

Weekend Edition

Sat. July 12, Sun., July 13
Mon. July 14, 1997

Sanford Herald

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Jump!



Herald Photo by Tommy Vincent

Coach Ken Patrick, 6'2" and Jana Kodova, 6'10"

6'10" Jana brings high hoop hopes to Seminole C.C.

By RUSS WHITE
Herald Staff Writer

Heads are turning on the campus of Seminole Community College as Jana Kodova has arrived from Eesti-Estonia.

Her first two days at the school have been fast and furious... and they'll be that way for the next two years.

Jana is an exceptionally talented basketball player who happens to be 6-foot-10.

That's two inches taller than any of the players in the new Women's National Basketball Association.

She weighs 209 pounds... none of it fat.

Her hair is strawberry blonde, which she wears with bangs in front and a pony tail in back. She bears the kindest of a resemblance to "Big Red" - Hall of Fame basketball player Bill Walton.

She wears size 14 men's basketball shoes.

Finding a bed big enough for her has presented a problem.

She understands English but doesn't speak the language just yet.

It helps that Kodova has come to America with Dasha Kudrnyutseva, from St. Petersburg, Russia. Kudrnyutseva, 17, speaks English just about as nicely as she plays basketball, which is saying a lot. Both women are enrolled in the college's ESL (English as a Second Language) program.

"Am I a happy fellow?" asks SCC women's coach Ken Patrick.

See Jana, Page 6A

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Today: Partly cloudy with a 50 percent chance of afternoon showers. Highs in the low to mid-90s.

For more weather see page 2A

Cab vs. car: Changing your financial risk

By MARIA OREM
Herald Staff Writer

A letter from a Sanford man nearly killed in an automobile accident last year has prompted city officials to recommend an increase in minimum insurance limits for cabs operating within the city.

The Sanford City Commission on Monday will hear the recommendation to raise insurance coverage from \$20,000 injury to one person, \$80,000 total for injuries to more than one person and \$10,000 property coverage per accident to \$50,000, \$100,000 or at least \$100,000.

Gary D Taylor was on his way to work July 15, 1996 when a taxi owned by United Cab ran a red light and hit him broadside. Taylor sustained extensive injuries and had to have his spleen removed. In addition, his ribs were broken and his hand was hurt. He spent nine days in the hospital, four of them in the intensive care unit. By the time he was released, his bill totaled close to \$12,000. The taxi's insurance coverage for personal injury was \$20,000, the minimum required.

In a letter dated June 12, which was distributed to city commissioners, Taylor urges the city to see Cab, Page 6A

The lost (wax) art of casting bronze sculpture

By MARIA OREM
Herald Staff Writer

Whether it's a tabletop statuette or a life-size monument, locally, who still for the American Bronze Foundry in Sanford.

The 22,000 square foot facility, located at East Lake Mary Drive and is the largest foundry in the Southeast and one of about only 12 nationwide in the entire country.

Established in 1981 by Charles W. Woodson III, See Foundry, Page 6A



Herald Photo by Tommy Vincent

Rochel Diejuste and Francisco Rojas weld a life size ballerina, as Tim Newcomb applies the patina to a bronze bust.



Herald Photo by Tommy Vincent

Lake Mary budget holds the line on taxes

By SHARI BRODIE
Herald Staff Writer

LAKE MARY - The purchase of a Laws of Life extrication tool, funding for the Advanced Life Support Paramedic program (which will include the hiring of two new fire

fighters), the hiring of two new police officers, one new water and sewer department worker, continuation of resurfacing projects and the replacement of sidewalks on Third Street are just a few of the highlighted items under consideration in the upcoming fiscal year.

1998 budget for the city of Lake Mary.

City Manager John Litton presented the budget to the mayor and city commissioners at the Thursday, July 10, city commission meeting. The eighth item on a relatively short agenda, Litton said the

budget is one of the most significant in terms of the day-to-day operation of the city of Lake Mary.

Litton told the commissioners that beginning the budget process this year was not an easy task because of the rapid growth in the current fiscal year. See Taxes, Page 6A

How does your garden grow?



Herald Photo by Tommy Vincent

Horticulturist Jennifer Gargiulo leads a group of visitors Friday through the new Agricultural Training and Production Center at the John E. Polk Correctional Facility. The expansion of the hydroponic farm began in 1995, includes lettuce, beans, peas, peppers, cucumbers and spinach and is staffed by six female inmates. The farm provides job training and puts food on the table at the jail, saving the taxpayers about \$35,000 a year. The farm is the only one of its kind in operation at a corrections facility in the United States. Related Editorial, Page 4A

If you fancy yourself a country singer...

by DAVID FRAZIER
Herald Staff Writer

Country music continues to grow by leaps and bounds. Numerous new talents feed this booming industry. But the pool could grow even larger with competitions like the one Daytona's 98-FROG will be holding at Miss Libby's Barn in Sanford.

The 98-FROG True Value Jimmy Dean Country Showdown Talent Contest deadline for act registration is 5 p.m. on Wednesday, July 16. So it's time to get hopping! 98-FROG will award \$1,000 to the local winner of the contest. Then, the winner will advance to state competition which is set to take place in October in Newville, Florida. The \$50,000 National Final will take place later in the year. Entry forms for the Showdown may be picked up at 98-FROG studio, 340 S. Beach St., or at Miss Libby's Barn located on 17-92 in Sanford. Cost to enter the competition is \$5.

Top representatives from Nashville record labels will descend on the competition to

judge the upcoming musicians. It's a great contest and three reps from Nashville record labels have committed to assist in judging the events," said John Rivers, program director at WGNE-FM, 98-FROG.

The preliminaries are slated for Saturday, July 26 and Sunday, August 3. Both preliminary contests will start at 2 p.m. at Miss Libby's Barn, and the competition should end at about 7 p.m.

Ten acts will be chosen to perform at the preliminaries. He said three acts from that competition will be chosen and those six acts will return to compete in the finals set for August 10. Staff from 98-FROG and Miss Libby's Barn will select the contestants. Jimmy Rector, a representative with Decca records will judge the July 26 preliminary. Louie Newman from MCA-Nashville records will judge the August 3 event and Johnny Mitchell, MCG/Curb will assist in judging the finals.

The Barn Burners, the house band at Miss Libby's Barn and See Singer, Page 5A

Editorials/Opinions

Sanford Herald

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EDITORIAL

Lettuce commend the sheriff

Sheriff Don Eslinger has just unveiled the Agricultural Training and Production Center, an expansion of the hydroponic farm that was begun at the Correctional Facility in 1995. The facility housing lettuce, spinach, green beans, peas, peppers and cucumbers is operated by six female inmates and supervised by a full-time horticulturist employed by the Sheriff's Office.

What a great idea! We can't quite picture the sheriff showing up at mealtime, admonishing inmates to clean their plates and eat their veggies, but if he did, we are happy to know those veggies are saving the taxpayers about \$35,000 a year. Part of the brilliance of the idea is that the farm provides valuable job training for inmates and a very healthy product that we think is too often lacking in the menus of all correctional facilities. Often starch-based with cheap cuts of meat, many prison and jail menus offer nothing in nutritional value. This may be a small point to many who believe inmates don't deserve better, but they do. The sheriff has found a sensible way to ensure that. He realizes that Seminole County can provide adequate nutrition for inmates while keeping costs down. Adequate nutrition also equates to fewer illnesses, another savings to the taxpayer.

We liked the idea of the hydroponic lettuce in 1995. We like the expansion in 1997. This expansion of the farm is a progressive, innovative approach to solving multiple problems. Good job, sheriff.

LETTERS

Concert hall or nightclub?

RE: Tsunami Beach Club Closing
 After all is said and done, the Tsunami Beach Club may just give up and cancel all future outdoor concerts.

We are the owners of the Tsunami Beach Club in Sanford, and have been trying to operate as a concert facility, bringing quality concerts to Central Florida, such as John Anderson, Blackhawk, Lonestar, Molly Hatchet, Great White, John Connelly, Type O Negative, Percy Sledge, Tonic, Ratt and many others.

The City of Sanford has been very cooperative with us, but is in the process of adopting a sound ordinance that will prohibit outdoor concerts in our shopping center.

If the City adopts the sound ordinance as is, we have been told that we will not have a permit available or even a process to obtain a permit for any concert that would be louder than that of two people standing out in the parking lot talking.

This basically means that we will seek to sell the venue to someone who can operate as a nightclub with no concerts for the community. We do not believe that the public wants another bar instead of a concert facility, we know we do not want a bar.

Harry Tyler
 Tsunami Beach Club
 Sanford

The City Commission is voting on this Monday evening, July 14, 1997.

Supporting K-9 unit

Well, here we go again.
 Now it's Cpl. Mike Ansley and the entire K-9 unit under fire. Cpl. Ansley filed a grievance with the City for overtime (which he earned). Now the City has to pay him so "heads will roll".

The article in the *Sanford Herald* (7/5) was conciliatory compared to the biting article in the *Orlando Sentinel*, (6/28) Chief Joe Dillard publicly humiliated Cpl. Ansley, making him appear to be an underhanded, spiteful employee. And our Mayor, Larry Dale, fell for it. One would think that with all of his experience in running a business that he would be the first to question the police department's administration and ask why this was allowed to happen.

Can't anyone in Sanford's City government say ACCOUNTABILITY? Cpl. Ansley tried to resolve this issue many times and he was ignored. Wake up, Chief Dillard and Mayor Dale. He earned the overtime. His supervisors, all the way up to the Chief approved it and he deserves it.

What he doesn't deserve is the manner in which he is being presented. Cpl. Ansley is one of the finest police officers I have ever worked with. His integrity is above reproach. He has devoted almost twenty years to a thankless profession (and obviously to a thankless

See Letters, Page 5A

Morris and Starks up, up and away

These are strictly my opinions and thoughts...We have two political figures in Central Florida who should move beyond their present status: Randy Morris and Bob Starks. Are they going to? Do they plan to? I don't really know. Apparently there is a strong chance that Toni Jennings will run for governor. If so, who will be her running mate? I am not suggesting that either of the above would be considered. What I am saying, is that does create various options should Jennings run, as apparently she will. Rather than discuss all the possibilities let me just say that the Republican party needs to be looking at Morris right now.

Morris is a winner. He is able and, with proper exposure, could easily win, or be an asset to any political ticket. The question is not whether he will run for a higher office, but when. For the Republican party not to be seriously looking at Morris would be a mistake. Morris does not have any weaknesses. He has all the attributes. He's seasoned, is still young and would make an appealing candidate.

In Central Florida it's an easy win for any office. Statewide, with additional exposures, a winner again. I'm talking about the United

Think about this, Seminole County

ERNEST HATTON II

Ernest Hatton II is a veteran member of numerous government boards and is a civic activist in the interest of good government.



States Congress or better.

Morris doesn't have to be groomed. He knows what he's doing and he has the intelligence to be able to direct his own campaign. To handle tough situations (God Bless Seminole County), and strong debating abilities. He's ready, able and I would hope willing. The real question may be where are the opportunities? Well, that's what the party is for...to help in the process of selecting, or assisting, candidates or potential candidates who can win elections. Here are two able candidates. It's just a matter of time for both.

What do I think? I think Starks knows exactly what he wants to do, and when. Morris on the other hand, hasn't made any moves as yet, and may not. Maybe he'll run again for his county commission seat. Personally, I think that it's time for the party to find a spot for Morris, whether elected or appointed. It's time to move up and use this political talent.

Since I have never endorsed or proposed candidates before. In this manner, this is a first for me. It would be rewarding to know that my judgment and political feelings may turn out to be correct.

Just a little extra thought...Jennings has the best opportunity to be elected. Bush, in my opinion, won't. However, the choice of a running mate could make the difference. If it's a mayor of a city...you lose. This election for governor will be decided by the choice of who is on the ticket with the candidate...It's going to be that close. One strong candidate is not a sure thing...regardless of name recognition. My prediction...Morris and Starks or Starks and Morris will move on and up...Remember you read it here first...The prediction for what it's worth...Where do they go from here? If nothing else...there is the governor's Cabinet!

WHAT MIKE TYSON PONE HAS GAVE BOXING A BAD NAME.

DON'T HE KNOW IT'S BAD MANNERS TO BITE A EAR OFF?

A REAL SPORTSMAN WOULD NEVER DO THAT.

A REAL SPORTSMAN WOULD BEAT HIS OPPONENT'S BRAINS TO MUSH, FAIR AND SQUARE.

Special People

TONY TIZZIO

Tony Tizzio is an advocate for the disabled.

Disabled senior lives life with spirit

If you read this column regularly, and I know you do, you know a common topic is discussing the difference between being born disabled and becoming disabled later in life. Recently, I had the pleasure of talking to a great lady named Maudie Mae Williams.

Mrs. Williams is a feisty 78-year young Sanford woman whose chronic arthritis has forced her to use a wheelchair for several years. The arthritis has also turned her knee and feet. This condition was so bad that she was operated on a couple of years ago. She also has diabetes and takes insulin injections.

Maudie Mae Williams

In spite all of these health problems, Mrs. Williams keeps her faith. "I asked God if he would be my doctor and he has". Active in her church, Rescue Church in Sanford, she enjoys singing a lot. She says, "I may not sing as good as the rest, but I use what God gives me". This lovely songbird even broke into a hymn during our interview. Mrs. Williams has many friends including those at her church. "I love my sisters and brothers in the church and they love me".

A Florida resident for 41 years, she was born in Rochell, Georgia. She is the granddaughter of a slave as her grandfather was born into slavery. She was raised by her grandmother after her mother died when she was only a month old. "My grandmother believed...spare the rod and spoil the child".

Mrs. Williams has had an interesting life. Married in 1937, she gave birth to four children. Today Mrs. Williams has 42 grand and great grandchildren. Before she retired, Mrs. Williams worked in the school system for 12 years in Dietary Services.

Mrs. Williams also credits her freedom to her new wheelchair, a "power chair", sold to her by local resident Mr. Jones. Mr. Jones from Good Will HealthCare Inc., checks in regularly on Mrs. Williams, making sure her wheelchair is in optimal working order. He says this is something he does with all of his clients and that he became a health care equipment provider because he saw a need to help senior citizens and the disabled.

When asked how she has coped with her disability Mrs. Williams said that she had always been around the sick and elderly. She had cared for her ailing grandmother before she passed on at 104 years - old. She had cared for a relative who died of cancer and she also had worked at the Good Samaritan Home in Sanford.

Don't miss next weeks "Special People" article on "The Good Samaritan Home".

If you have a non-profit group or organization related to the disabled and have a fund-raiser or special event coming up, let us know about it. Please include the name, address and phone number of the group or organization, as well as, the time, place and contact person for the event.

Upcoming bid: Let's not do lunch

Imagine my surprise when I opened the paper and found that the Seminole County School Board was preparing a bid to take over the food service business for the Lake County School System. I'm your elected representative on the Seminole County School Board and I didn't have a clue this was in the works. It was distressing to read that one of the reasons given by the Lake County superintendent for getting out of the food service business was that he and his Board wanted to get rid of the distractions of food service and concentrate on educating Lake County children. Don't we have the same goal and obligation to Seminole children?

Even more distressing is that the bid--which if successful would obligate every piece of taxable property in Seminole County to support the contract--has to be submitted by July 23, the morning after the only Board meeting in July. There is no guarantee that this will even be on the Board agenda to discuss...there certainly wasn't any Board permission given to pursue the contract.

The merits of whether to bid or not to bid are as yet undiscussed--at least with this Board member. I cannot speak for the other Board members.

So let's discuss the bid here and now. That way you readers will have an opportunity to find out what's going on before your home or business is used to guarantee government's private business venture.

1. To obligate the School Board and the School System with this bid obviously delves into the realm of policy setting, a role that is exclusively set aside for the Board by State Statute.

2. In case of management failure by the Food Service Department, or an accident by a Seminole County employee working in Lake County--the entire taxable property base of Seminole County and the financial stability of the School System is what stands behind the contract. Has competent legal advice been sought to see whether this is legal to do--especially without a policy decision on record by the Board? Can the tax base for Seminole County be obligated for ventures outside of the County? What effect will this type of expansion have on County bond ratings? Will these obligations, made without having the authority to use the Lake County tax base to support them, cause bond holders to call for a default on our \$238,000,000 debt? Has any thought been given to what would happen if we had to reduce our educational offerings to the children of our taxpaying citizens in order to pay a Court ordered judgment in Lake County?

3. Is this another "mushroom protocol"...where the Board is kept in the dark and covered with organic material until a last minute vote? I resent being forced to consider important decisions with the admonishment "Hurry up and pass this--it's due tomorrow!" To me this is an unacceptable management style. I don't make decisions solely on carefully written "executive summaries". I want to know

The People's Voice



BOB GOFF

Seminole County School Board member.

what my constituents think about the programs, policies and obligations I'm asked to impose on them. Last minute, forced "crisis" decisions are no better than some of the 2 a.m. decisions government has made in the dark of the night.

