



Seminole Herald

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2A



**Students
participate
in Arts Alive!**
6A



**Fall softball
leagues begin
seasons.**
1B

Quote

Happy Birthday, Sanford

Today is the 122nd Anniversary of the incorporation of Sanford.

Wicklow students to participate in national walk

SANFORD - On Oct. 6, students of Wicklow Elementary School in Sanford will join other students across the nation by participating in the national Walk Your Child To School Day.

The walk will be led by educational leaders, local law enforcement and Safe Kids of Greater Orlando, to promote walking and reinforce proper pedestrian behaviors.

This year's walk will begin at the Little Champ convenience store located at 920 W. Airport Blvd. in Sanford. Education and registration will begin at 7:30 a.m. with the walk commencing at 8:15 a.m.

For more information, call Kenneth T. Matthews, Safe Kids of Greater Orlando bicycle and pedestrian coordinator, at (407) 841-5111 ext. 8977.

Red Cross seeks volunteers

ORLANDO - The American Red Cross of Central Florida is seeking daytime volunteer drivers to deliver supplies and mail to post office and service center locations in Orange, Ocoola and Seminole counties.

The hours and days are flexible and Red Cross vehicles are provided. Volunteers must have a valid Florida driver's license.

For more information on this or other volunteer opportunities, call the American Red Cross of Central Florida human resources office, (407) 894-4141.

Quote

"Those who do not remember the past are condemned to relive it."

George Santayana

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Sanford approves \$53 million budget

By Bill Kerna
Staff Writer

SANFORD — The Sanford City Commission on Monday approved a \$53 million budget, which includes a tax rate of 6.79 mills.

This marks the second year in a row that the city's millage rate has been reduced. The budget for fiscal year 1999-2000 is 6.87 mills.

The proposed budget is 2 percent less than the city's current budget.

Among the big-ticket items in the

budget, the proposed 300-room hotel and conference center at Fort Mellon Park is perhaps the most pivotal and controversial project facing the city.

Depending on the recommendations of a feasibility study by PRA Development for hotel and conference center, the city will proceed with a traffic study. The city has budgeted \$100,000 for consultant services for a Downtown Master Plan and traffic studies.

In other action, the city is planning to hire an additional planner at \$40,600 to

assist with planning the conference center at Fort Mellon Park, the downtown master plan, code updates and the annexation of enclaves.

Other items in the budget:

- Site work is proceeding at Sanford's community swimming pool at Seminole High School. The city budgeted \$111,500 for a pool manager, maintenance worker and contracted lifeguard positions.

- The city will complete the rehabilitation project for the marina boat ramps, using \$40,000 in state funding. The state also awarded Sanford \$40,000 last year

for the project.

- Replacing the roof at City Hall, plus the carpet and walls in the Commission Chambers, is expected to cost \$266,000.

- The city is planning to spend \$118,000 for midge control, including larvacide, aerial and ground spraying and lighting.

- Parks and grounds improvements the city is planning will cost \$99,500.

- New utility projects will include \$175,000 to provide central utilities to the Central Florida Zoo and \$210,000 for

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Market photos by Tommy Vincent

Downtown Farmers' Market



Hurricane Floyd and Tropical Depression Harvey did a number on the opening of the Farmers' Market in downtown Sanford. The market was finally able to open Tuesday morning. Those vendors who came to the market Tuesday included Vita Ruiz (above left), who had a number of vegetables available for sale, and Kevin Brown (below), whose Nut House business offers a variety of candy coated nuts. The Farmers' Market is located in the parking lot next to the Sanford Chamber of Commerce building, and is open every Tuesday from 7 a.m. to 1 p.m.



Longwood searches for more officers

New additions will beef up police patrols

By Joe DeBartis
Staff Writer

LONGWOOD — With formal adoption of Longwood's \$10.7 million fiscal budget for 1999-2000 accomplished, police chief Tom Jackson is hanging out the help-wanted sign.

City commissioners approved the hiring of two new police officers, as well as the adoption of a new pay and classification plan and higher starting salaries. With those improvements, Longwood hopes to have the two officers hired and on the street by the end of October.

Starting salaries for new hires have been increased with the new budget to \$24,000 per year. Officers are assigned individual patrol cars and may keep them 24 hours-per-day if they reside within the Longwood city limits.

"We hope to move as soon as possible with qualified applicants," said Jackson. "We're hoping to begin scheduling interviews for the first and second week of October."

Jackson said one of the

newly hired officers will assume an assigned shift that will bring the department up to an evenly manned shift rotation while the second hire will most likely be plugged in to a number of duties depending on the input from departmental lieutenants.

"Right now we're in the process of putting a blueprint of shared duties together where the second officer can fill any number of needs," Jackson said. He added that shared duties would most likely include dedicated patrols, drunk driving emphasis, and a stronger tie to the city's community policing efforts.

"We'll be looking for candidates who are strongly motivated and have a desire for a career in law enforcement," said the veteran chief. "I'm sure we'll attract some good candidates. The salary scale has improved, the quality of the job is here, and we have the equipment, resources and training that would make joining the Longwood force desirable."

Jackson said Longwood will be looking hard at the 145 graduates of Seminole Community College's Police Academy who graduated last week, a week behind schedule because of Florida's brush with

See Longwood, Page 3A

County drops tax rate slightly

By Russ White
Staff Writer

SANFORD — The envelope, please. The winner is, you the tax payer. Your prize, \$12.41 savings. Whom to thank? Three county commissioners running for office in 2000.

In a 3 1/2 hour public hearing, that required several cooling-off periods for the board members, the commission passed a \$441 million budget.

With a 0.1634 per mill decrease in the tax rate, the owner of a \$100,000 home with a \$25,000 homestead exemption, figures to save approximately \$12.

To cut the tax rate, commissioners Dick Van Der Weide, Daryl McLain and Grant Maloy had to cut a number of projects such as buying property near the county jail and renovating the county courthouse's elevators.

McLain and Van Der Weide

sparred most of the evening, each offering methods to save \$3 more than the \$9 savings discussed last week. McLain, to be sure, was pleased the county was scrapping a plan to buy the 10-acre Sherrandoah Village site at \$200,000 an acre.

"That's too much," he said.

McLain and commissioner Randy Morris urged Van Der Weide, Maloy and Chairman Carlton Henley to change their minds and make a \$10,000 grant to the International Council of Central Florida. Henley said county taxpayers should not have to help the council in its efforts to host international visitors.

McLain told the council members that he would help them raise funds to be able to help build a Seminole County office and continue work that is deemed important by the United States Information Agency.

McLain said Wednesday that the

reason he voted with Van Der Weide and Maloy on eliminating the public information officer's position from the budget was because he later would request two employees to fine tune SGTV, the government TV cable station.

Van Der Weide's attempt to slash the county's utility tax was met with opposition from his fellow commissioners and County Manager Kevin Grace. Morris warned against such a cut, citing the \$300,000 costs to the county preparing for a hurricane that pterred out.

"What happens if two more hurricanes come — and maybe hit us?" he asked.

Earlier Tuesday, the BOC unanimously authorized an Oviedo-Seminole County Joint Planning Intergovernmental Agreement. Winter Springs Mayor Paul Partyka was denied a 90-day extension to negotiate with Oviedo officials and make the agreement a three-way deal.

Strike up the bands



Market photos by Tommy Vincent

Seminole Herald Publisher Doug Fetzer meets Charles Walford, Audrey Ogden and Tony Black to discuss plans for the 24th Annual Seminole County High School Band Festival. Area bands will compete in the festival, which is scheduled for Saturday, Oct. 23 at Lake Howell High School.

Millennium mission: Drop Miss America

It's time to do away with the Miss America Pageant. At best, it was a goofy idea. Something for Bert Parks to do each summer. Most of the pageants were rigged. Miss Montanas never had a chance. Either did girls with pencil thin mustaches.

Good-bye to the beauty maids with big hair and lots of teeth. We've had enough of your innocence, grace and fluff. Ally McBeal is our new ideal.



Russ White

Let's face it, the dreams of a million girls don't come true at Atlantic City. Look what happened to Anita Bryant in 1959 - miss second-runner up. Fairest of the fair she wasn't. Poor girl never got to walk on air, she didn't. And wouldn't you know it, now she hates queens.

For a few precious moments, Vanessa Williams turned out to be the queen of femininity at Atlantic City. That's until the queen pickers saw pictures of Vanessa undressed. Bare she was Miss America. Give the tiara to miss runner up. Time called for a new ideal.

Miss America hasn't got time

to complain — just for the pain. It's bust out, belly in, butt under. Toes touch first, then the heel. Roll your hips, don't stride. Lift your shoulder. Don't carry your feet, glide with them. Off the assembly line, onto the runway.

Often, the fairest of the fair get down and dirty. Following her coronation, Yolande Betzeze returned to the dressing room to find on her mirror, a message from the losers in the Miss Congeniality contest: "Hairy Sits Here." Yolande said, "So that's what the bitches wrote. I'm a Mediterranean type. I have to pluck my eyebrows."

The next day, Yolande told the pageant officials she had no intentions of spending anymore time posing in bathing suits. No cheesecake for Yo. "I'm a singer, not a swimmer," she said. Ten minutes later, Catalina (swimsuits) quit as a pageant sponsor.

The country has changed dramatically since Margaret Gorman was Miss America in 1921. The contest folded in 1928 but was resumed in 1935 when

the winner sang, "Goono Goo." The hotel operators said the contest was "worn out and useless." One hotelier said the pageant's swim suits were "vile and obscene." That was enough to get things rolling again.

The Miss America pageant has always been corny — and often a lot of fun. Phyllis George may never had been a sportscaster if she hadn't won the title. And good for Tara Dawn Holland, Seminole County's first Miss America.

The new Miss America (from Kentucky) seems to be a nice young woman. She must be good. She didn't have the big hair and teeth. Doesn't need to pluck her eyebrows, either. Floating on air, she is.

