

Coming Sunday: Seminole County Progress edition

Sanford Herald

Serving Sanford, Lake Mary and Seminole County since 1908
89th Year, No. 125 - Sanford, Florida

No Valentine Card

There won't be a Valentine card this year.
My love is not what it used to be.
Time has had its way my dear,
things have changed between you and me.

I used to hold your hand in mine,
now it's just a warm embrace.
Your youthful ways that were so fine,
have been replaced with poise and grace.

Cupid can play with his arrow and bow
and he can go on his merry way.
I will tell you myself, so you will know,
I love you more now than yesterday.
by Al McKay

Valentine's Day: Teens say no sex till marriage

By VICKI DeBONNIE
Herald Senior Staff Writer

SANFORD — In an age where sex is everywhere around us, from television to movies, from advertisements to the clothes we see on the street, there are some young people who are choosing to refrain from sex until they're married.

A group of more than 200 students at Seminole High School have made a commitment to themselves, to God and to the each other that they will abstain from sex from this point until their wedding night.

True Love Waits Goes Campus, a program
See Sex, Page 4A



More than 230 students at Seminole High School agreed to abstain from sex until marriage. A rally this morning supported their commitment to the cause.



Happy Valentine's Day

Decisions, decisions, decisions. Three-year-old Chelsea Weller helped pick out Valentine's Day cards for family members from among the thousands available at the Sanford Walmart store. See Nick Pfeiff's Today Is... Page 2A.

A Valentine thank you right from the heart

By RUSS WHITE
Herald Staff Writer

LAKE MARY — Often, they'll sit on a wooden swing at their lakeside home treasuring some of the most precious moments of their lives.

For Tom and Ursula West, each and every day is Valentine's Day. A year and two months after receiving a new heart at the Cardiovascular Center at Shands Hospital in Gainesville, 60-year-old Ursula West is most grateful to all those who helped save her life.

An extremely energetic and active woman, West never gave much thought to her ever having to be a transplant recipient.

A biker, a jogger and a long-distance swimmer, West never had any surgery in her life - the only hospital time she experienced was giving birth to four children.

"Way back when, Tom and I signed up to be organ donors," she said. "Little did either one of us ever expect that I would ever be a recipient, that I would be the one to need a new heart. I was too healthy..."

Because of what happened to her, Ursula West is all the more determined to tell as many people as she can about the miracles of medical science, and the value of organ transplant donations.

"I have a story to tell...a story that may help save other lives," she said. "It's important to make everyone aware of what they can do. How important it is for them to consider becoming an organ donor."

Remarkably, West was able to receive her new heart within one month after her name went to Category 1 on the heart transplant priority list.

West entered Shands on November 7, 1995 and on Dec. 4 was told her surgery might come as soon as the next morning. Tom West had

See Heart, Page 4A



For Tom and Ursula West, every day is Valentine's Day.

Herald Photo by Steve Barnes

Today: Partly cloudy. High in the lower 70s. Wind northeast 10 mph.

For more weather see page 2A

TODAY

CRIME WATCH

Crime convention

SANFORD — The City of Sanford has announced the first in the 1997 Community CrimeWatch Convention series. The presentation on "Safety Awareness" is scheduled for Friday, Feb. 28, from 7 to 9 p.m. at the Sanford Civic Center.

The CrimeWatch Convention series is an ongoing effort to educate and organize citizens to make the community a safer place to live, work, and play.

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If love is the answer, could you please rephrase the question?
-Libby Tomlin

Judge sentences killer to life in prison

By JENNIFER EDWARDS
Herald Staff Writer

Seminole Circuit Judge O.H. Eaton sentenced convicted second degree murderer Gregory Mayes to life in prison this morning, with the minimum time of 15 years before probation.

Mayes' mother, Dot McAdams, pleaded for leniency for her son before Eaton passed down the ruling.

"I believe in my heart of hearts he did not

murder Heather. He brought her to my home several times, and I saw all the love that they shared," she told Eaton. "Think about the loving Greg I know as you sentence him today."

Eaton refused to grant Mayes, 33, a new trial Thursday. Last June, Mayes was convicted in the beating death of his girlfriend, 21 year-old Heather Lee Reitzel, as she lay unconscious in the back seat of a car. The couple had been dating for about a year in Sarasota, according to Public Information Officer Ed McDonough.

Reitzel's body was found on June 12, 1995.

in a wooded area near Lake Monroe in Seminole County.

Defense attorneys for Mayes argued Thursday that his lawyer poorly represented him during last summer's trial. They also said a new witness had surfaced who could contradict a state witness testimony.

Karen Mealin of Bradenton said Mayes was with her "off and on" at the time of Heather Reitzel's death.

Eaton said he did not believe Mealin was

See Sentenced, Page 4A

County strives not to be weather beaten

By RUSS WHITE
Herald Staff Writer

SANFORD — Meteorologist Terry Schenk, fondly known by his Seminole County staff as "Chief Black Cloud," wants to share some good news today.

The county's Department of Public Safety, in a cooperative agreement with the National Weather Service, has established the first Emergency Managers

Weather Information Network (EMWIN) rebroadcast station in Florida.

The system provides a low cost method for obtaining the latest weather reports and displays it in user-friendly graphics. Already a success across the Plains states of Texas, Missouri and Oklahoma, where killer tornadoes threaten, EMWIN will be put to good use here in preparing for hurricanes.

Schenk, the Deputy Chief - EMS/

Fire/Rescue Division for the county said he expected other Florida cities and counties soon will follow Seminole's lead. Jacksonville is expected to go on line next, followed by Dade County.

"The EMWIN System is no longer a pilot project but will continue as a long term commitment by the National Weather Service," said Dennis Decker, Warning Coordination Meteorologist for NWS in Melbourne.

The signal carrying weather information is sent down to earth via the GOES 8 and GOES 9 weather satellites. A simple earth station takes the signal into a personal computer where software allows for display of the information.

To make this even more available to users in the area, the Seminole County Department of Public Safety is re-broadcasting the signal on 158.105 mhz. With a low cost fire/

See Weather, Page 2A



Higher learning

The students at Lake Mary Elementary School had the chance to see an air ambulance evacuation unit during the annual Teach In at their school. The Lifelight helicopter from Orlando Regional Medical Center arrived at the school in a cloud of dust to the cheers and applause of the students and teachers. Later on, Jessica Echterling of the Lake Mary Elementary news team interviewed members of the helicopter staff, including pilot Gary Cochran, nurse Mary Bergeson and medic Greg Maples.

Herold Photo by Steve Barnes



Weather

Continued from Page 1A

police scanner, an erNode software, users will have vital information available 24 hours a day.

"The system is ideal for cities, parks, recreation sites, public works departments, and private citizens to receive information in a timely cost efficient manner," Schenk said. "There will be earlier warnings for all of us in case of a hurricane or to prepare for thunderstorms like the one that caused massive hail damage awhile back."

Schenk said that print and alarm capabilities of the system will alert users to severe weather in the area and provide them with a printout of the issued watch or warning.

The latest forecasts, severe weather warnings and watches, hurricane advisories, tornado warnings, satellite pictures and the national radar summary are but a "mouse click" away when the system is installed on a personal computer. More than 6500 products are available on the system.

The weather information is free; the only cost is for the receiving equipment and inex-

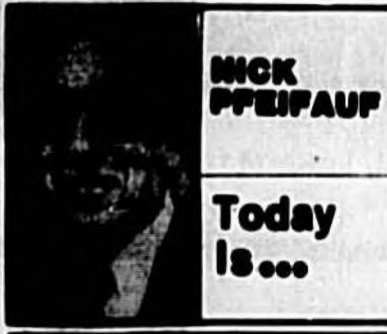


Terry Schenk

pensive commercial software. This being a rapidly evolving technology in the field of weather dissemination, users can anticipate newer methods of reception and decreasing costs for EMWIN hardware and software.

For more information about the system, call (407) 323-2500, Ext. 5002. Contact Schenk or Joe McCluan, Senior Planner-Emergency System.

Why celebrate Valentine's Day?



Today is...

Most people know what day today is, and hopefully have obtained a gift for that special person. It's Valentine's Day, one of the most widely observed unofficial holidays. For those who don't get red roses today, it should be noted that the going price is approximately \$70 a dozen.

Why we celebrate Valentine's Day however, is a mystery, especially why it has anything to do with sending heart-shaped gifts, candy or flowers to someone.

History doesn't exactly say why Feb. 14th has been named as such. One story tells of a Christian martyr named Valentine, a priest and physician, who was beaten and beheaded in Rome, (AD 269), during the reign of Emperor Claudius II. Poor Claude died less than a year later of the plague. (That'll teach him).

Another story tells of Valentine, Bishop of Terni, who was beheaded near the same location in Rome, about one year later.

Legend says it's a day of love because birds choose their mates on Valentine's Day.

Many have taken the event as a reason to observe other activities. The Vegetarian Awareness Association has declared today "Have-a-heart" day, to focus



Herold Photo by Steve Barnes

attention on health hearts through vegetarian dining. And taking it another step forward, Pharmacists Planning Services has declared today as the start of National Condom week.

Northeast of Sanford, at the Daytona International Speedway, the USA Motorsports Attraction 200 kicks off for the NASCAR Goody's Dash Series. The IROX XXI International Race of Champions will be held as well.

Southwest of Sanford, the Florida State Fair continues in Tampa with today declared "Honey Day" (tomorrow is Mushroom Day).

Here's some historical trivia: Today is the anniversary of the

birth of Benjamin Kubelsky in 1894. (Hint, he married Sadie Marks). See the answer below.

It's also the birthday anniversary of Skeezix Wallet, of the "Gasoline Alley" comic strip, the first cartoon character to grow and age during publication. In the comic strip he was found on the Wallet's doorstep in 1921. The actual comic strip began on Aug. 23, 1919.

In other news of yesteryear, the League of Women Voters was officially formed on Feb. 14, 1920. Social activist Mary Ann Prout (Aunt Mary) was born in 1801.

And north of here, in Palatka, Carrie White passed away on this date in 1991. At the time,

she was listed in the Guinness Book of World Records as the oldest living person. She was 117 years of age.

Today's birthdays: Sportscaster Mel Allen (Melvin Allen Israel) is 84; Carl Bernstein (famous for Watergate news reporting) is 53; broadcaster Hugh Downs turns 78; singer/actress Florence Henderson (Brady Bunch) is 63; and former IRS Secretary Donna Shalala is 56.

Answer to trivia above. Benjamin Kubelsky changed his name to Jack Benny. He married Sadie Marks, with the stage name of Gracie Allen. Contrary to what he would claim, Benny was 80 (not 39) at the time of his death.

Out on the street to see what they do for love

By JENNIFER EDWARDS
Herold Staff Writer

Valentine's day is here, and love is in the air for Lake Mary. Area residents, some shopping at a Lake Mary store, were surveyed to discover how they make the holiday special for their sweethearts.

Old-fashioned romanticism topped the list this year, along with simple pleasures such as intimate, candlelight dinners. Many people were not planning on going to extremes to impress themselves to their loved ones.

Mayor David Meador said his most memorable holiday with his wife of nearly 17 years, Laurie was not an especially romantic one. He and his two children prepared a special dinner to make Valentine's evening a relaxing time for his wife.

"The children bought flowers and went to the grocery store with me," he said. "The three of us worked together to make the day a pleasurable one for Laurie."

This year, however, Meador is still struggling to decide on attending a golf outing or devoting the holiday to his wife.

One local woman will be celebrating her 16th wedding anniversary this Valentine's.

Melodie Squitieri, 36, said she married her husband, Tony, on Feb. 14 to celebrate the romance of the holiday. This year, she said she is looking forward to a candlelight dinner at their church, Neighborhood Alliance.

County worker Carol Canfield, 42, said she will most likely be working on Valentine's Day, but that would not stop her from having a nice dinner with a special friend or indulging in a bubble bath.

"I don't celebrate on the day of a holiday if I have to work," she explained. "I wait until my day off to acknowledge holidays--and to possibly call in sick the next day!"

Sanford resident Rhonda Jenkins, 34, said she was excited when she received extravagant jewelry last year. This Feb. 14th, though, she said is not looking forward to anything special. "I'll probably get some flowers," she shrugged.

Single white male, Josh Elliott, 19, said he would take his girlfriend out to dinner--if he had one. "Flowers and romantic-type stuff like that is the best way to impress," he advised other males with ladies to woo this year.

Roy Lathan, 48, agreed with Elliott. "I will be spending Valentine's with my lovely wife of 15 years, Louise. After a



David Meador



Melodie Squitieri



Rhonda Jenkins



Josh Elliott

candlelight dinner, we'll go to a movie." Married for 56 years, Chester, 80, and Florence, 76, Kozlowski, said they did not express their love for each other with fancy dinners or expensive gifts.

"I don't need flowers," Florence explained. "All I need is him."

WEATHER

Today: Partly cloudy. High in the lower 70s. Wind northeast 10 mph. Tonight: Partly cloudy. Low in the mid 50s to near 60. Wind northeast 5 to 10 mph. Saturday: Partly cloudy. High in the lower to mid 70s. Wind east 10 mph. Sunday: Sunny with a chance of showers. Lows in the upper 40s north to the mid to upper 50s central and south. Highs in the mid to upper 60s north to the lower to mid 70s central. Monday: Sunny with a chance of showers.

FLORIDA TEMPS

MIAMI - Florida 24 hour temperatures and rainfall (at 8 a.m. EDT today):

City	H	L	Rain
Apalachicola	63	64	0.0
Daytona Beach	68	57	0.0
Fort Lauderdale	76	63	0.0
Fort Myers	61	48	0.0
Gainesville	58	38	0.0
Jacksonville	58	38	0.0
Key West	74	67	0.0
Miami	62	63	0.0
Pensacola	54	48	0.0
Sarasota	66	59	0.0
Tallahassee	57	43	0.0
Tampa	61	56	0.0
W. Palm Beach	79	61	0.0

LOCAL FORECAST

The high temperature in Sanford Thursday was 70 degrees and the overnight low was 56 as reported by the University of Florida Agricultural Research and Education Center, Celery Avenue. Recorded rainfall for the period, ending at 10 a.m. Friday, totalled 0 inches.

☐Sunset.....7:08 p.m.
☐Sunrise.....8:10 a.m.

BEACH CONDITIONS

The Ultra Violet Index (UVI) rating for Orlando is 9. Better wear hat and sunscreen. The UVI exposure levels are rated by the Environmental Protection Agency.

Daytona Beach: Waves are 2 to 3 feet and glassy. Current is running to the north with a water temperature of 63 degrees. New Smyrna Beach: Waves are 2 feet and glassy. Current is running to the north with a water temperature of 62 degrees.

TIDES

SATURDAY SOLUNAR TABLE: min.. 10:25 a.m., 10:45 p.m., maj.. 4:15 a.m., 4:40 p.m. **TIDES:** Daytona Beach: high, 12:17 a.m., 12:40 p.m.; low, 6:32 a.m., 6:52 p.m.; New Smyrna Beach: high, 12:22 a.m., 12:45 p.m.; low, 6:37 a.m., 6:57 p.m.; Cocoa Beach: high, 12:37 a.m., 1:00 p.m.; low, 6:52 a.m., 7:12 p.m.

FRIDAY Partly cloudy 58-74	SATURDAY Sunny 55-73
SUNDAY Sunny 58-78	MONDAY Partly cloudy 58-68



Seminole High's Dazzlers kick up their heels.

Herold Photo by Steve Barnes

Dazzling the world on ESPN

By VICKI DeBORNER
Herold Senior Staff Writer

SANFORD - They're kicking up their heels at Seminole High School these days.

The Seminole Dazzlers, the school's highly-acclaimed dance team, brought home their first national title and is getting ready to set the VCRs to record themselves performing on ESPN.

They earned a first place

award in the national high kick competition in the Universal Dance Association (UDA) championships. Two years ago, they kicked their way to a third place title. Last year, they got as high as second place.

The USDA championships were held at Disney's MGM studios in Orlando earlier this month. Dance teams from across the country took part in the contest. Judging was based on choreography, technique (degree of difficulty), synchronization, appearance, projection and

overall effect. Styx's Paradise Theatre (the night's the night we'll make history) was the group's theme song this year and director Maureen Maguire thinks the song was pretty appropriate for the stellar performance they put on for the winning number.

Maguire has been coaching the Dazzlers for over a decade and has seen the young women work hard but, she said, group this year has worked exceptional diligence.

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POLICE BRIEFS

Domestic case

Joseph P. Manzella, 29, of 716 Redwing Drive, Lake Mary, was arrested at his residence Tuesday by Lake Mary police following a reported altercation with a female. He was charged with battery, domestic violence.

Burglary

Sanford police are investigating a residential burglary Tuesday in the 2500 block of Hartwell Avenue in Sanford. An estimated \$25 in cash was reportedly taken from the residence.

Drug arrest

Recharad Allen Ranson, 22, 2433 S. Lake Avenue, Sanford, was arrested by Seminole County sheriff's deputies Tuesday. Officers located him when they checked a suspicious vehicle. Officers said a search of Ranson's vehicle uncovered a number of drugs. He was arrested on charges of possession of a controlled substance (cocaine) with intent to sell, possession of a controlled substance (cocaine), possession of under 20 grams of cannabis, and operating a motor vehicle with a cancelled/suspended/revoked drivers license.

