



Seminole Herald

WEDNESDAY
March 31, 1999
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Weather
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**First-grader
shares the secrets
of reading.**

7A



Lottery
Winning
Numbers
3A

□ BRIEFLY

American Red Cross of Central Florida Disaster Action Team volunteers recently responded to four fires affecting 11 families in Orlando and Seminole counties. On Monday, a Longwood family lost their four dogs when their Nob Hill Circle home was engulfed in flames. Homeowner Edwin Holland, his wife, two children and a house guest were unharmed. Red Cross volunteers provided the family with more than \$1000 in food, clothing, shoes and temporary lodging.

Area chambers of commerce are sponsoring a Chamber Business After Hours event today at 5 p.m., at Historic Sanford Memorial Stadium, following a junior varsity high school baseball game, to promote fundraising to benefit the stadium. During the event, Sanford Mayor Larry Dale will dedicate the Dugout Club Room to Buddy Lake, a former area baseball player. Lake is a longtime supporter of the stadium. There will be free food and drinks at the event. The stadium is located at 1201 Mellonville Avenue. For more information, call the City of Sanford at (407) 330-5600.

Southern Championship Wrestling returns to the Sanford Civic Center, 401 E. Seminole Blvd., this Friday at 8 p.m. Six matches featuring "Phenom" Bryan Austin, The Slasher, Frankie Capone and "Mad Dog" Mike Taylor will wrestle to benefit Sanford Police Explorers. For more information, call (407) 321-0833.

An Easter Egg Hunt in the Park will be held Saturday at 2:30 p.m. at Red Bug Park for the "wish kids" of New Hope for Oriving Children and Families in Maitland. The ninth annual event is sponsored by the Student Accounting Society at the University of Central Florida and features a picnic and prizes.

New Hope for Oriving Children and Families grants wishes to children under 18 who have been diagnosed with life-threatening illnesses and provides support for children ages three to 18 who suffer the loss of a loved one. Volunteer Support Services recruits and trains volunteers to operate New Hope Thrift & Gift stores, assist with delivery of services and conduct fundraising events. For more information, please call (407) 629-8920.

City of Sanford Police Department will help an area resident initiate a Neighborhood Watch program in her neighborhood with a 90-minute inaugural meeting on Tuesday at 6:15 p.m. at 911 S. Maple Ave. The Neighborhood Awareness and Community Improvement Program includes period meetings to help citizens learn how to make their homes more secure. Law enforcement officials and representatives from community organizations often speak to Neighborhood Watch groups. For more information or directions, call (407) 322-2301.

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Roads continue to concern residents, but relief is coming

By Bill Kerns
STAFF WRITER

SANFORD - Goldsboro resident Thelma Thompson told City Commissioners Monday that they need to address problems in the area, including poor roads.

"We need help to clean up Goldsboro," Thompson said. "It's time for us to stop living like this."

The commissioners had some good news for Thompson.

The City of Sanford is planning a \$201,000 road paving project using gas tax money. The majority of the paving projects lie in the city's District 2, including the Goldsboro area.

The work will begin later this year. Public Works said the projects will be completed by the end of fiscal year 1999/2000.

Schedule A includes unpaved streets in various areas through the city. Poplar Ave-

nue and Lake Avenue have potential drainage and right of way conflicts that may delay their completion, officials said.

Schedule B includes unpaved streets around Mill Creek. These paving projects will be delayed until the improvements for Mill Creek have been completed. Officials expect the Mill Creek improvements will be finished by the end of 1999.

Schedule B includes construction of the Mulberry extension from West 19th Street to Country Club Road. Permitting for this new construction is more extensive and will delay the improvements.

Public Works personnel will pursue a permit from St. Johns River Water Management District for the paving of Schedule A and B.

The roads will be improved using a cold mix open graded bituminous pavement that lowers the cost of improving the roads.

For a complete listing of the street pavings, see the April 1 edition of the Herald.

Too much paper in the county to recycle

By Vivian Gallimore
STAFF WRITER

SEMINOLE COUNTY - A glut of recycled paper and rising costs in the county have prompted employees at school district headquarters to discontinue participation in a white paper recycling program contracted to Orlando Waste Paper.

According to Dennis Waldrop, utilities services manager, the cost to recycle exceeded the return, at the Educational Support Center on East Lake Mary Boulevard in Sanford.

Currently employees in the building dispose of paper with their regular trash.

Although some schools recycle on an individual basis, Waldrop said there is "no way to tie into school programs" at this time.

At the county's administration building, according to Community Information Program Manager Michael Ertel, employees sort their trash and recyclable paper for the janitorial service to then carry to larger containers, as part of a tie-in to the city's contract with Florida Recycling Services.

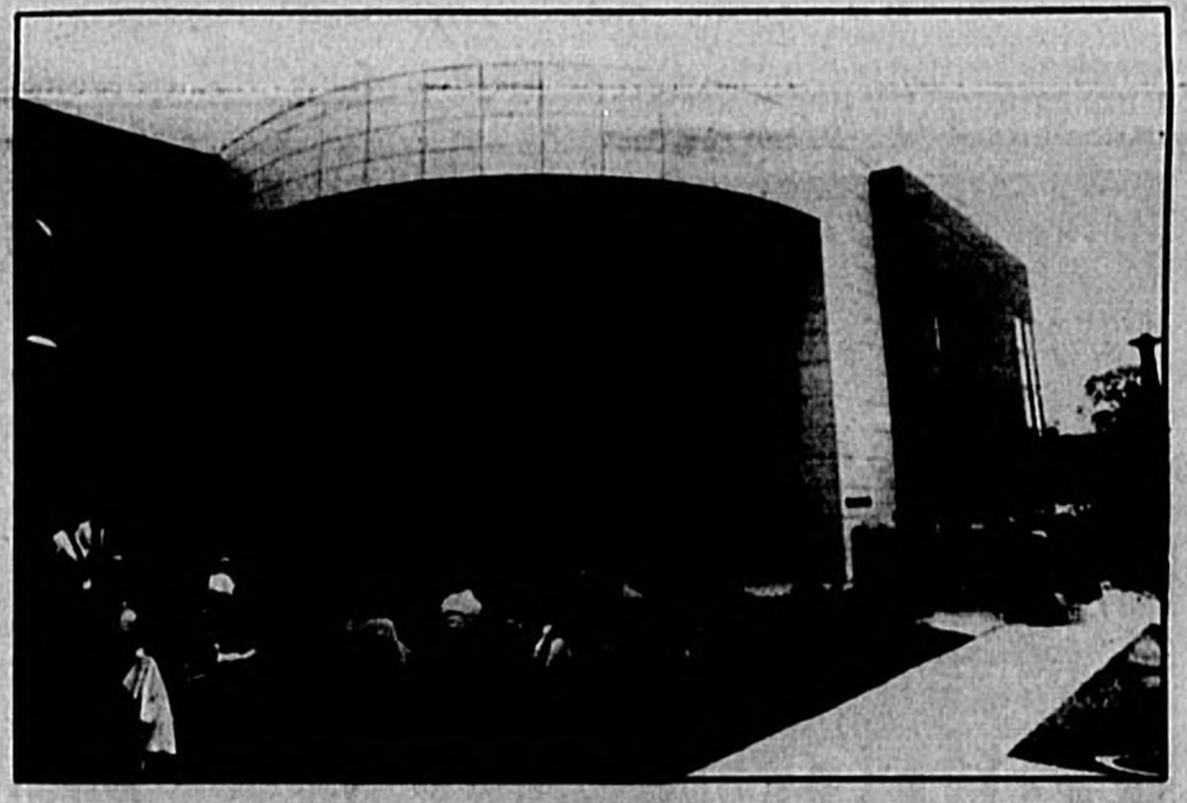
Jo Ann Legge, solid waste coordinator, said that the city of Sanford offers a recycling dumpster to any business who requests one. She said that a company with an eight-yard,