4. Has the community been asked about how they feel having the School System in competition with them--now or in the future? I believe that there might be some concerns in the community about where this is heading. Are there any other plans to compete with private businesses, besides child care and food service? Such as printing, fleet maintenance, plumbing, heating/air conditioning, or electrical contracting? Are there plans to enter into the construction management industry after all of the County's bondable assets have been spent on renovating County schools and there is no money left?

5. Has any thought been given as to what the political liabilities are to Board members? I mean, this is not some insignificant action. When our voters are obligated for grandiose schemes...there might well be some political fallout. I'm not sure that I want to get involved in negotiations with employee unions from another county. Nor do I want their Unions getting involved in Seminole County politics--trying to unseat our elected officials or running their own candidates in our elections who have no Seminole County agenda other than to get Lake County employees big pay raises guaranteed by Seminole taxpayers.

6. Lastly--I want to know why this move won't negatively impact Seminole County children's education. Lake County thinks it will help them to get rid of a responsibility that negatively impacts their children. I am concerned about Seminole County's lack of improvement in educational skills and objectives over the last five years. Won't a project of this magnitude dilute the superintendent's already widely stretched concentration by adding another thousand square miles and almost 500 more employees to the responsibilities of the superintendent of Seminole County Schools?

Letters

Continued from Page 4A

employer) and is entitled to better treatment. He started the K-9 unit many years ago and he has devoted countless hours (paid and unpaid) to ensure the success of the unit.

Their job is probably one of the most difficult and dangerous assignments in this profession. They volunteered for the unit while the rest of us backed away from it. We didn't want the responsibility of bringing an animal home and feeling it and taking care of it and making it a part of our family.

If Chief Dillard wants to look at costs and productivity, perhaps he should start trimming some of the fat from his front office. Maybe he should take a closer look at his finance officer and the salary he receives.

For the Chief to say that the K-9 unit is not cost effective is to say that the lives of his officers are worth very little to him. Perhaps he and the Mayor should look at what happened in Brevard County when Sheriff Jake Miller eliminated their K-9 unit.

Ofc. Terri Murray

Sanford Police Department

Save the K-9s

After reading your article on canine officers and their dogs which was in the week-end edition of the Sanford Herald, I would like to let the concerned citizens know what I have heard from my customers (I am a cashier for a convenience store.)

Some people think that the canine dogs will be put to sleep and the canine officers terminated because someone got mad about a back pay of 59,000. So they decided to get rid of what they call a problem.

If they sell the canines, the dogs will not give their all to another K-9 officer because their loyalty is with the one who they know as their partner, not some new partner they have never seen before.

Also, I have heard that the K-9 officer will be fired and not re-assigned.

What has this K-9 unit done for us but help keep us safe. Who will sniff out dope? Who are they going to use to replace these dogs and officers when they are gone?

When the next Commission meeting is held, will there be anyone there to help the K-9 Unit? or will they just be swept under the rug like this police department has done before?

Try to get it over and done before the public hears about it.

Don't let this happen to this K-9 unit!! Go to the Commission meetings and help the people that defend you. Call your commissioners and let them know that we need this unit. Do not let them send the K-9 unit down the road!!!

Mrs. E. W. Tynell

Sanford

The meaning of a diploma

Seminole County School Superintendent Paul Hagerty gave hardworking students, teachers, and parents a slap in the face with his remark about if a high school diploma means

something. His remark was "It doesn't now, and it never has." He is supposed to be our leader!

Perhaps Hagerty needs to bow out of education and become a business associate of that firm that pays its employees a bonus for showing up to work on time.

Annette Maloy,

Teacher in Seminole County

Oviedo

Hold on to your wallets

I am appalled at the 5 million dollar a year utility tax to pay for a new Seminole County courthouse. Randy "more taxes" Morris and his band of tax and spend County Commissioners only solution seems to be to tax, tax, and more tax.

I see two major problems with the current courthouse. One is a lack of courtroom space and the other is a lack of storage space for legal records. I propose to take care of the courtroom space problems by starting a user friendly court.

Today many insurance companies have automated, paperless offices. I think it is high time that all Seminole County court records be automated and made available through the Internet to attorneys and all interested parties.

The worst part of the courtroom plan is, there is no plan. The tax is being put in place. You will start being taxed for the new courthouse, but no one has a plan of what is to be done.

I support the Seminole County Taxwatchers petition drive to require voter approval of new debt. With voter approval of debt maybe our County Commissioners would be forced to look for creative alternatives before replacing a perfectly good 25 year old courthouse with a 55 million dollar new one.

Bob West
Longwood

Back on the mean streets

If a young misfit puts a gun to the head of someone's working mother and demands money, a forgiving judge may find his tender years enough of an excuse to send him home to his own mother.

It is perfectly obvious to any person of even rudimentary intelligence that the young hoodlum has found his life's work, and found it good. And any policeman will tell you that, if they catch him for two, he has done at least five, violent acts.

If this felon has gone to school, he has been taught by the welfare state that American history and its values are all lies, that whatever he wants is just as valid as what his neighbors want, only more so, and that somebody owes him whatever he wants.

Anyone can forecast what he will say finally when caught for the big one: "It wasn't my fault. All (the murder victim) had to do was give me what I wanted."

William Sheffield
Sanford

GUEST COLUMNIST

Nudity ordinance in the schools

Dates, places, names and schools are fictitious in the following story. I am trying to give a realistic look at what may happen if the Seminole County commissioners pass a nudity ordinance, which will be discussed at their July 22 meeting.

On Friday, September 12, 1997 all hell broke loose at the Coalition Middle School in Seminole County. This was the day Seminole County became the laughing stock of the nation and the civilized world.

Miss Irma Christian was a first year teacher with 38 unruly seventh graders in her class. Jill, a cute little 12 year old trouble maker pointed to Jack, laughed and yelled, "Miss Christian, Jack is showing his covered genitals in a discernibly turgid state."

Most kids had never heard these words until the Seminole County Public Nudity Ordinance was passed on July 22, a day of infamy. When someone learned the definition of TURGID, word got around and turgid became a permanent part of each kid's vocabulary.

Other girls told boys "you are turgid" and when a boy told another boy "you are turgid" a fight started. Miss Christian knew she must act quickly. Should she check Jack to see if he was turgid? How could she tell for sure? She was very religious and had no experience in such matters.

Archie Cannon



Archie Cannon is a retired Seminole County high school math teacher who lives in Lake Mary.

cer Funda Mental checked and decided the courts should handle this. He arrested Jack and Jill.

The problems at Coalition School were not unique. Three students were arrested for wearing improper bathing suits at swim and dive practice at the new Lake Palm High School.

These arrests made headlines in all the papers. TV and camera crews came from across the nation. The circuits to radio and TV talk shows were jammed. Seminole County was like a big circus. People were asking, how did such an insane ordinance ever pass?

8500.00 and spend 60 days in jail. She remembered a very embarrassing faculty meeting where parts of the 20 page public nudity ordinance were discussed. She thought the ordinance would never apply to her. One part stated, no female PERSON shall recklessly expose her breast to public view.

At the risk of being reprimanded or fired for allowing sexual activities to occur in her room, she decided to call the office. Principal Wing-Mr. Right Wing came to her room. He settled the class down but was afraid to check Jack and Jill.

Top C&W Singles

- 1. Tim McGraw/Faith Hill "It's Your Love" (Curb) Last Week: No. 1
2. George Strait "Carrying Your Love With Me" (MCA) No. 11
3. Trace Adkins "I Left Something Turned On At Home" (Capitol Nashville) No. 2
4. Vince Gill "A Little More Love" (MCA) No. 15
5. Lorrin Morgan "Good As I Was To You" (BNA) No. 3
6. Ty Herndon "Loved Too Much" (Epic Album Cut) No. 12

Singer

Continued from Page 1A

Bob Hellekson will practice with contestants prior to the preliminaries. Each act will have 15 minutes to perform and the Burn Burners will provide back up music during the competition.

DEATHS

ROBERT P. HEASLEY Robert P. Heasley, 73, Berkshire Circle, E. Longwood, died July 11, 1997. Born May 3, 1924 in Brooksville, Pa., he was a realtor and was a past president of the Greater Orlando Board of Realtors and was instrumental in bringing Martin Marietta to Orlando. His family moved to Florida in 1926.

HUNT MONUMENT CO. DISPLAY YARD Hwy. 17-92 - Maitland Ph. 339-8988 Gene Hunt, Owner Bronze, Marble & Granite

JOHN R. NOLL John R. "JR" NOLL, 75, Windsor Ave., Longwood, died at his residence Thursday, July 11, 1997. Born on June 21, 1922 in Lewisburg, Pa., he was the founder and owner of Noll's Furniture. He came to Florida in 1958.

He spent 15 years in the U.S. Air Force, resigned as a captain and was the first pilot for McDonnell Aircraft on the XV1 Project. He was a member of the Orlando Stroke Club and the Voices of Victory (Stroke Club singers).

Survivors include wife, Judy; sons, Gary Noll of Longwood and Kim Noll of Casselberry; daughter, Amber Shelley of Maitland; sisters, Lila Storz of Kansas City, Kan., Vera Wickham of Winslow, Ariz. and Fay Williams of Santa Monica, Calif. and six grandchildren.

Arrangements by Gaines Carey Hand Garden Chapel Funeral Home, Longwood.

Acknowledgement The Family of, Mr. Robert Lee Redden will always remember your kindness and sympathy during the illness and passing of Mr. Redden on March 16, 1997. Grace, Shirley, Dedora and Diane

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PAIN MANAGEMENT MEDICINE

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Sanford resident Gary Taylor was seriously injured when his car collided with a cab in July, 1996. He has proposed that the City of Sanford force cab

Cab

Continued from Page 1A
raise its insurance limits to protect both the residents of the city and its visitors. "I know this is of no benefit to me at this point," Taylor said Friday, "but I don't want to see something like this happen to anyone else."

As the one year anniversary of his accident approaches, Taylor, who still suffers tingling in his hand and pain in his ribs, said that he has just recently been able to sleep in a bed. Before that, he could only get com-

panies to raise the liability insurance coverage they have to protect drivers who are hit by cabs.

fortable in a recliner. Findings by the city staff, outlined in a July 2 memo to the city manager, show that to obtain an occupational license for taxi service, no proof of insurance is required in Casselberry, Longwood, Lake Mary, Oviedo and Seminole County. Altamonte Springs requires 100-300-50, Winter Springs, 50-100-50 and Orlando, 100-30-50.

Sanford once required taxis carry 100-300-50 coverage, but that changed about 10 years ago, according to Carl Arnold, owner of Courtesy Cabs. Arnold, who has the oldest licensed fleet in Sanford, still carries that

coverage on the advice of his insurance agent.

"I felt better about it because \$25,000 is nothing if there is an accident," Arnold said.

But he also said he understands that some of the smaller companies in Sanford cannot afford to pay the higher coverage. Based on an estimate he received about three years ago, Arnold said it costs an additional \$300 to \$500 for the added coverage on each of his three cabs. The cost for an occupational license in Sanford is \$50 for each cab. He said he pays \$7,800 for his insurance coverage each year.

Jana

Continued from Page 1A
basketball coach Ken Patrick. "You better believe it."

Paavo Russak, a former player and coach of the Estonia National basketball team, told Patrick about Jana Kodova nearly two years ago. Russak accompanied Kodova and Kudrutyteva on their 18-hour journey to the U.S.

"We wanted her here last season but could not get Jana out of Estonia," Patrick said. Her coach wouldn't let her go. He fought us off as if he were the KGB."

Arrangements were finalized this spring, when Kodova, 22, received her student visa. "Don't be embarrassed at all, the attention you'll be getting," Patrick told Kodova. "There will be a lot of reporters wanting to meet you and do stories about you. Be prepared to deal with them. Just remember your studies and your teammates come first."

Kodova (wearing a number 35 Seminole Basketball jersey over a white T-shirt) was all smiles Friday posing for pictures with Kudrutyteva and Crystal Tanner, a fine prospect from Ponce de Leon High School. The two players are both a foot or more smaller than Kodova. On tip toes, they don't reach her shoulders.

Kodova said she was 6-foot-2 by the time she was 13, and just kept on growing. Her mother, Kulli, is 6-foot-2 and works in an electronics market in Pussi. Kodova said she began playing basketball when she was 14.

She said Friday that she might like to play in the WNBA someday - prompted ever so gently by Patrick who wrote \$100,000 in huge numbers across a classroom slateboard.

"That would be good," she said. "Very good." Kodova seemed amused and not at all annoyed at the warm weather she experienced in Florida - perhaps thinking ahead to far more comfortable winter months than in her native Estonia.

The SCC Lady Knights begin their season the first week of November, working out for the first time on Sept. 15. The team won 20 games last year, and may do even better with its new recruits.

Kodova will spend the summer in the weight



Coach Patrick with Dasha Kudrutyteva, 5'8", Jana and Crystal Tanner, 5'4".

room and working on her basketball skills at the school gymnasium.

In just a couple of days she has become nicely acclimated to the campus. She made a bee-line to the cafeteria on Friday, leaving Kudrutyteva many steps behind. Jana Kodova is stepping out.

Taxes

Continued from Page 1A
year has far exceeded projections.

"A side effect to the growth is the volatility of the budget on both the revenue and expenditure side," Litton said in his budget message. As an example, Litton cited commercial new construction starts, which were estimated at 150,000 square feet, already totals 1.1 million square feet and is estimated to reach 1.4 million before Sept. 30, the end of the fiscal year.

Most of this growth is attributed to three projects: Golfview Village, an apartment complex; Crescent Resources, in Primera; and expansion by Recoton, on Lake Emma Road. Some of these projects were anticipated until the coming fiscal year, Litton said. New residential housing starts also exceed projections, by 50 units.

"Lake Mary and Seminole County is changing right before our eyes," said Litton. He added that Seminole County is the "number two hotspot" in the nation for commercial building. "We've seen good steady, quality growth."

For the fifth straight year, the tax levy for the city will re-

main the same. This is the tenth straight year the ad valorem tax has not gone up. The rolled back millage rate for Lake Mary is calculated at 3.5887 with the value of a mill being projected at \$654,833 per mill. This compares to 4.551,303 last year, Litton said, "which doesn't just demonstrate growth, but the development of a quality tax base."

The first payment in the city's partnership with Seminole County in the Economic Incentive Program is due in FY '98, based on the relocation of

AT&T in 1995. Due in October, the city will reimburse the county \$73,1000. In 1999, payments on AT&T, BellSouth, HTE and GE Capital, for a total of \$172,000, will be due and will continue through the year 2002.

The first budget work session is scheduled for July 24, at 5 p.m., to set tentative millage. Subsequent sessions are scheduled for Aug. 14 and Aug. 28. Copies of the budget are available for review by citizens at Lake Mary City Hall, 100 N. Country Club Rd.

The world's heaviest coffee drinkers

Country	Consumption in pounds per person, 1995:
Norway	20
Finland	19
Denmark	19
Austria	18.75
Sweden	18
Switzerland	17.7
Germany	15.75
Netherlands	14.75
Belgium/Luxembourg	14.50
France	12.50
Italy	11
U.S.	9



SOURCE: German Coffee Association

Foundry

Continued from Page 1A
The foundry moved to its Sanford location three years ago when it outgrew its facility in Casselberry.

Artists from across the country bring or send their sculptures to the foundry where artisans create molds and cast the pieces in bronze. Each work is individually handled and, depending on the size of the job, processing takes from six to eight weeks. In addition, ABF restores, enlarges, and reduces sculptures.

On a recent tour, Todd Brittingham, fine arts director, explained in detail the age-old process of bronzing which he said really hasn't changed that much in the past 5,000 years.

The exception, he said, is that melting the bronze, which took perhaps days to do in the past, takes about 35 minutes at the foundry.

The first stop is the mold room and fine arts department where Brittingham assesses the job and gives the customer an estimate which he said can range anywhere from \$100 to \$40,000. The molds are kept in a climate controlled environment so they don't break down.

"Once the mold is made we can get as many copies as they want," he said. "The molds can last up to three years."

The mold is made by applying layers of rubber to the sculpture. Strips of fiberglass are then added and coated with a resin.

The piece is then taken to the wax room where liquid wax is poured into the hollow mold. After cooling, the seam lines on the hollow wax castings are welded together and the area is retextured.

Then it's off to the slurry area, where the wax casting receives several coatings of a sandlike substance which creates a ceramic shell. The many layers of shell are built up so that the piece can later withstand the molten bronze.

During the casting process, the piece is dried and the shell is heated to 1,800 degrees allowing the wax to flow out.

Brittingham called this the lost wax method.

"This is the most traditional method. It is the most reliable and gets the most detail and a cleaner surface quality."

Bronze ingots are placed in a crucible and melted to 2,150 degrees in an induction furnace.

After the shell is reheated, the bronze is poured in. Technicians pour the bronze five times a day at 300 pounds each time.

Bronze, which is about 95 percent copper and 5 percent silica, is one of the stronger and most aesthetically pleasing metals. Brittingham said, "Almost anything can be bronzed: clay, plaster, wood." "It's constantly changing. Some of the most beautiful pieces I've seen are 50 or 60 years old," he said.