Warrant served

Sanford police arrested Joseph L. Sontos, 42, of 364 Golf Cove Court, Sanford, on Tuesday. According to the arrest report, Sontos was wanted on an outstanding warrant, and his brother was driving him to the Sanford police station to turn him in. The brother reportedly told police that Sontos jumped from the car near 25th Street and Palmetto Avenue and fled. Police arrived, and through the use of a K-9 dog, he was eventually located behind a business in the 2400 block of S. Park Avenue. He was treated at Columbia Medical Center-Sanford for a dog bite which occurred during the apprehension. Sontos was wanted for failing to appear on a charge of aggravated stalking.

Trespassing call

Omar M. Campbell, 23, 118 Kelly Circle, Sanford, was arrested by Sanford police Wednesday. Officers responded to a call regarding trespassing in the 2600 block of Elm Avenue. When Campbell was located, police said he had a kitchen knife in his pocket. He was charged with carrying a concealed weapon, resisting an officer without violence, and (armed) trespassing after warning.

Traffic stop

Wayne David Gray, 53, 950 Bird Bay Court, Lake Mary, was stopped by sheriff's deputies Tuesday on Lake Mary Blvd. He was charged with driving under the influence.

QUAD arrest

Members of the Sanford police QUAD-Squad arrested Edwin O Bryant, 38, of 814 W. 11th Street Tuesday. Officers said they located him behind a bar in the 1000 block of W. 13th Street, and apprehended him to serve a warrant. He was also charged with possession of cocaine.

Retail thefts

Nurya D. Inano, 42, 535 Queensbridge Drive, Lake Mary, was arrested by Sanford police at the Seminole Towne Center Wednesday. Officers said she attempted to take a sweater and shirt from a store without paying. She was charged with retail theft.

Julia M. Cox, 43, of 2012 N. Grandview, was arrested by Sanford police at the Seminole Towne Center Wednesday. Officers said she attempted to take \$179.99 in merchandise, a Swiss army knife and ceiling fan, from a store without paying. She was charged with retail theft and possession of drug paraphernalia.

NOTICE OF CHANGE OF LAND USE

NOTICE IS HEREBY GIVEN that the City of Lake Mary City Commission will hold a public hearing to discuss a small scale amendment to the City's Comprehensive Plan Future Land Use Map. This meeting will be held THURSDAY, FEBRUARY 20, 1997 at Lake Mary City Hall, 100 North Country Club Road, Lake Mary, Florida at 7:00 P.M.

The property to be considered for the small scale amendment is approximately 5.0 acres in size. The applicant is requesting a change in future land use designation from Seminole County Industrial, to The City of Lake Mary Industrial. The property is located 1433 feet west of Lake Emma Road and Greenway Boulevard, more particularly described as follows:

The south 873.5 feet of the North 1078.7 feet of the West 248 feet of the East 488 feet of Government Lot 2, Section 24, township 20 south, range 29 East, Seminole County, Florida,

Parcel No. 24-20-29-300-004A-0000

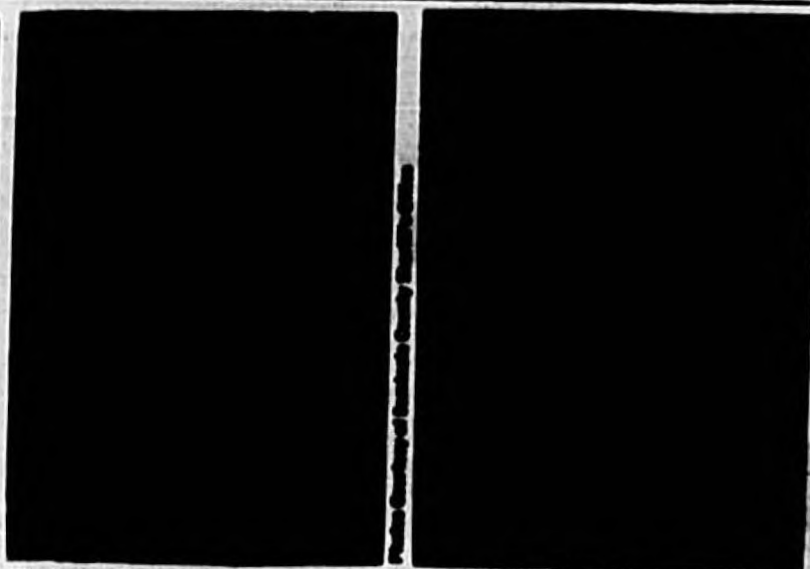
A copy of the Comprehensive Plan, Future Land Use Map and proposed amendment are available for inspection in the Community Development Office, Lake Mary City Hall, 100 North Country Club Road, Lake Mary, Florida, Monday through Friday, from 8:00 A.M. until 5:00 P.M., or you may call 324-3049 for information concerning this amendment.

Interested parties may appear and be heard regarding the proposed amendment or written comments may be filed with the City Clerk at 100 North Country Club Road, Lake Mary, Florida.

NOTE: PERSONS ARE ADVISED THAT A TAPED RECORD OF THIS MEETING IS MADE BY THE CITY FOR ITS CONVENIENCE. THIS RECORD MAY NOT CONSTITUTE AN ADEQUATE RECORD FOR THE PURPOSES OF APPEAL FROM A DECISION MADE BY THE CITY. ANY PERSON WISHING TO ENSURE THAT AN ADEQUATE RECORD OF THE PROCEEDINGS IS MAINTAINED FOR APPELLATE PURPOSES IS ADVISED TO MAKE THE NECESSARY ARRANGEMENTS AT HIS OR HER OWN EXPENSE.

Persons with disabilities needing assistance to participate in any of these proceedings should contact the City's ADA Coordinator at least 48 hours in advance of the meeting at (407) 324-3024.

City of Lake Mary, Florida
Carol A. Foeter
City Clerk



Barbara Dolinska

Tamara Dolinska

Sheriff's office names gypsy women burglary suspects

By MICK PFEIFFER
Herald Staff Writer

SANFORD — The Seminole County sheriff's department believes it has identified the two women, described as gypsies, wanted in a series of burglaries in Seminole County during the past month.

Detectives are asking for help in locating the women, who are sisters, and a man who is believed to be the driver of the get-away vehicle.

Sheriff's Department Public Information Officer Ed McDonough has provided the following information on each of the suspects:

●TAMARA DOLINSKA — white female, age either 30 or 34, 120 pounds, black hair, brown eyes, scar over left eye.

She is known to use a number of aliases including Bozema Durkiewicz, Ola Dolinska, Ewa Kuzawska, Ewalia Wozniakowa, Wioleta Wirneska, Teresa Kroi and Maria Koza.

She is wanted in Broward and Palm Beach counties, Naahville.

Longwood's JOY awards

By MICK PFEIFFER
Herald Staff Writer

LONGWOOD — The Longwood City Commission meets Monday, Feb. 17. Of note is the awards for the 1997 Juveniles of the Year (JOY).

The awards were initiated by Steve Uskert, former commissioner and mayor, who passed away several years ago.

In previous years, Uskert would personally present each student with his or her award. The city commission has determined that the project should be continued in his memory.

The following school students have been named: Zasha Campos from Altamonte Elementary; Susan Michael from Greenwood Lakes Middle; Jeremy Luno of Lake Mary High; Niki Bolin of Longwood Elementary; Miranda Schultz of Lyman High; Tam Vu of Milwee Middle; Dominique Smith of Rock Lake Middle; Brooks Wright of Woodlands Elementary.

According to a statement from the city commission, "The city believes this award is a worthwhile tradition and should be continued. These students represent the youthful good citizens that reside in and around the city of Longwood."

One student has been selected from each of the eight schools that service the Longwood area. Eligibility requirements include neatness, attendance, good behavior and attitude, average grades, a willingness to follow directions, and a constant striving to improve.

The proclamations will be issued near the beginning of Monday's meeting beginning at 7 p.m. in the commission chambers of Longwood City Hall, 178 W. Warren Avenue.

- Local News
- National/International News
- Sports
- Weather
- Letters to the Editor
- Church Page
- Comics
- Classified Ads
- Local Advertising
- Sunday Health/Tips/Education/Business
- Special Sections

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SATURDAY 10 am-6 pm

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Editorial/Opinion

SARA ECKEL

Rise and shine, fem workers

There are days when I hate going to work. Just hate it. I curse my alarm clock. Punch the snooze bar. Curse it again.

When I get to the office I log onto my computer, groggy and irritable. Nothing is working. The coffee is bad, the meeting worthless, the computer-system down.

And I dream of escape. I'll win the lottery. I'll write a best seller. Or even, I'll marry a rich man.

But wait - I'm a feminist. So how do I square that yawning desire to sit home and eat bonbons with my own political convictions?

I don't. I don't have to.

And neither do you. Now that women have won the right to pursue a career, we're supposed to be 100 percent thrilled with it at all times. And whenever any of us indicate that going to an office isn't the be-all and end-all of existence, the anti-feminists wag their fingers. We told you so, ladies. Now look what you've gotten your pretty little heads into.

This is complete garbage, for three reasons.

1) Men hate their jobs too. And no one is suggesting that they'd be happier staying home and watching the soaps. (Well, no one except a few of my male friends.)

2) It's not work that's bad. It's wage-earning. For most of us, there are two careers - the job, that thing that pays the bills, and our vocation, that thing that fulfills us creatively. For a lucky few, these things are one and the same. But for most of us, they're not. My job, for example, is editing; my vocation writing. My friend Dave earns his living as a lawyer; but in his heart (and on his weekends) he's a cabinet-maker.

3) I don't really hate my job. For all the days that I come to work grouching and grumbling, deep down I know that it gives me a lot of satisfaction. It's interesting work, my co-workers are smart and funny, and it gives me a sense of confidence that I couldn't get anywhere else.



But wait - I'm a feminist. So how do I square that yawning desire to sit home and eat bonbons with my own political convictions?

(That is, except for another job.)

But the debate persists as if our feelings about work were black and white. Consider the following excerpts from a forum in Slate magazine:

"The freedom to work outside the home has become the obligation to do so." - Linda Chavez, syndicated columnist

"Going to a job turned out to be a better way of life for many women than staying home - more interesting, gaining more respect, more power in the family, more ability to leave bad relationships." - Barbara Bergmann, economist

"Surveys show that mothers with young children would prefer to be home until children are school age 'if they could afford to.'" - Kate O'Beirne, editor of the National Review

"Women who combine marriage, motherhood and a profession have more happiness and more sense of control over their lives." - Betty Friedan, feminist author

What's interesting about all of the above statements is that while they seem completely at odds with each other, they also all ring true. Indeed, when the topic is work, opinions are all across the board. We can't even agree with ourselves, much less each other.

And we shouldn't have to. My friend Carolyn, who spends her days in the suburbs raising her two young sons, recently visited me in my tiny city apartment. Both of us complained about our situations. I was fighting off repetitive-stress injuries; she hasn't picked up a book in months. I was sick of insipid corporate-talk; she was sick of insipid 3-year-old talk. We both felt something lacking in our lives. And we were both completely uninterested in trading places.

EDITORIAL

Input for ambulance service

When a serious illness strikes or a person is injured in an accident, someone calls for an ambulance. It's a normal thing.

After the emergency is over, however, and people see the bill for the ambulance, they could get sick once again.

Yet in many instances, it's logical to use an ambulance as opposed to having a friend or family member drive you. Ambulances have trained professionals on board who handle initial life support then watch over you en route. You stand a better chance of getting to the hospital alive when the situation is critical.

But there are concerns. Do we have enough ambulances to serve us in Seminole County? Are they located in such a place as to give the quickest response when called? Are the costs too high?

The Seminole County Commission has been giving these questions serious consideration. On Tuesday, they will be holding a public hearing on the ambulance issue, and all fire chiefs in the county have been invited to state their points of view.

Some commissioners want to pay for a professional study of the county's ambulance service. Others don't want to spend the money.

Whether they should or not is difficult to say. We do know however, that in the past, if a study doesn't show exactly what certain members of the commission want it to determine, they call for another study, and if necessary, still another. They may eventually find what they are looking for, but in the meantime, the taxpayers have laid out hundreds of thousands of dollars on studies, some of which are ignored because they don't prove a particular point.

We urge all fire chiefs in the county to attend Tuesday's meeting, and don't be afraid to speak up on the matter. Who better than our fire chiefs, know about the service being provided. If something goes wrong, they usually end up fielding the complaints.

In some cases, we may have more EMS units in an area than needed. In others, there may not be enough to meet the demands.

All of this has to be determined, and in such a way as to be the best possible determination for the citizens of Seminole County and its cities.

We anxiously await the input from the fire chiefs. We urge the commissioners to let them speak their minds, and take appropriate action.

Sanford Herald

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Heart

Continued from Page 1A

returned to their Lake Mary home and had to turn around and zoom back to Gainesville. That's usually a 2 1/2-hour drive but this time he cut it down considerably.

Tom West arrived just as they were wheeling his wife to surgery. "I got to kiss him goodbye," he said. "The operation itself took only an hour and a half...that's quicker than you can put a new engine in a car."

West marvels at the fact that 90 to 95 percent of modern heart transplant surgeries are successful. She has a red, heart-shaped pillow given to each heart recipient at Shands. She inked in the No. 263 on this pillow.

"I was the 263rd heart transplant in the 11 years since they began the transplant program at the hospital."

Looking back on what led to the emergency and the way her life was saved, West says she

was indeed fortunate. "It was a gradual thing, my needing any help," she said. "I began having trouble getting my breath. Going up the stairs.

"Little things at first, and then some more alarming things. I lived in denial for awhile, but decided I better get help. We ended up going to the Mayo Clinic in Rochester, Minn.

"My heart had become very weak...the right side was enlarged...I wasn't going to get any better. They recommended I get on a transplant list."

By the time she entered Shands, West said she was "too miserable to be scared." For a month, she was hooked up to monitors and all sorts of tubes. It was very cumbersome. When she got up from the bed to walk down the hall, she felt "like a spaceman."

When she came out from the recovery room, West said she felt "great...I sat up on the bed and knew I could breathe again."

I wa... on my feet two days later. It was wonderful. I was part of a miracle."

And now she is home at the two-plus acre lakeside home that her children like to call "West's Point."

The Wests have six grand-children who come to visit. They have their backyard swing.

They point across Lake Mary to a piece of property where they are going to build a new dream home this year.

Urula West said she wrote a letter to her heart donor's family through the transplant service. She does not know their name, however.

"I asked if their loved one had left anything unfinished, anything that I might do to please let me know," West said.

"I want them to know how grateful I am...maybe, one day we will meet. I would like that very much."

Sentenced

Continued from Page 1A

credible due to a criminal record that included felonies.

Mayes' family protested outside the Seminole County Courthouse yesterday. Mayes became belligerent with Eaton during Thursday's proceedings, even to the point of interrupting the judge.

"The DNA and finger prints don't match me. Ain't nobody here to testify against me," he said in an outburst after the hearing came to order. "That's why I need a new trial!"

Eaton repeatedly was forced to warn Mayes not to talk during proceedings.

Mayes' mother said Thursday she thought Eaton was wrong in not granting her son a new trial. "He said the first trial was unfair. How can a judge say the first trial was unfair and deny a second trial? From day one, he did not want to hear this trial again."

Prior to sentencing Mayes, Eaton said he did not doubt Mayes' guilt. The Sarasota man has a criminal record which includes a long list of violent crimes against women, including rape and battery.

Prosecutor Tom Hastings and Reitzel's family expressed relief and pleasure after the sentencing.

"We are very grateful that justice has prevailed for our Heavenly Heather," said Heather Reitzel, stepmother of the victim. She attended the sentencing along with Heather's father, Rufus, who thanked prosecutors for their patience and detective work.

Mayes told the family he was sorry Heather had died, but "I did not commit this crime, and whatever happened happened."

Mayes mother said the family intends to appeal.

Briefs

Continued from Page 1A

There is no charge for admission, and everyone is welcome to attend as well as participate.

For additional information, contact Commander Aaron Keith at the Sanford police department, 323-3030.

Vogel determined winner

DELAND - After months of charges, counter charges, investigations and hearings, Circuit Judge John Doyle ruled Wednesday in the outcome of the November sheriff's election in Volusia County. Although challenger Gus Beckstrom had expected incumbent Sheriff Bob Vogel's re-election victory, Judge Doyle determined that Vogel was indeed the winning candidate.

During the investigation, several problems pertaining to the actual ballot counting were brought forward in connection with the case. These reportedly will be resolved.

While Beckstrom hasn't specifically announced an intention to appeal the judge's ruling, indications are that this will be undertaken in the near future.

Nurses gathering

The Florida Society of Registered Nurses Retired, Inc., will hold its eighth annual meeting at the Sheraton Inn, Colonial Drive and Alafaya Trail, Orlando, on Wednesday, Feb. 19, from 3

until 5 p.m., and Thursday, Feb. 20, from 9 a.m. until 3:30 p.m.

For additional information phone M. Cissel (407) 658-4634 or C. Sharp, (407) 382-0607.

Fire safety seminar

LAKE MARY - The American Red Cross of Central Florida will offer free prevention tips and safety instructions at the presentation "Fire Safety Seminar for Seniors" to be held Feb. 27 from 10 until 11 a.m., at the Seminole County Better Living for Seniors, in the Florida Hospital building, Lake Mary.

A \$4 optional lunch will be provided with reservations. Seating is limited and advanced reservations are recommended. For reservations and/or information, phone the Seminole County Better Living for Seniors at 332-8877, ext. 111.

