## NEWS DIGEST

## HSIDE

$\square$ Sperts
Kickers shine despite rain
LARE MARY - The Lake Mary girls soccer tean won tia thind game phd the Lake Mary ond


## $\square$ People

Fat is fat is fat...
Calling himself r foodrtrtionst, author Arthur
Sturges. who has lost 160 pounds. old the Sturges. who has lost 160 pounds, toid the
Heathrow Women's club members how to lose that fat and keep it
See Page 3 B

## DITH3

## Abused man dies

SANFORD - James Johnson, 70, whose
address was Sanford, died Friday at Central Florida Resgoonai Hosptal. Johnson had been hosptaltized Nov.
13 affer police found him in poor condition at his apartment.
At the tume. Johnson was reportedy found by
an officer who wrote in the arrest report ithe the man was. "lying on a sofa in the living room. He appeard os be in paln. He had a board with food on his chest that had fallen to one side, and an eatitig utensil had fallen between him and the
sofar.
Both police and hospital spokespersons disBoth polve and hosptal spokespersons diss
cribed how Johson htad severe bed sores and maggots crawing in food
in the soors. Willte Ci Edwards. 41 , was arrested by
Sanford poilice the same day that Johnson was Yound.
had been taking care of Johnson and was living with him, placed in the John E. Polk Correc.
He was plat withatilus
police Police Commander Denils Whitmire sald yesterday. "We have an investlgator nasigned
on this new development now, (Johnson's
no
 perhaps. adding more charges against
Edwards..
Zoo expañas education proyranis SANFORD - Educatonal opportuntites are expanding at the Central Flordaa zoologicar rark
with the additton of the Environmental Educawith the edidition or the En .
Hon comple. Sponsored by Heart or Forda Capraal Func.
Semtinole County Tourrst Development Council. General Mills Foundaton, Wharton.Smith. Cen. Iral Florida Pipeine company
Florida Zoological Society, this $\$ 100,000 \mathrm{com}$. plex will offer the children of central Florida new opporutultes 10 discover the world of
anmmalsand conervatuon
The complex will be dedicated on Wednessay.
Dec. 1 , at $10 \mathrm{a} . \mathrm{m}$.
The zoo will also announce the creation of a consere students in Seminole County. The Grencral Mills Foundation will be providing a $\$ 26,675$ grant for this environmentall cudcation program. In additton to the curricalum, thls
grant will include free visits to the Central
 For more information, call 323.4450 .

## Correction

Four members or the Acteen voluntecrs helping
distribute SHARE Foods were Idenufied Monday on Pase 3 A as representing the First Baputist Church instead of the Central Baptist Church in
Sanford. Sanford.
The Herald regrets the error.

## INDEX



Cloudy, breezy and wet


## Regulating 'adult fun'

Sanford moves swiftly to limit exotic entertainment

SANFORD - Sanford commissioners last night SANFORD - Sanford coinmissioners last night
conled fer, entertainment to be drafied as soon as possible. The move is to limit places where such
estabilishments could exist in the clty estabishments could exist in the city. Associate City Attorney William Relschimann.
Jr. commented on the matter during the Jr. commented on the matter during the
commisiton work session late Monday afternoon.
$\int D 0$ what you have to, because we want to pass it. $y$ -Mayor Bettye Smith
"What we are looking at are enforceable
guldelines that will give the elty greater powers guldelines that will give the city greater powers to
regulate these busincssra tin Weguate these busincsses,
they are." he continued place limitations of where they are." he continued. "As it is currently, such
places could go into any commercial zone."
Cty Attorney Bill Colbert satd Relshmann, an assoclate in the law firm, spectalizes on adult entertainment cases. Reischmann told the commission the proposals ntertainment code developed mor County, would be enforceable." They would he Jay Marder, director of plamning and develop Jay Marder, director
DSee Adult, Page SA


Oswaldo Torres, 5, a kindergartner in Dottie Baranowskl's class at Heathrow Elementary School, dresses
feast yesterday celebrating Thanksiving.

## Codes coming to Old Sanford

| Ey NICK PFIIFAUF Herald Staff Writer |  |
| :---: | :---: |
| Sanford's historic district have moved another step forward since commissioners yesterday instructed the city attorney to prepare a revised draft of the measures. <br> The regulations were discussed during the work session of the City |  |
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| Commission late Monday afternoon. Clty Commissioner Lon Howell. whose district would be involved in the majority of Old Sanford Regulatoons. was not on hand for the meeting. |  |
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| e original plans suggested for velopment of the Sanford historic strict, almost two years ago, by |  |
|  |  |
|  |  |



State: county didn't intend to violate rules for soccer facility

## B.d.MARKBABMILD

$\frac{\text { Herald Senior stari Writer }}{\text { SANFORD - A state lawyer }}$ SANFORD - A state lawyer satd
Monday Seminole County ofletals Monday Seminole County officalas
apparently did not intend to vilate apparenty did not intend to violate
state and federal requirements by
building the $\$ 2.8$ suilding the $\$ 2,8$ million soccer
braining faclilty at Sylvan Lake Park

Without notfying the state first.
M. Racision N. witi ine Foida
Department of Environmental ProMepartment of Environmental Pro-
tection. sald he could find no rection, sald he could find no
evidence the county dellberately avoided notifying the state of plans
to build the training center, Initually to build the training center, inittally
intended for U.S. Soccer Federation intended for U.S. Soce
OSee Soccer, Page 5 A

## Crooms family reaches out in spirit of season

## BVICKIDESORMIT

Herald Stalt Writer
SANFORD - Some residents of Sanford who might be eating poorly.
or not at all, for Thanksgiving will or not at all force on Wednesday io dine on a traditional feast of turkey. sturfing and all the trimmings
thanks to the Crooms School of Chooce. In what has become an annual
tradition, the Crooms family will traduion, a he crooms mal for more
provide a holday
than 1,200 of the clty's less fortu-
natectitzens.
Students, teachers, ad.
ministrators and staff, under the ministrators and staff, under the
guldance of Sid Pollock, a school guldance of Sid Pollock, a school
volunter. come together annually volunteer. come cook serve many of
to coor Sanford's homeless and homebound. involve the whole school in this project:" princlpal Barbara
Kirby sald. "We want everyone to Kirby sald, "We want everyone to
have the opportunty to take part." have the opportuntty to take part:"
Kirby, who often acts as a greeter Kirby, who often acts as a greeter
and as a server at the annual
$\begin{array}{cc}\text { spend this week making placemats } & \text { meal and for some good company," } \\ \text { and decorations and putting } \\ \text { For those who can not come to the }\end{array}$ $\begin{aligned} & \text { and decorations and puting } \\ & \text { and } \\ & \text { For those who can not come to the } \\ & \text { sehool for the event on Wednesday, }\end{aligned}$
 Inviting dining hall. Invitations have been sent to local
homeless shelters and have been homeless shelters and have been
posted along streets in the Goldsboro area where the school is located. driving students to delliver packaged
meals and to vistt brielly. meais and to visit briefly,
Kirby places a great deal of emphasis on communtty service with the students at her school. They learn responsibility and
commititment to the community comme they live and where they go to school', she sald, "That is an
important lesson they must learn." Important lesson they mu
$\square$ Soe Crooms, Page BA

