

Sanford Herald

Serving Sanford, Lake Mary and Seminole County since 1908
85th Year, No. 158 - Sanford, Florida

NEWS DIGEST

INSIDE

People

Check out insurance plan

Insurance has become a major issue for Americans. Make sure you think twice before deciding on short-term health care insurance. See Page 3B.

BRIEFS

Bank robber still at large

LONGWOOD — A bank robber who used a blank check as notepaper for his stick up note on Wednesday, apparently stole that check as well.

"It was a stolen check," Capt. Terry Baker, Longwood's assistant police chief, said this morning. "We checked it out and it was not his."

Baker said the investigation is still continuing and that police still have several avenues which they are pursuing.

"There were prints left all over the place and we're working with the FBI on those," Baker said.

According to Baker, the bank robber left finger prints on the note, on the counter where he was standing and on a pair of sunglasses that he apparently dropped as he left the bank.

The suspect is described as a white male, 25 to 30 years old with blond hair. He is approximately 5'8" to 5'10" tall.

He was last seen wearing jeans, a denim jacket, a light t-shirt and a dark baseball cap.

First Union Bank officials will not disclose the amount of money taken in the robbery, but police indicated that much of it was in the form of rolled quarters.

Police do not know what kind of vehicle the robber used to make his escape from the bank.

Charges in collision

SANFORD — A Sanford man involved in a wreck with a train Thursday has been issued a traffic citation on a charge of failure to obey a railroad crossing signal.

A Florida Highway Patrol trooper entered the charge against Richard Armstrong, 21, 92 Castle Brewer Court, Sanford, following the 9:30 a.m. accident. Troopers say Armstrong drove around the crossing gate at the railroad crossing at 18th Street and Southwest Road in an effort to pass through the crossing before the train passed.

He didn't make it. The train which was moving at 35 to 40 m.p.h. struck the left front quarter of the car, hurling through the crossing and into a train signal pole, knocking it down. The pole crushed the left passenger door, but the driver's door of the car was untouched.

Armstrong was taken to Central Florida Regional Hospital where he was treated for minor cuts and bruises and later released, said hospital spokesman Susan Prather.

Chamber hosts banquet

LAKE MARY — The Greater Lake Mary/Heathrow Chamber of Commerce will hold the chamber's annual awards banquet Tuesday, March 9.

Highlight of the gathering will be the paying of tribute to this year's recipients for Chamber Business of the Year, Volunteer of the Year, Chamber Member of the Year, Teacher of the Year, and Student of the Year.

Entertainment for the event will be provided by the comedy team of Hall-N-Brant, popular in the midwest and east coast comedy circuit.

Due to limited seating, advance reservations are required, and must be received by no later than Friday, March 5.

Tickets are \$35 per person or \$70 per couple.

In addition to chamber members, the general public is also invited to attend the event designed to honor individuals in the Lake Mary/Heathrow community.

For further information or advance reservations, contact the chamber office at 3821 Lake Emma Road, Lake Mary, or phone 333-4748.

From staff reports

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Mostly cloudy, chance of rain.



Partly cloudy and breezy. Showers and thunderstorms likely. High in the low to mid 70s with a southerly wind at 15 to 20 mph.

For more weather, see Page 2A

Cop issue political?

Board: Sanford cop chief needs degree; Chairman: It's politics

By NICK PFEIFAU
Herald Staff Writer

SANFORD — Although an official board upheld the requirement that Sanford's police chief must have a college degree, the head of that board claims the decision has been an ongoing political problem.

"This request for a change in the police chief requirements isn't anything new. Many years ago, when the city wanted to hire Ben Butler as chief, they eliminated the requirement for a four year degree," said Dr. John F. Darby, chairman of the Civil Service Board, who has served on that board since 1965.

"This has always been a political problem," Darby said. "When they hired Steve Harriett, the requirement

came back into existence. Now, they want to change it back again."

After a lengthy discussion of the matter last night, the Civil Service Board voted unanimously against lowering the qualifications.

"We just didn't feel the requirements should be lowered," Darby said. "If anything, they should be upgraded."

Although the Civil Service Board members upheld the requirement, they left the door open for a possible change by the city.

Darby added, "We did provide some flexibility that would leave it open for a change. It would be up to the city commission to temporarily hire (Acting Chief) Russell if they so desired."

See Degree, Page 5A



Acting Police Chief Russell



Herald Photo by Tammy Vincent

Adult playthings are on display but not modeled at the closed Tezins Lingerie store in Fern Park Thursday morning. A notice to vacate had been posted by the shopping center's landlord, citing lease violations, including law violations.

3 models arrested in raid

By J. MARK BARFIELD
Herald Senior Staff Writer

SANFORD — A third "panty raid" model turned herself in for arrest at the Seminole County jail Thursday.

The jail book-in Thursday brings the number of models arrested in Wednesday's raid of the two Fern Park lingerie modeling stores to three. Three more arrest warrants have been issued for models at the two stores that agents say were exposing more than lingerie to customers.

Tezins Lingerie, 9230 S. Highway 17-92, Fern Park, remained closed this morning after an order to vacate notice was posted at the storefront at 8 a.m. Thursday. The notice did not represent an

See Models, Page 5A

Citrus farm on Sanford land stalled

By NICK PFEIFAU
Herald Staff Writer

SANFORD — The city's firing of the contractor at a reclamation site in Sanford has delayed progress for a 270-acre citrus farm on the same land.

