

Sanford Herald

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88th Year, No. 238 - Sanford, Florida



Today: Partly cloudy with a slight chance of afternoon thunderstorms. High in the low to mid 90s. Wind mostly southeast 10 mph except variable in the afternoon. Chance of rain 20 percent.

For more weather, see Page 2A

TODAY

BRIEFS

Historical Society meeting

The Sanford Grammar School, built in 1902, will be the program topic at the Sanford Historical Society meeting Thursday, July 25 at 5 p.m. In addition to learning the history of the school, members will share their personal memories along with pictures and other memorabilia. For further information, contact the Sanford Museum at 330-5698.

The meeting will be held at the Museum, 520 E. First Street.

Helicopter looks for stolen car

LONGWOOD — The Longwood Police Department has employed the services of the Seminole County sheriff's office Alert 2 helicopter to help search for a stolen car.

At press time, the two departments were searching for a black Pontiac Firebird that had been taken for test drive at about 9 a.m. and not returned.

According to Seminole County sheriff's spokesman Ed McDonough, a man, a woman and a salesman for Courtessy Pontiac, 650 Highway 17-92 in Longwood, took the vehicle off the lot for a test drive.

When the vehicle got to the intersection of County Road 427 and General Hutchinson Parkway, a short distance from the dealership, the man and the woman pushed the salesman out of the car and sped away.

The reportedly went down General Hutchinson Parkway, but it is unknown where they went from there.

McDonough said the salesman returned to the dealership and dialed 9-1-1 to ask for police assistance.

The salesman described the couple as a black male and a black female. The man, he said, is about 6 feet tall and weighs about 240 pounds. He did not offer a more detailed description of the woman.

The helicopter is searching the Longwood area for the car.

Zoo plans exotic trip

SANFORD — Ed Posey, director of the Central Florida Zoological Park, will be hosting an exotic adventure to Borneo in October.

Posey will lead the 11-day trip that will include a stroll through a botanical reserve, a bird watching excursion or a view of the coral reefs. From the sea to the rainforests there will be an adventure every day.

The trip will begin Oct. 27. An optional 5-day trip to Sarawak will follow immediately afterward.

The cost for the 11-day trip is \$3,295 per person, double occupancy. The additional trip will cost \$1,195 more. The trips include round trip airfare from Los Angeles, accommodations and meals, sightseeing fees, all tips and gratuities and entrance fees to points of interest.

A portion of the proceeds will benefit the Central Florida Zoo.

For more information about the trip, call 323-4450, ext. 112.

Family Fun Festival set

SANFORD — The First Family Fun Festival will be held on Friday, July 26 from 1 to 7 p.m. at the West Sanford Boys and Girls Club, 919 S. Persimmon Ave., Sanford.

The festival is free to all children. It will include include carnival games, a talent contest, relay races and refreshments.

The Seminole County sheriff's office will give away 15 bicycles and bicycle helmets at the Festival.

INDEX

Bridge.....4B	Florida.....2A
Classifieds.....3B	Noroscope.....4B
Comics.....4B	Nation.....3A
Crossword.....4B	People.....6A
Dear Abby.....6A	Police.....3A
Deaths.....6A	Sports.....1B,2B
Dr. Gott.....6B	Television.....6A
Editorial.....6A	Weather.....2A

Life is either a daring adventure or it is nothing.

-Helen Keller

Report: Shaq slam dunks Orlando

By CHRIS SHERIDAN
AP Basketball Writer

ATLANTA — Shaquille O'Neal is leaving the Orlando Magic for the Los Angeles Lakers under a multi-year deal worth more than \$120 million, TV stations reported today.

WFTV in Orlando said O'Neal signed for \$123 million over seven years. In Atlanta, WSB-TV reported the free agent had agreed to go to the Lakers for \$125 million.

Greg Warmoth of WFTV said he was with O'Neal at 3 a.m. in Atlanta after O'Neal met with the Lakers officials, including general manager Jerry West. After 1 1/2 hours, the deal was signed and an announcement will be made later today, Warmoth said.

O'Neal was quoted as saying it was a tough decision to leave the Magic.

O'Neal's agent, Leonard Armato had said about 3 a.m. that O'Neal was still considering offers.

See Shaq, Page 5A



Shaquille O'Neal

You can run, but...



Sanford Police officers Tim Welter and D. Morganstern held a pair of passengers while their compatriots searched for the driver of a vehicle that led a high speed chase from Volusia County to Sanford.

High speed chase ends in arrest

By VICKI DeSORMIER
Herald Senior Staff Writer

SANFORD — The rumble of a police helicopter thundered overhead and law enforcement vehicles whirred past in a high speed chase that began in Volusia County and ended on Third Street in Sanford.

What began as a routine traffic stop for a speeding violation, ended an hour later with the arrest of a

Sanford man

Fredrico Guerrero, Jr., 21, of 999 Old Monroe Road in Sanford, was apprehended following an hour-long chase from Deltona to Sanford.

According to Volusia County sheriff's office spokesman Judie Edwards, a speed radar unit was set up on Doyle Road near Garfield Road in Deltona. Deputies clocked Guerrero's car at 66 miles per hour in an area where the posted speed limit is 45 miles

See Chase, Page 5A

No survivors found in jet wreckage

By RICK HAMPSON
Associated Press Writer

NEW YORK — Rescuers pulled burned bodies from the waters off Long Island early today as an FBI terrorism team investigated what caused a TWA jumbo jet to explode over the Atlantic shortly after takeoff, apparently killing all 229 people aboard.

"It's too early to tell if it's a bomb," FBI spokesman Jim Margolin said.

But a law enforcement official said he was told by the FBI that based on eyewitness accounts from Air National Guard pilots, investigators "are leaning more towards the possibility that it was a bomb that caused the plane to explode" Wednesday night.

"A fireball fell from the sky," said the official.

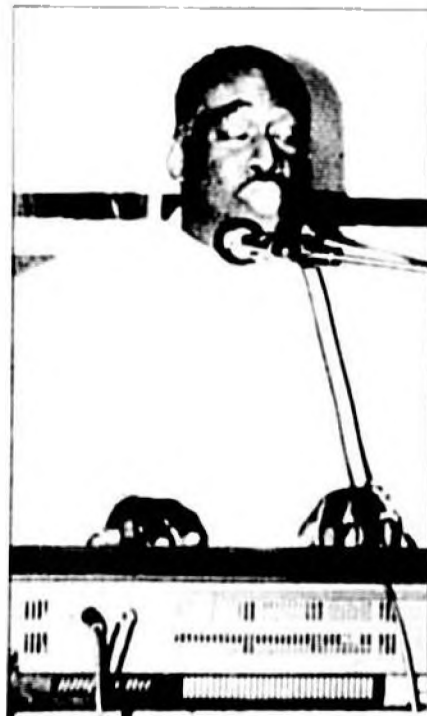
who spoke on condition of anonymity. "What would have caused that? ... We know there was nothing on board, other than fuel, that could have caused that huge an explosion."

He added, "They are still investigating all other possibilities."

Flight 800, a Boeing 747 bound for Paris' Charles de Gaulle Airport from Kennedy Airport.

See Crash, Page 5A

Gospel music awards benefit area students



Vernon "Papa" Jones

By MARVA HAWKINS
Herald Columnist

SANFORD — The Second Annual Central Florida Gospel Music Lifetime Achievement Awards and formal banquet will be held Saturday, July 20, 6 p.m., at the Sanford Civic Center. Sponsored by the Sanford-Central Florida Interdenominational Musician's Guild, this affair will put the spotlight on area pioneers in gospel music. For more than 50 years, the honorees have shaped the development and growth of area church music. They have served as mentors and role models for young musicians.

Hosting the awards will be Broadway and television star Harry Burney. Recently, his rich baritone voice has been heard throughout the Central Florida area, in productions at Disney, Universal Studios.

Co-host for the event will be Lydia Ruth Goodlin, of Miami. She is a

See Gospel, Page 5A

Bucks for books



State representative Tom Feeney presented a check for \$192,598 to Sandra Gallagher, public service manager for the Seminole County Public Library as part of a grant that will allow the library to purchase more materials for the public. According to Feeney, the grant is half the money that will provide 60 percent of the library's funds for this year.

POLICE SWAPS

Arrests

Officers of the Sanford QUAD (Quick Uniform Attack on Drugs) Unit arrested William Bradley, 23, of 2839 Gale Place in Sanford for attempted distribution of illegal drugs. Officers spotted the suspect attempting to make the sale at a store on 25th Street and later noticed the suspect whistling at cars driving on Georgia Avenue. Bradley, who originally gave a false name to police, is being held on \$5,000 bond.