Brittingham, a Sanford resident and an artist himself, said it took him two years as an apprentice just to learn about mold making. It took 15 years to learn the entire process, he added. He overviews every step of the process up to the delivery of the final product.

After the sculptures are bronzed, they are cleaned up and are ready for the patina, or coloration.

Brittingham explained that chemicals and oxidation are used to achieve the desired shades which can range from a shiny gold to a brown or green tint. A final wax coating is added and the piece is mounted on to a

marble base. The foundry stocks more than 100 types of marble from around the world.

The work is then packaged and shipped.

When customers call on Brittingham, he offers them a tour of the facility and a full explanation of the process. He said ABF's prices are very competitive when compared to other large foundries, which can take up to six months to cast a piece.

"Some of the very large foundries can be intimidating," he said. "People come here and we have no attitude or pressure. Anyone can come in here, from an elementary school student to a professional artist."

Among some of the most notable works ABF has helped produce, are "Triton" on display at the Tampa Museum of Art, "Forest Idyll," The Albin Polask Foundation in conjunction with the City of Winter Park, and "Combat Boots, Vietnam War Memorial." Reproductions of these works are on display in the foundry and will soon be added to a new sculpture gallery in the lobby.

For more information, call 328-8090.

NAACP hosts award banquet

The Seminole County Branch of the National Association for the Advancement of Colored People will be hosting its Annual Freedom Fund and Awards Banquet on Saturday, July 28. The banquet will begin at 7:30 p.m. at the Orlando North Hill and Towers, 350 S. North Lake Blvd. (I-4 & SR 436) in Altamonte Springs.

This year, the guest speaker will be the Honorable Willie Logan, a member of the Florida House of Representatives. Logan has been tapped by his fellow party members to become the next Speaker of the Florida House.

The primary purpose of the Awards Banquet is to raise funds to support the NAACP annual initiatives. Tickets are \$30 each. Advertising space is also available in the souvenir program booklet.

For further information or to make reservations, call 615-9530. For tickets call 322-5418.

For Personal & Commercial Insurance

Extra Points...**Jeff Berlinicke**
Herald Staff Writer

Hey parents: Loosen up

In this column, names will be left out to protect the innocent.

This column is being sent closed circuit to the obnoxious parents who are trying to ruin sports for their children by acting like overbearing louts.

It was a warm summer night. I can't give the place or the participants, but everyone in the park, watching a meaningless game played by one town's 10-year-old little league all-stars against another's, should have been having a wonderful time, celebrating the success of their children, playing out a scene that has become a staple of small town America.

It happened a little over a week ago and, as it turned out, it was nothing like the Norman Rockwell-esque little league baseball experience that has become part of America's lore.

One of the team's was a Seminole County team, comprised of 10-year-old kids. The other was from another county town and the game was just outside the county's borders.

The kids took the field, the umpires took their positions, then, a group of parents forgot that they were witnessing a meaningless game played by kids who had nothing to earn except a good time.

At least, it started out as a good time. Both teams were scoring at will and everyone was smiling. The smell of hot dogs was in the air, the rain was a few hours away and a good time was being had by all.

Then came a close play at third. The umpire may or may not have missed the call. Chances are, he missed it. After all, there are only two umpires on the field during the game and third base is the least occupied, so the call was made from a distance.

Whether the call was missed or not is irrelevant. Remember, these were 10-year-old players in a meaningless game.

To put it honestly, the parents on the third base side went berserk.

Insults rained down upon the umpires. Some called them biased, as if the umpires from a neighboring county could have possibly taken sides in a little league game.

Others yelled out tired insults that have become baseball standards since the turn of the century.

"Get some glasses, you're missing a good game," one failed comedian screamed, using one of the oldest jokes in baseball, just before he looked around for approval and laughter.

Fortunately, one man decided to bring a video camera to the game and caught the play at third.

The little league historian decided to make sure everyone knew how stupid the moronic umpires were and shared his tape, rewinding it over and over again, showing it to everyone who cared to watch the umpire's idiocy as well as to those that didn't seem to care all that much.

Over and over, parents chuckled at the umpire's mistake and the insults continued.

Finally, the umpire came over to the third base fans and asked if anyone would care to come out of the stands and try to do his job.

No one seemed willing to volunteer his time and service.

Later in the game, the umpire may or may not have missed another call. It really doesn't matter. By that time, the parents were screaming about how the umpires were "obviously biased" and "had something in" for their team.

You could almost see the umpires scheming to find a way to get those damn 10-year-olds. Finally, the game ended with a one-run loss to the team with the "fans."

Instead of telling their kids how well they played, the parents told their kids they would have won if not for the umpiring.

Funny though, I talked to a couple of the kids after the game, and they described their season and the night as "cool" and "fun."

It's too bad their parents didn't seem to feel the same way.

The parents of that team aren't the only ones who have acted like jerks this season. If you've been to any high school events at any of the six county schools, there are always a few jerks in the stands. There's even one basketball fan in the county (I won't mention the school or the team) who on more than one occasion, has been asked to leave the gym.

Calm down, everybody. When Dennis Scott plays matador defense for the Magic, boo the sheddiggers out of him. He makes millions of dollars.

When it comes to little league umpires who do it, not for the money, but for the enjoyment of the game, remember it's about kids having fun.

That's why the parents are in the stands and the kids are on the field.

And the parents remember the outcome much longer than their children.

How do you take Willie Mays over Ty Cobb? Casey Stengel over John McGraw as manager?

Johnny Bench over Roy Campanella? Everyone makes mistakes.

Soccer sensation

By **JEFF BERLINICKE**
Herald Staff Writer

Shawn Campbell has played soccer before crowds before as he has spent most of his 12 years dominating Lake Mary's youth soccer scene.

But it was nothing like what he'll be faced with late this month when he walks onto a playing field in front of over 40,000 people in a country he's never seen.

Shawn was selected, after an extensive tryout, to represent the United States as a member of a national team, the United Soccer Academy. The tryouts were held for players from all over the country culminated for Shawn when he received his congratulatory phone call.

What it means is that he will join teammates from 17 different states for a four-week trip to Denmark and Sweden where they will compete in two world tournaments.

First comes the Gothia Cup in Sweden, the world's largest youth international soccer tournament with 1,175 teams from 55 countries.

Next, it's off to Denmark for the Ponus Cup, one of Denmark's top youth tournaments.

Shawn isn't taking any chances. His mother had him pack his bags last Friday to make sure, three weeks in advance, that there would be enough room for everything he'd be taking on the trip which consists of a 24-hour flight to Sweden including stops in Memphis and Washington to pick up teammates.

The trip won't come cheap. Shawn has had to raise money himself and received donations from family and friends. He also produced bumper stickers which read "Soccer Fanatic" which he will present to opponents from all over the world at the tournaments.

By the time the trip was guaranteed, over \$3,000 was raised. Shawn's trip to Europe might leave the ground in two weeks, but he'll be back in time to play his last game with the Seminoles when he is six and playing for the Seminole Blase state soccer team.

Or you might want to go back even farther. Shawn's grandfather was a soccer player in Scotland and his great-grandfather was a renowned player in England. Talk about some good bloodlines.



Shawn Campbell is set to go to Europe to represent his country on soccer fields against players from all over the world.

Shawn is carrying on the family tradition as a center midfielder for the Seminole Soccer Club and loves the game as much as his grandfather.

"I never get tired of playing soccer," Shawn said. "I go to soccer camps all summer and I play all year."

The national team's head coach is Bill Fisher and he selected Shawn for a number of reasons.

"We selected him for a reason that is twofold," Fisher said. "From a soccer standpoint, Shawn has great skills but, secondly, he's just a great individual. We look at how they conduct themselves on and off the field and the things he'll learn such as playing a Scandinavian team in front of

Finnish referees will serve him well in the future."

Of course soccer is a game some love and others can't stand. Not enough scoring? Too boring?

Obviously, Shawn disagrees. "They're totally wrong," he said. "I used to play other sports but now I only want to play one sport."

He wants to play that sport for a long time. Shawn said he is already thinking about playing for the United States National Team and already has walked onto the field in opening ceremonies during the World Cup three years ago when part of it was held in Orlando.

If soccer doesn't pan out as a living, Shawn shouldn't have a

problem being successful since that's how it's been for him since he entered school.

Shawn has been on the A honor roll for the last two semesters at Greenwood Lakes. The reason he hasn't been on for longer are a C and a B earlier in the school year. After going from a C to B to straight As, Shawn received Most Improved honors in science. After he finishes college, he wants to use his scholastic success for a career in computers.

"I want to be a professional soccer player, but if that doesn't happen, I want to be a computer programmer," he said.

He's also using his brain to prepare for his European vacation. He and his mother, Claire, have already visited a local bank to learn Danish and Swedish currency.

His trip won't be all about soccer. Shawn said there will be visits to theme parks and educational tours and, while he's there, he'll have one of his best friends, Sefton, as his roommate and teammate, along for the trip.

Shawn admitted he couldn't have achieved such success by the age of 12 without a little help from his friends. He gave a lot of credit to Sephas Thomas, now a referee for the Seminole Soccer Club, and Kirk Mackey and Whit Kincaid, a couple of others who have been there along the way.

He also has his dad, Brian, who's not afraid to toss out an occasional bribe to keep Shawn fine tuned.

For instance, every time Shawn breaks his record for juggling a soccer ball, he is rewarded with a dollar. He's up to 79 without letting the ball hit the ground and working on 80.

Shawn isn't greedy about who scores the goals. He said his strong point is defense and he enjoys assisting as much as scoring. As unassuming as he is off the soccer field, he does a complete turnaround when he takes the pitch.

When 40,000 turn out for the opening ceremonies, Shawn will be without his immediate family but his grandfather is making the trip England to see some of the games and Shawn can't wait.

"I'm excited but I'm not nervous," he said. "Soccer is supposed to be fun."

It's no longer a 'girls-only' sport

By **KELLIE WERNER**
Herald Staff Writer

Cheerleading is no longer a non-athletic girl thing.

Today, cheerleading is a recognized sport requiring strength, cardio-vascular fitness, gymnastic ability and of course, spirit.

No longer restricted to the high schools, cheerleaders now attend gyms where they improved upon their existing skills and learn new ones in order to ready themselves for state, regional and national competitions.

All Star Cheer Gym is where the cheerleaders of Lake Mary ready themselves.

"Cheerleading is now a year round sport," explained gym owner Gina Evans. "The girls who make the all-stars come here to train for competitions. These events are like the Olympics of cheerleading."

More like the decathlon.

Cheerleaders must combine spirit with tumbling, dance, partner stunts, building human pyramids, chanting and cheering. These girls do not simply stand on the sidelines and yell "Rah."

As a matter of fact, neither do the girls on high school squads.

All of the girls who tried out for the high school squad at Lake Mary High School and were members of the All Star Cheer Gym made the varsity team.

"High school squads are still very important to the girls," Evans said. "But for competition at a high level, the gym has really become a huge factor."

With the emergence of all star squads that compete at various levels, gyms have become an integral part of any cheerleader's training who wishes to have a chance to make one of the squads.

There are still summer camps

that the cheerleaders attend which allow them to spend time together, learn new cheers and techniques, and have a little fun. But the gym is where the real work is done.

Squads at the All Star Cheer Gym are divided into three groups: Pee-Wee, for kids below the sixth grade; Junior, for those up to ninth grade; and Senior, for those in ninth through 12th grades.

Last year, the junior squad won the state and regional competitions and earned a spot in the nationals held at Walt Disney World and televised on ESPN. The squad placed eighth in the nation. This was quite a feat and the squad appears ready for a repeat with all of its members returning.

Cheerleading, however, is not the only things taught at the All Star Cheer Gym.

"I feel that I have a responsibility to my girls to teach them respect, discipline and how to carry their heads high," Evans said. "Let's face it, they won't be cheering for ever. Eventually it will end and they will still need to be productive parts of society. We of course want to win competitions. That's what the girls work so hard for. But if I can teach them some values on the way they work with them, that's the most important thing to me."

Evans knows first hand about the importance of cheering and values. A cheerleader herself for nine years, Evans and her husband, Tony, who takes care of the business end of the gym, opened the cheerleading facility three years ago in order to help girls who were truly interested in the sport. Evans said she would rather have a girl on a squad that has a strong desire to cheer than one who has a lot of talent and no desire.



The girls at All Star Cheer Gym demonstrate it takes smiles as well as talent.

They are the future of Lake Mary and Lake Brantley.

And Evans' philosophies are paying off.

Enrollment at the gym has doubled since last year. Squads of twenty have now become two squads of 22. In August, the facility will be expanded from 2300 square feet to 6300 and the cheerleading pro shop will open in the same month. All Star Cheer Gym will be the only local place

where everything from personalized bags to team shirts can be purchased without having to order, and wait for the products to be shipped.

Next time there is a cheering competition on ESPN, keep a look out for the All Star Cheer Gym squads. It's a pretty safe bet at least one will be cheering their way to a national title soon.

People

AROUND TOWN

DOVIS DIETRICH

Majestic mountain with a view Climbing Mt. Kilimanjaro thrill of lifetime

By JOAN S. HANSEN
Special to the Herald

Editor's note: Joan Hansen is a former Sanford Herald correspondent and was Director of the RSVP Program for Seminole County. She currently lives in Leeswood and is Director of the Orange County RSVP Program.

When people ask me why I decided to climb Mount Kilimanjaro, one of the highest free standing mountains in the world - especially when I had never climbed a real mountain before - I don't really have an answer.

And I do realize that it's hard to understand why one would leave beautiful sunny central Florida to face frost-bitten fingers and toes, five days of physical challenge (one of them consisting of a 14-hour trek with ominous clouds threatening) crowded sleeping rooms without bathroom facilities, and hours of strenuous climbing with little rest...AND MORE...when there are so many other vacation possibilities.

In my case, it was a friend, Edie Valentine, who encouraged me to go to Africa with her - and my husband, Barry who kept telling me that like the "Little Engine" if I wanted to climb The Mountain, I could! Barry, Edie and I had had an exciting adventure in Peru, with Buz Donahoo, a well-known Orlando travel guide, whose trips are always exciting and adventure laden. Africa would be no different.

The basic trip was safaris in Kenya and Tanzania, but to me the real drawing factor was the

side trip to climb Mt. Kilimanjaro. That was an option I couldn't resist.

Other than physical endurance, there seemed to be one hindrance to the plan. My 35-year-old daughter, Lori, had been diagnosed with advanced breast cancer six months earlier. She and her 2-year-old daughter had moved in with us - Barry, her stepfather and me. Could I selfishly leave them and go cross this wide universe to fulfill a dream I really didn't know existed until that challenge was excited in me.

After some thought, I realized that I had an opportunity to renew my drained soul and spirit and that my whole family would benefit from my experience. The climb accomplished much more than I anticipated.

I had time on that mountain climb to really think about life and all its challenges. I have always felt that life is meant to be lived to the fullest and if you respond to its many opportunities with an open spirit, your life will never be the same.

Kilimanjaro proved that theory correct!

While on our week-long safari in the Serengeti Plains, Edie and I kept pinching ourselves. We really couldn't believe we were actually in AFRICA. However, while that part of the trip was exciting, my adrenaline really rushed when I began plans for the second part of the trip - the climb of the majestic mountain.

Twenty-eight individuals of varying ages, backgrounds and expectations were part of The

Condor Buz Donahoo's adventures. After the safari, we divided into three groups - most chose to go on a luxury cruise down the Nile, a few went to Victoria Falls and river rafting, and 11 of us were excited about the challenge offered by Mount Kilimanjaro.

Of the 11 who attempted the challenge, nine were men - and there was one couple, a retired doctor and his wife, who was a nurse. In the planning stage, I never stopped to think that for five days I would be sharing an intimacy with this group that few experience. We slept in bunk beds in large and sometimes not so large rooms. We were dependent upon each other to keep a rather steady cadence up the mountain, especially the critical last day when we summited the mountain, and to support and encourage.

I will never forget my first sight of THE mountain. Although we were some distance away, the beauty of the snow-capped mountain high above the clouds took my breath away. As Ernest Hemingway described in *The Snows of Kilimanjaro*, "all he could see, as wide as all the world, great, high, and unbelievably white in the sun."

Although the hike was physically challenging, we couldn't complain as Buz had warned us that the climb, which consists of "moderate" hiking requires a strong will to tolerate the discomfort and extreme fatigue. He warned us to train vigorously and most of us



Joan Hansen is ready to begin the climb to the top of Mt. Kilimanjaro.

climbed stairs, the real ones, not the ones at the gym.

The mountain encompasses four zones, beginning with my favorite, the most beautiful tropical rain forest. We trudged through the spongy rain forest, trekked over moorlands and mountain meadows dotted with wildflowers and hoary trees, enjoyed an alpine desert, and slipped on volcanic crees. Kilimanjaro stands on a base nearly 50 miles long and 40 miles wide, rising to a height of 19,340 feet - nearly four miles. It's three degrees south of the equator, yet its altitude is so great that walking from the base to the top is a little like walking across an entire hemisphere - from the tropics to the arctic.