In June of 1992, L.J.G., Lake

Jessup Groves, entered into an agreement with the City of Sanford to operate a citrus grove on approximately 270 acres of the 1,000 acre site near Geneva. Planting of an estimated 11,325 citrus trees was to begin in early March of this year.

The growing of citrus was approved by the city due to the

proposed use of the land as a discharge area for reclaimed water. Water lines were run east of Sanford out Celery Avenue and S.R. 46, to the reclamation site last fall.

The city contracted with Fountain Contracting Company to perform clearing, grading, pond construction and stormwater management

system work on site 10.

According to a statement from Universal Engineering Sciences, which has been studying the work, "During the course of this project, problems with the contractor's work have reportedly been observed and documented."

See Citrus, Page 5A

Historic flair marks festival in Longwood

By VICKI DeSORMIER
Herald Staff Writer

LONGWOOD — The Merchants Association of the Longwood Historic District has planned a day of merriment and shopping for those who visit their area on Saturday.

"We want people to be aware of the treasures we have here in downtown Longwood," Penny Brown, co-owner of Apparel by Sylvia, one of the stores in the historic district.

Spring 'N Things will be a festival of crafts, demonstrations and activities for the whole family.

In addition opening their stores to shoppers and browsers, the Historic District Merchants will put up displays in the Longwood Community Building, 194 S. Wilma Street.

There will also be short demonstrations throughout the day that include areas such as collectables, the history of candlemaking, papermolding and tea making.

See Festival, Page 5A

Chipping away at his gardening tasks



Larry Miller of the New Tribes Mission in Sanford sets about his task of spreading wood chips

throughout the gardens at the waterfront mission on the shores of Lake Monroe recently.

Three unrelated arrests made for stalking

By J. MARK BARFIELD
Herald Senior Staff Writer

SANFORD — Local law enforcement officers made three stalking arrests in unrelated incidents this week.

Stalking is a new offense created by the Florida Legislature in an effort to curb assaults before they occur.

In Longwood, Brian L. Emmert, 26, 1720

Sunset Drive, Longwood, was arrested Wednesday by a Longwood policeman at the Oak Street home of his ex-girlfriend at about 7:30 p.m. after she called 911 for help.

The woman reported Emmert had been harassing her since they broke up Feb. 19 and she moved out of his unincorporated Sunset Drive residence. She told police she called Seminole County deputies twice that day out of fear Emmert would harm her.

She moved out, but on Feb. 24, the woman reported she was awakened at 1:30 a.m. by someone throwing pebbles against her second-floor bedroom window. Looking out of the window, the woman saw Emmert, she reported. When he refused to leave, she called 911, but Emmert left before police arrived.

Wednesday morning, the woman reported she went downstairs to check on her dog and found

See Stalking, Page 5A

STATS & STANDINGS

DOGS

Table listing dog races at Sanford-Orlando. Columns include race number, dog name, odds, and time. Races are categorized by night (Thursday, Friday, Saturday).

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Baseball

Continued from 1B
Matt Freeman advanced the runners with a bunt. Chunut was intentionally walked to load the bases.

Baseball

beat the throw to the plate. Rob Morgan then walked to force in Duncan. An out later, Gochee scored on Eckstein's sacrifice fly.

Baseball

Florida Sport Wear (6-0) put a real crimp in R.E. Templeton's (4-3) hopes with a 5-1 victory, then got help from Meyers Tree Service (2-5), which eliminated Bamboo Cafe (3-4) with an 18-1 triumph.

Baseball

Next week, Gator's plays Meyers Tree Service at 6:30 p.m.; Bamboo Cafe faces R.E. Templeton at 7:30 p.m.; and Florida Sport Wear takes on First Baptist at 8:30 p.m.

Baseball

Doing the hitting for First Baptist were Steve Laurence (four singles, run), Tony Blalle (three singles, three runs), Tim Palmer (double, single, run), B.J. Holt (two singles), Jim Cornell, Randy Roberts and Jordan Beckner (one single and one run each) and Tom Gracey, Floyd Blake, Jeff Bethany and Jeremy Sillaway (one single each).

Baseball

Doing the damage for Meyers Tree Service were Denny Miller (two triples, two singles, three runs), John Scott (double, three singles, four runs), Brad Hawver (four singles, run), Randy Smathers (triple, two singles, run), Larry Hirt and Daniel Bowen (three singles and three

Basketball

Continued from 1B
reuniting to force the second overtime. Seminole took a three-point lead on a "three" by Roberts. When Palm Bay was called for traveling with a little over two minutes to play, Arrow Force One had a chance to put the game away.

Basketball

Arrow Force One then missed a short jumper with 0:36 left and Voyard was fouled on the rebound. The 6-foot, 6-inch center made both free throws to give Palm Coast a 75-74 lead.

Basketball

Daniels paced Seminole scoring 26 points, grabbing 13 rebounds and coming up with three steals. Also contributing were Roberts (21 points, four assists), Andre Hall (12 points, nine rebounds), Parker (eight points, six rebounds, five steals, 14 assists), Travis Perkins (five points, three steals), Neville Fuller (two points, six rebounds) and Holloway (two points, three rebounds).

Basketball

Doing the damage for Palm Coast (11-11) were Voyard (30 points, 18 rebounds), Kiawuan Stokes (16 points, four steals, five assists) and Greg Thomas (12 points, nine rebounds, eight steals, five assists).

Basketball

and B.J. Calapa, an Oviedo graduate, and Ray Hagar hit home runs on consecutive pitches. Oviedo's Eric Jordan was then hit by a pitch, and after an out, Castaro doubled in Jordan and Randy singled in Castaro.

