost of the popular cholesterol-lowering drug Zocor is more than \$120 here for a one-month supply. Canada offers the same drug for about \$63.

Now, there is a way to obtain these same discounted prices without boarding a bus.

There are several Internet Web sites currently available for purchasing prescription drugs online. Typically using an Internet site offers the convenience of the Web, but lacks the option of speaking to a live person when picking up a prescription. Often these online prescriptions are shipped directly to the prescribing physician and not to the purchaser.

Although significantly cheaper than the higher-priced U.S. drugs, the Web sites usually sell drugs for about 10 percent more than their prices in Canada. Frequently, health-insurance companies operate and own the Web sites.

Most of the major pharmaceutical companies have started to offer fixed low monthly fees, ranging from \$10 to \$15, for some prescriptions. These monthly fees cover the entire month of medication but only cover drugs offered by their company. Eligibility for the fees depends upon the income level of the purchaser.

The Canadian government, unlike the U.S. government, regulates prescription-drug prices. Canadian pharmacies carry almost all the same, similar, or generic-type drugs that are available in the United States.

Canada imposes checks and balances, such as requiring a prescription from the attending physician in this country. There also is a form, called a Health Profile History, which must be reviewed by a Canadian doctor before a prescription is filled.

Online purchases require payment through a major credit card.

Editor's Note: Bob Adams is the author of *Retirement Investing* and publishes a monthly newsletter on financial issues. For more information, call 1-800-395-7481.

Be careful of arthritis pills

Over-the-counter pain medication and prescription drugs for arthritis relief are widely used, but could carry potential health complications, including gastrointestinal, cardiovascular, liver and kidney problems.

Medical research shows that nonsteroidal, anti-inflammatory drugs such as aspirin, ibuprofen and naproxen may cause ulcers, gastrointestinal bleeding, other stomach problems and kidney damage.

Along with possible side effects, medication has other disadvantages. Some people have trouble swallowing pills or forget to take them at a specific time every day.

Those with minor arthritis pain should look into a variety of alternatives to taking regular doses of even common, over-the-counter pain relievers.

Among the alternatives recommended by a variety of medical experts are:

- **Exercise.** It increases blood flow and range of movement, helps ease pain, reduces fatigue and helps relieve depression. Arthritis sufferers should consult their doctors about what type of exercise is best for their specific needs. Everyone should stretch before exercising. Stretching helps keep muscles strong and joints flexible.

- **Apply heat or a cold pack.** This could help relieve pain and stiffness in joints.

- **Relax.** Take time out of your day to rest and try to forget about life's problems — including arthritis pain. Consider a soothing massage or take a bath. A warm bath can relieve muscle tension and ease aching joints.

- **Eat healthful foods.** Although food cannot cure arthritis, a healthful, balanced diet can help prevent other medical problems. Also, staying within recommended weight puts less pressure on joints.

- **Try topical pain relievers.** Analgesics that are applied to the skin will help relieve pain without the potential side effects of internal medication. Combining a topical product with medication could mean fewer pills to swallow.

- **Try an ointment containing natural ingredients and skin conditioners to help prevent dryness.** These topical products also help relieve muscle aches and strains and neck or lower-back pain.

Florida Hospital-Fish Memorial gets new multi-slice CT scanner

The Radiology Department at Florida Hospital-Fish Memorial recently has installed the only high-speed, multi-slice Computer Tomography (CT) scanner of its kind in West Volusia. Each high-speed scan rotation takes 0.5 seconds and acquires four "slices," or images per a tube rotation where a conventional CT scanner takes only one single "slice." This makes the new CT scanner faster than the conventional spiral. And, it acquires four times the amount of data in a single rotation.

CT imaging is particularly useful because it can show several types of tissue — lung, bone and blood vessels — with great clarity. Using specialized equipment and expertise to create and interpret CT scans of the body, radiologists can more easily diagnose problems such as cancers, cardiovascular disease, infectious disease, trauma and musculoskeletal disorders. CT scans are covered by most insurance plans. All CT scans require an appointment and many require some preparation.

Most exam times for CT procedures are greatly reduced with this new equipment. The patients usually are on the CT table for less than 15 minutes, while the imaging portion of the exam takes less than 5 minutes to complete. The advanced imaging quality also enables Radiologists to obtain slices as low as 0.5mm for areas where finer detail is needed.

