



# Seminole Herald

WEDNESDAY  
January 26, 2000  
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**Weather**  
Cilly  
Winds  
High: 56  
Low: 35  
2A



**Herald kicks off  
Teacher of the  
Week feature**

5A



**Robinson's effort  
not enough as  
AFVIII falls to  
Flagler**

1B

## Watch out for paving scams

An alert senior citizen, along with Seminole County Sheriff's deputies, may have stopped a paving scam in its tracks Tuesday afternoon.

The pavers apparently flagged down a senior citizen on nearby County Road 427 and Thomas Stable on Tuesday, asking her if they could do some paving work. She refused them and called deputies.

A deputy on patrol near Hester Avenue spotted a pick-up truck as well as a dump truck pulling a trailer with a paver, which matched the woman's description.

Traveling pavers Jimmy Harrison Paving of Acworth, Ga. were stopped and questioned at Hester Avenue and Myrtle Street, south of Sanford.

During questioning, it was learned the pavers had just signed a contract with another senior citizen who lives nearby. During an inspection, deputies found receipts from earlier paving jobs performed in the Clermont area of Lake County.

A man who identifies himself as 19-year-old Jimmy Harrison, the company owner, was arrested for possession of a fictitious driver's license.

He was booked into the Seminole County Jail, and is being held without bond.

"This is the time of year paving scam operators strike in Central Florida," said Steve Olson, a spokesman for the Seminole County Sheriff's Office. "They say they offer low prices, but charge more in the end and leave behind inferior work."

## Today is ...

Wednesday, Jan. 26, 2000  
Today is the 26th day of 2000  
and the 36th day of winter.

**TODAY'S HISTORY:** On this day in 1784, Benjamin Franklin, in a letter to his daughter, wrote that the turkey, rather than the eagle, ought to symbolize the United States.

On this day in 1950, India became a republic. On this day in 1988, "The Phantom of the Opera," with music by Andrew Lloyd Webber, opened on Broadway.

**TODAY'S BIRTHDAYS:**  
Douglas MacArthur (1880-1964), U.S. Army general; Paul Newman (1925-), actor, is 75; Jules Feiffer (1929-), cartoonist, is 71; Bob Uecker (1935-), baseball player-commentator, is 65; Eddie Van Halen (1957-), guitarist, is 43; Anita Baker (1958-), singer, is 42; Wayne Gretzky (1961-), hockey great, is 39.

**TODAY'S SPORTS:** On this day in 1960, Pete Rozelle was elected commissioner of the National Football League.

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# Charter school application denied

By Bill Kerns  
Staff Writer

## Board members concerned about school's financial stability

SANFORD — An application by Milestones Community Schools was denied Tuesday by the Seminole County School Board because of concerns over the start-up charter school's financial stability.

According to the audited financial statements and budgets for Milestones Community Schools, Inc., which were reviewed by the school-district, the Milestones Corporation has liabilities totaling \$186,070.

The corporation's debts include back

rent for the Brevard County facility of \$78,000, an annual management fee of \$60,000, a start up loan of \$43,000, and other payments totaling \$5,070. In addition, Milestones was unable to produce a documented line of credit to support the application, according to the school-district.

The application was denied by a vote of 4-1, with Bob Goff opposing the denial.

Milestones is based in Palm Bay, and currently operates an "At Risk and Exceptional Student Education" charter school in Brevard County for 67 students, which was founded in 1996. Milestones officials were looking at sites in the

Altamonte Springs area.

"I do endorse the concept," said School Board Chair Sandra Robinson. "I do endorse the student body. I think it's fabulous. But, I am very concerned about the finances. That scares me."

If Milestones had opened for next school year, the worst case scenario in the case of bankruptcy would involve finding rooms in the school-district for up to 260 students attending the charter school and the loss of funds invested in the school, said John Pavlechak, director of finance for the school-district.

See School, Page 3A

## The power of child birth



Herald photo by Tommy Vincent

Sara Liebling, a Certified Nurse Midwife, believes natural childbirth can be a powerful experience for women.

## More mothers choosing to give birth at home

By Jana S. Jacobs  
Herald Intern

SANFORD — Giving birth is the most powerful thing a woman can do yet Sara Liebling believes it's treated like a sickness.

Hospitals have long since been the "appropriate" forum for childbirth. Monitors, machines, IV's and crowds of masked and sterilized strangers intrude into the most natural of human processes.

A Certified Nurse Midwife, Liebling believes in the need for a beautiful birth experience.

"Women are robbed of the joy and power in the birth experience," she said.

Liebling said her own experience more than 20 years ago spawned her interest in midwifery. At 22 and pregnant with her first child, stories from other mothers about bad birthing experiences in the hospital made her realize, "this is

not what birth is supposed to be."

After completing an apprenticeship with a midwife she directly entered the field. She later pursued a degree specifically geared for midwifery. She graduated from Baylor College of Medicine in Houston, Texas, in 1990.

## Look for the Medical Guide booklet inside today's Herald.

Liebling has helped more than 1000 mothers deliver their babies at home. Today she operates Conscious Care Homebirth and Gynecology in Sanford. The center offers complete gynecological, prenatal and postpartum care.

"I offer entire prenatal care just like an obstetrician. Except I see my clients for a full hour instead of five minutes," she said.

She is involved with the mother throughout the pregnancy to six weeks postpartum. Liebling also visits the home about a month before the birth to assure the surroundings are ready when the time comes. If needed, she has See Birth, Page 2A

## County law job narrowed to three finalists

### Deputy County Manager Cindy Coto handles lobbying liaison

By Russ White  
Staff Writer

SANFORD — County Attorney Bob McMillan today will interview three of the 23 attorneys who have applied for a senior attorney's position in Seminole County.

Several county commissioners are eager for the job to be filled as soon as possible. The subject came up during Tuesday's BCC meeting.

Lonnie Groot served the county for more than 16 years before leaving early this month to take a job with Shutt & Bowen, a private firm with offices in Orlando. One of Groot's duties as Deputy County Attorney was to serve as liaison between the county and its Legislative Lobbying team headed by Bobby Brantley.

"Who's managing what Lonnie did?" Commissioner Randy Morris asked Tuesday. "Lonnie gave us so much strength and experience for the legislative work."

McMillan told Morris that Deputy County Manager Cindy Coto has assumed the liaison duties with the lobbyists.

County Manager Kevin Grace and the commission withdrew a plan that would have transferred \$89,509 in lobbying funds from the attorney's office to the manager's office.

"We'll stay the way we were," Grace said. "There's no need to switch these funds from one office to another. We're all the same. Cindy Coto (Deputy County Manager) will be the liaison to our lobbyists."

"I don't know anyone better than Cindy Coto to do this assignment now that Lonnie Groot is gone," Commissioner Dick Van Der Weide said.

McMillan said he had not met the attorney candidates who would come in for interviews. He did not say if there was a black or Hispanic attorney among those who applied. He said the county had not had either a black or Hispanic attorney on staff. A recent story about the lack of minority attorneys gained considerable attention statewide.

McMillan told Grace that he will not appoint a Deputy County Attorney until after the new attorney is hired. The deputy position could go to a member of the current staff or

See Job, Page 2A



Coto

## City boosts workers' pay

By Bill Kerns  
Staff Writer

SANFORD — The Sanford City Commission is revising the pay plan for city employees, and preparing to provide some pay raises for employees based upon the recommendations of a private consultant.

Out of 56 positions reviewed so far by the consultant, 33 positions were found to be below market or positions requiring an upgrade based on level of responsibility. The 56 positions reviewed affects 246 employees or 57 percent of all employees.

"We also will review all other city employees as soon as possi-

ble," said City Manager Tony VanDerworp.

The consultant, DMG Consulting, which in 1997 performed a market assessment of the city's pay and class plan, recommends making adjustments to the minimum and maximum pay for each grade based on market conditions.

The 1997 assessment called for an update to be periodically performed so the city remains competitive with the public and private sectors.

"To be competitive means that we can keep employees, especially ones who have been here for awhile," said VanDerworp.

The consultant's recommendations were adopted unanimously by the City Commission on Monday.

Since a \$1 million adjustment the city made in 1997 brought the city's pay rates within market conditions, the city is making only minor adjustments this year. The city adopted a revised plan that increases the minimum and maximum salaries for all grades of employees.

The total cost of adjusting salaries is \$94,000. The cost is covered in the personnel contingency line set aside in this year's budget.

The city is initiating a pro-

See Pay, Page 3A

## Planting a Millennium Tree



Herald photo by Nick Imbelle

Howard Jeffries, the city of Sanford's landscape architect, places the Millennium Tree, a Drake Elm donated by the Sanford Garden Club, into the ground at the Student Museum. Assisting with the project are Mary Rufus, Serena Fisher, Muriel Wallace Jane Porter, and students Beverly Tatem and David Haydaaz.

27

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## School

Continued from Page 1A

Sponsorship of the charter school would have cost the school-district \$1 million in state credits.

All but \$5,070 of Milestones' payments were owed to Ramsay Educational Services, based in Coral Gables, which provides management services to Milestones and other charter schools in four Florida counties.

Ramsay officials said the payments are still due, although discussions are underway to forgive at least part of the debt.

"It is possible to forgive some of the deficit," said Cyndi Herrera, vice president of corporate development for Ramsay. "We knew they were going to have a budget deficit (in Brevard County). That's why we asked if they could keep initial enrollment low."

Ramsay officials said the company was seeking to assist in securing start up funding for the proposed charter school, and that it would be willing to co-sign on a loan.

Michael Lyons, who founded Milestones in 1996 in Brevard County and is now an employee of Ramsay, said the charter school would apply again next year to operate in Seminole County.

"We definitely would like to keep on working with Seminole County," Lyons said. "We are looking forward to collaborating with the school-district."

Lyons said that the financial obligations of the Milestones Seminole County School Board could be separated from the Brevard County Milestones.

Currently, all funding for the Seminole and Brevard County schools goes into a single Milestones Corporation. Debtors for the Brevard County charter may seek relief from the proposed Seminole County charter, said Seminole County School Board Attorney Ned Julian.

When Milestones applied on Jan. 14, the Seminole County School Board decided to conduct additional research into the proposed charter school before

approving it. School-district staff has met with officials of the charter school to gather information about the financial viability of the plan.

Key to the school-district is the relationship between the charter school and Ramsay Corporation, which would have secured financial credit for the school and given technical support.

In addition to providing support to charter schools, Ramsay Corporation also operates residential training programs with the Department of Justice and group homes for children, company officials said.

School Board members have said they want to ensure that policy for the school will be set by the Milestones Charter School Board, and not by Ramsay Corporation.

Ramsay would not have had a role in school policy, said Lyons.

Lyons said that the Milestones School Board acts independently of Ramsay Corporation. He offered to resign from the Milestones Seminole County School Board if it would ease concerns about his role with Ramsay Educational Services.

Charter School Board members said that they do not feel they should be held responsible for debts incurred in Brevard County.

"The people who are responsible for the debt in Brevard County would not be on the Board here," said Butch Bundy, who is on the Milestones Seminole County School Board. Bundy is also a Longwood City Commissioner.