Arthur Ailing, 55, of 115 South Hollis Street in Lake Mary, was arrested and held with no bail for domestic violence. The victim showed visible scratches and a bump on the back of the head.

No bond was set for Patrick McGonigal, 32, of 1097 Black Acre Trace in Casselberry, after he was charged with several counts of possession and distribution of narcotics. He was traveling by motorcycle when he collided with another vehicle. The victim told police that McGonigal tossed several boxes into a nearby wooded area and they were later found by officers containing cocaine and marijuana.

Robert Herring, 38, with a residence of the Fountain Lodge Motel in Sanford, was arrested after a security at Food Lion in Sanford noticed the suspect allegedly stealing a pack of cigarettes. The suspect resisted arrest but was detained.

Sandy Coleman, 22, of 2545 South Palmetto Avenue in Sanford, was arrested for attempting to steal an item from the Winn Dixie in Sanford. He was detained until police arrived.

Sanford Police reports

Lawn equipment was removed from a residence on Bethune Circle when someone broke a lock on an outdoor shed.

A vehicle was reported burglarized at 330 Town Center Circle. A CD player, radar and 20 CDs were reported missing.

An amplifier and two speakers valued at \$1,500 were reported stolen from a Ford Mustang at an auto restyling business.

A man was captured on video stealing seven packs of cigarettes at the 7-11 on 100 North French Avenue.

Sorority ready for national convention

By MARVA HAWKINS
Herald Columnist

Greater Orlando Chapter of Delta Sigma Theta Sorority, Inc., the Sanford Alumnae Chapter and other chapters in the Central Florida area, are hosting the 43rd National Convention, July 19-24 at the Orange County Convention Center.

Bertha M. Roddey, Ph.D., the 30th national president, will preside over the more than 10,000 members of this African American Greek letter organization attending the convention. This organization has worked to keep America focused on the great social issues of this time said Congresswoman Carrie P. Meek (D., Fla.).

Delta Sigma Theta is dedicated to its mission of public service. This year's theme is "The Delta Legacy Continues: Shaping Its Purpose." Members will share in discussions on the five point thrust of Delta: economic, education development, international, political awareness and involvement, physical and mental health.

The public is invited to attend various activities during the six day convention.

Exhibits, trade show donation is \$5 per show visit daily. Support local businesses.

Friday, July 19, 6:30 p.m.—Prayer Service, Rev. Dr. Vashli McKenzie, National Chaplain of Delta Sigma Theta and pastor of Payne Memorial AME Church, Baltimore.

Saturday, July 20, 8 p.m.—Showcase 2000 Talent Extravaganza, featuring outstanding young artists from across the country. Special guest artists are Seabron, Atlantic Records' newest teen-age singing sensation, and Sanford's own Tajiri Arts International, whose members will present dramatic renditions of Paul Lawrence Dunbar and Shakespeare. This extravaganza will feature pianists, singers, ballet and interpretive dancers, violinists and organists performing in every musical genre at the Clarion Plaza Theatre. Admission is free.

A step show-dance routine that mix African boot dance and precision military steps. \$15.00.

Sunday, 9:30 a.m.—Ecumenical Worship Services.

Sunday, 7 p.m.—the organization will honor Delta women who have held membership for 50 plus years. That honor will go to locals Adrienne Harrison, Gertrude Nolan, and Linda Reddick; Lottie Collins will receive the Lillian Award. The public is invited. Attire: semi-formal.

Monday, July 22, 7 p.m.—The 1996 Project Cherish Honors Award Gala will salute Delta women who have made significant contributions in the disciplines of medicine and science in an effort to effect positive change in the lives of humankind. Local honorees are Mercedes Clark, Dr. Linda Burke-Galloway and Dr. Dana Broussard-Perry. Afrocentric attire. \$15.

July 23, 6 a.m.—Move-A-Thon Benefit. Join the Deltas as they walk, run, cycle or jog. \$20.

8 p.m.—Signature Gala featuring pop-jazz vocalist Rachelle Ferrell and saxophonist Kirk Whalum. \$30.00. Tropical chic.

Contact Chapter committee chairwomen



Bertha M. Roddey, Ph.D.

and convention hostesses: Martha Bell, 631-2638; Kitty Ellison, 291-3426; Yolanda Clark, 381-0686. Sanford chapter officers are Lillian McGill Jordan, president; Sylvia H. Stallworth, Vice President, 322-8574.

Similarities found between nicotine, cocaine addiction

By MATT GRONSON
AP Science Editor

NEW YORK — A part of the brain that may be important in addiction reacts the same way to nicotine that it does to cocaine, heroin and other highly addictive drugs, researchers have found.

Their results provide further evidence of the power cigarettes wield over those unlucky enough to be hooked, and offer hints at how treatments might one day break nicotine addiction.

The results also provide some of the best physiological evidence yet suggesting that nicotine and cocaine addictions work in similar ways.

"It suggests from a neurobiological level that we're dealing with a real drug and a real brain effect," said George Koob of the Scripps Research Institute in La Jolla, Calif.

Earlier research has shown that nicotine stimulates the release of the neurotransmitter dopamine in the brain.

The study by Italian researchers goes a step further by demonstrating that like most addictive drugs, nicotine causes dopamine to be released in a specific region known as the shell of the nucleus accumbens, which lies between the midbrain and the fore-brain.

The shell links the amygdala, which is active during emotional experiences, and the core of the nucleus accumbens, which controls some aspects of movement. Taken together, the three areas are thought to be central in the process of addiction.

The research "adds new weight to the conclusion that nicotine is indeed addictive," wrote Leslie L. Iversen of the University of Oxford in a commentary that appears with the study in the journal Nature on Thursday.

President Clinton and his GOP

rival Bob Dole began trading barbs over tobacco last month. Dole opposes Clinton's attempt to regulate tobacco, and Dole has been dogged by criticism since he suggested in June that smoking wasn't necessarily addictive.

The new study "is not a surprise, but I think it's very timely because of the current political debate," said David Self, a neuroscientist at the Yale University School of Medicine in New Haven, Conn.

The Italian study puts nicotine in a class with most well-known addictive drugs, including cocaine, morphine and amphetamines, said Gaetano Di Chiara, a neuroscientist at the University of Cagliari who led the research.

"The ability to stimulate dopamine transmission is a kind of mark, a kind of label which is common to all these drugs and substances," he said.

Dr. Di Chiara and three colleagues studied the effects of two nicotine doses on rats. They found that after the higher dose, the amount of dopamine produced in the shell of the nucleus accumbens increased significantly for 20 minutes. At the lower dose, the effect lasted about 10 minutes.

Nicotine also significantly increased brain activity in the nucleus accumbens after the higher dose, but not in 36 other brain areas the researchers monitored.

Those results suggest that some of the methods currently used to treat cocaine addiction might work for smokers.

"I've often argued that smoking cigarettes is not different from smoking cocaine," said Koob, who was not involved in the study.

Ultimately, researchers would like to find a way to interfere selectively with the specific dopamine molecules in the brain that cause addiction, without affecting other types of activity.

Court throws out contempt order in rape records case

By GLEN JOHNSON
Associated Press Writer

BOSTON — A rape crisis counselor who faced a jail threat for fighting to keep her client's records out of the courtroom won today when the state's highest court threw out the contempt order against her.

The Supreme Judicial Court, ruling in favor of Naesrine Farhody, also tightened restrictions on when such records should be released in the future.

Farhody, who runs a rape crisis center in Worcester, won a reprieve from jail in March when a judge decided her appeal of a contempt of court order for failing to turn over the records deserved a full review.

She remained free during her appeal.

Rape counseling records, the Judicial Court said in a unanimous ruling, "are not particularly likely to contain information relevant and material to the question of an accused's innocence or guilt that will not be available from another source, such as a complainant's statement to police."

In the future, defendants will have to file a detailed motion with the judge explaining why the records are necessary. The judge should grant the motion only when the information could not be found elsewhere.

A defense lawyer sought the records in the case of rape defendant David Fuller, 36, on grounds the records could help determine whether the woman's story is credible. Fuller is accused of raping a woman in July 1995.

Who's contributing to sheriff candidates?

By JEFF HUNT
Herald Staff Writer

The campaign contribution totals are in for the latest period in the race for Seminole County sheriff. Incumbent Don Eslinger has raised \$135,348.50 in cash and has received \$9,071.54 in in-kind contributions for a total of \$144,420.04. Joe Becker has raised \$101,822.70 in cash and received \$85,051.00 in in-kind contributions for a total of \$186,873.70.