Please see Recycle, Page 2A

Science of the future



E. Ann McGee, president of Seminole Community College, welcomes guests at the ribbon cutting of the new Science Lab building at Seminole Community College in Sanford Tuesday for the \$6 million facility. The 25,000 square-foot facility features 10 wet labs, equipped with oxygen, gases, distilled and tap water. The facility has an air purification system that enables students to conduct chemistry and biology experiments in an industry-compatible environment. The facility is devoted exclusively to a laboratory environment with no classrooms or offices. Seminole Community College used funds from a National Science Foundation grant of \$45,984, college matching funds, and other sources to build the facility.



Seminole High opens new area for students

SPECIAL TO THE HERALD

SANFORD - Seminole High School is opening an area where students can enjoy lunch, talk with friends, at-

tend concerts, and participate in special events throughout the school year.

Trevor Cook, a former mentor in the Compact program, came up with the idea for the

Senior Park two years ago. Compact is a mentoring and self-esteem building program designed to assist student in reaching their goals for a successful future.

Cook met with Compact students and twice per month for the past two years to plan and design Senior Park. Compact instructor Dale Whitman said the idea for the Senior Park took on a life of its own.

"What started out to be a Compact project soon involved students from the entire student body and eventually became a desire of the senior class to leave the finished project as the gift of the class of 1999," Whitman said.

Warren Jennison, Seminole High School's drafting teacher, was instrumental in guiding

Morton of the Wharton-Smith construction company volunteered on the project.

Swaggerty Surveying Company also donated their services to the project.

The SHS construction classes, under instructor Ernie McPherson, worked on the project. The classes prepared the forms to allow pouring of the concrete slabs and sidewalk area, and they also leveled top-soil.

Rinker Lumber Company and Scotty's Lumber Company worked with the school on the project.

'An entire community has come together to do something positive.'

-Dale Whitman



Construction workers and students from Seminole High School shown with teachers during the development of a new pavilion that will be used as a senior park for lunch, conversations and concerts.

students through the process of measuring and detailing the project. Chrissy Borsok, a 1998 SHS graduate, helped to finalize the Senior Park blueprints.

Eric Palmer and Michael

Alan Nettles, a planner with the Seminole County School Department, helped coordinate the project.

"An entire community has come together to do something positive," Whitman said.

Da' Bomb!



File Photo

Trevor Jones, with his dog Ace, is just beginning to learn to read. He is a first-grader at Sterling Park Elementary in Casselberry and this is his first published writing.

Sharing the secret of reading

By Trevor Jones

SPECIAL TO THE HERALD

Learning how to read is like you really don't know how to read but you can read some words in some books.

It's really, really hard and sometimes I can sound out a few words. It makes me frustrated when I'm trying to read a book and I get stuck on some words and I try to sound them out but I don't know how. The hardest thing is I look at the pictures and the words and I try to sound them out but I don't know them. My teacher, Ms. Sondag, she

always yells me that if I get stuck on a word and I can't sound it out, then I can ask her and she helps me.

My friends are Michael, Alex, Shane and Nicholas. Mostly we play on the playground when Ms. Sondag lets us. My friends and I chased the girls on the playground.

I like my two dogs. My dogs slobber on me. Ace is a Rotweiler mix and Black Jack is really old. I have two cats, one named Oliver and one named Priscilla. Priscilla thinks she is the queen of Oliver. My ger-

bil, Pepper, always chews out of my gerbil cage.

My dad works at Animal Kingdom. He was on television painting the "Tree of Life," with movie bugs on it. My mommy works for a job and she is my favorite mommy.

I have a big room with lots of toys and I got a race track and the top comes off so I can pick up the cars and let them run away.

Trevor Jones is 6 years old and in first grade at Sterling Park Elementary School.

Dreamers and Doers

Walt Disney admired four outstanding characteristics in individuals with whom he came in contact. Those areas are curiosity, confidence, courage and constancy. Each year Walt Disney World invites Seminole County schools to nominate one student who epitomizes the characteristics.

The 14th annual Dreamers and Doers Awards Program will be held May 6.

Three students have been selected as the Seminole County Dreamers and Doers and will receive statewide recognition. Those students are Tolulope Bukola (Lawton); Eric D. Taylor (Milwee) and Franklin Allen Huffman (Lyman).

Students nominated for the honor were:

Amber Minugh (Altamonte Elementary); Kate Alexandra Wilkins (Bear Lake Elementary); Joshua Wong (Carillon Elementary); Thomas Cardenas (Casselberry Elementary); Centennial B. Kliver (Eastbrook Elemen-

tary); Judy Bransford (English Estates Elementary); Katie Brown (Forest City Elementary); Brittany Permaul (Geneva Elementary); Nikea Ayles (Goldsboro Elementary); Lee Sanford (Hamilton Elementary); Annie Wu (Heathrow Elementary); Ashley H. Hutson (Highlands Elementary); Elisabeth Oilbert (Idyllwild Elementary); and Caitlin Kirchner (Keeth Elementary).

Also: Ashley Agoranos (Lake Mary Elementary); Andrew Yowler (Lake Orienta Elementary); Alina Arbuthnot (Lawton Elementary); Kalia Tindle (Longwood Elementary); Priscilla Ratanavong (Midway Elementary); Jesse Robbins (Partin Elementary); Casey Mullen (Pine Crest Elementary); Christina Hyson (Rainbow Elementary); Yvonne McKenzie Smith (Red Bug Elementary); Brent Boyko (Sabal Point Elementary); Vanessa Reynolds (Spring Lake Elementary); Aaliya Rehana Ali (Sterling Park Elementary); Laura Davidson (Wekiva Elementary); Bryan Alvarado

(Wicklow Elementary); Sade Keitt (Wilson Elementary); Virgen Osorio (Winter Springs Elementary) and Matthew McGuire Brannon (Woodlands Elementary).