Goff said that because Milestones offered a potentially vibrant curriculum, he supported the application.

"Obviously, if they don't get the start up loan, they don't start," Goff said. "No harm, no foul for anyone involved. I still think that we could resolve the issues and move forward, rather than throwing stumbling blocks."

If Milestones Community

had received approval, it would have opened in August for students in kindergarten through grade six.

The foundation of the school's program would have been the "Success for All" curricula developed by researchers at John Hopkins University.

The school would have provided instruction to 260 students.

Because Milestones would have received students from all Seminole County public schools for kindergarten through the sixth grade, the school's Florida Comprehensive Assessment grades in reading, math and writing would be required to meet the school-district average.

"It would be a wonderful asset for Seminole County to be able to use us as guinea pigs in applying the Success For All curricula in grades K through 6," said Milestones Seminole School Board member Karen Hitt.

Seminole County School Board members said they liked the proposed curriculum of the school. However, the majority said they could not support a proposal the proposal because of financial concerns.

"All of the what might be's and what could be's still boil down to a start up business that is deeply in debt," said School Board member Larry Furlong.

The charter school zone would have been within the Seminole County school-district but the authority for day-to-day operation of the school would have been in the hands of Milestones' board of directors. The school would not charge students a tuition or fees, except those charged by other public schools.

Transportation would have been provided to any student living within two miles of the school. The authority to expel students would have been maintained by the Seminole County School Board.

All teachers would have been certified or eligible for certification. There would have been an average ratio of one teacher for every 20 students.

## Oh boy, Maloy does get aggravated

Young Mr. Grant Maloy accused two of his colleagues of "playing games" during Tuesday's County Commission meeting. He did not specify the name of the game or games.

Obviously, Maloy knows games. He has three very young children.

Children and the games they play weren't the source of Maloy's aggravation at Tuesday's board meeting, however.

He would have tolerated a little hop scotch, jump rope or hacky sack.

But, the games Maloy accused others of playing on Tuesday were nasty, frequently hurtful games. Maloy was pushing a plan for a road and a retention basin in his district. No one else was buying. For more than hour, the board agreed not to agree with Maloy.

"This needs to be resolved," Maloy said. "It's a fairly simple solution. There's no reason to continue the angst and turmoil.

Quit playing games."

Well, you'd have thought someone had played out of turn on the Monopoly board. Or had collected \$200 and not gone directly to jail. Or not counted to ten in a game of Hide-and-Seek.

"This is a very tough issue," Commissioner Randy Morris said, feigning considerable hurt.

"You don't need to be accusing people of playing games."

Also hurt: Commissioner Daryl McLain, thick-skinned, ex-rodeo cowboy. "I don't know what you're talking about," McLain said.

Understand that this skirmishing has been going for three-years-plus, ever since Maloy won election to the board. At first, he seemed to be a frustrated pup. He had plenty of yap but not much bite. Maloy thought when Carlton Henley arrived, his trials would be over. It hasn't worked that way.

Chairman Henley keeps the field level.

Grant Maloy has worked hard for his constituency. If you voted for him, good for you. I don't always agree with his decisions concerning economic incentives. Maloy was the lone nay vote in a decision Tuesday to approve \$31,500 to Aeo Products Corporation (American La France) which is expanding in the county.

As ever, Maloy votes down any "corporate welfare," plan although many have proven to benefit the county. Other commissioners call them "economic investments," as they bring back \$16 for every dollar the county invests. They also are fail-safe.

As he seeks re-election in 2000, I suspect Maloy will feel as if he's in dodge ball and any other number of games that politicians play. As Teddy Roosevelt told his Roughriders, you don't know what games are until you've been in the arena. Check and checkmate.

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



Russ White

## Obituaries

### DONALD ERSKINE EGGLESTON

Donald Erskine Eggleston, 81, Toledo Ave., Deltona, died Tuesday, Jan. 25, 2000 at an assisted living facility in Deltona. Born in Pataaskal, Ohio, he moved to Central Florida from Fort Lauderdale in 1994. He was a retired U.S. Air Force Colonel, a World War II veteran and Air Attaché to Central America. He belonged to the Air Force Association, Air War College/Air Command Staff College, and many other related schools.

Survivors include wife, Maxine F.; son, Don Jr., Aptos, Calif.; daughters, Dianne Font, Guatemala City, Guatemala, Jane McClintock, Deltona; eight grandchildren; three great-grandchildren.

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

dren; seven great-grandchildren. Baldauff Family Funeral Home, Orange City, in charge of arrangements.

### EDWARD GRINNON

Edward Grinnon, 57, W. 13th Street, Sanford, died Friday, Jan. 21, 2000 at Central Florida Regional Hospital. Born Sept. 17, 1942 in Panama City, Fla., he moved to Sanford in 1970. He was a laborer and a Baptist.

Survivors include Rochella Wilson, Annie Dean, both of Panama City, Jewel, Patricia Wellington, both of Dallas, Mattie Henderson, Dealville, Ala., brothers, Roy, West Palm Beach, James Walters and R.L., both of Panama City.

Sunrise Funeral Home, Sanford, in charge of arrangements.

### TOBY PENA

Toby Pena, 59, Estella Way, Orlando, died Monday, Jan. 24, 2000 at his residence. Born in Fannin, Tx., he resided in Central Florida for one week. He was a retired shipping clerk for a tannery.

Survivors include wife, Susan M., Orlando; sons, Toby II, Noble, Ok., Mundy, Lexington, Ok.;

daughters, Kimi, Orlando, Sarah Chism, Nesbit, Miss., Alice, Orlando; several brothers and sisters.

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

### CLARA L. SWAIN

Clara L. Swain, 95, E. Second Street, Sanford, died Thursday, Jan. 20, 2000 at Lakeview Nursing Center, Sanford. Born May 28, 1904 in Bedford County, Va., she has been a resident of Sanford for 80 years. She was a member of First United Methodist Church of Sanford, Sanford Garden Club, and Order of Eastern Star. She was retired as a secretary for South Side Elementary School with the Seminole County School Board.

Survivors include daughters-in-law, Denise and Betty Jo Swain; grandchildren, Pam Cruitt, Ormond Beach, Leon Swain III, Daytona Beach, Susan Durham, Lake Mary, Sandy Swain, Sanford, Judy Sullins, Richardson, Tx., Alison Swain, Orlando, Lori Swain, Casselberry; eight great-grandchildren.

Gramkow Funeral Home, Sanford, in charge of arrangements.

## Pay

Continued from Page 1A

gram where all employees are reviewed against the market on a three-year schedule.

In addition, the city will replace the current annual three percent increase for "performer employ-

ees" with a flexible merit system tied to market conditions. This would be accomplished by setting the employee merit percentage each year during the budget process.

The system would provide the

flexibility for the City Commission to go above or below the three percent mark based on factors such as cost of living, tax growth, overall employee productivity, economic conditions, and fiscal emergencies.

## Briefs

**First Presbyterian hosts Wonderful Wednesday**  
First Presbyterian Church of Sanford presents Wonderful Wednesday's new video study based on Phillip Yancey's book, "The Jesus I Never Knew". Dinner starts at 5:30 p.m. and the video series runs from 6:15 p.m. to 6:45 p.m. The video study begins this month (January) and will continue every Wednesday evening for 14 weeks. First Presbyterian Church is located at 401 S. Oak Ave. on the corner of 4th and Oak. Call 407-322-2662 or more information.

**Lake Mary Chamber hosts Business After Hours event**  
The Greater Lake Mary-Heathrow Chamber of Commerce and CNL Bank will host the January Business After Hours gathering on Jan. 27. CNL Bank, formerly Alliance Bank, opened a new branch on Jan. 21 at the Shoppes at Oakmonte in Heathrow, which will be the site of the event, from 5:30 until 7:30 p.m.

For additional information,

www.INSIDEseminole.com  
E-mail: info@seminole.com

contact the chamber office at 407-333-4748.

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Wednesday 9:30 AM  
Thursday 5:30 PM

Registration begins 30 mins. earlier  
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# Opinion

## The church is not above the law

On Dec. 1, a unanimous three-judge panel on the Ninth Circuit Court of Appeals ruled that a former seminarian could proceed with his sexual-harassment suit against the Jesuit order in California.

This is the first time any federal court has extended the reach of the United States Civil Rights Act to include churches under the sexual-harassment laws that govern other employers.

The Ninth Circuit Court overruled District Judge Susan Illston, who had ruled that such a lawsuit would result in "interference of the federal government with church autonomy."

John Bollard, the plaintiff, had wanted to become a priest from the time he was a child in parochial school. After graduation from college, he spent seven years as a Jesuit seminarian and teacher in California.

During a CBS-TV "60 Minutes" broadcast on May 9 last year ("Above the Law"), Bollard charged that at least 12 different priests and superiors had made unwelcome sexual advances toward him — creating a decidedly hostile work environment, as defined as a violation of the Civil Rights Act.

Many of the specifics of these accusations are in the court papers (John Bollard vs. The California Province of the Society of Jesus, et al.)

Bollard says he complained to Father John Privett, the head of all West Coast Jesuits, and an investigation was undertaken.

"But," Bollard claims, "they never asked me to come back in and talk to them about it. They never asked me about witnesses." He adds that what he wanted was "a sincere apology" — and reason to believe that such acts would be prevented from happening again.

Eventually, believing that the investigation — which was conducted in secret — was not serious, Bollard resigned from the Jesuit order in 1996 without taking vows to become a priest. He is now a school-teacher in Southern California.

"I've seen the Jesuits do incredible things around the world with education," he told "60 Minutes." "But I have to live with some integrity and with the hope that I've brought some light to the issue so there can be some changes."

In his opinion for the Ninth Circuit, Judge William Fletcher took great care to answer the claim by the defense that the decision would interfere with "the core religious act — the selection, assessment, retention and dis-

cipline of seminarians, priests and other clergy." Thereby — as the Society of Jesus claims — there would be an unconstitutional entanglement of church and state.

Judge Fletcher, however, noted that "the Jesuits do not offer a religious justification for the harassment that Bollard alleges. Indeed, they condemn it as inconsistent with their values and beliefs."

"There is thus no danger," the judge continued "that, by allowing this suit to proceed, we will thrust the secular courts into the constitutionally untenable position of passing judgment on religious faith or doctrine."

There is a "ministerial" exception for religious institutions in Title VII of the 1964 Civil Rights Act concerning sexual harassment, as reporter Pamela MacLean writes in The Los Angeles Daily Journal, which specializes in legal issues:

"In particular, Judge Fletcher noted that because Bollard sought only damages as a remedy — and not reinstatement or other equitable relief — the courts would not be in a position of continuing surveillance of church conduct or infringing the church's prerogative to choose its ministers."

The decision to allow Bollard to go on with his lawsuit applies only to Alaska, Arizona, California, Hawaii, Idaho, Montana, Nevada, Oregon and Washington (the states covered by the Ninth Circuit). The defendants have now asked the full bench of the Ninth Circuit to review the decision by the three-judge panel; but if that fails, and the Society of Jesus loses in the U.S. Supreme Court, the result across the nation will be, as Bollard insists, that "indeed, the church is not above the law."