Here are the contributors of \$250 or more for each candidate:

- FOR DON ESLINGER**
Hunt Insurance Group, Inc.
William R. James
Thomas Siegrist
Rinker Materials Corp.
Basset Medical Services, Inc.
Gregory Roebuck
Wilson's Concrete Service, Inc.
Fluor Daniel
Michael H. Malamud
Bradley M. Cowden
Radisson Plaza Hotel Orlando
Carrington Communities, Inc.
RND Development, Inc.
Harbert Properties Corp.
MarRay-Maltgreen, Inc.
Kathy Laurence
Tri-Star Security, Inc.
Thurman Company/Florida SportService
J.D. Nichols
Nolan Carter, P.A.
B&D Supply Company
Palladino Development
D&A Building Services, Inc.
Swaggerty Bros. Landscape, Inc.
Silver City Partners, Ltd.
Florida Screen Services
Sy J. Aufseher
Advanced Marketing
Mary Bell Streetman
Fraternal Order of Police
The Briar Corporation
Stephen Rominger

- FOR JOE BECKER**
Del Frisco's Steakhouse
R. Suggs Landscaping
Prochel/Son Funding
McConnell Towing, Inc.
Rebekka Thomas
Medina Latin Festival
Halen Darrow
Advanced Paging, Inc.
Robert Hippler
Dian Hippler
Family Medical Center
J. Scott Jones
R&S Printing
Cambridge Homes, Inc.
Jose Ramos
Ed Fagan
Heather Schwier
Direct Success Marketing
Stanley Ploot
Tiano Beach Resort
Sandra Pelton
Doug Pelton
D.J. Pelton
Duwana Mullins
Darrel Palama
Air Pak Services
Scott Smith's Harley
William Edwards
Tiffany Orlik
VWC Enterprises
Chip Delo
Lori Moats
Janice Rivera
Bob Calupca
Network Insurance Group
Daniel Broderston
Go Travel
Systems 2000, Inc.
Carl Connelly
Orsirus Group
Linda Thomas
Calupca-Crabtree Assoc
Kenneth Offenberger
Calico Jacks
Leslie Calupca
Ronald Carter
nancy Hatzel
Mark Heister
Al Hatzel
WORS 1800 AM
Stanley Sandefur

- Sandy Ottes
Faith Stalnaker
Vocal Vision
WVFW Radio 1060
Z Doctors Auto Repair
Ernest Offenberger
Salvatore Delcorso
Anita R. Santana
Myriam Gotay
WJL Christian Radio
Chung Moo Doo School
SecureGroup, Inc.
Chris Schultz
National Traffic Safety Institute

- TRAA Insurance Group
Automotive One
Jerry Sharpe
Zack Harris
Gerge Gilbert
Holvin Vega
Dennis Ludwig
Ralph Waterhouse
Nat Jenkins
Luis Rodriguez
Helen Swartz
Basim Salahud-din
Rick Grant
Robert Bobroff

- Wally Steigel
Veronica Graber
Greg Thompson
Don Ramme
Iris Burmudes
Joe Golovernic

- Edith Hall
David Antommarchi
Jennifer Fairchild
Rick Carbol
Rick Brown
See Sheriff, Page 8A

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EDITORIAL

Sturm room is fine addition

The Good Samaritan Home has served the economically disadvantaged in Sanford for many years with a loving environment and activities and entertainment for the residents of the congregate living facility.

Robert Sturm, the late county commissioner and community activist, was very involved as a volunteer at the retirement living center. He spent a great deal of time raising money for the center from 1978 until his death in 1993.

Those at the Good Samaritan Home recognized the commissioner for his efforts with the residents.

The addition of the Robert J. Sturm Arts and Crafts Room at the facility this past weekend brings together the dreams of the late commissioner and the needs of the residents.

We applaud the coalition that will allow the residents to express their creativity and to allow their minds and bodies to remain active in their older years.

The Good Samaritan Home has been an advocate for allowing individuals to remain active as long as possible and the arts and crafts room in the facility will be a place where they will be able to do that.

Most of the residents of the Good Samaritan Home are economically disadvantaged, but the dedication of the staff and the commitment of those like Sturm and his family makes their older years more pleasant and productive.

We also laud those, including director Thelma Mike, who are doing what they can to make the lives of residents more interesting and productive through caring and dedication to continued activities.

The Robert J. Sturm Arts and Crafts Room is the culmination of a dream that was begun by the employees of the facility and the commissioner and continued by those dedicated to the residents.

LETTER

Truancy problem

After reading your Editorial, "Accepting Responsibility", on July 5, 1998, I would like to make some comments.

There is no doubt in my mind that truancy is a problem in our schools today. A visit to any school will show a large number of student absences, because kids skip class and are just hanging around in the halls or bathrooms. Sometimes, they leave school to smoke, drink or do drugs, just to get into trouble.

The truancy problem needs to be corrected, but not from government control, but from parental control. I do not agree with giving money to the schools for the truancy problem as you do. It does not take 4.9 million dollars to make sure our kids go to school. It just takes caring parents, teachers, neighbors, and school officials to enforce school policy.

Hillary Clinton recently wrote a book called, "It Takes a Village," which points out that everyone in the community, from grandparents, aunts and uncles, brothers and sisters, neighbors, friends, fellow workers, and extended families need to be involved in order to rear our children properly. Instead of relying on "Big Government", we need to rely on our own resources and strong PTA. We also have to instill in our kids that it is important to go to school and there is a reason and purpose in going every day. Too many times parents tell their kids that they are not going anywhere in life, because they are no good. Therefore, kids have no motivation to attend school. Most of the time classes are so boring and uninspiring that students see no reason to go to class.

Correcting the truancy problem must first start at the home. Parents should set up a team of volunteer truancy officers and make sure students are in class, where they are supposed to be. Seminole County does not need 34,000 dollars to spend on the absentee problem, but the schools do need more money for supplies, better teachers, and adequate classroom facilities. Parents need to find ways and solutions to their children's truancy problem. I believe that if parents wanted children in the first place then they are responsible for making sure that they get the opportunity to have the best education and grow up knowing that their parents cared about their future. You can only do this through education. Kids need role models and better supervision at home and at school. They need to know that learning comes from the classroom not television and video games. If we do not correct the problem now, it will just create more problems in the future.

Lena Koning
Longwood

MORTON KONDRACKE

U.S. should 'get over' nostalgia

Americans have a chronic complaint: that the country is "seriously off on the wrong track." But, says a fascinating new book, that's because they harbor an unrealistic nostalgia for a post-war "Golden Age" that can't possibly return.

Despite the fact that the United States is the richest and most powerful country on earth, journalist Michael Elliott writes, "Americans whine" because "they have lost the ability to accurately assess their present condition."

Writes Elliott in his book, "The Day Before Yesterday," "They constantly compare America to a world we have lost -- to a Golden Age that followed World War II. But that period of America's history was a massive freak. It is a false yardstick with which to measure the scale of our present discontent." "Our obsession with those years," he writes, "is like the ultimately hopeless task of trying to recapture a dreamtime."

According to Elliott, instead of dwelling on the end of the postwar boom, "we have to get over it" and solve the problems of the present.

In "The Day Before Yesterday," Elliott argues that -- with significant exceptions -- America is heading back into "normal" times like before this century's wars began in 1914.

He argues that America's natural strengths,

including its geography, wealth, entrepreneurial spirit and sense of community, ought to enable us to overcome future challenges, such as America after 1914 repeatedly summoned the strength to save democracy.

In making this argument, Elliott along the way has written a wonderfully learned book about this country -- appreciative and charmed by what he sees in a way that only a foreign correspondent can be.

Now editor of Newsweek's international editions, the British-born Elliott formerly was Washington bureau chief for the Economist, and has spent time in places -- like the Monongahela Valley in Pennsylvania and Shannon County, S.D., the poorest

county in America -- that U.S. journalists at best only pass through.

His book is chock-full of little essays about American culture, some only a paragraph long, that reveal both depressing and hopeful facts about the nation.