Uniform dance

SANFORD - Former military personnel will once again attempt to squeeze into their old uniforms tomorrow, to attend the annual Uniform Dinner Dance, at the Fleet Reserve Branch 147, 3040 W. First Street.

The event is scheduled to begin with an "attitude adjustment period" from 6 until 7 p.m., followed by dinner at 7 p.m., and dancing to follow.

For additional information, contact the Sanford Fleet Reserve at 330-1708.

JACK ANDERSON



Should the matter, immigration officials let him go.

Did Haitian govt. pull U.S. strings?

WASHINGTON - A former top Haitian official who's suspected of being involved in political murders in his homeland was recently detained by immigration officials as he tried to enter the United States.

Shortly thereafter, immigration officials let him go.

At best, the story of how that happened raises questions of bureaucratic bungling or a disregard for civil liberties. At worst, it raises questions of political meddling in the case of a suspected murderer.

Last August, the State Department quietly urged the Immigration and Naturalization Service to keep an eye out for Dany Toussaint, a Haitian national who officials believed had participated in "extrajudicial killings."

That's a polite way of saying that the people running our foreign policy thought Toussaint, a close associate of former Haitian president Jean-Bertrand Aristide, was involved in the murders of Haitian opposition political figures.

The government's assessment of Toussaint hasn't changed, yet today he walks free in Miami. Immigration officials say that's because neither the State Department nor any other agency would provide the evidence that was needed to detain him.

"We did what we were asked to do, and when we didn't get the evidence, we couldn't hold him," Brian Jordan, a spokesman for the INS, told our associate George Clifford III.

But a State Department spokesman says officials there did forward information. However, he refused to provide specifics, and would not be quoted by name.

The former head of the Haitian police, Toussaint now runs a security store in a Port-au-Prince suburb. A June 26, 1995, letter from the FBI to the Haitian justice minister names Toussaint as someone the bureau intended to interview in its investigation into the March 1995 killings of right-wing political figures Mireille Dorocher Bertin and Eugene Befflergeau.

More recently, a State Department letter asked immigration officials to "place Toussaint in its lookout system so that, should he return to the U.S., he would be immediately detained and placed in exclusion proceedings."

Toussaint's release is partly due to the work of Ira Kurzban, his Miami-based lawyer. Kurzban was threatening to ask for a hearing on whether his client was being wrongly held. As a result, Toussaint was released pending court proceedings on whether he can be barred from the country.

"What happened to Dany at the airport was extraordinary and certainly smacked of selective prosecution," Kurzban said.

In Washington, the counsel to the Haitian government, Burton Wides, said that Toussaint had been improperly questioned by the INS and the FBI.

Sex

Continued from Page 1A

sponsored by the Fellowship of Christian Athletes and Student Venture, signed up 230 young people at Seminole this week and celebrated Valentine's Day with a rally in the school's main quadrangle.

The teens proudly displayed their cards which they had signed and stood to congratulate one another on their commitment.

"Believing that True Love Waits," the card reads, "I make a commitment to God, myself, my family, my friends, my future mate, and my future children to be sexually abstinent from this day until the day I enter a biblican marriage relationship."

Carol Park, a teacher at Seminole High School was very pleased that so many students had been willing to make such a commitment.

"I think it's wonderful that they are willing to stand up and say they will wait until marriage," she said. "This is some-

thing the kids themselves wanted. They made the commitment and found others who are willing to say they will be abstinent until marriage."

Park said the youngsters understand the difficulties they will encounter living up to the commitment they have made, but she is confident that most, if not all, of the teens will succeed in keeping the promise.

The students have promised to support one another in their decisions as well.

Jim Pagen, youth leader at Central Baptist Church in Sanford, was on hand at this morning's rally to offer support to the teens and prayers to God to help them in their decision. "We believe in them," he said of the students. "We believe they can wait instead of saying 'here's a condom.'"

True Love Waits is a national program that has been in place since 1994. Young people have been making the commitment in large numbers since that time. In 1994, 211,000 young

people signed the pledge card in the Mall in Washington, D.C. Two years later, 340,000 young people made the commitment in the Georgia Dome.

"We don't have those kinds of numbers," Park said. "But we have a group of kids who are willing to make the promise to abstain until marriage."

Praying with the youngsters, individually and in a group, Pagen rallied them on before sending them out to test their resolve.

"We believe in you to save yourself for your future husband or wife," he told the teens. "Because of your love for God, your future spouse and children, you chose to wait to say a greater 'yes' later."

Staff Writer Steven Barnes contributed to this report.

CARRIE DELL WEST

Carrie Dell West, 81, 8 Mellonville Ave., Sanford, died Thursday, Feb. 13, 1997 at Healthcare & Rehab of Sanford. Born May 29, 1899 in Hummelstown, Pa., she moved to Central Florida in 1963. She was a housekeeper for Central Florida Regional Hospital. She belonged to First Christian Church.

Survivors include son, Ed West, Lake Mary, two grandchildren; three great-grandchildren.

Gramkow Funeral Home, Sanford, in charge of arrangements.

ANNE D. WAITS
Anne D. Waits, 97, San Carlos

Avenue, Sanford, died Thursday, Feb. 13, 1997 at Healthcare & Rehab of Sanford. Born May 29, 1899 in Hummelstown, Pa., she moved to Central Florida in 1963. She was a housekeeper for Central Florida Regional Hospital. She belonged to First Christian Church.

Survivors include sons, Dixon, Bellefonte, Pa., and Donald, Sanford; nine grandchildren; seven great-grandchildren; one great-great-grandchild.

Gramkow Funeral Home, Sanford, in charge of arrangements.



Susan Charles Swann

Feb. 14, 1909 - July 2, 1997

You have now been gone for six years. On this special day you would have been ninety-seven. Your memories are with us as if you were still here. We remember that you taught us to be kind to people and how to pray and ask the Lord to keep us. You have been deeply missed.

We Love You, or I Miss You
Happy Birthday & Valentine's Day
Carrin, Andrea, Garth,
Lorena, Scott

Religion

IN BRIEF

Save labels

SANFORD — Sanford Church of Christ, 1500 S. Park Ave., is working desperately to save Campbell soup, V-8 labels, Prego spaghetti, Pepperidge Farms, Vaseline and Swanson labels to purchase a church van. Members are short on funds so this alternative method can help provide transportation for youth activities, those unable to drive, running errands and visiting other church functions.

Anyone wishing to help with this effort please send labels to the church office at the above address at the zip code 32771 or call the church office at 322-7781.

Jeannette Stiffey will also pick up labels for those desiring to contribute. Please contact her at 322-8234. One million labels are necessary so much help is needed to make this goal a reality.

Prayer Breakfast set

SANFORD — An exciting event is happening at the Sanford Civic Center on Wednesday, February 18 at 7 a.m. Board Certified Civil Trial Lawyer Kenneth L. Connor will be the keynote speaker at the 1987 Seminole County Prayer Breakfast speaking on the theme "Heritage of Faith."

The public is invited to attend this special breakfast. A corporate sponsorship for a table of eight costs \$150 or individual tickets are \$15. Seating is limited and tickets are expected to sell out.

Interested parties should make checks payable to Seminole County Prayer Breakfast. Indicate the number of tables or seats desired.

Mail checks to Seminole County Prayer Breakfast, P.O. Box 140984, Orlando, FL 32814-0984. Tickets will be mailed to prior to the event.

Calls should be directed to 333-0549 for additional information or contact Geoff Koach at Strang Communication at 333-0800.

Recovery Program

ORLANDO — Fresh Start Recovery Programs offer free 12-step support groups "When the Pieces of Life Don't Quite Fit." These 12-step support groups are held each Thursday evening from 7:30 to 9 p.m. and are open to the public.

The groups meet in Fresh Start Hall at 1400 N. Semoran Blvd., Orlando. For more information call the office at (407)382-3232.

Donations needed

LONGWOOD — ACCEPT Pregnancy Center, Milwee Street, desperately needs maternity, baby and toddler clothing, beds, swings and other baby items for clients visiting the center. ACCEPT offers free pregnancy testing and information to women of all ages.

In addition to baby items the center will come to your home and pick-up any unwanted items for its thrift store. Proceeds from the store assists with the operation of the facility.

For pick-up or additional information call the office at 339-1544.

Adult care established

SANFORD — The First Spanish Assembly of God, Church of Sanford is planning to establish an adult day care center at its location at 911 Palmetto Ave. In order to assess the needs of the community for elder care a waiting list is being generated.

If interested please call 330-2024 to place a person in this study. The program will provide a bilingual program of singing, fellowship and special care at a reasonable fee.

Poetry contest

SANFORD — A \$1,000.00 grand prize is being offered in a religious poetry contest sponsored by Celestial Arts, open free to everyone. Poems may be written on any religious subject or theme, using any style. The deadline for entering is March 4. Winners will be notified by the end of March. All entrants will receive a winner's list.

To enter, send one poem only of 21 lines or less to: Celestial Arts, 1257 Saktiyou Blvd., Suite 4, Ashland, OR 97520.

Mens Bible study

SANFORD — Each Monday at 7:30 p.m. Sanford Christian Church is conducting a Mens Bible study. Presently the study is looking into the seven steps outlined in Promise Keepers. The study is open to all men in the area.

Call 322-0980 for more information. The church is located at 730 Upsala Rd. in Sanford.

Anniversary set

SANFORD — Victory Temple of God, Inc., 601 Pine Ave., will be celebrating its 14th Church Anniversary, Monday, March 10 through Sunday, March 16. Services begin at 7:30 p.m. nightly and 11:10 a.m. on Sunday.

For more information call the church office at 330-0029.

The Rev. Shaw-Young promoted

By MARVA HAWKINS
Herald Columnist

SANFORD — The Rev. Thelma Shaw-Young, former Sanford resident and Christian leader of the African Methodist Episcopal Church, was recently appointed in the Eleventh Episcopal District as the first female pastor to be Presiding Elder of a district. She is one of five female Presiding Elders serving throughout the African Methodist Episcopal Church.

Young has been a minister whose desire to travel the road of Christian leadership successfully was challenged from the beginning of her career as a minister, pastor and administrator in the AME Church.

The Rev. Thelma Shaw-Young in 1968 received the call of the Master into the ministry. She has served her pastoral duties with grace and dignity and is known throughout as a dynamic leader, preacher and administrator.

The Rev. Shaw-Young graduated from the Central Florida Conference Institute of the AME Church under the Rev. G.L. Campion, Sr. She did further studies at the International Bible



The Rev. Thelma Shaw-Young

File Photo

Theology Institute, Orlando, where she received her Bachelor of Science and Masters degrees in Bible Theology and has done studies toward her doctorate in

theology.

With almost 30 years as a minister, pastor, evangelist, teacher and administrator her work continues to speak to how

great and outstanding a Christian she is. She has made history as the first in several areas of the AME Church.

The Rev. Shaw-Young was the first woman to pastor a church in the Eleventh Episcopal District, the first woman to preach the annual message and also the first to preach the ordination sermon.

Her current promotion as Presiding Elder will give her the honor of being the overseer of 20 AME churches located in the Marianna (west Florida) district.

Bishop Frank C. Cummings, Presiding Bishop, has given this great task to a well deserved pastor, evangelist, preacher and Christian leader.

The community of Sanford, family and friends say congratulations and much success in your new field of Christian work.

A welcome reception was held recently in her honor. Friends are confident that Presiding Elder Shaw-Young will be missed in the Sanford/Central Florida and Gainesville areas where she has pastored the New Bethel AME Church of Sanford and recently the pastor of Mt. Olive AME Church, Gainesville.

Booth Brothers to perform locally

By SUSAN WENNER
Herald Staff Writer

SANFORD — The booth Brothers will be in concert at the Church of God, 503 Hickory Ave., on Saturday, March 1 at 7:30 p.m. The group is proclaimed as "Southern Gospel, at its best."

Members of the group include Ron Booth Sr. (dad), Ronnie Booth II and Michael Booth. In 1990 the trio began their ministry in their home church. Mosaic Lister assisted the group with soundtracks that created the present harmony and unique sound.

Recording artists under the label, Morningstar, their style includes country, contemporary, inspirational and traditional songs. The father of the group has been singing since the age of 13. He began his music career in Detroit, Michigan with his three brothers, Wallace, James and Charles, who composed the original Booth Brothers.

Ronnie Booth II sang at the age of 5 on the Rebel Quartet's TV program while Michael Booth began his career playing the drums.

The trio have performed at the National Quartet Convention. They have released numerous recordings.

Their current recording, "Praise God Anyhow" is climbing the charts. Their tours have touched many hearts for the Lord.

The group may be heard locally in March but may also be reached by writing to PO Box 290756, Tampa, FL 33687 or calling 813-985-1111, fax 813-985-8617.



File Photo



Italy mission trip benefits from yard sale

Members and youth from Upsala Presbyterian Church in Sanford, 101 Upsala Rd., recently conducted a large yard sale to benefit young people planning to attend a mission trip to Italy. The sale was a great success and young and old, male and female all enjoyed a day of fun, fellowship and a bit of hard work all for a wonderful cause. A brother and sister duo also assisted with the activities of the day, Robert and Jennifer Hopson, ages 18 and 10, took a short time out from their appointed sales positions for a quick and cute shot. Numerous household, ceramic and other items were sold.

Good food, good fellowship

The United Methodist Men of Grace United Methodist church hosted a pancake breakfast a part of "Homecoming Week" at its church. John Jayne (from left, upper photo), past David A. Liddell Jr. and Jim Gunster man the griddle as Duloy Brown (lower photo) makes quick work of their efforts. Duloy's on pancake number three of the eight she planned to eat.



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MORNING

(11:30) MOVIE (TV) 'The Lady Takes a Flight' (1948) ... (12:30) MOVIE (TV) 'The Lady Takes a Flight' (1948) ... (1:30) MOVIE (TV) 'The Lady Takes a Flight' (1948) ...

AFTERNOON

(1:30) MOVIE (TV) 'The Lady Takes a Flight' (1948) ... (2:30) MOVIE (TV) 'The Lady Takes a Flight' (1948) ... (3:30) MOVIE (TV) 'The Lady Takes a Flight' (1948) ...

EVENING

(7:00) MOVIE (TV) 'The Lady Takes a Flight' (1948) ... (8:00) MOVIE (TV) 'The Lady Takes a Flight' (1948) ... (9:00) MOVIE (TV) 'The Lady Takes a Flight' (1948) ...

LATE EVENING

(10:00) MOVIE (TV) 'The Lady Takes a Flight' (1948) ... (11:00) MOVIE (TV) 'The Lady Takes a Flight' (1948) ... (12:00) MOVIE (TV) 'The Lady Takes a Flight' (1948) ...

Table with columns for Channel, Time, Program Name, and Description. Includes entries for ABC, CBS, NBC, and other networks.

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Sports

B

Extra Points...

Dean Smith

Herald Sports Editor



This is best, and worst, time of year

SANFORD — It all ends so suddenly.

Mike Gaudreau and Sylvester Wynn had to experience the worst feeling that a coach has to suffer through this week as they both had successful squads upset in tournament play.

And seeing them lose brought back some painful memories of my coaching days.

The finality of a season ending is a feeling that both Mike and Sylvester have felt before, but being first year head coaches, this time they had to deal with the emotion as the man and not as an assistant.

After you have been with your team almost every day for the past five months, and in the case of some players, the last four years, it really hurts to have to say goodbye to your team, because they do become like your family.

District week starts out as the most exciting time of the year. No matter what kind of season you've had, everyone feels like they can win the state championship.

The team seems to practice harder and is more focused on what you are teaching them.

There is an electricity in the air all over the school campus and everyone is excited from the students to the principal to the fans. You can't wait to get on the court and show the improvement the team has made during the year.

And when you get to the gym, even when it's the home court that you've played on all season, things seem different. The gym is brighter and louder and it is just a fun place to be in.

And some times it pays off as the team gets it going and makes that march toward the state tournament.

But at the end of the tournament only one team gets to go home a winner, everyone else loses that final game.

And it hurts terribly.

As you are coaching the game you don't think about anything else, and usually right after the game you start thinking about why you lost. Then reality sinks in...the season is over.

No more practice, no more scouting, no more games, and you have players who have just played their last game for you.

Now you have to go back into that lockerroom and talk to those kids about the game. And yes there are tears. No matter what age you are dealing with, from youth league to professional, there will be crying.

It is the most unenviable job a coach has to face. You die everytime you have to face one of those players and thank them for giving you their best and wish them luck in the future. You look into their eyes and see that hurt and you hurt too. No matter how long you coach, it doesn't get any easier, it hurts just as bad.

And it isn't easy for us sportswriters either. It sometimes seems goulsh that you are asking about a game that just ripped the hearts out of the participants. I have been on both sides of it and it's tough.

The coach doesn't really feel like talking and you really don't want to ask someone to relive the pain of the loss so soon after the game. But it's your job and you have to get the story.

Seminole CC pounds Polk in softball

ALTAMONTE SPRINGS — The Seminole Community College softball team came up with a seven-run inning in each game as it whipped Polk Community College 11-7 and 11-2 at Lake Brantley High School Thursday to run its winning streak to four games.

"We played exceptionally well today," said SCC head coach Courtney Miller. "Our team finally started pounding the ball. We had 21 hits which was great. In the first game we committed too many errors which made the score closer than it should have been. But we picked it up with our offense when we needed it."