But that's it. Let's not carry this Miss America stuff into the new millennium. They just fired the guy who wanted misses who were married or had abortions eligible to compete. Columnist Cal Thomas (catch him in a swimsuit) is worried transsexuals would be next. That, of course, will not happen as long as Anita Bryant is alive.

And she is, isn't she?

Russ White's column appears Tuesday through Saturday in the Seminole Herald.

Obituaries

MARY T. HARPER

Mary T. Harper, 87, Mellenville Avenue, Sanford, died Monday, Sept. 27, 1999. Mrs. Harper was a homemaker. Born July 16, 1912 in Scranton, Pa., she moved to Central Florida in 1968. She was a member of All Souls Catholic Church, Sanford.

Survivors include daughter, Shirley A. Swisher, Sanford; three grandchildren; four great-grandchildren.

Brisson Funeral Home, Sanford, is in charge of services.

Alan Nordgren, Trussville, Ala., brother, Sidney Vihlen, Sanford; seven grandchildren; 10 great-grandchildren.

Baldwin-Fairchild-Oaklawn Park Cemetery and Funeral Home is in charge of services.

daughter, Tracy Meachem of Pennsylvania; mother, Florence Porter of Pennsylvania, brothers, Richard, Ronny and Will of Pennsylvania and Raymond of Delaware; sisters, Joan Porter of Texas, Betty Kelly of Hawaii, Marie Hilton of Pennsylvania, and Elsie Moyer of Pennsylvania.

Gramkow Funeral Home, Sanford, is in charge of arrangements.

Funerals

HARPER, MARY T.

Mass of Christian Burial will be celebrated for Mary T. Harper on Thursday (9/30/99), at 10:00 A.M. in All Souls Catholic Church with Fr. Stephen McNicholas, celebrant. Interment will follow in All Souls Catholic Cemetery. A Rosary will be recited Wednesday at 7:00 P.M. in the Brisson Funeral Home Chapel. Friends may call at the funeral home Wednesday from 4 until 8 P.M. BRISSON FUNERAL HOME, 407-322-2131, SANFORD, IS IN CHARGE OF SERVICES.



Barbara Anne Wallace

BARBARA ANNE WALLACE

Barbara Anne Wallace, 57, of S. Palmetto Ave., Sanford, died Friday, Sept. 24, 1999. Mrs. Wallace was a secretary for Har-Car Industries. She was born April 21, 1942 in Coatesville, Pa. Mrs. Wallace was Lutheran.

Survivors include husband, James; son, Scott Meachem;



Det. Ryshaw Lomon

4-17-81 - 9-29-99

What would we give your hand to clasp,
Your patient face to see,
To hear your voice,
To see your smile,
As in the days that used to be.
But in some sweet day we'll meet again
Beyond the soil and strife,
And clasp each other's hand once more,
In heaven, that happy life.

Love,
Mom, Dad,
Sister, Brothers,
& Grandparents

ALICE VIHLEN NORDGREN

Alice Vihlen Nordgren, 88, Palm Drive, Sanford, died Monday, Sept. 27, 1999. Mrs. Nordgren was a secretary in the building supply industry. Born in Sanford, she was a lifelong resident of Central Florida. She was a member of Grace Fellowship Congregation Church in Sanford for 40 years and was the Church Secretary.

Survivors include husband, Gustaf O. "Swede" Nordgren, Sanford; sons, Gustaf O. Nordgren, Jr., Stuart, Leonard Nordgren, Greencove Springs,

Longwood

Continued from Page 1A

Hurricane Floyd.

Candidates for the two Longwood positions must meet Florida Department of Law Enforcement guidelines. Candidates must be graduates of the Police Academy, be a minimum of 19 years old, be Florida residents, and possess a valid Florida driver's license.

In addition, candidates must pass oral and written examinations, and pass a background screening process.

"The sooner information releases are signed the sooner we can begin background investigations with former employers and criminal background checks," said Jackson.

The chief pointed out that often the screening and background check is the most time consuming aspect of the hiring process, but well worth the effort.

"If I recall correctly, the last time we filled a vacancy we had seven candidates we were looking out after initial testing, but following the weeding our process, one advanced past the point of background checks."

The city has begun advertising for the two slots and will run final legal notices this weekend.

Interested and qualified applicants are encouraged to pick up

application packets at the Longwood police department located at 235 West Church Avenue, kitty-corner from City Hall located on Warren Avenue.

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Police Log

DUI Arrests

Sanford — September 25. Walter Richard Kahrs III, 35, South Sanford Avenue, was stopped by Sanford police on Orlando Drive. He was charged with driving under the influence of alcohol, driving under the influence of alcohol with property damage, reckless driving, and operating a motor vehicle with an open container of alcohol.

Chuluota — September 26. Roberto R. Rangal, 38, Florida Avenue, Oviedo, was stopped by Seminole County deputies at CR 419 and 4th Street, Chuluota. He was charged with driving under the influence of alcohol.

Lake Mary — September 25. Tina Marie Foster, 34, Okaloosa Trail, Sorrento, was stopped by Lake Mary police on West Lake Mary Boulevard. He was charged with driving under the influence of alcohol, and failure to sign or accept a traffic summons.

Sanford — September 25. Christopher Berlin Kiser, 28, Lake Park Road, Tavara, was stopped by Seminole County deputies at SR 600 and Park Avenue, Sanford. He was charged with driving under the influence of alcohol, and reckless driving.

Sanford — September 25. Billy Richard Cates, 19, Northwestern Avenue, Altamonte Springs, was stopped by Seminole County deputies at SR 600 and Weldon Boulevard, Sanford. He was charged with driving under the influence of alcohol, and possession of alcohol by a person under 21.

Lake Mary — September 26. Ariel Ramirez, 21, Rosecliff Circle, Sanford, was stopped by Lake Mary police on Lake Mary Boulevard. Ramirez was charged with driving under the influence of alcohol, and failure to sign or accept a traffic summons.

Altamonte Springs — September 26. Amjad A.

Ahwal, 23, Arbor Glenn Circle, Winter Springs, was stopped by Altamonte Springs police on East Altamonte Drive. He was charged with driving under the influence of alcohol.

Altamonte Springs — September 25. Jonathan Howard Ragan, 39, Holiday Avenue, Apopka, was stopped by Seminole County deputies on Bear Lake Road. He was charged with driving under the influence of alcohol.

Chuluota — September 25. Scott Christian Bylerly, 26, Center Street, Chuluota, was stopped by Seminole County deputies at CR 419 and Lake Mills. He was charged with driving under the influence of alcohol.

Sanford — September 27. Samuel Lee Jones, 46, Jerry Avenue, Sanford, was stopped by Seminole County deputies at 25th Street and Ridgewood, Sanford. He was charged with driving under the influence of alcohol.

Sanford — September 25. Eric Raul-Sandoval Cortes, 20, Airport Boulevard, Sanford, was stopped by Seminole County deputies at SR 600 and Airport Boulevard. He was charged with driving under the influence of alcohol.

Drug Arrests

Lake Mary — September 24. Agents of the City/County Investigation Bureau executed a search warrant on a Lake Mary residence on Cinnamon Oak Court and arrested two people on drug charges. Daniel Charles Chovanic, 20, and Cassandra Elizabeth Counts, 18, were both charged with possession of less than 20 grams of cannabis, and possession of drug paraphernalia.

Oviedo — September 25. Edwin Reyes, 19, Chuluota, was stopped by Oviedo police on Lockwood Boulevard. He was charged with possession of less than 20 grams of cannabis, and possession of drug paraphernalia.

Briefs

Archaeology

symposium is Oct. 15

ORLANDO - A symposium on Archaeology of the Americas will be held at the Orlando Art Museum in Orlando on the weekend of Oct. 15-17.

Entitled "Weekend in Ruins, Archaeology of the Americas," the symposium will include presentations by working archaeologists on Maya archaeology, art of pre-Columbian Florida Indians, Andean art, and Idol Imagery.

There will be a museum tour of ancient American art and arti-

facts. On Friday and Sunday, receptions will be held with presenters discussing their fields of expertise.

The museum is located in Orlando's Loch Haven Park, 2416 N. Mills Ave. The symposium is sponsored by Central Florida Society of the Archaeological Institute of America, Central Florida Anthropological Society, and the Orlando Museum of Art.

For more information, call Dave Chapman at (407) 857-8443 or Andrea Kallis at 896-4213, ext. 30.

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Editorial & Opinion

China at 50: What's to celebrate?

On Friday (Oct. 1), the People's Republic of China will "celebrate" the 50th anniversary of the Communist state. The traditional definition of "celebrate" is "to demonstrate satisfaction by festivities or other deviation from routine."

The tanks, guns and planes that will make up much of Communist China's observance will not be a deviation from routine. It (ital) is (unital) the routine. According to "The Black Book of Communism: Crimes, Terror, Repression" (Stephane Courtois, Editor, Harvard University Press), 65 million Chinese have died under the Chinese regime, as have 6 million Tibetans. The dead include those unarmed citizens massacred 10 years ago in Tiananmen Square, the site where the military will parade.

Adding to this human tragedy and its affront to the supposed ideals of all free people will be the presence of many Fortune 500 CEOs. The color of money apparently is sufficient atonement for the color of blood spilled by the Beijing butchers.

China's Xinhua news agency reports that police departments have rounded up more than 100,000 "escaped criminal suspects" in advance of the anniversary celebration. A Ministry of Public Security official says that includes more than 10,000 people who "surrendered to police under great pressure." The government rewarded individuals who turned in people on China's most-wanted list. All of this, we're told, is to secure "social stability and safety" during the celebration and the upcoming return of the Portuguese colony of Macao.

Some American businesses have become as indifferent to human rights as the Clinton administration, which welcomed Chinese arms dealers to the White House and Chinese campaign cash in reelection coffers. And some believed Clinton when he said he wouldn't "coddle" the Chinese as he accused the Bush administration of having done. The investment company Morgan Stanley Dean Witter commissioned a competition of orchestral works. Morgan Stanley Asia Chairman John Wadsworth said the company is a friend of the mainland. The South China Morning Post quotes Wadsworth as saying that he sees nothing odd in a financial services firm funding a celebration of a Communist revolution. "I think that the past 5,000 years are about

change, especially the last 50 years have been a dramatically different period of change for China," said Wadsworth.