> Cop's sex trial: Jury deliberates By SANDRA ELLLOTT
Herald Staff Writer
> SANFORD - The six-member Jury in the trial
of ex-Sanford pollceman Guy S . Brewster began of ex-Sanior pidilisermang. deliberating this morning.
Brewster i i charged with 78 counts of engaging
In sex with a Sanford teen over a two year period In sex with a Sanford teen over a two year period
between 1987.89. Six counts were dismissed between 1987.89. Six counts were dismissed
Monday by Judge Alan A. Dickey who ruled the Mtate had not disclosed the information in time fo the defense attorneys to defend against them.
After the Judge dismissed the counts involvin After the Judge dismissed the counts involving
Brewster's birthday and a November traffic ticket, the defense rested its case without calling a single witness.
> During afternoon closing arguments, defense
attorney Jerf Deen continued to aldorney Jeff Deen continued to hammer away at teenager, he luved with Brewster and had an ongoing sexual relationshlp with him. The
defense malntalns derense maintalns there was never a sexual
relationship between the two and that Brewster's accuser made up the story when he was fred from the family owned restaurant.
Deen told the
> cross examination that sometimes the defense been tedious or agiressive or boring buy have necessary. The witness was questioned for nearly QSee Trial, Page EA

Has been pole


A city crew tles down a broken llaht pole for a that suppiled service to First Federal. With the trip to the city shop this morning. The pole, at help of Southern Bell and cilt trip to the clity shop this morning. Se pole, at
W. First Stroel and Elim Avenue in Sanord, had
rusted and fallen over a nearby telephone cable



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| :---: | :---: |
| Drug arrests <br>  <br>  <br> Waymouth Harbor. Cash, the driver of the vehicle was charged with possesslon of over 20 grams of marijuana, possesslon of marijuana with Intent to distribute, and drving with <br> suspended/revoked Iicense. Savage, a passenger In the vehicle was charged with possession of over 20 grams of marijuana, <br> More drug arrests <br> Sherifrs deputies arrested two Geneva men Saturday, following a trafic stop on S.R. 46 near Cameron Avenue. <br> Man In closet <br>  <br>  <br> DUI arrests <br> arrested by Florida Highway Patrol troopers early Monday following a two vehicle collision on Interstate 4 near S.R. 436 . Richards was charged with driving under the Influence of <br> Richards was charged with driving under the inlluence of alcohol. <br> police Saturday following a traffic stop at Lake Mary Blvd. He was charged with driving under the Inlluence of alcohol. driving with a suspended/revoked license, attached tag not <br> assigned, and having an altered tag, Robert John Wainwright. 26 , 104 Terrace Court. Sanford, was arrested on C.R. $46-A$ near the Oaklawn Cemetary by Lake Mary police Sunday. He was charged with driving under the <br> Traffic stop arrests <br> EEzzard James Glenn, 23, 1703 W . Hawkins Ave., Sanford, was arrested on Alrport Blvd. by sheriffs deputies Saturday <br> He was found to be wanted as a habitual trafic offender. o Freddie Scott. 26 , was arrested at C.R. 46 and C- 15 by sherifrs deputies Friday. He was charged with driving with a $\qquad$ $\qquad$ $\qquad$ <br> Domestic cases <br> Matthan Lloyd Jenkins, 33, 312 Lavan's Landing, Lake Mary, was arrested by Lake Mary police Saturday following a dispute with a fernale. He was charged with battery, domestic <br>  $\qquad$ $\qquad$ <br> Incidents reported to the sheriff <br> ©A 1993 Oldsmoble. reportedly stolen in Orlando. was Iocated in a private driveway Saturday in the 1800 block or $\qquad$ $\qquad$ <br> Midway. indetermined amount of property was reportedly stolen from a produce store in the 3800 block of $E$. S.R. 46 on Saturd <br> Incidents reported to Sanford police $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ $\qquad$ |  |
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JCPenney

## Thanksgiving Sale

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|  | SA |  |
| 50\% OFF |  |  |
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| 25\% OFF |  |  |
| OFF | SA |  |
| 33\% OFF |  |  |
|  |  |  |
|  | Penney |  |

## Editorials/Opinions

## Sanforil Herald


Wiyne D. Doyb. Publilher and Edilor

## EDITORIALS

Taking a chance
Some people were surprised last week to
read about thefts reported at Lake Mary High School. A chain, valued at $\$ 300$, was pulled radio was taken from a beck pack.
There were several incldentes reported at the school during a 48 hour time period, but it Lake Mary High School is worse than any
Therts are all too common at most achoo including elementary and middle schools. The surprise over these incldents however.
was not about the criminal acts as much as what ttems were reported atolen. People were
amazed that youngotere are wearling $\$ 300$ necklaces or carrying expensive radlos at school.
School resource oflcera report that it is not uncommon. They eay atudents. many from
even very low income famulles, of en wear more expenolve jewelry to achool than their parents may wear to work.
The children are taking a very expensive chance. Jewelry is easy prey to grab-and-run
thieves. In the crowded halliwaya of a achool a chaln can be ripped from someone's neck without the alightest indication of who did it. jewelry a shame that children cant wear the fear of being robbed.
Most people know however, that Juventle
crime has reached the polnt where ti to almost crime has reached the polnt where it ts almos
impossible to control. Sadly, many of th thefte are to obtain Iteme which can be traded The hollday
The hollday season to fast approaching Parents will be giving jewelry, sound equip-
ment, and other tems to thetr children. Youngsters will want to wear or take them to Whobl.
When
When classes reaume after the Chrlatmas hollday period. the grabbers will be ready to
jump on their prey. Expensive gifts will end or her parents will be filing more crime reports. e made to realize that by taking a expensive ra.
Leave those expensive tiems at home.
may not be what a school-age child wants to do. but It's the only way to insure that it
won't bestolen.

## LETTERS TO EDITOR

Letters to the editor are welcome. All eetters
must be signed, include the address or the must be signed, Include the address of the
writer and a daytime telephone number. writer and a day dme telephone number.
Letters should be on a single subject and be
as brief as possible. The leters are subject to as brief as possible. The letters are subject to
editing.

## Berry's World



## JOSEPH PERKINS

## Thatcher lives by her convictions

## I apent the summer of 1983 at the Imterna- of the people buying her book are under 28 year Honal House in New York Clly, where I made the of age. She subpecta that "they prefer something <br> rense, privatizalion. Iower laxes .. and ithey were

 acqualintance of James Kashangakl, a Kenyanallve who spoke with his mother': British lilt We passed many a night way talking poltilics. I colld not underatand then his gushing praise for
Britain' prime mintater. Margarel Tratcher. Yeare prassed. . los. (ouch with my Kenyan
frtend. Bul came to share his admiration for the frlend. But I came to share his admiration for the
Iron Lady. She not only wan one of the two mosi commanding nyures of the 1880 ane - Ronald
Reagan belng the other .- but
 Lady Thatcher to preacntly lourng the colo.
nes promoting her best-slling book. "The nles promoting her best-selling book. "The
Downing Street Years." While the memolr makes
for lintereating reading. eapectally for thoace
 engaging as the former PM in permin.
On a valt to San Dleso last wek. Thatcher
ppoke with a refreathing candor that one rarely