Also: Jill Luaren Greco (Greenwood Lakes Middle); Heather M. Strickland (Indian Trails Middle); Alexandria Dogartu (Jackson Heights Middle); John W. Martin (Millennium Middle); Anthony Michael Christian Walker (Milwee Middle); Shae Riddell (Rock Lake Middle); Erika S. Anderson (Sanford Middle); Harry T. Madhanagopal (South Seminole Middle); Christy Lyn Folwey (Teague Middle); and Kevin Felker (Usakavilla Middle).

Also: Bertina Jackson (Crooms Academy); Manoucheka Celeste (Lake Brantley High); Priscilla Lorraine Casados (Lake Mary High); Vanja Orbic (Lyman High); Ashley V. Evans (Ortiedo High); Courtney B. Newman (Seminole High); and Alex J. Robbins (Winter Springs High).



Herald Photo by Pete Kato

Highlands and Winter Springs Elementary co-hosted a health fair last weekend at Winter Springs. The festival got a large turnout as the kids got to learn

about animals and themselves. Here, six-year-old Stephen Ackley meets a goat while Megan Hart feeds a pig in the background.

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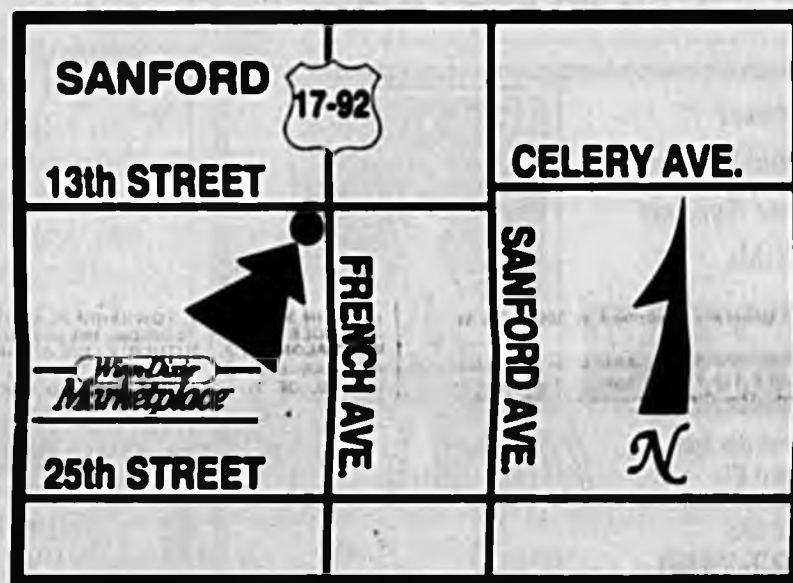
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Formerly the Downtown Sub Station, the small restaurant has become a favorite with the locals. Their subs are made with only the finest meats and cheese topped with vegetables that seem to be right off the farm.

In addition to hot and cold subs, there is a full selection of fresh salads with toppings sure to please even the pickiest eaters. Choices from Italian, club, turkey and straight veggie to tuna and chicken salad are offered every day and made fresh to order.

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New to the menu are stuffed baked potatoes, served with a variety of topping choices.

In addition to lunch, there is also a full compliment of breakfast items that include hot sandwiches, biscuits and gravy, bagels, danish and muffins, just in case you're a little hungry earlier in the day.

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Comics

FRANK AND ERNEST

by Bob Thaves



ROBOTMAN*

by Jim Meddick



EEK & MEK

by Howie Schneider



ANNIE

by Leonard Starr



BLONDIE

by Chic Young



HOROSCOPES



Thursday, April 1, 1999

Perhaps your greatest talent in the year ahead will be an ability to see opportunities that are not so readily apparent to others, giving you a jump-start that could prove quite beneficial.

ARIES (March 21-April 19) It behooves you to listen closely to what other people have to say today. Among the chattering, there could be one outstanding piece of information that might be quite valuable to you. Know where to look for romance and you'll find it. The Astro-Graph Matchmaker instantly reveals which signs are romantically perfect for you. Mail \$2.75 to Matchmaker, c/o this newspaper, P.O. Box 1758, Murray Hill Station, New York, NY 10156.

TAURUS (April 20-May 20) Strive to be industrious, because once on a roll, there's a good chance you'll not only accomplish today's chores, but get a little ahead on tomorrow's work. You'll be glad you did.

GEMINI (May 21-June 20) Although the weekend isn't quite here yet, you could get an early start on it as today's events thrust you in... prompt social activities. However, it shouldn't interfere with your duties.

CANCER (June 21-July 22) This could turn out to be your kind of day with activities surrounding the people you love best — your family. This helps you keep everything in perspective.

LEO (July 23-Aug. 22) Possessing such an active, alert mind will have you seeking out as many mental challenges as you can find today. Keeping your focus on areas that test your smarts will be stimulating.

VIRGO (Aug. 23-Sept. 22) The emphasis of the day might be placed on financial conditions that capture your fancy. Provided you manage your resources prudently, this could be a very productive day.

LIBRA (Sept. 23-Oct. 23) Receiving recognition from your peers today, for a job well done will do wonders for encouraging you to do more, making you quite an effective producer.

SCORPIO (Oct. 24-Nov. 22) A quiet environment might be just what you need today to collect your thoughts and be able to concentrate better on something important you need to accomplish. Seek the necessary solitude.

SAGITTARIUS (Nov. 23-Dec. 21) It will be your imaginative faculties that could help provide the mental picture you need to clarify an objective today. While you're at it, reflect on futuristic possibilities, too!

CAPRICORN (Dec. 22-Jan. 19) Provided you are left to your own devices, you can be a pretty good achiever today. Determine your own methods and procedures as much as possible, and you'll succeed.

AQUARIUS (Jan. 20-Feb. 19) Your judgment is apt to be better than those you encounter today, so be firm about concepts you believe in and don't let others discourage you before trying them out.

PISCES (Feb. 20-March 20) Because of the compassion and common sense you display for those in trouble, you could find yourself quite in demand today, as you lend themselves to unhelpful predicaments today.