Cathe Murphy and Rene Hooper both pitched well today. These were two big wins for us. Polk was ranked No. 8 in the pre-season state poll, while we were ranked 10th.

The Raiders open Mid-Florida Conference play with a doubleheader against St. John's River next Thursday in Palatka.

RAIDERS 11-11, VIKINGS 7-3		GAME ONE	
Polk C.C.	100	201	9 - 3 10 4
Seminole C.C.	107	83	8 - 11 13 4
Bats and Hanson Hooper and Maljib WP - Hooper (2 1), LP - Bass Sava - none 2B - SCC, Dunagy (1) 3B - none HR - none			
GAME TWO			
Polk C.C.	101	88	2 - 8 8 8
Seminole C.C.	238	78	11 - 8 1
Padgett and Hanson Murphy and Overman WP - Murphy (2 1), LP - Padgett Sava - none, 2B - SCC, McAuliffe (1), Spanerell (1) 3B - none HR - none Records - SCC 4 3			

AF V reaches finals

Seminole boys to face Osceola tonight

By JEFF BERLINICKE
Herald Staff Writer

MERRITT ISLAND — Arrow Force V is a tough team to figure out.

One night, no one can buy a basket which goes a long way towards explaining the 12-19 record they carried into last night's Class 5A-District 6 semifinals against Satellite Beach.

Then, there are the nights Sean Whitman is hot from the outside. Kenny Edwards drives the lanes like a Ferrari and Andy Marlette scores by the threes.

That was the Seminole team that travelled to Merritt Island last night and defeated Satellite Beach, 43-41 to guarantee a trip to the regionals which begin next week.

Tonight, Arrow Force V takes on top-seed Kissimmee-Osceola in the rubber match of their season series. The teams split both of their games this season but the stakes are higher in this one. The winner gets to host the final round of the regionals next week while the loser heads for a hostile gym.

Seminole started off looking like the season was already over. The Tribe trailed 9-0 early. Whitman wasn't coming close and Seminole trailed until tying it at the end of the third quarter.

"Sean Whitman was missing early but we never quit," said Seminole coach Bob Traina. "We just stepped it up defensively."

Marlette drilled a three-pointer two minutes into the fourth and Seminole never looked back,

although there was a scare with four seconds left when Satellite had an inbound pass from halfcourt to tie or win the game.

The shot was off and Seminole advanced.

Edwards was the key. When a pass came around, Edwards scored repeatedly inside on his way to 10 points. Whitman led the way with 12 and Marlette chipped in with nine, including a pair of threes.

Traina knows he's in for a scare tonight against Osceola.

"They're very athletic," Traina said. "They press and they like to get the tempo going a lot faster than we want but if we pick the right spots to attack and hit our threes, we can win."

The game will be played at 7:30 p.m. tonight at Merritt Island High School.

6A-4 title belongs to Rams

By JEFF BERLINICKE
Herald Staff Writer

WINTER SPRINGS — Ask any travel agent where Lakeland rates on a list of hot spot spring vacations.

Miles from the beach, the town is little more than a few exits off Interstate-4 with gas stations and fast food. In fact, it may be the last food and gas capital of Central Florida.

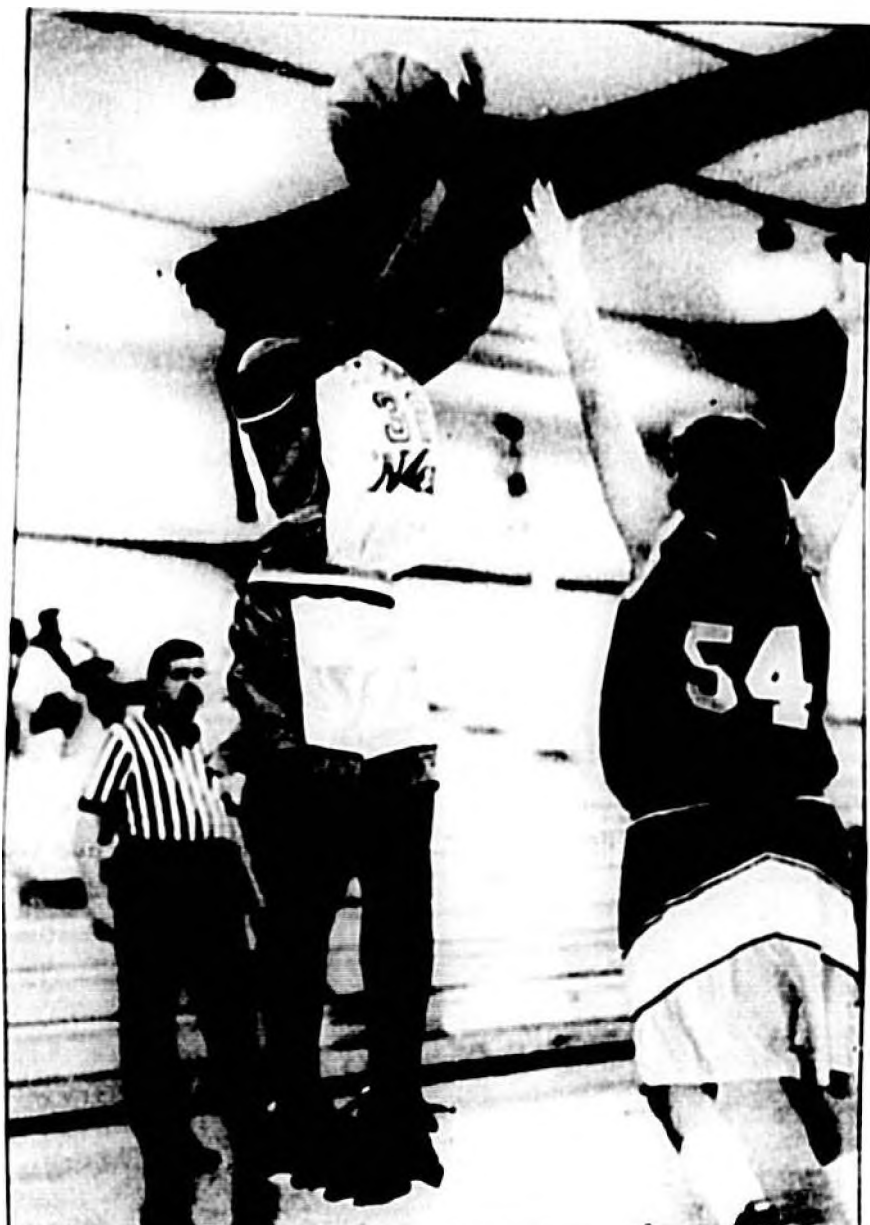
For the Lake Mary girls basketball team, it is their dream vacation.

The Lady Rams took a big step towards their dream trip last night with a 24-11 win as the score indicates 56-43 rout of Lyman to advance to the Class 6A regionals and a home court contest Tuesday night.

Amidst all the McDonald's and Citigos of Lakeland sits the Lakeland Civic Center which hosts the state Final Four and the Lady Rams have been playing with that in their sights all season.

The win last night was more matter-of-fact to the Rams than a joyous occasion. When the final buzzer went off, a few high-fives were exchanged, some congratulations from coach Carl Brown, and a smattering of applause from the Lake Mary cheering section was about the only indication that the Lady Rams had advanced.

Sitting pretty at 24-1, despite



Shameika Stokes (No. 32) did her best to pick up the slack when leading scorer Dana Merrick was re-injured, but her efforts went for naught as Seminole was ousted from the state playoffs by Titusville 47-45.

Seminole girls fall

By KELLIE WERNER
Herald Staff Writer

SANFORD — Most of the time, one thing means the difference between victory and defeat.

Last night, that one thing was Dana Merrick.

When the Seminole girls' basketball team stepped onto their home court for the first round of district play, they had a bounce in their step. These girls came to play and they were ready for battle.

No one could have predicted that they would fall to Titusville in a last second nail-biter, 47-45.

The abrupt and unexpectedly early end to their season left players, coaches, and fans either in tears or just stunned.

The Tribe opened the game with six quick points, four of them off steals. The defensive unit, led by La'Deatrice Hampton, was in the Terrifiers' faces and pursued them relentlessly.

Dana Merrick, after spending a better part of the season injured, was once again in the starting line-up and a driving influence for the offense. She had played a few minutes in their previous game as a test, and Merrick proved she was up to the task by scoring four points before being pulled to rest her knee.

The Lady 'Noles dominated the first quarter, leading 14-8 at the buzzer.

Everything was going their way. Until the second quarter...until they would once again lose their star.

Haneefa Miller, who had taken

Perfection for Pebble Junction

From Staff Reports

SANFORD — Nothing changed in the standings as the top three teams all won on the final night of the regular season in the Sanford Recreation Department Men's Chase Park Polar Bear Slow Pitch Softball League Thursday night.

ICI Auto Color/Ken Rummel Chevrolet put the pressure on league-leading Pebble Junction as it erased a 4-3 deficit with 12 runs in the top of the fourth inning and went on to hammer Rich Plan 19-4.

But Pebble Junction did not flinch as it scored six runs in the bottom of the first inning and never let The Power Team quite make up the deficit as it finished undefeated with a 14-10 victory.

In the late game, Cactus Bob's scored three runs in the bottom of the fifth inning to break a 7-7 tie and held off The Power Team 10-8.

Pebble Junction completes regular season play undefeated at 6-0, while ICI Auto Color/Ken Rummel Chevrolet is just behind at 5-1. Cactus Bob's was 3-3, while The Power Team was 1-5 and Rich Plan was 0-6.

The post-season tournament will be held over the next two weeks, with The Power Team taking on Rich Plan at 7 p.m. and ICI Auto Color/Ken Rummel Chevrolet battling Cactus Bob's at 8 p.m. The tournament will conclude on February 27th with Pebble Junction playing the winner of The Power Team-Rich Plan game at 7 p.m. and the winner of that game sticking around to play the ICI Auto Color/Ken Rummel Chevrolet-Cactus Bob's winner for the championship at 8 p.m.

Doing the hitting were:

ICI Auto Color/Ken Rummel Chevrolet	210	1123	19	21
Rich Plan	201	8	0	0
POWER TEAM	221	200	3	18
Pebble Junction	611	204	8	16
POWER TEAM	200	220	1	0
Cactus Bob's	606	120	8	10

ICI Auto Color/Ken Rummel Chevrolet: three hits — David Goldstick (triple, double), Scott Murphy (double), Tom Gracey; two hits — Brian Curtis, Bobby Keefer, D.D. Hampton, Steve Woodley; one hit — Cary Keefer, Brantley Bruley, Billy Gracey, Jerry Brusels.

Rich Plan: three hits — Tony Taylor (double); two hits — Jason Flanagan; one hit — Mike Taylor, Jason Bender, John Lugerling, Jamie Pitzer, Brad Bender.

Pebble Junction: three hits — Vic DiBartolo (two triples), Brett Mollie (two doubles), Mike Miller; two hits — Dave Coas (two double), Kyle Brubaker, Dave Bennett; one hit — Jerry Camus, Bob Markos, Blake Murray.

The POWER TEAM: three hits — Steve Cooper; two hits — Steve Quiles, Scott Fransis, Tony Cox, Darrin Patrick, Nelson Aviles; one hit — Rich Thole, James Aviles, Robert Hogan, John Cordoba.

Cactus Bob's: three hits — Mike Montano (triple); two hits — Ted Johnson, Len Klein, Mike Peck; one hit — Ted Fratachi, Mike Petri, Jim Oiger, Paul Belleckas, Billy Bishop.

The POWER TEAM: three hits — Steve Cooper; two hits — Scott Fransis (triple), Tony Cox (double), Rich Thole, Robert Hogan, John Cordoba; one hit — Steve Quiles, James Aviles.

Thompson PBE wins at Pinehurst

From Staff Reports

SANFORD — It is probably the rarest score in in slowpitch softball, a 1-0 game.

But that is exactly what happened in the Sanford Recreation Department Men's Pinehurst Park Polar Bear Slow Pitch Softball League Thursday night as Danny

Hewitt singled in Mike Clark with the game's only run with two out in the bottom of the 10th inning to give Thompson PBE the regular season championship with a 1-0 victory over Havin' Fun/Beatty Tire.

It was the second extra inning affair for Havin' Fun/Beatty Tire as they had forced a winner-take-all by scoring four runs in the eighth in-

ning to beat All Souls Catholic Church 14-10.

See Softball, Page 2B

Innovators	100	400	8	19
Curiosity Corners	100	600	8	14
Havin' Fun/Beatty Tire	200	604	24	14
All Souls Catholic	600	600	60	16
HP/Beatty Tire	600	600	600	7
Thompson PBE	600	600	1	11

Second win for Fuller

Special to the Herald

SAMSULA — Rick Fuller of Auburn, Massachusetts scored his second victory in the NASCAR Tour Type Modifieds during the seventh night of the World Series of Asphalt Stock Car Racing at New Smyrna Speedway Thursday night.

"I thought we had some for them in the longer races and we did," said Fuller of his win in the 50-lap main.

"And to behold, they did pit, but it didn't work out for them because they slowed down about a second and we just got faster."

The World Series continues through Saturday and starts at 7 p.m. each night.

THE ANNUAL WORLD SERIES OF ASPHALT STOCK CAR RACING AT NEW SMYRNA SPEEDWAY NIGHT 07, FEBRUARY 12, 1997

LATE MODEL — 1. 26, David Russell; 2. 3, Lowell Bennett; 3. 25, Scott Wheeler; 4. 16, Bruce Lawrence; 5. 77, Tuffy Hester.

LIMITED LATE MODEL — 1. 66, Louis McChesden; 2. 16, Brad May; 3. 42, Mark Tracy; 4. 42, Kris Hasker; 5. 9, Bobby Sears.

NASCAR TOUR TYPE MODIFIED — 1. 80, Rick Fuller; 2. 70V, Tom Baldwin; 3. 17, Tony Stewart; 4. 99, Jamie Tompkins; 5. 71, Danny Knowles Jr.

FLORIDA/INCA MODIFIED — 1. 31, Jimmy Whits; 2. 115, Mike Pritch; 3. 22, Wray Schaffer; 4. 82, Steve Mahanah; 5. 112, Rick Rhomans.

MINI-STOCKS — 1. 81, Conrad Granger; 2. 87, Kevin Dimock; 3. 1, Jared Allison; 4. 15, Doug Hipper; 5. 23, Wayne Stotts.

STATS & STANDINGS

WHAT'S HAPPENING

TODAY

Auto Racing

Discount Auto Parts 200 NASCAR Goody's Dash race at Daytona International Speedway, 11 a.m.
International Race of Champions, 1:30 p.m.
FASCAR, 31st Annual World Series of Asphalt Stock Car Racing at New Smyrna Speedway, 7 p.m.

JUCO Baseball

St. Petersburg Junior College vs. Seminole Community College at Raider Field, 3 p.m.

Prep Baseball

Lake Mary First Pitch Classic. Seminole vs. Stuart-Martin County, 5 p.m.; Lake Mary vs. Okeechobee, 7:30 p.m.
Apopka First Pitch Classic. Lake Brantley vs. Lake Region, 7:30 p.m.

National Basketball Association

Orlando Magic vs. Minnesota Timberwolves at Target Center, 8 p.m.

Prep Boys' Basketball

Class 5A-District 6 Tournament at Merritt Island High School. Kissimmee-Osceola Kowboys vs. Seminole Arrow Force V, 7:30 p.m.
Class 6A-District 4 Tournament at Winter Springs High School. Junior varsity championship: Lake Howell Silver Hawks vs. Lake Brantley Patriots, 6 p.m.; varsity championship: Oviedo Lions vs. Lake Howell Silver Hawks, 8 p.m.

Adult Church Basketball

Polar Bear League at Sanford Middle School. First Nazarene vs. 1st Methodist-Flames, 8:30 p.m.; Covenant Community vs. Sanford Christian, 7:30 p.m.; First Baptist vs. All Souls, 8:30 p.m.

International Hockey League

Milwaukee Admirals vs. Orlando Solar Bears at Orlando Arena, 7 p.m.

Prep Wrestling

Class 6A-North Regional I Meet at Lake Mary High School, TBA.

SATURDAY

Auto Racing

Gargoyles 200 for Busch Grand National

Softball

Continued from Page 1B

In the first game Curiosity Corners gained a tie for second place by scoring nine runs in the second inning and going on to beat Invacare 14-9.

Thompson PBE finishing 5-1, while Havin' Fun/Beatty Tire and Curiosity Corners are 4-2. Completing the standings are: All Souls Catholic Church (2-4) and Invacare (0-6).

Next week the teams will start a post-season tournament with Invacare playing All Souls Catholic Church at 7 p.m. and Havin' Fun/Beatty Tire battling Curiosity Corners at 8 p.m. Thompson PBE has a bye and will play the All Souls-Invacare winner at 7 p.m. on February 27th, and the winner of that game will play the Havin' Fun/Beatty Tire-Curiosity Corners winner for the championship at 8 p.m.

Doing the hitting were: Curiosity Corners: three hits —

Series at Daytona International Speedway, noon.
Winston Cup, Gatorade Twin 125-Mile qualifying races, 12:30 p.m.
FASCAR, 31st Annual World Series of Asphalt Stock Car Racing at New Smyrna Speedway, 7 p.m.