Florida Hospital-Fish Memorial's Radiology Department also offers cardiac calcium scoring, which measures calcium in the cardiac blood vessels and helps assess the risk of heart attack. This test takes less than 10 minutes and no fasting or injections are required. A physician order and payment at time of service are required for cardiac scoring, as this is not covered by insurance. To schedule a CT scan or cardiac scoring at Florida Hospital-Fish Memorial, call (386) 917-5428.

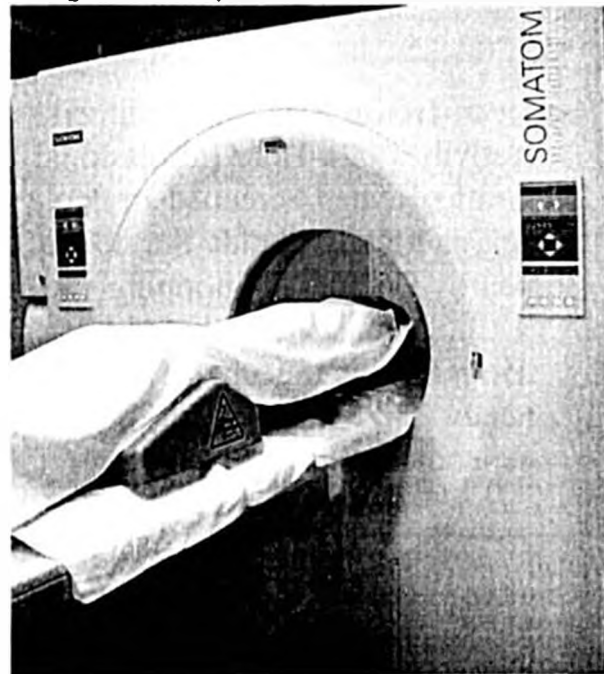


PHOTO COURTESY FLORIDA HOSPITAL FISH MEMORIAL

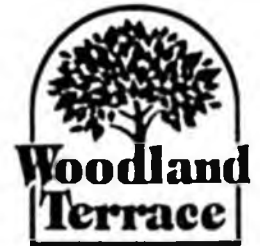
A patient enters a Computer Tomography scanner similar to the one recently installed at Florida Hospital-Fish Memorial in Orange City. The first of its kind in West Volusia, the new machine makes faster and clearer images than older models of CAT scanners.

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Midwives - from pg. 27

physicians are trained to handle high-risk pregnancies and delivery complications. There are some things midwives do that physicians don't, because midwives are the guardians of normal birth.

Midwives make use of the modern technologies available as needed or required by law but probably do not use them as routinely as physicians do. That's because they are attending low-risk women who do not require use of the technologies as often. Midwives still rely on the hands-on skills of an art that has almost been lost to the technology of today. Midwives spend ample time with their patients, not only to answer questions and educate but to bond with and have a trusting relationship with the patient. That relationship is essential to the success of birth outside of the hospital.

The midwife empowers the pregnant woman to take responsibility for her birth experience. Midwives know that pregnancy is not an illness and do not treat it so. They respect birth for the sacred event that it is.

Many American physicians never have seen a normal birth. Routine technologies and interventions have become what's normal in the hospital setting. Empowerment for childbearing comes from machines and drugs instead of their use being limited to exceptions.

Midwives know that every birth is very individual and not routine. For healthy

Continued on pg. 36

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Veterans offered programs for post-traumatic-stress disorder

By Jennifer Carroll
SPECIAL TO THE BEACON

Post-traumatic-stress disorder is an anxiety disorder resulting from a psychologically stressful event beyond the scope of normal human experience. The trauma may be experienced in the company of groups of people, such as military personnel in combat, or alone, such as victims of rape or assault.

Events that can cause the disorder are called "stressors." They include natural disasters, such as floods and earthquakes, accidental man-made disasters, such as car accidents, airplane crashes, or disastrous fires, and deliberate man-made disasters, such as bombings, torture or imprisonment in a death camp.

Symptoms include recurrent thoughts of a traumatic event, reduced involvement in work or outside interests, hyper-alertness, anxiety and irritability. The disorder apparently is more severe and longer-lasting when the stress is of human design.


There are a total of 141,712 veterans identified as having service-connected stress disorder. One of these veterans has suffered from the disorder since before World War II. Most of the veterans, almost 104,500, are from the Vietnam era.