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PEANUTS

by Charles M. Schulz



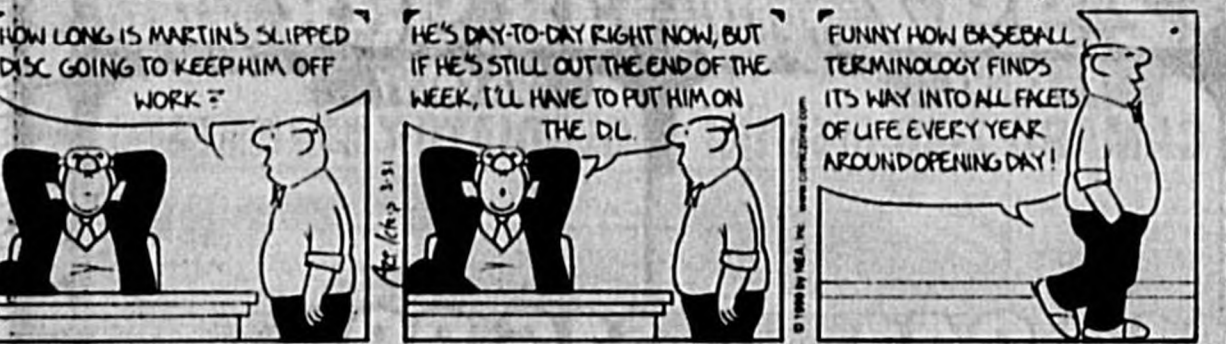
TUMBLEWEEDS

by T.K. Ryan



THE BORN LOSER

by Art Sansom



BETLE BAILEY

by Mort Walker



ARLO AND JANIS

by Jimmy Johnson



GARFIELD

by Jim Davis



WIN AT BRIDGE

Second blue moon of the year

By Phillip Alder

We all know the expression "once in a blue moon," but where does it come from?

Well, apparently a blue moon is the second full moon in any calendar month. And this year we have two, on Jan. 31 and today. So, to match this uncommon event, here is an extremely rare deal, which occurred in Denmark. What is unusual about it? No auction was given, but this one isn't absurd. When you open with a minimum 6-4, it is normal to rebid in your six-card (unless the four is a major that can be shown conveniently). North bids out his shape with four clubs, but in case he is 5-0-4-4, South raises. Now North bids what he hopes his partner can make.

There is no lead given because I still haven't decided what I would pick!

With both minor-suit finesses working and the spade jack dropping in three rounds, there are 12 "easy" tricks via five spades, two hearts, three diamonds and two clubs.

You're probably thinking that was lucky. Wait one moment. Now consider a contract of six spades. That gets home with the same 12 tricks. Six hearts is also on, losing only one trump trick when the hearts divide 3-3. Even six diamonds, on the 4-2 fit, can be made. North's club loser disappears on the second heart winner, and you can maneuver to lose just one trump trick. Finally, six clubs is makeable too.

When did you last see a deal in which all five small slams can be made? Now we are looking for a deal in which all five grand slams can be brought home. Do you know of one?

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		North 63-31-99	
		▲ A K 10 8 7	
		♥ 2	
		♦ A K J 8	
		♣ Q J 3	
West	East		
♠ 6 5 4 3	♠ J 9 2		
♥ 10 9 4	♥ Q J 7		
♦ Q 9 3	♦ 10 7 5 4		
♣ 10 5 2	♣ K 9 4		
		South	
		♠ Q	
		♥ A K 8 6 5 3	
		♦ 8 2	
		♣ A 8 7 6	
		Vulnerable: East-West	
		Dealer: South	
South	West	North	East
1♥ Pass	1♠ Pass	1♣ Pass	1♦ Pass
2♥ Pass	2♠ Pass	2♣ Pass	2♦ Pass
3NT Pass	4♠ Pass	4♣ Pass	5♦ Pass
5♠ Pass	6NT	All pass	
Opening lead: ??			

ASK DR. GOTT

Travel during pregnancy

DEAR DR. GOTT: We are planning an extended trip this summer to France and England. I am trying to get pregnant now. Will the shots that I need for travel hurt the fetus? How far could I be into my pregnancy and still travel? Can I use anti-seasick pills or patches?

DEAR READER: The U.S. Public Health Service no longer requires immunizations for people traveling to Europe, so you don't have to worry about shots prior to your trip.

Your remaining questions concern an issue that is best left to your obstetrician. I strongly believe that pregnant women should not take any medicine for the first three months at least, unless the drug is approved by an obstetrician. It is during this trimester that the most fundamental and important fetal development takes place. I also warn expectant mothers not to drink alcohol or smoke, because these substances can harm an unborn child.

Since you are planning a trip during your possible pregnancy, schedule an in-depth meeting with your doctor to review the variety of issues — including activity, diet and treatments —

DR. GOTT

PETER GOTT, M.D.



that are germane to your particular situation. I am sure that your obstetrician would be glad to guide you. As a general rule, women with uncomplicated pregnancies can enjoy a normal life — including travel — well into their third trimester.

DEAR DR. GOTT: I am 66 years old and was found to have a blood pressure of 200/100. My doctor gave me samples of two medicines, which I have been taking for two weeks. Now I am dizzy, lightheaded and weak. She made no provision for follow-up care and I believe that she doesn't care. Where can I go for help?

DEAR READER: I think your doctor was merely being thoughtful by

trying to save you money. However, she certainly should have arranged to monitor your blood pressure to make sure that it was controlled and that you were not having an adverse reaction to the drugs. Your symptoms could indicate that the medicines are too strong for you; your blood pressure may have fallen to an unacceptably low level. Look for a doctor who is both concerned about your needs and willing to check your blood pressure until it stabilizes.

To give you related information, I am sending you a copy of my new and completely updated Health Report "Hypertension." Other readers who would like a copy should send \$2 plus a long, self-addressed, stamped envelope to P.O. Box 2017, Murray Hill Station, New York, NY 10156. Be sure to mention the title.

DEAR DR. GOTT: What is "tailor's seat"? What can be done about it?

DEAR READER: Sometimes known as "weaver's bottom," this affliction is a form of irritation involving the bursae (joint coverings) of the hips, leading to aching pain in the buttocks. It can appear in people who sit for long periods on hard surfaces in one position. Treatment consists of anti-inflammatory drugs, such as ibuprofen, and — obviously — avoidance of prolonged sitting.

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Story page 5



It's a great time to be a senior

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Her longevity is logical

By Russ White
STAFF WRITER

Shortly after her 98th birthday, Ruth Hamilton reluctantly conceded she had joined the ranks of the elderly.

"That's when I had to quit driving," Hamilton said.

"They didn't take away my drivers license or anything like that - I more-or-less stopped on my own. Someone was always blowing their horn at me. I got tired of all those horns."

As Hamilton approaches her 101st birthday on April 12, she is fully aware of the process of aging. What it does to the mind. What it does to the body. What it does to the soul.

"My advice to everyone is to be so enthusiastic about life that you don't pay attention to how old you may be getting," said Hamilton, a long-time resident of Bram Towers in Sanford.

"As a girl I wanted to learn everything I could," she said. "I studied books on logic. Books about what made people tic. I read biographies of those who had succeeded." She said her favorite author - her idol - was Willa Cather. "What she wrote was so logical, so beautiful," she said.

Hamilton is concerned that most people today don't have very good attention spans.

"There are too many distractions - television is one. People forget what was on their mind and get trapped by TV. Everyone is in a hurry. And there are so many people - 7 billion in the world. That's too many."

Born in tiny Alta, Iowa in 1898, Hamilton has led three or four more lives than most women. She was a school teacher, a New Hampshire State representative, she married a small town doctor. She traveled the world. She was close enough to Adolph Hitler in 1936 to spit in his face - and she wishes she had.