After trudging through the rain forest on our first day, we spent the night at Maunder Hut, located at 9,000 feet. It's the first of three A-frame shelters provided for hikers along the trail. With tables, benches, bunkbeds and an unlit fireplace, we felt we were in heaven. This complex was built by the Norwegians as part of an aid program.

Near the hut is the Maundi Crater. My decision to walk to the Crater warmed the heart of Buz, who admitted to me that he was a "little unsure" about me, but my wanting to continue to walk when others were exhausted let him know that I had what it takes to make it.

Our second day started with a steep walk through the last of the rain forest and out into grassland, and then on to the moorlands. Occasional clearings allowed us to get great views of Mawenze and Moshi.

far below. The trail (taking about 7 hours) leading to Horombo Hut, altitude 12,000 feet, abruptly left the rain forest and introduced us to the grassy plain, where we got our first glimpse of Kibo, the snow-capped peak that gives the mountain its name, Kilimanjaro, Mountain of Greatness.

Between Horombo and Kibo Huts, it is roughly 10 miles and 3,500 feet. As we climbed, the vegetation thinned and it became more difficult to breathe.

The last day of the climb, we awoke at 12:30 in the morning to begin the ascent of the mountain. Tea was served - in a battered, rusted aluminum quart pot. We drank it unflinchingly, put on all our warm garments (our thermal underwear was already on!) and our parkas. We turned on our headlights and gathered our hiking sticks and began! At 1:15 a.m. our unforgettable journey.

It is rumored that the reason the hike begins at dark is that if you could see where you were going to be hiking, you wouldn't even think of beginning. And the rumor is well-founded. We followed each other closely up the mountain guided by a guide in front and one in the back. Hiking in the national park requires a guide and being registered with the park rangers.

Although the stars were very bright and twinkling with great intensity, you could only see directly in front of you. I'd never used headlights so that was an adjustment. It was not until dawn that I finally looked

See Mountain, Page 4B

Shanan on Oprah TV show Monday

Shanan Stewart just had to be born with a silver spoon in her mouth, as the old saying goes.

Some time back, we informed readers that Shanan would appear on the Oprah Winfrey TV Show and that we would let you know the schedule. Okay, tune into Oprah's ABC television show Monday, July 14, at 4 p.m., and you will see Shanan in action in the Windy City.

The story goes that one afternoon Gail's mom, Gail, was watching the Oprah show and a forthcoming presentation caught her fancy. The smiling faces of 10 handsome fellows flashed across the screen as Gail became more wide-eyed. These guys are all broadcasters from across the continent, and Oprah was on a wild good chase to find appropriate dates for them.

The same message was repeated for three days and, without daughter Shanan's knowledge, Gail promptly put her female wiles and whims to work.

The instructions invited the listening audience to send in a photo and brief biography of an eligible young woman to compete in the dating game. Gail said all the fellows were "so good-looking," but she selected Mike Machuk, a broadcaster from Nashville, as a possible date for her daughter.

"I chose him for his smile," Gail said. "You know, Roger and I pay a lot of attention to smiles (Roger's a dentist, you know)."

In the meantime, Gail sent off a photo of Shanan, along with a resume, to the Oprah show and she and Roger flitted off to Las Vegas. During their absence, a call came from Mike, telling Shanan she was his favorite of more than 1500 entrants. Shanan was flabbergasted and thought it was a prank. Later, while Shanan was attending a wedding in Philadelphia, Oprah called Gail and the arrangements for the fun and games began to take shape.

Gail and Shanan had a wonderful time in Chicago and at Oprah's studio. They were met by a limo at the airport and whisked off to their hotel. After the show was taped, the 10 dates went for dinner at a gourmet restaurant across from the studio. Gail said she enjoyed all the pampering that goes with being a celeb. Since she is also on the show, she had a makeover, and in general, she had a ball.

"Oprah is so gracious," Gail said, "and so approachable." Two of Shanan's friends, who are working in Chicago, attended the taping of the show, and Robin Jones of Sanford flew up to see her friend Shanan in action.

Shanan, a graduate of Seminole High School and the University of Florida, is presently a law student at the University of Orlando. She is a former "Miss Florida Teen" and is attending summer classes at Oxford University in Great Britain. But that's another story.

In speaking for her daughter, Gail said, "It was an experience. Shanan really enjoyed it and met some nice girls."

The group of 20 have kept the wires hot and the postman ringing twice since the taping. They are all the best of friends.

See related photo on Page 5B.

HOLLY EARNS DEGREE

History major Holly Kristen Keris received a Bachelor of Arts degree from Stetson University, DeLand, during the 114th spring commencement. A graduate of Lake Mary High School, she is the daughter of Patricia Ann and John Keris of Sanford.

CONGRATS, LINDA, DAVID

Congratulations are in order to Linda and David White who are celebrating their 25th wedding anniversary this weekend.



They made it! Guide, Joan Hansen and Buz Donahoo at the top of Mt. Kilimanjaro.

Wilson honored as Elk of Year

Former Sanford native minister Thomas Wilson III, was honored recently with the honor of Elk of the year in the Pacific States Association of the Improved Benevolent Protective Order of Elks of the World. This honor was bestowed upon Wilson at the Pacific States Association which is comprised of Elks Lodges and Temples in the states of Arizona, California, Nevada, New Mexico and Utah.

Wilson was honored for his work as Education Director for William H. Patterson Lodge No.



Thomas Wilson III



SANFORD

MARVA HAWKINS

477 in Phoenix, for the State of Arizona, for the association, as well as, being a trustee for the association. Association president, Melvin Sanders, told those present at the Achievement Awards Banquet that they should all try to promote a positive image of Elkdom through education as Brother Wilson has done.

He told the audience of how Wilson had prepared applications for grants and has obtained over \$59,000 a year to implement After School Tutoring and Summer Youth Education Excellence Projects at the Lodge, had obtained five new and 10en used computers, implemented computer literacy classes for youth and adults and worked with the county's juvenile count to provide a structured environment to prevent juvenile offenders from repeating offenses.

In accepting the honor, Wilson stated that he was ac-



Doshia McDonald gets scholarship from Mildred Cook, Patricia Andrews and Eartha Melton.

cepting the award on behalf of all education department members, and that he was doing so with humility. He said that he cares about what is happening with our young people and would never be able to rest if he did not do what he thought was needed to show them that there is a light at the end of the tunnel. He reminded the audience of how the children were rebuked by the disciples when they came to hear Jesus by quoting the verse "Suffer little children to come unto me, and forbid them not for theirs is the kingdom of

heaven." In closing, Wilson stated that he was on a mission assigned by God and recited the words from the hymn "A Charge To Keep I Have."

Wilson is a member of the Crooms Academy extraordinary class of 1963.

MCDONALD RECEIVES SCHOLARSHIP

Amvets Auxiliary Post No. 17, of Gaines and Morgan Post recently held their local scholarship program for 1997 graduating seniors who have enrolled at a junior college or a

university. Eartha Melton served as chairperson of the 1997 scholarship program.

The theme of 1997 essay was a 500-word composition, written on the topic "This is the Time for a Better Community".

The recipient of the Amvets scholarship for 1997 is Doshia McDonald a 1997 graduate of Seminole High School. This young lady has high potential. She maintained a 3.0 grade point average while in high school. She was presented with a \$500 scholarship to help her

See Hawkins, Page 5B

Hobbyist of the Week

Woodworking is 'great relaxation'

By SUSAN WINNER
Herald Staff Writer

SANFORD — Numerous pictures displayed on a kitchen table boast of the beautiful wood handiwork of Reggie Soderblom. This Sanfordite has tinkered with his hobby since his retirement from Seaboard Coastline in 1981 and has found a release of stress as well as a sense of accomplishment and pride.

Although he dabbled a bit in woodworking before retirement, Soderblom said that he "would buy this saw or that saw" so he'd have a reserve and be ready to tackle any project. In fact he made a foot and a half long mahogany wood chain with a swivel, some wood pliers made of only a piece of wood and letter openers.

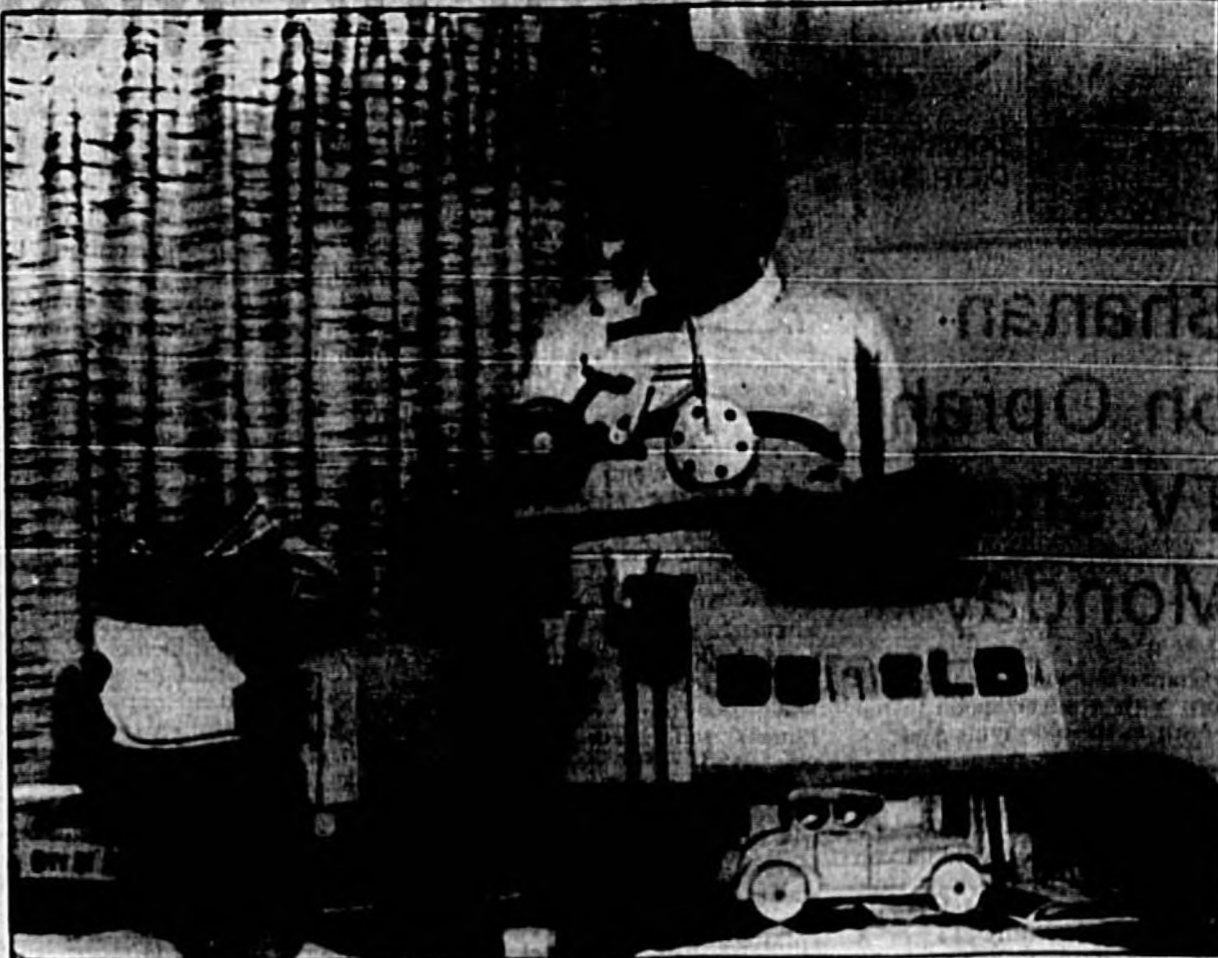
"I was approaching retirement," he said. "I heard so many people talk about how idle their time was after they retired so I wanted to stay busy."

Of the many saws he purchased he noted that essentials for him are a band saw, table saw, scroll saw and a drill press. Occasionally Soderblom also uses a double case X pocket knife for intricate detail work.

After retirement Soderblom began with such items as bird houses and bird feeders. "Gradually I got into a toy chest for my grandchild and a chest lined with cedar for Laura Ann," he said. "I used that case double X pocket knife to carve the detail. I didn't use any nails. The only metal on the chest is the latches and hinges. I used wooden dowels instead of nails. To me it gives it more of a quality look."

Among the other numerous projects were shelves "with fancy scallops and hearts," a hall table for his daughter "with carved hearts," a small garbage truck that his grandson could sit on and complete with City of Sanford engraved on the front fender as well as a toddler or booster seat, a small stool with a puzzle name inside and many more.

Soderblom has made a few guitar, duck and bear push toys



Herald Photo by Susan Winner

Reggie Soderblom shows just a sampling of his intricate woodwork creations.

that would charm any child. "They have a long stick to push them with," he said. "They have wheels and little rubber feet that flap when they are pushed."

He continued by saying, "I made a locomotive too for my grandchild. I made it from a picture I saw. My grandson said, 'Papa I need one of them.' So I started my work on it."

About a year ago Soderblom and a friend made a western cedar cross with a rough look for his friend to play the part of Jesus in an Easter Cantata. "It was about eight foot high and had a five foot span," he said. "I also made a cross for Westview Baptist Church. It was probably six foot high by three and a half foot cross piece. It was to go over the baptistry."

A specialty of Soderblom's is what he refers to as "a wind-mill

or whirly-jig." As the wind blows the man or woman on the wood piece goes into action. Everything from a woman hanging laundry, a bicycle rider, a man starting a crank-style car, a man sawing and a bumble bee.

Another unique item created was a Star of David. The fluorescent yellow and fluorescent orange star turns in different directions. Soderblom said that he had it out hanging on the side of the house but so many people would screech the brakes or try to stop and look and he was afraid he would cause an accident.

He added that beginners considering wood-working as a hobby need to take a course. "There they would stress better instruction and safety," he said. "One would need a table saw and a dust mask would be very

helpful to keep wood particles from blowing in your eyes."

Summing up his hobby, Soderblom said, "It's a lovely way to pass the hours. It's great relaxation. Anything I start is a challenge. It seems like I can't rest until I'm done with it and it gives such a sense of accomplishment. I like the saying, 'Patience, persistence and perseverance all bring about perfection.'"

Soderblom is also a member of the Sanford Moose Lodge, the Sanford Elks Club, the American Legion and the retired railroaders club - Coastliners. He has resided in Sanford since 1925.

He and his wife, Lillie, have been married for 57 years. They have two children, Donald and Linda, three grandchildren and one great-grandchild.



Mr. and Mrs. Gregory Scott Mullins

Ehman-Mullins

HUNTINGTON, W. VA. — Jennifer Lynn Ehman and Gregory Scott Mullins, both of Huntington, W. Va., were married on June 14 in Gallinburg, Tenn.

The bride is the daughter of Diane and George Ehman of Gallipolis, Ohio, and the bridegroom's aunts are Lyndia and Terry Mullins of Deltona.

The bride is a 1990 graduate of Southwestern High School and a 1992 graduate of the

University of Rio Grande where she received an A.A.B. degree. She is employed as a legal secretary with the law firm of Bailes, Craig & Yon of Huntington and is also employed as a bartender by Damon's Restaurant.

The bridegroom is a 1989 graduate of Seminole High school in Sanford, Fla. He is employed as general manager of MacIntosh's of Huntington.

The newlyweds are making their home in Huntington.

ENGAGEMENTS

Levine-Castaldo

Mr. and Mrs. Marc Levine of Longwood, announce the engagement of their daughter, Nicole Felice Levine of Lake Mary, to Paul Gennaro Castaldo, son of Mr. and Mrs. Jerry Castaldo of Deltona.

Born in Philadelphia, Penn., the bride is the paternal granddaughter of Philip Levine of Florida.

Ms. Levine is a 1990 graduate of Lake Mary High School where she was involved in dance. She attended Seminole Community College and Valencia Community College. She is currently employed at Hughes Supply.

Her fiancé, born in Long Island, N.Y., is the paternal grandson of Mr. and Mrs. Jerry Castaldo.

He is a 1991 graduate of Deltona High School where he was involved in art and baseball. He attended Daytona Beach Community



Nicole Felice Levine and Paul Gennaro Castaldo

College. He is employed Gencor.

The date of the wedding is set for March 28, 1998.

ANNIVERSARIES

Couple celebrate 50th anniversary

DELTONA — Mr. and Mrs. Lawson Leon Wilson of Deltona, celebrated their 50th wedding anniversary on July 11. They were married on that day in 1947 at Memphis, Tenn.

The couple were honored at a formal dinner at their Deltona Home on Saturday July 12. The dinner was hosted by their four children: Linda Wilson, Deltona; Judy Small (Skip), Neptune Beach; Diane Hazelbaker (Les), Orange City; and Lawson Wilson of Kentucky.

Mrs. Wilson is the former Ocejean Mullins. She and her husband, Leon, are both retired from Southern Bell. They have four grandchildren and one great-grandchild.



Mr. and Mrs. Leon Wilson

International luncheon ends Scouts' camp

The last day of Girl Scout camp at Sylvan Lake Park was a special day for all the girls. The country the girls learned about was the United Kingdom of Great Britain. The United Kingdom of Great Britain includes England, Scotland, Wales and Northern Ireland. Jayne Scott, a former resident of England, came out to talk to the girls about her country and their customs.