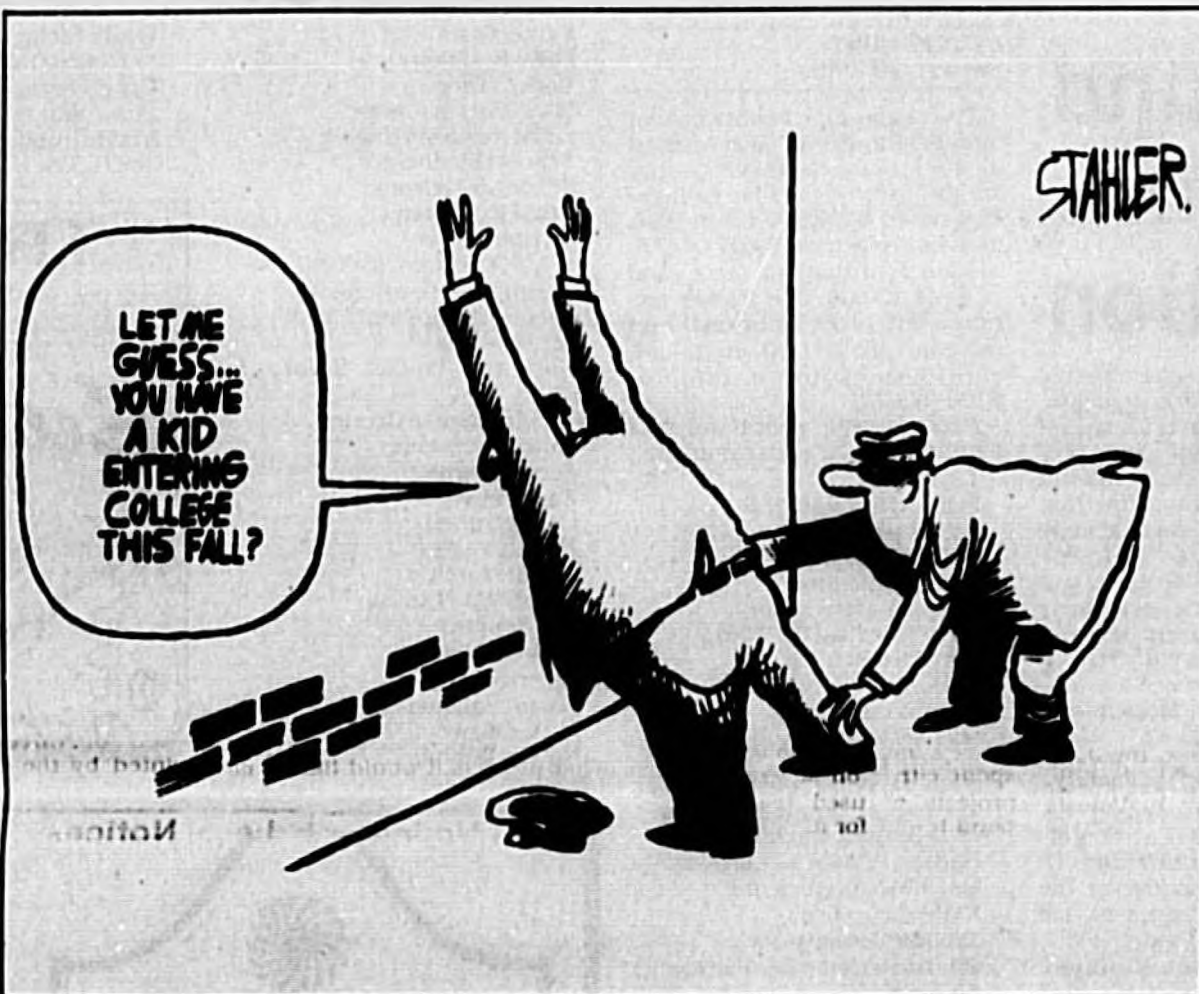
For instance, he notes a major difference in the health patterns of U.S. social classes: "Those who never finished high school are more than twice as likely to be fat as those who have gone to college. In 1970, 35 percent of high school dropouts smoked cigarettes, as did 28 percent of college graduates. By 1993, the number of smokers in the first category was 37 percent, but among the college-educated smoking had become taboo: only 13.5 percent smoked cigarettes."

Concerned about possible ethnic Balkanization in the country, Elliott finds some hope in intermarriage figures, including the fact that one-third of Latinos and Asians now marry outside their own group, about the rate that Italian-Americans did in 1945 on their way to 80 percent by the late 1960s.

His main argument, though, is that America has been in a semi-permanent "funk" ever since the mid-1970s because the post-war boom in incomes and optimism came to its inevitable end.



America has been in a semi-permanent "funk" ever since the mid-1970s



GEORGE PLAGENZ

Faith healing: does it work?

Much of today's "alternative medicine," which does without drugs or surgery, has its origins in ancient rituals and beliefs.

Some of the earliest faith healers relied on manipulation -- or the laying on of hands -- to effect cures. According to the book of Acts in the Bible, the apostles transmitted the Holy Spirit to the church's new believers by laying their hands on them.

Later healers decided to try this method in the belief that psychic forces emanate from the body and particularly from the palms of the hands because there are more pores there.

People have been cured by the laying on of hands, but most Western authorities on the subject feel it is suggestion or faith that does it, not anything coming from the hands.

Many Chinese doctors today, however, who practice a brand of Taoist healing that goes back 4,000 years,

believe an actual healing energy circulates through the body when certain prescribed exercises are performed.

In his book "The Complete System of Self-Healing," Stephen Chang, M.D., instructs the reader to "sit or stand in a comfortable position with your hands extended in front of your chest at the level of your shoulders. Make sure that the fingertips of each hand almost touch -- but keep a quarter of an inch distance between them. Keep your eyes focused on the tops of your fingers."

"This exercise creates a flow of energy which comes in through the fingers of the right hand, comes across the chest and into the heart, then passes through the left arm, hand and fingers. As the energy passes through the heart it strengthens the heart tissues and surrounding blood vessels."

In Africa healers have good luck using drums. The different rhythms are said to affect the flow of blood and the functioning of various organs.

The idea that the whole universe is made up of sound and rhythm and that once you tune in to this rhythm you become one with the perfect working of the universe lies at the heart of Nichirin Shobu.

Devotees of this ancient Buddhist sect find that by chanting their lives are put in rhythm with the spheres. When that happens, everything goes well, they say.

If you are suffering from arthritis, you might want to see a dowser. Dowsers with their divining rods have usually been employed to locate underground supplies of water.

The divining rod need be nothing more than a twig, but in the hands of a dowser it will virtually come to life when the dowser stands over a subterranean body of water. The explanation some give for this is that the dowser is sensitive to magnetic currents of energy and that water provides such a current.

A dowser of my acquaintance, however, maintains that the power at work is psychic, not magnetic. He knows this, he says, because he can get his divining rod to move around and jump merely by holding it over a map.

Once he has pinpointed the spot on the map that is causing the flurry, he goes to the area and, sure enough, the rod does its dance in the place indicated on the map. If he digs down, there is water.

But back to the arthritis cure. A dowser in Vermont who became a sort of folk hero announced that when two or more underground currents of water cross, they send up malign forces that can cause you to develop arthritis if your bed or the desk where you work is above such a confluence.



In Africa healers have good luck using drums

WILLIAM A. RUSHER

Is the election all over?

To read the op-ed pages in the newspapers these days, or watch the TV talk shows, one would think that this year's presidential election is all over. It is generally agreed -- and, one has to admit, all too true -- that Bob Dole's campaign has recently had some perfectly dreadful weeks, and has yet to pull itself together and land so much as a single serious punch.

What's more, it seems clear that most of the blame must be assigned to the candidate himself. There is no lack of serious issues that cut in his favor, from immigration and race quotas to tax reduction and welfare reform. Nor is Bill Clinton, for all his current ascendancy in the polls, by any means unbeatable, or even particularly formidable.

The basic problem is that Dole hasn't taken the trouble -- or (worse yet) doesn't know how -- to discipline himself, and stop acting as a mere patsy for reporters intent on miring him in irrelevant quarrels over minor points. Only the candidate himself can raise this campaign to a level at which he will clearly deserve to win.

Of course, the liberal members of the media -- and recent surveys put that proportion at around 90 percent -- understandably want to keep us all focused on the delightful problem of "What's the matter with Bob Dole?" As long as that remains the only discussible topic, the Republicans can't possibly win. But I have been appalled at the number of ordinarily sensible conservative commentators, from Robert Novak to Bill Buckley and George Will, who have thrown in the sponge and gone along with this play.

To be sure, since I am a conservative first and a Republican only second, I could console myself with the reflection that, whatever happens to Dole and the GOP, this election will have to be interpreted as a victory for conservatism -- indeed, as ratifying the final demise of liberalism. Mr. Clinton, badly shaken by the 1994 election of a Republican Congress, kicked off the year in his State of the Union address by twice declaring that "The era of Big Government is over."

Of course, he thought he was lying. But why did he consider it necessary to lie? Because he knew very well that that was what the great majority of American voters wanted to hear. And, with shrewd advice from his Republican adviser Dick Morris, he has kept up the pace ever since. Hardly a week goes by without some new conservative initiative on Mr. Clinton's part, from calling for putting

schoolchildren in uniforms to promising that he will sign a bill denying the universal validity of gay "marriages." Conservatism has had many truer friends in the White House, but none noisier.