James Wagstaff, one of Bollard's attorneys, emphasizes that this case shows that "the wall between church and state should not be a blanket to cover wrongdoing. This case is not about religion. This is not about church dogma."

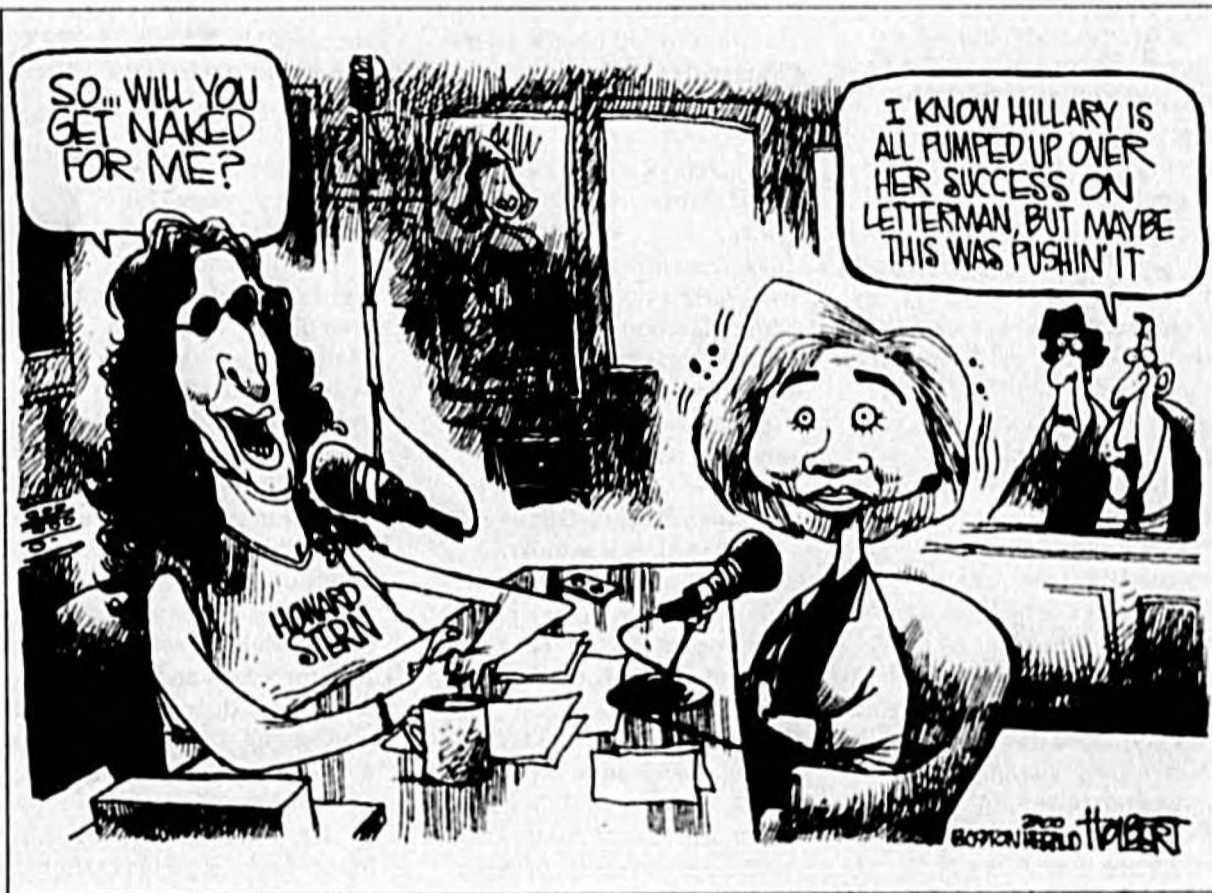
Asked how Bollard was damaged — since the lawsuit asks for damages — Wagstaff said: "Among other things, he lost a lifelong dream to become a priest."

Meanwhile, John Bollard reflects, "I've lost every Jesuit friend I have as a result of this. There was nothing the court could do to bring them back."

Nat Hentoff is a nationally renowned authority on the First Amendment and the rest of the Bill of Rights.



Nat Hentoff



## Your Views

### Fortin wants residents to seize 'opportunity'

To the editor:

The decade of the '90s could be characterized as the "decade of lost opportunity." With the booming economy and access to the world of the Internet, I am wondering what positive changes have been made, and I don't see much. Going into the next century I am hoping to get other dissatisfied people, who would like to make things better but don't know how to go about

it, to join me in making a covenant with the children of Seminole County that we recognize their value and will make this a better community for them.

Why not use web sites to the advantage of our children and develop web site neighborhoods?

I propose we divide our businesses into ten units, for example:

1. Construction; 2. Real Estate; 3. Food Industry; 4. Finance; 5. Automotive; 6. Communications; 7. Professional; 8. Independent; 9.

Hospitality; and 10 Small Business.

We could then divide the schools, emergency facilities, charities and elderly facilities so each unit (or team) would be connected with a small enough group of the above to become familiar with each other.

As an example, if the construction unit had Habitat For Humanity on its team, when HFH had a project it could make use of the web site to inform the contractors and give the skilled labor a chance to volunteer to help. Maybe the employees would like to bake

## Opinion Page Policy

Don't like our point of view? Do something about it. Write us a letter to the editor. All letters to the editor must be signed and, for verification purposes, include an address and phone number. Letters should also be limited to 500 words. Letters to the editor will be accepted by:

- U.S. Mail: 300 N. French Ave., Sanford, Fla. 32771
- E-mail: editor@aol.com
- Fax: 322-9408

Letters to the editor and comments that appear on the editorial page do not necessarily represent the views of the Seminole Herald. Letters may be edited for length.

cookies for their firemen, or throw a birthday party every month at their retirement home. Contests and activities could be developed for the school children.

With the energy, creativity and empathy of the Seminole citizens, we could create the atmosphere of caring that our children deserve. Think about it. You will come up with some pretty good ideas yourself. And, maybe when we get things going, my team will challenge yours to a chili cook-off.

Faith Fortin  
Sanford

## George W. Bush: Ready for prime time

One year ago I spent an hour with Texas Gov. George W. Bush on the eve of his second inaugural. Then, he seemed a little puzzled that he was already being spoken of as the "leader" who could retake the White House for Republicans. His answers to questions were cautious, and he seemed more comfortable in his shoes than his skin.

Last Sunday, on the eve of the Iowa primary, I saw a different George Bush. He is confident without being cocky. He is more spontaneous, as when he goes forward at the First Assembly of God service, joining scores of men desiring to be better fathers and husbands.

I ask Bush the cause of the nation's moral decline. It isn't solely, or even mainly, President Clinton's fault, he tells me. "I think the current embarrassment over the president's behavior undermined in the short run a cultural shift (back to basics). But renewing the culture is a job that takes more than a president. Parents need to recommit to their families. This will require millions of individual decisions, including decisions about what movies and TV to watch. The president doesn't cause bad fathering or out-of-wedlock births, but a president can help usher in a new culture."

Bush pledges "the most ethical administration in history." Didn't President Clinton promise the same thing? "Yes, but he fell 41 presidents short," says Bush.

Bush is a realist when it comes to divisive issues such as abortion. A president can't lead where the people don't want to go, but he says a president can begin to speak and act in ways that promote a life ethic: "I will do my best to lead the country to appreciate life. Until the people understand and appreciate life it is hard to affect legislation." He thinks his visible support of centers that assist

women with unplanned pregnancies and his emphasis on adoption and abstinence until marriage will help move more of the public in his direction.

Is he ready for political combat from the Democrats? He says he is but believes the people are "fed-up with ugly politics," and he intends, if nominated, to run a positive campaign. But he isn't naive: "I'll defend myself if I have to should the opposition resort to the same old slash-and-burn tactics. Politics is like judo, and I intend to use my opponent's punch to my advantage."

Bush thinks it is to his advantage that his skills are underestimated: "So were Reagan's, who was derided because of his acting background. But he became one of our greatest presidents."

And what about the concerns over his supposed lack of depth that I heard raised by someone attending a Steve Forbes rally. "I understand there are stages to a campaign," he says. "After all, I witnessed a great man (his father) called a 'wimp' in 1988. The punditry loves to label people, so my first stage was, 'he doesn't believe in anything; he doesn't stand for anything; he never answers a question; he won't give a speech with meaning.' That stage has evaporated because I have been making major policy addresses with substantial back-up. I haven't needed to change my tax and defense plans because these were thought out from the beginning, and it is the foundation from which I am going to lead." He says he has no doubt he can handle the job.

Priorities? First, honesty. Then, reforming the military (he says he'll ask the generals to tell him what is good and what needs fixing, including whether imposed civilian social policies are helping or hurting its primary



Cal Thomas

objectives of "winning" wars and defending the peace to lessen the chance of wars."

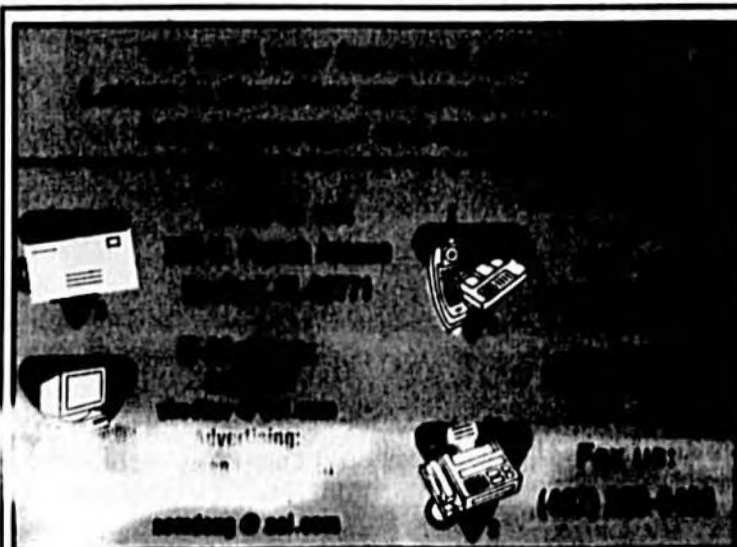
Next, tax cuts and a streamlining of government agencies. "I won't back away from these," he again pledges. He promises "some interesting executive orders" without saying what they would be. He wants to improve trade, which he thinks is a key to freedom, including in China.

"I look forward to leading our country and lifting the spirit of America. Our great strength lies in the hearts and souls of our citizens, not in the halls of government."

It sounds like a line from his stump speech. But in a van on the way to the airport, he delivers it with conviction and a smile. His confidence is growing. Maybe it's the judo lessons.

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## Berry's World



## Seminole Herald

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# Education

## Family workshops hone parenting, relationship skills

By Bill Kerns  
Staff Writer

**SANFORD** — A series of family workshops are being held in three Sanford elementary schools to help parents and children hone their skills in areas such as conflict resolution, methods of discipline, and cultivating creativity.