Basketball

Contributing to SCC's 11 hit attack were Calapa (3-for-5, two RBI), Castaro and Randy Hagar (both 2-for-4 with a double), Beamon (2-for-3) and Jordan and Raymond Hagar (one hit each).

Florida Sport Wear extends lead. Advertisement for Florida Sport Wear featuring a dog logo and contact information.

BET MIAMI HORSES. Advertisement for horse racing featuring a dog logo and contact information.

LET US REPLENISH THE SEED OF FAITH THROUGH ... Regular Church Attendance



Assembly Of God
FAMILY WORSHIP CENTER
2451 Airport Blvd.
Sanford, FL 32773
Tel. 322-8222
Pastor Jeff Krall
Sunday School 9:30 a.m.
Worship Service 10:30 a.m.
Wednesday Service 7:00 p.m.

WEEKLY ASSEMBLY
1675 Dixon Road
Longwood, FL 32779
407-774-0777
Greg Freeman Pastor
Sunday: CELEBRATION Service 8:00 a.m.
Heirforce
Wellspring and
Sunday School 8:30 a.m.
CELEBRATION Service 10:30 a.m.
Heirforce
Wednesday: FAMILY Service 7:00 p.m.
Singsong
Missions
Royal Rangers

Baptist
CENTRAL BAPTIST CHURCH
3101 W. 1st St., Sanford
322-2914
Don Hicks Pastor
Jerry Fugate Assoc. Pastor
Jack M. Thomas Minister of Music
Mike Qualls Minister of Youth
Sunday School 8:30 a.m.
Morning Worship 10:55 a.m.
Church Training 5:45 p.m.
Evening Worship 7:00 p.m.
Wed. Prayer Service 6:30 p.m.

COUNTRYSIDE BAPTIST CHURCH
Country Club Road, Lake Mary
Avery M. Long Pastor
Sunday School 9:45 a.m.
Praying & Worshiping 10:45 a.m.
Bible Study 6:30 p.m.
Sharing & Proclaiming 7:00 p.m.
Wed. Prayer Meet 7:30 p.m.
Nursery Provided

FIRST BAPTIST CHURCH OF SANFORD
519 Park Avenue, Sanford
Rev. Floyd Blaha, Jr. Pastor
Rev. Jim Cornell Minister of Music
Rev. Sidney Brock Minister of Youth
Sunday Worship 8:15 & 10:30 a.m.
Sunday School 9:15 a.m.
Church Training 5:45 p.m.
Evening Worship 6:55 p.m.
Wed. Prayer Service 6:25 p.m.
Nursery Provided

JORDAN BAPTIST CHURCH
820 Upsala Rd., Sanford
322-8072
George Stead Pastor
Sunday School 10:00 a.m.
Morning Service 11:00 a.m.
Evening Service 6:00 p.m.
Wednesday Service 7:00 p.m.
Old Truths for a New Day

FIRST BAPTIST CHURCH OF LONGWOOD
81 E. SR 434
Longwood, FL 32750-5394
(407) 339-3817
Rev. J. Richard Charlin Associate Minister - Education
Rev. Preston Greene Associate Minister - Worship
Rev. Jeffrey T. Dixon Associate Minister - Youth

Baptist
PALMETTO AVENUE BAPTIST CHURCH
2626 Palmetto Ave.
Sanford, Florida
Rev. Raymond Crocker Pastor
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evangelistic Services 6:00 p.m.
Wed. Prayer & Bible Study 7:30 p.m.
Independent Missionary

WESTVIEW BAPTIST CHURCH
4100 Paola Road (46A)
Sanford, Florida
Dr. Bobby M. McFalls Pastor
Sunday School 9:00 a.m.
Morning Worship 10:00 a.m.
Discipleship Training 6:00 p.m.
Evening Worship 7:00 p.m.
Wed. Prayer Service 7:00 p.m.

NEW LIFE BAPTIST CHURCH
108 Commerce St., Ste. 109
Lake Mary, FL 32748
Ph. 407-323-3477
Rev. Dan Maxwell Pastor
Sunday School 10:00 a.m.
Morning Worship 10:30 a.m.
Evening Worship 6:30 p.m.
Mid Week Prayer 7:30 p.m.

Catholic
ALL SOULS CATHOLIC CHURCH
922 Oak Ave., Sanford, Fla.
Father Thomas Burns Parish Pastor
Sat. Vigil Mass 5:00 p.m.
Sun. Mass 8:00, 10:30, 12:00
Confession, Sat. 4-4:45 p.m.