But, if you will excuse me, I intend to sit out the current mad dash for the exits. Mr. Dole may indeed lose the election, but it ain't over till the fat lady sings. There are three and a half months stretching between now and Election Day. What is going to fill them, politically speaking? One minor Dole gaffe after another?

The liberal media, even in the teeth of their own manifest bias, just won't settle for that.

There will simply have to be thunderous "surprises," heartshaking "crises," wild upswings and downswings for both Clinton and Dole. At some point, thoughtful observers will get around to studying the distribution of votes in the Electoral College, and discover (as the unflappable Elizabeth Drew apparently already has) that it's harder to count Dole out than it currently seems.

And Dole still has some nice headlines up his sleeve. One will involve his choice for the vice presidential nomination. Another will be a comprehensive package of tax and spending cuts that will put the race back where it belongs: on the high road of national policy.

Meanwhile, keep your powder dry.



It seems clear that most of the blame must be assigned to the candidate himself

LETTERS TO EDITOR

Letters to the editor are welcome. All letters must be signed. Include daytime telephone number. Letters should be on a single subject and be as brief as possible. The letters are subject to editing.

People

Campus Corner



Heather Moss



Deidre Michels

2 area students serve internships in health field

Betson biology major Heather Marie Moss of Lake Mary and Deidre Meredith Lucile Michels of Sanford are spending the summer at Stetson University working with health professionals in the DeLand community and at Memorial Hospital - West Volusia.

Their summer internship is part of a pre-clinical internship experience class coordinated by assistant professor of biology Michael S. King, chair of Stetson's health profession coordinating committee, and Dr. Lyle E. Wadsworth, DeLand

internal medicine physician. Moss is the daughter of Victor and Margaret Moss, Lake Mary and a graduate of Lake Mary High School.

Michels is the daughter of Neil and Sheila Patricia Jones Michels, Sanford, and a graduate of Seminole High School.

Florida's first private university, Stetson is ranked in the South's top five regional universities and teaching institutions in the 1986 U.S. News and World Report national survey, America's Best Colleges.

SunnySide Up...Enjoying the Dog Days

Puppy Love is a doggone good caring service

Denise Kinsey has come up with a doggone good business which she calls Puppy Love. You might say she has a whole new leash on life.

After years of managing a sports restaurant, Kinsey now tends to the needs of four-legged howlers, providing a caring pet and home-sitting service.

The past week she "sat" at a Sanford home, minding three Australian shepherds named, Outback, Rader and Stetson and three cats named Puddin', Sweetie and Chrystal.

"They were wonderful companions," Kinsey said. "Actually, too friendly. They followed me everywhere. Outback, Rader, Stetson, Puddin', Sweetie and Chrystal. They followed me to the bathroom. They followed me to bed. "It was like I had six shadows," Kinsey said.

So far Kinsey has taken care of only dogs and cats but says she is available to sit for other animals as well. "Everything but snakes," she said. "If you have snakes, you'll have to find someone else to sit."

Curiously, Kinsey's only set competition in the Seminole County area is from a man named P.J. Phillips, who is a friend and adviser. His business is named Not Fur Gotten. How great thou bark.

Freud says...

Sigmund Freud once said, "Dogs love their friends and bite their enemies, quite unlike people, who are incapable of our love and hate in their object relations."

Master, phone home

There's a man who used to live in the country but recently moved into an apartment in the city. This concerned him because his dog now gets very little exercise.

The man noticed that when his telephone rang, the dog would jump up and run about the apartment. This prompted him to call home three or four times a day from his office.

He shared his scheme one day with the landlord.

One day, the landlord was in the apartment when the call came and picked up the telephone. Holding back his glee, he went "huh-a-huh-a-huh-a-huh-a-huh" until he heard a gasp at the other end of the line.

Holy doggeral

As a presidential race heats this summer, expect to hear more about Robert Dole's friendly schnauzer, Leader.

In a doleful attempt at



Denise Kinsey administers puppy love.



Russ White
STAFF WRITER

House. He may be suspect.
Holy doggeral.

Dogs are...

We bow out with a quote from a man named Roger Caras, who says: "Dogs are not our whole life, but they make our lives whole."

And another from a city commissioner who says, "When you give dogs an inch they take the whole lawn."

Heads or tails?

As a footnote, Denise Kinsey reports that Australian shepherds have no tails. Heads, yes. Tails, no.

CALENDAR

- Oval Toastmasters meet at Heathrow**
The Oval Toastmasters Club #8861 will meet at 5:30 p.m. every Thursday at the AAA building, 1000 AAA Drive, Heathrow. Guests and prospective members are welcome. Call Bertram Glick, 323-6089, for more information.
- Pigeon Fanciers to gather**
The Central Florida Pigeon Fanciers Association meets the third Thursday of each month, at 7:30 p.m., at the Seminole County Agricultural Center, 4300 Orlando Drive, Sanford. For more information contact Dick Kelly at 291-4348.
- Sunrise Kiwanis meets Friday**
The Seminole Sunrise Kiwanis Club meets every Friday, at 7 a.m., at Shoney's, US 17-92, south of Airport Boulevard. Visiting Kiwanians are welcome. For information, call Ridge Moreland, 323-3918.
- Free clinic every Friday**
GENEVA — A free clinic to include blood pressure check, blood sugar screening and immunizations will be held every Friday, from 8:00 to 11:30 a.m., at the Geneva Elementary School in the old school building, corner of First and Main Street in Geneva. The clinic is sponsored by the Seminole County Health Department in conjunction with the Seminole County Sheriff's Office and Geneva Elementary School. For information, call 349-9284.

Couple should compromise in bedroom

DEAR ABBY: My husband and I are totally incompatible in the bedroom. I am not talking about sex; I'm talking about our sleep habits.

Tom likes the windows open with the room air cool, the radio playing, and the curtains open so the morning light streams in.

I like to be warm, so I object to the cool air as well as the street noise. I prefer the room to be dark and quiet, and I can't fall asleep to music playing or sleep through bright lights in the morning.

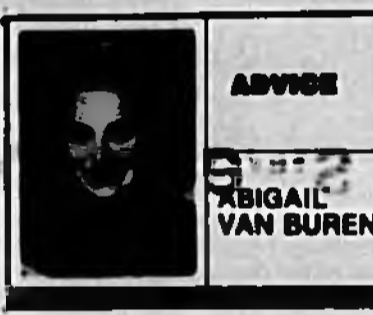
I've tried earplugs to block out the sound, but they don't always work — and besides I want to be able to hear my kids. We do have an electric blanket with dual controls, but aside from regulating it, there are other issues we can't agree on.

Please help! Don't suggest sleeping in different rooms. We don't have a spare bedroom.

SLEEPLESS AND SUFFERING

DEAR SLEEPLESS: You and your husband should compromise in the bedroom. Tell him if he'll agree to turn off the music or use a headset, you'll agree to leaving the windows open. Then, wear warmer nightclothes and buy a sleep mask at the drugstore to block the morning light. You both need to "give" a little.

DEAR ABBY: Five years ago, my 20-year-old marriage was destroyed



ADVISE
REBIGAIL VAN BUREN

by my husband's obsession with another woman. My childhood was anything but secure, so my marriage meant the world to me — so much so that I swallowed my pride and tried everything to save the marriage.

We went to marriage counseling and I changed jobs so I would have more time for my husband. Well, he left me anyway. He wasn't the only one with zero respect for me — I had none for myself.

For weeks I slept with a knife under my pillow hoping I would wake up with enough courage to end my miserable life. However, by what I believe was divine intervention, I was asked to volunteer at the Humane Society, and it saved my

life. Those homeless animals need- ed me.

After I had regained some of my self-esteem, I moved to Hawaii and found a studio on several acres of land where I could operate a facility to take in abused animals. Never had I known such peace and fulfillment.

When I was married, I was afraid of displacing my husband or his family. Now, I please myself, and I can't imagine living that other life again.

I wrote this to encourage all those who are devastated at the breakup of a marriage and think there's no life after divorce. There is, and it can be a better life. Mahalo.

RECOVERED DIVORCEE

DEAR DIVORCEE: Thank you for an inspiring letter. It seems to be true that when one door closes, another opens — usually for the better.

DEAR ABBY: The recent letter concerning respect for funeral processions cracked me up because it reminded me of this story:

Two gentlemen were playing golf near a highway when a funeral procession passed. One gentleman, a

very dedicated golfer, laid down his club, removed his hat and bowed his head until the procession passed.

The other gentleman said, "My, that was reverent and thoughtful. That must have been someone you knew."

The first golfer responded, "Yup — I was married to her for 40 years."

CURT M. KING, WALNUT CREEK, CALIF.

DEAR ABBY: Our dad was married to his second wife for 20 years. He recently died.

Our stepmom is a nice lady, but she seldom invited us to their home when Dad was living, and now that he is gone, we never see her.