The workshops are taking place January through April at Midway, Wicklow and Pine Crest elementary schools. Each school will host three workshops.

Parenting classes will include cultivating creativity, the power of positive parenting, and positive discipline. Youth classes are also held on effective

conflict resolution.

"Our purpose is not to tell them what to do," said Tina Dyer, a project manager for the Seminole County school-district's Title I Department. "We want to help parents hone the skills that they already have."

To help pay for the cost of the workshops, the school-district is using Title I grant funding from the federal government, which is a supplement to state and local funding for schools with high poverty levels.

Other organizations co-sponsoring the workshops include the Birth Education Training and Acceptance (BETA) program, the United Way, and the Seminole County Board of Commissioners.

In the classes on cultivating creativity, school-district officials will work with parents on ways to teach children through creative play.

In separate classes, parents will also learn positive parenting and discipline techniques and skills.

"We want to help parents to work with their children and to equip them for the difficult situations they will face," Dyer said. "The bottom line is that parents have the greatest influence on their children's education, and we want to help them."

Youth participate in classes on effective conflict resolution at each workshop. Youth in fourth and fifth grades will explore effective ways of resolving conflicts and learn appropriate communication skills while gaining an understanding of how to avoid power struggles and improve relationships. Each class is limited to no more than 20 students.

"There is more to a child's education than mathematics and reading," Dyer said. "These skills are so important to the education process."

The workshops are offered for free. Child care and dinner will be provided. Registration and dinner will begin at 6:15 p.m., with classes beginning at 7 p.m.

The first workshop was held Jan. 19 at Midway Elementary School, located at 2251 Jitway Street. Parents participated in a class on cultivating creativity.

The second workshop at Midway will be held tonight, with a class on the power of positive parenting. The third at Midway takes place Feb. 2, with a parenting class on positive discipline.

Wicklow Elementary School, located at 100 Lake Placid Drive, will host its first workshop Feb. 22, with a parenting class on cultivating creativity. The second workshop will be Feb. 29 with a class on the power of positive parenting. On March 7, the third will be held with a class on positive discipline.

Pine Crest Elementary School, located at 405 W. 27th Street, will host its first workshop March 22 with a class on cultivating creativity. The power of positive parenting workshop will be held March 29, followed on April 5 by the positive discipline workshop.

## Herald Teacher of the Week

Mrs. Noelle Salerno

Karahalios was chosen as Hamilton Elementary Cluster Magnet School's Teacher of the Year for the 1999-2000 school year.

She is married and has no children. She does have a four-year-old dog, a bichon frise named Snowy.

Mrs. Karahalios, or Mrs. K as most of her students call her, has been teaching for 2 and a half years — all in second grade at Hamilton. She graduated from U.C.F. and Rolling Meadows High School in Rolling Meadows, Illinois.

Mrs. K shared her views on a number of topics:

**Favorite Part of Teaching:** "The children's excitement when learning. I love teaching math — that's my favorite subject because there are so many manipulatives and technology can be used. I love integrating math, science and technology."

**Most Memorable Experience:** "Last year we started our Success For All Reading program, and I had a lot of nonreaders at the beginning of the year. It was thrilling to see the lightbulb go on after just one year. I heard them say, 'I can read! I can read!' They were so excited."

**Biggest Challenge for Teachers:** "The biggest challenge is finding materials to suit all of the objectives we are trying to cover, all the testing areas. I'm on the WEB all the time, and I go to teacher stores. The materials cost money."

**Advice for Parents:** "Listen to the teachers and know that teachers want the best for the



Herald photo by Tommy Vincent  
Noelle Salerno Karahalios in her classroom at Hamilton Elementary School.

child. The teacher and parents need to work together as a family. We see the children as much or more than the parents do."

**Advice for Students:** "Take education seriously. This is free. Take advantage now. You can get rich off your brain."

**Advice for New or Prospective Teachers:** "Talk to other teachers and pick their brains. It's okay to ask questions. We're all in the same boat and we've been there."

**Best Advice You Have Ever Received:** "Always communicate with your students' parents and try and be organized. Your job will be much smoother. Don't be afraid to talk to parents. Parents want to know what their children are doing. Let parents know when children are doing well."

**Person(s) Who Have Inspired You:** "My family is involved in education. My brother is in the district office in Pasco County. He's been

my hero. He pushes me. Another brother is a principal in Pasco County, and another one of my brothers is a computer teacher."

**Favorite Book or Inspirational Message:** "One of my student's parents gave me Chicken Soup for the Teacher's Soul."

**Hobbies:** "I like to travel, read, and walk with my husband and dog. I collect Precious Moments figurines."

**Favorite Sports Team:** "Miami Dolphins Football"

**Thoughts on Being Selected Teacher of the Year:** "I was shocked. So many other people are great. I was pleased that other teachers thought of me this way. I appreciate all the love and encouragement I get from the staff."

If you would like to be nominated a teacher for the Herald's Teacher of the Week, contact Dan Ping by fax, 407-321-9408; or e-mail, sheditor@aol.com.

## School Notes

### Rock Lake Middle School

Rock Lake teachers, Cheryl Tabscott, enrichment reading, and Jianna Dalton, gifted science, recently received certification by the National Board of Professional Teaching Standards.

School Resource Officer, Deputy Jo-An Stronko, recently held a class for 150 sixth graders at Rock Lake. These students all graduated from The GREAT (Gang Resistance Education and Training) program. The purpose of the program is to help students understand the value of avoiding all gang activities.

### Millennium Middle School

On Thursday, Feb. 10 at 7 p.m., Millennium will host its annual Magnet Night. Families from around Seminole County interested in their child attending the Fine Arts and Communication Magnet will have the opportunity to see a sampling of the program.

### Carroll Freeman is the

Millennium Middle School Teacher of the Year. She is the Language Arts Department chair.

Millennium is partnering with UCF to provide technology training to staff members from Millennium and to interns from UCF. In addition, top students in the College of Education are pairing up with teachers at Millennium to prepare for their internships.

### Youth Fitness grants

Highlands Elementary School and Jackson Heights Middle School were recently notified that they were both the recipients of a \$25,000 American Heart Association Youth Fitness and Tobacco Prevention-Education grant.

The \$25,000 grant was awarded to 20 schools in the state. The grants will be used to promote physical fitness and tobacco prevention programs for students, both during and after school.

The grant program was approved during the 1999 Florida Legislative Session.

**Indian Trails Middle School**

Jessica Davoli has been selected for the Florida Middle School All-State Band. Jessica, along with 15 other students from the school, was selected for the Seminole All-County Middle School Band.

Three teachers from Indian Trails have qualified as National Board Certified Teachers: Mary McNeal, seventh grade social studies; Barbara Nauditt, eighth grade history; and Margaret Higgins, gifted resource.

Vickie McCrary is the school's Teacher of the Year for 1999-2000. McCrary was among three teachers nominated for the award, along with Nauditt and Kathy Snyder, who teaches gifted mathematics.

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## School Notes

### Lake Mary High School

Several Lake Mary High School students were recently published in The Teacher's Selection: Anthology Poetry. The publication included poems by sophomore Adrienne Rios, sophomore Tracy Umbriano, and 1999 graduate Stephanie Rosario.

Danny Wymer was the only high school player from Florida selected to the National Soccer Coaches All-American Team for the 1999-2000 season. Danny has signed a full soccer scholarship to Duke University.

Lake Mary's Julie Gamble and Scott Hall won first place in the Policy Debate Novice Division of the Colonial High Forensics Tournament. They qualified for the Florida Forensics League's District II Tournament to compete for the state level tournament.

Social Studies teacher Thom Werthman, a National Board certified teacher, was named Fulbright Memorial Fellowship Coordinator for the State of Florida.

English teacher Kim Fisher will compete as Mrs. Lake County at the Mrs. Florida-America Pageant in May. Her platform will be education.

Ticket sales money goes to the Boys and Girls Clubs of Central Florida where Lake Mary High School Key Club volunteers serve.

### Lake Brantley High School

Six Lake Brantley High School teachers earned National Teacher Certification recognition. They were, Phyllis Sprinkle, Sharon Linamen, and Nancy Johnson in math, Jim Helmick and Suzy Behel in science, and Judy Carrico in social studies.

Erik Holmen is attending The Center of Creative Studies in Detroit, Mich. Erik won first place in his age group from Motor Trend Magazine in the area of new car design.

Several Lake Brantley High School art students were recognized at the Maitland Civic Center recently. They were, Jaime Pagana, who won a first place and a merit award in photography, Kathy Gauthier, who won a second place in photography, and Corry Arnold, who won a merit award.

**Academy of Finance Student Conference**  
Junior and Senior student members of Academy of

Finance programs from Lake Brantley High School will attend the 2nd Annual Academy of Finance Student Conference at The Marriott in downtown Orlando on Feb. 1.

Other Central Florida schools with students participating in the conference include Boone, University and Osceola high schools.

The conference, Focusing on the Future in Finance, will provide the 140 students with the opportunity to explore career opportunities and attend industry presentations ranging from professional imaging to interviewing skills.

The keynote speaker at the event will be Reggie Williams, former Cincinnati Bengal linebacker and 1986 National Football League Man of the Year who is presently vice president of Disney Sports Attractions.

The academies, from Orange, Osceola and Seminole counties, are member programs of the National Academy Foundation, which partners with partners with the private and public sector to provide education and work experiences for students.

# Life Style

## Host fed up with late guests

**DEAR ABBY:** I'm writing concerning a problem I deal with all the time. We have relatives who can never be on time for anything. This is not a big deal at a barbecue, but for a sit-down holiday dinner it's a real headache.

**Dear Abby**

Some of the actual comments I have received: "How late can I be before I inconvenience everyone?" "We'll be late — hope your dinner won't be ruined."

I used to juggle the time around, trying to suit everyone, which is impossible. Or I would tell them that dinner was a half-hour earlier than it actually was. The late ones would STILL be late.

Finally, I had had it. I responded: "No, you won't ruin my dinner, because we are eating at 4." "Oh, you won't inconvenience anyone, because dinner is at 4, as planned." "You can't make it at that time? Sorry. We'll miss you."

Well, now I'm the villain! But only to the third of the family who is always late. The "late ones" were even late for their mother's surprise birthday party.

Abby, was I too rude, or were my assertive statements justified?

IN THE DOGHOUSE

**DEAR IN:** It was rude of your chronically late relatives to demand that you put your dinner party on hold to suit their schedules. You were overdue in asserting yourself and issuing your "Declaration of No More Co-Dependence."

Rather than laying a gullit trip on you, the late-niks should have simply agreed to join you and the rest of the family for dessert and coffee — and whatever was left of the leftovers.

...

**DEAR ABBY:** This is in reference to the item in your column that if the three wise men had been three wise women, they would have asked directions and arrived on time.

In the interest of historical accuracy, it should be pointed out that the three wise men DID ask directions — from King Herod. It's possible that a great number of babies might have been spared if they hadn't.

WILLIAM ROBINSON, SOLON MILLS, ILL.