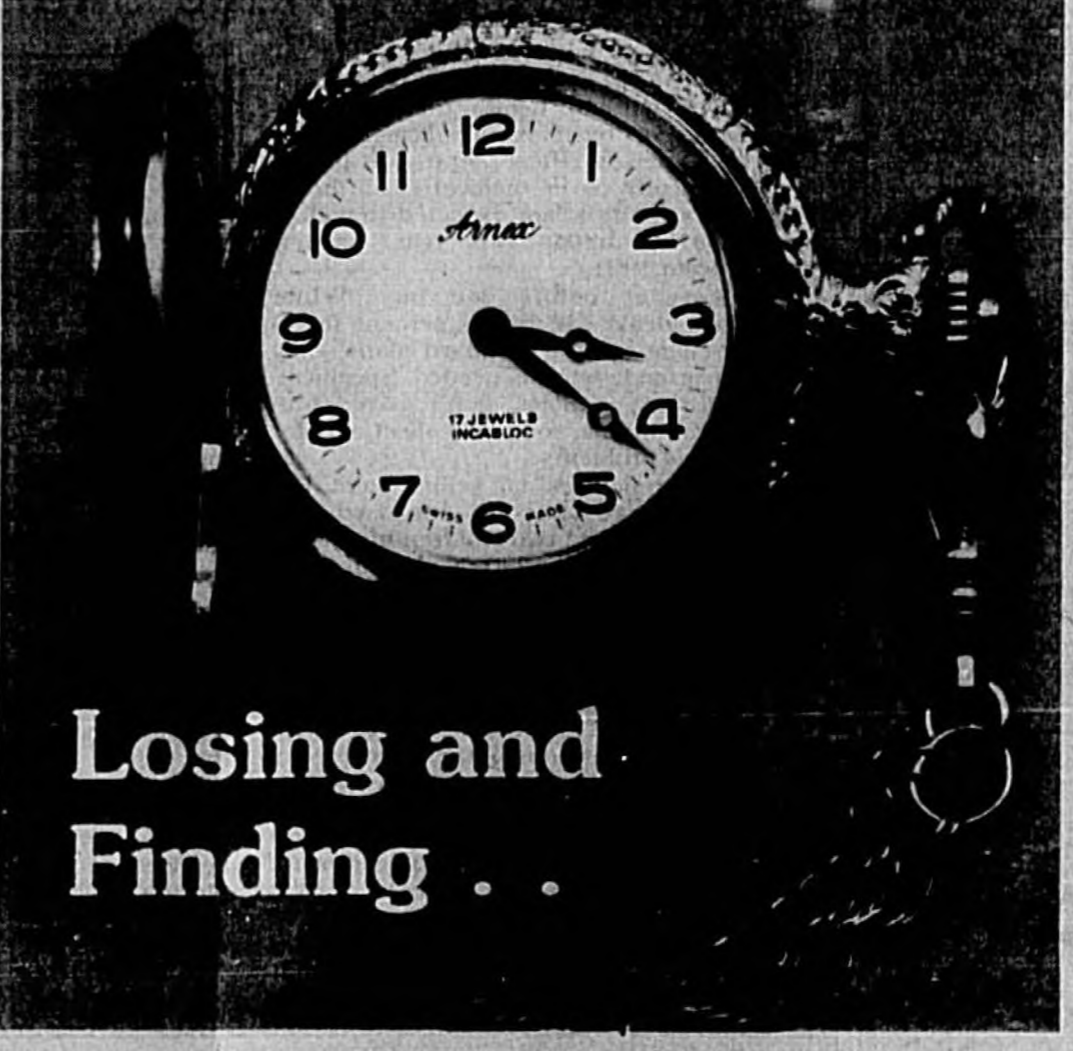
ST. CLARE CATHOLIC COMMUNITY
Rev. Timothy W. Kandel
Parish Office 2772-D Elkam Blvd.
Deltona, FL
(904) 788-9990
Weekend Liturgy (Catechetical Center)
Saturday 8:00 & 10:00 a.m.
Sunday 8:00 & 10:00 a.m.
(Spanish) 12:00 Noon

ST. THOMAS MORE ROMAN CATHOLIC CHAPEL
The Radisson Plaza Hotel
80 South Ivanhoe Blvd., Orlando
Sunday Mass 3rd Sunday of each month 8:30 p.m.
Confessions 4:30-6:00 p.m.
The Reverend Paul Kimball, SSPX
Institute of Christ the Redeemer
(407) 422-0102 (eves and weekends)

Christian
FIRST CHRISTIAN CHURCH
1607 S. Sanford Ave.
Sanford, Florida
S. Edward Johnson Pastor
Sunday School 9:45 a.m.
Worship 11:00 a.m.
Coffee Fellowship After Worship 2:30 p.m.
Tuesday Bible Study 7:30 p.m.
All Are Welcome Here ...
Nursery Available

SANFORD CHRISTIAN CHURCH
720 Upsala Road, Sanford
Phone 322-0880 or 322-8008
J.D. Seagraves Pastor
Joe Caputo Youth Ed Director
Bible School 8:30 a.m.
Morning Worship 10:30 a.m.
Evening Service 6:00 p.m.
Wed. Adult Home Bible Study 7:00 p.m.
Wed. Night Youth 7:00 p.m.

Christian Science
FIRST CHURCH OF CHRIST SCIENTIST, LONGWOOD
875 Markham Woods Rd.
Corner Of E.E. Williamson Rd.
Longwood, FL 32750
Mon. - Wed. - Fri. 10 a.m. - 1 p.m.
Sat. 7:00-7:30



Losing and Finding...

Lost something? Most of us have at one time or another. Frantically we search. There is a checking of pockets, rummaging through drawers and a continuous mumble of questions. Where could it be? Did it slip out of my pocket? Places like a sink drain, under a car seat or behind a pillow come to mind. We retrace our steps. Time passes and we wonder if it will turn up. We try to reassure ourselves that it will.

Losing money, a wallet or identification cards makes us feel terrible. The loss of a precious heirloom saddens us deeply. Many things cannot be replaced while others cannot.

Consider the consequences of losing your faith in God. If we grieve for the loss of earthly things and objects, how much more should we grieve for having lost all that is heavenly and eternal.