"Change is bringing about more freedom, more wealth creation and opportunities for the skills which Morgan Stanley can offer."

If one accepts the Orwellian view of things, then I suppose a case can be made that death is freedom because the dead person no longer has to live under communism. But most people, including those about to die, might be given if they don't see the illusion that Wadsworth envisions.

The Central Intelligence Agency has named China one of the three top countries "extensively engaged in economic espionage." Is it Morgan Stanley's position that it is perfectly acceptable to make money while ignoring the massive abuses of human rights and the potential threat to American lives should China decide to militarily challenge U.S. interests in Asia?

In Courtois' "Black Book," the editor commits the sin of confronting liberals' century-old infatuation with Marxism. In the "Booklist" review, the reviewer notes the lack of an intellectual accounting for communism "because academic historians tend to loathe such accounting as being subjective." It's more than that. To properly assess the bloody failure of communism, including the Chinese variety that has been as evil an empire as the now-defunct Soviet Union, academics (as well as journalists and intellectuals) would have to criticize not only their own but themselves. Many of them and their intellectual predecessors have defended or failed to properly chronicle communism's abuses. Many have embraced the social and economic policies of the system, claiming it wasn't communism, per se, that was wrong. Advocates simply failed to "get it right."

Communism can never be "gotten right" because its founding principle that the state is god is wrong. It survives only because aging dictators don't mind killing a lot of people to stay in power. Whatever Friday's parade is, it ought not to be thought of as a celebration. Let's save the celebrating for the day of China's ultimate liberation, perhaps by the children of the bloody generation.

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Cal Thomas



Your View

Fann says story only had partial information

To the editor:

Staff Writer Joe DeSantis tells us readers the good news is, "Sheriff receives \$300,000 for additional cops." Without criticizing the writer or the County Sheriff, I would like to point out the bad news for tax payers in this report.

First, the \$300,000 federal grant for four new deputies comes from taxes paid by us and will not cover the total cost outright. Our county taxes will pay for the balance of money needed by increasing increments until

the whole cost will be borne by us four years down the line and every year thereafter. Thus, we tax payers are being treated like lobsters dropped in a pot of warm water first, then brought slowly to a boil. More good and bad news is that the sheriff's department has "added several deputies with outside money over the past few years," according to Chief Deputy Steve Harriet.

Lastly, only a well-informed tax payer will know that future costs will be funded by Tax Assessment Creep (TAC) and an increased tax base every year. And you readers thought our possible tax cut comes from efficient management of our tax money!

Sorry about that.

Donald Fann
Sanford

Jerry says thanks

To the editor:

The people of Sanford have done it again! They really pulled for us this year and helped make the 1999 Jerry Lewis MDA Telethon a winner with \$53.1 million in pledges and contributions!

By taking part in local MDA events, by calling in pledges to the Telethon broadcast on WOFL-TV, Channel 35, by helping "my kids" in other ways, Seminole Herald readers have made a huge difference for families throughout Florida and

Opinion Page Policy

Don't like our point of view? Do something about it. Write us a letter to the editor. All letters to the editor must be signed and, for verification purposes, include an address and phone number. Letters should also be limited to 800 words. Letters to the editor will be accepted by:

- U.S. Mail
- 300 N. French Ave., Sanford, Fla. 32771
- E-mail: ahector@aol.com
- Fax: 323-9408

Letters to the editor and columnists who appear on the editorial page do not necessarily represent the views of the Seminole Herald. Letters may be edited for length.

across the nation.

They've helped speed MDA-funded research and around the globe. Moreover, they've helped maintain the national network of clinics that resulted in MDA becoming the first organization honored by the American Medical Association with a Lifetime Achievement Award "for significant and lasting contributions to the health and welfare of humanity."

For making the 1999 MDA Telethon a bell-ringer, thanks, Sanford!

Sincerely,
Jerry Lewis
National Chairman,
Muscular Dystrophy
Association

King name sullied by loyalty undeserved

Sometimes the price of loyalty is just too high. Sometimes, when you attempt to pull a worthless friend out of the hole he's dug for himself, you end up covered in mud, too.

Such was the case last week when Coretta Scott King used her name and prestige in an apparent effort to persuade a jury to go soft on a scoundrel named Ralph David Abernathy III, the son of Martin Luther King Jr.'s close friend, civil rights leader Ralph David Abernathy Sr. For her trouble, Mrs. King and her entourage are now being investigated by the Georgia Bureau of Investigation for alleged jury-tampering.

Abernathy III capped an ignominious career as a state senator with an indictment on charges of stealing \$13,000 from his state-funded expense account. Last week, his trial on those charges ended in a hung jury. While jurors say Mrs. King did not influence them, she has nevertheless sullied her name, giving the impression that she supports rogues and miscreants.

The prosecution seemed to have solid evidence on some of the charges, including a taped conversation in which Abernathy admitted to his PR adviser, Zee Bradford, that he forged her name on expense vouchers and never gave her the money he received. He begged and bad-

gered her to lie for him, telling her, "Let me tell you this, if you don't lie, it will be your reputation."

For those who've followed Abernathy's high-profile flameout, the theft charges came as no great surprise. His previous career low-lights included smuggling marijuana into the country in his underwear on a return trip from Jamaica; wandering into a women's restroom in a state building but failing to wander promptly back out; and insulting police officers who pulled him over for driving 60 mph in a 30 mph school zone, charging them with racism.

Even when he wasn't in trouble with the law, Abernathy was less than impressive as a legislator. His six-year tenure was characterized by laziness, absenteeism, headline-grabbing and attempts to get by on his father's good name. His legislative career was finally ended, mercifully, last year, when he bounced the check he submitted to pay a qualifying fee to run for re-election.

Mrs. King has undoubtedly kept up with Abernathy's troubles. Over the years, despite occasional tensions, the Abernathys and Kings have remained friendly. And, when Abernathy was indicted, Mrs. King may have thought of her own two sons and their struggles to come

to manhood in the shadow of their father's famous name. Neither Martin Luther King III nor Dexter Scott King has ever been indicted, but both have tainted their father's legacy with their endless profiteering.

So, last Wednesday found Mrs. King in a hallway outside the Fulton County courtroom where Abernathy was being tried, praying with a group that included the defendant's mother, Juanita Abernathy, state Rep. Tyrone Brooks, New York activist Al Sharpton and Mrs. King's two sons. As the jury prepared to leave the courtroom for lunch, a sheriff's deputy asked the King entourage to leave the area. They ignored him, the deputy said.

When a deputy took the jury out through a different exit, the King entourage followed and barged through the group of jurors. While Mrs. Abernathy claimed it was "an accident," it looked like an attempt to impress upon the jurors the fact that Abernathy III had the support of the King family. Mrs. King should have left Abernathy III — who will probably be retried — to face the consequences of his reprehensible conduct. Instead, she lent him her reputation in an effort to help him salvage his family name. It's unlikely that Abernathy III appreciates her sacrifice, since he clearly cared so little for the family name himself.

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Cynthia Tucker

We need your input and opinions. Letters to the editor and...
Write to us: 300 N. French Avenue, Sanford, FL 32771
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The Way We Were

Mystry man makes off with library money

The following is from "The Story of Sanford on the St. Johns River in Florida," by Mary Leffler Strong.

Various Sanford Libraries
"By 1880, Sanford had become a sizable town with many transients needing entertainment. The citizens began making plans for a public reading room and library. Since they weren't able financially to build, they formed a Library Association. A saloon keeper, Mr. Sawyer, gave the use of the upper story of a building on Palmetto Avenue where the Labor Building and Carpenters Hall was in the 1850s." (Where was this?)

"Furnishings were bought through a series of ice cream socials, oyster suppers, etc., as well as donations. A Mrs. Stevens and her two daughters were secured as caretakers and the Sanford Public Library and Reading Room came into existence. There were few books and none for lending, but many current magazines were subscribed to as well as the Sanford Journal. These were placed in racks along the walls while comfortable chairs and long tables were in the center of the room. There was also a piano which belonged to one of the Stevens girls that was an asset as many public meetings, rehearsals, etc. were held there.

"This reading room was later moved to the upper floor of the Rand Building on 1st Street. The ladies again gave oyster suppers to help raise funds. The refreshment table, with money received, was placed in the hall.
"A young well-educated well-dressed, foreigner, who represented himself as a Baron was visiting in town at one time. He was present at one of these socials and while passing through the hallway on the way to the stairway, he reached across to supposedly get some of the oyster crackers." (He was seen by a small girl.)
"But when the ladies began counting the money later, most

GRACE STANCIPIER



The Way We Were

Correspondent

of it had disappeared as had the young man. Several homes around town also missed cooked food that night.

"Interest in the library waned following the fire, freeze and depression during the late 1800s, so the few remaining books were turned over to the firemen who maintained a reading and game room over what later became Touchton Drug Company.

"For many years there was no public library. Mr. and Mrs. A.C. Martin, who had moved to the San Leon Hotel, kindly allowed the citizens the use of their many books. The borrowers only had to write their name and the book title in a ledger.

"A Library Association was organized in 1901 with a fund of \$500 and 50 books left from the former library. The citizens donated 200 additional books and 400 more were purchased. They also subscribed to several magazines. A formal opening was held July 1903 in a room on 1st Street which had been donated by Mrs. H.L. DeForest.

"The first officers were Mr. C.R. Walker, president; Mrs. A.R. Key, treasurer; and Mrs. E.W.D. Dunn, librarian. The Rev. Arthur Searing Peck and Mrs. Key gave valuable assistance in cataloging and arranging the books.

"The library was shifted around from one location to another until the city was finally able to erect a suitable building. The original lot in the business district was sold and the property facing Central Park on 4th Street was selected on which

a beautiful building was erected. Its architect was Elton Noughton.