She's lived through two world wars, the great depression, assassinations and scandal. She watched the first cars go on the road, the first airplanes in the sky, the first men reach the moon. She looks from her seventh-floor apartment onto Lake Monroe each day with the same rosy outlook she had as a teenager.

"I'm thankful for each new day," she said. "Thankful to see birds flying, boats on the lake and men out there fishing. I get so busy thanking God for all I see that I have no time left for being sick or worrying about getting old. Whatever god you want to believe in, believe there is a god. We didn't make all this happen."

A couple of years when Hamilton spoke

Please see Ruth, Page 10

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Loss of independence brings on depression

By Vivian Gallimore
STAFF WRITER

It's not specific traditional illnesses which consume the health concerns of the senior population, but the loss of independence, according to two health professionals specializing in caring for the elderly.

According to both Kathy Orr, R.N., and Sue Shipley, B.S.N., both with Central Florida Regional Hospital, people are living longer. Says Orr, "They have more aches and pains because of it, which brings on a lot of depression." She says that a lack of activity or focus only serves to aggravate an already deteriorating morale among seniors.

Shipley is director of the Skilled Nursing Unit at the Sanford hospital, a facility which serves as a half-way point for patients released by the hospital but not yet ready to go home. They may live alone, or with someone who is unable to care for them as needed. Shipley explains that the unit, serving Medicare patients, just celebrated its second anniversary on St. Patrick's Day.

The average age of an SNU resident is 75 and the average unit stay is one week. "They come here to get a boost with a few extra days of added strength before returning home. The hospitals are discharging patients sooner and sooner," adds Shipley. "They just need more time to recover."

The high population of elderly residents of Sanford and neighboring Volusia County communities has been known to further stretch the already limited local resources available to seniors. "We utilize a lot of resources," explains Shipley, "We use our Wheels and home visit volunteers."

Formerly a rehabilitative unit for younger patients, Shipley explains that money values the young, straining funding for seniors. Money that doesn't go to the elderly population is often allocated for roads and schools, two services that seniors rarely, if ever, use of.

When her unit's 18 beds are full, which is usually the case, Shipley sends her wards to a free-standing nursing home, citing a couple of excellent local facilities. "In winter, we see a domino effect," she says, due to the increased

seasonal population. "There is only so much room."

While the majority of SNU residents go home to a family or home-health caregiver, about one-quarter of the elderly population is "totally dependent on society." A lot of elders spend a lot of time alone or have no one to care for them," adds Shipley. They become depressed from a lack of independence and individuality. "They don't want to be a burden, but instead they want to contribute." Whenever possible, she matches skilled seniors with volunteer opportunities to keep them in the mainstream.

According to Orr, administrative director at CFRH, she has spent almost four decades working with the elderly. The Lake Mary resident considers the number one senior issue to be independence. Also ranking high


are "the knowledge that someone will be there to care for them, the availability and cost of medical insurance and that their last wishes will be carried out and not disregarded." Orr explains that seniors often don't want to be "coded" or kept alive by artificial means.

Other disturbing trends include the mobility of society as a whole, smaller family sizes and 2-income wage earners. "It's extremely hard to take care of your kids and your parents, especially when you work two jobs."

Orr remembers her dad's concerns before he passed at age 80. "Could he afford insurance to cover medical treatment? He also showed concern over the high cost of medication," which makes sense in light of the fact that many senior concerns relate specifically to money, according to both women.



Senior Dal Cowan plays checkers with Janet Tordal at the Central Florida Regional Hospital. This facility is one of many in the Seminole County area that offers a full range of recreational activities for seniors.



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See Elderhostel, Page 10

Ann Anderson, camp director for the elder hostel at Thunderbird, said guests are mostly retired professionals that come from all walks of life.

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Staying in shape doesn't have to end

By Jeff Berlincke

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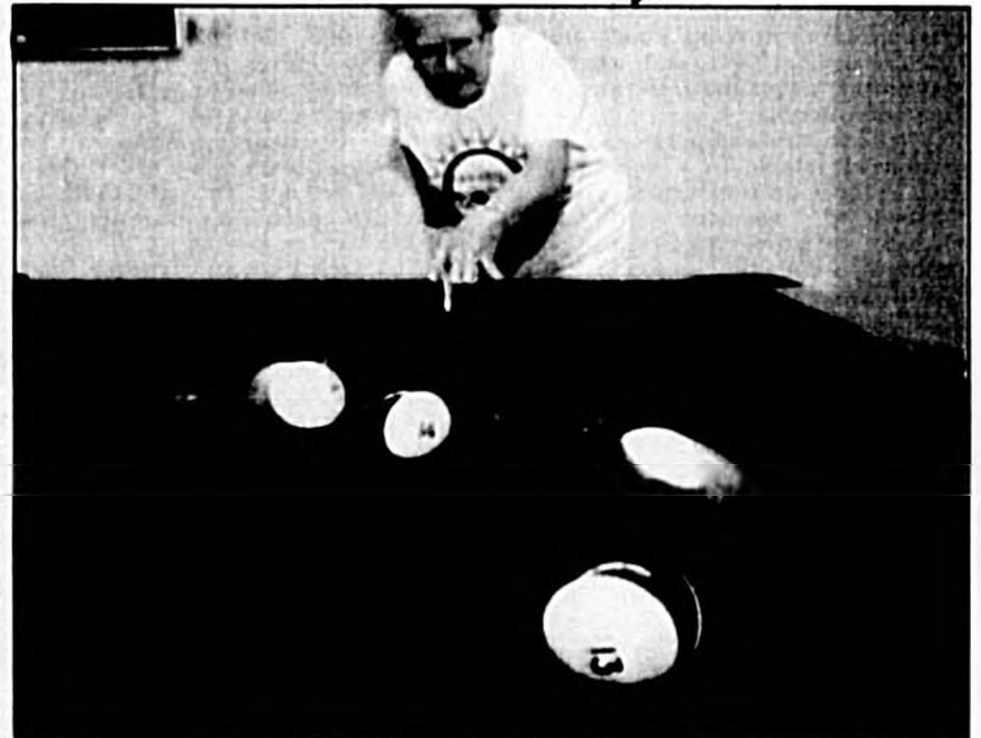
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Peggy Crist competed in the 8-ball pool competition at the event at the Sanford Civic Center.