**SEEK THE THINGS THAT ARE ABOVE.
SEEK AND YE SHALL FIND.
SEEK GOD IN HIS HOUSE THIS WEEK.**



Church Of Christ
LONGWOOD CHURCH OF CHRIST
1018 Hwy. 17-82 1 mi. W/O Hwy 434
322-4520, 989-8322, 804-788-3170
Sun. Worship 10:30 a.m. & 8 P.M.
You are invited to visit, study, and worship with us in the near future. A friendly greeting always awaits.

Congregational
COMMUNISTICAL CHRISTIAN CHURCH (BAGOC)
9401 S. Park Ave.
322-4584
Rev. Thomas P. Tkachuk Minister
Church School 9:30-10:30 a.m.
Worship 10:30 a.m.
Fellowship Luncheon 8:30 p.m., every 2nd Wednesday.
Every 1st Saturday, 8:00 a.m. Men's Club Breakfast.

Eastern Orthodox
ST. JOHN'S EASTERN ORTHODOX CHURCH
2743 Country Club Road
Sanford, Florida
Rev. Donald Bellows Pastor
Church Phone 322-4193
Divine Liturgy 10:00 a.m.
Sunday School 10:00 a.m.
Confirmation By Appointment

Lutheran
LUTHERAN CHURCH OF THE REDEEMER (Missouri Synod)
2525 Oak Ave.
Sanford, Florida
Rev. Elmer A. Reucher Pastor
Sunday School 9:15 a.m.
Worship Service 10:30 a.m.
Nursery Provided
Weekday Kindergarten and Pre-Kindergarten Program
For Information Call 322-3652 or 322-8810

Episcopal
HOLY CROSS EPISCOPAL CHURCH
500 W. 4th St.
Sanford, Florida
Telephone (407) 322-4811
Sunday: Holy Eucharist 7:30 a.m.
Sunday School 9:00 a.m.
Education Forum 9:00 a.m.
Choral Eucharist 10:00 a.m.
Nursery Service Provided at 9:00 a.m. and 10:00 a.m.
Tuesday 7:00 a.m.
Wednesday 10:00 a.m.
Thursday 7:30 p.m.

Other
U.C.S.B. Episcopal Centre
125-A South Volusia Ave.
Corner of Orives and Volusia Ave.
Rev. Margaret Ann Schmidt Pastor
We welcome everyone to our services.
Sunday Service 10:30 A.M.
Meditation/Healing/Lecturer and Messages 7:30 P.M.
Thursday Service 7:30 P.M.
Meditation/Mini Classes and Messages
Information on Church Functions and Spiritual Counseling
Call 904-328-2222

ABUNDANT LIFE CHURCH
105 Commerce St., Lake Mary
(407) 333-8078
Pastor Robert Willour
Sunday School 9:30 a.m.
Morning Worship 10:30 a.m.

WEEKLY PRESBYTERIAN CHURCH
211 Weikva Springs Lane,
Longwood, Phone: 809-1808
Rev. Samuel R. D. Mason Pastor
Church Services 8:30 and 11:00 a.m.
Sunday School 9:45 a.m.
Nursery Provided

To List Your Church Services On This Page Contact The Advertising Dept. 322-2611

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<p>MINOR MOTORS CARS & TRUCKS SEE CHUCK GALORNEAU 321-8893 1888 S. FRENCH AVE.</p>	<p>WINN-DIXIE STORES and Employees</p>	<p>HARRELL & BEVERLY TRANSMISSION David Beverly and Staff</p>	<p>BARNES HEATING & AIR CONDITIONING COMPLETE SYSTEMS • ADD-ONS FREE ESTIMATES • SERVICE ALL BRANDS RESIDENTIAL AND COMMERCIAL "HEAT PUMP EXPERTS" STATE CERT. LICENSED 615 W. 2nd St. 322-3617</p>	<p>Baldwin-Fainfield Oaklawn Park Country and Funeral Home St. Rd. 66A at Stonehenge Rd., Lake Mary Call 322-4263</p>	<p>STENSTROM, McINTOSH JULIAN, COLBERT WHIGHAM & SIMONS, P.A. ATTORNEYS AT LAW 407-322-9171 Post Office Box 4646 300 West First Street Sanford, Florida 32775-4646</p>
<p>BRISSON FUNERAL HOME O.R. "Shorty" Smith and Bill Watson 9th St. and Laurel Ave. Sanford 322-2131</p>	<p>ICE PLUMBING • ELECTRICAL • ROOFING • MAINTENANCE - LAMINATE • GRANITE • CORK FLOORING BAPTIST 322-2611 LUTHERAN 322-2611 METHODIST 322-2611</p>	<p>JIM ROWE PEST CONTROL LOCALLY OWNED & OPERATED RON RUSSELL & STAFF 2626 Inglewood Av. 322-2070</p>	<p>CAREY HAND GARDEN CHAPEL OPENING • CREATION • SHOPPING Call for Free Estimate CLEAN CALL FOR FREE ESTIMATE LONGWOOD • 787-8101</p>	<p>Styles By Rick UNIQUE FAMILY HAIRSTYLING 303 E. 1ST ST. • SANFORD 324-7378 ROCK GOETSCH & STAFF</p>	<p>4119 Hwy. 17-82 • P.O. Box 2287 Sanford, FL 32775 322-1836</p>
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<p>COURTESY USED CARS BANK FINANCE OR BUY HERE & PAY HERE 8299 S. Highway 17-82, Sanford Sanford (904) 322-9120 Orlando (407) 482-8822</p>	<p>This Space Available Call 322-2611</p>	<p>This Space Available Call 322-2611</p>	<p>LIBERTY For All Your Printing Needs Call 609-8677 For Free Estimate 791 N. Hwy 17-82 Longwood, FL 301 (1 Mile N. of Hwy 434)</p>	<p>This Space Available Call 322-2611</p>	<p>HOME APPLIANCE CENTER, INC. GENERAL ELECTRIC • MAYTAG • CARRIER WASHERS • DRYERS • REFRIGERATORS AND FREEZERS 322-3883 100 S. COMMERCIAL ST.</p>
<p>This Space Available Call 322-2611</p>	<p>C & B AUTO PARTS SPECIAL ORDERS DELIVERY SERVICE 210 S. French Ave. 321-7100</p>	<p>SEMINOLE TRINITY CHRISTIAN SCHOOL and DAYCARE Preschool thru 5th Grade "A Ministry of Christ of the 1st Baptist Church" Nursery Available Before and After School Day Care 1-12 Yrs. 601 W. 22nd St., Sanford • 321-8723</p>	<p>LIBERATORE ROOFING Re-Roofing & Repair • FREE ESTIMATES • Frank & Maureen Liberatore 330-9976</p>	<p>TIRE EXPRESS 2650 S. Orlando Drive, Sanford 323-8684 Carl Bergman & Employees</p>	<p>THE McKIBBIN AGENCY Insurance</p>
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BLONDIE