 for which he stood.
interestingly. Thater noted, roughly a third


## JAY D. HAIR <br> Banking on volunteerism

naurance pollicy againat global climate change, banking that voluncer efforls will sufine agalnat what the president calls
"perhapp ihe biggeat environmental threal to this planet."
The obviou The obvious, If unopoken, mesange is that
the entire effort will fall if volunterism is used as an excuse for inaction. The cholce for Industry to to elther make the beal use of
voluntary steps now, or to face regulation in ohe futury
The policy te detalled in Prealdent Clintion's
cllmate actlon plan. 50 distinct measures that
he calls "the moat aggreasive and the moat specinc first otep that any natton has taken" to That's true -- as far as il goes. It'a true the presldent put the United Slates
ahead of other nallona with a commitment to head of other natlona with a commitment to
reduce our greenhouse gas emisalona to 1890 reduce our greenhouse gas emisisione 101880
levels by the year 2000 That goal It not
required by the Cllmate Change Convention equired by the Climate Change Convention
16i nattona atgned at the 19a2 Earth Summilt.
mit due to the U.S. ponition it is likely to but due to the U.S. Pontition it it likely to
become the utandard for Internaltonal action.
tits almo true the preate It's also true the prealdent'o plan 18 more
fully shaped than any yot produced by other
nations. For all
For all ita ambitton, however, the plan hinges
almosi entirely on voluntary action. There is hardly a single requitement in 11 on which to peg an assurance that any source of
greenhouse gases will be reduced,
The adminitatration calla this a "pragmatic" apprach. That's its way of acknowledging the
prealdent will not riak his polltical captital by resident will not riak his political capital by
proposing. for example, mandatory increases in putomobile fuel-emectency standards that vould cut greenhouse emissions from burning The administratlon's emphayle on govern.
ment partnerahips rather than regulaton has ment partnershlps rather than regulation has
underatandably won business favor as refiected in pralse from the Global Climate
Coalltion, an induasry.backed group. That Coalttion, an induabry.backed group. That
favor hau yet to be wdely tranalated in
comment commilmento to make the plan work.
U.S.
U.S. greenhouse cmisalons are now projected
to reach 1.888 billion tone in 2000 , calculated to rench 1.668 billion tone in 2000 , caldeclated
In terms of carbon'o heatitrapping abally. That
total will have to be reduced by 100 million in terms of carbon's heat-trapping ability. That
totad will have to be reducet by 108 million
tona to keep embeolona at theli 1980 lovel.
 conforn the Implitatitors or cllmate change.
the adminlatration cautions that "the miltga. the adminimetration cautions that "the milliga.
ton of greenhouse gases in the U., and principle of economic, enerryi environmental.
and international polictes, , Scientisty will need several more years to accurately forecaat refashioning how we get and une energy is
likely to dramatically alter hablus that are now
commonplace.
Because burning fonall fuels such us oll. coal
nod nalural gais accounts for 88 percent of all and natural gas uccounts for 85 percent of an fll
U.S. greenhouse cmisalons. energy emiciency
invest iveaiments are the most costefirective menns
to ochever reducllon. That's where the plan's
attention is focused. attentlon lis focused.
Sixty electric utill. lees representing 80 percent of the U.S.
indutiry have alindubtry have al.
ready notified the ready notified the
administration or
therr intent to etiner their intent to etther
limit greenhouse
emisel emisolones. or in the
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The Envi
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convertung to low-
energy 11 hiting
$\mathrm{C}_{\text {onton }}^{\text {The mint }}$
 nitarg kanung will be expanded io commer.
 nitrative has aready realized an average 68
percent in energy ayvingo for lighting among Other parts of the plon Cher paris of the plan will encourage
development of more energy-emclent con.
eumer appllances and indumblag sumer appllances and industral equil conen:
Tree plantallon owners will be given govern. Tree plantation owners will be given govern.
ment advice on how to stop overharveating
nd to grow more trees and to grow more trees that absorb and hold
In all, the administration says the plan is coat ciffective because lf expectas the $\$ 60$ blillion
neecded in privale investrent will be oflset by
energy savingo of anequal amount cnarg savigo oran equaramount
But the admintasration acknowledges the
plan only "llkely to stlmulate a modeat acceleratton in lechnology development." Nen it the plan'e goals are met, the dministration concedes that U.S, greenhouve
omissona anter 2000 are expected to increase Without further action to stablize them.
By then the sclentific evidence By then the sclentlfic evidence should be
clear cnough to determine how far beyond voluntecrism we muat no to meat the
challenge.
Jay D. Halr has a Ph.D. In the study of nimmal Ifise and has been president of the
rense, privatizalion.
the basas on which the eriaverned. The undenc-
and abe eflceacy of those Idean.
When ahe succeeded Jim Callaghan in 1979 as head of the Brtish govermment, she Inherited a nation in decline. She faced a monatrouall yarge
budget defict. Trade unlons were crippling the economy, Tax rates were stiling wealth creatlon and driving captital out of the country. The
nation's defenaes were dangeroualy weak. In the space or 11 y carbs, the longest reign of
any Brituh PM in the 20 ih century. Thatcher any Brtush PM in the 20it century. Thatcher
turned il all around. The Tory tamed the deficl
by reducing public expenditures. while alio
 Prealdent clinton?). Thatchers conservalite
necal policy yielded budict surpluses durting her necal policy ylelded budget surpluse
hast four yenmat 10 Downink Sireet.
Thatcher's rise to power ushered in a goldden
age of consecratiam not only in Brtaln, but also here in the United Sitcea. Tis rather remarkable
looking back on ll. Juat how closely Prealden looking back on lt. Just how closeiy Prealden
Reagan followed the succeuful example thal
Thateher elt for him on the other alde of the Thatcher
Allantic

## SARAH OVERSTREET

Why won't men ask for directions?
Over the ever and through the woods $/$ To
Orandmother son houme we go. The horac better know / The way he should go. /Caus
Dad won lloak Dad won't look at the map, not
A few frivends were talkink about holiddy
travel plane recently, and one of the woinen travel plana recently, and one of the woment
mentioned that she sure hoprd they didn't
get loast on the way to her alster's new house


fix ihe plet iure of the
rounc
The ther women mids before atarlung out. The wornen, on the other hand, all
admitted a tendency to stop and ask
directlons of anyone they sece, Including amall chlidren. bagy ladice and gas station anter -
 Why this sender dilference that affects so
many of wos? Most of the men who fil the "Don' ask, don't Leill" stereotype were willing
to speculat that H1 has a lot 10 doo with
waniling to appear to have thlings completely waniling to appear to have things completely
under control.
 male fecling or superiority
a map or have for directons. "Here's an
example," he suld, ir got an invitation to speak In a part or town I'd never been in, and
the Invilatlon had a map on It. 1 didn't look at the invilation had a map on It. I didn't look at
the map and juat wrole down the address,
thinking even though l'd never thinking even though l'd never been in that
past or own that I knew how to get there. I part or town that
couldn'tinndtt:
Springid.
Springinid, Mo., "television sportacaster
Tom Mast agreed: "lts an extension of our manhood to know where w're golng. It
meane we know north, cast, south and west. My father would norther reast, south mand west.
dircetlons and would drive untif he found for 14 . no matter how much gas unt took. hill never
forget aa a small child driving around Tyler. forget as a small chlild driving around Tyler.
Trxas. for what ceemed like forver. Mom
and Dad going at it looth and nall. Dad allit Texas. for what secmed like forever, Mom
and Dad going at It ooth and nall. Dad slll
has a compass on hls daah. Thal way he's always in control."
Arlen Dlamon,
eneral manager or KSMU Arlen Diamond, general manager or KSMU
Rado In Springicld, offered tor most in.
triguing explanatlon tound riguing explanation I found: "I think th's
 thing I've heard dogs do when you thene them
to the vet with a wounded leg, if there are to the vet with a wounded les. If there
other an!mals here, the dog won't 11 mp .
 or dirceltons, he'll atride in confidently and
try 0 know as much as he can about where
he's golng

 I'm pretty eure 1 know where 1 'm golng buti
juan wanted to ask a cool guy like you to see if
tim Imright.".
Another te Shared was tondency the men ofen aald they Bhared was to chari a course ana calculate an
ET. A, then drve t ab ir thy have
"Pennzo!l" patnted on thelr fenders ande a
 he Councll of Churchhen of the Ozarke, ratd
he developed the habll after many years of he developed the habll aftiter many yeara of
travellng from town to fown for speaking
enkagemente In area churches.