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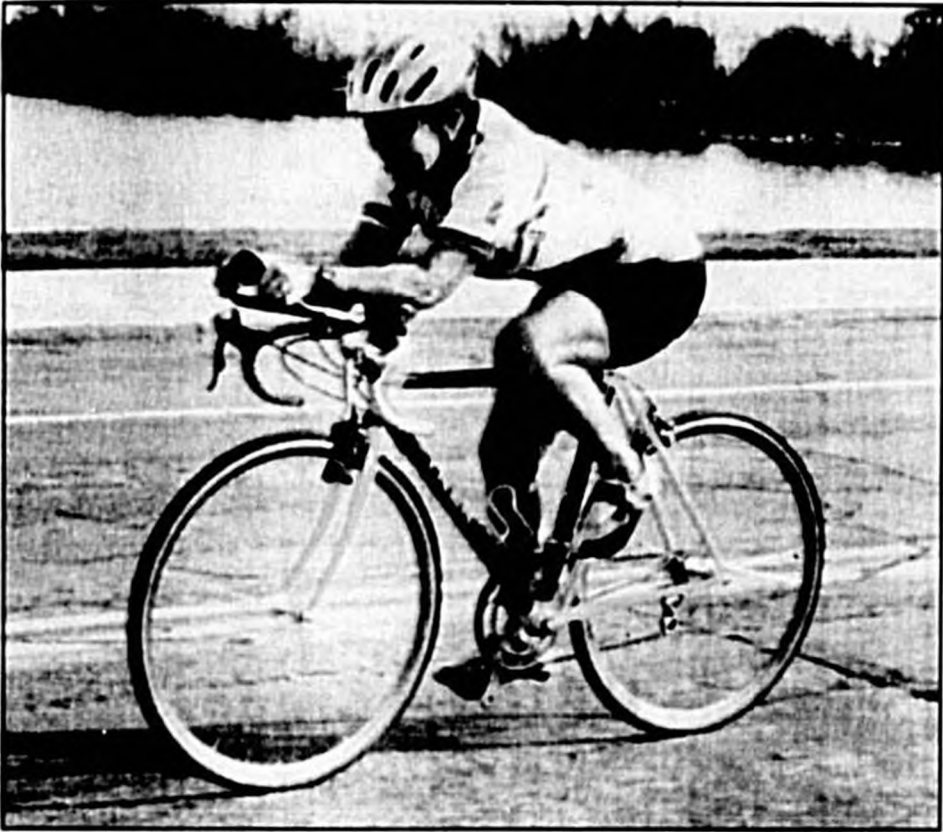
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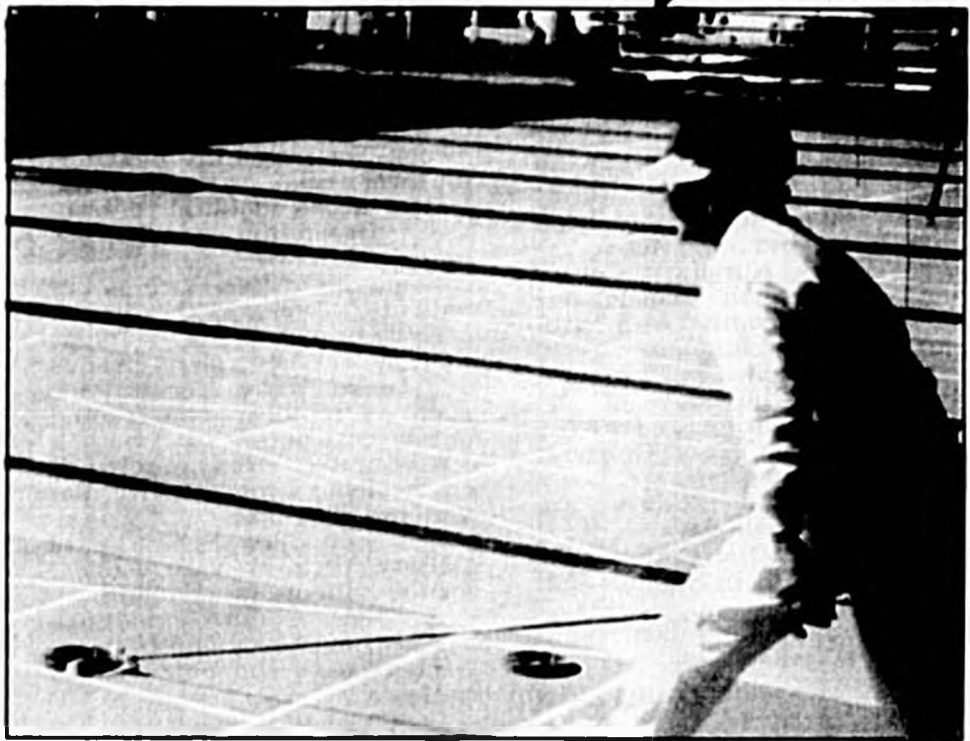
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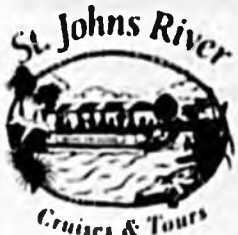
Ria Tortar speeds down Lake Monroe in the 5K bicycle race last year.



Dorrie Bessette challenged the field in the shuffleboard competition.

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529-61

Seniors stay busy at Lakeview Nursing

By Bill Kerns
STAFF WRITER

SANFORD - Patients at Lakeview Nursing Center in Sanford stay active with visitors from schools and churches, plus a variety of activities such as daily exercises and ice cream socials.

The programs at Lakeview Nursing Center, located at 918 E. Second Street, are designed around each patient's needs. The staff meets with patients' families to discuss past interests and the type of programs they may enjoy.

"Every patient's needs are different," Taylor said. "They have different personalities and totally different likes and dislikes."

The patients exercise every morning. To build hand-eye coordination, patients engage in bean bag tossing.

"It's important for patients to build their muscles," Tammy Taylor said. "It helps to keep their heart and mind active."

Lakeview Nursing Center holds ice cream socials one Friday per month, with sundaes and banana splits.

One Thursday per month, there is a birthday of the month celebration. Patients also play bingo every Thursday afternoon. Tuesdays are bowling days, and Fridays are crossword puzzle days.

Members of the Countryside Baptist Church in Sanford visit on Saturdays.

Chaplain Rick Walker regularly sings classic gospel hymns with the group The

Rainbow Repairs.

"He has a very beautiful voice," Taylor said. "I can't begin to describe it. They really enjoy him."

Gerald Cassanova also sings gospel hymns for patients one Sunday per month.

Volunteers from The House of Refuge Ministries socialize with patients.

Three children from Hamilton Elementary School spend time with patients once per month.

"It reminds a lot of patients of their grandchildren and the love for their child," Taylor said. "They socialize and take walks. It does them a lot of good. It keeps them busy and stimulated."

Lakeview Nursing Center, with more than 20 patients, offers 24-hour skilled nursing care. Snacks are provided in between three daily balanced meals. The meals are designed to meet each individual patient's needs, ground or softened depending on the patient.

"We more or less cater to our patients," Taylor said.

Patients participate in music therapy. They plan parties and make party decorations, such as reindeer constructed out of popsicle sticks.

A volunteer from Weekend-ers models clothing for the patients to purchase.