BEEBLE BAILEY



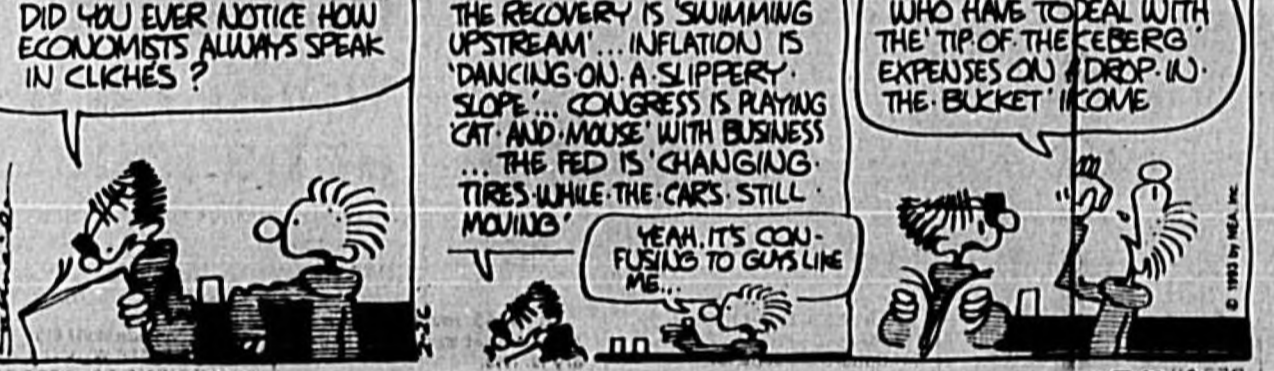
THE BORN LOSER



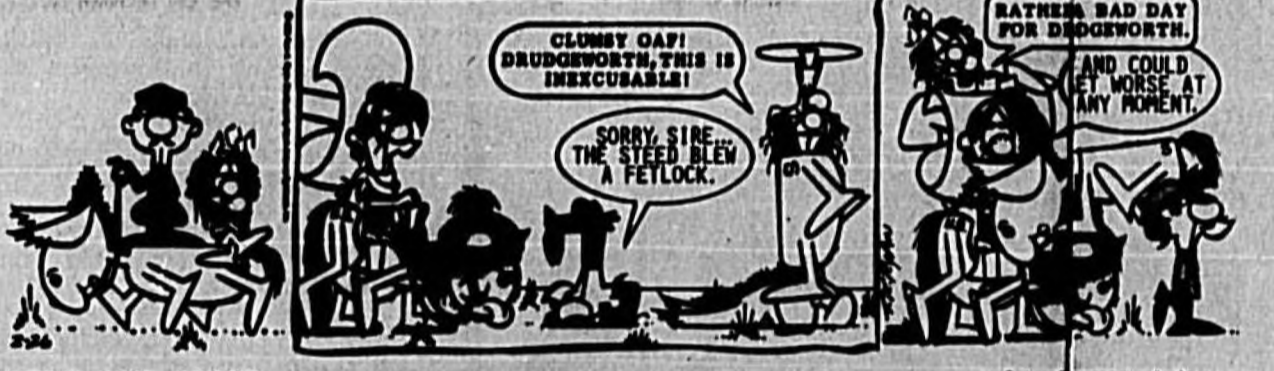
PEANUTS



ECK & MECK



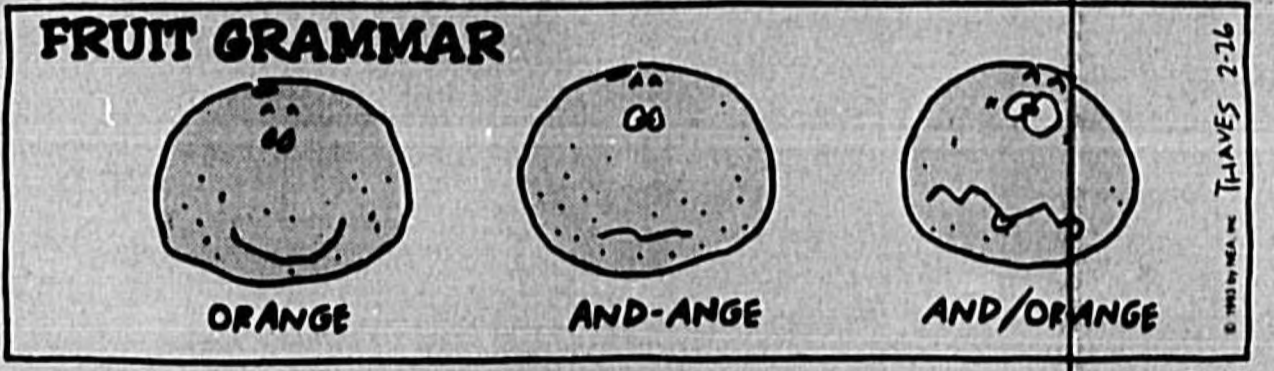
TUMBLEWEEDS



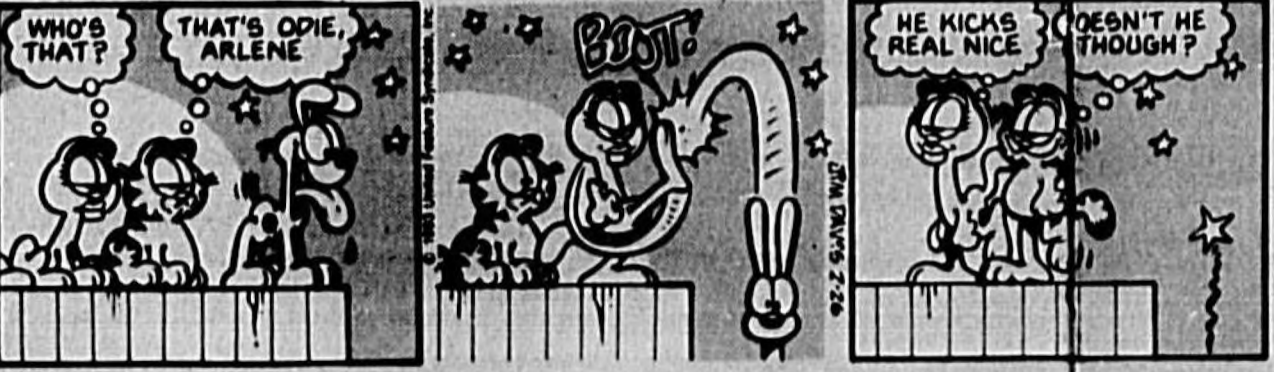
ARLO AND JANIS



FRANK AND ERNEST



GARFIELD



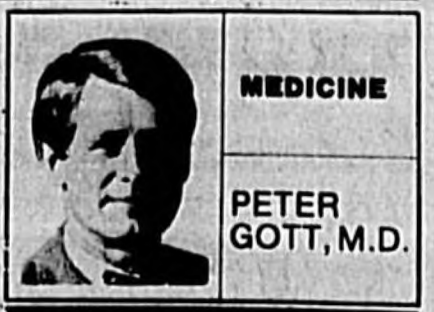
ROBOTMAN



Unsafe crash diets can be dangerous

DEAR DR. GOTT: What is your opinion of a liquid protein diet? I have a friend who is on an appetite suppressant and a diuretic. This sounds very unhealthy to me and I'd like to direct her. My problem is that I am overweight and don't feel qualified to pass judgment.

I believe your friend is leaving herself open to problems. Rather than adopting a reasonable, nutritional, balanced, low-calorie diet that will enable her to lose weight and keep it off, she has chosen a "crash" program that



MEDICINE

PETER GOTT, M.D.

is doomed to failure -- and may even jeopardize her health.

DEAR READER: Liquid protein diets can be dangerous. A few years ago, there were several deaths from liquid protein that appeared to cause mineral deficiencies leading to heart stoppage. I believe that some of the victims limited their entire dietary intake to the synthetic product. Such an obsession is obviously unwise: To be healthy, we need a variety of foods.