We're not interested in Dad's money; we just wish that we could each have a memento of his. We asked her once, but nothing happened. She has already given away (or sold) most of Dad's things.

Should we ask her if there is anything left that we could buy?

HURT IN RENTON, WASH.

DEAR HURT: Yes. And I suggest you hurry.

IN THE SERVICE

JEFFREY A. SPOTTS
Marine Lance Cpl. Jeffrey A. Spotts, son of Carol A. Foeter, Sanford, and Leo Spotts, Lake Mary, was recently promoted to his present rank while serving with 1st Radio Battalion, 1st Marine Expeditionary Force, Marine Corps Air Station, Kaneohe Bay, Hawaii.

Spotts was promoted based on sustained superior job performance and proficiency in his designated specialty.

The 1984 graduate of Lake Mary High School joined the Marine Corps in November, 1984.

SEAN P. SMITH
Air Force Airman Sean P. Smith has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. During the six weeks of training, the airman studied the Air Force mission, organization and customs and received special training in human relations. In addition, airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

Smith is the son of Patricia A. Smith, 4858 Mount Armour Drive, San Diego, and Rene J. Smith, Jr., 602 24th Street, Sanford.

He is a 1985 graduate of Mission Bay High School, San Diego.



Sean P. Smith

ABC	11:35	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
News	News	News	News	News	News	News	News	News	News	News	News	News	News	News	News	News	News	News	News	News	News	News	News	News
ABC	11:35	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
ABC	11:35	12:30	1:00	1:30	2:00	2:30	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30

Grace United Methodist Church Pre-School
499 Country Club Rd.
Lake Mary, Fl. 32746

We are now accepting enrollment for our ALL DAY PROGRAM - 7:00 AM TO 6:00 PM ages 3's and 4's
Classes begin July 29th For further information
Call 322-1472 (church) 321-9400 (Director)

Sports

B

IN BRIEF

LOCALLY

No-Tap at Bowl America

SANFORD — Bowl America-Sanford will conduct its weekly No-Tap Tournament every Thursday evening beginning at 9:15 p.m. The entry fee is \$15. For more information, call 322-7542.

Magic re-sign Grant

ORLANDO — The Orlando Magic re-signed free agent Horace Grant to a five-year contract for \$50 million and now await word from Shaquille O'Neal. O'Neal will decide Thursday whether to stay with the Magic or leave for the Los Angeles Lakers, his agent, Leonard Armato said. Orlando was believed to be offering \$115 million over seven years; the Lakers may have offered a couple of million more. Grant, a 31-year-old power forward, averaged 13.4 points and 9.2 rebounds last season.

AROUND THE STATE

Marlins 11, Astros 2

MIAMI — Kurt Abbott, batting leadoff for the only second time in his career, hit a three-run triple and three-run homer to lead the Florida Marlins to an 11-2 victory and a three-game sweep of the Houston Astros. Al Leiter (10-8), who had lost five of his previous six decisions, struck two-hit ball over six innings with six strikeouts and six walks. He improved his record at home to 7-1. Marlins rookie Edgar Renteria had three hits, including two doubles. Jeff Contine had two hits and two RBIs as the Marlins rapped seven extra-base hits, tying a season high. Abbott, whose six RBIs were a career high, also singled.

Florida NFL teams busy

JACKSONVILLE — Four-time Pro Bowl wide receiver Andre Rison, released by Baltimore July 9, signed with Jacksonville. Rison comes off a troubled season as he was criticized for being late to team meetings and failed to catch at least 50 passes for the first time in seven pro seasons. Tight end Johnny Mitchell, released by the Jets, signed with Miami. Mitchell, New York's first-round pick in 1992, had 188 receptions for 2,088 yards and 16 touchdowns over four seasons. Last season, he was plagued by back problems that limited him to 45 catches for 497 yards and five TDs. Lamar Thomas was released by Tampa Bay a week after he was arrested and charged with two counts of aggravated battery against his pregnant fiancée. Thomas, a third-round draft pick in 1993, caught 25 passes for 387 yards with two touchdowns in three seasons. Pittsburgh reached a verbal agreement on a five-year deal with No. 1 draft pick Jamain Stephens, a 6-foot-8, 337-pound offensive tackle from North Carolina A&T. The Washington Redskins signed running back Terry Allen and first-round pick Andre Johnson. Allen, third in NFC rushing last year with 1,308 yards, got a one-year deal for a \$1 million salary and \$1 million signing bonus. Johnson, an offensive lineman at Penn State and the 30th selection in the draft, received a four-year deal worth nearly \$3.8 million.

Schott banned again

NEW YORK — Baseball officials, concerned Marge Schott is interfering with the Cincinnati Reds' operations, banned her from entering Riverfront Stadium as the team owner. Schott, facing a suspension from baseball's executive council for her remarks about Adolf Hitler, women and Asians, agreed June 12 to give up control of the team through 1998. Spokeswoman Katy Feeney said Schott could buy a ticket and sit in the stands at Riverfront. Schott has appointed controller John Allen to run the club while a long-term chief executive is selected. Several employees said Schott is unhappy with marketing changes implemented by Allen, who has offered reduced ticket prices and new promotions.

Johnson signs with Denver

SEATTLE — Ervin Johnson, starting center for Seattle last season, agreed to a seven-year contract with Denver. Johnson was benched for the final three games of the NBA Finals against Chicago, which the Sonics lost in six games. He was the 23rd player taken in the 1993 draft and was 18th in the league with 1.59 blocks a game last year.

BEST BETS ON TV

BASEBALL
 7 p.m. — SUN, Phillies at Marlins, (L)
 8 p.m. — WGN, Cubs at Cardinals, (L)
 8:05 p.m. — TBS, Braves at Astros, (L)
GOLF
 7:30 p.m. — ESPN, British Open

Carey the Cowboy

Hobbs signing overshadows Mudcats game

By JEFF BERLINCKE
Herald Staff Writer

LAKE MARY — As the Lake Mary Mudcats' defense self-destructed in front of the home crowd last night, talk in the stands turned to a much more important subject.

Word began to spread that former Lake Mary second baseman Carey Hobbs had just signed to play baseball for Oklahoma State University, a powerhouse which ranks among the elite of college baseball and is a fixture at the College World Series every season.

As the errors added up on the field, Hobbs explained his shock to learn that he would be spending the next four years on the plains of Central Oklahoma, especially after sweating out the process every baseball player goes through to find where his next at-bat will be after high school graduation.

Hobbs said this time a month ago, he never would have dreamed that his destination would be Stillwater, Okla.

"Everything is going so fast, I still can't believe it," Hobbs said. "I thought I had a good season this spring so I thought more schools would be calling me. I was starting to panic and all of a sudden, Oklahoma State called."

As baseballs flew everywhere but their intended targets on the field during the Mudcats' game and were being dropped when they finally got there, Hobbs explained the process that got him from being a student unsure of where his first college class would be held to a scholarship at one of the best baseball schools in the country. The whole process took about two weeks.

Hobbs attended baseball camp at the University of Florida for several years and his work ethic stood out



Herald Photo by Russell Jenney

Lake Mary graduate Carey Hobbs was hard at work in the batting cage Wednesday night after announcing that he will be attending Oklahoma State University in

Stillwater, Oklahoma this fall. OSU is one of the top college baseball programs in the country and is a regular at the College World Series in Omaha, Nebraska.

as much as his sure-handed fielding and explosive bat. Meanwhile, half a country away, Oklahoma State was losing a starting infielder to the major league baseball draft and needed a replacement. The Cowboys' coach was an instructor at the Gainesville camp and remembered Hobbs' work ethic.

Suddenly, Hobbs received a phone call from the last place he expected, asking him to fly to Stillwater for a visit last week.

He said the first thing he realized was that he wasn't in Florida any more.

"As soon as we got out of our car, the first thing we did was roll up the windows and lock the doors," Hobbs, who visited with his father

said. "Everyone else in the lot had their windows open. There were cow pastures all around the school and people were as nice as they could be."

The Oklahoma State staff offered Hobbs a scholarship on the spot and all of a sudden he was a Cowboy.

See Hobbs, Page 2B

Area sweep for Longwood 14's

From Staff Reports

OCALA — Mike Kalin hurled a five-hitter and 12 different players contributed a run or a hit as the Longwood All-Stars swept into the state tournament with a 17-4 victory over the Ocala All-Stars in the Babe Ruth Baseball 14 Year Old Area Tournament in Ocala last Saturday night.