Jayne brought pictures of the royal castle and told the girls all about the queen's guard and English customs. She also brought English money for the girls to see. The girls also learned about some of the differences between Girl Scouts in this country and Girl Guides in Great Britain. For instance, Girl Guides promise "to serve the Queen and my country."

Scotland has been a part of Great Britain for centuries. It is the birthplace of golf. The girls all got a chance to play a round of golf on a homemade course. They also made May Day bouquets and jigsaw puzzles. Jigsaw puzzles were invented in England by John Spilsbury in 1760.

The other guest speaker for the day was Paul Davis, an expert in native plants. He took the girls on a nature walk and told them about the various native plants, what they were used for, and the importance of preserving native species. After Paul's nature walk and talk, the girls made a terrarium and planted sunflower seeds.

The girls enjoyed an international luncheon featuring food and crafts from the countries they had learned about all



LAKE MARY

MARY ROWELL

week. They enjoyed flan and sangria (non-alcoholic) from Spain and learned to make worry dolls from Guatemala.

They learned how to use chopsticks to eat their fried rice from Japan. In celebration of Native Americans, they made God's Eyes and ate popcorn and corn cakes. For Australia, hot dogs were substituted for Australian bangers (sausage). The favorite food seemed to be the English dessert trifle. Each child made their own. In a cup, they placed pound cake, strawberry Jell-O with lots of strawberries, vanilla pudding and whipped cream. The trick in eating the trifle was to get some of each on your spoon and then in your mouth, because the taste together was completely different from the tastes separately.

Since this was the last day of camp, each patrol performed a dance or skit they had worked on during the week. Songs included such famous hits as "Bug Juice", "He's Got the Whole Camp in His Hands" and "The Littlest Worm". Before leaving, each girl received a camp T-shirt and a camp patch.



Herald Photos by Mary Rowell

Melissa Kunkel (from left), Elise Kleist, Kaitlyn Dara and unidentified girl learn to use chopsticks.



Stephanie Hise and Katie Moynihan make truffles.

Mountain

Continued from Page 3B

down. And I was sorry I did. It looked like a straight downward drop. We had been walking switchbacks for hours concentrating so hard on keeping our cadence and putting total confidence in our guide, who by now had proven himself to us.

A few hours after we began the ascent, one of our group succumbed to altitude sickness and had to return to the hut. We all regretted that as we knew how much it meant to him, but when altitude sickness hits, it really packs a punch. The remaining members of the group knew however that there was no one left to assist another ill person

back to our hut. We'd have to make it. Our guide kept reminding us, "Polo, Polo" - Slowly, Slowly. And we did.

I'd like to say that when I reached the top of Mt. Killimanjaro I had a fantastic religious experience, that I experienced an all-powerful high. To be honest, I was too tired to experience anything except the rock on which I sat.

But now that I'm back to the reality of my everyday world, I experience a "high" every time I think of that beautiful mountain. I reflect on the experience often and it sustains me through many of life's vicissitudes. I will never forget the beautiful sight of that majestic mountain and the magnificent view from its top. It was truly an unforgettable experience!

MORNING TV schedule grid listing channels (ABC, CBS, FOX, etc.) and programs (6:00 AM to 11:00 AM).

AFTERNOON TV schedule grid listing channels and programs (12:00 PM to 5:00 PM).

PRIME TIME TV schedule grid listing channels and programs (7:00 PM to 11:00 PM).

MONDAY'S PRIME TIME TV schedule grid listing channels and programs (7:00 PM to 11:30 PM).



Blind date: Shan Stewart of Sanford, and her storybook date, Mike Machak, a broadcaster from Nashville, Tenn., are shown when they appeared on the Oprah Winfrey ABC television show in Chicago. The show will be televised Monday.

Hawkins

Continued from Page 5B attend The University of Central Florida.

McDonald, in her essay on a better community, says that prayer is the number one way to undertake our many problems. It is substance of all things. The Lord says simply, ask and we shall receive. Unity is a way we can tackle our problems, the enemy has no power if we believe that our community can be better, now is the time, McDonald says.

She is an active member of the youth department of Allen Chapel AME Church. She is the daughter of Janice McDonald.

BANQUET HONORS COMMISSIONERS

'Reaching Out to Others' The Good Samaritan Home has served this community for 50 years. The home provides food, shelter, loving care to the poor, the homeless and the aged without regard to race, color, creed, national origin or ability to pay. The home relies on the assistance of its friends and community to help with the cost of operation.

This 'Reaching Out to Others' banquet will honor two of our local civic leaders who through their involvement have been 'reaching out to others'. Former Sanford City Commissioner Robert 'Bob' Thomas and City of Sanford District Two

Commissioner, Velma Hayes Williams.

The banquet is being sponsored by Celery City Lodge No. 542, Evergreen Temple No. 321, Order of Elks, and Sweet Harmony Order of Eastern Star Chapter 388 nd. The banquet will be held on Sunday, July 27 at 4:00 p.m. The cost is \$15 and will be held at the Sanford Civic Center.

All proceeds from the banquet will benefit the Good Samaritan Home. Tickets are available at the Good Samaritan Home and Wilson-Eichelberger Mortuary.

Bro. Bernard Mitchell is the banquet chairman, Bro. Roosevelt Cummings is the Exalted Ruler of the Celery City Lodge No. 542. Sister Joyce Byrd, Daughter Ruler, Evergreen Temple No. 321 Order of Elk of the World and Sister Eartha Melton, Worthy Matron of Sweet Harmony Order of Eastern Star Chapter 388.

Stolen I.D. leads to a rugged paper trail

DEAR ABBY: My purse, containing all my personal identification, was recently stolen. Without my ID, trying to prove I exist has been a frustrating experience. I was unable to convince the Motor Vehicle Bureau and must go through the whole application process again. I notified the police department about my loss, closed my checking account and canceled all my charge cards.

Also in my purse was a booklet that is vital to my health. On the cover it stated, 'If lost, by your mercy, please drop in any mailbox and the family will gladly pay the postage.' It has not turned up. As an active octogenarian, my faith in common decency is shaken.

The Social Security office insisted on past medical records, which required my making two trips. My Social Security card and Medicaid cards will arrive in due time. Abby, perhaps your readers can learn from my experience. Tell them to photocopy all charge cards, front and back, and also their car registration and license, a voided check, their Social Security cards, health cards and health records. It can save them untold time and frustration in case there's a loss or theft.

BELLEFONTE, PA. READER



DEAR READER: It's not necessary for me to tell my readers. You have done it, and very succinctly. However, I'd add one more suggestion: Keep the photocopies in a secure place such as a safe-deposit box.

DEAR ABBY: I am divorced and have three daughters. My ex-husband 'Sam' married 'Connie.' She is 11 years younger than I am. Connie has no children of her own and they do not have children together yet. My girls are under 18, so we still have the weekend visitation arrangement. The last time they were scheduled to visit their father, Connie came to pick them up. The problem: Connie reeked of alcohol. Sam and I do not live in the same town - there's about a 15-mile drive between us. Now I'm kicking myself in the hindquarters because I let my daughters leave with her. I cannot have any more children, Abby, and the three I have are a precious gift from above. Had my daughter's friend come to pick her up and the friend reeked of alcohol, there's no way I would have let my daughter get into the car. I let them go with Connie and hoped for the best because I did not want to start a fight - which I now feel was incredibly stupid. What should I do if this happens again? TRYING TO DO RIGHT IN MINNESOTA

'97 Florida International Festival advertisement featuring London Symphony Orchestra, The Light Brigade, and Sanford Civic Center.

REGAL CINEMAS LAKE MARY CINEMA 10 advertisement listing movie times and titles like Men in Black, Batman & Robin, Hercules, Contact, A Simple Wish, Con-Air, Wild America, and My Best Friend's Wedding.

We Would Like To Congratulate SABRINA DUBOIS On Receiving The PRESIDENTIAL GOLD SEAL AWARD for Academic Excellence at Goldsboro Elementary. We are very proud of you! Your family, Mom & Dad Grandma, Brother & Sisters

DEAR TRYING TO DO RIGHT: Allowing the children to ride with a driver who reeked of alcohol was inexcusable. You are fortunate it wasn't a tragedy. If Sam doesn't know about this incident, he should be

BLONDIE



by Chic Young

BEETLE BAILEY



by Mort Walker

THE BORN LOSER



by Art Sanson

PEANUTS



by Charles M. Schulz

EEK & MEEK



by Howie Schneider

TUMBLEWEEDS



by T.K. Ryan

ARLO AND JANIS



by Jimmy Johnson

FRANK AND ERNEST



by Bob Thaves

GARFIELD



by Jim Davis

ANNIE



by Leonard Starr

Our Birthday

Sunday, July 13, 1987

In the year ahead you could be successful in two unrelated areas, provided you manage your time and efforts wisely. Learn how to walk between the two narrow lines...

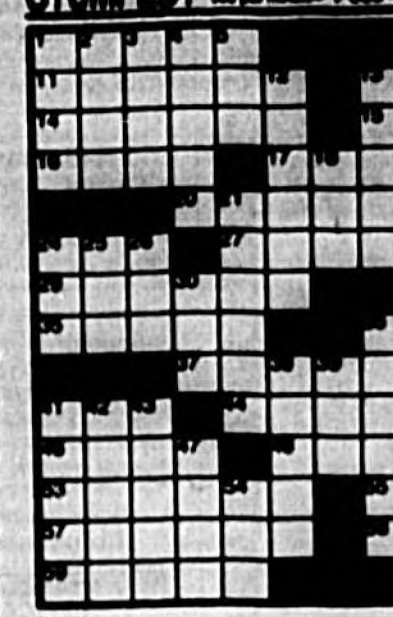
ACROSS

- 1 Zero
2 African nation
3 Shrike
4 Wounded (pl.)
5 Miscellaneous
6 Part of U.S.
7 Sweet gum
8 Living bird
9 Son of Jacob
10 Biblical strong man
11 Sansa Indian
12 Fruit spread
13 Miscellaneous
14 Grassy area
15 Flower holders
16 Jack of cards
17 Literary genre
18 Astron.
19 Temp.
20 Tennis-court shoe
21 Polo
22 Miner's tool

Answer to Previous Puzzle



STUMPED?



- 12 Private eye, slangy
13 Flower in flower in
14 Floral abbr.
15 Punctuation
16 Western state
17 Pres. initials
18 Owl (bird)
19 Color
20 Large rodent
21 Roman god
22 Trans-
23 -ation
24 Store, to a
25 Connection
26 Straw seat
27 Super!
28 Legal matter
29 41 Springs
30 Armless
31 Willie Tyson,
32 o.g.
33 Push gently
34 Unless (Lat.)
35 Insect -
36 Guts -
37 Type of book or card
38 Wild party
39 Intermediate (pret.)
40 Short sleep

LEO (July 23-Aug. 22) Appreciative friends will try to help you today. If you put down their efforts, when next needed, you might be told to fend for yourself.
VIRGO (Aug. 23-Sept. 22) Be extremely prudent in joint ventures today, especially if you are teamed up with someone who tends to be a bit impractical.
LIBRA (Sept. 23-Oct. 22) It is imperative today that you are very selective about whom you go for counsel. A poor choice could get you more confused than when you started.
SCORPIO (Oct. 23-Nov. 22) Too much valuable time might be wasted today worrying about things that may never happen. Act first, then feel later if you feel you need an outlet.
SAGITTARIUS (Nov. 23-Dec. 21) When handling the resources of another today, treat it as a sacred trust. Make every effort to live up to the esteem in which you're held.
CAPRICORN (Dec. 22-Jan. 19) Protect your self-interests today, but do so in ways that do not take advantage of your associates. Be sure there is parity for all concerned.
AQUARIUS (Jan. 20-Feb. 18) Take care to discern between your hunches and feelings of apprehension today. Do not treat negative thoughts as intuitive perceptions.
PICES (Feb. 19-March 20) Do not be taken in today by a friend who never seems to have money on his or her person when the check is due. Slip away from the table first.
ARIES (March 21-April 19) Do not put yourself in a position today that allows others to make important decisions for you. You know what's good for you, but they may not.
TAURUS (April 20-May 20) Put your total focus on your work today, even if you're merely performing mundane tasks. Mistakes are likely if your mind is allowed to wander.
GEMINI (May 21-June 20) Try to avoid situations today where you have to make a decision in opposition to your mate. If it is done in public view, hostile reactions may follow.

WIN AT BRIDGE

Beware the strange play

By Phillip Alder

BRIDGE



When you are defending and the dummy has been tabled, you should do some assessing. Check dummy's point-count, and use it to get an idea of partner's power. Then decide how you think the play will go. If declarer's approach looks obvious, be particularly suspicious if he does something unexpected. If he is a competent performer, there will be method behind his apparent madness. West never asked this deal. South was doing on this deal. In jumping to three no-trump, North hoped that his partner could run six club tricks. West started with the diamond six: five, king, ace. Now South led the spade two from his hand. Almost by reflex, West played low, allowing dummy's 10 to win the trick. South promptly claimed nine tricks: one spade, two diamonds and six clubs. If West had had to guess the declarer's play at trick two, he would have gone for something featuring clubs. Predicting that South would run dummy's lovely suit would hardly be a long-odds suggestion. The lead of the spade two, though, wasn't even on the betting card. This should have made West pause. There is a reliable guideline: If declarer doesn't immediately play on dummy's long and strong suit, that suit is solid. So, it should be apparent that South, who has eight known winners (six clubs and the ace-queen of diamonds), is trying to sneak his ninth trick. West should win the second trick with the spade ace and switch to the ace, queen and five of hearts, hoping partner started with at least king-fourth. With this layout, the defenders run a quick five tricks for one down.

Bridge hand layout showing North, South, West, and East cards and tricks.

ROBOTMAN



by Jim Meddick



by Leonard Starr

OUR TOWN

Cookbook

Sanford Herald
July 13, 1997

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July 11, 1997

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APPETIZERS

Stuffed Mushrooms

2 Lbs. fresh medium to large mushrooms
1 package (8 oz) cream cheese (room temperature)
1 lb. real or imitation crab meat, chopped
1/2 teaspoon lemon juice
1 stick of butter, melted
Italian bread crumbs



Step #1: Clean mushrooms and remove the stems. Preheat oven to 350 degrees.
Step #2: In medium bowl, mix cream cheese, crab meat and lemon juice.
Step #3: Stuff mushrooms with cream cheese mixture.
Step #4: Pour melted butter over the tops of the mushrooms and then sprinkle with bread crumbs.
Step #5: Bake on cookie sheet for 15 minutes or until filling is warm.
Serves 4-8.

-Kellie Werner
Sanford Herald/Lake Mary Life

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SALADS

Tabbouleh

(Bulgur and Parsley Salad)

Spoon this Lebanese salad into pale green romaine spears or scoop it up with wedges of warm whole wheat pita bread. You might want to double this recipe and have the remainder for lunch the next day. Tabbouleh makes a great sandwich; pile it into pita bread along with shredded lettuce, sliced tomato, and a spoonful of Hummus or nonfat yogurt. SERVES 4.

- 1 cup bulgur
- 1/2 cup diced, seeded, peeled cucumber
- Salt to taste, plus 1/2 teaspoon
- 3 tablespoons lemon juice
- 1 teaspoon minced garlic
- Pepper
- 1 cup diced fresh tomato
- 1 cup chopped parsley
- 1 tablespoon chopped fresh mint

Bring 1 cup water to a boil in a small saucepan. Add bulgur, cover, remove from heat, and let stand 25 minutes.

Sprinkle cucumber with 1/2 teaspoon salt. Place in a sieve set over a bowl and let drain 20 minutes. Press lightly on the cucumber to release moisture.

In a small bowl, whisk together lemon juice, garlic, and salt and pepper to taste. Transfer bulgur to a large bowl, add lemon juice mixture, and fluff with a fork to blend. Stir in tomatoes, cucumbers, parsley, and mint. Taste and adjust seasoning.

Serving size: 1 cup Carbohydrate: 36.2 g
 Calories: 166 Protein: 6.4 g
 Fat: 0.85 g Sodium: 296.8 mg
 Cholesterol: 0 mg

TIP: Be sure to buy bulgur and not plain cracked wheat. Bulgur is cracked wheat that has been steamed, then dried, so it needs only to soak in hot water to soften.

-Kathy Douglas
 The Douglas Center, Lake Mary

Apple Sauce Jello

- 1 16 oz. can of applesauce
- 1 lg. package of Jell-O (any flavor)
- 16 oz. of lemon lime soda

Heat the applesauce and dissolve Jell-O into it. Remove from heat. Add lemon lime soda. When the foam settles pour into a Jell-O mold. Chill for several hours. This molds better than any Jello salad I have found. It has a tangy wonderful flavor!