Although today's liquid protein drinks contain adequate nutrition, statistics show that they do not help to keep weight off, even if the user loses pounds initially. Most people cannot tolerate for any length of time the extreme restrictions of a liquid protein diet; within months, such dieters normally return to their old eating habits -- and regain the weight they lost.

Similarly, appetite suppressants cannot be used indefinitely. So, whatever weight is initially lost is ordinarily regained over time.

The use of diuretics should be condemned. These drugs are a "fast fix" only. By squeezing excess water from the body, they cause a sudden loss of a few pounds. But once the body has become dehydrated from the diuretic, no more weight is lost. Also, diuretics can cause a dangerous depletion of minerals. These drugs should only be used for bona fide medical indications, such as hypertension, heart disease and conditions marked by over-accumulation of fluid, under a doctor's supervision.

ACROSS

- 1 Hockey player — Esposito
- 5 College deg. — Unit of illumination
- 12 Fruit
- 13 Unplayed golf hole
- 14 Chest sound
- 15 Doggie
- 17 Unbo
- 19 Skater — Fleming
- 20 Out dressed in
- 21 Finnish first name
- 23 Hoy —
- 24 Flour-de —
- 25 East wind deity
- 28 Numbers (abbr.)
- 31 MIL. officer
- 32 Shoe — fizz
- 33 Dr. — (movie)
- 34 Sound at Halloween
- 36 Snapshot
- 38 Game of cards
- 39 Real-estate map
- 41 A continent
- 43 Destroyed (sl.)
- 45 Malicious burning
- 48 Pressed
- 50 California city
- 51 Knew (archaic)
- 52 Falsehood
- 54 Undiluted
- 55 Roman date
- 56 Peg — Heart
- 57 Sea eagle