Prep Baseball

Apopka First Pitch Classic. Lake Brantley vs. TBA, TBA
Dr. Phillips First Pitch Classic. Dr. Phillips vs. University-Winter Park loser, 11:30 a.m.; Oviedo vs. University-Winter Park winner, 3:30 p.m.
Lake Mary First Pitch Classic. Seminole vs. Okeechobee, 11 a.m.; Lake Mary vs. Stuart-Martin County, 2 p.m.

College Basketball

Men, University of Central Florida vs. Stetson University at Edmunds Center, 7:30 p.m.
Women, University of Central Florida vs. Florida International University at UCF Arena, 4 p.m.
Rollins vs. North Florida at Jacksonville. Women, 5:30 p.m.; men, 7:30 p.m.

JUCO Basketball

Seminole Community College vs. Santa Fe Community College at Gainesville. Women, 8 p.m.; men, 8 p.m.

Youth Basketball

Sanford Recreation Department at Sanford Middle School. Junior Prep: 8:30 a.m. — ABB Power Distribution vs. First Union and Big Dip Ice Cream and Eatery vs. Webb Furniture; 9:30 a.m. — Rich Plan vs. Hunter Concrete; Junior Division: 9:30 a.m. — Fleet Reserve Ladies Auxiliary vs. Sanford Paint 'n Body Bell South vs.; 10:30 a.m. — Sanford Electric vs. Rich Plan and All American Construction vs. Sunniland Corporation; 11:30 a.m. — Fleet Reserve Branch 147 vs. Hardees; Senior Division: Playoffs: Video Vault vs. A-OK Tires, 1:30 p.m.; ABL Business Equipment vs. Sharp Fence, 2:30 p.m.
Sanford Recreation Department Biddy Bell Basketball Polar Bear League at Salvation Army. MAGIC vs. Hoepice and Layton's Team vs. Annie's Army, 1 p.m.; Daniels' Team vs. Futrell's Team, 2 p.m.

Track

Seminole Hi-Y Games on Buddy Lawson Track at Thomas E. Whigham Stadium, Sanford, 10 a.m.

Prep Wrestling

Class 6A-North Regional I Meet at Lake Mary High School, TBA.

Rams

Continued from Page 1B

Brown's season-long comments about taking it one game at a time. It was clear that Lake Mary was playing for more than the districts.

Any chance of a challenge ended Tuesday night when Oviedo was shocked by the Greyhounds in the semi-finals. The Lions were the one team with a real shot at Lake Mary and Brown even said he wanted another shot at Oviedo.

"I think the girls wanted Oviedo," Brown said after the title was clinched. "We just didn't get the opportunity so we just had to play our own game tonight."

Their own game featured a new star in a season of stars. Mary Leah Sutton, relegated to the shadows of some of her more prolific teammates, played like someone with reservations already made for a few days in Lakeland.

While leading scorer Lauren Bradley was mauled every time she touched the ball, Sutton had a career-high 24 points while dominating the boards, risking her body by diving all over the floor for loose balls and hitting nothing but nylon every time she stepped to the line.

"I don't know what got into Mary Leah tonight but whatever it was, I hope she holds onto it," Brown said.

Sutton came out with just over four minutes left as Lake Mary held on to a 53-30 lead and she joined most of the other starters on the bench before Lyman started hitting from all over the gym to close the gap to 13 at the end but Brown was never worried. He got playing time to

players who haven't seen a lot of action this season and gave the starters a chance to do some female bonding on the bench.

It was sometimes ugly when Sutton, Bradley, Ashlee Ballance, Stephanie Dale and Maggie Reedy were in the game. The Lady Rams jumped out to a 15-4 first quarter lead and were up 38-14 at the half. Sutton had already scored 14 by the break and she was joined in double figures by Dale (11) and Ballance (15).

Bradley was held to only eight.

Tribe

Continued from Page 1B

leadership of her team throughout the season, scored quickly in the quarter, bringing her point total to six. Suddenly, without warning, Merrick, who had just returned to the game, hit the floor.

Not a breath was taken by anyone in the gym as head coach Sylvester Wynn made his way over to Merrick and then had to carry his player off of the court to a standing ovation.

Wynn would return to the game. Merrick would not. Seminole's spirit took an immediate downward slide.

They would score only two more points in the half, entering the locker room with an 18-18 tie.

"No doubt about it," Wynn said. "When Dana went down, it killed the team. Once she left the game, that was it. The girls just couldn't recover."

Recovery would not have been easy for any team, though, as the second half turned ugly.

one of her lowest outputs of the year, but she again starred on defense, forcing Lyman to depend on its outside game all night. Once the three started rimming out, Lyman was out of it.

The Greyhounds aren't through for the season. They will travel somewhere Tuesday in the regionals. Pairings will be announced later.

For Lake Mary, Spring Break in Lakeland sounds pretty good right now.

A fan was ejected from the game for shouting at the referees. Seminole fans got into screaming matches with their new enemies from Titusville. Fouls came often and with force.

Miller and Shamelka Stokes stepped up on offense and coupled with Hampton to try and keep their team in the game. Mixed free throws would keep them from leading at the start of the fourth quarter, though. Only two of six were made from the line.

After a basket by Felicia Henderson to open the last period, Titusville scored six unanswered points before a time out was called by Wynn.

Whatever he said put a little wind back in the Lady Noles' sails, and with 50 seconds remaining, they had pulled within two.

That was where they would stay, though.

With one second on the clock, Seminole had the ball and a chance at a tie but it just wasn't meant to be. The shot was taken, but missed by only inches.

Upsets in Senior hoop playoffs

From Staff Reports

SANFORD — There were upsets galore as the playoffs in the Senior Division of the Sanford Recreation Department 1996-1997 Youth Basketball League got underway in the Dan Pelham Gymnasium at Sanford Middle School last Saturday.

The top seeded team lost in three of the four games, with only No. 2 seeded Sharp Fence avoiding the upset bug.

Sharp Fence (7-1) edged American Legion (1-7) 30-23, while No. 1 seeded Knights of Columbus (8-2) fell 45-44 to A-OK Tires (2-6). No. 3 Sunniland Corporation (5-3) was trimmed 56-51 by ABL Business Equipment (3-5); and No. 4 Pants USA (4-4) forfeited its game to No. 5 Video Vault (4-4).

This Saturday's schedule is in *What's Happening* elsewhere on this page.

JUNIOR PREP DIVISION

FEBRUARY 1
RICH PLAN (10)
James Pritchard 1 0 2 3, Dean Casey (MVP) 2 2 4, Derrick Harris 0 0 5, Leonard Sims Jr. 2 0 2, Totals: 65-11-12.
WEBB FURNITURE (14)
B.J. Phinney 2 0 2, Cy Wynn (MVP) 3 2 5, Jason Fletcher 2 0 4, Totals: 73-13-14.
ABL FENCE
Rich Plan 3 2 4 4-11
Big Dip 2 0 4 2-14

WEBB FURNITURE (10)
Christian Roberts (MVP) 2 0 4, Robert Anderson 2 0 4, Josh Webb 1 1 2, Mike Lester 1 0 2, Terrance Carr 1 0 2, Jeff Bowers 1 0 2, Totals: 91-19.
FIRST UNION (8)
Joey Reed (MVP) 4 0 4, Totals: 4-0-4.
Webb Furniture
3 2 4 9-19
First Union
2 0 2 0-10

ADD POWER DISTRIBUTION (21)
Shemar Williams (MVP) 4 0 4, David Coleman 2 0 4, Brian Elder Jr. 1 0 2, Eric Bryant 2 1 7, Totals: 10-4-21.
WYNTE CONCRETE (17)
Karl Lipscomb (MVP) 1 4 4, Lamar Guy 0 1 1, Keshel Vollet 1 0 2, Tommy Gray 2 4 4, Totals: 37-10-17.
ABL FENCE
Hunter Gonzalez 7 12 0 3-21
Records — ABL 4-4; Hunter 6-4.

BIG DIP ICE CREAM AND BATTERY (10)
CY Wynn (MVP) 10 3 23, Damian Reeves 1 0 2, B.J. Phinney 2 0 4, Jeremy Elmut 1 0 2, Duran Reeves 2 0 4, Troy Holt 0 2 2, Jason Fisher 1 1 2, Brian Powell 1 0 2, Totals: 30-10-17.
FIRST UNION (8)
Chris Oton 1 0 2, Jolo Reed (MVP) 2 4 12, Jonathan Mangum 2 0 4, Totals: 6-2-16.
Big Dip
14 2 10 6-20
First Union
3 2 4 0-20
Records — Big Dip 7-1; First Union 6-4.

ABL BUSINESS EQUIPMENT (27)
Eric Bryant (MVP) 4 2 4, Shemar Williams 5 2 12, David Coleman 1 0 2, Kristian Smith 0 0 2, Totals: 115-10-27.
RICH PLAN (10)
Dean Casey 1 0 2, James Pritchard 1 1 2, Kenneth Hall (MVP) 2 0 4, Leonard Sims 2 0 4, Totals: 77-11-12.
ABL BUSINESS
Rich Plan 0 0 4 10-27
Records — ABL 4-4; Rich Plan 6-4.

WEBB FURNITURE (10)
Jeff Beaira 1 0 2, Christian Murring 2 0 4, Josh Webb (MVP) 4 0 4, Robert Anderson 2 0 2, Anthony Anderson 1 0 2, Totals: 9-0-12.
HUNTER CONCRETE (13)
Keshel Vollet 1 0 2, Keith Rivers (MVP) 2 1 4, Karl Lipscomb 2 2 4, Totals: 2-0-13.
Webb Furniture
0 0 3 3-10
Hunter Concrete
0 0 3 3-13
Records — Webb 5-3; Hunter 6-4.

JUNIOR DIVISION
FEBRUARY 1
SANFORD PAINT AND BODY (12)
Terrance Green 2 1 7, Howard Lingard 2 1 4, Terrill Morris (MVP) 0 1 0, Ronald Williams 2 0 4, Wayne Wale 1 0 2, Totals: 14-0-12.
FLEET RESERVE BRANCH 10 (20)
Willy Anderson 2 2 4, Quentin Herring 1

0 1 2, Donavan Robbin 2 0 4, Correy McCray (MVP) 1 0 2, Totals: 132-20.
Sanford Paint & Body
14 0 3 0-22
Fleet Reserve 10
0 0 4 10-20

SANFORD ELECTRIC (10)
Jimmy Pughett 1 0 2, Bradley Lacks 4 2 4, Martin Robinson (MVP) 4 2 4, Willie Stringer 1 0 2, Brandon Bryant 2 0 4, Totals: 14-0-22.
HARDEES (10)
Jammur Guy 2 0 1, Justin McKinney 1 0 2, James Williams 1 0 2, Raymond Taylor 1 0 2, Mark McNeely 0 1 1, Tim Meadows 2 0 2, Anthony Colford 5 1 5, Totals: 16-1-24.
Sanford Electric
11 0 7 7-23
Hardees
10 3 11 0-24

RICH PLAN (10)
Kathy Erickson 3 0 2, Ty Poe 3 0 4, 2 4, Martin Robinson (MVP) 4 2 4, 2 4, Willie Stringer 1 0 2, Brandon Bryant 2 0 4, Totals: 16-1-24.
BELL SOUTH (12)
Barbara Gray 2 0 4, Jason Lawrence (MVP) 2 2 7, Derrick Hume 1 2 4, James Sanders 0 1 1, Shemar Williams 2 1 2, 5, Donavan Robinson 2 0 2, Totals: 70-12-22.
Rich Plan
16 10 4 8-22
Bell South
7 6 3 7-22

ALL AMERICAN CONSTRUCTION (10)
Mike White 1 0 2, Marcus White 2 0 2, Shannon Mau (MVP) 2 0 4, Terry Hanley 1 0 2, Isaiah Schuch 1 0 2, Totals: 10-0-20.
FLEET RESERVE LADIES AUX. (21)
Tremaine Patrick (MVP) 4 2 4, Carl Keshel 0 2 2, Byron Scott 1 0 2, Mike Reppert 4 0 4, Keith Wright 0 2 2, Totals 9-0-21.
All American Const.
0 0 4 0-20
Ladies Auxiliary
3 2 4 10-21

FEBRUARY 2
ALL AMERICAN CONSTRUCTION (10)
Mike White 3 0 1, Cedorian Smith (MVP) 2 0 4, Marcus White 1 0 2, Shannon Mau (MVP) 2 0 4, Terry Hanley 1 0 2, Isaiah Schuch 1 0 2, Totals: 10-0-20.
FLEET RESERVE LADIES AUX. (21)
Tremaine Patrick (MVP) 4 2 4, Carl Keshel 0 2 2, Byron Scott 1 0 2, Mike Reppert 4 0 4, Keith Wright 0 2 2, Totals 9-0-21.
Sanford Electric
0 0 4 0-20
Ladies Auxiliary
3 2 4 10-21
Records — All American Construction 2-1; Bell South 0-4.

SANFORD ELECTRIC (10)
Brandon Bryant 0 1 1, Marie White 1 0 2, Marcus Robinson (MVP) 0 0 4, Bradley Lacks 1 0 2, Jimmy Pughett 2 0 4, Sean Jackson 1 0 2, Totals: 15-1-21.
FLEET RESERVE LADIES AUX. (21)
Dante Brown 1 0 2, Byron Scott 2 0 4, Tremaine Patrick (MVP) 5 2 4, Keith Wright 2 0 4, Totals: 10-0-23.
Sanford Electric
0 0 4 0-20
Ladies Auxiliary
3 2 4 10-21
Records — Sanford Electric 4-3; Fleet Reserve Ladies Auxiliary 4-3.

SANFORD PAINT & BODY (15)
Howard Lingard 1 1 2, Terrance Green (MVP) 2 2 7, Ronald Williams 1 1 2, Wayne Wale 1 1 2, Totals: 55-12-15.
HARDEES (10)
Mike Wason 2 0 1, Mark McNeely 1 1 2, Tim Meadows (MVP) 2 0 4, Anthony Colford 2 0 4, Justin McKinney 0 2 4, Totals: 9-0-23.
Sanford Paint & Body
6 2 3 0-15
Hardees
3 2 0 0-20
Records — Sanford 6-1; Hardees 7-4.

FLEET RESERVE BRANCH 10 (20)
Quentin Herring 2 0 4, Donavan Robbin 2 0 4, Correy McCray (MVP) 1 0 2, Martin Robinson 2 0 4, Willie Anderson 2 0 2, Totals: 20-0-20.
Sanford Paint & Body
0 0 4 11-20
Branch 10
0 0 4 11-20

SUNNILAND CORPORATION (10)
Dante Brown 0 0 2, DeMarlo Sims (MVP) 4 0 4, Dante McCleod 2 0 4, Calvin Anderson 1 0 2, Totals: 2-0-20.
Branch 10
0 0 4 11-20
Sunniland Corporation
0 0 4 11-20

SENIOR DIVISION
FEBRUARY 1
SHARP FENCE (10)
Donovan Daniels 1 1 2, Tremaine Patrick 1 0 2, Tracy Cash (MVP) 4 0 4, Terry Anderson 2 0 4, Wale Wale 1 0 2, 4, Marcus White 1 0 2, Totals: 20-0-20.
A-OK Tires (10)
Jonathan Brooks (MVP) 4 2 4, Bradley Lacks 1 0 2, Nick Hume 1 0 2, Brian Hampton 1 0 2, Totals: 11-1-14.
ABL BUSINESS
3 2 4 10-21
A-OK Tires
3 2 4 10-21
Records — Sharp 2 (Wiggin, Daniels).

KNIGHTS OF COLUMBUS (10)
Alan Mitchell 2 1 2, Richard Williams 2 0 1, Mark Purnell (MVP) 2 1 0, Rick Erickson 1 1 2, Tim Avale 2 1 0, Totals: 14-0-12.

SUNNILAND CORPORATION (11)
Terrance (TUG) Daniels 4 0 2, Ken Anderson 4 0 4, Cedric Jackson (MVP) 4 1 1, Mike Maurice Williams 0 2 2, Totals: 16-2-11.
Knights of Columbus
10 2 10 0-16
Sunniland Corporation
10 10 10 0-16
3 point-tiers — Knights of Columbus (Avale 2); Sunniland 3 (Daniels 2, Jackson 1).

VIDEO VAULT (10)
Levi Barnes Jr. (MVP) 10 20 22, Mike Perkins Jr. 0 0 4, Cecil Connor 0 0 4, Matthews 2 0 4, Donavan Williams 2 0 4, Totals: 22-1-24.
AMERICAN LEAGUE (5)
Scott Reiger 1 3 6, Derrick Colford 1 2 7, Mark Washington 0 0 4, Jeff Brophy 4 0 4, Charon Stokes 2 0 4, Totals: 21-0-27.
Mailings
Legion 25, Video 20, pointers — Video 1 (Meadow), Legion 1 (Washington).

FEBRUARY 2
SUNNILAND CORPORATION (11)
Ken Anderson (MVP) 5 0 4, Maurice Williams 2 0 4, Gerald Duncan 2 0 2, Terrance Daniels 6 1 2, Cedric Jackson 2 0 4, Totals: 22-1-21.
ABL BUSINESS EQUIPMENT (10)
Mike Valeri Jr. (MVP) 14 3 11, Bud Bennett 7 0 4, Brian Hampton 2 2 7, Leonard Brw 1 0 2, Marcus Scott 1 0 2, Totals: 25-1-26.
Sunniland Corporation
16 17 6 16-31
ABL Business Equip.
10 10 10 10-30
3 point-tiers — Sunniland 3 (Duncan, Colford), ABL 1 (Hammond), Records — Sunniland 5-3; ABL 3-5.