## Police suicide toll mounts, defying any explanation

| Assoclated Press Writer | has forced famillar |
| :---: | :---: |
| NEW YORK - No one it |  |
|  |  |
| nk | "We know that anyone who |
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| co-workera sald |  |
| But last weckend Aet |  |
|  | more sensitlvo to the signals.' |
| checked out of life. <br> He shot himself in the head. | More than 60 clty police nicers in the 30,000 -omer |
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|  | exceeding the rate of the gener |
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Adult
Contlaned from Page iA himend the Land Development Recsulatilnen. Liut wasn't certain Relishmann sald he might be
able to have an ordinance ready or the elly's connideration this
week, if no legnt complicallons arose.
Mayor Hetlye Smith com.
mented. ."Time is very mented, Time is very Impor.
tant here. We want to do it
correctlly, but an expeditlounly anplosible."
Pollte Chter Ralph Ruasell
commented. "The people who would have auch eatablishmenta have learned how to use lopo.
holen in ordthances. This often

## Codes

continued from Page 1 a
Andres Duany. They have undergone n great
number of changen since firs cubmintect. itrough sududy by the
Binford Historic Truat. and clly tannung department. "A y yuu initructed at the last
conmisolon work session." sald commisston work sesslon." sald ppinent Jay Marder, "we have classined an land use provislonem
Now' Dily no few mare cliangen have ben sugkested by Assis
ant Cuy' Allorney $\overline{\text { Donna Mctin }}$ He told the commissloners
hat Melntosh had recom.

 would clarify the Intention that
it will deal whin more han fust
the residentlal aapects of the liy." Marder sald.

## Soccer

## Continued from Page in

 - and World Cup USA. he counly did any nothing criml. nally wrong. "sald Adelson. "We cerluinly wish the county hadrecognized and conlacted us berore they went ahead and bullt the facilly. They have forth.
Ightily admilted thelr error and arc working with us."
Adelson sald he planned to mect with Ross Beling of the owners Absoclation in two weeks o determine if additional eviclatm the county Intentlonally Bicllng sam proper Monaynely he will
hiva addillonal evildence. but teclined to release delalla. Blel. ng anld he was disappolnted
with the prellminary conclusions of the tante.
"I don't think anyone who
wante to use the lacllyty will be
be happy with belng excluded." he
The wrongdoing revicw was

## Crooms

Continued from Pago ia Pollork sald he and Kirby frst
conceved of the ldea of the community dinner about six
yeara ago and they have bulli a large network of hotels and food lonate the blrds for the main. nalded some or the other Tood.
-"But sturting on Tucsday. some of the other schoola in the area are donated thelr kllichen Sed serulce slam to help us ger he food cooked in the." Pollock Thlyg," dinner at Crooms will be rom 3 to 7 p.m. In the school's
cafterta. The mehool is localicd ois sarcteria. The school is located at
ite Weat end of 13 th Street in
Sanford.
sought by the National Park
Service. who oversecs state's Service. Who oversecs state
administration of Land and
Water Coneryation Water Conservatlon Fund park
grants. Sylvan Lake Park was purcliased and developed with
two LWCG grants lotulng
L52.313 Adelson sat flurg grantin from the progratn are al
risk if NPS omcials dectide state did not properly oversee county use of the federally.
funded park. The state has recommended
the NPS pprove the socecr center. Adelson sald NPS or.
nclals seem willing to accept ibe fictals seem willing to accept the
sixare additlon to the park. but six-acre addinton to the park. but
arc concerned about he training
faclilly. If the NPS Inds a portion facllyty. rthe NPS Ands a porillon
of the park was "converted" of the park was "converted"
from pubirlo to private use for the
facilly, the county may have to facillty, the county may have to buy additional
Adelloson sild
Adelson sat Adelson satd the lasue hus
guined the Interest of the Oover. guined the Interest of the Gover-
nors. Office. U.S. Sen. Bob Graham and Semtrole County's congresman Johnh Mcu'.
Brelligy suld the county's facill.

## DEATHS

HAROLD K. BARKER Avenue. Deilona. dled Monday. Nov. 22, 1903, at West Volusia
Mcmorial Hospltal, DeLand. Momorial Hospltal, DeLand.
Born March 3, 1907, in Wisor
Ontario. Canada. he moved to Central Floridd from Chlcago in
1882. He was a foreman for Mars years. Mr., Charker was a for over Protes.
lant.
 siepson. Ronald Hayn
Landi two grandchlldren.
Stephen R, Baldaulf Funcral
Home. Deltona. in charge of
arrangen Home, Delton.
arrangements.

## this year with a vengeance. The elght victims this year shared cursory ummarites: all

 hared cursory aimilaritues: all allwere men under the age of 3

 Astralla, whose broy was osinc
in $n$ rom at the Trump Regenc
Hotel in Allanuc Clity. was the Hotel in Allantuc Clly, was the
nrst to kll himself away from All the sucteces apparently
temmed from personal pro bems and not police dutice, arald
Police Commiantoner Raymand Pollice
Kelly.
But paychologista nay that
onclusion ts simplistle. In reall conclusion is simplistic. In reail.
ty, omferse
ment home. and brine depart
ming home to

## Souper Suppor updato

Bonnle Schumacher, from the First Prosbytarian Soupor Suppor, to be hald Wadnesday at the



## Trial

## coatinued from Page 1

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## The Honorable Mayor Bettye D. Smith INVITES YOU TO ATTEND

 A Soup - er Supper WEDNESDAY NOVEMBER 24, 1993 5:00-7:00 P.M. SANFORD CIVIC CENTER
## Admission: $\$ 10.00$ per person

 Children 12 \& under FREEAll proceeds shared equally by:
The Sanford Christian Sharing
Center Incorporated and
Rescue Mission of Sanford
For Information Call:
Mayor Smith's Office at 330-5600
or
Brent Adamson at (407) 322-3663
P.O. Box 4999 • Sanford, FL 32772-4999

AA - saniond Herald, samior, Hoida - Tuescay, November 23, 1993

## State policy changes on mixed-race adoptions <br> ByAecertorn

Fort Luverpale - The tate of fordial

 Weviv gai kuis who are trowng old on the Amertcan". Jim Towey, head of Florlda's De-
partment or Health and Rehabilitative Scrices. partment of Health and Rehabilitative Services.
pold the Sun-Sentinel of Fort Lauderdale for a
Sunday story. "We are really focualing now on Sunday story. "We are really focuuing now on
what's in the best interest of the child." What's in the best interest of the chilld.
Under the policy io be unvelled Under the policy :o be unvelled early next
month, race will only be one of several ractor
used to determine who can adopt a child. The used to determine who can adopt a child. The
change will end the special weight given to change will end the special weisn
same-race matches under curnt policy.
The lssue has long been controveratal.
The lssue has song been controverolal.
Some black say allowing widespread adop. thildren about their cultural roots. Others note the large number or black children
awaltIng adopton and a shortage of black
adoptive parents. Thes say race should be less adoptive parents. Thes say race should be less
important than findting a loving and secure home. valtting list for adoptions now, more than three umes the number or white children
Blacks make
Blacks make up only about 15 percent of the
tate's populaton, and that number walttin for adoptton lis proportlonatcly high,
For Rebecca and Willam Boetcher of in. For Rebecca and willam Boettcher of in.
dialantic, the deccsion to put a child's needs above skin color comes to late.
A year and a half ago, their request to adopt a A year and a half ago, their request to adopt a
black youth. Kito Roberts, was rejected. The local Rehabilitative Services cited its policy of atempting to place a black child in a black ramil
before considering adoption by a white family.
HRS overpayment still happening, but lessening
y Assooiated Press
TALLAHASSEE - Florida's social-services agency is making progreas in stemming
overpayments in wefrare and food stamps, but.tit
is suli is still Ismung millionso of dolifars erroneountly. Mistakes were made on 14.7 percent of food
stamp paymentia and 12.1 percent or Ald to
 Times. Unlon,
average. it is significanility well better than the nationat year's car food stamps and 13.9 perceent for AFDC payments, the Jacksoniulle newspaper reported.
Tm very encouraged. sald jum rowey, chier of the Department of Health and Rehabilitative
Services. Services. "Our people are recovering from what
vas a very traumatic 18 -month period. vas a very traumattc 18-month period.
Some legislators sald they were dis
hat more headway hadn't been made. computers; they've had addatitomal personnel." computers; inhey ve had adadtional personnel.
sald Sen. Bill Bankhead. R.Ponte Vedra Beach, progress."
HRS Issued an estimated $\$ 62.4$ million of AFDC and food stamp overpayments in the three-month period ending June 30 , according to ts most
recent quality control reports.