**DEAR WILLIAM:** You are not the only person to point out that the feminist joke I printed was historically inaccurate. Read on:

**DEAR ABBY:** We had to write in response to the letter from the Burleson, Texas, reader. You need to study your Bible (Matthew, Chapter 2). The problem with the joke is that the three wise men DID ask for directions. As a result, Herod was tipped off to the birth of the Messiah, necessitating the flight of Mary, Joseph and the baby Jesus to Egypt. It also caused the deaths of thousands of innocent children.

Little wonder that men have been afraid to ask for directions ever since.

LLOYD AND KATHY RAFFLEYE, MESA, ARIZ.

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## Hot drinks make cold winter days warmer

As a rule, the thinnest, weakest section of most contemporary cookbooks is the one devoted to drinks. Perhaps that's because we live in an age where almost every beverage you can think of — including "cappuccino" (or what passes for cappuccino) and cocktails — comes in a bottle or a packet of powder.

But early American cookbooks are chock-full of recipes (or "receipts," as they were called) for all sorts of drinks, including shrub, syllabub, switchel, swanky, posset and caudle. Many of them were served to farm hands or sailors to quench the thirst and provide a quick energy boost.

Old-fashioned drink recipes are often hard to follow: "Let one poure in with a spoone some cream as if they were making wilde curds," reads a beverage recipe from "Martha Washington's Booke of Cookery." And many are out of sync with current tastes. Karen Hess, the food historian who transcribed the Washington book, says that a traditional syllabub was made

with fresh milk and white wine, and was often flavored with rosemary, currants or rose water.



Marialisa Calta

Somewhere between the syllabub and the powdered cappuccino, something's been lost. Convenience is great, but not when quality is lost in the exchange. Many people have found that the few minutes they spend grinding coffee beans and brewing their own java is a fair trade for a cup of excellent coffee. Making your own hot chocolate is also worth the effort, especially when you compare the result with the kind that comes out of a packet. This is especially true in the winter, when it's nice to have something homemade and satisfying on a snowy day, or after a skating or sledging party. But where to find recipes?

One place is the recently published "Drinks Without Alcohol," by Jane Brandt. It's a compendium of 200 recipes for all sorts of beverages, running the gamut from nonalcoholic but sophisticated cocktails to wholesome breakfast smoothies. The recipes

that follow for incredibly rich French Chocolate and spicy, appetite-stimulating Red Hot Granny come from Brandt's book.

Another way to find good drink recipes is to hunt around in all those slim chapters in your cookbooks. I found a simple hot lemonade recipe in a lovely book called "Creole Flavors," by Kevin Graham; the mulled cider recipe comes from "Cider, Hard and Sweet," by Ben Watson, and the Spiced Tea recipe is from "Breakfast All Day," by Edon Waycott. Not one requires that you spoon in cream as if making "wilde curds." And all are delicious.

**FRENCH CHOCOLATE**  
1/2 cup heavy cream  
3 ounces unsweetened chocolate  
3/4 cup water  
3/4 cup sugar  
pinch of salt  
1 quart milk  
additional whipped cream and chocolate shavings, for garnish

Using an egg beater or electric mixer, whip the cream until soft peaks form. Set aside.

Combine the chocolate and the water in a saucepan. Cook over low heat, stirring constantly until the chocolate is melted, about 5 minutes.

Add the sugar and salt. Boil the mixture gently for 3 minutes, stirring constantly.

Remove from the heat and fold in the whipped cream. Heat the milk until quite hot, but not boiling. Put 1 tablespoon of the chocolate-whipped cream mixture into each cup. Fill with hot milk and stir. Top with a spoonful of whipped cream and chocolate shavings and serve.

Yield: 6 servings.  
— Recipe from "Drinks Without Alcohol," by Jane Brandt (Workman Publishing, 1999)

**RED HOT GRANNY**  
3 10-1/2-ounce cans condensed beef broth  
1-1/2 cups water  
2 teaspoons prepared horseradish  
1/2 teaspoon dill weed, preferably fresh  
lemon slices or parsley sprigs, for garnish

Combine all the ingredients (except the garnish) in a saucepan and bring to a boil.

Reduce heat and simmer for about 5 minutes. Serve in small mugs or punch cups, with a sliver of lemon or sprig of parsley for garnish. Yield: 8 small servings.

This drink is recommended as an aperitif; it stimulates the appetite.

— Recipe from "Drinks Without Alcohol," by Jane Brandt (Workman Publishing, 1999)

**HOT LEMONADE**  
12 lemons, quartered  
2 cups honey  
1 clove  
2 quarts water

Combine all of the ingredients in a large, heavy saucepan. Bring the mixture to a boil over high heat and cook, uncovered, for 10 minutes. Remove the pan from the heat and allow to cool until it reaches a drinkable temperature.

Strain into mugs and serve hot. Refrigerate any leftover lemonade to be reheated later on, or to be served as cold lemonade. Yield: 2 quarts.

— Recipe from "Creole Flavors," by Kevin Graham (Artisan, 1996)

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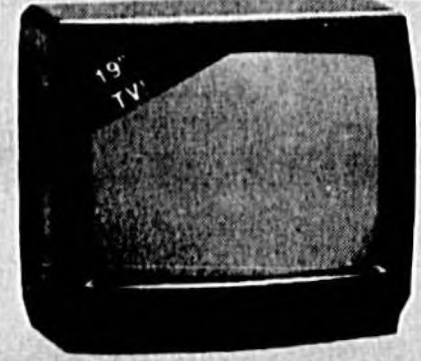
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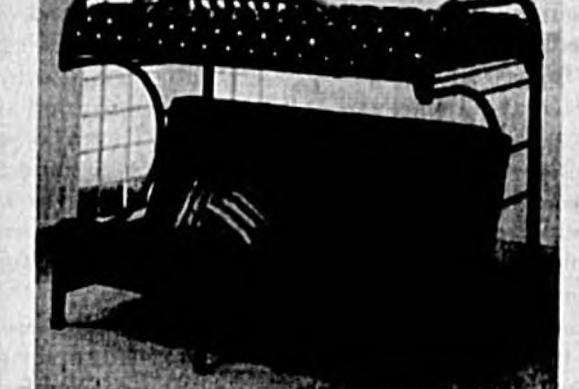
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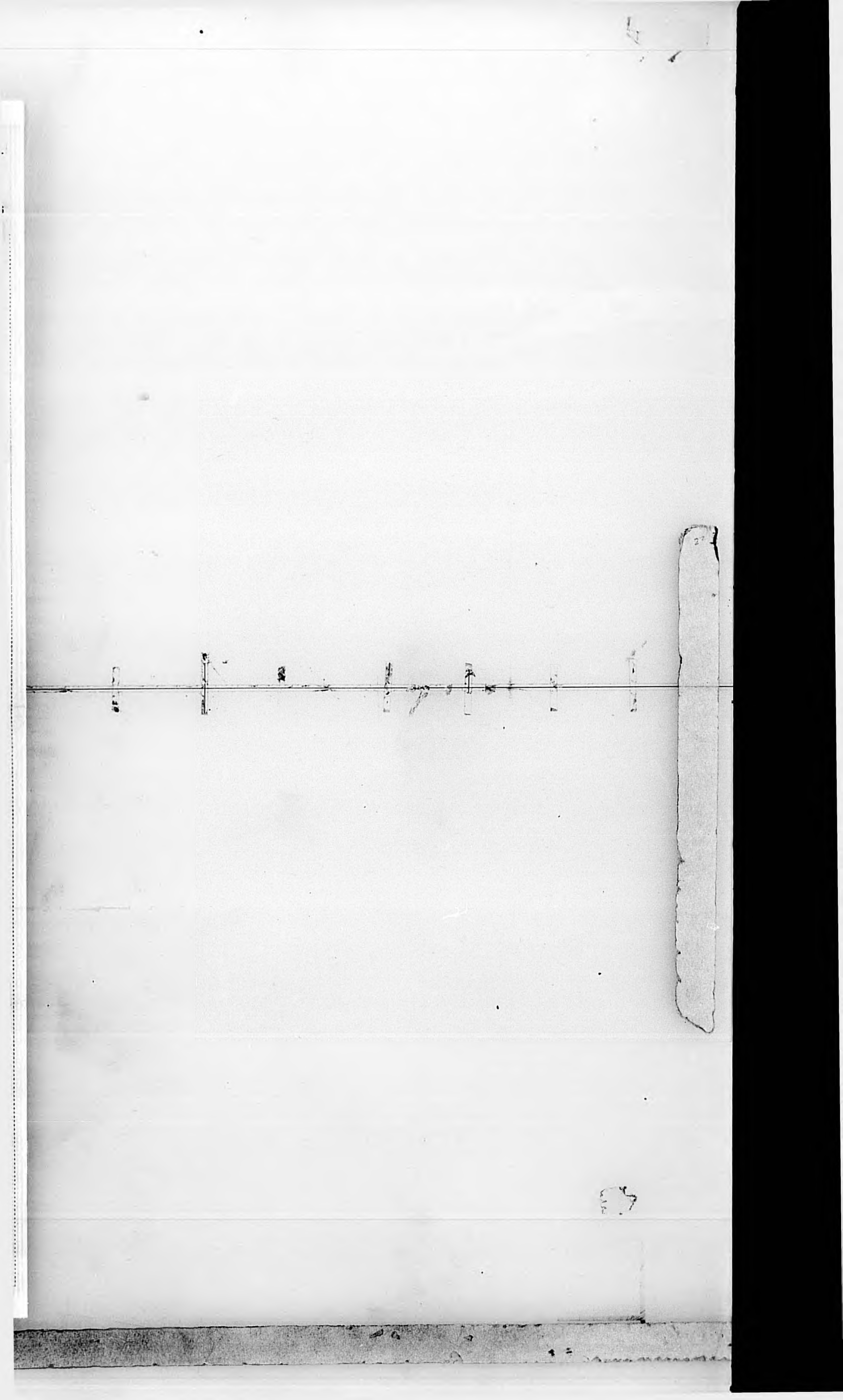
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## From the eagle's nest: golf notes and results

### From Staff Reports

**LAKE MARY** - On Friday, February 4th, at 9 a.m., Lake Mary Elementary will be hosting a Golf Tournament at Alauqua Country Club in order to raise money for its school.

During this event there will be hole-in-one opportunities as well as chances to win many door prizes.

What makes this a worthwhile cause? This fund raiser will allow us to purchase much needed supplies and equipment for our students and their classrooms. Clearly, our cause is a deserving one.

We still have hole sponsorship spaces available. Companies have the choice of three types of hole sponsorships.

A Gold Sponsorship is a \$600 donation and includes a personalized sign on a hole, a free foursome the day of the tournament (a \$320), and a plaque.

A Silver Sponsorship is a \$300 donation and includes a personalized sign on a hole (this may be a shared hole with another \$300 sponsor), and a plaque.

There is also a Bronze Sponsorship for a \$125 donation for a shared hole and sign.

At this point we have space for additional foursomes, however we are anticipating a full course and therefore need players to sign up as soon as possible. The cost is \$80 which includes a continental breakfast, lunch, cart, golf fees, and drawing opportunities.

Should you require further information please call Joan Toro at 407-320-6667.