"Mrs. Van Ness Brown became the first paid librarian. Other serving have been Mrs. Elsa Knight, Mrs. Elton Moughton, Mrs. Rines and Mrs. Brierton.

"In the main lobby of the library, a bronze plaque was set in the wall to commemorate the work of those assisting in organizing the library from 1880 to 1924, when the plaque was cast. It especially honored Minnie E. Key, who worked so faithfully and gave of her time. She had died Dec. 23, 1923."

According to an article which appeared in the Sanford Herald on Oct. 21, 1979, the library opened on January 19, 1924, with Mrs. Lawrence Brown as librarian. The library was moved to the former post office building in 1965.

Correction/Picture Identification

Thelma Oglesby Mitchell called and identified herself in the picture of Mrs. Page's sixth-grade class, which was published Sept. 9. Thelma is in the third row between Billy Park and Rodman Brumley.

Mrs. Louis Rotundo corrected some spellings which occurred in the Aug. 26, 1999 column that referred to the Rotundo family of Solider Creek. Michael Rotundo married Carmel Villano, whose father was Louis Villano. They were the parents of Louis, Michael, and Clarence, who owned Rotundo Brothers Service Station at 2501 Sanford Avenue.

If you find any inaccuracies in my articles, please contact me. The references I use, especially memoirs like Mrs. Strong's, often give incorrect information.

Also, I need more old Sanford pictures for use as Vintage Views! Look through your photograph collections and call me at 322-4381.

Emergency and disaster response workshops highlighted at state volunteer conference

The Florida Conference on Volunteerism, "Volunteer Magic!", to be held at the Hyatt Orlando, Kissimmee, Florida, Oct. 25 through 28, will feature a number of workshops dealing specifically with emergency and disaster response.

In the midst of an active hurricane season, the aftermath of last year's disastrous fires, and the possibility of Y2K related emergencies, the role of trained volunteers and emergency management agencies becomes a critical link to the recovery and response effort. These issues will be addressed in three workshops during the conference.

On Tuesday, Oct. 26, Alex Amparo, of the Florida Commission on Community Service and Don Musen, of AmeriCorps Florida State Parks, will lead a workshop on "maximizing the role played by volunteers." The workshop is designed to provide principles of emergency management and examples of the utilization of volunteers in the preparedness, response; recovery and mitigation phases of a disaster.

Also on Tuesday, Merrilee White, Volunteer

Sarasota, Loralee Wooten, Florida Department of Education and Lindsey Dedow, University of South Florida, will conduct an interactive workshop where participants will have the opportunity to set up and operate a mock volunteer reception center in response to a natural disaster, terrorist attack or Y2K related incident. In addition, the session will focus on stress management techniques.

On Thursday, Oct. 28, Doris M. Davidson, Management Consultant, will present a seminar on the importance of building community relations with emergency support personnel and planning for disasters. This informative workshop will reference the "Firestorm 98" tragedy and the lessons learned.

Registration for the conference is \$150, which includes workshop fees and some meals (as outlined in the conference brochure). Because of Hurricane Floyd, the late registration fee has been waived.

To learn more about the Conference on Volunteerism or to register, please call the Seminole Volunteer Center (407) 323-4440.

State conference on volunteerism to meet in Orlando

Under the banner of "Volunteer Magic!" the 1999 Florida Conference on Volunteerism will take place from Oct. 25 through 28 at the Hyatt Orlando, Florida.

The conference, sponsored by the Florida Association of Volunteer Centers, the Florida Commission on Community Service and the Corporation for National Service (Florida State Office) will focus on promoting collaboration among organizations that use volunteers, providing networking opportunities and practical training for volunteer program managers and

showcasing innovative programs and best practices in volunteer program administration.

Through four days of interactive workshops and presentations, volunteers, volunteer managers, administrators, staff, students and educators will combine experience, skills and programs to provide ideas on how to expand and improve volunteer programs.

"Volunteers are one of Florida's most valuable resources," said Polly Renfro, FAVC president and Executive Director of Volunteer Broward. "Developing and enhancing vol-

unteer programs of all types, including those in nonprofit agencies, government, schools and churches, supports communities throughout our state."

Registration for the conference is \$150, which includes workshop fees and some meals (as outlined in the conference brochure). Due to Hurricane Floyd, the late registration fee of \$25 has been waived.

For additional information on the 1999 Florida Conference on Volunteerism or to register for the conference, please call the Seminole Volunteer Center (407)323-4440.

Briefs

Taste of Altamonte Springs on Oct. 11

ALTAMONTE SPRINGS - The Taste of Altamonte Springs will be held as a community services fund raiser on Monday, Oct. 11 from 6-9 p.m. at Cranes Roost Park. The festival will feature food from area restaurants, and is sponsored by the Altamonte Springs Rotary Club. Tickets are \$15 for adults and may be purchased in advance by calling the Altamonte Springs Rotary Club at 862-5445. Ticket

price includes food, music, and soft drinks.

Plant and Garden Fair is Oct. 2

SANFORD - The Tenth Annual Seminole County Plant and Garden Fair will be held Saturday, Oct. 2 from 9 a.m. to 4 p.m. at the County Extension Services Building, on U.S. highway 17-92 and County Home Road across from Flea World in Sanford.

There will be plants for sale, a

free plant clinic, hot dogs and drinks, a vintage garden book sale, plant society, free seeds, items for children, and a raffle of garden goody baskets.

For more information, call (407) 665-5550.

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Education

Arts Alive in Seminole!



By Bill Kerns
Staff Writer

SANFORD — The third annual Arts Alive in Seminole! will be held Thursday, Oct. 7 at the Orlando Museum of Art. As in past years, the event will showcase the talent of students and staff in schools.

The event will include vocal, instrumental and dance performances throughout the Museum.

"Many of the performers have won state or national acclaim and have appeared professionally," said Dede Schaffner, director of Community Involvement. "It's going to be fantastic."

Visual arts, from students and staff, including paintings, drawings, photography, and sculpture, will be displayed. In addition, cultural arts items will be for sale in a silent auction.

Individuals or groups will perform no more than five minutes. All artwork must be matted and framed.

Auditions were held in August, with more than 100 people and small groups auditioning to be part of the event.

The main performance, produced and directed by Walt Disney World using school-district talent will have seatings, at 6:30 p.m., 7:45 p.m., and 9 p.m. The performance will be the same at each seating.

In addition, there will be continuous performers in the Rotunda. Art will be on display throughout the Museum and a Silent Auction will be on-going throughout the evening.

Last year, the black-tie event



Herald photos by Tommy Vincent
Seminole County Schools administrators Dede Schaffner and Becky Kimmel display some of the art work that will be on exhibit at the third annual Arts Alive in Seminole!

was held Dec. 1 at the Orlando Museum of Art. More than 100 students, teachers and staff participated in the event. The event raised more than \$35,000 in 1998

to support the arts in Schools. All proceeds from the event will support The Foundation for Seminole County Public Schools to promote the fine arts.

School Notes

Community Forum scheduled for Oct. 23
SANFORD - On Oct. 23, Millennium Middle School in conjunction with the Seminole County Public Schools Multicultural Committee will host a community forum.

The forum is designed to disseminate information about Millennium Middle, Seminole County Public Schools, Multicultural Issues and Health-related services.

A free barbecue will be served, and there will also be performing arts productions.

Good luck, boys

OVIDO - Oviedo High School's Junior Varsity Boys' Basketball team will participate in a basketball tournament at Hoover High School in Birmingham, Ala. The students will depart on Dec. 26, and return on Dec. 30.

In addition, 40 students from Oviedo High School's NJROTC Team will participate in the NJROTC Navy Competition taking place at the Naval Training Center in Great Lakes, Ill. The students will depart on April 5, 2000 and return on April 11.

Marching Festival is in October

WINTER PARK - Lake Howell High School will host this year's Seminole County Marching Festival on Saturday, Oct. 23. The event showcases each of the high school marching bands in Seminole County. Tickets can be purchased in advance from any band member or at the gate.

Seminole High talent search

SANFORD - This Fall, Seminole High School will participate in a pilot project aimed at seeking out academic talent in

their 9th graders. The project correlates predicted academic success with know PSAT Test results and will provide information that will be used in recruiting students into the highest level courses where they should experience success.

All Seminole High School 9th graders will be tested on the PSAT on Tuesday, Oct. 12 on their campus. When their scores are received, they will be electronically translated onto an advanced placement spreadsheet using information received from both College Board and Charlotte Mecklenburg School District.

The information will be provided to faculty and staff at Seminole High School to be used to help plan their curriculum and to assist teachers and counselors in recommending the most appropriate challenging courses for their students.

New school resource officer

WINTER SPRINGS - The City of Winter Springs has agreed to fund a school resource officer, who will serve both Winter Springs Elementary School and Highlands Elementary School for three years.

The schools have agreed to fund the District's share of the cost of the contract from internal funds. Each school will be required to commit funds of \$23,165 over a three year period, from the 1999-2000 through the 2001-2002 school years.

School uniforms at Spring Lake

Spring Lake Elementary School is the first school in Seminole County to require uniforms. The school reports that many classes have 100 percent of the students dressed in uniforms, with 98 percent school-

wide participation.

Lake Mary and Seminole excell

SANFORD - Lake Mary and Seminole high schools on Tuesday both received banners from the Seminole County School Board for their Scholastic Aptitude test scores last school year.

Lake Mary had the highest SAT scores in the school-district, while Seminole had the most improved SAT scores.

Lake Mary's SAT score of 1070 is the highest in the district's history. This is the second consecutive year Lake Mary has had the highest district SAT score.

Sweet Music

SANFORD - The Millennium Middle School Symphonic Band recently received a superior rating at the Florida Band Association District Band Festival.

Science Contest Semifinalists

SANFORD - Jennifer Li of Rock Lake Middle School and Shane Weeks of Indian Trails Middle School were honored by the Seminole County School Board on Tuesday for being National Science Contest Semifinalists.