Pete and Jana Schiradla of DeBary perform variety skits for the patients every month.

Resident Council meetings are held once per month.

Taylor does shopping for the patients.



Chaplain Rick Walker of Rainbow Repairs, Inc., presented a concert of sacred music for the residents and staff of Lakeview Nursing Home last week.

music for the residents and staff of Lakeview Nursing Home last week.

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AMI FOODS 316 S. FRENCH AVE.
MERITA 505 S. FRENCH AVE.
STATE MARKET 1450 S. FRENCH AVE.
FAMOUS RECIPE 1905 S. FRENCH AVE.
GOLDEN LAMB 2101 S. FRENCH AVE.
BIG DIP 2439 S. FRENCH AVE.
RIB RANCH 2545 S. FRENCH AVE.
GATE 1800 S. FRENCH AVE.
HARDEES 2508 S. FRENCH AVE.
KWIK STOP 301 S. FRENCH AVE.
EXXON 101 S. FRENCH AVE.
WINN DIXIE 1514 S. FRENCH AVE.
CACTUS BOB'S 1566 S. FRENCH AVE.
MCDONALDS 112 S. FRENCH ST.
LIQUOR STORE 1303 S. SANFORD AVE.
SANFORD CT. 3301 S. SANFORD AVE.
LAUNDROMAT 2986 SANFORD AVE.
CITY HALL 300 N. PARK AVE.
SUPER DISCOUNT 2473 S. PARK AVE.
TRAILER PARK 2545 PARK AVE.
RACK 1st ST. & PARK AVE.
MARINA HOTEL 530 N. PALMETTO AVE.
POST OFFICE 221 N. PALMETTO AVE.
WILLOW TREE 205 E. 1st ST.
COLONIAL ROOM 115 E. 1st ST.
FAMILY DOLLAR 413 E. 1st ST.
TRU-VALUE 503 E. 1st ST.
SEM CO. COURT HOUSE 301 N. PARK AVE.
PHILLY EXPRESS 209 W. 1st ST.
SEMINOLE TOWNE CENTER 800 TOWNE CENTER CIR.
STEAK & SHAKE 40 SEMINOLE TOWNE CENTER
ABC LIQUOR 2886 S. HWY 17-92
E-Z ONE DISCOUNT 2707 S. ORLANDO DR.
MEL'S DINER 2821 S. ORLANDO DR.
SCHLOTZKY'S 2804 S. ORLANDO DR.
SHENANDOAH VILLAGE 4220 S. ORLANDO DR.



BUDGET INN 3200 S. ORLANDO DR.
MARINERS VILLAGE 3320 S. ORLANDO DR.
DENNY'S 3771 S. ORLANDO DR.
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RAYMOND FURNITURE 2670 ORLANDO DR.
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FOOD LION 3121 ORLANDO DR.
SHONEYS 3150 ORLANDO DR.
SONNYS B-B-Q 3506 ORLANDO DR.
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SAILPOINT APTS. 401 W. SEMINOLE BLVD.
REGATTA SHORES 2285 W. SEMINOLE BLVD.
CENTRAL FL. REG. HOS. 1401 W. SEMINOLE BLVD.
(EMERGENCY)
CENTRAL FL. REG. HOS. 1401 W. SEMINOLE BLVD.
(MAIN)
TWELVE OAKS RV 6300 W. SR 48
DENNY'S 4889 W. SR 48
SUPER 8 MOTEL 1-4 & W. SR 48
COUNTRY GENERAL 4889 E. SR 48
CRACKER BARREL 200 HICKMAN DR.
MCDONALDS 188 HICKMAN DR.
TOWN & COUNTRY 5355 ORANGE BLVD.
VICTOR'S PIZZA 3477 PARK AVE. & 28th
ACE HARDWARE 207 E. 28th ST.
DOLLAR GENERAL 7542 STATE ST.
SEMINOLE COUNTY JAIL 212 BUSH BLVD.
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CARRIAGE COVE 800 CARRIAGE COVE WAY
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GEORGIA BROS 2825 GEORGIA AVE.

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REGAL POINT APTS. 1888 SUN & REGAL POINT TER-
RACE
HIDDEN VILLAGE 965 PEBBLE CREEK DRIVE

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DUNKIN DONUTS 17-92
ECKERS DRUGS 347 W. SR. 434
TOWNSHIP PLAZA W. SR. 434
BOSTON MARKET LONGWOOD VILLAGE PLAZA

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TOWN HOUSE 9E. BROADWAY ST.

CHULUOTA AREA
CHULUOTA GROCERY 7TH ST.

OSTEEN AREA
OSTEEN DINER
POST OFFICE

DeBARY AREA
WINN DIXIE 62237 2 N. US HWY 17-92

Ruth

Continued from Page 2

at an Optimist International convention in Gainesville, an elderly man told her how pleased he was to hear the talk. He also asked Hamilton what church she prayed at on Sunday.

"Church?" she said. "I pray when I'm on the toilet."

She meditates frequently each day and listens to religious or philosophical tapes before going to sleep at night. She used to watch Atlanta Braves baseball games before the apartments lost their cable TV. She loves to talk about how her husband, Dr. Carter Hamilton, was signed by the Cleveland Indians. "He was a good pitcher but he didn't have a curve ball. I used to wash his socks and athletic supporters," she said.

Hamilton says she sees her husband - who died 50 years ago - in her dreams. They are reunited on a ballfield in Iowa. Hamilton says she also has nightly conversations with St. Peter. "He says I supposed to stay here awhile longer. I'm busy, anyhow. Busy enjoying a wonderful life. How many people get to live as long as I have."



Elderhostel

Continued from Page 4

"She danced for her own pleasure, with her eyes shut," Anderson said. "She was in her own world."

Another couple in their 70s hitchhiked around Australia.

"It's just one story on top of another," Anderson said. "They all come here to relax and learn."

The cost for one week at the camp, including room and board is \$400. Prices vary based on locations. For more information call the camp at (407) 889-8088.

A summer elderhostel program is held at Canterbury Retreat in Orlando, 1601 Alafaya Trail. For more information and to register, call (407) 365-5571. For elderhostels in other areas, call 1-877-426-8056 or check the web site at elderhostel.org.