A-OK TIRES (10)
Jonathan Brooks (MVP) 7 2 6, Jason Wheeler 4 0 4, Jason Murray 1 0 2, Bradley Lacks 4 0 2, Nick Hume 2 0 4, Totals: 16-1-16.
KNIGHTS OF COLUMBUS (10)
Derrick Colford 2 0 4, Lazarus Mitchell 2 0 4, Albert Ely 2 0 4, Mark Pearson 2 0 2, Mike Lawrence (MVP) 0 1 0, Totals: 10-0-14.
A-OK Tires
7 7 10 10-30
Knights of Columbus
17 0 4 13-30
3 point-tiers — A-OK 4 (Lacks 4), Knights 3 (Mitchell, Pearson, Lawrence), Records — A-OK 2-4; Knights 0-1.

SHARP FENCE (10)
David Gutierrez 1 0 2, Tony Adams 1 0 2, Donavan Daniels (MVP) 7 2 7, Jason Proudy 3 1 7, Tremaine Patrick 1 0 2, Totals: 13-0-20.
AMERICAN LEAGUE (10)
Scott Reiger 2 2 4, Derrick Colford 2 0 4, Charon Stokes 0 1 1, Daniel Briggs 2 0 4, Totals: 07-12-23.
Sharp Fence
0 0 4 10-20
American League
2 0 0 0-20
3 point-tiers — Sharp 1 (Daniels), Records — Sharp 7-1; Legion 1-1.

GIRLS' DIVISION
FEBRUARY 1
BULLS (14)
Tanetta Word 1 1 2, Shunika Joseph (MVP) 4 1 2, Annie Epstain 1 0 2, Erica Wynn 1 0 2, Totals: 7-0-14.
NIE ABL (21)
J. Lynn Meeks 1 0 2, Jene Robinson 1 0 2, Barbara Gray (MVP) 7 2 7, Totals: 9-2-21.
Bulls
2 0 2 0-14
Nie ABL
6 2 10 2-21

MAGIC (10)
Stacy Williams 2 2 2, Evita Ingram (MVP) 4 0 4, Kanisha McKinney 3 0 4, Marvellie Daniels 2 0 4, Totals: 11-2-24.
DICE (12)
Andrea Southward (MVP) 4 0 4, Liquee Proney 0 0 4, Yvonda Foster 1 0 2, Trontee Lee 1 0 2, Totals: 6-0-12.
Magic
4 3 0 0-24
Dice
4 3 0 4-12

FEBRUARY 2
NIE ABL (10)
Barbara Gray (MVP) 5 0 4, Janie Robinson 1 0 2, Dawn Major 1 0 2, Marsha Bates 1 0 2, Sarah Jane 1 0 2, J. Lynn Meeks 0 0 2, Jennifer Wale 1 0 2, Totals: 10-0-20.
MAGIC (12)
Kanisha McKinney (MVP) 3 0 4, Evita Ingram 2 0 4, Totals: 6-0-12.
Nie ABL
4 0 0 0-20
Magic
0 0 0 0-20

DICE (10)
Leticia Proney 1 0 2, Yvonda Foster (MVP) 3 0 4, Andrea Southward 1 0 2, Totals: 6-0-12.
GALLS (10 0)
Linda Selway 1 0 0, Anita Epstain 1 0 2, Yvonda Foster (MVP) 4 0 4, Shemar Daniels 1 0 2, Totals: 9-0-10.
Gals
2 0 0 4-10
Bulls
0 0 2 0-10

Legal Notice

IN THE CIRCUIT COURT IN AND FOR SEMINOLE COUNTY, FLORIDA

Case No. 96 1991 SA 14 B
ARTHUR C. SCHRAGER and SERALDINE B. SCHRAGER, husband and wife, Plaintiffs

vs.
GARY R. KLEMER, SARNETT BANK OF CENTRAL FLORIDA, SA and STATE OF FLORIDA, DEPARTMENT OF REVENUE, Defendants

CLERK'S NOTICE OF SALE
Notice is hereby given that pursuant to a Summary Final Judgment in Forfeiture entered in the above entitled cause in and for the Circuit Court of Seminole County, Florida, I will sell at public auction to the highest bidder, for each at West Front Door Seminole County Courthouse, Sanford, Florida at the hour of 11:00 a.m. on the 15th day of March, 1997 that certain parcel of real property described as follows:

Lot 8, Block J, North Orlando Ranches, Sec. 2A, according to the Plat thereof as recorded in Plat Book 12, Page 20, 40 and 41, Public Records of Seminole County, Florida. Dated this 7th day of February, 1997.
MARYANNE MORSE
CLERK OF THE CIRCUIT COURT
By Dorothy W. Bolton
Michael J. Davis
221 W. Eau Gallie Blvd.
Suite 1
Melbourne, FL 32936
Publish: February 14, 21, 1997
DEB-130

Legal Notice

CIRCUIT COURT EIGHTEENTH JUDICIAL CIRCUIT SEMINOLE COUNTY, FLORIDA

Case No. 97-150-SA-14-B
THE SCHOOL BOARD OF SEMINOLE COUNTY, FLORIDA, Plaintiff,

vs.
WILLIAM JEROME BOATWRIGHT and GOROTHY IRELL BOATWRIGHT, No wife, if alive, and if dead, their unknown heirs, spouses, devisees, grantees, creditors, and all other parties claiming by, through, under, or against them; and all other unknown natural persons if alive and if dead or not known to be dead or alive, their covent and respective unknown spouses, heirs, devisees, parties and creditors, or other parties claiming by, through, or under those unknown natural persons and the several and respective unknown assigns, successors, in interest, trustees, or any other person claiming by, through, under or against any corporation or other legal entity named as a Defendant; and all claimants, persons, parties, natural or corporate, or whose exact legal status is unknown, claiming under any of the above named or described Defendants or parties claiming to have any right, title, or interest in and to the lands hereinafter described.

property

People

IN BRIEF

Bromeliad Society to meet

The Seminole Bromeliad Society meets the third Sunday of the month, at 2 p.m., at Sanford Garden Club, U.S. 17-92 at Fairmont Avenue, Sanford. All aspects of bromeliad culture are covered during the meetings. The society is affiliated with the Florida Council of Bromeliad Societies and the Bromeliad Society Inc. For information, call Bud Martin, 321-0838.

TOPS meets Monday morning

SANFORD — TOPS (Take Off Pounds Sensibly) Chapter #621 meets every Monday, from 10 a.m. to noon, at the Sanford Alliance Church, 1401 S. Park Ave., Sanford. For information, call 322-3130 or 324-5541.

Sanford Rotarians to meet

SANFORD — Rotary Club of Sanford meets every Monday at noon, at the Marina Hotel.

Cancer support group meets

Support, Hope and Recovery, S.H.A.R., meets every Monday afternoon at 5 p.m. at Central Florida Regional Hospital in the far corner of the dining room. This is a self help support group for all cancer survivors, whether in treatment now or finished with it. Call 324-8737 or 322-7785 for more information.

Contract bridge

Bridge players are invited to play contract bridge every Monday, at 10:30 a.m., at the Sanford Senior Center. For information, call 322-8328.

AARP lists meeting schedule

The Winter Springs Chapter of AARP meets the third Monday of the month, at 1:30 p.m., at the Winter Springs Senior Center off Edgemon Avenue. Senior citizens, 50 and over, are invited to attend.

Modelers Club announces meeting

The Sanford Aero Modelers Club meets every third Monday of the month starting at 7 p.m. with the "Model of the Month" competition at Greater Sanford Chamber of Commerce, 400 E. First St. All phases of RC model aircraft are represented. The club's flying field is located in Sanford. For more information, contact Lee Dargue at 574-4732.

VFW, Auxiliary to gather

Veterans of Foreign Wars and the Ladies Auxiliary of Sanford Post 10108 meet the third Monday at 7:00 p.m. at the post home, 2644 S. Sanford Ave.

Pigeon Fanciers to gather

The Central Florida Pigeon Fanciers Association meets the third Monday of each month at the Seminole County Agricultural Center, 4300 Orlando Drive, Sanford. For information, call Art or Jean Anderson at 831-8033.

Learn to play shuffleboard

The Sanford Tourist and Shuffleboard Club practices every Tuesday and Friday starting at 1 p.m., and plays inter-city tournaments every Wednesday. Those interested in playing, learning to play or joining the club may call Russ Ktner, 322-7751, for information.

Bridge club to meet, play

Sanford Duplicate Bridge Club meets at noon each Tuesday at the Greater Sanford Chamber of Commerce, 400 E. First St., Sanford.

Sanford seniors to meet

The Sanford Senior Citizens Club meets the first and third Tuesday, at 11 a.m., at the Sanford Senior Center. A bag lunch follows. Visitors are welcome. For information, call 322-2353 or 322-8161.

Take off pounds sensibly

Members of Take Off Pounds Sensibly, TOPS, invite the public to join them on Tuesday evenings from 7 to 8 p.m. at the First Christian Church, 1607 Sanford Ave., Sanford.

For more information about the club, call 323-1768 or 323-1864.

Toastmasters meet

Seminole Community College (SCC) Toastmasters Club #6581 will meet every Tuesday of the month, at 7:30 p.m., at the old Lake Mary City Hall on Country Club Road. Contact Rosella Bonham at 323-8284 for more information.

Weekly Lions Club meeting

The Sanford Lions Club meets every Tuesday at noon at the Colonial Room in downtown Sanford. For information, call Joyce Fitzgerald at 322-7544.

The community is asked to donate used eyeglasses to the club for its sight program.

What is Earned Income Credit?

Want to put cash in the pockets of low-income workers? Tell them about the earned income credit!

The Earned Income Credit (EIC) is a tax benefit for low-income workers. For those who owe federal income tax, it can reduce or eliminate the tax they owe, and some workers can get money back. Even workers who do not owe income tax can qualify. These workers receive their entire EIC in a check from the IRS.

In the tax year 1994, over 18 million working families and individuals received a total of \$20 billion in EIC benefits. The average family's credit in tax year 1996 is likely to be over \$1,800.

Very low-income workers who are not raising children are eligible for a small EIC worth up to \$323. Tax year 1994 was the first year these workers could claim the credit. The



CONSUMER FOCUS

BARBARA HUGHES/GREGG

average credit likely will be about \$180 in tax year 1996. Who can get the EIC?

Eligibility for the EIC depends on a family's size and income:

- Workers without a qualifying child who earn less than \$9,500 in 1996 are eligible for a credit of up to \$323.

- Families with one child who earn less than \$25,078 in 1996 are eligible for a credit of up to \$2,152.

- Families with two or more children who earn less than \$28,495 in 1996 are eligible for

a credit of up to \$3,556.

In most cases, the EIC will not affect eligibility or benefit levels for federal assistance programs, including AFDC, Medicaid, food stamps, SSI, or public or subsidized housing.

EIC outreach is more important than ever! Each year, hundreds of thousands of eligible workers fail to claim their EIC. Many workers simply have never heard of it. Others do not know how to apply. Still other workers who earn too little to owe income taxes think they are ineligible for the credit.

Their final phase of the EIC expansion enacted in 1993 will take effect this year. As a result, more families and individuals will be eligible for the EIC and the credit will be larger—up to \$3,556 for some families. And, as states begin to impose time limits on the receipt of welfare benefits, there likely are to be an increased number of workers with children

entering the low-wage labor market. The EIC can be critical wage supplement for these families. The Advance Payment Option, which can increase take-home pay by more than \$100 per month, will be especially important.

The Center is intensifying efforts to ensure public and private agencies involved in helping individuals make the transition from welfare to work—including job training programs and employers—have the EIC outreach materials they need. For more information you can contact the Center on Budget and Policy Priorities in Washington, DC (202) 408-1080.

(Barbara Hughes/Gregg is the Seminole County Extension Home Economist. Inquiries may be directed to her at the Cooperative Extension Service, 280 W. County Home Road, Sanford, FL 32773 or phone 323-2500, Ext. 5688.



Ready for art show

District VII of the Florida Federation of Women's Clubs will hold the annual district arts and crafts show on Feb. 21, beginning at 9 a.m., at the Oviedo Woman's Club. Libby Prevatt (left), the District VII arts chairman and a member of the Sanford Woman's Club, holds a Memory Tree, fashioned of jewelry by club member, Dorothy Anthony. Faye Siler (right), Sanford Woman's Club Arts Department chairman, shows a colorful parrot, painted by Patricia Blankenship, club member. Both pieces of art are among the arts and crafts that won blue ribbons in the club's annual show last month. Blue ribbon winners of the district show will go on to state competition.

Handed Photo by Tommy Wessell

'Trapped' man built his own cage

Dear Mary,
I am in a big mess, and I don't know what is the right thing to do.

I have been dating this woman for two years, and we get along great. She is like my best friend, but I have never had any thought of marrying her—mostly because she is about 30 pounds overweight.

Her mother and sisters are obese, and I figure it is just a matter of time before she gets that way, too.

Now it turns out she is pregnant and wants us to get married and keep the baby. I can't see myself married to anyone right now, and I sure do not feel ready to be a father.

My girlfriend is pushing me to start making wedding plans. She also wants to begin announcing the impending baby. I have stalled for as long as I can. I do not want to simply walk away, but I also do not like the idea of getting married to a woman I am not even sure I love.

I need some advice—quick!

Feeling Trapped

Dear Trapped,
You did not get trapped. You built your own cage, and now you seem surprised to find yourself in it.



FAMILY COUNSELOR

MARY BALK

Obviously, your girlfriend was not too fat for you to enjoy yourself with sexually. She only is too fat for you to think about marrying.

That sounds like the logic of a 14 year-old—grow up!

I cannot tell you what you should do. I do not have much hope that you could be a loving husband and father with your present attitude. One thing I

do know for sure is that your life has forever changed, so you may as well get used to that reality.

You are responsible for the new life which you helped to create. Whether you support your child emotionally and lovingly or whether you only provide financial support, the law mandates that you accept your responsibility.

Perhaps both you and your girlfriend could benefit from seeing a counselor together to discuss your wants, needs and fears.

It really is not true that you will never grow old if you never grow up.

(Mary Balk is a Certified Addiction Prevention Professional and a counselor at Oviedo High School. Contact her at 385-1842, Ex. 218.

Rules of love are mandatory on this day for sweethearts

DEAR READERS: A Happy Valentine's Day to one and all! There may be snowflakes on the ground or rain clouds in the forecast, but regardless of what the weatherman says, there is sunshine and springtime in our hearts.

Years ago, in celebration of Valentine's Day, I decided to write my own Ten Commandments of Love. Actually, at the time I was so enthusiastic that I wrote 20 — one set for men and another for women. But then I received a letter from Mandy Stillman, a lawyer from Milwaukee, insisting that there be only one set of commandments.

She was right, of course. And here they are for your review:

THE TEN COMMANDMENTS OF LOVE

Put your spouse before your mother, your father, your son and



ADVICE

ABIGAIL VAN BUREN

your daughter. Your mate is your lifelong companion.

- Do not abuse your body with excessive food, tobacco, drink, or any foreign substance that goes into your arm or up your nose.

- Remember that cleanliness is a virtue.

- Willingly share all of your worldly goods with your mate.

- Do not forget to say, "I love you." Even though your love may be constant, your spouse needs to hear those cherished words often.

LOVE, ABBY

- Remember that the approval of your spouse is worth far more than the adoring glances of a hundred strangers, so be true and forsake all others.

- Permit neither your business nor your hobby to make you a stranger to your children. The most precious gift a parent can give is time.

- Keep your home in good repair, because out of it come the joys of old age (not to mention its resale value).

- Forgive with grace, because who among us does not need to be forgiven?

- Honor the Lord your God every day of your life, and your children will grow up and bless you.

- Today, be a sweetheart. Call someone you love and say, "I love you."

- And don't wait until next year to be a sweetheart again.

LOVE, ABBY



By: Abi J. Fehayo, R.Ph.

Smoking a pack of cigarettes a day doubles the risk of developing age-related macular degeneration, the most common cause of blindness among the elderly, according to two studies reported in *The Journal of the American Medical Association*.

When smokers try to quit, they do best with the help of psychological support. Phone counseling sessions—even just one call—improved the success rate of those trying to quit, researchers found at the University of California, San Diego.

Can germs cause heart disease? Doctors at the University of Utah School of Medicine have found a correlation between blocked coronary arteries and chlamydia pneumoniae. More studies are planned.

Home tests for HIV have received FDA approval. Individuals draw blood from a finger at home and send the sample to the lab in a special envelope. Results are reported by phone. Identification numbers keep the information anonymous.

What's new in medicine? We keep up-to-date, the better to serve you at Park Avenue Pharmacy.