Li's science project, "Safe Under the Sun? Study of UV Radiation and Sunscreen Effectiveness," was recently nominated for the national contest after winning a top award in February at the Seminole County regional science, math, and engineering fair.

Shane's project, entitled "Interactive Identification of Florida Turtles, Tortoises and Terrapins," involved setting up a web site to allow students to study local wildlife.

School Recognition Award Winners

The Florida Department of Education on Tuesday announced that 323 schools have been tapped as 1999 School Recognition Award winners as part of Governor George Bush's A+ Plan. There were 14 winners in Seminole County, including:

School	Grade	Award
Lake Mary High School	A	\$258,732
Lake Mary Elementary School	A	\$74,750
Lawton Elementary School	A	\$100,570
Jackson Heights Middle School	A	\$193,106
Rainbow Elementary School	A	\$89,802
Oviedo High School	A	\$274,020
Teague Middle School	A	\$138,750
Woodlands Elementary School	A	\$86,250

Rock Lake Middle School	A	\$114,308
Wekiva Elementary School	A	\$77,170
Keeth Elementary School	A	\$103,362
Greenwood Lakes Middle	A	\$133,762
Partin Elementary School	A	\$83,003
Indian Trails Middle School	A	\$158,321

Total awarded to the school-district: \$1,905,906.
Total awarded statewide: \$27,569,016.

The recognition program is designed to reward financially schools that demonstrate sustained high or significantly improved student performance.

Chamber announces school winners



Herald photo by Tommy Vincent
The Sanford/Seminole County Chamber of Commerce recently named Pine Crest Elementary School its School of the Month for September. Sara Hosak, a fifth grade student at Pine Crest, was named the Student of the Month, while Amy Copeland was named the Teacher of the Month. Pictured are, left to right, Bobby and Grace Barrow with their daughter Sara, Pine Crest Principal Barry Liebovitz, Copeland, and award sponsors Ray Ladesma, branch manager of Banco Popular in Sanford, Ray Vazquez, assistant vice-president of Banco Popular in Sanford, and Chris Volkenburg, Community Involvement Coordinator for Wal-Mart in Sanford.

Seminole Herald
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People

Calendar

Fleet Reserve Bingo

The Fleet Reserve Association sponsors bingo every Thursday at noon at the FRA home, 3040 S.R. 46 in Sanford. Doors open at 9:30 a.m. and the public is welcome. For information, call (407) 330-1706.

Rotary Club

Rotary Club of Lake Mary meets Thursday mornings, 7:30-8:30 a.m., at the Marriott Courtyard, off West Lake Mary Boulevard. Contact Mike McLean, president, at 324-5662.

Sertoma Club

The Sertoma Club of South Seminole County, dedicated to the advancement of speech and hearing children, meets every Thursday morning, from 7:30 to 8:30 a.m., at the Florida Hospital Senior Citizens Center, 1097 Sand Pond Lake Road which connects to Lake Emma Road, one mile south of Lake Mary Boulevard. Potential members are invited to attend. For information, call Gene Prestera, (407) 767-1234.

Weight Watchers

A local chapter of Weight Watchers meets at the Lake Mary Community Building every Thursday from 4:45 to 6:45 p.m.

Toastmasters

The Omni Toastmasters Club #6861 will meet at 5:30 p.m. every Thursday at the AAA Building, 1000 AAA Drive, Heathrow. Guests and prospective members are welcome. Call Jim Ocque, 942-5227 for information.

Recovery

Fresh Start Recovery programs offers 12-step support groups for those experiencing life-controlling problems. The groups meet every Thursday, at 7:30 p.m., at Destiny Church, 3110 Howell Branch Road, Winter Park. For information call 382-3232 or 384-8135.

ToughLove support

ToughLove Orlando, a parent support group, meets every Thursday from 7 to 9 p.m. at St. Stephen Lutheran Church, 2140 Hwy. 434, Longwood.

ToughLove is a self-help, active, parent support group for parents troubled by their children's behavior. The group is open to parents of preteens, teenagers and adult children, and grandparents.

For more information call (407) 324-0724 or visit their web site at toughlove.org.

Alanon, Alateen

Alanon and Alateen meetings are held every Thursday, at 8 p.m., at Sanford Christian Church, 730 Upsala Road, Sanford. For information, call 323-8524.

Blue Grass Pickers

Sanford Blue Grass Pickers meet every Thursday, from 6-10 p.m., at the Greater Sanford Chamber of Commerce. Pickers and grinders are welcome. For information, call John Shaffer, 829-4931.

Pigeon Fanciers

The Central Florida Pigeon Fanciers Association meets the third Thursday of each month, at 7:30 p.m., at the Seminole County Agricultural Center, 250 W. County Home Road, Sanford. For more information, contact John Kimber, 240 Roxbury Road, Winter Park. Phone: 644-6342.

Whip up a batch of homemade ketchup

FOOD



MARIALISA CALTA

In the course of doing some food research, I recently found myself cooking up a batch of ketchup from a 1930s recipe from Maine. I followed it religiously, and what came out of the pot after many hours of cooking was a thin, tangy sauce with the distinct flavor of vinegar, Worcestershire sauce and cloves. It had, in short, very little in common with the thick, sweet bottled condiment that most of us associate with the word "ketchup." (Or "catsup," if you will). Further research led me to the writings of Kenneth Roberts, an authority on Maine cooking, who wrote that sweetened ketchup was "an abomination against God and man, against nature and good taste." It was then that I realized that, like most beloved foods, ketchup has a history.

And it's an interesting one at that. Bottled ketchup is at least 125 years old, according to "The Great Food Almanac," by Irena Chalmers, Henry Heinz introduced it in 1876 with the promotional phrase: "Blessed relief for Mother and the other women in the household!" But ketchup had been around, in one form or another, for at least two centuries before that. Most food books I read said the word "ketchup" derives from the Chinese word "ke-tsap," a spicy pickled condiment popular in the 17th century, renamed "ketchup" by British sailors and brought to England, whence it made its way to the New World. However, Elisabeth Rozin, author of the wonderfully insightful and entertaining book "The Primal Cheeseburger" (Penguin Books, 1994), says that the word comes directly from the Indonesian term for soy sauce, "kecap."

Whether it came from China or from Indonesia, we can be sure of a few things: It started there. It came here. And along the way it's been transmogrified into a condiment that seems as "American" as the cheeseburger itself. (It was New Englanders, I read, who started making it with tomatoes.) It is so American, in fact, that Rozin ends her chapter on ketchup with these words: "Ketchup, she writes, 'represents what we value most in ourselves and

what we have cultivated as the best in the American character. It is a friendly, open, no-frills kind of sauce, innovative in a simple, down-home fashion, savvy without being sophisticated. It is unabashedly democratic in its ability to offer a little something to everyone, to shake hands with the world, and not to take no for an answer."

Which is a long way to introduce some recipes both for making ketchup (from "The Tomato Imperative!" by Sharon Nimtz and Ruth Cousineau) and for cooking with the stuff. In honor of Henry Heinz, I have renamed my chili-with-ketchup recipe Blessed Relief for Mother Chili. (It's quick. It's easy. Kids like it.) The Red Salad Dressing that was so common in old New York steakhouses is from Arthur Schwartz's wonderful book "What to Cook When You Think There's Nothing in the House to Eat."

I will leave you with this couplet, entitled "Tomato Ketchup," reprinted in "The Great Food Almanac" and attributed to that inspired author, "Anonymous":

If you do not shake the bottle
None'll come out and then a lot'll

KETCHUP

- 6 quarts ripe tomatoes, washed, halved and cored
- 2 sprigs lemongrass or celery leaves
- 1 large white onion, peeled and cut into chunks
- 1 bay leaf
- 1 tablespoon lightly crushed mustard seeds
- 1 teaspoon masa
- 1 teaspoon minced fresh peeled ginger

- 1 tablespoon black pepper
- 1 small hot red pepper
- 2 teaspoons ground allspice
- 1/3 cup sugar
- 2 teaspoons salt (to taste)
- 1-1/2 cups red wine vinegar
- 1 cup port wine, or to taste

Simmer the tomatoes in a large pot, without stirring, over medium-low heat for a half-hour or until they have given up their liquid.

Preheat oven to 375 degrees. Pour the liquid off the tomatoes and discard it. Put the tomatoes in a roasting pan with all the remaining ingredients but the port wine and bake for 2 hours. Remove from the oven, lower the heat to 325 degrees, and let the vegetables cool a bit. Working in batches, ladle them into the bowl of a food processor and chop. Pour into a food mill and process to remove skins and seeds. Put the puree back into the roasting pan and bake, stirring occasionally, until very thick, perhaps 2 more hours.

Toward the end of this time, prepare 4 pint or 8 half-pint jars for canning. Sterilize jars and lids according to USDA recommendations. Prepare a boiling water bath.

Remove puree from the oven, add the port wine to taste, stir well, and ladle into hot, sterilized jars. Process in a boiling water bath, according to USDA recommendations, for 20 minutes. Yield 4 pints or 8 half-pints.

— Recipe from "The Tomato Imperative," by Sharon Nimtz and Ruth Cousineau (Little Brown & Co., 1994)

BLESSED RELIEF FOR MOTHER CHILI

- 1/4 cup vegetable oil
- 1 large onion, peeled and chopped
- 2 cloves garlic, peeled and chopped
- 1-1/2 pounds cubed beef or pork, or substitute
- 1 cup ketchup
- 1 cup brewed coffee
- 4 tablespoons ground cumin

salt, to taste
1 chipotle chili pepper, chopped OR 1 fresh or canned jalapeno pepper, chopped OR 1 table-

- spoon commercial fajita sauce with chipotles (such as "Miguel's" brand fajita sauce)
- 2 1/2-ounce cans black beans or kidney beans, drained and rinsed
- sour cream, ground cheese and/or cheddar, for garnish

In a large skillet, heat the oil. Add the chopped onion and saute, stirring, until limp. Add the garlic and cook a few minutes more. Add the cubed meat and cook, stirring occasionally, until none of it is pink. Drain off fat.