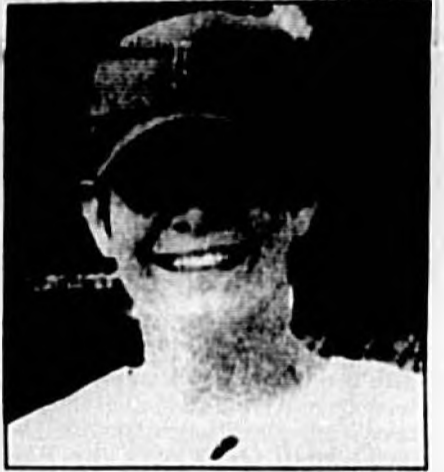
The win followed up Friday night's 13-3 triumph in Altamonte Springs as the Longwood stars earned a spot in the State Tournament in Sarasota starting Friday. Longwood, made up of players from last year's Prep-13 World Championship squad, will play the winner of today's game between host Sarasota and Jacksonville at 5 p.m. on Friday.

Leading Longwood's 13 hit attack were J.T. Williamson (three-for-three, including a double, run, two RBI) and Randy Lewis (two-for-five, including a

BABE RUTH BASEBALL 14 YEAR OLD AREA TOURNAMENT
 of OCALA, SATURDAY, JULY 13
LONGWOOD ALL-STARS 17, OCALA ALL-STARS 4
 Longwood All Stars 000 301 2 - 17 12 3
 Ocala All Stars 000 000 2 - 4 1 0
 Kalin and Westervelt, Brady, Peters (2), Winkler (3) and Owens, Daugherty (2), WP - Kalin (10), LP - Brady (9), Save - none, 2B - Longwood, Lewis, Williamson; Ocala, Harris 1B - none, HR - none, Records - Longwood 18, Ocala 9.

double, two runs, two RBI).

Also contributing were, Jeff Epperson (single, two runs, two RBI), Justin Hawarah (single, run, two RBI), Kalin (single, two runs, RBI), Shalik Green and Chris Westervelt (one single, one run and one RBI each), Eric Schmoock and Matt Main (one single and one run each), Kevin Mellillo (single, RBI) and Kevin Graves and Jose Rosado (one run each).



File Photo

Justin Hawarah scored a run and drove in two more to help the Longwood 14's clobber Ocala.



File Photo

Jerry Camus went 5-for-8, including two doubles, scored three runs and drove in six for the 1st United Methodist-Flames Saturday.

Flames wrap up Church title

From Staff Reports

SANFORD — First Church of the Nazarene pulled off an impressive comeback to upset the First United Methodist-Flames, but the damage had already been done as the Flames won an earlier game to claim the championship of the Sanford Recreation Department Church Spring Slowpitch Softball League at Chase Park Saturday.

Central Baptist got a free victory over All Souls Catholic to open the day's action and the Trinity Assembly of God-Majesty from Deltona clinched a tie for second place with a 22-2 whipping of Spanish Assemblies of God.

The Flames then got the victory they've been looking for all season as a five-run third inning broke a 2-2 tie and Jerry Camus, Robert Smith, Danny Gracey and Robert Jones combined to drive in 12 runs in a 13-4 triumph over Spanish Assemblies of God.

The Flames then took leads of 10-2 and 13-5 as late as the top of the fifth inning, but could not maintain the momentum as Nazarene came back with five runs in each of the fifth and sixth innings to pull out a 15-14 upset.

The Flames complete the season with a 10-2 record and were followed by Majesty and Nazarene (both 9-3), Central Baptist (8-4), All

Souls (4-8), Spanish Assemblies (2-10) and Sanford Church of God (0-12).

The awarding of trophies and T-shirts and the organizational meeting for the Sanford Recreation Department Adult Fall Slowpitch Softball Leagues will be held on Monday, August 5 at 6 p.m. at the Downtown Recreation Center in Sanford City Hall. For more information, call 330-5697.

Members of the Flames were manager Dean L. Smith, coach Dean W. Smith, Tony Blaine, Mark Blythe, Brantley Brumley, Jerry Camus, Bruce Danilla, Jack Eltonhead, Kim Eltonhead, Bill Gracey, Dan Gracey, Tom Gracey, Robert Jones, Otis Raines, Leonard Richardson, Robert Smith, Trent Smith and Mark Whitley.

Providing the offense were: Majesty: four hits — Steve McGuigan (three runs, RBI); three hits — Smokie Slabodnick and Kevin Atkinson (double, two runs, two RBI).

See Church, Page 2B

Trinity Assembly of God-Majesty	497	7	-	22	23	
Spanish Assemblies of God	200	0	-	1	7	
Spanish Assemblies of God	200	0	-	4	13	
1st United Methodist-Flames	200	0	-	13	11	
1st United Methodist-Flames	006	001	0	-	14	21
First Church of the Nazarene	200	0	-	15	19	

TRC gets tie; Modern Welding rolls in Lake Mary

From Staff Reports

LAKE MARY — Modern Welding kept its championship hopes alive, but the Tim Raines Connection clinched a tie for the title the easy way in City of Lake Mary Department of Parks & Recreation Men's Spring Friday Night Slowpitch Softball League action at the Lake Mary Sports Complex.

The Power Team could not field a team and handed TRC a 7-0 forfeit victory and Modern Welding used a

pair of four-run innings to break open the game as it bounced Siemens/Stromberg-Carlson 14-5.

The league will conclude the season tomorrow night with Modern Welding (7-2) taking on the Power Team (0-9) at 6:30 p.m. and TRC (8-1) facing Siemens/Stromberg-Carlson (3-8) at 7:45 p.m. A win by TRC or a loss by Modern Welding would hand TRC the crown, but a TRC loss and Modern Welding win would force a playoff.

Leading Modern Welding were

Chris Dominy (four singles, two runs, three RBI), Todd Hunter (triple, two singles, run, two RBI), Ed Mengani (double, two singles, two runs, RBI), Andy Latimer (double, single, three runs, RBI), Rich Hanratty (two singles, run, two RBI), Ethan Bauer (two singles, two runs, RBI), Vince Pedigo (two singles, run, RBI) and Tim Markham (two singles, RBI).

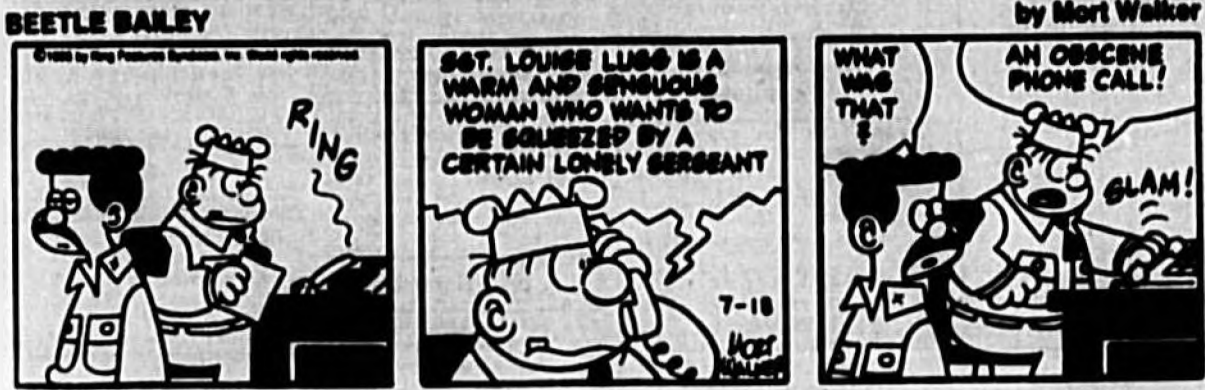
Also, Chuck Hoffman and Lee Alexander (one single and one run each) and Dave Schutt (single).

Pacing Siemens/Stromberg-Carlson were Ken Balaga (double, two singles, run), Dan Durocher (two singles, RBI), Roger Lee (two singles), Ron Smarac (triple), Frank Lunato (single, two runs), Nick Brady and John Ezzal (one single and one run each), Jose Quintero, Larry Hartsfield and Edgar Bryant (one single and one RBI each) and Rick McFadden (single).

Stromberg-Carlson	011	0	-	14	19
Modern Welding	116	0	-	14	22



by Chic Young



by Mort Walker



by Art Sisson



by Charles M. Schulz



by Howie Schneider



by T.K. Ryan



by Jimmy Johnson



by Bob Thaves



by Jim Davis



by Jim Meddick

How to predict a heart attack



MEDICINE

PETER GOTT, M.D.

DEAR DR. GOTT: Is there any way to determine if a heart is not functioning properly before a heart attack occurs?

DEAR READER: Prior to a heart attack, the cardiac muscle may not receive enough oxygen and this will often cause subtle symptoms, such as chest tightness, a decrease in exercise tolerance and slight breathlessness.