-Trudy Meyer
 Watson Realty, Corp., Lake Mary



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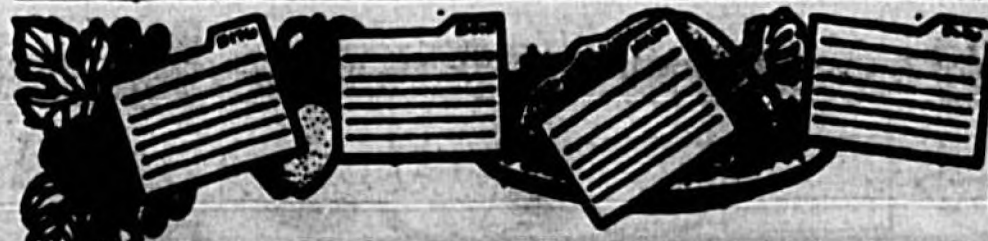
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Principal is always cooking up something good, on the grill

By CARTER GILMARTIN
Herald Correspondent

Bill Moore's love of cooking surprises some people. He holds degrees in administration and physical education, so his being principal of Sanford Middle School and his love of basketball are no surprise.

But this 1997 Optimist Club Educator of the Year and avid fisherman is serious about cooking on a grill. He prefers a gas grill over a charcoal grill "because a gas grill requires less mess and it's easier to control the heat."

His three adult daughters enjoy dad's cooking. Laura Moore is a ballet dancer with the Atlanta Ballet Company. Moore says he and wife Judy--herself a retired teacher--are thrilled they will be able to see her dance more often.

When Laura was with the St. Louis ballet, the Moores traveled to see her, but it was hard. Laura first studied dance at the School of Dance Arts and has danced professionally all over the world.

Daughter Bonnie Chaplin teaches at Par-tin Elementary. She and sister Carol Webb, a former construction contractor now attending UCF, get to savor Moore's cooking more often than Laura.

The family favorite is Cajun onions. Surprisingly easy to prepare, this spicy dish is cooked in a foil packet on the grill for just four minutes.

Pink grapefruit and fish fillets are also cooked in a foil packet, though preparation

is more complex than with Cajun onions.

Moore enjoys fishing for trout and snook. He has used trout in this recipe, but not snook. "I have not had the pleasure of catching a snook since I started seriously grilling."

For the Bruschetta Bread he always keeps "several garlic heads in the refrigerator that I have caramelized on the grill." Except for the fresh plum tomatoes and possibly the capers, other ingredients are usually on hand in most well stocked pantries. This is another dish where the preparation time exceeds the cooking time of less than ten minutes.

The grill chef readily shares the key to his cooking success: "I have found that most dishes come out better when cooked slowly."

Three of Moore's favorite recipes are printed here for you to cook and enjoy at your own home. Remember, although Moore favors gas grills, these recipes can be done on charcoal as well.

Bon appetite!

Bruschetta Bread

- 6 slices of French or Italian bread, sliced 3/4 inch thick
- 12 cloves caramelized garlic
- 2 tablespoons grated Parmesan cheese
- 1 tablespoon capers, rinsed
- 1 1/2 cups seeded and diced plum tomatoes
- 1/4 cup olive oil
- 3 chopped basil leaves
- Pepper to taste (some may like to add salt, I never do)

See Moore, Page 7

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Cold Chicken Pasta Salad

1 8 oz. bag of Cork-screw Pasta

1 10 oz. can of chicken (dark and white meat)

1 bag of Green Giant EXTRA sweet niblet corn

Mayo to taste

Cook pasta. Drain chicken. Cook corn to directions. Mix the 3 above ingredients. Add mayo to desired taste.

•DeeDee Huffman
Lake Mary Radiology,
Lake Mary

Hummus With Cumin And Sesame Seeds

1/2 cup sesame seeds (available at The Herb Shop)
1/2 teaspoon dried Cumin
1 tablespoon dried Parsley
1 clove Garlic
16 oz. canned or prepared dried Garbanzo beans (also known as chick peas)
1/3 cup of fresh lemon juice
3/4 teaspoon salt
1/4 cup water
1/2 cup olive oil

Preparation:

Toast sesame seeds by browning in Teflon fry pan in a light coating of the olive oil, stirring constantly until a golden brown. Put cumin and sesame seeds in processor or blender until they become a powdery paste. Add the olive oil and blend for 10 seconds, then add the remaining ingredients gradually adding enough bean liquid or water to bring hummus to consistency of thick mashed potatoes. Cover and chill with a drizzle of olive oil on top.

This is good served in pita bread as a sandwich with avocado, tomato and cucumbers and some Greek olives or as a dip. Garbanzos are a good source of protein, iron and thiamin.

•Fran Hamilton
The Herb Shop, Longwood

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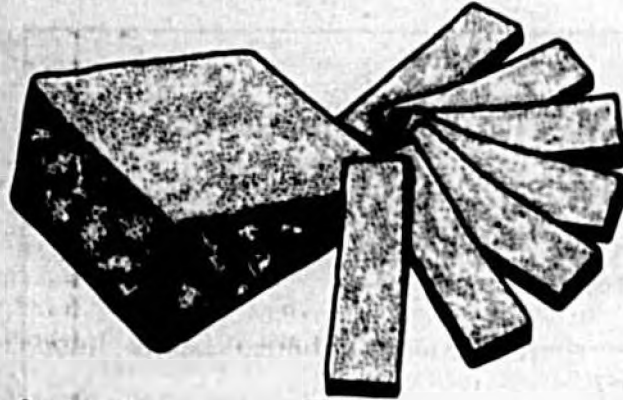
Spinach-Cheddar Squares

- 1-1/2 cups EGG BEATERS or real egg products
- 3/4 cup skim milk
- 1 tablespoon onion flakes
- 1 tablespoon grated Parmesan cheese
- 1/4 teaspoon garlic powder
- 1/8 teaspoon ground black pepper
- 1/4 cup dry bread crumbs
- 3/4 cup shredded fat-free cheddar cheese
- 1 (10 oz.) package frozen chopped spinach, thawed and drained
- 1/4 cup diced pimentos (optional)

In medium bowl, combine EGG BEATERS, milk, onion flakes, Parmesan cheese, garlic powder and black pepper; set aside. Sprinkle bread crumbs evenly onto bottom of lightly greased 8x8x2-inch baking dish. Top 1/2 cup Cheddar cheese and spinach. Pour egg mixture evenly over spinach; top with remaining Cheddar cheese (and pimentos, if desired). Bake at 350 degrees for 35 to 40 minutes or until set. Let stand 10 minutes. Cut into 2 inch squares and serve hot.

Nutrition Information: 35 calories per serving, 0 fat, 0 cholesterol

-Valerie Marie Gasko
Valerie Marie's Wellness for Women, Lake Mary



Cheese Puffs

- 1 loaf unsliced white bread
- 4-1/2 oz. cream cheese
- 6 oz. sharp shredded cheddar cheese
- 3 egg whites, stiffly beaten
- 3/4 cup margarine or butter

Trim crust from bread and cut into 1-inch cubes. Melt cheese and margarine in saucepan over medium heat, stirring to blend. Fold cheese mixture into beaten egg whites. Dip bread cubes into the mixture. Place on greased cookie sheet and freeze. Remove from pan. Store in airtight container. Bake on non-stick pan at 400 degrees for 12 to 15 minutes until golden. Serve hot. Makes 3-1/2 to 4 dozen.

-Elaine Bruss, Lake Mary

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Moore

Continued from Page 4

Combine tomatoes, garlic, Parmesan, capers, and pepper to make topping. Brush both sides of the bread with olive oil and grill for 15 seconds on each side, pressing down on the bread with a spatula to pick up grill marks. Then place the bread on foil on a cooler part of the grill and sprinkle the topping on the slices. Close the hood and heat for 4 minutes, then add extra Parmesan cheese and continue to heat one minute or until cheese is melted.

Cajun Onions

- 1 large onion, sliced 1/4 inch thick
- 1/3 cup butter, softened
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- 1/4 teaspoon thyme
- 1/4 teaspoon black pepper
- 1/4 teaspoon ground nutmeg
- 3/4 teaspoon Tabasco sauce
- 1/2 teaspoon Worcestershire sauce



Place each of the onion slices in the center of a piece of foil 12" x 6" and cover the onion slices with the combined ingredients that have been stirred until well combined. Fold each piece of foil to create an enclosed packet. Place the packets on the hot grill for 4 minutes and then move them to a cool part of the grill until served.

(Pink Grapefruit and Fish Recipe, Page 13)



Don't Let the Fight Against Fat Spoil Holiday Fun

With parades, sparklers and fireworks, the Fourth of July is one of the most festive holidays of the summer. It means volleyball, badminton and swimming to partygoers across the country, and to just about everyone, it means delicious picnic fare.

However, with so many people concerned about their health, rich potato salad, creamy macaroni salad and other summer favorites are fat-laden foods that are strictly off-limits. This certainly can take some fun out of the holiday.

J. Kevin Wolfe knows all about this. A few years ago, when he was almost 200 pounds, he went on a low-fat diet. Unfortunately, he discovered that there was very little to satisfy his cravings.

"I wanted brownies, cookies and ice cream," Wolfe says, "but even one serving of any of these treats would get me pulled over by the pudge police for exceeding my 25-gram-a-day fat limit."

So, Wolfe started making fat-free junk food. By improving existing no-fat recipes with the addition of "fat placebo," he created delicious dishes that really satisfy the taste buds. He could enjoy his favorite foods without feeling guilty and without gaining weight.

Now, he's compiled the best of his recipes in "The Fat-Free Junk Food Cookbook: 100 Recipes of Guilt-Free Decadence" (Crowns). From fast food to breakfast treats to chocolate desserts, Wolfe offers tantalizing ways to follow a healthy diet.

With these recipes from Wolfe, the health-conscious can enjoy their July Fourth picnics without feeling guilty.

BLUE CHEESE POTATO SALAD

Serves 10

Potato salad is one of the few salads that everyone eats. Fat-free blue cheese dressing gives this virtuous version a creamy texture and a tangy taste.

- 6 medium potatoes
- 1 teaspoon dry mustard
- 1/2 cup fat-free blue cheese dressing
- 1 teaspoon salt
- 1 celery stalk (diced)
- 1 medium onion (diced)
- 1/2 cup of diced red bell pepper
- 1/2 teaspoon black pepper
- 4 hard-boiled egg whites (chopped)

Peel and cube the potatoes. Boil until tender, about 20 minutes. Drain off the water, and set potatoes aside.

In a large bowl, mix the remaining ingredients well. Add the potatoes, and stir gently so you don't break them. Serve warm or chilled.

ZESTY COLESLAW

Serves 6

This recipe is a spicy blend similar to what is found at urban barbecue restaurants. For a milder slaw, drop the horseradish. For a slightly creamier dressing, substitute a quarter cup of fat-free mayonnaise for the yogurt, drop the vinegar, and double the cabbage and carrots.

- 1/2 cup plain nonfat yogurt
- 1 tablespoon vinegar
- 1/2 teaspoon horseradish
- 1/2 teaspoon celery seed
- 2 tablespoons honey
- Pinch of salt
- 1/2 teaspoon Dijon mustard
- 3 cups shredded cabbage
- 1/2 cup shredded carrots

In a medium bowl, mix the yogurt, vinegar, horseradish, celery seed, honey, salt and mustard. Stir well. Pour over the cabbage and carrots. Keep chilled until ready for serving.

CREAMY MACARONI SALAD

Serves 8

This is the original cold pasta salad. It's good for hot weather, and it contains enough protein to make a satisfying main course.

- 2 cups macaroni
- 1/2 cup nonfat yogurt
- 1/2 cup fat-free mayonnaise
- 2 tablespoons honey
- 1 teaspoon salt
- 1/2 cup chopped red bell pepper
- 1/2 cup chopped green onions

Boil the macaroni until tender. Drain, and set aside. Put the remaining ingredients in a large bowl. Stir in the macaroni, and chill before serving.



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Banana Bread (Old family recipe)

Speck of salt
1 1/4 cups sugar
4 or 5 very ripe bananas
1 teaspoon of baking soda dissolved in 1 tablespoon hot water
2 cups flour
3 tablespoons melted butter

Grease pan and line with wax paper. Mash bananas and add ingredients as given. Mix well. Pour into pan and bake at 350 degrees for 1 hour.

-Dave Griffin
Dave Griffin Auto Service, Longwood

Pineapple Banana Coffee Cake

3 cups all purpose flour
1 teaspoon baking soda
1 teaspoon cinnamon
2 cups sugar
1 teaspoon salt
1 8 oz. can crushed pineapple
2 cups diced ripe bananas
1-1/2 cups oil
3 eggs
1-1/2 teaspoon vanilla

Sift first five ingredients together in a LARGE bowl, add pineapple and juice, bananas, oil, eggs, and vanilla. Stir until blended. DO NOT BEAT. Pour into greased 9 inch tube pan that is bottomed lined with wax paper. Bake at 350 degrees, 1-1/2 hours. Let cool thoroughly before removing from pan. Top may be dusted with confectioners sugar, or a plain glaze may be used. But it is great just as is!!!

-Lizette Rojas
Cedar Creek Apartments, Sanford



BREADS & CAKES

Lemon Tea Bread

2 cups unsifted all-purpose flour
1 1/2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup butter or regular margarine
1 cup sugar
2 eggs
1/3 cup milk
1/2 cup chopped walnuts
2 teaspoons grated lemon peel

SYRUP:
1/2 cup lemon juice
1/3 cup sugar

1. Lightly grease 9"x5"x3" loaf pan. Preheat oven to 350 degrees.
2. Sift flour with baking powder and salt, set aside.
3. In large bowl, at medium speed, beat

butter with 1 cup sugar until light and fluffy.

4. At low speed, beat in flour mixture alternately with milk, beginning and ending with flour mixture; beat just until combined.

5. Stir in nuts and lemon peel. Turn batter into prepared pan. Bake 55 to 60 minutes or until cake tester inserted in center comes out clean.

6. Make syrup - in small sauce pan heat lemon juice and sugar until sugar melts.

7. Remove baked bread from oven. Poke toothpick into top of loaf making a few holes. Pour syrup over loaf and let loaf remain in pan for 30 minutes. Remove to rack and cool.

-Ellen Smith
The Happy Elves Child Care Center,
Lake Mary



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BRUNCH

Breakfast Casserole

- 1 lb. sausage
- 6 eggs
- 2 cups milk
- 1 teaspoon dried mustard
- 1 teaspoon salt
- 2 cups cubed bread crusts
- 8 oz. shredded cheddar cheese

Brown sausage in a medium skillet. Drain and discard fat, set aside to cool. Lightly beat eggs in large mixing bowl. Add milk and mustard and salt. Blend well. Stir in bread crusts, sausage, and cheese and mix well. Pour into shallow 2 qt. glass dish and refrigerate overnight. Bake 40-45 minutes, until edges are brown. Cut into wedges and serve hot or at room temperature.

-LeAnn Miller
American Car Bazaar
Lake Mary

Italian Quiche

- 1 lb. mild sausage, fried and drained
- 12 to 16 ozs. Mozzarella cheese
- 2/3 cup cottage cheese
- 10 oz. package frozen spinach, thawed and drained
- 5 eggs slightly beaten
- Salt and pepper to taste

Mix together and put in 10-inch unbaked pastry shell. Top with second crust. Mix egg yolks with one teaspoon water. Spread on crust and bake at 350 degrees for one hour.

-Bob, Phil, Alison and Andy
The Village Paint Shop, Lake Mary



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CAKES

Red Velvet Cake

1st Layer:

- 1 1/2 cups Bisquick
- 3/4 cup sugar
- 3 tablespoons oil
- 1 teaspoon vanilla
- 1 egg beaten
- 3/4 cup milk
- 1/3 oz. red food coloring

2nd Layer:

- 3 cups Bisquick
- 1 1/2 cups sugar
- 6 tablespoons oil
- 2 teaspoons vanilla
- 2 eggs beaten
- 1 1/2 cups milk
- 2/3 oz. red food coloring

3rd Layer:

- 4 1/2 cups Bisquick
- 2 1/4 cups sugar
- 9 tbs. oil (approx. 5 oz.)
- 3 teaspoons vanilla

- 3 eggs beaten
 - 2 1/4 cups milk
 - 1 oz. red food coloring
- (Note: If you have a problem with using red food coloring, you may substitute beet juice or cherry juice for the milk. I haven't tried this so you're on your own.)

Preheat oven to 350 degrees. Mix together above ingredients, beat until it looks like cake batter. Pour into greased and floured cake



pan. Bake 35-40 minutes.

ICING

1 can Pillsbury Creamy Supreme cream cheese frosting.

- 1 8-oz. package cream cheese
- chopped pecans (optional)

Mix together frosting and cream cheese, this will do the two layer cake. I place chopped nuts on the top only. Note that we use the Pillsbury because you get 33 percent more frosting. Good luck!!