Add the ketchup, brewed coffee, cumin, salt and chili pepper. Simmer for 15 minutes.

Add the drained beans and cook an additional 15 minutes. Serve with ground cheese or sour cream or garnish, if desired. Yield: 6 servings.

— Adapted from a recipe created by Chef Michel Allard, Vice President of Culinary Affairs, New England Culinary Institute, Mansfield, Vt.

OLD NEW YORK STEAKHOUSE WED SALAD DRESSING

- 3/4 cup ketchup
- 6 tablespoons vegetable oil
- 3 tablespoons cider vinegar
- 3/4 teaspoon sugar
- 2 to 3 cloves garlic, each peeled and cut in half
- several drops Worcestershire sauce (optional)
- several drops hot sauce (optional)

In a small bowl, using a fork beat the ketchup and oil together until well-blended.

Beat in the vinegar and sugar. Add the Worcestershire and hot sauce, if desired.

Add the garlic and let stand as long as you can wait; you'll get a subtle garlic flavor after 15 minutes. Before serving, fish out the garlic with a toothpick.

Serve on a plate of sliced beefsteak tomatoes and sliced Bermuda onions or a wedge of iceberg lettuce. Yield: about 1 cup.

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Retarded adults don't want hugs

DEAR ABBY: I am the parent of an adult man who has Down syndrome. He has many opportunities to be part of the community in addition to his job — parties, weddings, going to stores, restaurants, movies, church.

The problem? When we are greeting people or leaving an event, complete strangers will shake hands with everyone else but hug my adult son. They do not hug anyone else. However, they think it is just fine to hug him because he is "different."

Please, well-meaning folks, we parents and teachers and social workers work very hard so that our retarded adults can be accepted, productive members of the community. More important, though, is our real concern for their safety. We teach them to shake hands and greet others like "normal" people do. To be hugged by strangers is neither safe nor acceptable social behavior in our society. This behavior further sets our adult children apart as "they" and "people like that" when acceptance and inclusion is what is needed. It also confuses what we have been trying to teach.

Give them a job rather than a hug! Is it safe for your children to hug strangers? Do you hug strangers? It isn't safe for my son either! So please, smile, shake his hand and make him feel welcome. That will do more for him than a hug that diminishes his chances for safe independence in the world.

Abby, I believe I speak for many parents of retarded adults, as we have discussed this problem often. Thank you for getting this message out for all of us.

CONCERNED MOTHER

DEAR CONCERNED: You have made your point, and I hope the well-meaning but patronizing huggers will get the message; it isn't acceptable to hug people you don't know. Inappropriate hugging sets a bad example. If the retarded adult imitates that behavior and initiates the hug, it could be misunderstood as sexually motivated.

DEAR ABBY: My ex-wife's

ADVICE COLUMNIST



brother has cancer and lives in another state. He has asked that I be a pallbearer at his funeral. My live-in girlfriend says there is no way that I should agree to do it. She thinks this is a plot that my ex-wife has hatched to be close to me.

Although I divorced my "ex," I still like her family and they like me.

My girlfriend says that since I am divorced, I should have nothing to do with any of my former in-laws or friends that we both share. I feel that it should be OK for me to talk with my ex-in-laws every now and then, and to see mutual friends as long as my ex-wife isn't the main topic of conversation. I think my girlfriend should trust me enough to let me talk without making accusations.

By the way, Abby, I have never cheated on my ex-wife or my girlfriend, but my girlfriend's ex-husband did cheat on her. She also played around a little on her ex-husband before they separated. What do you think?

ANYONE, ANYWHERE, U.S.A.

DEAR ANYONE, ANYWHERE: I think you should be a pallbearer for your former brother-in-law, if it is in your heart to do so. I also think you should consider moving your live-in girlfriend out — unless, of course, you want a lifetime with this insecure and controlling woman.

Abby shares her favorite recipes in two books: "Abby's Favorite Recipes" and "Abby's Most Favorite Recipes." To order, send a business-size, self-addressed envelope, plus check or money order for \$19.95 per book. (9A-25 check is included for Dear Abby Cookbook #1 and #2, P.O. Box 467, Summit Station, H. 01863-0467. (Postage is included in price.)

Where will you go for dinner, tonight?

Try any of these delicious suggestions!



Shirley Roberts and Phil Roberts, (not pictured) welcome you to try Easy Street Cafe Plus.

Easy Street Cafe Plus The Best Kept Secret in Seminole County

Easy Street Cafe Plus is a large, comfortable family restaurant that has occupied a good-sized chunk of the Victoria Square center on 17-92 in Lake Mary for two years. Shirley and Phil Roberts, who are from the United Kingdom, took over ownership last July, and are deeply committed to providing first-class, affordable, home-made food in a relaxed family atmosphere.

Home-made is a phrase you hear a lot at Easy Street Plus, from the fresh every-day potato, pasta, chicken and tuna salads, to the hearty soups. Quality counts at Easy Street Plus. That's why chicken used in all the dishes is fresh, never frozen, and the best quality beef and pork is seasoned, roasted and sliced right on the premises.

Lunchtime sees a variety of crisp, salads, home-made soup, sandwiches, and fresh hand-patted burgers, along with daily specials starting at \$3.95. Although lunch items are available throughout the evening, there is also an extensive and varied dinner menu, providing diners with numerous

choices like steak, chicken and seafood platters, starting at \$4.95, and Friday and Saturday evening Prime Rib is highlighted not to be missed.

To accent their British roots and utilize the talents of their chefs from around the world, Shirley and Phil offer British, German and Thai dishes that add a cosmopolitan flavor to the menu. There is something new for everyone at Easy Street Cafe Plus.

The large, airy, non-smoking dining room is spacious, yet cozy, and the quiet bar area provides ample seating for smokers. There is also a separate room which can be reserved for parties. The entire menu is available for take out, and the restaurant offers a complete outside catering service.

Operating hours are 11 a.m. to 9 p.m. Monday through Wednesday and 11 a.m. to 10 p.m. Thursday through Saturday. Easy Street Cafe Plus is licensed to serve beer and wine, and has Happy Hour prices from 4 p.m. to 7 p.m. daily.

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Brandeberry attributes the business success to his friendly and competent staff. They combine many years of experience in the pet industry and can help customers choose the right family pet, whether they are looking for a guinea pig, hamster, gerbil, ferret, rabbit or kitten.

Iguanas, snakes, turtles, rats and mice as well as a good selection of hand fed cockatiels, parakeets and other small birds can be found at the store. Customers will see a good supply of cages, food, including crickets and mealworms, and supplies for their treasured pets at competitive prices.

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Fresh water fish in various colors and sizes, as well as plants and decorations, can be chosen to complete an aquarium. Pet Animal Supply personnel can help the beginner fish enthusiast to find the right aquarium and set it up to enjoy. Dried and frozen fish food as well as feeder fish are available for your aquatic pets.



Left to right: Dick Brandeberry, owner, Spring, Groomer; Ken, Manager.

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Sports

Seminole Herald, Sanford, Florida - Wednesday, September 29, 1999 - 1B



Outdoors

Correspondent

Saltwater fishing licenses

SANFORD - As of January 1, 1990, Florida has had a saltwater fishing license law. The law is somewhat complicated compared to the laws regulating freshwater fishing. According to the official publication *Fishing Lines*, you don't need a Florida saltwater fishing license if:

- 1. You are under the age of 16.
 - 2. You are a Florida resident fishing in saltwater from land or from a structure fixed to land.
 - 3. You are fishing from a boat that has a valid Vessel Saltwater Fishing License.
 - 4. You hold a valid saltwater products license, unless you are the owner, operator, or custodian of a vessel for which a saltwater fishing license is required. Only one individual may claim this exemption at any given time.
 - 5. You are a Florida resident 65 years of age or older.
 - 6. You are a Florida resident who is a member of the Armed Forces and not stationed in Florida while home on leave for 30 days or less, with valid orders in your possession.
 - 7. You have been accepted by the Florida Department of Health and Rehabilitative Services for developmental services.
 - 8. You are fishing from a pier that has been issued a Pier Saltwater Fishing License.
 - 9. You have been assigned by a court to a Health and Rehabilitative Services authorized rehabilitation program involving training in Florida aquatic resources.
 - 10. You are a Florida resident fishing for mullet in freshwater and have a valid Florida freshwater fishing license.
 - 11. You are a Florida resident fishing for a saltwater species in freshwater from land or from a structure fixed to the land.
- Florida residents certified as totally and permanently disabled can obtain a free, permanent saltwater fishing license from the county tax collector.
- The bottom line is to check with an issuing agent to see if you need a license for the type of fishing that you will be doing. The county tax collector's office, most bait and tackle and sporting goods stores, and many marinas issue fishing licenses.

SHUPE'S SCOOP

The purchase of a fishing license is really an investment in the future, for monies generated from license sales are used to support and maintain fishing in our state.

FISHING FORECAST

Base action will gradually improve with cooler temperatures, but the best action will take place beginning in November. Bream and catfish will continue to be the mainstays of freshwater fishing.

Sebastian Inlet has good snook action with fish to 20 pounds. Large live shrimp or small baitfish are the top

Please see Outdoors, Page 2B

Lions net three game win

Oviedo bounces back to nip Seminole in girls volleyball

By Dean Smith
SPORTS EDITOR

SANFORD - The Oviedo girls volleyball team survived a drubbing in the second game to do some thumping of its own to defeat Seminole in a Seminole Athletic Conference contest at Bill Fleming Memorial Gymnasium Tuesday evening.

The two teams put up a great battle in the first game with the Lions coming out on top 15-9.

The Fighting Seminoles then took complete control in the second game, routing the Lions 15-1 to force a winner-take-all

third game.

The last game belonged to Oviedo which rolled to a 15-4 triumph to raise its record to 10-6.