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## Business Reviow

Samfonillierald
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PUT YOUR BUSINESS ON THE MOVE


## A Bee-utiful Wardrobe Just For You!

To Bee or Not to Bee? That was Beverly Frisz's King Kong and Mr. Ed though her work in ward-
 Unue seww, but was also looking for a change. Hannah, Cindy Latuper, Mel Gibson, John Ritter,
One day she was struck. or rather, stung - with Bill Murray, James Eart Jones and many others. One day she was struck. or rathicr, stung - with
the idea to start the Sewing Bee. The Sewing Bee began buzzing with activity at 214 S . Oak Avc. Sanford in September. 1993 to
speclalize in custom sewing, dressmaking, alleratlons, costume design, and contract scving. Beverly and three professional seamstresses use
heavy duty induastral sewng machincs to proheavy duty industrial sewing machines to pro-
duce clothing for individuals as well as costumes for area theme parks. The Sewing Bee can per.
form all phases of designing and sewing formen wormen, and children.
iorm and sewing for men. The Sewing Bee is a bigbec. ll ever ine experignce.
Beverly Frisz, owner of the Sewing Bee has over 25 years of experience In costummng, alterations and

 DON'T LET ME GO!


Wildlife, like this baby tamarin, is quietly disappearing.
To find out how you can help protect endangered species, contact the National Wildlife Federation, Dept. ES 1400 Sixteenth Street, N.W., Washington, D.C. 20036
for a free brochure.

## We're All In This Together



## Some improvement in school achlevement since the late '70s

y CAMOLIFILIDLIAN
AP Eduantion Writar $\frac{\text { AP Eduation Writer }}{\text { WASHINGTON - Despite a }}$ aurge in volonence and slingleparent families, American
teen-agers are doing elightly
better in echool than their older een-agers are doing sifghtly
better in achool than their older
brothers and sistera did brothers and sisters did the
Education Department said to. day in a siatistical profle of the nation's youth.
But progress since the late
1970s has been slow, and many educatore are concerned that current levela of achicevement are not grod enough to keep America competilive, the dic "Youth Indicators 1993: Trende In the Well-Being of American
The 18s.page analyall, packed with charto and tables, painted a porirait of Amerisan youth just holding thetr own in clase work ly with violent crime and the financial and paychological ef.
fects of being raised by only one ects of
Aa tliese chllldren grow up. they must deal with the reallty of veer drag of povertygs, the ton Secretary Rlchard Riley salo in prepared remarks to students. eachers and adminintratora al The report, in a snapahot o American youth. sald high chool cophomoren overwhelm. of work. family and friends. but only a third say they really feel good about themselves. found that a much higher pro. portlon of students are corm1980 and college atlendance is at an all-time high.
In 1950. 53 percent of 25 . to 29.year-olds had completed high craduated from college. the study sald. By 1991. the figures had risen to 88 percent com. percent graduating from a four-y year college.
"American youth are getting the message that you aren't born ing and stretchling your mind," Rlile a ald, "They are increaling:
ly aware that being e high echool ly aware that being e high echool
dropout fo the deadend road to fallure."
However, staylng in school benger has oung people join the berore young peopie join the
lathor force. And even when
 groups." the report satd.
Although the average American family ls more ampent than angle-parent households, many of them poverty-stricken. has risen sharply, the study found. chlldren coming from femaleheaded houscholds has risen dramatically, from 24 percent in

## Duck imitators

 find their callingEy Tho Ansooleted Prose
Stuttaart. Ark. - When you're trying to sound like a
duck. you can't afford to be
Staruing lodat se spormen were to quack their way through the very serious bsth annual World Champlonship Duck
Calling Contcst and Wings Over the Pralric Festival.
While the calls may sound alliy, participante are all bual-
ness.
A A contest call is very highpithed no squeals or aquawke routine alda fesulival spokeswoman Heather Audirach.
The instruments, or calls. used In the conteal are about 5 inches inalde. The calls can be made of wood or acryllic or plasile "It's really conaldered an "There's on art to conteat call. Ing. You'd blow in like a clarinet - there's a lot or tonguing. Compelltors have 90 seconds types of duck nolses. The calling is to impress judges, not ducks.
To qualify, the sportsmen had To qualify, the sportsmen had contests. This year's winner will go home wth $\$ 6,000$ cash. The hive. day cvent drew 60,000 peo-
ple in 1902 and as many are expected agaln this ycar. Stuttgart, a clly of 10,000
about 80 miles east of Lulule about so miles cast of Litlle
Rock, calls thelf the "Rice and Duck Capttal of the World." It's home 10 Rlectand Foods Inc., the nallon s largeat rice and and the harvested rice fielda altract southbound ducks along


Dreaming of a festive Thanksgiving
Abble Harris, 8, gets ready for another blg autumn holiday,
Thanksgiving. Flanked by hay and dried corn suitable for Thanksgiving. Flanked by hay and dried corn suitable for a
cornucopla basket, Abble dreams of turkey and dressing, sweet potatoes and pumpkin ple.

तक



1905 S.FRENCH AVE., SANFORD - 323-3650


1960 to 59 percent in 1991 for all children, and from 29 percent
1083 percent for black children," the report zald. As far as student performance sclence scores ror 8 . and 13-year-olda were about the samie in 1890 an they were in
1070, but fell for 17 year-olda. Pronclency in math was "algnif. Icantly higher" In 1990 than It
had been In 1978 . had been in 1978 . The study found no overall skills from 1971 to 1990 , but "Increases in the scores of black
and Mispante 17.year-olds suggeat Improvements were made in the education of our less.
advantaged atudents." advantaged atudents." dent achievement seems to be dent achievement seems to be
Hasing dowly in elementary and zerondary schoole" " it mald." "But many educators doubt whether curficient to ensure American competilitenens in the future. Some other Rndinge: Young people loday are
three times as likely to be murdered and twlee as likely to commil sulcide as leen-ugers
wero in 1850, and the proporiton wero in 1850 , and the proportion
of leene getting arreated has soarred 30 orfld over the mame
period. In 1990 . 87 percent or perlod. In 1990, 87 percent of ermes were under 25 years old. the report sald.
Eighty-elght percent of high
school seniort drink alcoholice beverages, but milegal drug uive has decllined, from 68 percent int
1880 to 41 percent in 1992. 1880 to 41 percent in 1992.
Slxty. two percent of the sentors sald they stnoked clgarettes.
$\qquad$
mima coneconomin

## IN BRIEF

AROUND THI STATE
Lichti in, Kristkowiak out
ORLANDO - The Orlando Magle placed
forward Larry Kryskowlak on the Injured Ilst Yorward Larry Krystikowiak on the injured list
with a stress fracture in his right foot and activated guard Todd L.Lcht1 on Monday. Krystkowak, a seventhyear pro signed as an
free agent. has started seven games this season free agent, has started seven games this se
and averaged 8.3 points and 3.7 rebounds. Lichtug coming back from knecounrsery, was

## Panthers recall Eakins

FORT LAUDERDALE - The Florida Panthers recaliled Dallas Eakins from thic Cincinnati
Cylones of the International Hockey League. Cyclones of the internatonal Hockey Leaguee
Eakins, 28, is the the only NHL
player who was Eakins. 26 is the only NHL player who was
born in Forida. . He Hived In Daye Clly sven
yeara becore moving to Peterborough Onario.