A nationwide system of community-based centers, known as Vet Centers or Readjustment Counseling Service Vet Centers, provides counseling for psychological war trauma. The VA operates 206 Vet Centers in all 50 states, Puerto Rico, the Virgin Islands, the District of Columbia and Guam.

Florida has 10 such centers in Fort Lauderdale, Jacksonville, Miami, Orlando, Palm Beach, Pensacola, Sarasota, St. Petersburg, Tallahassee and Tampa.


In 2000, Vet Centers saw more than 131,000 veterans and provided more than 890,000 visits to veterans and family members. Seventy-five percent of Vet Center managers are war-zone veterans, primarily from Vietnam.

Interdisciplinary teams that include psychologists, nurses and social workers staff the centers. Readjustment counseling features a non-medical setting, a mix of social services, community outreach activities, psychological counseling for war-related experiences, and family counseling. These services are designed to assist combat-affected veterans and other similarly affected veterans pursue well-adjusted lives. Implemented by the VA in 1979, Vet Centers were initially designed for Vietnam veterans.



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Michael N. Fulton is a diplomat of the American Board of Orthopaedic Surgeons specializing in Orthopaedic Rehabilitation for the Cervical Spine, Lumbar Spine, Knee and Shoulder injuries and pathologies.

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Continued on pg. 33

Help fight binge eating disorder

Overeating from time to time is common. However, regularly eating unusually large amounts of food and feeling you can't control your eating may signal that you have binge eating disorder (BED).

About 4 million adults in the United States may have binge eating disorder. Experts believe that it is probably the most common eating disorder.

It affects women slightly more than men — three women have binge eating disorder for every two men. It affects blacks as often as whites. Most people who have binge eating disorder are overweight or obese — and

today, 61 percent of American adults are overweight or obese.

People with serious binge eating problems often:

- Feel eating is out of control.
- Eat unusually large amounts of food, even when not hungry.
- Eat quickly and until uncomfortably full.
- Eat alone.
- Feel disgusted, depressed or guilty after over-eating.

Many people with binge eating disorder have health problems because of their weight. Weight gain and obesity increase the risk for developing Type 2 diabetes, high blood pressure, high blood cholesterol levels, gall bladder disease, heart disease and certain types of cancer.

People with binge eating disorder may find it harder to stay on a weight-loss program and may lose and gain weight back (yo-yo dieting) more than others. These people may need treatment for binge eating disorder before they try to lose weight.

If you think you might have binge eating

Continued on pg. 35

Stress

- from pg. 32

Current law has extended eligibility for the program to any veteran who has served in the military in combat operations during any period of armed hostility.

The VA operates a network of more than 140 specialized programs for the treatment of the disorder through medical centers and clinics. One program consists of clinical teams that provide outpatient treatment, working closely with other VA treatment programs, including Vet Centers and the community.

In 1989, the VA established the National Center for Post-Traumatic Stress Disorder, a center for clinical research, training and information. Among its many programs, the center maintains a Web site, www.ncptsd.org, with information about the disorder and a database of more than 13,000 articles.

The VA also pays compensation for veterans who acquired the disorder from trauma incurred in service. Most veterans who receive compensation acquired the disorder in combat situations. The VA concedes that veterans were exposed to trauma if they were in combat, and have the appropriate military decorations to verify combat experience.

Awards such as the Combat Infantry-

Continued on pg. 36

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BEACON PHOTO: RICK TONYAN
Lillis George works out on a frame designed for Pilates exercises. Pilates is an exercise technique developed in Germany about 75 years ago.

Stretching limits • from pg. 9

The latter is a style of exercise consisting mostly of fluid, slow, graceful movements. Many of the movements originated in martial arts, particularly the Chinese style of fighting called kung fu.

But, unlike most martial arts and forms of high-

impact exercise, there are no kicks or jumps. The feet never leave the ground. *Tai Chi* is performed standing, with the movements mostly restricted to the arms and torso.

Both yoga and *Tai Chi* have roots in ancient Oriental cultures. By comparison, the third form of exercise at New Leaf, Pilates, is a newcomer. It's about 75 years old.

"I've done everything in the way of exercise," said Lillis George, a DeLand client of the studio and a Pilates fan. "This does the whole body in an hour."