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2479 PARK AVE. SOUTH
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• DRUGS • MEDICAL SUPPLIES • SERVICES

OKAY SANFORD... IT'S TIME!
Monday Night Culture
• Poetry • Instrumental • Singing • Story Telling
YOU ARE THE ARTIST
STARTING FEBRUARY 24
BURLINGAME THEATRE
OUR HOUSE BOOKS & COFFEE
388 E. Commercial St.
Sanford
324-8884

YOUR HAIR	1-20-200-200	PO-12
BEAUTIFUL AND THE BEAST	1-20-200-200	PO-12
DATE'S PEAK	1-20-200-200	PO-12
POOLS PUSH IN	1-20-200-200	PO-12
THAT BARN CAT	1-20-200-200	PO-12
ABSOLUTE POWER	1-20-200-200	PO-12
BEAUTIFUL AND THE BEAST	1-20-200-200	PO-12
THE PUBLIC	1-20-200-200	PO-12
METRO	1-20-200-200	PO-12
BEVERLY HILLS NINJA	1-20-200-200	PO-12
ZEN AND THE ARTS	1-20-200-200	PO-12
JOHN MASH	1-20-200-200	PO-12
THE MENTALIST	1-20-200-200	PO-12
THE MENTALIST	1-20-200-200	PO-12

Make 'Em Crazy

OUR HAIR... YOUR HAIR...
PERM SPECIAL \$21.95
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FANTASTIC COLOR
HARBET EXTRA LONG HAIR EXTRA
PERM EXTRA
Exp. 3-28-97 (Good At Sanford Only)
KID'S CUT
(1) AND UNDER DESIGN FINISHED STYLE SPECIALTY CUTS DORA
Exp. 3-28-97 (Good At Sanford Only)
Fantastic Sams
COTY BE THE HAIR
WAL-MART PLAZA • SANFORD
HWY. 17-82
(1 block N. of Lake Mary Blvd.)
323-8846

Legal Notices

IN THE COUNTY COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT, IN AND FOR SEMINOLE COUNTY, FLORIDA...

Legal Notices

estate of JOHN L. LOMMERSE, deceased, File Number 87-081-CP, is pending in the Circuit Court for Seminole County, Florida...

Legal Notices

Public Records of Seminole County, Florida. NOTE: PURSUANT TO THE FAIR DEBT COLLECTION PRACTICES ACT YOU ARE ADVISED THAT THIS LAW FIRM IS DEEMED TO BE A DEBT COLLECTOR...

Legal Notices

action for foreclosure of mortgage on the following described property: UNIT 707, NORTHLAKE VILLAGE CONDOMINIUM V. PHASE II, TOGETHER WITH 1718 INTEREST AND TO THE COMMON ELEMENTS APPURTENANT HERETO...

Legal Notices

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT OF THE STATE OF FLORIDA, IN AND FOR SEMINOLE COUNTY...

Legal Notices

NOTICE OF SALE NOTICE IS HEREBY GIVEN that pursuant to the Final Judgment in Foreclosure entered on the 30th day of January, 1997, in Civil Action No. 88-2719-CC-30-R of the County Court of the Eighteenth Judicial Circuit, in and for Seminole County, Florida...

Legal Notices

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA...

Legal Notices

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA...

Legal Notices

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA...

Legal Notices

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA...

Legal Notices

AMERICANS WITH DISABILITIES ACT OF 1990 Administrative Order No. 88-97 Persons with a disability who need a special accommodation to participate in this proceeding should contact ADA Coordinator at 301 N. Park Avenue, Suite North 301, Sanford, Florida 32771 at least five (5) days prior to the proceeding...

Legal Notices

IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA...

Legal Notices

IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA...

Legal Notices

IN THE CIRCUIT COURT OF THE EIGHTEENTH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA...

Legal Notices

IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA...

Legal Notices

IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT OF FLORIDA IN AND FOR SEMINOLE COUNTY...

Legal Notices

IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA...

Legal Notices

IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT OF FLORIDA IN AND FOR SEMINOLE COUNTY...

Legal Notices

IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA...

Legal Notices

IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA...

Legal Notices

NOTICE OF FORECLOSURE SALE Notice is hereby given that, pursuant to the Final Judgment of Foreclosure dated January 29th, 1997, and entered in civil case number 88-2773 CA14, of the Circuit Court of the Eighteenth Judicial Circuit, in and for Seminole County, Florida...

Legal Notices

IN THE CIRCUIT COURT OF THE 18TH JUDICIAL CIRCUIT IN AND FOR SEMINOLE COUNTY, FLORIDA...

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CLASSIFIED ADS Seminole Orlando - Winter Park 407/322-2611 407/831-9993 CLASSIFIED DEPT. HOURS 6:00 A.M. - 6:00 P.M. MONDAY thru FRIDAY CLOSED SATURDAY & SUNDAY PRIVATE PARTY RATES 14 consecutive times.....\$60 a line 7 consecutive times.....\$40 a line 3 consecutive times.....\$1.50 a line 1 time.....\$1.42 a line Rates are per line, based on 3 lines * 3 Lines Minimum NOW ACCEPTING VISA MASTERCARD Scheduling may include Bargain Hunter at the cost of an additional day Cancel when you get results Pay only for days your ad runs at rate earned Use full description for fastest results Copy must follow acceptable typographical form *Commercial frequency rates are available DEADLINES Tuesday thru Friday 12 Noon The Day Before Publication 8:15 thru 12 Noon Friday ADJUSTMENTS AND CREDITS: In the event of an error in an ad, the Sanford Herald will be responsible for the first insertion only and only to the extent of the cost of that insertion. Please check your ad for accuracy the first day it runs.

11-Home Health Care Jan's Home Care 688-6766 Ltd. In-Home Care since 1987. 24 hourly, 7 days/week. 12-Elderly Care GIVE LOTS OF LOVE & care to your loved one in our home. Private room 281-8882. 13-Computer/TV 281 MAGNA VOX or VCR, dual cable, any/mo stereo in unit. \$600.00. Call 281-8786. 14-Computer/TV 281 COMPUTER or 4 mega in includes printer & monitor \$300.00. Call 281-8786.

21-Personals 'Hey Guys Want Home Sweet Home? Than Call These Girls LIVE ONE-ONE-ONE! 1-800-478-9282 Ext. 8750 \$3.99 per min. Must be 18 yrs. Serv-U (619) 645-8434 'LIVE PSYCHIC' TANTO!!!!!! Love Money, Know your Future. 1-800-267-6888 Ext. 6351 \$3.99 per min. Must be 18 yrs. Serv-U (619) 645-8434 ADOPTION Free medical care, transportation, counseling, private doctor plus living expenses. Bar 927315 Clearwater Attorney John Fricker. 1-888-887-3468 ADULT CHAT-1-800-650-4730 \$1.99/min. Min. 18. M/V. 1-800-837-2442 w/o M/V. As of 12/13/97, Sharon Cusick is not responsible for any debts incurred by David J. Cusick. NEED A DATE? Least guys and girls 1-800-877-3844 NEW BRIGLES GROUP now forming. Large & Lovely Communities, dedicated to the Full Figure Adult & Her Admirers. 687-688-8884

23-Lost & Found FABRIK found, please to go home. Found near Drive Dr. Sanford, Cal. 330-7028. 24-Nursery & Child Care 1st - 4th Wash From Ages 2-4 Spring enrollment (90%) \$1000.00. 25-Teacher Forward Nurse Ages 3 & up. Full time & temp. Comp. exp. 'Kids Love It Here' 324-1882 43-Legal Services ANYONE speaking Spanish? Avoid getting ripped off. Atty. Rob S. 678-5991

55-Business Opportunities LEGALLY RESTORE YOUR CREDIT Bankruptcy, debt pres., loans, charge-off, judgments, student loans, collections. etc. CALL FOR A FREE CONSULTATION. DOCTOR CREDIT, INC. (607) 889-0216 Long Distance, Call Collect LOCAL VENDING \$99.99 a week potential. MARY BELL 608-948-8888 ORN YOUR OWN 900 NUMBER BUSINESS. 1-800-477-6888

61-Money to Lend I have \$5 MILLION to Lend for hard to get real estate loans. Call Ned-Parsons Financial 407-894-1133 (Liz Hart, Broker) 71-Help Wanted COMPUTER RECEPTIONIST incl. to answer phones, and other misc. duties. for a small computer software co. in Sanford. 20-Quail Inn. Please fax resume to: 407-882-8882 APPLICATORS \$11hr. We train. Labor management. Local work. 613-671-9776. Childcare Teacher FOR TOWNSHIP ORA RSD'S Per Carolina Center. Good Salary & Benefits. 658-5555

71-Help Wanted CLEANERS NEEDED PT. full, evening, weekends. 609-666-6666. CNA Come join our superior rate facility. Now starting salary. State certification or enrollment in a CNA class req'd. Call Debra Mann 407-478-4888. Come Go with Us!! IMMEDIATE POSITIONS FULL TIME-NIGHT-PM General Secretarial Clerical Work including Typing, Correspondence & Quality Control. Pleasant Work Conditions. EXTRA PAY & BONUS. PREFER BILINGUAL. Local Area. Call for Interview 407-634-6723

28C Per Mile SOLO 1 YEAR EXPERIENCE (minimum) "Excellent" "Excellent" "All excellent" EXCO, INC. 800-654-7394. Drivers/Laborers Good immediate opening. 3rd Shift Clean. Call 281-1401. ELECTRICIANS & HELPERS WANTED CALL NICH ELECTRIC INC. 1-800-595-8238 DRUG FREE WORKPLACE HOME CLEANERS BERRYDAVE HERRING Start \$5.75 hr. TOU. Earn Overtime & Bonus. Call 281-1401. Home Health Aide to provide care to community residents. Jan's Home Care 688-6766

LABORERS - DRIVERS Needed. 100 PEE. Workforce USA 280-7688. LABORERS NEEDED FOR UNDERGROUND UTILITY CONTRACTOR HEALTH BENEFITS AND PLAN. Apply to: 1800 Miller Blvd., Atlantic Springs, 329-0889. LANDSCAPING COMPANY NOW HIRING: Irrigation Installer - must have experience. Driver for polished truck - COL class A. CALL 280-9130

LPN RESTORATIVE POSITION & FLEXIBLE HR. POSITION AVAILABLE. CALL DEBRA MANN 407-882-8882. MAIDS NEEDED APPROX. 25 HRS. WEEK AMERICAN MAID 328-9888. MERRY MAIDS HOME Care & Insurance Needed. Weekends FREE: 321-5288. SALLY MAID IS HIRING Full Time Residential Cleaning. \$4.94. Unemployed. We Train. 407-767-8887.

Pool & Cement Finishers Wanted Top Pay 407-334-3442. RECEPTIONIST Computer experience incl. to answer phones, and other misc. duties. for a small computer software co. in Sanford. 20-Quail Inn. Please fax resume to: 407-882-8882. Sales & OPERATIONS DEPT. 3 Entry Level Positions with rapidly growing Int'l. Co. 777 call Opportunity Through Advancement. Must have HS Degree & basic math skills. Computer Skills a Plus. 648-6888 ext. 671. 407-882-8882

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CELEBRITY CIPHER by Lui Campos Celebrity Cipher cryptograms created from quotations by famous people past and present. Each in the cipher stands for another. Today's clue is: K D Z N X A S N X J Y A R V O X W R D Y N R P N U . - O I V K Z I K N U L X R X A X C O D A A X S K N R D K D Z N I J W S N H X A N . - E U I J O X A S I D D J . PREVIOUS SOLUTION: "See appeal is in your heart and head. It is busy no matter how old or how my body changes." - Bobo Bojo. © 1997 by MSA, Inc.

71-Help Wanted
PERSON FRIDAY P/T Seasonal. Apply only. Busy Busy Office. 322-7946.
SALES LEADERS CAN YOU RECRUIT?? AND TRAIN?? We pay you more than you've ever made before. CALL 1-800-726-1348
Work in The Child-care Field in Sanford
 Start 2900-4900 M-F EEP & OR COA DEGREE A Plus! Salary will depend on education & experience in this field. Ask to speak to Sherry or Teri: 322-6648
SECURITY OFFICER JOB TRAINING ARMED & UNARMED Brandy & Associates 834-7444
Seminole Employment SANFORD'S #1 322-3641

71-Help Wanted
TELEMARKETER exp., P/T work at home. Sal. appl. from Insured-Ten cards. Days 284-2628 between 6-9pm.
Termite Technician FULL TIME Hourly Wage Bene. No exp. Necessary. 407-323-8787
TOLL COLLECTORS Wanted At Seminole Toll Plaza P/T-F/T Call Alpha & Barton 834-8387
TREE CLIMBERS & TREE LABORERS 50-61604 • benefits • Exp. arborists only w/ FL DL. ECHO's Tree Service-Sanford 322-8229
WAREHOUSE WORK AVAILABLE Days & Nights. Western Staff Service 407-425-4555
73-Employment Wanted
PROFESSIONAL PRINTER Own truck & tools. 18 yrs. exp. Commercial & residential. L.L. Free est. 842-1898.

81-Apartments/Homes to Share
 Share home on St. John's River for 2nd/3rd. 2nd/3rd. Tennis/pool avail. Call 688-8888
83-Rooms For Rent
 800 West. Kitchen privileges, refrigerator in room. Call between 9-2, M-F 321-6712
CLEAN ROOMS Single Starting at 577 mt. Pay phone, laundry, Seniors Disc. P/T parking Historic Downtown. 322-6423
EFFICIENCY Med serv. - convenient location 323-8008
FURNISHED ROOMS-All use incl. Laundry phone, and mt. use 983-900 a week. 324-4665
NEAR PLEA WORLD 864/mt plus dep. Includes electric. Call 487-323-9418



188-Typing
COMPUTER/TYPING Term papers, newsletters, brochures, resumes & layout. Call: G. Sandy 327-0938
187-Sporting Goods
DP POWER TRACK New condition. Already Assembled. \$125 Call anytime. 322-3210
RARE LITTLE GOLF Membership at Timucuan Golf & Country Club-Lake Mary. Never pay monthly dues again. \$29,000-instantly available. Call Julie 322-323-2348

181-Building Materials
STEEL BUILDINGS 30x40x10, 1-1/2x12 powered roll up dr., 1-4/7 man dr. All hardware, materials, caulking & insulate to San Co. 80.985 800-513-1388 X16
185-Machinery/Tools
LAWN MOWER, 33" High back snapper attachment. Exp. cond. 800. 322-2775
189-Pets & Supplies
5 HOUANAS FOR SALE 2 JAMES 322-5739
FREE TO A GOOD HOME Male Shepherd, show mix. Needs to run. 322-6662.
200-Livestock/Farm Supplies
8H TRACTOR. Runs good, good metal, exc. tires, 5' bush Reg. 8' 6" narrow. 32888. 322-2776.
201-Horses
STALLS AVAILABLE Auto Washers; Therapeutic Mats; Climate Controlled Tack Rm. Shower Facility. 322-6444
205-Heavy Machinery
BACKHOE LOADER Case 990C ultramoney, 4-1 618,888. 407-782-7249
209-Wearing Apparel
311-Antique/Collectibles
ANTIQUES Taking Up space? Broadway Lily's Car Sell them Downtown Orlando 322-8822.
217-Garage Sales
GIANTIC 4-FAMILY YARD SALE EVERYTHING GOES! Friday & Saturday, 9-3, 2008 Elm Ave. Between Park & 27th St. Tables & chairs, kitchen table set, reclining chair, washers & dryer, set of 3 chairs, chairs & table, dishes, tables & chairs, bicycles, and more! There is something for everyone! Lots & lots of stuff!