## AROTND WH MMTON

NBA fines O'Neal \$5,000
NEW YORK - Orlando Magle center Shaquulle o Neal was finct 85.000 Monday by the NBA for
making derogatory comments about the of nclating in the Magic's game against Detroit

## Knicks thrash Heat

NEW YORK - John Starks scored 31 of his 37 points and hit a record.tysng seven of New
York's NBA.record 10 .polnters in the frrst half. and the Knicks went on to defereat Mlami. 119.87 . Starks seven frst -halr 3-pointers matched the
NBA record set by John Roche of Denver in
 1989. The Knickss 10 first-half 3 .ponters
eclipsed by one the record for a half by six eclipsed by one the record for a halr by six
teams, most recently Phlladelphal last March 3 .
Clark signs with Rangers ARLINGTON. Texas - WIII Clark, unable to
work out a iong-term deal with the San
 five year contact with the texas. Rangers.
clark who will be 30 also had an offer from Clark, who will be 30, also had an offer from the Colorado Rockres, isco. When Glants owner
 wouldn't offer a guaranteed deal for more three
Orioles sign Fernandez BALTMORE - The Balumore Oroles made a
 Fernandez, 31. spent the past 10 seasons with the New York Mets. He has a career record of
98.79 , including 5.6 last season.

## WHAT'S MARTTINO

JUCO Men's Basketball useminole Community collioga at Pasco

## Boys' Basketball

-Doillona of Laks Mary. Freshmen at 4 p.m..
 Lake How oll al




Frosh Man Boys

## Girls' Basketball

GSeminole at Daytona Boach.Seabreozo. Junior varally at 5.15 p p.m. varatify at 7 p.m
hor varsily at $5: 15$ p.m.verasity at 7 pima at orangowood Christian.

## Boys' Soccer

DoeLand at Lako Brantioy, Junlor varsity at 5:30

## Girls' Soccer

Lake Mary at Blishop Moore. Junlor varsity at D.molitona at Lymmen. Junior varatily at 5 p .m

Wrestling


## BESTBETS ON TV

## basketball <br> D8 p.m. - SUN, Golden State Warriors at

Comploto IITOUngs on Pase 2:

## Battling the elements

## Soccer teams win despite wind, rain

## From Staff Roporte

DELTONA - Nothing was going to stop the Lake opener at Deltona High School Monday night. The Rams overcame blinding ratn, wind, a wreck and raffic Jam on 1.4 and a tough Wolves squad to win 3.0 . coach Larry MeCorkle. "The ratn didn't fall, It was coming straight sideways. It was strange game though.
because both teams secmed to play better against the The Rams led 2.0 at halfime on a pait of goals from Jody DeBruin with assists from Brandon Mahana and Brandon Woods. The final goal came when Aaron Cook Nathan Garcla booted the rebound back into the goal. Desplte the score, It was the play of keeper Gres Velho ear
possible.
Velho only had five saves for the game, but one came In the first minute of the game as he fully extended to knock he sot to an attempted touchover and later later he got to an attempted
smothered a break away attempt. All of which came smothered the score stlit 0.0 . The Wolves did not have amny
withortuntles atfer that as the Ram defense took opportunittes after that as the Ram defense took over.
Lake Mary outshot Deltona 10.6 and had elght corne kleks to zero for the home team. Bobby Taylor had four saves in goal for the Woives. O . "Our defense was a litte shaky in the first 15
minutes." sald McCorkle."Affer that defenders Woods. minnutes." sald McCorkle. After that defenders Woods
Matana. Tony Bazile, Cralg Henderson and Sean Cressman did a real good job and took over game. I
was a real solld effort Deltona got a good tam They was a real solld effort. Deltona got a good team. They
beat Flagler.Palm Coast 14.0 in one half of jamboree. beat Flagler-Palm Coast 14.0 in one
think they will be strong down road.
The Rams will play in the Goldenrod Rotary
Tournament this week. The team recelved a bye on Tournament thls week. The team recelved a bye on
Wednesday, so they will play a doubleheader on Friday Wednesday, so they will play a doubleheader on Friday
at Rollins College against Winter Park at noon and at Rollins Colle
Oviedoat $8 \mathrm{p} . \mathrm{m}$.

LAKE HOWELL WINS BATTLE OF HAWKS
PORT ORANGE - The Lake Howell Silver Haw
 Jim Lyons of The Weyh Nots sels up the front row during Fall Recreation
Vollayball League actlon at the Sanlord Mldolo School Oymnatorium on

## broke away from a 2.1 halfime advantage to score an

 mpressive 6.2 opening match victory over the hostSpruce Creek Hawks Monday night in Port Orange. Spane Sheek hawks scored three goals, whille Jerf Yearick, Ben McKecby and Eason DeMayo added one score each, Kevin Yeartck collected three assisis, with DeMayo and
Andy Dettro contributlng one assist each. Lake Howell outshot Spruce Creck, 29.8, and had six corner kicks to four for the Hawks. Jacob Zosky claimed four saves in goal for the Silver Hawks.
For the host Hawks, Lubansky scored both goals and goal keeper LIlazols had 17 saves.
Lake Howell will open play In the Goldenrod Rotary
Tournament Wedestay with Tournament Wednesday with a 6 p.m. contest against
Bishop Moore at Ward Fleld. Friday the Hawhs will take on Mlami-Palmetto at 6 p.m. at War Field.

LOCAL GIRLE FACE OFF IN RAIN
LAKE MARY - The Lake Mary Rams girl's soccer leam remained undefeated with a 9.2 triumph over
Seminole High School at Don T. Reynolds Stadlum Seminole High Schoo at Don
Monday night. The Rams raced to a 5.0 halfitme on thier way to
mproving to 3.0 on the season. The Trbe cell to mproving to 3.0 on the season. The Tribe fell to 0.2 .
The Lake Mary junlor varsity also won. throwing a 4.0 shutout.
"It was good for us not to get shutout." sald Seminole "It was good for us not to get shutout," sald Seminole
head coach Suzy Reno. "I'm not disappointed at We head coach Suzy Reno. "I'm not disapponted at all. We
have a very young team and Lake Mary has a very gootl team.".
Shane Thomas had four goals for the Rams, while Shane Thomas had four goals for the Rams, while
Angie Olson and Amy Bradtey had two scores acheh and Angle Snow netted one of her own. Thomas had the For Seminole. Brooke Wagner scored on a corner kick from Aubrey Broclous and Chrissy Richardson scored The Rams outshot Seminole, 29.8, and had two corners to only one for the Tribe. Kelly Laikos had three amazing 15 saves for the Tribe. Lake Mary will be at Bishop Moore tomorrrow night. with the Juntor varsity playing at $5 \mathrm{p} . \mathrm{m}$. and the varsity
at $7 \mathrm{p} . \mathrm{m}$. at 7 p.m.
Seminole's scheduled game with DeLand has been
rescheduled for later in the season.

## 'Noles stung by Hornets

From Staff Reports
ORLANDO - Poor shooting and turnovers doomed the Seminole High School girl
basketball team Monday nigh as the homestanding Bishop Moore Hornets made their season debut a success, 59-39.
The Tribe defense came up with 22 steals, but the offense only hit 18 of 69 feld goal atree tirow tries and turned the ball over 22 times.
"When we have that many lurnovers and the whole team
can't make a shot, I guess it's one person's fault, mine" sald See' Tribe, Page 2B

Binhop MOORE S\%, SEMINOLEVT
 Piishop Moore (s):




为

## Volleyball leaders play musical chairs

RESULTS

 minn mbow hatit

 Romion mownowp ive



 The complete standlngs after
eltgh weeks wwth this weks record elght weecs (n parenthesis): 1. Wite Westiver baptus $1(6.1)$





 | li.4. |
| :--- |
| 10.7. |

## SANFORD HERALD PLAYER OF THE WEEK

## Trio shares honor

D DEAN SMITH
$\qquad$
SANFORD - If they didn't have good players.
the playoffs.
Seminole
Seminole's Alton Jenkins Jr., Brantley's Jerf Butler each turned in outstanding performances last Friday in the opening round of the
Florida High School State Football Playoins.