### HEISMAN FOUNDATION GOLF TOURNAMENT SET FOR DIAMOND PLAYERS CLUB CLEMONT

**ORLANDO** - Six Heisman Trophy winners are scheduled to join many other sports celebrities on Thursday, February 24th at the First Annual Chrysler-Jeep/Heisman Trophy Foundation Charity Classic at Diamond Players Clermont.

The scramble event, as well as a sports memorabilia auction and dinner the previous evening, will benefit Heisman Trophy Foundation Charities.

Foursomes of amateur golfers competing will each have a celebrity heading their team. Many gifts, prizes and other amenities will also go to the players. The challenging Diamond Players Club Clermont is called Florida's Mountain Golf Course and features elevation changes of about 200 feet on its 150 acres.

Heisman Trophy winners participating are Bo Jackson (Auburn), George Rogers (South Carolina), Mike Rozier (Nebraska), Oino Torretta (Miami), Johnny Lattner (Notre Dame), and Howard "Hopalong" Casady (Ohio State).

Among some 20 other sports celebrities invited are Yankee Manager Joe Torre; Sportscaster Lee Corso; Former NFL Coach Mike Ditka; and Former NBA Star Mark Aguirre. Sponsorships and tournament spots are still available.

Tournament headquarters can be contacted at 407-682-5600 or via Diamond Players Club website, www.dpcgolf.com.

### FLORIDA RESIDENTS CAN SAVE YEAR-ROUND WITH DISNEY'S ANNUAL GOLF MEMBERSHIP

**LAKE BUENA VISTA** - Florida has a chance

Please see Golf, Page 28

# Women's best ignore the cold

## Donnie's Darlins, Today Homes-Sharks roll to run-rule wins

By Dean Smith  
SPORTS EDITOR

**SANFORD** - This is why they call it the Polar Bear League.

On a frigid Tuesday night at Pinehurst Park, Donnie's Darlins and the Today Homes-Sharks, which have been the top teams in the City of Sanford Recreation Department Women's Polar Bear Slow Pitch Softball League, swung the bats like it was 75 degrees outside as they mugged their opponents for 35 runs on 46 hits.

Donnie's Darlins got off to a good start, taking a 5-0 lead into the bottom of the third inning on the strength of a two-run home run by Kelly Otero in the top of the second inning.

But Vaughan Incorporated battled back to tie the game at 5-5 by plating five runs in the bottom of the third inning.

The tie was short-lived however, as Donnie's Darlins exploded for eight runs in the top of the fourth inning, capped by a two-run double by Stephanie Foreman, and the squad would

close out a 16-5, run-rule victory in the sixth inning.

The Today Homes-Sharks left no doubt as to who was going to win the late game as they put 12 runs on the board in the top of the first inning.

After the leadoff batter grounded out, the next 13 batters reached base by either a hit or a walk and 12 scored. The big hits in the frame were a two-run triple by Robin Bishop, a three-run double by Lisa Berg, a two-run double by Sheila Sanders and a two-run single by Deborah Manfredi.

The rest of the game was played close, with the Today Homes-Sharks winning 7-6, but the damage had been done as the Today Homes-Sharks won 19-6 in five innings over Curt's Alleycats.

The tentative standings after three weeks (there were no results turned in from the games of Jan. 18th) are: Donnie's Darlins and the Today Homes-Sharks (both 2-0) and Curt's Alleycats and Vaughan Incorporated (both 0-2).

Next Tuesday night at Pinehurst Park, the Today Homes-Sharks play Vaughan Incorporated at 7 p.m. and Donnie's Darlins face Curt's Alleycats at 8 p.m.

Tonight at Pinehurst Park, the City of Sanford Recreation and Parks Department Men's Wednesday Night Polar Bear Slow Pitch Softball League takes the field with Vic's Beer :30 team (2-0) taking on Ken's Beer :30 squad (1-1) at 7 p.m. and Wilson-Eichelberger Funeral Home (0-2) challenging Wells Contracting (1-1) at 8 p.m.

Powering Donnie's Darlins to victory were Kelly Otero (two home runs, one double, one single, four runs scored, three RBI), Carol Garner (four singles, three runs scored, three RBI), Heather Lewis (four singles, three RBI) and Lori Poe (three singles, one run scored, one RBI).

Also contributing were Diana Colangelo (one triple, one double, two runs scored, one RBI), Robin Bishop (one triple, one single, one run scored, two RBI) and Tanya

Geiger (one double, one single, one run scored, one RBI). Other contributors were Barb Martin (two singles, two runs scored, two RBI), Anna Lanza (two singles, two runs scored, one RBI), Jenny Blowers (two singles, one run scored, one RBI), Gloria Efrid (one triple, two runs scored, one RBI), Denise Stallings (one single, two runs scored, one RBI) and Dawn Evans (one single, one run scored).

Providing the offense for Curt's Alleycats were Deena Flamm (one triple, one RBI), Jennifer Hemphill (one double, one run scored), Kathy Kingen-Smith and Kim Curtis (one single and two RBI each), Sue Nickell, Jill Conk and Leah Sparrow (one single and one run scored each) and Kathryn Norworthy and Sue Mohr (one run scored each).

Doing the damage for the Today Homes-Sharks were Sheila Sanders (one double, two singles, three runs scored, two RBI), Deborah Manfredi (three singles, two runs scored, two RBI), Lisa Berg (one home run, one double, two runs scored, five RBI), Robin Bishop (one triple, one single, one run scored, two RBI) and Tanya

Geiger (one double, one single, one run scored, one RBI).

Other contributors were Barb Martin (two singles, two runs scored, two RBI), Anna Lanza (two singles, two runs scored, one RBI), Jenny Blowers (two singles, one run scored, one RBI), Gloria Efrid (one triple, two runs scored, one RBI), Denise Stallings (one single, two runs scored, one RBI) and Dawn Evans (one single, one run scored).

Providing the offense for Curt's Alleycats were Deena Flamm (one triple, one RBI), Jennifer Hemphill (one double, one run scored), Kathy Kingen-Smith and Kim Curtis (one single and two RBI each), Sue Nickell, Jill Conk and Leah Sparrow (one single and one run scored each) and Kathryn Norworthy and Sue Mohr (one run scored each).

Donnie's Darlins 122 215 - 16 28  
Vaughan Incorporated 285 680 - 6 13  
Today Homes 11281 31 - 19 81  
Curt's Alleycats 1 28 28 - 6 7

## JV soccer tourney scheduled

By Dean Smith  
SPORTS EDITOR

**LAKE MARY** - Lake Mary High School will host a Boys Junior Varsity Soccer Invitational tournament at Don T. Reynolds Stadium this Thursday, Friday and Saturday.

Admission will be \$4 for adults and \$3 for students each day.

Thursday's schedule is:  
Game 1 - Seminole vs. Lyman, 3:30 p.m.  
Game 2 - Lake Mary vs. Lake Howell, 5 p.m.

Game 3 - Oviedo vs. Bishop Moore, 6:30 p.m.  
Game 4 - Lake Brantley vs. Winter Springs, 8 p.m.

On Friday the semifinals will be held with:

Game 5 - Seminole/Lyman winner vs. Lake Mary/Lake Howell winner, 5:30 p.m.  
Game 6 - Oviedo/Bishop Moore winner vs. Lake Brantley/Winter Springs winner, 7:30 p.m.

Friday's winners will then return to Don T. Reynolds Stadium for the Championship Game at noon on Saturday.

### ARROW FORCE VII COMES UP SHORT

**SANFORD** - The Seminole High School boys basketball team bounced back from a slow start with a huge third

Please see Profs, Page 28



Sophomore center Robby Dupre (No. 44, left) continued his good play, scoring 12 points and pulling down eight rebounds, but Burnett-Flagler/Palm Coast High School won the fourth quarter to nip home-standing Seminole, 47-43, at Bill Fleming Memorial High School Tuesday night; but senior sweeper Patty MacDowell (above) had more success, putting home her third penalty kick of the season and adding two assists as the Lake Howell girls wrapped up the Seminole Athletic Conference championship with a 10-0 whitewashing of Seminole at Thomas E. Whigham Memorial Stadium Monday night.

## 'Big Al' thrilled about Unser reunion this week at Disney

Special to the Herald

**LAKE BUENA VISTA** - Al Unser Sr. and Al Unser Jr. this week will be reunited once again in auto racing.

But if anyone thinks Unser Sr. believes his son is going to come in and wipe out the opposition in Saturday's Indy Racing League season opener -- the Delphi Indy 200 at Walt Disney World Speedway in Orlando -- they're completely wrong.

"Everybody thinks he's going to kick butt," Unser Sr. said. "He's not going to do it. The IRL guys are not asleep. They run hard, and they've got good teams."

"I told him last year to come over and watch these guys stand on the gas."

The senior Unser, one of three four-time winners of the Indianapolis 500, has been a driving coach and consultant for the Indy Racing League since its inception in 1996. Al Jr., a two-time winner at Indy, continued driving for Roger Penske in CART over this same period until he and Penske parted company at the end of the 1999 season.

The younger Unser then got back together with his first Indy-car owner, fellow Albuquerque, N.M. resident Rick Gallea. Unser Jr. won his first CART championship (1990) and Indy 500 (1992) driving for Gallea. He will drive the

Gallea ECR Racing G Force/Aurora machine in the race that kicks off the league's fifth season.

Al Sr. isn't disparaging his son's considerable driving talents. He just knows how tough the Indy Racing League competition is and that it will take some time for Al Jr. to adapt.

"He'll have to sit back and study things," Unser Sr. said.

"He's got to learn the drivers, learn the cars, learn the tracks. It's not an easy chore. He still has to sit down and face it as a new challenge. It's going to be an all-new project. He'll be starting over."

Despite his analytical observations about his son's move to the all-oval circuit, Al Sr. is extremely excited that his son has made the switch.

"That I am," he said. "It's good for me, it's good for him, it's good for the series. All the way around, it's a good deal."

It was back in 1993 when Al Jr., then 21, joined his father, already a three-time winner at Indy, to become the first father-son combination to compete in the same race. It became an even greater story when the younger Unser raced between his father and Tom Sneva at 200 mph in an effort to help his father win for a fourth time. Eventually, Sneva got around both

Please see Racing, Page 28

## Trio still unbeaten in AAA Softball League

By Dean Smith  
SPORTS EDITOR

**LAKE MARY** - For the second straight week it was a case of two blowouts and a nail-biter in the City of Lake Mary Department of Parks and Recreation AAA Polar Bear Slow Pitch Softball League last Wednesday.

And also for the second straight week it was the same three teams winning at the Lake Mary Sports Complex.

I.S. scored three runs in the bottom of the first inning and never looked back in disposing of Liberty Mutual II, 8-2, in the opening game of the night.

The middle game saw Map Attack take a lead into the final inning only to see the other team rally for a win.

Map Attack scored three runs with two out and no one on in the top of the seventh inning to tie the game at 11-11.

But Liberty Mutual I righted the ship in the bottom of the seventh inning as Mike McClelland scored on one-out a single by Skip Bowen to give Liberty Mutual I a 12-11 triumph.