-John Hazelrigg
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Cheesecake

- 3 tablespoons sugar
- 1 1/4 cup graham cracker crumbs
- 1/4 cup melted margarine
- 1 lb. cottage cheese
- 1 1/2 cups sugar
- 4 eggs
- 1 lb. cream cheese
- 1 teaspoon vanilla
- 1/2 teaspoon lemon juice
- 1/4 lb. melted butter
- 1 tablespoon flour
- 1 tablespoon cornstarch
- 1 pint sour cream

Combine sugar, cracker crumbs and margarine. Press into bottom of pan. Bake at 350 degrees for 8 minutes. Cool. Beat cottage cheese, cream cheese and sugar until fluffy. Add eggs, vanilla, lemon juice and melted butter and beat well. Blend in flour, cornstarch and sour cream. Beat well. Pour in pan. Bake 1 hour at 350 degrees, then open oven door. Let set in off oven for 3 hours. Chill in refrigerator. Top with favorite fruit. Serves 15.

-Yvonne Herald, Lake Mary, FL



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MAIN AND SIDE DISHES

Country Company Potatoes

- 8 medium boiled and skinned potatoes
- 1 can cream of cheddar soup
- 1/2 cup butter
- 1 1/2 cup shredded cheddar cheese
- 1 pint sour cream
- 1/3 cup minced onions
- 1 cup corn flake crumbs or bread crumbs
- 2 tbsp. butter, melted



Heat soup, butter, add cheese, sour cream and onions. Combine with potatoes in 9 x 13 casserole. Refrigerate overnight. Sprinkle with crumbs mixed with butter. Bake uncovered for 45 minutes at 350 degrees. Serves 12.

-Melinda Walter
Crown Bank, Longwood

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Lamb In A Casserole

2 lbs. neck, breast, or shoulder of lamb
Flour
Fat for browning
Water or stock
4 carrots
2 cups peas
2 teaspoons salt
Pepper
1/2 bay leaf
3 allspice berries

Cut the meat into pieces suitable for serving. Roll in flour, and brown in a frying pan with hot fat. Remove to the casserole and cover with boiling water or stock. Wash, scrape, and cut the carrots into halves. Add them and the spices to the meat in the casserole. Cover and cook at simmering temperature for two hours. Add the peas and the seasoning. Cook until tender. Serve hot from the casserole.

One half cupful of cooked rice may be used instead of the carrots and peas. Tomatoes also make a pleasing addition.

This recipe is from a 1915 cookbook by Charlotte Greer.

-Dave Sweeney, Sweeney Properties Historic District, Sanford



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Pork Chops With Apples

- 2 tablespoons oil
- 2 cooking apples, cored and thickly sliced
- 4 1/2-inch thick pork chops
- 2 green onions, sliced
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 cups apple juice
- 1 tablespoon cornstarch
- 1/4 cup light cream or milk



In a large skillet, heat the oil and cook the apples until tender, about 5 minutes. Remove and keep warm. Brown the pork chops in the skillet for about 10 minutes. Add green onions, salt, pepper, and 1 1/4 cups of apple juice; bring to a boil. Reduce heat, cover, simmer 15 to 20 minutes or until the meat is tender. Remove the chops and keep warm. In a small cup, blend the cornstarch and remaining apple juice until smooth; gradually stir into the liquid in the skillet. Add the cream, stirring until the gravy is slightly thickened. Return the chops and apple slices to the skillet and heat.

-Julie Stenstrom
Stenstrom General Feed, Lake Mary

Grouper Parmesan

- 1 cup sour cream
- 1/4 cup grated Parmesan cheese
- 1 tablespoon lemon juice
- 1 tablespoon grated onion
- 1/2 teaspoon salt
- Dash liquid hot pepper sauce
- Paprika
- Chopped parsley
- 2 lbs. grouper

Skin filets, cut into serving sized portions. Place in a single layer in a well greased baking dish - 12x8x2 inches.

Combine remaining ingredients except paprika. Spread sour cream mixture over fish. Sprinkle with paprika. Bake at 350 degrees for 25-30 minutes or until fish flakes easily when tested with a fork. Garnish with parsley.

-Shirley Smith
Crystal Lake Nursery, Lake Mary

Pan Fried Grouper Fingers

- Grouper filets cut into fingers
- Beer
- Hot sauce
- Flour
- Salt and pepper

Mix beer and hot sauce and marinate

grouper pieces for one hour. Dry fish well. Roll in seasoned flour and shake off excess flour. Fry in small amount of peanut oil (1/4 inch deep) to a depth of 1/8 inch. Fry quickly, turning once. Serve with sliced lemon or your favorite fish sauce.

-Chad Ibbotson, Lake Mary Car Wash, Lake Mary



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Pink Grapefruit and Fish Fillet

One fish fillet
2 pink grapefruit (I get mine out of the tree in my front yard)
3/4 cup of white wine
2 green onions
Black pepper to taste
1/2 cup of melted butter

Place fillet on an oiled double thickness of foil large enough to loosely wrap fillet. To prepare sauce, peel one grapefruit and finely shred peel. Place shredded peel in saucepan, cover peel with cold water and bring to a boil on side burner and cook for 3 to 4 minutes or until soft. Drain well. Remove pith, membranes, seeds and segments from peeled grapefruit. Squeeze juice from other grapefruit into a sauce pan and combine grapefruit peel, wine, green onions, and pepper. Simmer 10 to 15 minutes or until 1/2 cup of liquid remains.

Remove from heat and add butter. Stir until butter is melted. Strain into a bowl, season with salt (if you use it) and mix in the soft peel. Pour the sauce over the fillet and enclose fillet in foil packet. Cook on grill with medium heat for 20 minutes. When done, garnish with grapefruit slices and parsley.

-Bill Moore,
Principal, Sanford Middle School



Reel in Some New Dishes for Summer Barbecues

Summer is a popular time of the year for inviting family and friends to the house to enjoy good company, great weather and delicious food. While all of these get-togethers can be fun, they also can be repetitious. After all, how many times can you serve longtime favorites like hot dogs and hamburgers? Different main dishes can give the same old party new life.

Beef steaks are a hearty food to serve during a barbecue and taste wonderful when grilled. However, did you know that there is a wide variety of steaks that grill well, taste great and will bring a new look to barbecued meals?

"Sublime Smoke" (Harvard Common Press), by Cheryl Alters Jamison and Bill Jamison, offers barbecued smoked recipes that "reflect the venerable American Bar-B-Q tradition, with its emphasis on slow cooking at low temperatures, preferably 180 F to 220 F, heavy smoke flavor, down-home spice rubs, robust table sauces and stalwart meats."

With more than 200 recipes for smoked appetizers, soups, salads, vegetables, beef, poultry, fish, pork and pasta, these dishes prove how creative and delicious smoke cooking can be.

The book includes information about the types of smokers available — specialty smoke ovens, stovetop smokers, barbecue pits, and charcoal and gas grills. Also provided is a list of tools and techniques that will make preparing and planning meals cooked with smokers simple. Many recipes contain "technique tips," which provide information on techniques, equipment and special ingredients.

The following fish-steak dishes will delight steak and fish lovers alike, and they are welcome new dishes to serve at any summertime gathering.

SWEET AND HOT SALMON STEAKS

Serves 4

Paste

- 1/2 cup hot sweet mustard
 - 1/2 cup minced onion
 - Juice of 1 lemon
 - 2 teaspoons minced fresh dill or 1 teaspoon dried dill
 - 1 teaspoon coarse salt
- 4 7-ounce to 8-ounce salmon steaks, each about 1 inch thick

About 1 1/2 hours before you plan to smoke the salmon steaks, combine the paste ingredients in a small bowl. Rub

the salmon steaks thoroughly with the paste, wrap them in plastic, and refrigerate them for at least 1 hour.

Bring your smoker to its appropriate cooking temperature. Remove the salmon from the refrigerator and let it sit covered at room temperature for 15 to 20 minutes.

Transfer the salmon to the smoker. Smoke the steaks until just cooked through and flaky, about 45 to 55 minutes at a temperature of 225 F to 250 F.

Transfer the salmon to a serving platter and serve hot or chilled.

TASTY SATAY TUNA

Serves 4

The paste in this recipe wraps the meaty tuna steaks in a matching coat of Indonesian splendor.

Paste

- 1/2 cup peanut oil
- Juice and zest of 1 lemon
- 2 tablespoons minced fresh cilantro
- 2 tablespoons minced fresh mint
- 1 tablespoon creamy peanut butter
- 1 tablespoon soy sauce
- 1 tablespoon minced fresh ginger
- 2 garlic cloves, minced

- 4 tuna steaks, each approximately 1 inch thick
- 1/2 teaspoon coarse salt
- Lemon wedges, for garnish (optional)

In a food processor, process the paste ingredients to a thick purée. Rub the paste over the tuna steaks. Wrap the tuna in plastic and let it sit at room temperature for 30 minutes.

Bring your smoker to its appropriate cooking temperature. Warm a skillet over high heat and sprinkle in the salt. Add the steaks and sear them quickly on both sides.

Transfer the steaks to the smoker. Cook them until medium-rare, about 15 to 20 minutes at a temperature of 225 F to 250 F. Avoid overcooking the tuna. Serve hot, garnished with lemons if you wish.

Technique tip: While no fish is good overcooked, tuna suffers more than most. For best flavor, cook tuna medium-rare, so that there is still a pink tint to its warmed-through interior.

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Paul's Chicken Divan

STUFF YOU NEED:

9-1/2 x 13" pan (like a brownie pan)
 2 large heads of broccoli
 2 regular size cans of Campbell's cream of chicken soup
 6 boneless and skinless chicken breasts
 1 cup of mayonnaise (Hellmans)
 1 tablespoon of lemon juice
 Dash of salt and pepper.
 1/2 pound of sharp shredded cheddar cheese
 Bread crumbs

WHAT TO DO:

You want to spray the pan with Pam first. Steam broccoli in steamer for about 1 minutes or until they are fork tender and drain. Par boil the chicken for about 15 minutes to start the cooking process and take off the heat and drain. Mix 2 cans of Cream of Chicken soup with 1 cup of Hellmans mayonnaise and 1 tablespoon of lemon juice, pinch of salt and pepper. Get your cheese ready.

WHAT TO DO NOW:

Layer broccoli on bottom of pan in medium pieces (like small trees). Break the chicken into bite size pieces with your fingers and cover broccoli. Get the mixture of soup, lemon juice, mayo, salt, pepper and spread over chicken (like you are frosting a cake). Add cheese to cover mixture completely. Sprinkle bread crumbs on top. Bake at 350 degrees for 30 minutes. Great stuff!!!

-Paul J. McDonnell, Longwood Hearing Aid Center, Longwood



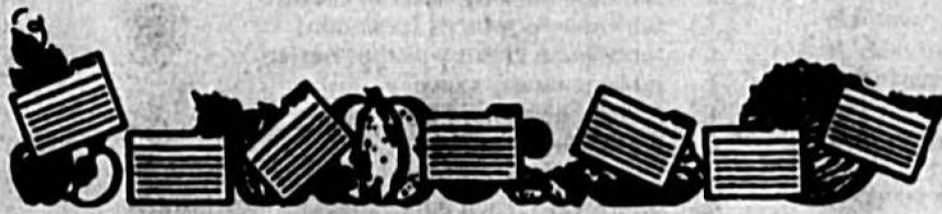
Squash Soufflé

1 lb. yellow squash
 1 medium onion, chopped
 1/4 cup butter or margarine
 2 cups shredded cheddar cheese, keep out
 1/4 cup
 2 cups buttered cracker crumbs
 1/4 cup milk
 1/4 teaspoon salt and pepper
 3 large eggs, lightly beaten

Steam squash and onion until tender. Drain and mash. Add butter and 1 3/4 cup cheese, 1 3/4 cup crumbs, milk, salt and pepper. Stir in eggs, mix well. Spoon mixture into lightly greased 2 quart casserole dish. Sprinkle with remaining cracker crumbs and cheese.

Bake at 350 degrees. Serves 6.

-Jimi Gold, Sanford



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Parmesan Baked Pork Chops

3/4 fine, dry bread crumbs
 1/4 cup dried parsley flakes
 1/3 cup grated Parmesan cheese
 1/2 cup butter
 1 clove garlic, minced
 4 to 6 boneless pork chops
 1/2 teaspoon salt
 1/4 teaspoon pepper

Combine bread crumbs, parsley and cheese. Melt butter in skillet, add garlic. Cook one minute. Dip pork chops in butter, dredge through bread crumbs, place in small casserole dish. Season with salt and pepper, brush with remaining butter. Bake at 350 degrees for 45 minutes.

-Helen Puckett
 Huntington Bank,
 Lake Mary Branch

Jazz Up Hot Dogs With a New Twist

Summertime means grill time for most Americans. During these warm-weather months, people like to take advantage of the beautiful weather by cooking and eating their meals outdoors.

Hot dogs, burgers, steaks and kabobs tend to be popular barbecued foods that almost everyone enjoys eating. No matter how these foods are cooked, they taste great. However, did you know that there is a way to enhance the flavor of grilled foods? How can you do it? With condiments, of course. Whether you smother your burger, hot dog, steak or other favorite barbecued dish in ketchup, mustard and/or mayonnaise, condiments seem to make the foods taste better.

This year, why not spice up backyard barbecues and thrill your guests with a new array of condiments that taste wonderful on all types of foods. The following tasty toppings, courtesy of "Marinades: The Secret of Great Grilling" (HarperPerennial), by Melanie Barnard, certainly will jazz up grilled summer meals.

In addition, July is National Hot Dog Month, which celebrates the delicious taste of this longtime favorite food (especially at the ballpark). Each year, more than 16 billion hot dogs are sold in the United States. In honor of this celebration, at your next barbecue, throw some hot dogs on the grill, and top them with these delectable, traditional-with-a-twist condiments.

KUTZTOWN PICKLE RELISH

Makes about 3 cups

Use for burgers, steaks, hot dogs, ham steaks or pork chops

- Rind from 1 large watermelon
- 2 tablespoons salt
- 1 cup cider vinegar
- 1/2 cup sugar
- 4 whole allspice
- 4 whole cloves
- 4 black peppercorns
- 1 cinnamon stick, broken in half
- 2 thin slices fresh ginger
- 2 2-inch strips lemon peel, colored part only

Cut off all of the pink fruit from the watermelon rind and discard. Cut the rind into 1-inch cubes and place in a medium bowl. Dissolve the salt in 3 cups of water and pour over the watermelon. Push the rind down to submerge in the brine. If the brine doesn't completely cover, add a small amount of water as needed. Cover the bowl and let the rind stand 6 hours at room temperature or overnight in the refrigerator.

Drain the rind and rinse thoroughly under cold water. Place the rind in a saucepan and cover with fresh water. Simmer gently over medium-low heat until just fork-tender, about 18 minutes.

Meanwhile, in a large saucepan, bring the vinegar, sugar, and 1/2 cup of water to a boil, stirring to dissolve the sugar. Add the allspice, cloves, peppercorns, cinnamon, ginger, lemon peel, and the watermelon cubes.

Partially cover the pan and simmer over medium-low heat until the watermelon is tender and translucent, about 20 minutes. Let the pickles cool in the syrup, then chill at least 12 hours or up to 4 weeks before using. (If a milder pickle is desired, remove the spices from the syrup after 12 hours.)

CIRCUS DOG MUSTARD

Makes about 2 cups

Use for hot dogs and hamburgers

- 3 tablespoons vegetable oil
- 1 large onion, coarsely chopped
- 1 large green pepper, coarsely chopped
- 2 garlic cloves, minced
- 1/2 teaspoon celery seeds
- 1/2 cup Dijon mustard

In a large skillet, heat the oil and cook the onion and green pepper over medium-low heat, stirring often, until the vegetables are softened and tinged with gold, about 10 minutes. Add the garlic and celery seeds. Continue to cook for 5 minutes. Stir in the mustard and cook, stirring, for 3 minutes to blend flavors.

The mustard sauce can be used immediately or cooled and refrigerated, covered, for up to 2 days. Reheat gently to use.

CILANTRO MUSTARD MAYONNAISE

Makes about 1 cup

Use for hot dogs, hamburgers, pork chops, spareribs, fish steaks like salmon or swordfish, or shrimp

- 1/2 cup Dijon mustard
- 1/2 cup mayonnaise, regular or reduced-fat
- 1/2 cup chopped cilantro
- 1 tablespoon chili powder
- 1 teaspoon ground cumin

In a small bowl, stir together all of the ingredients. Cover and refrigerate for at least 1 hour or up to 3 days before using.

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LEE'S
 Famous Recipe Chicken

MaMa LOU'S Chicken Cacciatore (Pollo Alla Cacciatora)

1/4 cup MaMa LOU'S garlic olive oil
 1/2 cup chicken broth
 2 lbs. boneless chicken breast
 1/2 cup chopped fresh parsley
 2 onions, chopped medium fine
 4 cloves garlic, minced
 1/2 tsp. oregano leaves, minced
 1 teaspoon chopped fresh thyme
 1/4 cup dry white wine
 3 cups peeled plum tomatoes
 3/4 cup sliced olives (black)

oil. Transfer chicken to large casserole dish. Add onions and shallots to skillet, cook until tender. Add garlic, thyme and oregano, stirring 1 to 2 minutes. Add wine and bring to boil. Add tomatoes, olives, broth, parsley and capers. Pour sauce over chicken. Bake uncovered at 350 degrees for 1 hour, or until chicken is tender. Makes 4 to 6 servings.