As you know, genetic factors and an unhealthy lifestyle play important roles in causing heart disease.

Although predictive medical testing is far from being completely reliable, there are three screening tests that may indicate potential heart problems.

The cardiogram may show abnormal patterns of electric conduction in the cardiac muscle. This simple, painless and inexpensive test can indicate the presence of heart disease and is often included in routine physical examinations for men and women over the age of 30.

The cardiac ultrasound is a method of measuring the strength of the heart contraction. Like the cardiogram, it is simple and without risk — but is not ordinarily part of the general physical examination. If the heart muscle is beating less vigorously (because of coronary artery disease or other damage), the ultrasound will reflect this.

The stress test is more reliable yet. It is used in patients who have abnormal cardiograms, a high risk for heart disease, or symptoms suggesting coronary insufficiency. During strenuous exercise, the patient's cardiogram is monitored. As the work of the heart increases, certain changes (in the electrical pattern or the blood pressure) may diagnose coronary blockage. There is a slight risk to the stress test (people have collapsed during its performance) and it is more expensive than the other two examinations I mentioned, but it provides useful information.

Although it is not used to screen patients for heart disease, the coronary angiogram is the gold standard — albeit less than 100 percent accurate. After contrast material is injected into the coronary arteries, X-rays are obtained, which usually show potentially serious coronary blockages, if such exist. Angiography is ordinarily used to diagnose heart disorders in patients with angina or in those who have abnormal stress tests.

DEAR DR. GOTT: In reference to the Teflon coating on cookware, does the material constitute a health danger when it wears off or is scratched?

DEAR READER: Teflon is an inert plastic that has not been reported to cause health consequences when swallowed. Also, the tiny amounts that would be released from a cooking

uncontrollable sensation of spinning or turning, can be incapacitating. It is usually caused by an irritation in the balance mechanism of each inner ear.

In my opinion, patients with vertigo should be examined by ear, nose and throat specialists, because the affliction may be related to a serious condition, such as a tumor, that could be diagnosed with X-rays.

Fortunately, most cases are believed to be due to virus infections and will disappear with time. The prescription drug Antivert often controls the symptoms.

To give you more information, I am sending you a copy of my Health Report "Ear Infections and Disorders." Other readers who would like a copy should send \$2 plus a long, self-addressed, stamped envelope to P.O. Box 2017, Murray Hill Station, New York, NY 10154. Be sure to mention the title.

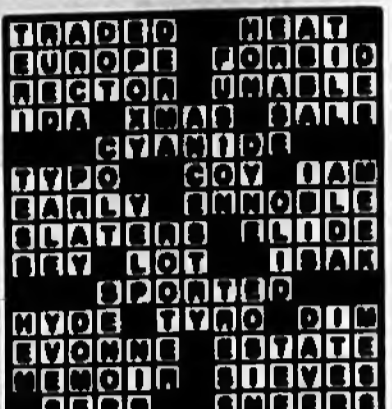
ACROSS

- 1 Sob
- 4 Forest open space
- 8 Ark. line
- 12 Debtor's note
- 13 Of an arm bone
- 14 Comparative suffix
- 15 Fling
- 17 New (pret.)
- 18 Made of a hard wood
- 19 Out in the open
- 21 Book (fam)
- 22 Dye — whirl
- 24 Unaware
- 26 Period of calm
- 32 Fair grade
- 33 Actor Montand
- 34 Needle case
- 35 Grafted, in heretery
- 37 — Knievel
- 39 Before
- 40 Remainder

DOWN

- 41 Set free
- 42 Office machine
- 45 Baiting ship
- 46 Royal man
- 48 Roman 1,861
- 54 In wartime manner
- 55 Curry
- 58 Get rid of
- 59 Cal. abbr.
- 61 Envision
- 62 Actress Winona
- 63 Be in debt to
- 1 M or bye
- 2 Sub — (secretly)
- 3 Light
- 4 Military science
- 5 Grad. deg.
- 6 Black bird
- 7 Actor Deley

Answer to Previous Puzzle



STUMPED? Call for Answers

South: 1-800-454-5836 ext. code 100 © NEA, Inc.



- 18 Finnish first
- 19 Spanish picture
- 10 Charoyev
- 11 Jag
- 22 Bar
- 23 Hooter brown
- 24 Bakery worker
- 25 Unit of heredity
- 26 Fishing aide
- 27 Grosvenor
- 28 Southwestern
- 29 Station
- 30 Fished
- 31 Poignant
- 32 Loo
- 33 warts
- 34 Stage of a leaf
- 44 Yellow
- 45 Day Holiday
- 47 Interest
- 48 Two-semester
- 49 Venus here
- 52 And Long —
- 53 Jazz player
- 54 —
- 55 —
- 56 —
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- 58 —
- 59 —
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- 80 —
- 81 —

THE AGE-OLD PROBLEM

The age-old dilemma

By Phillip Alder

When you learned to play bridge, I'm sure you asked your teacher, "When should I draw trumps?" As with most questions about the game, there is no simple answer. Each deal must be taken on its own merits.

How about today's four-heart contract? After West leads the spade jack, do you draw trumps immediately, or is there some other business that must be done first? Also, does it matter which opponent has the diamond king?

Normally you should have at least six cards in a suit to rebid it. And some pairs, after a two-over-one response, would rebid two spades with that South hand to show its shape. However, this pair plays that a two-spade reverse would promise extra values.

The first declarer saw a chance to take a ruff in the short trump hand, which is often the best play. However, it wasn't right here. After South won with dummy's spade ace, played a spade to his king and ruffed a spade low in the dummy, East overruffed and switched to ♠ club: one down. Ruffing high wouldn't have helped either, as it would have promoted a trump trick for East.

The second South saw that he had 10 tricks without resorting to any clever footwork. He was in hand with the spade king, drew four rounds of trumps, played a diamond to dummy's ace and called for the diamond queen. When East played low, South discarded a club. Even if West had won with the king, South would have had only three losers: one diamond and two clubs. And when the ruffing diamond finesse worked, South maneuvered an overtrick.

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		North		East			
		♠ A 5	♠ Q 6 2	♠ A Q J 10 9	♠ 8 5 3		
		♥ J 10 9 8 4	♥ Q 7	♥ 10 9 8 5	♥ 7 5 4		
		♦ A J 8 4	♦ K 9 2	♦ K 3	♦ Q 10 7		
		Vulnerable: Both					
		Dealer: South					
South	West	North	East	South	West	North	East
10	Pass	10	Pass	40	Pass	40	All pass
Opening lead: ♠ J							



Friday, July 19, 1996

A project you worked on previously might be resummed in the year ahead. When you first attempted it, you lacked the experience and knowledge to bring it to fruition.

CANCER (June 21-July 22) You are in a very interesting cycle and the possibility of receiving both tangible and intangible rewards looks promising. Get a jump on life by understanding the influences that govern you in the year ahead. Send for your Astro-Graph predictions today by mailing \$2 and BASE to Astro-Graph, c/o this newspaper, P.O. Box 1758, Murray Hill Station, New York, NY 10158. Make sure to state your zodiac sign.

LEO (July 23-Aug. 22) Exciting things could happen to you today if you treat life as if it were a game rather than a battle. Enjoy who you are, where you are and what you are.

VIROO (Aug. 23-Sept. 22) Significant transformations might be temporarily screened from your view today. However, the end results will help to explain the current situation.

LIBRA (Sept. 23-Oct. 22) Your mate's ideas or suggestions might be superior to your own today. You should try to pay attention when your spouse expresses his or her views.

SCORPIO (Oct. 24-Nov. 22) In this unique time you might be exposed to a greater array of opportunities than usual. To capitalize on them, you must remain alert.

SAGITTARIUS (Nov. 23-Dec. 21) In order to advance your personal objectives at this time, you might have to take a calculated risk. Try to be bold, but don't act impulsively.

CAPRICORN (Dec. 22-Jan. 19) If you are involved in a creative project today, do not limit your imagination. You might

conceive an ingenious idea. **AQUARIUS (Jan. 20-Feb. 18)** A close friend may have some good suggestions for you today. Take these ideas seriously, because they may illustrate a way to improve your work.

PISCES (Feb. 19-March 20) Focus your energy and efforts on ways that will call attention to what you do and possibly lay a foundation for a bonus or raise.

ARIES (March 21-April 19) Today you might be on the verge of something that has impressive potential. An imaginative endeavor could help you to earn a spot on the team.

TAURUS (April 20-May 20) A constructive change for which you've been hoping might finally transpire today. It may be brought about by unfamiliar forces.

GEMINI (May 21-June 20) If serious matters are not handled frivolously today, everything should work out to your advantage. Conversely, the issues you take lightly will suffer.

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by Leonard Starr