A German, Joseph Pilates, pronounced puh-LAH-teez, developed the technique. Unlike the other forms of exercise at New Leaf, Pilates uses some specialized equipment, such as a large, rack-like metal frame.

Like the other forms, Pilates is low-impact. It concentrates on stomach and back muscles, stretching them with long, fluid motions.

"I'd hurt my back and couldn't find a good exercise," George said. "Then I found Pilates. It's the only thing that makes my back feel better."

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Binge eating - from pg. 33

disorder, it's important to know that you are not alone and that help is available.

- Health professionals such as psychiatrists, psychologists or clinical social workers for eating behavior can treat binge eating. There are several different methods of treatment:

- Cognitive-behavioral therapy teaches people how to keep track of their eating and change their habits.

- Drug therapy may be helpful for some people.

- Weight-loss programs that also offer treatment for eating disorders may help those who are overweight.

To learn more, simply request the free fact sheet about binge eating disorder that includes a list of treatment programs in the United States, by calling the Weight-control Information Network at 1-877-946-4627 or by logging on to www.niddk.nih.gov/health/nutrit/nutrit.htm.

WIN is a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases, part of the National Institutes of Health.

Swimming - from pg. 12

straight out from the sides with thumbs up, and make large circles through the water.

- Tone the stomach by leaning back against the pool wall, gripping behind the edge with extended arms. Sweep both legs through chest-high water side-to-side at right angles with the pool wall.

- Work legs by standing in waist-high water, holding the pool wall with one hand and raising the leg farthest from the wall to the front and to the side until it nearly breaks the surface.

Although water workouts don't require any equipment beyond a swimsuit, using gear available at sporting-goods stores can increase resistance, isolate specific body parts, or just add some variety. Try forcing blown-up plastic arm floaters underwater to tone arms and shoulders. Grip a kickboard under the chest, and kick across the pool to strengthen leg muscles. Or, hold a "noodle" water toy between the thighs, and swim using chest, arm and shoulder muscles.

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Phillip J. Mackinder, O.D.

Midwives - from pg. 31

women, a birth is normal 95 percent of the time if allowed to be. Midwives have the patience to allow birth to be normal and to facilitate that normalcy.

If we lost the availability of technologies in these uncertain times, who would be able to help you have your baby? Who can and will be able to empower women to have normal birth experiences? Who is best able to combine the ancient art of midwifery skills with the modern use of technology as medically necessary?

Midwives deliver 70 percent of the babies of Western European countries. Some of those countries have lower infant and maternal mortality rates, lower Caesarean rates, and lower health-care costs than the United States, according to the World Health Organization. Physicians mostly are used for complications.

The United States is the only country where most low-risk babies are delivered by physicians. Today only 4 percent of U.S. babies are delivered by midwives. In a matched population study of 2,092 home and hospital births, the hospital group had six times more fetal distress; three times more maternal hemorrhage; almost four times more babies in need of resuscitation; and four times higher neonatal infection. The hospital group had 30 permanent injuries due to problems in birth. The home-birth group had no such injuries.

Midwives understand and appreciate the physician's skills and expertise in regard to high-risk pregnancies and complicated deliveries. Most physicians, however, do not understand or appreciate the wisdom of the midwives and their expertise in normal birth. Now maybe they — and you — will consider a midwife.

Editor's Note: Debbie DiTaranto is a licensed midwife with Birth Blessings, an Orange City midwifery service. For more information, call (386) 774-9703.

Stress - from pg. 33

man Badge, the Purple Heart, or any medal of valor earned on the battlefield are sufficient to demonstrate participation in combat.

Veterans who were not in combat, but were exposed to traumatic events can also claim that they suffer service-connected post-traumatic-stress, but verification of the traumatic event will be required for a successful claim.

Because direct proof usually does not exist in sexual abuse claims, other standards of proof are used that take into account the sensitive nature of these claims.

Those who were exposed to combat or other traumatic events while in service, and are experiencing significant symptoms of the disorder, should consider filing a claim. For some, the pain of reliving the experience through describing it for the purposes of filing a claim, makes the claims process too unpleasant to consider. For those, pursuing a claim may not be worth doing. Others should visit a Florida Department of Veterans Affairs Service Officer or the county Veterans Service Office.