217-Garage Sales
300 Paperback Romance Books. \$1999 180. Call Edna 322-9177
LARGE MULTI-Family Yard Sale, Friday & Sat. 9-4pm. Miscellaneous, dishwasher, sewing machine, trailer, yard ornaments, household, stuffed animals, etc. Sanford Ave. to 24th Place, 1 block to left to 2400 S. Grandview Ave.
RETAIL SPACES Available IN ANTIQUE SHOP Downtown Orlando: 322-8822
VALENTINE'S Day NOVELTY ITEMS For adults, children, or pets. \$2.00 each. Call 322-4540.
218-Wanted to Buy
ALUMINUM CANS - Copper Brass.....Housewares Koloska Recycling 321-6004 918 W. First St. P.O. Box 9-1
DRYER & DRYERWASHER Etc. Also steam system. Good cond. for price 326-6191
OLD CARS & SCRAP METAL Call 326-7988 or 324-1107
221-Good Things to Eat
STRAW BERRIES-YOU PICK 3801 CELERY AVENUE. CALL 321-7288 FOR INFORMATION
222-Liquidation
HARRISON ELEGANTE Organ Exp. Cond. Full 18/19ths, pinnace, 2-ray boards, table, draw-bars, making \$4,999. Call after 4pm. 322-726-4710.
223-Miscellaneous
"FREE CELLULAR PHONES" Serv. starting at \$19.95/mt. NO ACTIVATION FEE! Call for info: 830-8339
CONSOLE STEREO AMPS Radio of 6-track, Cassette, player \$60. Plans offer call stat. Receiv & con \$85. 322-2955.
LOSE 6-84 LBS. A MONTH As low as \$1 a day 1-888-296-8371
SFA - SFA - SFA New Spa-3 Person \$2,299.99 Contact: 322-1279
231-Cars For Sale
1988 FORD FALCON Runs good, make offer Talk to James/Call 322-6488
1988 DODGE Station Wagon runs good. \$2,995 322-1211
1987 YUGO, 2-door, 4 speed, red, 60L. 8000000 322-7288
1988 PONTIAC 6000 LE. 4-door, 5th gear. \$1,495. Call: 322-6416.
99 MAZDA RX-7 5 speed, auto, 100,000 or more miles. 322-5789 & Pgr. 919-1677

Substitute
TEACHERS Flexible hours possible. To work in a childcare center in the Sanford. Good starting salary. Child care classes. Experience helpful. 322-6648
SWIM INSTRUCTOR, Cert. 3 yrs. exp. teaching infants. P/T Seasonal. 899-7946

81-Apartments/Homes to Share
ROOMMATE WANTED. Male. Can work girlfriend. Call Leon 330-4377 or 322-9118
SANFORD. Roommate wanted 1 lg. bdrm. w/bath, cable, TV, pn phone in room, laundry, etc. use \$75/mt + 1/2 utilities. Sac. dep. Call 330-4900

87-Apartments - Furnishings
SANFORD 1 bedroom complete privacy, 1 block from hospital. \$1100/mo. \$200 exp. Includes Utilities & term. 688-1427.
99-Apartments - Unfurnished
2 BDRM & EFFCY APPT. \$228/mo. 1800/line. Heat/air ALSO WEEKLY RATES 407-380-0813 & 888-6887
3 GREAT LOCATIONS 2 Bedrooms, \$416/288 Mon 322-6487 or 811-6122
MARRIOTT'S VILLAGE LAKE ADA 1 BDRM \$1010/0 2 BDRM \$1470/0 AND UP 322-8670

103-Houses - Unfurnished
STENSTROM RENTALS "SANDRA" Turnkey 3/2.5 acm patio & balcony, oversized master, 2-car garage. \$799/6799 "Lulu" Mary 3/2, grand comm. patio & pool. \$1199/91899 "NORTHLAKE 2/2" Condo w/ acm patio. Nice! \$649/6699 "SUNFAR 2/1.5" Duplex. Laundry Room. Call! 888/69999 Jan Doyle or Carole DePinto: 322-3685 -Sanford Realty WE NEED HOUSES TO RENT
105-Duplex/Triplex
SANFORD, 2 bedrooms, security alarm, full mt., carpet Discounted to \$655. 324-5133
117-Commercial Rentals
Beauty Shop & Chain Restaurant. 322-6888
Sanford Storefront 600 So. Fl. 528/2888 At 57th Street. 322-6666

157-Mobile Homes For Sale
CARRIAGE COVE 12 x 68x 21 1/2 Marlette Florida Room. \$6,999.00
 24 x 68 21.75 79 Marlette \$8,000.00 Screened Porch \$11,999.00
 14 x 68 21.75 79 Brigador Screen room. \$6,999.00
 24 x 88 28 32 Flashwood Floor screened porch, carpet \$16,999.00
 14 x 68 21 31 Garden/Panoramic Waterfront, FL. room. Carpet, Frnd Yard \$12,999.00
 24 x 48 28 32 31 Nobility Screen room, Dishwasher \$12,999.00
 Call 322-6168
PARK AVE. MOBILE PARK Homes \$3,000 to \$8,000. Set up Financing. QUARTI 322-8801

189-Pets & Supplies
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231-Cars For Sale
NEED A CAR? CALL JERRY 326-1176
235-Truck/Buses/Vans For Sale
"WRECKER 1988 Chevy C-60 Homes 600. 350 engine. 5 speed W/2 speed rear, air brakes, strokes. \$3,000/080 322-7207
236-Vehicles Wanted
CASH \$\$\$ PAID! For Junk Cars, Trucks & More! KEEP AMERICA BEAUTIFUL. 322-5890
239-Motorcycles/Bikes For Sale
I WILL BUILD your custom Harley 1/2 custom. Phone 322-6488 from 915/975. 330-1998 for details.
READY FOR BIKE WEEK? Factory trained tech. 18 yrs. exp. Parts & Service for your Harley Davidson. 330-1998 or 941-5165 pgr (leave message)
241-Rec. Vehicles/Campers For Sale
CAMP FOR 68.00 A NIGHT "Waterfall" Setting Quiet & Secluded. 322-726-0481
243-Trailers For Sale
UTILITY TRAILER, double axle, 187.5 with Road vinyl cover & 2 spare tires. \$1,699.00. 324-2177.
VEHICLE Hard Top; Trailer, steps \$ 6, 61988. Good condition. 487-322-6838

ELDERLY CARE ASSISTED LIVING
 Lovely Home Atmosphere Environment.
 • 15 years experience trained staff
 • Good Home Cook Meals
 • Private & Semi-Private Rooms
 • Daily Activities
 • Weekly Outing (lunch movies)
 • Personal Hair Salon & Nail Care
 • High Nursing Home Rates! Special one on one care. If interested in your loved one's long term care. Call (407) 323-3025 or 323-8594

LOOKING FOR A HOME?
GROVEVIEW VILLAS Located on Lake Mary Blvd has 8 all BRD Model type Screened Porches, Pool, Tennis, Full Cleaning Dept. CALL NOW 407-321-0894 Ask About Our Special!! Starting from \$289.95
ROSELIA VILLAS, 2/1 New Year's Special HUD OKAY. 407-322-8233
SANFORD 3/1 2200/2800 VERY CLEAN, Newly Renovated Move-In Special \$21-6798
SANFORD HISTORIC DIST. 1/1 Bdrm patio, hardwood floors, fireplace. Spacious. \$329/2992. Showroom Realty. 322-6488
SANFORD, good area very close to 2 bdrms, duplex, AC, pool, screen porch, patio. \$1195/0. 688-0844.
SHENANDOAH VILLAGE Sanford's Affordable Apartments Ground floor, pool, laundry room, playground, near shops, screen porch, Pet Allowed. 2/1 Starting at \$389 322-2980
A SPECIAL: 1 1/2 hrs. Free Rent Lake Jennie Apts. 1 & 2 Bdrms. Apartments With Lake & Pool Views 407-324-7773 Equal Housing Opportunity

105-Duplex/Triplex
SANFORD, 2 bedrooms, security alarm, full mt., carpet Discounted to \$655. 324-5133
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BLONDIE

by Chic Young



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by Mort Walker



THE BORN LOSER

by Art Sansom



PEANUTS

by Charles M. Schulz



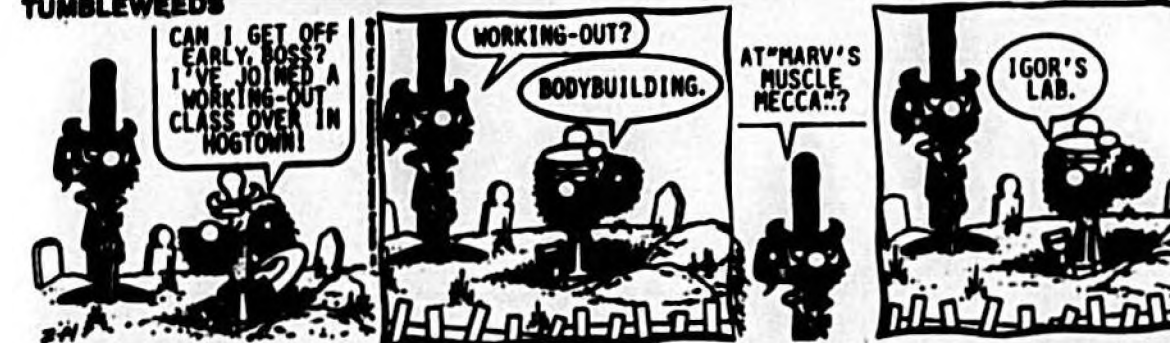
EEK & MEEK

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ARLO AND JANS

by Jimmy Johnson



FRANK AND ERNEST

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GARFIELD

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ROBOTMAN

by Jim Meddick



Take steps against IBS attacks

DEAR DR. GOTT: My life is totally disrupted by irritable bowel syndrome, with which I was diagnosed after a bevy of tests, including X-rays.

Basically, my meals seem to go right through me. I have to move my bowels as often as three times a day, sometimes without warning. I'm really embarrassed to have to stop my car in a secluded spot or rush to the bathroom if I'm visiting friends. Immodium AD seems to help, but I don't want to depend on it. Can you suggest something that will relieve my humiliation and anxiety?

DEAR READER: IBS is marked by cyclic gas, bloating and diarrhea/constipation. The syndrome is often related to stress. There is no single cure for this harmless but annoying affliction. Here is what most experts recommend:

- Avoid foods that you know, from experience, will worsen the situation. Rich or spicy edibles, alcohol, caffeine, chocolate, and greasy foods are the prime culprits, but don't affect everyone to the same degree.
- Use Metamucil or other fiber-containing products, which give more bulk to the stool, thereby lessening the tendency to get diarrhea.
- Consider stress counseling. By learning ways to cope more effectively with anxiety-producing situations, you may gain more control over bowel function.
- Ask your doctor to prescribe anti-spasmodic drugs, such as Donnatal. By using such medicine just before you travel or visit, you may be able to reduce the urgency of your evacuations.
- Use over-the-counter anti-diarrhea medications, such as Immodium AD, during your cycles of diarrhea. When used for a few days at a time, these products will not harm you.

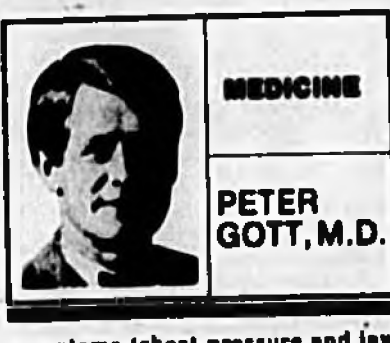
To give you more information, I am sending you a copy of my Health Report "Irritable Bowel Syndrome." Other readers who would like a copy should send \$2 plus a long, self-addressed, stamped envelope to P.O. Box 2017, Murray Hill Station, New York, NY 10156. Be sure to mention the title.

DEAR DR. GOTT: Are futon beds hard on the back? Will they affect posture if used by teen-agers?

DEAR READER: While not everybody's cup of tea, futons are harmless. They will not affect posture or the back.

Not everyone needs a box spring and mattress but, for many folks, this sleeping arrangement is more comfortable than a futon.

DEAR DR. GOTT: I suffer from reflux. This causes chest pain, indigestion and gas that is ordinarily controlled by medicine, such as Prilosec. However, on occasion, I have "breakthrough"



MEDICINE

PETER GOTT, M.D.

symptoms (chest pressure and jaw pain) despite therapy. How do I know that I'm not having a heart attack?

DEAR READER: You are correct that the symptoms of peptic disease, reflux and other stomach ailments often mimic those of angina and heart disorders. The reason for this is that

the nerves supplying the stomach and esophagus also supply the heart; thus, stimulation of these nerves causes a reaction that the brain may not be able to interpret correctly.

This is why people having heart attacks frequently believe that they're having indigestion; similarly, patients with reflux and ulcers may mistakenly fear that their hearts are to blame.

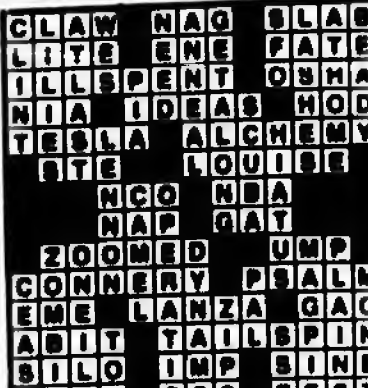
In all fairness, it's sometimes difficult even for doctors to differentiate the two sources of pain.

I suggest that you solve the problem by having a stress test. If your heart functions completely normally, during exercise, you can safely attribute your symptoms to reflux, the backwash of stomach acid into the esophagus.

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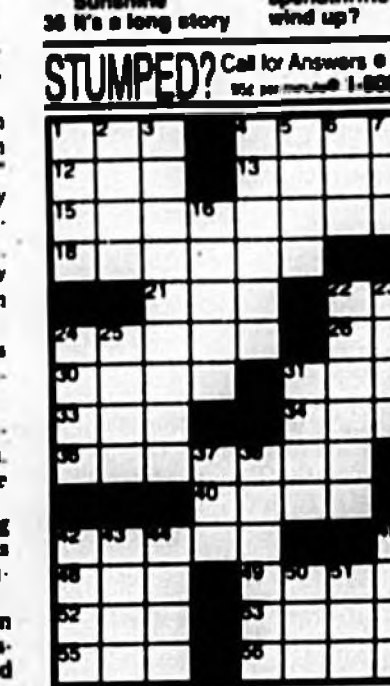
- ACROSS**
- Cut (branches)
 - Hotel workers
 - Piece of land
 - Have life
 - Jim
 - Disregard of musical keys
 - Writing implement
 - King's chair
 - Unit in rolling stone?
 - potol
 - Information agcy.
 - Andered animal
 - Use the gas pedal (2 wds.)
 - Material favor
 - Take to court
 - Anger
 - Miserables
 - You — ity
 - Sunshine
 - We a long story
- DOWN**
- Future LL.B.'s exam
 - Pledge
 - Where spermheads wind up?
 - Crust
 - person (sl.)
 - Sprinkle
 - Roman three
 - Aug. hours
 - Foil

Answer to Previous Puzzle



STUMPED? Call for Answers

Call for Answers: Touch tone or Rotary Phone 1-800-441-3636 ext. code 100



- Mouth parts
- is indicated to
- Theater award
- Sware
- Gravel ridge
- Loan shark
- Grat —
- Beer
- Ingredient
- S-shaped molding
- Logical argument
- Good
- Pod contents
- Wise one
- Painful spots
- New (pref.)
- Canvas shade
- Capable of flying
- Marathon unit
- Possessive pronoun
- Floor coverings
- Quota
- Cans
- Big game!
- And not
- Quilo's high note

WIN AT BRIDGE

In a grand slam too

By Phillip Alder

You have a trump suit of the single ton nine opposite A-K-Q-10-6-3. How do you play the suit for no loser?

Right — you cash the top honors. The textbook tells us that everything will be rosy 52 percent of the time. But that is only when you are sitting in an isolation tank, away from the real world of the bridge table.

This deal occurred during the women's match between China and Denmark in last year's World Team Olympiad.

The Chinese bid badly to reach only three no-trump, which was made with an overtrick. The Danes stretched all the way to seven clubs.

After winning the first trick with dummy's diamond ace, Bettina Kalkerp decided to believe West's

weak jump overall. At trick two in a grand slam, she ran dummy's club nine! Now came a spade to the ace followed by the club ace, revealing the bad break. Declarer continued with the spade king and dummy's three top hearts, discarding the diamond jack from hand. A heart ruff in hand was followed by a spade to dummy's queen. It was trick 11, the lead was in the dummy, and declarer had left the K-Q-10 of clubs. A card was led and Kalkerp overruffed East to wrap up her grand slam.

"Thank you, West" for whatever it is in Danish probably went through Kalkerp's mind.

You shouldn't make a descriptive bid on a weak hand in the middle of an auction unless you are confident that either you will derail the opponents' bidding or you will become the declaring side.

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North 02 14 97

- Q 10 9 2
- A K Q 2
- A 5 3 2
- 9

- West** East
- 7 3 J 4 4 3
 - J 10 9 8 6 5 4
 - K Q 10 7 6 4 9
 - 8 A J 7 5 4 2

- South**
- A K 8
 - 7 3
 - J 8
 - A K Q 10 6 3

Vulnerable: North-South

Dealer: North

South	West	North	East
2♣	3♣	1♠	Pass
4♠	Pass	4♠	Pass
4NT	Pass	5♠	Pass
5NT	Pass	6♠	Pass
7♠	Pass	Pass	Pass

Opening lead: ♠ K

your Birthday

Saturday, Feb. 15, 1987

In the year ahead, it looks like you will make connections with a group you have always hoped to join. Once you're inside, you'll see it's even better than you thought.

AQUARIUS (Jan. 20-Feb. 18) If you choose to apply yourself today, you have the ability to transform small gains into something more substantial. If you're indifferent, however, all bets are off. Get a jump on life by understanding the influence 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 10156. Make sure to state your zodiac sign.

PISCES (Feb. 20-March 20) Things could work out better for you today if you

don't discuss your intentions with outsiders, especially if you get involved in something big.

ARIES (March 21-April 19) Changes you would like to bring about today which you feel could usher in improvements for yourself and others are doable. Make a positive effort.

Taurus (April 20-May 20) A partnership arrangement could work out extremely well today, provided you and your partner are in total accord where your primary aims are concerned.

GEMINI (May 21-June 20) Something propitious may unexpectedly develop for you today. It will be unique and it will be up to you to have the know-how to make it profitable.

CANCER (June 21-July 22) Conditions tend to favor you today in the romance department. You and someone you already know might begin to see virtues in each other that you have overlooked.

LEO (July 23-Aug. 22) It's quite possible you could be very lucky today in transferring responsibilities to persons better equipped to handle them than you are.

VIRGO (Aug. 23-Sept. 22) Do not let someone's rank or authority make you feel insignificant or subservient today. You could be quite fortunate in any dealings you have with big shots.

LIBRA (Sept. 23-Oct. 23) A well-connected acquaintance might invite you to hang out with him or her today. Clear your schedule; a fortuitous meeting with someone could take place.

SCORPIO (Oct. 24-Nov. 22) Something you've been hoping for that could benefit you and your family looks like it might come about more quickly than you expect, starting today.

SAGITTARIUS (Nov. 23-Dec. 21) Friends and associates could be inclined to talk to you today about topics they'd not discuss with others. This could be very revealing and helpful.

CAPRICORN (Dec. 22-Jan. 19) Luck might play an important role today in positioning you in opportunity-rich areas. You could be extremely fortunate in financial matters.

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WIN AT BRIDGE

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