ALTON JENKINS JR.


OSCAR DUNGAN


## STATS \& STANDINGS






## 

 Mit "n
mongtamimec


## \section*{艮}

## 

CIA ROZ!


Player



5


## 

Trof
In ,











$\qquad$
 DAPP LMPMA: FOGTEALL


## People

## IN BRIEF



## 4. H cutting edge



 corord
5660 .

## GALENDAR

Take off pounds sensibly
 e frrst Chirstian Church. 1607 Sanford Ave. Sanfort
bils and 6.45 p. p.m.
Each week a different program on welght loss will be conducted. ind information about the club, call 323.1788 or
For more
manal

## Toastmasters meet at SCC




## Overeaters to gather



daycess mest in Sanfard.
The Sanford Jaycees meet the second and fourth Tuesday or
each month Anyone interssed tin atitending can call Brent


## Woman's Club to meet

Lake Mary Woman's Club meets the Fourth Wednestay or
each monh Contant Cheryl Greene 323.5102 or Pauline
Optimist Club meets weekly

Kiwanis Club meets Wednesday
The Kiwants Club of Sanford holds its noon luncheor
meetings every Wednescay at thit Santord Civic Center. North


## Dancing for seniors

The Over 50 Dance Club dance sg held every Wedenesday. from $2.30,4: 30$ p.m. at the Sanford Civic Center.
by the Detlonians 11 -plece band. Donation 82.00 .

## Author: Fat is fat is fat...

Foodtritionist gives club tips on weight loss



Tve become is what I calla a
Foodetritonist. a combination Fooditritionist, a combination
dieticlan and nutrttonist. A
fooditritionist suberthen foodititionist subscribes to the
theory that through moderation theory that through moderation
and a basic understanding of the
concep concepts regarding proper
nutrition, you can enjoy cating.


Arthur sturges,
Women's Club.
lose welght and get healthy.
Sprinkie in exercise and you have a recipe for licre.".
He continued. Fat is fat. Fat He continued, "Fat is fat. Fat
makes fat. No matter where it comes rom, be it annmal, vege-
table or mineral. fat will put

Little guy remembers words of hero
more fat on you. The less fat you
consume, the casiser ti will be for
your body to burn up what consume, the casier it will be for
your body too burn up what
you've been lugging arund and you've been lugging arund and
pluging into your arteries all plugging into your arteries all
these years. When a canned
pasta product loaded with beef pasta product loaded with bee
and cheese e hypped as belng 95
percent percent fat free. and we accept
that without questlon. we become fatheads. Beef. and
cheese have fat. There's no cheese have fat. There's no
getting around it. When you use
"Ilte" oll. the term " "llte" oill, the term "llte" only
refers to the color. Oll is fat. And refers to the color. Oil is fat. An
your body can't take ft."
Sturges pols. Sturges pointed out that you
have to learn to read labels and have to tearn to read labels and
to understand what those con-
fusing words fusing worsts mean. Just sayn-
that you want to diet and maybe that you want to det and maybe
declding that starting Monday
I'll. reciding that starting Monday
ro fust have cofle thls week.
no food. Well. wrons. no food, "Well, wrong,",
because "your brain knows its because your brain knows ins
on a diet, but your body doesn't
know and thinks tis know and thinks "'s starving
When the body ts starving tiserf
"t When the body is starving tiself.
it loses water and muscle, but
not the rater You can onle. but
about $21 / 2$ pounds stroll - walk 10 minutes out
nd 10 minutes back. For nd 10 minutes back. For
reakfast start with cercal; the iber is great, Mid-morning snack can be a granola bar. Have your carbohydrates after 4 p.m. Neve eat a proteln (meat) larger than a
deck of cards. Don't eat after 8 Memp ${ }^{\prime \prime}$. Member Marfanne Bassile Sout fifferent fats. Sturges sald Any fat that solldinines, stay Wil with seasonling: do away with ot fattening, fat is fattening Nuts are pure fat. Use Chinese ent for reclpes calling fo Sturges left the members with
his verbal rectpe for chicken: "Bring a pot or water to a boll
when bolling put skinned hhlcken breast in water an Dring to boill a second time. Pu
tot on pot and shut stove orf, le
st for 35 minute sit for 35 minnules. "I you wan
It to look roasted put on kitchen to look roasted put on kitchen
Bouquet llquid gravy and

TUESDAY'S PRIM MTMIT


DEAR ABBY: In 1945, in Fort
Perce. Fla., w went out for
footbail. I werghed 113 pounds footbail. I welghed 113 pounds
shads. uniform. shoes and
sholaces. One big ilineman said. shoelaces. One big line man sald,
'You won't be here after two
two scrimmages."I looked up at him
and said. "Im here to stay!" and sald, "Tm here tostay!"
Soon the team accepted $m$ and I'd get to play when we were
well ahead - Just before they sent in the water boy.
Waiking of the field Waiking off the field one night of footsteps-a and a naval officer put his hand on my shoulder
and sald. "You've got a lot of and sald "You've got a lot of
courage for your size." Then he turned and waiked out the gate.
I asked ours Iasked our star guard, "who
was hat guy?" He replied. "That was Johnny
Lupack." He went on to Notre Trophyl 1
tophyll always remember him
not only as a great football

## 8 <br> advice <br> ABIGAL <br> van buben

 player. but a teremendousty nice




 hearkuarming memank lor
dear abyy, hope you can




为 decrood mornirg, Mra, An. How doy y real Iody?
Whle pasang by yhay way, my tow
myour
rour "Youy're such a alght to see.
"How very thin and pale you
are. You're sure its not T.B.B.
"Oh, no, It isn't worth white to take my wrappings off.
"T guess
ing "I guese my wrappings ofr.
near.
inough. I won't sit so "Miss Marth's cough wat like yours,
"The do The doctors worked in vain.
"They but


ADDAMS FAMILY VALUES $\frac{\text { ETO13 }}{7: 30}$ |  |
| :--- | :--- |
| THE CONEHEADS |


 problems.
I don't want shyness to rule on. I would love to find tit or the
book in which it is included. my dife. but I don thess to rule whet
else to do. Can you tell me what else to odo. Can you tell mew what
can do about ft? I know that PENNSAUKEN, N.J. can do about HP I know that
DEAR PATRCI: If any of there are lots of other shy people
my readers can locate this poem out there. You'd be doling us a and send t to to me. . w whll happily
share It with you, Readers? DEAR ABBY: I have a serious problem that t have never seen
addressed in your column even addressed In your column, even
though it's fairly common. It affects people of all races, ages
and both sexes. This and both sexes. This problem is
called shyness.
To me, belng shy is like having To me, being shy is like having an Invisible cage around me that
prevents me from saying and prevents mee rrom saying and
dolng the things that I want. I have been shy my whole life On the inside. Im really a nice.
friendly person, but Iknow thati frendy person, but know that
appear to be quate. sad and
upught. I really would llke to uptught. 1 really would like to
change. 1 am a 15 -year-old girl. change. 1 am a 15 -year-old girl.
and I have never started a
conversation with a boy conversation with a boy, I feel
like Im doomed to be a mouse all my life.
Abby, rm not talking about
low seli-esteem. I dont think low self.esteem. I dont think
badly of myself, and Im not antl-soclal. as some people might
think. I have heard of support think. I have heard of support
groups and 12 -step programs for
 huge favor. Please helpt SHY IN ALTAMONT, N.Y. $^{\text {and }}$. DEAR SHY: You are far from belng alone with this problem.
and
there are several things you can do ot o overcome tt. There ar
groups (although not based on groups (although not based on
the 12.step program) that can help those program) that can
speaklng become more publle speaklng become more nuent
and at ease in front of people. and at ease in front of people.
Toastmasters provides help and onet.-0.one contact for peepple
who suffer from shyness, To find a group near you. write to: Toastmasters internatuonal. po.
Box 952 . Mission Viefo. Calif. Box 9052 , Mission Viejo, calif.
92690 or call (174) 858.8255.
Also . Also, there Is an excellent book
on the subject that on the subject that you mlght
find helprui. its "shyness" by find helpfil. "t's "Shyness" by
Dr. phillp C. Zimbardo, and tis
now avallable in paper now avallable in paperback.
Good luckt (Probleme? Write to Doar Abby.
For a personal), unpubiliheded
roply, send a soll.addroased reply, send a soll.addrosesed,
stampod anvelope to Dear Abby, and overeaters, but never for shy is conilidentili.) All correspondenco