The late game was a good battle for two innings with the Bombats leading 4-1, before they exploded for 10 runs in the third inning and six runs in the fourth inning to post a 20-4 victory over Cross Bones.

The Bombats, Liberty Mutual I and I.S. are all 2-0, while Cross Bones, Liberty Mutual II and Map Attack are all 0-2.

Something will have to give tonight at the Lake Mary Sports Complex on Rantoul Lane as the Bombats battle Liberty Mutual I at 6:30 p.m. and Cross Bones tackles Liberty Mutual II at 7:30 p.m. The late game features I.S.

Please see AAA, Page 28

6

27

10

## Preps

Continued from Page 1B

quarter, but Flagler-Palm Coast High School from Bunnell rebounded in time to edge Arrow Force VIII, 47-43, at Bill Fleming Memorial Gymnasium Tuesday night.

The Green Wave took a 13-8 lead after one period and extended the advantage to 27-19 at halftime.

But Bob Traina's charges refused to give in and came back to tie the game at 36-36 with a 17-9 third quarter scoring advantage.

Flagler-Palm Coast then won the fourth quarter 11-7 to drop

Seminole to 2-20 on the season.

Seminole also lost the junior varsity game, 49-41, but did pick up a victory in the freshman game by a score of 48-34.

Mitchell led the Green Wave with 12 points, while Raby added 10 points.

Sophomore center Robby Dupre again led the way for Arrow Force VIII, tying for game-high honors in scoring with 12 points and also pulling down eight rebounds.

Sophomore Marcus Robinson chipped in with 10 points, while junior Joey Gunter added

eight points and sophomore Justin McKinney had seven points.

Seminole will be at home again tonight hosting Lyman in a district tripleheader at Bill Fleming Memorial Gymnasium. The freshmen get the action started at 4:30 p.m., followed by the junior varsity at 6 p.m. and the varsity at 7:30 p.m.

### LAKE HOWELL GIRLS GET 15TH SOCCER SHUTOUT

SANFORD - The Lake Howell

girls soccer team capped off its Seminole Athletic Conference schedule with a huge 10-0 victory over Seminole in a game called at halftime by the 10-goal rule at Thomas E. Whigham Memorial Stadium Monday night.

Junior Randi Holcomb had a monster game, pouring in five goals and adding three assists as the Silver Hawks got their 13th shutout of the season and improved to 21-5-2.

Also having a big game for Lake Howell was senior sweeper Patty MacDowell, one of only two seniors on the squad, who scored her third penalty kick of the season and also added a pair of assists.

Also scoring for the Silver Hawks, who lead the county in scoring with 83 goals, were Piper Seaman, Lena Rowe and twins Mindi and Jenny Muhlhill with one goal each.

The defense, which has allowed only 21 goals this season, was led by MacDowell, junior goalkeeper Kim Angel, junior fullbacks Joanna Black and Brianna Callahan and sophomore stopper Jenny Muhlhill.

Lake Howell, which is coached by Didier Menard and Jean Varas, will now prepare to defend their district championship when the district tournament begins next week. The box scores from Tuesday and late Monday prep action:

**BOYS BASKETBALL**  
**TUESDAY**  
**GREEN WAVE 47,**  
**ARROW FORCE VIII 43**  
 Bunnell-Flagler/Palm Coast (47) Raby 3-8 10, Washington 0-3-2, McKinley 3-1-3 8, Perez 0-2-2 2, Jones 2-0-0 5, Mitchell 4-4-9 12, Holden 4-0-0 8. Totals: 18 18-23 47.  
 Seminole (43)

Quinter 3-2-2 8, McKinney 3-0-1 7, McCray 1-0-0 2, Olive 1-2-4 4, Robinson 4-2-5 10, Dupre 3-6-6 12. Totals: 15 12-18 43.

**Palm Coast 13 14 0 11 47**  
**Seminole 0 11 17 7 43**

Three-point field goals - Flagler-Palm Coast 3 (Raby, Kleinfield, Jones); Seminole 1 (McKinney). Team fouls - Flagler-Palm Coast 15, Seminole 19. Fouled out - none. Technicals - none. Records - Seminole 2-20. Junior varsity - Flagler-Palm Coast 48, Seminole 41. Freshman - Seminole 48, Flagler-Palm Coast 34.

### MONDAY HAWKS 58, SILVER HAWKS 57

(overtime)

**Spruce Creek (58)**  
 Kennedy 12, Shine 6, Postell 5, Habab 23, Collins 2, Ketrleer 4, Conaway 6. Totals: 28 2-7 58.

**Lake Howell (57)**  
 Cadrey 8, Young 28, Parsons 2, Hoflar 8, Allison 1, James 12. Totals: 21 6-16 57.

**Spruce Crk. 5 15 18 14 6 58**  
**Lk. Howell 8 15 15 15 6 57**

Three-point field goals - Spruce Creek 6 (Habab 5, Postell); Lake Howell 7 (Young 5, Cadrey 2). Team fouls - Spruce Creek 15; Lake Howell 11. Fouled out - none. Technicals - none. Records - Lake Howell 14-9. Junior varsity - Lake Howell 60, Spruce Creek 37.

### GIRLS BASKETBALL MONDAY

**ROYALS 38, PANTHERS 23**  
**First Academy Jr. Varsity (38)**

Morgan 10, Dawson 2, Walker 7, Henry 8, Stewart 8, Schrimsher 2, SheSenger 2. Totals: 15 4-6 35.

**Crooms Academy (23)**  
 Burch 6, A. Mitchell 7, L. Mitchell 2, Speyer 8, Riggins 0. Totals: 0 5-6 23.

**First Academy 10 5 7 13 95**  
**Crooms Acad. 0 0 0 4 33**

Three-point field goals - First Academy 1 (Morgan). Team fouls - First Academy 11; Crooms Academy 15. Fouled out - Crooms Academy, L. Mitchell. Technicals - First Academy, bench. Records - First Academy junior varsity 12-2; Crooms Academy 10-9.

### BOYS SOCCER MONDAY

**SILVER HAWKS 2,**  
**RED RAIDERS 1**

**Rockledge 1 0 1 2**  
**Lake Howell 1 1 1 2**  
 Goals - Rockledge 1 (Schearer); Lake Howell 2 (Schmitzer, Kempink). Assists - Lake Howell 2 (Perez, Youngblood). Shots on goal - Rockledge 22; Lake Howell 17. Records - Lake Howell 16-6; 4. Junior varsity - Lake Howell 2, Rockledge 1.

### GRENADIERS 2, BEARS 0

**Winter Springs 0 0 0 0**  
**Colonial 1 1 1 2**

Goals - Colonial 2 (Cana, Averro); Assists - Colonial 2 (Hollander, Salas). Shots on goal - Winter Springs 11; Colonial 16. Records - Winter Springs 7-18; Colonial 15-5-3. Junior varsity - Winter Springs 1, Colonial 1.

### GIRLS SOCCER MONDAY

**SILVER HAWKS 10,**  
**FIGHTING SEMINOLES 0**

(game called at halftime)  
**Lake Howell (10) 2 10**  
**Seminole 0 0 0 0**

Goals - Lake Howell 10 (Holcomb 5, Seaman, MacDowell, M. Muhlhill, J. Muhlhill, Rowe). Assists - Lake Howell 5 (Holcomb 3, MacDowell 2). Shots on goal - Lake Howell 20, Seminole 1. Records - Lake Howell 21-5-2, Seminole 0-17-1. Junior varsity - Lake Howell 10, Seminole 0.

### SAINTS 1, BEARS 1

**Trinity Prep 0 1 1 1**  
**Winter Springs 0 1 1 1**

Goals - Trinity Prep 1 (Cannon); Winter Springs 1 (Sharmer). Assists - none. Shots on goal - Trinity Prep 19; Winter Springs 18. Records - Trinity Prep 0-4-3.

### SCORPIONS 1, LIONS 1

**Oviedo 0 0 1 1**  
**Satellite 0 1 1 1**

Goals - Oviedo 1 (M. Citler); Satellite 1 (Jenkins). Assists - Oviedo 1 (Noppinger); Satellite 1 (Bales). Shots on goal - Oviedo 12; Satellite 21. Records - Oviedo 10-6-8, Satellite 21-3-2. Junior varsity - Satellite 1, Oviedo 0.

### WILDCATS 2, PATRIOTS 0

**Winter Park 1 1 1 3**  
**Lake Brantley 0 0 0 0**

Goals - Winter Park 2 (Naylor 2). Assists - Winter Park 2 (Naughton, Horton). Shots on goal - Winter Park 14; Lake Brantley 7. Records - Winter Park 17-4-2; Lake Brantley 12-5-2.

## Briefs

### HIT-A-THON FOR SEMINOLE HIGH SCHOOL SOFTBALL

SANFORD - The Seminole High School softball team will be holding a fund-raising Hit-A-Thon on Saturday, January 26th from 5 p.m. to 8 p.m.

The funds are needed to offset a budget of well over \$5,000, none of which is funded by the school board.

Players are seeking sponsors to see how far they can hit the ball (200 feet maximum). Contact coach Dave Rogers at Seminole High School for more information.

### WINTER SPRINGS TENNIS

WINTER SPRINGS - The City of Winter Springs Parks and Recreation Department and Tusawilla Country Club will be co-sponsoring a first ever Junior Tennis League winter program for kids from the ages of 6 years old and up.

The 10-week program for this League will run on Tuesday's, Wednesday's, and Thursday's beginning February 1st.

The fee for the League is \$125 regardless of how many days each kid attends. The pro-

gram consists of dividing the kids into teams, receiving thirty to forty-five minutes of drills and instruction, and then competing against kids on the other teams.

Each youth participant will also receive a League T-shirt and a post-season awards party at the end of the season.

Registration is now taking place at the City of Winter Springs Parks and Recreation Department office located at Central Winds Park.

For more information please call the City of Winter Springs Parks and Recreation Department at 407-327-7110 or the Tusawilla Tennis Center at 407-368-7990.

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## AAA

Continued from Page 1B

Map Attack at 8:30 p.m.

Providing the offense were:  
 I.S.: three hits - McLeod Glass (one home run, one double, three runs scored, two RBI); two hits - Dave Noble (one home run, two runs scored, two RBI), Don'T Dease (one double, one run scored, one RBI), Colleen Lassiter and Wally Wiland (one RBI each); one hit - Laura Louden and Vic Pascucci (one run scored each), Steve Donovan (one RBI), Jesse Gauntz.

Liberty Mutual II: two hits - Kenny Fitzgerald and Walter Vetro (one run scored each), Eric Tawfell, Kevin Roche; one hit - Monique Mathieu and Pam Jay (one RBI each), Liz Tawfell, Walter Vetro.

Liberty Mutual I: three hits - Jason Proodian (one double, three runs scored, two RBI), Steve Passwater (one run scored, three RBI); two hits - Mark Thalling (two doubles, three RBI), Mike McLelland (one double, one run scored), Deon Daniels (three runs scored, one RBI), Skip Bowen (two runs scored, one RBI); one hit - Mike Berry (one run scored, two RBI), Gail Fritter (one run scored), Erin Wilson.