DOWN

- 1 — school
- 2 Shelter for bees
- 3 Pictures
- 4 Shelf
- 5 Many oz.
- 6 Adverb ending
- 7 Doiores — Rio
- 8 — as a peacock
- 9 Run
- 10 Butter substitute
- 11 Between N.C. and Ark.
- 16 Bronte heroine Jane —
- 18 Musical composition
- 22 Should
- 23 Ruling group
- 24 Law deg.
- 25 How was — know?
- 27 — de Janeiro
- 29 Yoko —
- 30 Canal system in northern Michigan
- 35 Delf
- 36 Top of head
- 37 Gravel ridges
- 38 Actress
- 39 Louise —
- 40 Theatrical couple
- 42 Goddess of peace
- 43 New Zealand bird
- 44 Dry — even keel
- 46 — even keel
- 47 Short letter
- 49 Unclaimed mail dept.
- 50 Odd
- 53 Negative prefix

Answer to Previous Puzzle



WIN AT BRIDGE

By Phillip Alder

Albert Einstein's theory of relativity confuses almost everyone. However, he did try to explain it to the layman thus: "When a man sits with a pretty girl for an hour, it seems like a minute. But let him sit on a hot stove for a minute -- and it's longer than any hour. That's relativity."

In bridge, there are the relatively safe contracts and the relatively unsafe ones. But sometimes a contract that appears safe is suddenly jeopardized. Then the declarer may have to find a clever maneuver to reach home relatively unscathed.

North might have shown his diamond suit, but he preferred to take the uncomplicated route to what he hoped was going to be a lucrative rubber.

After winning the first trick with dummy's club queen, declarer immediately called for a

low diamond. East's heart discard was a rude shock. An apparently easy contract had suddenly turned nasty. As East seemed to be short in both minor suits, South's first thought was to finesse the diamond jack. Later he would play East for the spade queen. But in a relatively fleeting moment he saw that this was an unsafe line, requiring a finesse to succeed.

Instead, South won trick two with the diamond ace; then he led the diamond five. West had to duck his king, so dummy's queen won. Declarer returned to hand by playing a club to his ace. Finally, South finessed the spade jack through West. Whatever the outcome of the finesse, there were 12 guaranteed tricks: three spades, four hearts, two diamonds and three clubs. Here declarer even made an over-trick.

NORTH 2-26-93

- ♦ A 3
- ♥ Q 3
- ♣ Q 7 6 4 3 2
- ♠ K Q 5

WEST

- ♦ Q 7 6
- ♥ A
- ♣ K 10 9 8
- ♠ J 10 9 7 6

EAST

- ♦ 9 8 5 2
- ♥ 9 8 7 6 5 2
- ♣ . . .
- ♠ 8 3 2

SOUTH

- ♦ K J 10 4
- ♥ A K J
- ♣ A 5
- ♠ A 4

Vulnerable: North-South
Dealer: South

South West North East
2 NT Pass 6 NT All pass

Opening lead: ♦ J

HOROSCOPES

By Bernice Bode Oso

YOUR BIRTHDAY
Feb. 27, 1993

In the year ahead, you could become involved in a very progressive endeavor. It will be a departure from things you usually do, and it will bring you into contact with new types of friends you never previously encountered.

PISCES (Feb. 20-March 20) Whether you succeed or fail today will first be determined in your own mind. If you can visualize yourself as a winner, you will be. If you see yourself as less than a winner, you won't succeed. Know where to look for romance and you'll find it. The Astro-Graph Matchmaker instantly reveals which signs are romantically perfect for you. Mail \$2 plus a long, self-addressed, stamped envelope to Matchmaker, c/o this newspaper, P.O. Box 91428, Cleveland, OH 44101-3428.

ARIES (March 21-April 19) Extra effort could pay extra dividends today, so don't allow yourself to be sidetracked by frivolous individuals or endeavors. You have too much to lose.

ANNIE

TAURUS (April 20-May 20) You can be an extremely determined person, undeterred by obstacles or circumstances once you set your mind toward an objective that you would like to achieve.

GEMINI (May 21-June 20) You will be more effective today and enhance your probabilities for success if you focus on associates who are pertinent to your immediate plans.

CANCER (June 21-July 22) Do not reduce or modify your material aspirations today, because you will need constant motivation. Thinking about things you hope to acquire should do the trick.

LEO (July 23-Aug. 22) In general, conditions look favorable for you today, but your greatest possibilities will pertain to your financial and commercial dealings.

VIRGO (Aug. 23-Sept. 22) Occasionally, you tend to proceed a trifle too cautiously for your own good. But today you're not likely to second-guess your decisions. You'll act first, and let the chips fall where they may.

LIBRA (Sept. 23-Oct. 23) You are now in a cycle where you could derive substantial benefits from changes precipitated by outside factors. Be on the lookout for new opportunities.

SCORPIO (Oct. 24-Nov. 22) What you can't do independently today can be accomplished with the assistance of a competent partner. This person will possess information that you lack.

SAGITTARIUS (Nov. 23-Dec. 21) Ambitious objectives can be gratified today, provided you have a positive mind-set. Don't let any doubts or negative thoughts permeate your thinking.

CAPRICORN (Dec. 22-Jan. 19) An involvement you share with several other people can be more productive if it is reorganized. You're the person who can do it, and this is the day to get it done.

AQUARIUS (Jan. 20-Feb. 19) Your financial aspects look encouraging today, provided you don't get in your own way. Don't start tinkering with situations that are presently profitable.

by Leonard Starr