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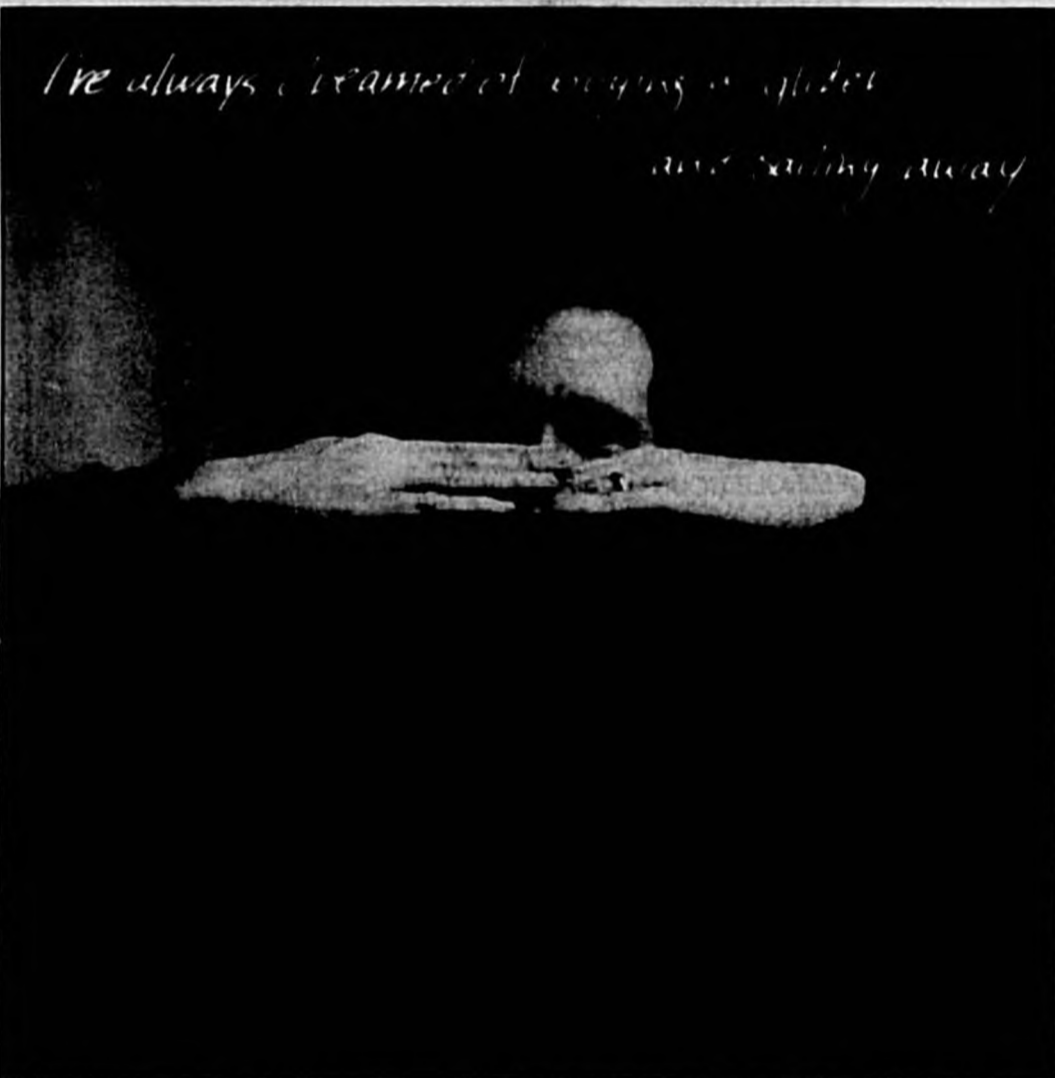
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Florida's Senior Class earned its place

"They've paid their dues, raised their families and earned their place in the sun."

But what are the guarantees?

Russ White
Staff Writer

Charlie Loggia is a 71-year-old retiree who is an Orange City snowbird. He comes to Florida each winter from Philadelphia.

He said he's a third or fourth cousin of the actor, Robert Loggia.

He also said he feels healthy except for a few "minor aches."

The most difficult experience in his life has been mourning the death of his wife, Nancy. They were together 47 years. Definitely, love mates. She passed away a year and a half ago.

"I still not over that," Loggia said. "I don't think I'll ever be over losing Nancy. When I had my wife, I had everything I wanted. That's my concern about aging. Losing those you love."

Florida, someone said, is the state of broken hearts. There are as many widows and widowers as there are palm trees in the state. Some fend for themselves quite nicely. Others aren't as fortunate.

Reaching the autumn of their years is a golden experience for those who manage to stay active and healthy. Thousands of seniors

come each year to the Sunshine State. They have countless places to relocate. Cocoa Beach, St. Augustine, Sanford, Lakeland, Fort Myers, Port Charlotte, Naples, Palm Beach.

They've paid their dues, raised families and earned a place in the sun.

The fortunate seniors no longer need to work 9 to 5. They can go to the beach instead. Or visit with their grandchildren. Celebrate golden anniversaries. Travel to places they have dreamed about for a long time. Do volunteer work to help the ill or the needy.

What's important now is to take advantage of their choices. "There's no reason to start making wrong decisions if you've been making the right ones all along," Charlie Loggia said. "Most of us create our own fate. We have a choice."

A recent study published by MetLife and others reported that men who have reached age 65 can expect to live another 15.9 years; women another 19. Family history and personal health should also be considered. These life expectancy figures are important.

At the same time, Florida's aging population must also be alert and seek ways to protect themselves from a sea of sharks and scam artists.

Name the scam and it's been tried on unsuspecting senior citizens in this state. Many seniors are not able to offer much resistance.

A Mount Dora retiree was killed in his own

home recently when he tried to stop intruders from stealing his TV. Sanford police arrested a woman who was trying to bilk everything she could from an elderly man she was serving as a carekeeper.

Law enforcement agencies continually warn older citizens to be careful of those trying to offer them deals and ask for money before giving them service, but the number of scams grows and grows. Neighbors and friends are urged to report anything suspicious at the residences of the elderly.

The good news is that here are facilities senior centers throughout Florida, offering entertainment and recreation for those who have reached the autumn of their lives.

The Sanford Senior Center offers everything from cribbage and crafts to dancing and dominoes. Elizabeth Taylor teaches tap dancing on Thursdays for a \$2 donation. Yeah, Elizabeth Taylor.

Bob Von Herbults, 74, comes to the Center three times a week to play pool. He frequently plays with Jim Lavery, 74, from DeBary and Jim Kahawai, 75, a transplant from Honolulu, Hawaii to Central Florida. Kahawai came here after his wife (Kahele) died. They were married 51 years.

"Florida was my choice," Kahawai said. "My daughter lives here. It is like Hawaii, and here I am with my grandchildren. They call me Tutu - granddaddy."

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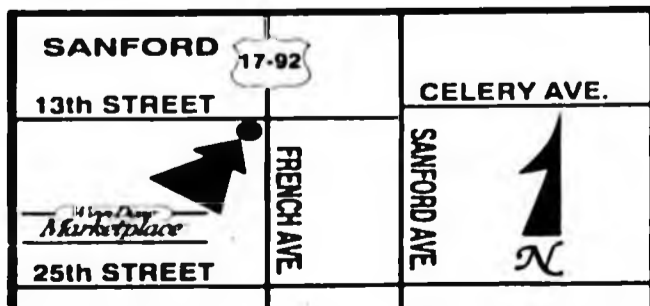
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