"We played well in the second game, but couldn't get everyone going in the third game," said Seminole head coach Beth Corso, who saw her squad fall to 3-7 overall, but the Tribe is still unbeaten at 2-0 in district play. "We have to play tough and stay tough in that third game of the match. We have to learn to finish."

Junior Michelle Cardel and senior Courtney Newman both

had a good night for the Fighting Seminoles, recording four kills and five digs each. Corso also praised the duo for their service receiving in the match.

Cardel also came up with six service aces.

Also contributing for Seminole, which had 16 digs and 18 kills for the match, were senior Kim Nelson (seven assists, two kills), Junior Kim Corso (four assists, one kill, one dig) and sophomores Jessica Chick and Tara Wiggins (one block assist each).

Seminole will return to action on Thursday, traveling to Alta-

monie Springs to challenge Lake Brantley in a Seminole Athletic Conference match at the old Trague Middle School Gymnasium across from Lake Brantley High School. The freshman match begins at 5 p.m. and will be followed by the junior varsity at 6 p.m. and the varsity at 7 p.m.

Oviedo will also return to the court on Thursday, hosting Lake Howell in a Seminole Athletic Conference match-up. The freshman serve-off at 4:30 p.m., with the junior varsity set to take the court at 5:30 p.m. and the varsity at 7 p.m.

BOYS VOLLEYBALL

The Lake Mary boys continued its unbeaten ways Tuesday night, improving to 14-0 on the season with a 15-8 and 15-4 victory over Oviedo (2-7).

Lake Howell (4-7) put up a tough battle, but fell in three games to a very good Colonial (10-2) squad, 15-7, 9-15 and 15-10.

GOLF

It was a busy day on the links for Seminole Athletic Conference teams.

In boys' action, Lake High-
Please see Profs, Page 2B

AAA Co-Ed League begins in Lake Mary

By Dean Smith
SPORTS EDITOR

LAKE MARY - The City of Lake Mary Department of Parks and Recreation Fall AAA Slow Pitch Softball League got off to a rousing start last Wednesday at the Lake Mary Sports Complex.

The Bombats scored three runs in each of the first two innings and eight runs in each of the third and fourth innings to throttle the Crossbones, 23-6.

The Bombats collected 27 hits, including two triples and five doubles, led by 5-for-5 nights by both Jason Hoesaflook and David Lambert.

The Crossbones tried to salvage a split for the night as it played Liberty Mutual in the middle game and gave a much better effort.

Crossbones took a 5-0 lead in the top of the first inning, but by the end of the second inning Liberty Mutual had taken a 7-6 advantage.

Both teams scored two runs in the fourth inning before Liberty Mutual gained a two-run lead, 10-8, by scoring a run in the bottom of the fourth inning.

Crossbones rallied in the top of the sixth inning, with an RBI single by Rick Stock and a two-run double by Danny Spellacy to give the visitors an 11-10 edge.

In the bottom of the sixth inning, Jason Froodien and Mike McClelland led off the frame with back-to-back singles. A grounder by Errin Wilson moved the runners into scoring position and Mike Berry tied the game with a sacrifice fly.

Liberty Mutual then got the game winning run on a two-out single by Katie Solomon to make the final score 12-11.

The late game was a good battle until the bottom of the third inning as I.S. and Map Attack traded the lead over the first two innings and the score was tied at 6-6 heading into the bottom of the third frame.

That's when I.S. got its offense in gear, scoring eight runs in the third inning and 10 runs in the fourth inning to win the game by the run rule, 24-9.

The league will play a tripleheader every Wednesday night at the Lake Mary Sports Complex located on Ransall Lane, on the north extension of Country Club Road, across from Mayfair Country Club starting at 6:30 p.m.

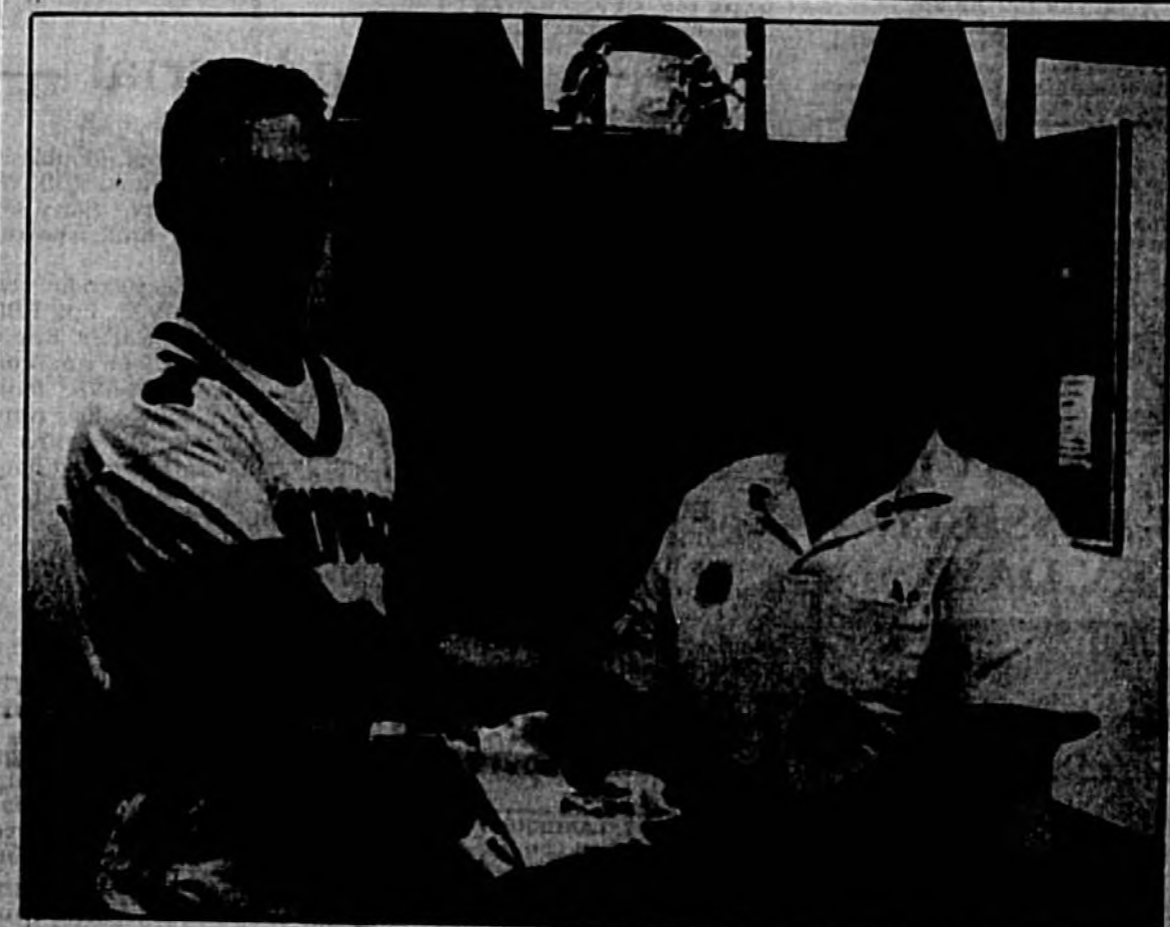
Providing the offense were:

Bombats: five hits - David Lambert (triple, four runs, three RBI), Jason Hoesaflook (two doubles, five runs, three RBI), four hits - Dan Johannes (triple, double, three runs, three RBI), three hits - David Marchand (two doubles, two runs, three RBI), Allen Hall (two runs, RBI), Kathy Starols (run, three RBI), two hits - Larry Allen (three runs, RBI), one hit - Jennifer Rengel (run, three RBI), Trieba Pierce (run, RBI).

Crossbones: two hits - Eric Violland (home run, run, two RBI), Dave Stock (triple, run, three RBI), one hit - Jimmy Gonzalez (double, run), Steve Stock (run, RBI), John Brubaker, Susan Morse; two runs scored - Steve Mather.

Liberty Mutual: four hits - Katie Solomon (two doubles),
Please see Lake Mary, Page 2B

WELL DONE



SANFORD - The Optimist Club of Sanford recently honored Seminole High School quarterback Garrett Goldsmith and defensive back Brad Locke as its first two Seminole High School Athlete's of the Week for the 1999-2000 school year.

Goldsmith (shown in top photo with Optimist member Andy Nichole) completed 4-of-7

passes for 108 yards and carried the ball eight times for 63 yards in a 38-14 win over Lynn.

Locke (shown in the bottom photo with Optimist member Betty Vann) returned a fumble 70 yards for a touchdown with no time on the clock at the end of the first half during the Fighting Seminoles' 28-21 victory over Lake Brantley.

Photos by Dennis Collins

Women do battle at Pinehurst

By Dean Smith
SPORTS EDITOR

SANFORD - After losing a couple of weeks to a hurricane scare and rain, the City of Sanford Recreation and Parks Department Fall Women's Slow Pitch Softball League finally opened its season at Pinehurst Park Tuesday night.

In the opening game, Renee Lamm's two-run triple highlighted a five-run sixth inning as Eton Chiropractic broke a 4-4 tie and went on to a 13-8 victory over Donnie's Darlins.

In the middle game, Vaughan Incorporated erased a 1-0 deficit by scoring five runs in the fourth inning and doubled the final score on the Sharks, 6-3.

In the lead game, the Sharks jumped out to a big early lead, taking an 8-1 lead into the bottom of the fifth inning.

But on the strength of a two-run double by Leah Sparrow, Curt's Alleycats scored six runs in the bottom of the fifth inning to cut the lead to 8-7.

The Sharks got a run back in the top of the sixth inning, but Curt's Alleycats had things going now and tied the game on a two-run triple by Jennifer Hemphill, who in turn scored the go-ahead run when Barbie Bartels reached on an error.

After a single and an error loaded the bases, Sparrow drove in an insurance run with a two-out single as Curt's Alleycats held on for the 11-9 win.