Editor's Note: Jennifer Carroll is a retired lieutenant commander of the U.S. Navy. She is executive director of the Florida Department of Veteran's Affairs. For more information, contact her department at 1-800-827-1000, Ext. 7400; or write: 11351 Ulmerton Road, Suite 311-K, Largo FL 33778-1630.

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Laughter

- from pg. 15

Make a bulletin board that you use to collect funny things for your home or office. For one thing, the pictures, sayings, signs or cartoons that you put there give you a laugh. On top of that, the job of looking for more funny things to put up there is an enjoyable activity in its own right.

The power of humor and laughter is too good to pass up. It can help to keep you healthier and feeling better about yourself and the world around you. Most importantly, it's one of the easiest and most enjoyable things to do for a better and healthier you.

There are countless ways to add humor to your life. For most people, it's simply a matter of allowing yourself opportunities to smile and laugh. It's guaranteed to give you at least a momentary change of attitude, but do it often enough and you may find your whole world brightening.

Editor's Note: Carol Langenfeld is a counselor in private practice with extensive experience in helping those living with chronic illness. She is the author, with Douglas E. Langenfeld, of *Living Better: Every Patient's Guide to Living with Illness*. She can be contacted through www.patientpress.com.

First visit

- from pg. 16

notice how you walk, sit, and stand up. I will take your pulse at the wrist.

When I make my determination and selection my treatment plan, we will start the healing process.

I will select the places to insert the needles (usually on the hands and feet, legs and arms). Most of the time the place were I put the pins are opposite from the location of your problem.

You will usually be lying down for about 20 minutes. It depends on what we are trying to accomplish in this visit.

On your next visit we will review my findings and diagnosis. I will explain my treatment plan and what I expect from you. We are a team. Our goal is to help you achieve health and stay that way. Oriental medicine can help physical as well as emotional problems.

— Debra Pardee Gaffney, acupuncture practitioner.

AMD

- from pg. 18

participate in clinical trials of the newest treatments. Their Web site has additional information on AMD:
www.centralfloridaretina.com.

Senior citizens should test their vision with an Amsler Grid, get regular eye check-ups, and respond quickly by scheduling a visit to their eye professional if they suspect they may have Age-Related Macular Degeneration. The senior years are too wonderful to let a little thing like a drusen get in the way.

Editor's Note: Dr. Suzanne M. Demming is an ophthalmologist at the Central Florida Retina Institute in Daytona Beach.

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Q & A - from pg. 23

Q: Don't pesticides cause cancer?

A: There is no convincing evidence that eating foods containing trace amounts of chemicals such as pesticides, herbicides, fertilizers and drugs used on farm animals increases cancer risk. When levels of pesticides are properly regulated, as they are in the United States, they are not known to be harmful in foods. The benefits of eating vegetables, fruits and other plant-based foods far outweigh the risks of any minimal exposure to pesticide residues. To reduce surface residues, always rinse produce well under running water and remove outer leaves. If you are still concerned about pesticides, consider buying certified organic foods.

Wondering who you can trust to answer your health and nutrition questions? Call the Cancer Institute's Nutrition Hotline at 1-800-

843-8114. A registered dietitian will return your call within 48 hours and answer your questions relating to food, nutrition and cancer.

Survival chain - from pg. 21

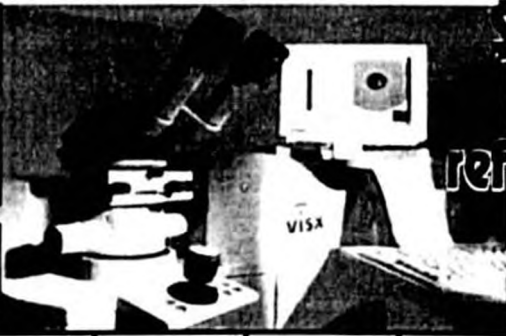
program, which provides basic and advanced resuscitation training to individuals and medical professionals.

The American Heart Association spent about \$327 million during fiscal year 1998-99 on research support, public and professional education, and community programs. With more than 3 million volunteers, the American Heart Association is the largest voluntary health organization fighting heart disease, stroke and other cardiovascular diseases, which annually kill more than 950,000 Americans.

For information about emergency care activities, contact your nearest American Heart Association office, call 1-877-AHA-4CPR, or visit the Web site at: www.americanheart.org.

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