Map Attack: four hits - Geoff Baldwin (two runs scored, two RBI); three hits - Sandra Adkins (one double, one run scored), two RBI; two hits - Cary Hays (two runs scored, two RBI); two hits - Mike Mouser (one run scored, one RBI), Todd Cronson (two runs scored), Brett Vanderbrink (three RBI), Elise Hulme (one RBI); one hit - Tony Pagan.

Bombats: four hits - David Marchand (one home run, two doubles, three runs scored, four RBI), Dan Johannes (one triple, one double, two runs scored, four RBI), J. Cadden (three runs scored, one RBI); three hits - Allen Hall (two runs scored, three RBI); two hits - Ross LeDuc (one triple, one run scored, one RBI), Jason Hoosaflook (two runs scored, three RBI), T. Woodard (two runs scored, one RBI), Jenifer Rengel and Nancy Woodard (one run scored and one RBI each); one hit - Paulette Peters (one run scored).

Cross Bones: three hits - Sheryl Stock (one RBI); two hits - K. Solomon (one triple), Earl Canfield and Nancy Odria (one run scored and one RBI each), John Brubaker (one run scored), Ellen Ergle (one RBI); one hit - Rick Stock (one double).

L.S.	000 100 - 0 10
Liberty Mutual II	010 010 - 0 10
Map Attack	010 100 0 - 11 00
Liberty Mutual I	000 000 1 - 10 10
Bombats	00(10) 00 - 00 07
Cross Bones	01 1 00 - 4 10





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**217—GARAGE SALES**  
**Neighborhood Garage Sale** 8  
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 8am-3pm Country Club Oaks  
 Sub (Oak View Circle). Late  
 May. Only 1 new furniture (2nd)  
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**219—WANTED TO BUY**  
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**Knitting Bag** (grey) Ball (red), &  
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**189—OFFICE SUPPLIES**  
**RETAIL DISPLAY STAND** 6 tall  
 X 4 wide w/shelving & peg-  
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 value. Sell for \$125. CBO. 407-  
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**222—MUSICAL INSTRUMENTS**  
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**WINE RACK**, white wine floor  
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**223—MISCELLANEOUS**  
**WOLFF TANNING BEDS**  
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 party customers only.  
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**98 Nissan Frontier XE PU**  
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# WAZZIC'S

68- Seminole Herald, Sanford, Florida - Wednesday, January 26, 2000

## FRANK AND ERNEST

by Bob Thaves



## ROBOT MAN

by Jim Meddick



## CRANKSHAFT

by Batluk & Ayers



## BOONDOCKS

by Aaron McGruder



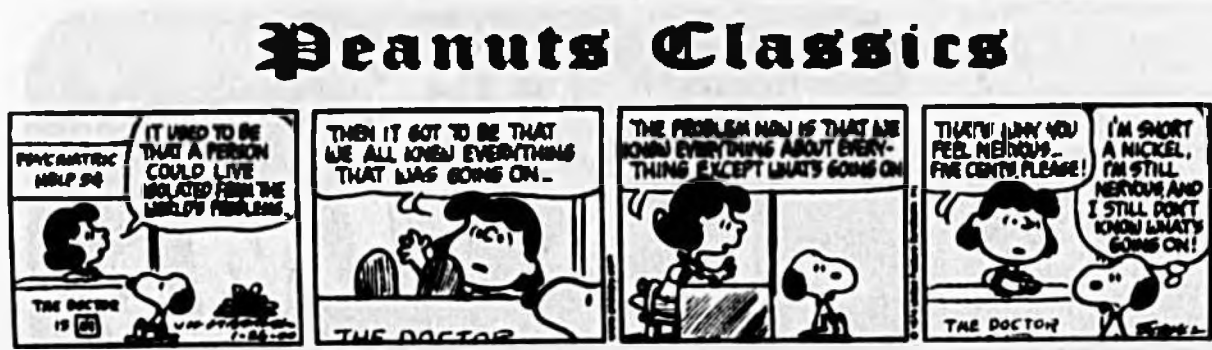
## BLONDIE

by Chick Young



## PEANUTS

by Charles M. Schulz



## FOXTROT

By Bill Amend



## THE BORN LOSER

by Art Sansom



## BEETLE BAILEY

by Mort Walker



## ARLO & JANIS

by Jimmy Johnson



## GARFIELD

by Jim Davis



## HOROSCOPES

**Your Birthday**  
**Thursday, Jan. 27, 2000**  
 You might get the chance to become involved in some type of enterprise with another in the year ahead. It will prove to be mutually beneficial, provided both do their parts.  
**AQUARIUS (Jan. 20-Feb. 19)** Be very careful that you don't dilute your position today just because you're overly anxious to make a deal. Carefully evaluate what you can offer before negotiating a commercial matter. 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.  
**PISCES (Feb. 20-March 20)** Seeking advice from colleagues today might have both advantages and disadvantages. An enterprising ally may help upgrade your initiative, but simultaneously steer you into a blind ally.  
**ARIES (March 21-April 20)** Chances are you'll do all right in

situations that have material overtones today. You're not likely to do well where your personal relationships are concerned, without some effort.  
**TAURUS (April 20-May 20)** Don't make any type of agreement today on which you're uncertain about whether you can follow through or not. A broken promise will take a lot of luster off your reputation.  
**GEMINI (May 21-June 20)** That energy of yours might be in full gear today, but unless you channel it in ways that are productive, you're apt to spin your wheels and not accomplish much of anything.  
**CANCER (June 21-July 21)** If you want to take a foolish gamble on your resources today, that's your business. It is inexcusable, however, to take a chance on things that risk a loss for others.  
**LEO (July 22-Aug. 22)** Should you be facing a few hurdles or problems on the home front today, don't be so quick to point the finger of blame solely on your mate. You have some accountability as well.  
**VERGO (Aug. 23-Sept. 22)** It's only right to expect proper acknowledgment

and praise for things you do well and go right. Conversely, you must also expect to take the blame for that which doesn't go well.  
**LIBRA (Sept. 23-Oct. 23)** Your financial affairs might be like the will of the wind today. What you gain on one hand could quickly fly out the window on something frivolous or foolish.  
**SCORPIO (Oct. 24-Nov. 22)** So long as your enthusiasm lasts, you will be a good producer today. However, once it starts to wane, which could happen all too quickly, little is apt to be accomplished.  
**SAGITTARIUS (Nov. 23-Dec. 21)** Do not pass on any information as gossip today which you learned through the gossip line. If it turns out to be false, you could be the one who is the butt of everyone's talk.  
**CAPRICORN (Dec. 22-Jan. 19)** Although many times it pays off to make deals while socializing, today there could be a fine line between business and pleasure. If you cross it, things may not go well for you.

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## Win at Bridge

### A little north of the capital

By Philip Alder  
 To the north of Madrid are three wonderful places to visit: El Escorial, the Valley of the Fallen and Segovia. At the first, Inter alia, an octagonal room contains the graves of all the kings of Spain since Charles V. General Franco is buried at the second. And the third is a picturesque town including a Roman aqueduct that is still working. Unlike in Rome, in Spain they have built the new cities around the medieval, so preserving the old for all to admire. Spain did well on this deal against China in the 1996 World Team Olympiad, played on the Greek island of Rhodes. Both pairs reached four spades by South. Against the Chinese declarer, Antonio Franco led the diamond ace, followed by the diamond nine to his partner's king. Correctly reading the nine as an unnecessarily high card asking for a heart return,

Jose Ignacio Torres switched to the heart nine (another suit-preference signal to request a diamond back). Franco ruffed and led another diamond, East ruffing away dummy's queen. As declarer still had to lose a trick to the heart queen, he went one down. In the other room, West led the diamond ace. However, unable to read his partner's two, he tried to cash the club ace at trick two. Declarer, Federico Goded, ruffed, drew trumps, and cashed the heart ace to uncover the 6-0 split. Undaunted, he exited with a diamond to East's king. As a club return would have been into dummy's K-Q-10, East switched to the heart nine. Yet, because of the beautiful seven and eight of hearts, declarer was now able to hold his heart losers to one for plus 620.



Bridge  
 Phillip Alder

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		North 01-26-00	
		♠ 8 4	
		♥ 8 2	
		♦ Q 6 3	
		♣ K Q 10 8 7 2	
West		East	
♠ 9 6 2		♠ 7 5	
♥ - - -		♥ Q 9 6 4 3	
♦ A J 9 8 7 5		♦ K 2	
♣ A J 5 3		♣ 9 6 4	
		South	
		♠ A K Q J 10 3	
		♥ A K J 10 7	
		♦ 10 4	
		♣ - - -	
		Vulnerable: North-South	
		Dealer: North	
South	West	North	East
♣ A	Pass	♠ 3	Pass
		Pass	Pass
Opening lead: ♠ A			

## Doctor Gott

### Some calories are emptier than others

DEAR DR. GOTT: I'm a 15-year-old calorie-counter. My grandmother insists that the calories found in fruit and vegetables are "natural" and won't affect my weight. I disagree. If I eat half a watermelon in one sitting, will it add calories or just go right through me?  
 DEAR READER: Calories are calories, regardless of source. We all need a certain number in our diets just to live, but in counting calories, it's vital to assess which foods are necessary for nutrition and which edibles contain only "empty" calories. There are many advantages to consuming a nutritious and well-balanced diet that contains protein, fruit and vegetables. There are few advantages to sugary products and junk food. Therefore, while your grandmother is incorrect in her assessment, she is right that you need a diet that favors fruits and vegetables.

Continue to count your calories if you wish, but be selective in which foods to avoid or to eat sparingly. By the way, moderation is the key. A half a watermelon seems to me to be excessive and unnecessary. Eat a slice or two, at the same time trying to balance your caloric intake among many calorie-containing foods that will meet your metabolic needs.  
 DEAR DR. GOTT: My doctor told me that a blood test showed that I am low in sodium (131). He suggested that I limit my fluid intake, but that's hard to do, particularly in warmer climates. I am otherwise perfectly healthy. Do you have any suggestions?  
 DEAR READER: Sure. Disregard the reading. The usual range for serum sodium is 135 to 145. Your level, although low, is nothing to worry about, assuming that you are in good health. With all the complicated tests available to doctors, it's important to avoid becoming the unsuspecting

victim of the Lab God. Perhaps the lab work is in error. Maybe you just happen to fall outside the normal range. In any case, I wouldn't make a federal case out of a single, slightly abnormal laboratory value. If your doctor agrees, continue your present lifestyle and have a repeat blood test in several months. Doctors have an obligation to look at the whole person, not at simply a lab value. In your case, the sodium of 131 is probably inconsequential.  
 DEAR DR. GOTT: Help! We have five tables of bridge. Because of the mathematics, the east-west partners have five scores, the north-south partners have four. How can we adjust the scores?  
 DEAR READER: For someone who is frequently criticized for delving into non-medical topics, I admit that I am completely at a loss to answer questions about bridge. For once, I'm over my head. But thanks for writing, I guess.

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