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The Sanford Herald
Advertsing Dept． will be closed on Hov，25th for the Thanksgiving holiday

## Classlfied deadlines are：

 Thursday 11．25 Sanford Herald．．．Wed． 1 PM Friday 11－28 Sanford Herald．．．Wed． 1 PM|  | 21－Parso |
| :---: | :---: |
|  |  |
|  | 23－Lost \＆Found |
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|  | Ettab，A Pup Phono Rit <br>  |
|  | Establish A Snuct／Soda ${ }^{11,280} 1$ |
|  | Our Investment in Research is Paying Off |
|  |  |






## Mental abuse can undermine security

$$
-
$$ abuse?

DEAR READER: Mental abuse - cespeclally in tis mental abuse
may be difficult to define. may be difficult to define. To
some degree, this may be slmillar some degree. this may be similiar
to the off-quoted comment of the
Supreme Court Justice when Supreme Court Justice when
asked to define pornography. He asked to denne pornography. He
sald he might not be able to sald he might not be able to
define ti, but he certainly knew, It
when he saw it. Mental abuse, in dennen he sut he certainly knew it
whentabus., In
my view, is an attitude or series my vew, is an attlude or series
of acts that are percelved by the reciplent as threatening or un-
pleasant and that may unpeleasant and that may un.
dermine his or her sense of dermine his or her se
securty and well.beng.
Of course, to a great ext are all he he givers and recelvers of
mental abuse at one ume or mental abuse at one time or
another. All you have to do is another. All you have to do
eavesdrap on a bunch of
children in a schoolyard or cavesdrop on a bunch of
children In a scholyard, Or
listen to government proclamaHons.
However, mental abuse may be more of a legal concept thana
medical one, although victima may be prone to depression and
other health problems. Unques. tionably, sertous mental abuse -.
such as that suffered by prison.
ers or even by children and spouse in extreme situations
would be recognizable by any

## o

 that is suspect more subther you. Andme. This is a dimcult yone me. This is a difficult concept. In
part because what is interpreted by one person as an abusive
situation may be normal and completely tolerable for another.
Therefore, I have concluded that in many Instances, the
presence or absence of mental
abuse migh abuse might have to be dectded
on a case-tocase basis. I'd be Interested to hear what other
readers have to say about the readers have to say about th
topte of subte mental abuse. To give you more information.
I am sending you a free copy of lam sending you a free copy of
my Health Report "Understan-
ding Cholesterol" Other reater ding Cholesterol:" Other readers
who would like a copy should



INTHE NEXTHOUR WEU BE OFFER" I REMEMBER WHEN TV SHOPPNK
ING BARCAN PREES ON A HOWE MENT GINSUKHNES AND THE ING BARCAN PRICES ON A HONE MENT GINSU KNNCS ADD THE
ENTERTANMENT SYSTEM, A CAP. VEGIMTIC!


by Bob Thaves



## WIN AT BRIDGE

1
ze

$$
\begin{aligned}
& \text { By Phillip Alder } \\
& \text { "It's a poor sort of memory to } \\
& \text { that only works backwards." the } \\
& \text { in } \\
& \text { Queen remarked. }
\end{aligned}
$$

 if backward memory came queen, and then finmys, fack. However. here
from knowing the future. It that won't work- and you would be a help. Picking lotery should know work won't. and you numbers and horserace winners
would prove would prove lucrative. At the
bridge table, usuall one needs casionally backward is the order
of the deal - as in today's.
 overcall. Noth might have bid known to have started with two
three notrump - an easy con- hearts and four diamonds to tract here - or taken things probably has three or four
more slowly by starting with a spades. more slowly by starting with a spades. shiould enter dummy with
twodtamond cue-bbd. West led his lowest diamond. a trump and lead the spade fack.
East won the first three tricks forcing East to cover wih the East won the firss three tricks forcing East to cover with the
before switching to a low club. queen. Then finesse dummy's before switching to a low club. queen. Then finesse dummy's
Declarer finessed, drew trumps nine on the way back. Declarer finessed, drew trumps mine on the way back.
and cashed the club ace. but the A Abekward finesse requires
king didn't drop. Now South had two cards well placed, so II king didn't drop. Now South had
to avold losing a spade trick. toavold losing a spade trick. usually worse than a sin
How would you normally play finesse - but not always.


## HOROSCOPE

## By Bernice Bede Osol YOUR BIRTHDAY

 Nov, 24, 1993 Improvements both careerwiseand soclally are strong probabilltles for the year ahead.
Benefits in these two areas Benents on mese
$m$ Ight come
extraordinary ways.

Sagittarius (Nov. 23.Dec.
21) Your best assets today are your organtzattonal skills and your talents as a salesperson or
promoter. Find ways to use your promoter. Find ways to use your
gifts constructively and ef. fectlvely. Scorploto treat yourself
to a birthday gift. Send for your to a birthday gift. Send for your
Astro.Graph predictoons for the Astro-Graph predictions for the
year ahead by malling $\$ 1.25$ and
a long, self-addressed a longe self.addressed stamped
envelope to Astro-Graph, c/o this envelope to Astro. Graph, e/o thls
newpaper, P.O. Box 4465 , New
York. N.Y. 10163. Be sure to York. N.Y. 10163 . Be sure to
state your zodlac sign. CAPRICORN (Dec. 22.Jan.
19) If there is something you've been anxlous to finalize, don't let others set your agenda or rig
your umetable. Your fate is in your own hands and you do not
have to be dependent upon
others

ANNIE


AgUARIUS (Jan. 20.Feb. 19)
Your rapport with persons of Your rapport with persons of
authority ta large organkations
can be worked out to produce advantages for yout today as well
as for the other as for the other guy.
PISCES (Feb. 20.Mareh 20) Do not visualize yourself as the
underdog today, espectally you're drawn into something
competilive where your work or career is concerned.
ARIES (March 21-April 19) You should have more direct which recently have been wrested from your grasp. This
time when you take hold, hand

TAURUS (Aprll 20-May 20)
Something benefictal might Something beneficial might de. sources upon which you seldom
prevall. A person who has been wanting to help you may open
the faucet.
GEMINI (May 21 -June 20 methods and tactics you employ continue to make changes and
adjustments untll you find something that works.

CANCER (June
Developments that pertain
21-July evelopments that pertain to
your material well being are yending in your favor in this without making an effort to LEO (July 23-Aug. 22) You might be able to advance your hat has clements of chance give it a try if you feel bold.

VIrgo (Aug. 23.Sept. 22) chlitimate advantage today, even those brought into play by out.
side forces. Don't be Intimidated
by by unexpected shifis.
LIBRA (Sept. 23.Oct. 23) You
usually benefit in some manner from your partnership arrangements, and today tsn't apt to be
an exceptlon. Be a team player
instead of解 sCORPIO (Oct.
Beginning today are likely in conditions that pertain to your financlal well
being, as well as your status
with your peers