Next Tuesday night at Pinehurst Park, Eton Chiropractic (1-0) plays the doubleheader against Vaughan Incorporated (1-0) at 6:30 p.m. and the Sharks (0-2) at 7:30 p.m. At 8:30 p.m., Donnie's Darlins (0-1) battles Curt's Alleycats (1-0).

Providing the offense were:
Eton Chiropractic: four hits - Renee Lamm (triple, run, six RBI), Micki Lewis (three runs, RBI), two hits - Shell Walters (three runs, RBI), Carol Crantick (two runs, RBI), Dino Wilson (two runs), Sue Bagley; one hit - Kim Oakley (RBI), Teresa Finck (run), Barb Martin; one run scored, one RBI - Ann Lamm.

Donnie's Darlins: two hits - Lynette Barkley (double, run, three RBI), Amber Manney, Heather Lewis (one run scored and one RBI each), Carol Workman (run); one hit - Sue Hunt (double), Kelly Owen (run, RBI), Diana Colangelo (run), Kelly Lynn (RBI), Carol Garner; one run scored - Helen Pellegrino, Jamie Davis; one RBI - Carrie Albritton.

Vaughan Incorporated: three hits - Michele Gastani (run);
Please see Women, Page 2B

Industrial League opens with three romps

By Dean Smith
SPORTS EDITOR

SANFORD - It was not a great night if you like competitive softball.

The City of Sanford Recreation and Parks Department Fall Industrial Slow Pitch Softball League opened with three games that were pretty much never in doubt last Friday evening at Pinehurst Park.

The night opened with Invacare scoring two runs in the top of the first inning, but it was all Metalade after that as it scored in all six innings in which it batted, including plating seven runs in the fifth inning, and coasting to an 18-4 triumph.

In the middle game, Kemco scored at least two runs in each of the first four innings

and held Briar/BBM Corporation scoreless until the top of the fifth inning to post a 17-6 Run Rule victory.

In the nightcap, Briar/BBM Corporation look like it might be headed for a split, scoring seven runs in the top of the first inning and still holding a 7-3 lead headed into the bottom of the third inning.

That's when the Wayne Denach B-53's bats caught fire, scoring 13 runs in the third inning and plating 13 more runs in the fourth inning to close out a 26-8 win.

The league will play a tripleheader every Friday night at Pinehurst Park starting at 6:30 p.m.

Providing the offense were:
Metalade: two hits - Donny Corvo (two doubles, two runs, four RBI), Terry Atkin-

son (double, three runs, three RBI), Eric Mayhew (double, four runs), Bill Michaels (double, two RBI), Robert LaFontaine (three runs); one hit - Chip Smith (run, four RBI), Bobby Brown (run, RBI), Chris Bryson (two runs).

Invacare: one hit - Dallas Davis (home run, run, two RBI), Richard Quinn (RBI), Tom Olson (run); one run scored - Rhum T. Ingal Quintana.

Wayne Denach B-53's: three hits - Mattie Garcia (home run, triple, two runs, two RBI), Javier Camacho (triple, two runs, three RBI), Don Christy (three doubles, three runs, two RBI), David Brown (run, two RBI); two hits - Steve Smith (double, two RBI); one hit - Ray
Please see Industrial, Page 2B

Comics

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TUMBLEWEEDS

by T.K. Ryan



THE BORN LOSER

by Art Sansom



BEETLE BAILEY

by Mort Walker



ARLO AND JANE

by Jimmy Johnson



GARFIELD

by Jim Davis



HOROSCOPES



Thursday, Sept. 29, 1999

Your success rate in accomplishing your endeavors in the year ahead looks quite encouraging, but nothing will be handed to you on a silver platter. Be enterprising and progressive.

LIBRA (Sept. 23-Oct. 23) Agreeableness is certain to draw fire today, so if you need to make some suggestions on how something should be done, do so with plenty of cool logic. 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 \$2.75 to Matchmaker, c/o this newspaper, P.O. Box 1782, Murray Hill Station, New York, NY 10185.

SCORPIO (Oct. 24-Nov. 22) Frequently mixed values in all endeavors, but especially where money is involved. If negotiating in this realm today, make certain all parties are treated fairly.

SAGITTARIUS (Nov. 23-Dec. 21) Independence is an admirable quality, but there's a chance you could carry it to

extremes and come off in a self-serving manner today. Display cooperation instead.

CAPRICORN (Dec. 22-Jan. 19) If co-workers don't seem to be working up to par today, do not simply assume they are lazy. Chances are the methods or procedures that have been set in place need to be revamped.

AQUARIUS (Jan. 20-Feb. 18) Get your social obligations out of the way early today, so you can carry out plans to be with persons you truly enjoy, rather than being only with those to whom you feel beholden.

PISCES (Feb. 19-March 20) Unless you first think about and then assign what tasks can be happily done by whom in the family today, an all-out desertion could occur. Be considerate of everyone's desires.

ARIES (March 21-April 19) You might have to deal with someone today who has a bit of a chip on his or her shoulder. Fortunately, instead of using your strength, you'll use your wit to calm the temperament.

Taurus (April 20-May 20) Pay special attention to details today relating to any business or money transaction. What you fail to recognize now could come back to

haunt you later.

Gemini (May 21-June 20) Speak up on your own behalf if you're dealing with someone today who shows little regard for the interests of you or others. Let this person know you won't go uncounted.

CANCER (June 21-July 22) Be extra careful today not to go about your work in an absent-minded fashion, because you could miss something quite large that has potential money-making possibilities.

LEO (July 23-Aug. 22) You're the person who can usurp an individual who has taken it upon him or herself to displace the leaders of a group involvement today. Let him or her know it's the majority who rules.

Virgo (Aug. 23-Sept. 22) Quietly go about working towards your own goals, especially when in the midst of others who are openly clamoring for the prize. The more subtle you are, the greater your chance of winning.

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Astro-graph is a syndicated column written by Bernice Beede. Contact for Newspaper Enterprise Association.

WIN AT BRIDGE

Taking out some insurance

By Phillip Alder

How much insurance do you have? I've never been a fan of life insurance. True, if you have a wife who doesn't work, children, and limited savings, being able to provide for them if the unthinkable occurs isn't so stupid. Yet the odds against your dying young are very long, and if you live a normal life span, the return for your money is so bad.

At the bridge table, though, taking out some insurance is often a good idea, perhaps even gaining you some dollars.

In this deal, how would you plan the play in four spades after West leads the club queen? Would it make any difference if you were playing in a nonvulnerable pair over (vulnerable)?

When overruns are vital?

Check your losers. Outside the trump suit, there are only two: one in hearts and one in clubs. So, you can afford one spade loser, but not two.

South doubled the first trick, won the club continuation, then finessed the spade queen. Unlucky — it led to the singleton king, giving declarer two trump losers. He had to finish one down. The winning play is a low spade to the ace. When the king drops, you are home. Yet even if the ace collects only low spades, you enter dummy with a diamond and lead a spade toward the queen-jack.

In a duplicate event, it's different. West will have a singleton spade king under 3 percent of the time, whereas East will have king-jack-ten or king-third of spades almost 64 percent of the time. So, it is correct to take the spade queen. You have much better odds of generating an overrun than an underlead.

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North 40-50-00			
♠ 7 5 4			
♥ J 7 3			
♦ Q J 9			
♣ A 9 8 7			
West East			
♠ K	♠ 10 9 8 6		
♥ 10 8 5 4 2	♥ K Q 8		
♦ 7 6 5	♦ 8 5 4		
♣ Q J 10 6	♣ K 5 2		
South			
♠ A Q J 3			
♥ A 8			
♦ A K 10 2			
♣ 4 3			
Vulnerable: East-West			
Dealer: South			
South	West	North	East
1 ♠	Pass	2 ♠	Pass
4 ♠	Pass	Pass	Pass
Opening lead: ♠ Q			

ASK DR. GOTT

Consider memory loss an early warning

DEAR DR. GOTT: Last year, I had a complete loss of memory lasting about five hours. I had driven to the beauty parlor 40 minutes away, had my hair done, then started to cry under the dryer. My son was called and came to drive me home. He said that I acted normal except for crying over and over what day it was and where I was. I don't remember any of this. EEG and CT scans were normal. What happened to me?

DEAR READER: There are many causes for amnesia, the sudden loss of memory. From your brief description, I conclude that you suffered a brief neurological event called transient global amnesia. In this condition, thought to be caused by vascular problems in the brain, the patient experiences a loss of his/her memory for both recent and past events. There are no other neurological findings such as confusion or difficulty speaking, and patients recover spontaneously, usually with permanent amnesia for the content of the episode.

Previously believed to be a completely harmless disorder, transient global amnesia is now thought to be a recent form of stroke, an early warn-

ing sign. Therefore, patients with the condition should be monitored by a neurologist, have further testing (such as an ultrasound of the carotid arteries) to look for a source of blood clots, and begin taking daily aspirin to discourage blood clotting. While you may never have another frightening attack of global amnesia, this single event should not be taken lightly.

To give you related information, I am sending you a copy of my Health Report "Stroke." Other readers who would like a copy should send in this a long, self-addressed, stamped envelope to P.O. Box 3017, Murray Hill Station, New York, NY 10185. Be sure to mention the title.

DEAR DR. GOTT: I take Vicodin tablets every four hours everyday to ward off migraines. In this document?

DEAR READER: Extremely. Vicodin is a narcotic that is addictive. It is not appropriate therapy to be used regularly. It is especially inappropriate if you are taking other drugs for you to consider, including over-the-counter drugs to relieve pain, and I believe a prescription medicine used specifically to abort a migraine attack. By what means have you been obtaining prescriptions for Vicodin?

DR. GOTT

PETER GOTT, M.D.

Four or five tablets a day, taken in/with out should help reduce pain. Speak to your physician, who ought to be addressed with you the issue of potential abuse. Addiction is a risk. There are more appropriate therapeutic options for you to consider.

Dr. Peter Gott, a syndicated columnist for Newspaper Enterprise Association, can be written to at P.O. Box 81360, Cleveland, OH 44101-3360.

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