In large skillet, brown chicken in olive

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Ham Or Turkey Tortillas

1 package large flour tortillas
 1- 8 oz. package cream cheese
 1 lb. ham or smoked turkey
 Dill pickle slices (sandwich)
 Shredded lettuce

Spread softened cream cheese over flour tortilla. Lay ham or turkey over tortilla with cream cheese on it. Put shredded lettuce over those layers. Lay a row of dill slices at the end and begin to roll up. Fold corners over when rolled. Wrap in Saran for 24 hours. Slice into 1 or 2 inch wheels. Sprinkle with dill. Makes four roll-ups, 50 pinwheels

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Chicken Enchiladas

You need:
 2 whole chickens (or cheat and use chicken breasts)
 peel chicken off bones
 2 cans of green chiles
 2 cans of cream of mushroom soup
 1 large sour cream
 Large package of corn tortillas
 Large block of cheese

Take tortillas and cut into quarters and fry. Mix sour cream and soup mix together. Grate cheese.

In a 9 x 13 pan, put a thin layer in the bottom of the soup and sour cream mix. Pat tortillas down on top of the mixture. Place chicken on top of tortillas. Put another layer of the soup and sour cream mixture over the tortillas. Spread out one can of the green chilies, sprinkle lots of the grated cheese over these layers. Repeat these layers and put lots and lots of cheese on top. Cover with foil. (Save the chicken broth so that if this looks a little dry you can add the broth, rather than water.) Bake at 350 degrees for about 1 to 1-1/2 hours.

•Marsha Bennett, Realtor
 Coldwell Banker, Lake Mary Branch

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Easy Peach Cobbler

- 1/2 cup unsalted butter
- 1 cup all-purpose flour
- 2 cups sugar, divided
- 1 tablespoon baking powder
- Pinch of salt
- 1 cup milk
- 4 cups fresh peach slices
- 1 tablespoon lemon juice
- Ground cinnamon or nutmeg



Melt butter in a 13x9 inch baking dish. Combine flour, 1 cup sugar, baking powder and salt; add milk, stirring just until dry ingredients are moistened. Pour batter over butter (do not stir). Bring remaining 1 cup sugar, peach slices, and lemon juice to a boil over high heat, stirring constantly; pour over batter (do not stir). Sprinkle with cinnamon, if desired. Bake at 375 degrees for 40 to 45 minutes or until golden brown. Serve cobbler warm or cool. Yield: 10 servings.

-Julie Stenstrom
Stenstrom General Feed
Lake Mary

Vera's Butter Tarts

- 1 egg, beaten
- 6 tablespoons butter
- 1/2 cup brown sugar
- 1 teaspoon vanilla
- 1/2 cup seedless raisins *
- 3/4 cup walnuts
- 12 unbaked tart pastry shells



* Soak raisins in warm water to soften, then drain well.

Combine egg, butter, brown sugar, vanilla and mix well. Add raisins that have been soaked in warm water and drained. Add walnuts to above mixture and mix well.

Pour above mixture into pastry shells and bake for 8 minutes at 450 degrees. Cool before serving.

Recipe makes 12 tarts.

-D. Yates
Lake Mary

DESSERTS

Venezuelan's Flan

- Flan:**
- 1 (14 oz.) can sweetened condensed milk
 - 1 can evaporated milk
 - 7 eggs
 - 1 (8 oz.) cream cheese
 - 1 Tablespoon vanilla
 - Coconut (optional)

- Caramel:**
- 1/2 cup sugar
 - 1/4 cup water

Preheat oven to 350 degrees F. In a small saucepan, bring water and sugar to boil until sugar is dissolved. Cook, without stirring, until golden brown. Pour caramel into a buttered 1-1/2 quart soufflé dish and coat bottom and

side with the caramel.

In a large bowl, beat the eggs at room temperature with an electric mixer. Add the cream cheese and mix well. Continue adding the rest of the ingredients until smooth. Pour mixture into soufflé dish. Put dish in a baking pan and add enough hot water in the pan to reach halfway up the side of the dish. Bake flan in middle of oven 1 hour or until done. Remove flan from pan and cool in dish on a rack. Chill flan, covered, until cold, at least 4 hours and up to 1 day. Invert flan on to a plate and serve. Enjoy it. It is full of calories, but delicious!

-Nena Shidemantle
First Choice Travel, Lake Mary

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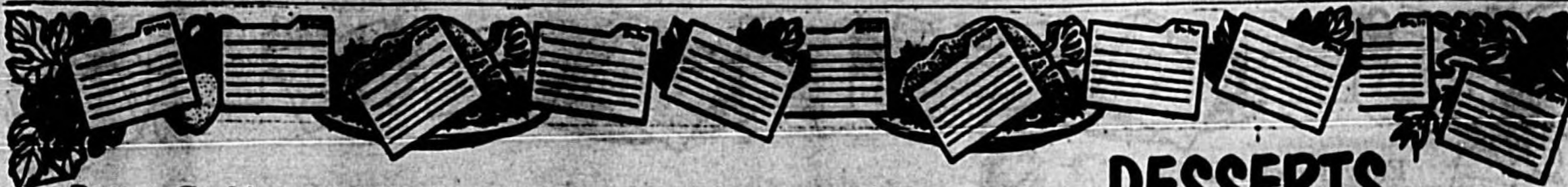
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Butter Cookies

- 1 cup butter
- 1 cup sugar
- 2 cups flour
- 1/4 cup cold water
- 1 teaspoon vanilla

Soften butter. Add sugar and blend well. Add flour. Add vanilla to water and sprinkle over the first crumbly mixture using a fork as you would for making pie dough.

Put in refrigerator to chill dough. Form into two rolls. Wrap in wax paper and freeze. To bake, slice thin in frozen state and bake at 350 degrees for 6 to 7 minutes. Makes 15 dozen.

-Denise M. Greenwald
Lake Mary

Fruit Oatmeal Cookies

Large recipe, good frozen and keeps well, DELICIOUS!

- 6 cups whole wheat flour
- 8 cups oats
- 2 teaspoons baking powder
- 1 tablespoon cinnamon

- 1-1/2 teaspoons ginger
- 4 eggs or egg replacer
- 2 cups nuts
- 2 cups expeller-pressed vegetable oil
- 3 cups honey or maple syrup
- 1-1/2 cups apple juice concentrate
- 2 teaspoons pure vanilla
- 2-1/2 cups date sugar or other dry sweetener or fructose

Combine dry ingredients. Mix the wet in a separate bowl, then combine together. Fold in fruit and nuts, if desired. Drop by tablespoons full on an oiled cookie sheet and press down slightly. Bake at 350 degrees for 12-18 minutes. This is a popular cookie in health food restaurants and stores.

Apple Cider Spice Juice, in health food stores, is good to use in place of the apple juice concentrate or you can substitute any fruit juice.

This recipe is fun to work with. You can add nuts, nut butters, raisins, carob chips, peanut butter chips, seeds and any kind of dried chopped fruit. Try different ones. This recipe is good for

the holidays. divide the mixture in half before adding the nuts and/or fruit. Take each half and make different kinds of cookies mixing in different ingredients like carob chips and nuts, chopped dried apples and raisins.

-Diane Bryman
The Health Store, Lake Mary

Pecan Chewy Bars

- 1 stick butter
- 1 box light brown sugar
- 2 cups self-rising flour
- 2 eggs
- 1 teaspoon vanilla
- 1 cup chopped pecans

Melt butter and remove from heat. Add brown sugar and mix well. Add flour and mix well. Add eggs and vanilla and mix well. Blend in chopped pecans. Bake 20 minutes at 350 degrees in a greased 9x13 pan. Do not over-bake. Cool before cutting into squares.

-Powell Austin
Coldwell Banker, Lake Mary

DESSERTS

Pumpkin Walnut Ring

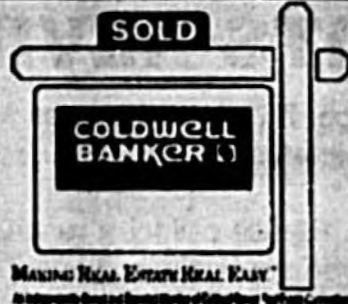
- 1 1/4 cups sifted flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- 1/2 cup chopped walnuts
- 2 large eggs
- 3/4 cup firmly packed light brown sugar
- 1/4 cup oil
- 1 cup canned pumpkin

Combine flour, soda, spices and walnuts in bowl.

In a large mixing bowl beat eggs, sugar and oil for 2 to 3 minutes until smooth. Add pumpkin and beat until smooth. Add flour mixture, beat until completely moistened.

Scrape batter into floured pan and bake for 30 to 35 minutes at 350 degrees until tester comes out clean. Cool on rack in pan for 10 minutes, then unmold to rack.

-Becky Boggess
Lake Mary Gourmet Cheesecakes, Lake Mary



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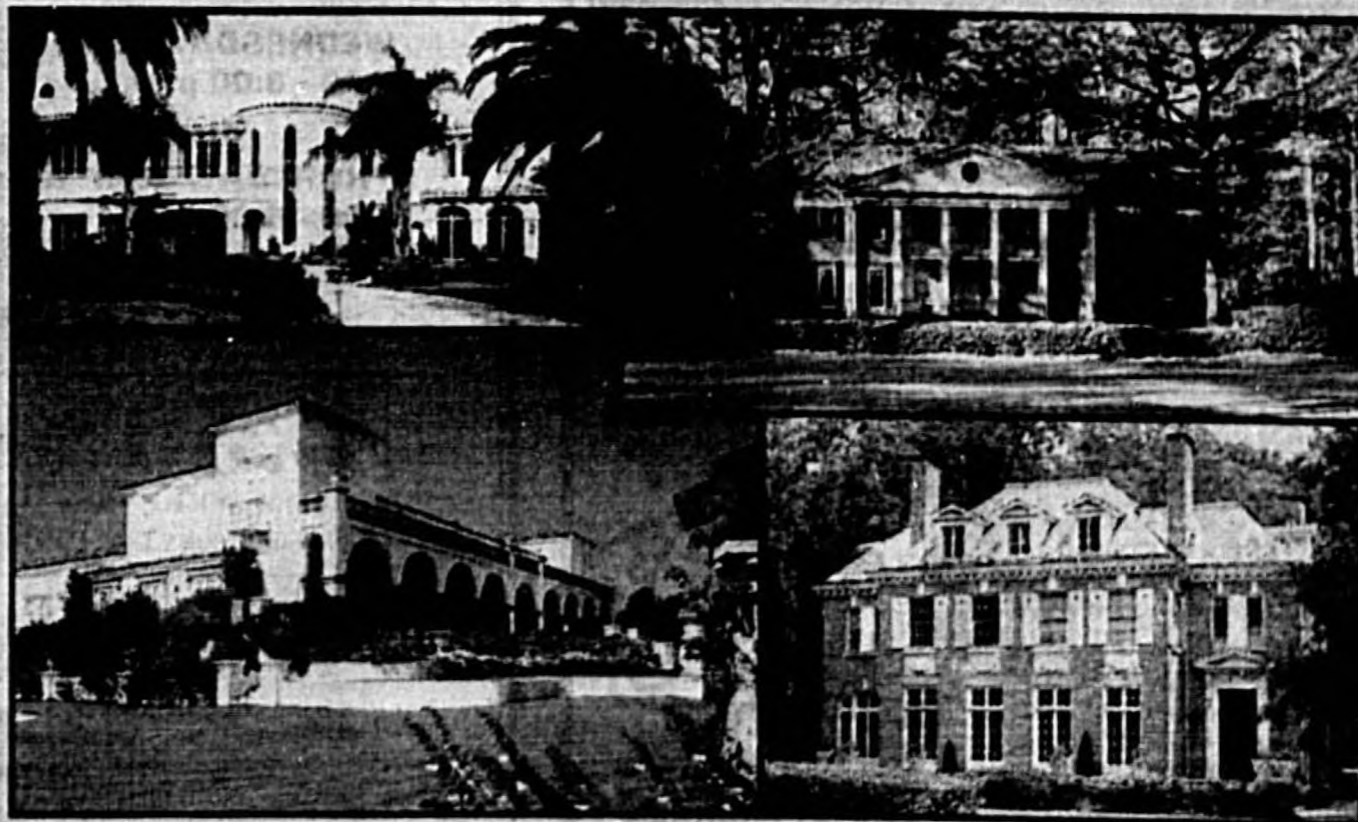
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You will need:

- 1 cup flour
- 1/2 cup salt
- 1 cup water
- 1 tablespoon vegetable oil
- 1 tablespoon cream of tarter
- Food coloring (several drops to desired color)

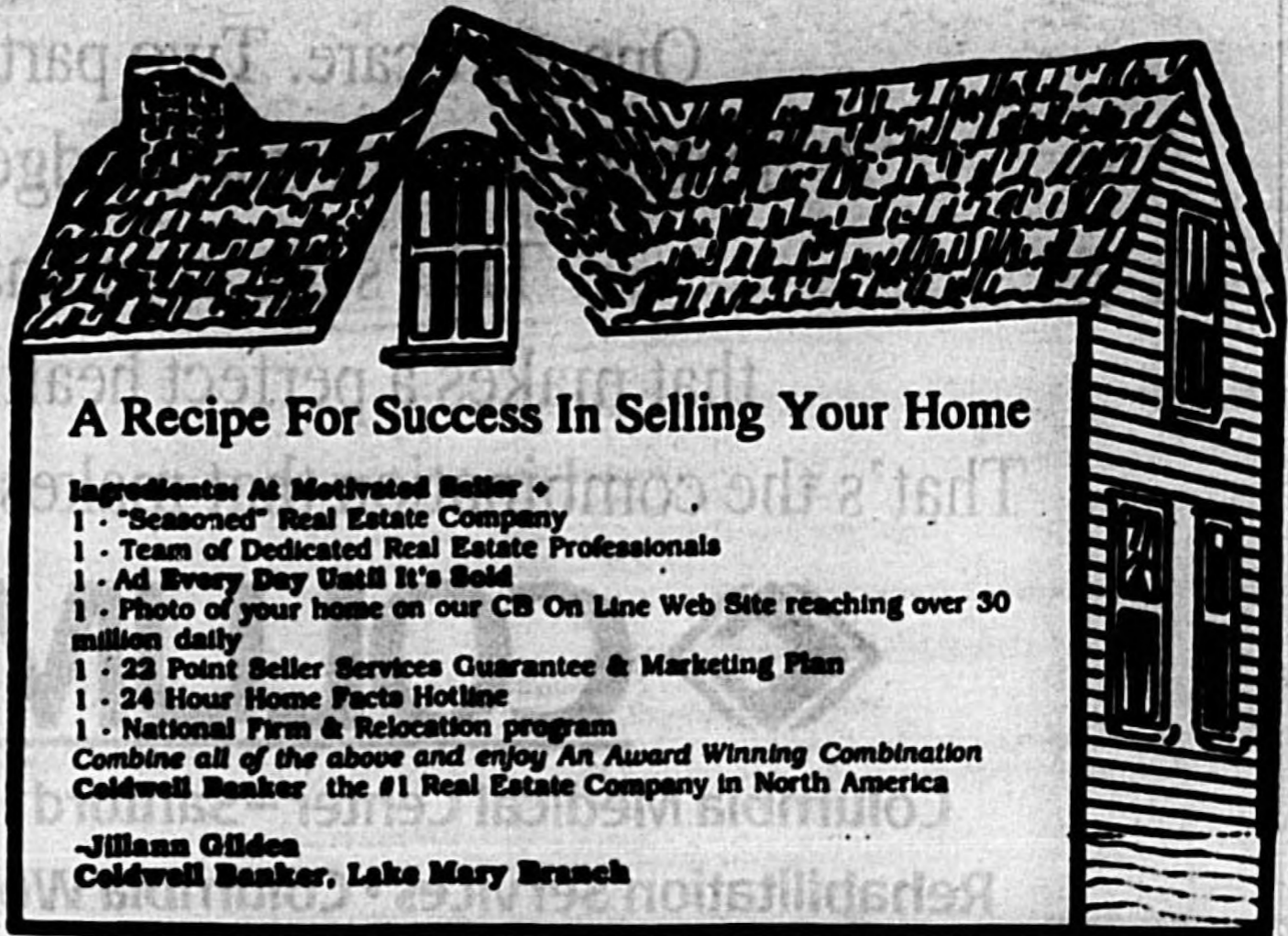
Directions:

1. Mix the above ingredients together in a pan.
2. Stir until smooth.
3. Place on the stove and cook over medium heat, stirring constantly.
4. When the dough forms and sticks to the spoon, remove it from the heat.
5. Knead.
6. Let your child mold the play dough into different objects.
7. Store the dough in a plastic bag or air-tight container.

Just for fun:

Give your child cookie cutters, a plastic knife, safety scissors, and other tools to play with. Experiment by making different colors of play dough. Add red and yellow to make orange, or add blue and red to make purple. Give the play dough a scent by adding a few drops of food flavoring, such as vanilla or almond.

-Jennifer Pelkey
Koalaty Kare, Lake Mary



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